

# Summer 2018 Branches

A PUBLICATION OF LIVINGSTON COUNTY CATHOLIC CHARITIES

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## OUR MISSION

"The Mission of Livingston County Catholic Charities is the work of the Catholic Church, to share the love of Christ by performing the corporal and spiritual works of mercy."

## VISION STATEMENT

Livingston County Catholic Charities aims to provide quality human services to Livingston County residents regardless of age, race, religion, gender, disability and financial ability.



LIVINGSTON COUNTY  
CATHOLIC  
CHARITIES  
HELPING LIVES GROW

## "Don't Give Up!"

Because of you...LCCC is able to help change lives! Read a local teen's story of recovery that is possible with your help.

As a youngster, James enjoyed sports and played football as a lineman. However, things changed in middle school. In 5th grade, some of his friends began using marijuana. By 6th grade, out of curiosity, James tried it. He began using marijuana on a periodic basis which evolved to other substances over time. "I hung around with the wrong crowd," he says.

James, now a sophomore in high school, is in recovery. Due to some legal issues, James found himself in Livingston County's Juvenile Drug Treatment Court (JDTC) and was placed in a six-month intensive, court supervised counseling and treatment program for juveniles that supports kids on probation that are having trouble staying clean and sober. He's had his ups and downs and initial setbacks with the treatment process, but now thanks to all of the services through the JDTC, James is on the path to success.

Kids involved with the JDTC often participate, if eligible, in community-based services and all participate in family, group, and individual therapy. Through the JDTC, Livingston County Catholic Charities (LCCC) is the provider of the family and adolescent groups, some individual treatment, assessment and treatment planning. LCCC staff also meets with the JDTC team twice monthly.

James entered LCCC's JDTC program treatment group where he is among his peers. His family attends LCCC's JDTC family treatment group. James says that he can relate to the others in the group. It provides him comfort in the similarity of the others and is a non-judgmental group. James credits LCCC therapist, Rebecca, who runs the group, with fortifying his success through her approach which is "very insightful, understanding and non-judgmental." Rebecca is both Trauma Informed Certified and a Certified Advanced Alcohol and Drug Counselor - one of several such clinicians here at LCCC.

James' advice to others that find themselves in this situation, "the start is rough. It's tough having someone watching over your shoulder constantly. **Don't give up! Stick with the program.** Do what the courts tell you." He says, "the courts are trying to help you, give us a second chance, and to avoid a felony."

Now James is signed up to take OTC classes at the high school and will graduate in a few years with an EMT certification. From there he plans to take field nurse training, flight nurse training and eventually become a CRNA (Certified Nurse Anesthetist). LCCC is excited to see the strength, excitement and passion in James for his future!

**With your help, James' future looks bright!** Your compassionate support of LCCC programs makes this possible.

## Caring for the Caregiver

When you are caring for a loved one, it is easy to get lost in their care and forget to take care of yourself. Often the co-workers within Be Our Guest Adult Day will ask the caregiver, "Have you eaten today? Have you gotten any sleep?" These are critical questions and can affect a caregiver's ability to provide care.

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"What shall we say the kingdom of God is like, or what parable shall we use to describe it? It is like a mustard seed, which is the smallest of all seeds on earth. Yet when planted, it grows and becomes the largest of all garden plants, with such big branches that birds can perch in its shade." -Mark 4:30-33

## Have Hope - Give Help...Helping Lives Grow

Your donations through the *Loaves & Fish Appeal*, memorials, bequests, gifts and grants help individuals and families to rebuild their lives whether they are struggling with depression, divorce, anger issues, alcohol or drug addiction, or have other needs. **With your help, most of LCCC services and programs are provided on a sliding fee/cost-sharing basis to any community member struggling with financial hardship while the two senior outreach services offered at no cost** (donations requested if able).

**Thank you to all** who support Livingston County Catholic Charities with your time, treasure and talent! **Your gift does change lives!**

*"Always helpful. Nice to know you're a call away."* Resource Advocacy Client

*"Appreciative of the help, more so now that mom is declining."* Resource Advocacy client

*"Couldn't survive without LCCC help."* Volunteer Caregiver client

*"This program goes far beyond our expectations. It has changed Mom's life. She used to sit and cry all the time. She is much happier...I cannot put into words how much I appreciate BOGADS."* Be Our Guest Family

## Mark Your Calendars!

- **Dementia Caregiver Support Group** - 3rd Wednesday of each month, 4:30pm, at Be Our Guest Adult Day center, Howell.
- **Foster & Adoptive Parent - Public Orientation & Information:** Thinking of becoming a Foster Parent? Join us for an informational evening the 3rd Monday of each month, 5:00-7:00pm LCCC Child Welfare Offices, 2020 E. Grand River #101, Howell
- **Catholic Council on Aging Mass & Picnic** - August 9, 2018 at Holy Spirit, Hamburg.
- **Senior Appreciation Mass & Lunch** - September 20, 2018 at St. Joseph in Howell with the Bishop presiding over Mass.
- **Medicare Part D Sign-up** Oct. 15 - Dec. 7, 2018. Information on the various plans available beginning in October.
- **Senior Thanksgiving Luncheon** - November 14, 2018 at St. John the Baptist in Howell. Bring a gift for a senior shut-in.
- **SAVE THE DATE** - March 9, 2019 - Annual Salute to the Stars featuring the 6th Celebrity Dance Competition.

For more information on any of the above events or classes, please see our web site Events Calendar at [livingstoncatholiccharities.org](http://livingstoncatholiccharities.org)

## Caring for the Caregiver Continued from page 1

We recommend each caregiver do a self-assessment, especially on the tough days. This will help you take note of whether the situation is exacerbated because of lack of food or sleep or whether it is your loved one's behavior. Upon realization of the source of the situation, it allows you, the caregiver, to get control over the situation.

It is very important to know your limits and capabilities. Caregivers have been in "control" of the situation for a period of time. When the situation moves beyond your capabilities, **it is okay to seek assistance and respite**. Allow yourself to turn the control over. Realize, though, the other party may not do things in the same manner or timeframe as you. That's okay. Accept the help in the form it comes in, providing it does not pose a health hazard; let go of the control.

Also, realize that a person with dementia cannot always verbalize their need. They do not pick up on cues that others normally would. So you must verbalize specifically to them what you need so that they have the opportunity, depending on their level of understanding, to follow your directions or help. This helps to minimize caregiver stress.

As the disease progresses, care requirements become more intensive and it may no longer be feasible to care for the loved one at home. This is a difficult decision. Research your options prior to the need. Feeling stressed and guilty is normal, but know that it is in the best interest of your loved one.

**Be Our Guest Adult Day (BOGADS)** is a great resource for those caring for a loved one with dementia and related diseases. Because of the generosity of our funders, community supporters, and donors, we are able to offer compassionate, professional care for your loved one on a cost-sharing basis - allowing caregivers respite to care for themselves, work, errands and more. Our staff are **partners in care**.

Did you know LCCC offers a **Caregiver Support Group** on the 3rd Wednesday of each month. Meet others on the same journey and learn new techniques that may help you and your loved one. Respite for your loved one is provided with advance notice. *Follow us on Facebook too for weekly Caregiver Tips!*



Livingston County Catholic Charities (LCCC) offers FREE Educational Opportunities on a variety of topics such as, but not limited to:

- Addiction & Recovery
- Depression & Suicide
- Dealing with Bullies
- Grief & Loss
- Senior Needs
- Parenting Teens

LCCC employs a number of highly trained, Masters Level and credentialed clinicians and Certified Older Adult Specialists who have presented at a number of events from national conferences to small church groups.

Contact Julie Amman, Development/Marketing Director, at 517-545-5944 or [julie@livingstoncatholiccharities.org](mailto:julie@livingstoncatholiccharities.org) for more information or to schedule your presentation today!



### A LASTING LEGACY

Considering making a Charitable Bequest in your will to LCCC to strengthen our ability to serve future generations?

Wondering what other Planned Giving opportunities are available to you as you plan for your favorite charity's future?

Please feel free to contact Julie or Mark with any questions or desires regarding your interest in leaving a lasting legacy with LCCC.

Additionally, please discuss your decision with your financial advisor or attorney.

*Leaving a Bequest makes it easy to help your favorite charity without dipping into your income or savings!*

## LCCC Substance Abuse Prevention Efforts

LCCC and the Livingston Cty. Community Alliance (LCCA) prevention team have had a busy year implementing many of the activities that were made possible through the Drug Free Communities grant and other funding. Some activities happening in our community are listed below.

- **Hosted a professional training** - Officer Ryan Buzzini, who contracts with J. Chad Professional Training, and a retired police officer out of Boise, Idaho, conducted the training on substance use and current trends. This presentation was a joint effort between the Livingston County Sheriff's Office and LCCA. Officer Ryan Buzzini, a drug recognition expert and former member for the DEA drug task force, discussed marijuana, opioids, and prescription drug trends, including drug trafficking, street level usage, and sales.
- **Held a local TIPS Server & Seller training on May 3, 2018** for those serving alcohol at local establishments. Another one is scheduled for this summer. This training gives alcohol sellers the confidence and knowledge they need to intervene when customers misuse alcohol, decreases sales to minors and more.
- **Currently examining existing Michigan Medical Marijuana laws** and looking at ways LCCA can be proactive in limiting dispensaries to decrease youth access and change norms.
- **LCCA recently placed a Big Red Barrel at St. Joseph Mercy Livingston Hospital** and are working to place one in other medical facilities.
- **LCCA worked with Brighton High School** and their youth-led drug prevention group BAN (Bulldogs Against Narcotics) to offer a drug take-back day.
- **Groups of teens along with LCCA members** spent a day each in Pinckney, Brighton & Fowlerville placing stickers for **Project Sticker Shock** on alcohol at various establishments that sell alcohol. The stickers serve as reminders not to purchase or serve alcohol to minors.



LCCC provides staff support to the LCCA and is the fiduciary for the Drug Free Community (DFC) grant and grant from the Community Mental Health Partnership of Southeast Michigan.

  
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*the giving tree*  
*yes* I want to Help Lives Grow  
by supporting LCCC!

Please make checks payable to:  
**Livingston County  
Catholic Charities**  
2020 E. Grand River Ave.  
Ste. 104  
Howell, MI 48843



**Please designate your gift as indicated below:**

- \$ \_\_\_\_\_ Senior Services Programs
- \$ \_\_\_\_\_ Counseling
- \$ \_\_\_\_\_ Substance Abuse Prevention
- \$ \_\_\_\_\_ Foster Family Care & Adoption
- \$ \_\_\_\_\_ Livingston Co. Catholic Charities Endowment Fund
- \$ \_\_\_\_\_ One-Time Charge or \$ \_\_\_\_\_ Monthly Charge for 12 months

Please charge my gift to: \_\_\_ Visa \_\_\_ MasterCard  
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Please add me to your e-mail list: \_\_\_\_\_  
e-mail \_\_\_\_\_

*thank you*

Donations can be made on-line through  
[www.livingstoncatholiccharities.org](http://www.livingstoncatholiccharities.org).

*Please detach and send in with your generous donation.*

**Turning 65 this year?** Need help navigating the Medicare/Medicaid insurance system?  
Please contact Melodie or Penny at 517-545-5944 for assistance.

# Celebrity Dance Competition gets a visit from Belle and the Beast!



Peggi & Michael Bourke, coached by Molly Iott of Arthur Murray Ann Arbor Dance Studio. Team #4 - Leslie and Sam Johnson won the Dance Competition trophy. A second

LCCC's 5th Annual Celebrity Dance Competition at the Salute to the Stars & Celebrity Dance Competition on March 3, 2018 was another electrifying event! Over \$19,000 net was raised to support LCCC's Senior Outreach Services and other programs.

award, Fan Favorite, was given out to the team (Team #5 - Peggi & Micheal Bourke) that raised the most funds through both on-line voting during the weeks leading up to the event and in-house voting at the event. A total of \$5,930.00 was raised through voting for LCCC's Senior Outreach programs.

Five teams competed in the judged dance competition for the overall Dance Competition trophy: Michael Gackler & Lynne Smelser, coached by Melissa Rollins of A BeYOUtiful Balance; Tracy Patterson & Branden Cathey, coached by Tony Argiero & Megan Simon of The Dance Project; Kelly Roth & Eric Guerin, coached by Michelle Marzejon of Michelle's Academy of Dance & Performing Arts Center; Leslie & Sam Johnson, coached by Ayla Eichenhofer; and

The event was made possible by sponsors: St. Joseph Mercy Livingston Hospital, Dr. Edward Loniewski, K of C #12295, Garrison Enterprises LLC, Beth & Gerry Munsell, Colleen Pryslak - Realtor, K of C Council #7304, Bredernitz Wagner & Co. PC, Old Oak Financial Planning, Micro Works Computing Inc., Anne Pavlic & Mark Robinson, Scott & Julie Amman, Matuszak & Assoc. DDS PC, and Thomas Matthews of Neal D. Nielsen Attorneys at Law.



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## LCCC Services

### **Mental Health Counseling:**

Nationally accredited family service agency offering counseling for individuals, groups, couples, families and children. Many insurances are accepted and a sliding fee is offered for the uninsured.

### **Volunteer Caregiver Program:**

Volunteer services designed to assist older adults to remain independent and in their own homes with grace and dignity.

### **Substance Abuse Treatment:**

Individual and group therapy provided following an initial assessment and determination of appropriate level of care. Many insurances are accepted, along with government contracts and a sliding fee scale for the uninsured.

### **Senior Resource Advocacy:**

Providing support and information on resources available in the community and state for individuals 60 years old and older.

### **Substance Abuse Prevention:**

Communities Mobilizing for Change in partnership with the Livingston County Community Alliance and the Livingston Community Prevention Project.

### **Parish Ministry:**

We Care Marriage Preparation Classes, Catholic Council on Aging, and Divorce and Beyond education/support group.

### **Foster Family Care and Adoption:**

Providing temporary care for children while working toward reunification with the biological family. If reunification is not possible, LCCC will seek adoptive parents for the child(ren).

### **Be Our Guest Adult Day:**

A supportive and caring environment for memory impaired adults who would benefit from a structured day setting. Our goal is to provide meaningful services that enrich the lives of older adults, families and caregivers. Payment is made on a cost-share basis.



**Be Our Guest  
making Easter  
baskets for  
LCCC foster  
children.**

