



Belinda Heimericks and Maggie VanLoo

On May 2nd, Catholic Charities hosted a Faith Community Nurse conference to bring together parish nurses throughout the diocese. The conference is held each May and this year Donna Smith-Pupillo was the keynote speaker. The parish nurses are part of a Faith Based Health Ministry Network, which is given support by Catholic Charities of Central and Northern Missouri throughout the year.



Jodi Bates and Lucy Brenner



Linda Hoffman, Bev Wilkerson, Leora Bremer



If you are interested in knowing more about or participating in the Faith Based Health Ministry Network and/or starting a faith community nursing program in your parish contact Catholic Charities or Lucy Brenner, FBHMN chairperson directly at 573-294-6675 or 573-619-6443 or via e-mail at nslucy@socket.net.



Jake Seifert, Director of Mission Advancement

Create Your Legacy

Are you aware that more than half of all Americans who die each year do not have a will? Without a will, the legacy you leave is confusion and cost for your heirs. In addition, with a will or estate plan in place, you can not only avoid confusion but also support your favorite charities such as Catholic Charities.

One way you can continue your support of Catholic Charities is by choosing to give a percentage of your estate or a specific amount. You can do this by giving specific property, such as stocks, bonds, or real estate. Another way is to do part or all of your residue of your estate-whatever is left after all beneficiaries have received their bequest. You can also give a combination gift arrangement, such as a percentage plus the residue.

Example: Mr. and Mrs. Johnson have been long-time supporters of Catholic Charities and know that continuing poverty outreach is a critical need. In their wills, they have specified that poverty outreach fund receives a percentage of their estate after providing for loved ones.

For more information on how to create a legacy, contact Jake Seifert, Director of Mission Advancement at 573-635-7719 or jseifert@cccnmo.org.



Dan Lester, Executive Director

Friends:

The end of April brought days of rain and heavy flooding throughout the state, including in our own backyard here at CCCNMO. Damage was extensive, and many families lost everything. Fortunately, we live in a state where watching out for your neighbor is second nature.

Catholic Charities of Central and Northern Missouri is proud to be a vital part of the relief effort. On May 9th our staff attended a Multi-Agency Resource Center (MARC) in St. Robert, Missouri. Pulaski County was very hard hit by the storms, and local residents were worn out from days of cleaning up and trying to put their lives back together. We heard stories of tragedy and triumph, and were heartened to see that no matter how

tough the story, people were determined to move forward and move on.

Catholic Charities of Central and Northern Missouri's disaster relief program allows us to provide assistance to those most heavily impacted by nature's fury. Whether it's helping a young mother get the diapers she needs for her children, assisting an older couple with replacing furniture that was destroyed, or ensuring that a family of four that were displaced have a roof over their heads while they get back on their feet, we are there when called on to provide care and create hope.

In the ensuing weeks since the MARC event, we've continued to receive calls from neighbors looking for help in their recovery efforts. As long they keep calling, we'll continue to be there for them. Your ongoing support of Catholic Charities makes that assistance a reality, and we are ever grateful for you, for allowing us to continue to do this work.

Dan Lester, Executive Director
Catholic Charities of Central & Northern Missouri



Jake Seifert, Aren Koenig of Catholic Charities of Missouri, Dan Lester

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A Volunteers Passion for Refugees

By Casey VanDyke, Catholic Charities Volunteer

A few years ago, my heart began to be tugged by the news reports on the Syrian refugee crisis. I thought maybe I could do something to help, but I didn't do anything other than read about it for almost two years. In early November of last year, through a chaotic set of circumstances, a friend took me to meet the Yokasi family for the first time. We were greeted at the door by the children, all NINE of them, and I got a hug from each one. I've been "all in" since that first hug.

I very quickly realized that my limited knowledge of how refugees are resettled in our community was keeping me from being the type of helper and friend that I wanted to be for the Yokasi family. I couldn't speak their language and didn't really know anyone who could, I didn't know what resources were available to them, I didn't know what they needed next or how to help them get it. To be honest, I was completely overwhelmed. I contacted Catholic Charities Refugee and Immigration Services (RIS) and Grace, volunteer coordinator/children's education coordinator for RIS, quickly emailed back that they were having a Quarterly Stakeholder Meeting at the library that afternoon and invited me to come. I went to the meeting and knew immediately that this was an organization I wanted to partner with!



Rose, Daughter of Catho and Roza

My goal in getting involved at Catholic Charities was to learn as much as I possibly could about the resettlement process so that I could better help Katho & Roza and their children navigate that process. I signed on to be an office volunteer, serving as a case manager assistant. I learned that the Yokasi family arrived into the United States as refugees in October, 2016. Their case had been assigned for resettlement by the federal government to the national United States Conference of Catholic Bishops. They, in turn, determined that the family would arrive into and be resettled by Catholic Charities in Columbia, MO. Willy, the RIS bilingual case manager for the Yokasi family, along with other RIS staff are incredibly patient with me as I ask question after question. Each week I learn something new, and I love it.

Willy helps me know how I can help them and is great about including me in the services that Catholic Charities provides for their family. Willy explained that he had already taken them to get essential items such as food, clothing and other household goods when they first arrived in late October. They'd already been to the health department for check-ups and immunizations and had even opened a bank account. Nicole, job developer for RIS, had helped Katho get a job and found transportation for him. Grace had the seven school-

aged children enrolled in school already and they were loving it. They had already participated in the Cultural Orientation, the Employment Orientation and the Health Orientation provided by Catholic Charities staff. They had been given a great start!

Willy helps me with all the necessary things that need to be done with the Yokasi family, but what I love most is being able to just be a friend, and to facilitate the friendships between our families. My husband goes over there and helps with electronic stuff. My kids and their kids play together at my home or a park. My dad repaired all their bikes and was treated to some of Roza's great cooking. My aunt and uncle donated some furniture. It seems like everything we do together is an adventure, even just a trip to the doctor's office or the store, since we communicate mostly through hand motions and very few English words. We laugh – a lot!. And while the Yokasi family are all busy learning English, I've been working on learning Swahili with the DuoLingo app, and the kids laugh uproariously every time I try out a new word - I guess I have a bit further to go...!



Musinguzi, Son of Catho and Roza



Roza Bonabana (left) **Catho Yokasi** (right) (Husband and Wife)

Because they have opened themselves to friendship with me, I am more aware, and I am changed. And because I am more aware and changed, my entire family is more aware and changed. And because this is something that is a big part of my life now, my friends can't help but ask questions, and then they become more aware and changed. Even today at the Health Department, Katho, Roza and 5 of the kids and I were there for immunizations. We're like a big party, talking, laughing, playing on the floor of the waiting room with the kids. They are the type of family who draw others in. When they went back for their immunizations, THREE different people in the waiting room asked who they were and why I was with them, and I got to tell them all about Catholic Charities and the resettlement process.

I'm going to keep talking, as often as I can, about refugees, Catholic Charities, the resettlement process, and how our community can aid in that process. I'm confident that with Catholic Charities leading the way, that we can be the type of community that welcomes all newcomers with open arms and a willingness to walk alongside our new community members.



Roza Bonabana and **Casey VanDyke** (Catholic Charities Volunteer)

Anti-Human Trafficking

On May 6th, Catholic Charities held a anti-human trafficking seminar at the Catholic Center in Jefferson City. Attendees came from throughout the diocese representing various denominations. Attendees watched a 90 minute documentary on human trafficking around the world. Nanette Ward from the Central Missouri Stop Human Trafficking Coalition was the keynote speaker. Nanette spoke about local cases and how the community can recognize potential cases as well as help get involved.

Catholic Charities helps fund various anti-human trafficking efforts in the local community as well as provide materials to any individuals or parishes interested in stopping trafficking. If you are interested in knowing more or participating in anti-human trafficking efforts and/or starting a anti-human trafficking group in your parish please contact Jake Seifert at 573-635-7719 or jseifert@cccnmo.org.



Linda Vieth, CCCNM Volunteer, **Jake Seifert**, **Nanette Ward**, Central Missouri Stop Human Trafficking Coalition



Deacon **Chris Wickern** and **Patsy Wickern** attend the anti-human trafficking day