

# Catholic Charities CHANGING LIVES

CONTENTS

Restarting a New Journey ..... 1

Support for the Entire Family..... 1

Thank You, Twitter ..... 2

Volunteer Profile:  
Lori & David Whitney..... 2

Get Involved..... 2

A Home Away from Home ..... 3

What is Planned Giving? ..... 3

Loaves & Fishes..... 4

## RESTARTING A NEW JOURNEY

When **Rosa's** family brought her to **Catholic Charities Adult Day Services San Francisco**, they were having some trouble agreeing as a family about the best way to care for her. For a couple of weeks, the program staff engaged Rosa in the program and had several conversations with the family, sharing some options and resources that would be available to them. Then, for reasons unknown to staff, Rosa stopped coming to the program.

Rosa was missed, and during the following month the staff reached out to Rosa's family. Clients also reached out to Rosa sending her a card. These efforts made Rosa feel like she was part of something special and, realizing she had friends that missed her, she wanted to return to the program. The family agreed to try again and Rosa enrolled in a two-day per week schedule with an initial commitment to try this for six months.

The family is now getting support from the program staff, learning more about Rosa's condition and their care options. Rosa's mood has improved and she's feeling more positive and upbeat since rejoining the program. This is just the beginning of a new journey that Rosa and her family will be taking together. And Catholic Charities Adult Day Services will be there to assist and guide them along the way. ■



## SUPPORT FOR THE ENTIRE FAMILY

Sharon lived independently well into her eighties, but the economic downturn forced her to move in with her son, Mark, and his family. While she enjoyed the time spent at home with her son and two young grandchildren, in order for her son to work and support the family, they needed to find a place for her to stay and receive care during the day.

After joining the **Catholic Charities Adult Day Services San Mateo County** family in 2010, Sharon quickly became a fixture of the program, charming staff and fellow residents alike. She drew great joy from the rosary group and pet therapy – her favorite service animal was a Burnese Mountain Dog, the breed she had always wanted to own.

Sharon passed away in December 2013 at the age of 95 after nearly four very full years with Catholic Charities. The staff and participants held a memorial service in her honor that included the participants and staff saying a few words, a slideshow, and the rosary she had so enjoyed during her time there. Mark said that the memorial service was even more meaningful than her funeral. Catholic Charities Adult Day Services San Mateo County had been a true home away from home for Sharon and her family was so touched to witness the outpouring of support from a community that meant so much to her. ■





## Thank You, Twitter

A very special thanks goes to our good friends at **Twitter** who not only gave nearly 50 kids at **Catholic Charities Maureen & Craig Sullivan Youth Services** an incredible tour of Twitter headquarters, including lunch, but also a check for \$10,800 to help pay for a separate science-related field trip. Twitter's generosity offered kids new experiences, perspective and hope while connections were made between some of their employees and our program. We look forward to our bright future with Twitter. To follow Catholic Charities on Twitter, visit [www.twitter.com/CatholicCSF](http://www.twitter.com/CatholicCSF). ■

## Volunteer Profile **LORI & DAVID WHITNEY**



Financial advisors **Lori and David Whitney** work with very affluent people and had the option to view hard realities from a distance, but something was prompting them to get involved at a deeper level through charitable giving as a family, both financially and as volunteers. After a recent

move to San Francisco, they discerned that it was time for them to see the depth and breadth of people who were at risk in their community.

When they heard about a volunteer opportunity at **Catholic Charities Rita da Cascia Community**, they signed up to make and serve dinner once a week for the women and children residents of the program. "It was an eye-opener to see the range of people who need help and the problems that they have," said Lori. "David and I got a glimpse of what it's like to live in deep poverty. Aside from providing a nice respite – a meal – there is not much we can do to change their situations. That's hard."

"My perspective is different now," continued Lori. "Originally, I thought a little group of people needed our help at Rita da Cascia, but that experience opened our eyes to the larger problem of homelessness in San Francisco. I don't know what to do about it, but at least we can be part of Catholic Charities who is trying to do something to address the problem."

David's understanding about giving had changed as well. "We went to Rita da Cascia Community and accepted that there is not a solution, we are not working towards a goal," said David. "The only goal is to make someone's life a little better for that moment."

Working with wealthy individuals over the years, David observed that their philanthropic giving is something deeply personal – a learned activity. "It was something we wanted to teach to our kids. When you are experienced in giving you have a more fulfilling life." ■

## GET INVOLVED

As the Lenten season approaches, we are reminded to share this world equally by sharing our time and talents. Here are some upcoming volunteer opportunities to consider:

- Distribute food to seniors at **Catholic Charities Edith Witt Senior Community** (Feb. 19 or 26 and Mar. 4, 5, or 12)
- Prepare food and serve to homeless families at **Catholic Charities St. Joseph's Family Center** (Feb. 22 or Mar. 8)
- Read to children at **Catholic Charities Star Community Home** (Feb. 24 or Mar. 3, 10, or 17)

For more details about specific opportunities to volunteer, contact **Clint Womack**, Volunteer Coordinator, at **415 972 1297** or [volunteer@CatholicCharitiesSF.org](mailto:volunteer@CatholicCharitiesSF.org). ■

## A Home Away from Home



If the advent of information technology and social media has taught us anything, it is that we are living in an increasingly interdependent world – economically, environmentally, and socially. Interdependence makes the world smaller and helps us to realize and value how much we live in solidarity with each other. How much we are one human family.

Pope Francis spoke eloquently last summer on the subject of solidarity, especially solidarity across generations. The Holy Father described caring for the elderly as akin to creating a living history, saying that “seniors carry [the people] forward...by offering memory. When a society loses its memory, though, it is finished.”

It was once common for multiple generations to live together under one roof, sharing memories and traditions, and caring for one another through all of life’s stages. People were born, lived their lives, and passed on at home.

Today, the idea of “home” has become more complicated as loved ones move away to pursue their own aspirations. With fewer family members to share the load, comfort and security can evaporate quickly when a spouse passes away or a caregiver is unable to help because of other commitments. This can leave many seniors feeling lonely and seemingly forgotten.

These later years can be particularly challenging, not only for those who have limited resources, but also for caregivers who have other responsibilities. Catholic Charities Aging Support Services provides a home away from home at a time when community, activity and friendship are essential for seniors, and when life balance is essential for caregivers.

Mother Teresa said, “Love begins at home.” This is a great reminder that “home” is more than just a place, it is a sense of belonging.

Sincerely and with gratitude,

Jeff Bialik  
Executive Director

“ Seniors carry the people forward by offering memory. ”

Pope Francis



## What is Planned Giving?

There are many ways to give to Catholic Charities, but did you know about our Planned Giving programs? Our Planned Giving expert can guide you through estate planning, bequests, trusts, annuities, and more. Many of these giving strategies have significant tax advantages that are easy to miss without the right guidance.

To learn more about our **Moving for Seniors** seminar on **February 21** and other valuable resources, such as a **free Estate Planning Organizer**, contact **Kathy Brown**, Director of Advancement, at **415 972 1291** or visit **CatholicCharitiesSF.org/planned-giving**. ■

