

We're All (Green) Thumbs Here!

After several months of careful planning, the dream of having a community garden at the G.W. Petroplus Towers in Wheeling became a reality in May. The aim of this joint project between the Northern Region of Catholic Charities West Virginia (CCWVa) and the Appalachian Institute (AI) at Wheeling Jesuit University (WJU) is to get fresh, healthy produce into the hands of senior citizens who often face barriers in purchasing these same items. In addition, the garden would provide a space for residents to come together and build community.

With expert help from the leaders of the nonprofit, Grow Ohio Valley, the raised garden beds were built on the Towers' grounds. A team of volunteers from WJU, the Master Gardeners, and the wider Wheeling community came together to fill the raised beds with organic material and topsoil and to dig post holes for the fence. Many of the volunteers returned to help with the planting day.

The residents who had signed up to be part of this garden were active participants in every step of the process. From lifting wheelbarrows of soil into the beds to planting seeds, the 20 or so residents taking

part each contributed to the project. Teams of residents will now maintain their designated raised beds and will divide the produce among themselves.

Work at the garden will continue throughout the summer and fall, so if you are interested in helping in any capacity, please contact Liz at 304-905-9860 ext. 2209. If all goes well, CCWVa and the AI hope to replicate this project at other high rises around the Ohio Valley. If you would like to be part of further discussions about expanding this garden concept, please contact Liz.



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Serving Hancock, Brooke, Ohio, and Marshall counties in West Virginia and Belmont County in Ohio (CCNC).

www.catholiccharitieswv.org



Summer 2014

NORTHERN REGION
Wheeling + Weirton

How Can I Help?

Catholic Charities West Virginia honors the dignity of the human person and embraces society with our doors open to all regardless of religious, ethnic, or social background. We work together and offer our compassion while standing for justice and peace.

Your contribution is essential to our efforts to reduce poverty in the Mountain State; whether you serve in diocesan parish ministries, as a community volunteer, as a donor to Catholic Charities WV, or in prayer for the poor and vulnerable in our midst.

Volunteer Opportunities

Do you have experience in financial coaching and teaching budgeting skills?

Are you interested in teaching families how to shop for healthier foods on a budget?

If you answered yes to either of these or want to learn about other ways to volunteer, please call Liz at 304-905-9860 ext. 2209.

Like what you read in this newsletter? Want to help us keep these programs going ?

Please consider donating today to:

Catholic Charities WV
2000 Main Street
Wheeling, WV 26003
Attn: Northern Region

Or online at
www.catholiccharitieswv.org



Or call
1-888-900-2989

Or join us on Facebook

Let Them Eat Steak

Wheeling area Knights of Columbus councils held their second annual Steak Fry on Friday, July 25, to benefit the Catholic Charities Neighborhood Center. The event took place at the Sonneborn Shelter at Wheeling Park. Steaks and other delicious foods were paired with music by DJ Ted Williams. More than one hundred people attended this event.

Proceeds from the Steak Fry will assist Catholic Charities West Virginia in providing important services at the Catholic Charities Neighborhood Center to the residents of Ohio and Marshall counties, as well as Belmont County in Ohio. We at Catholic Charities would like to thank the local Knights for their ongoing support of our work.

Tour the Grocery Store



The Northern Region of Catholic Charities West Virginia is one of the recipients of a grant from Catholic Charities USA and Share Our Strength to provide tours of local grocery stores to low-income families, especially those who receive WIC or SNAP benefits. These tours will teach participants about comparison shopping using the unit price, identifying whole grains, determining whether to buy fresh, frozen, or canned produce, and understanding food labels. The objective of this project is to help the families that we serve buy healthier foods on a budget.

We would like to offer these tours throughout the Northern Panhandle. If you are interested in serving as an educator and guide for these tours or want to be a participant on one of these tours, please contact Liz at 304-905-9860, ext. 2209, or Diana at 304-232-7157 for more information.

Wanted: A Few Good Drivers

Each day, volunteers and staff at the Catholic Charities Neighborhood Center deliver meals to more than 300 shut-ins and those who find it difficult to prepare meals for themselves. This service strives to ensure that these individuals and families do not go hungry. We rely on volunteer drivers to deliver the meals throughout the greater Wheeling area. Without them, we would not be able to continue this important program.

We are currently looking for a few more volunteers to serve as drivers on Fridays and Saturdays. If you are interested in volunteering for this program or want to learn more about other ways to serve at the CCNC, please contact Kristina Velkovich, the Volunteer Coordinator, at 304-232-7157.

Ideas for New Programs?

Have ideas for new programs or projects you would like to see in the Northern Region? Want to collaborate or partner with CCWVa in the Northern Panhandle? Interested in other ways to get involved?

Send your thoughts and questions to Liz at epaulhus@ccwva.org or call 304-905-9860 ext. 2209.

Our mission is to alleviate poverty, distress, and injustice by providing comprehensive social services to the poor and vulnerable, advocating for social justice, and calling all people of good will, especially those of the Church, to service.