

WELLNESS WORKS - MAKING A DIFFERENCE IN OUR COMMUNITY

The reality of West Virginia's health is concerning. We are 3rd in the country of people with diabetes, 3rd in adult obesity and 5th with heart disease. Processed foods are continuing to become more prevalent, especially for those suffering in generational poverty. Due to the increased use of processed foods, peoples' cooking skills are not developing as they had in previous generations. In these times, many people living in poverty have difficulty cooking from recipes, and especially cooking using healthy ingredients in recipes.



In 2006, the Catholic Charities West Virginia (CCWVa) Central Region developed the WellnessWorks program to assist in addressing the issues. This was the first model of this nature in the state and remains the only food pantry like this in some counties. "When someone comes to the pantry for assistance, we talk to them about their health," said Kandi Shafer, Catholic Charities West Virginia Central Region Director. "We ask those tough questions, such as 'do you have high blood pressure or diabetes?'" Clients with special dietary restrictions are offered health-related information on their condition. A newsletter that includes health issues and offers healthy recipes is provided with each food order. One section of the pantry is specifically dedicated to healthy food items, such as fresh produce, low-sodium, sugar-free, etc. The CCWVa staff and volunteers help to educate families and individuals, and offer food items that best meet their dietary needs. "Of course, the choice is completely theirs, but we strive to help our clients make an informed decision," said Shafer.

The pantry is supported by donated food and cash donations. Please consider making a donation. Donations of healthy food options are very helpful in our WellnessWorks efforts. And of course we offer typical staple items as well. We appreciate donations of any kind. Feel free to contact our office with any questions.

PROVERBS 19:17

Whoever is generous to the poor lends to the Lord, and He will repay him for his deed. As we enter the holiday season, let's remember those that are less fortunate. Let us also remember the words and actions of our Heavenly Father. Regional Advisory Council members with Catholic Charities West Virginia Central Region will be speaking at their respective parishes prior to Christmas. They will be reminding each of you of the services that we do in the Central Region and asking you to contribute during the second collection on Christmas Day. All monies donated during that collection stay in the Central Region. Thank you in advance for your support.



INSTANCES OF SERVICE

July – September 2015

Morgantown	
457	Number of People Served
\$12,737.18	Value of Services Provided
Grafton	
120	Number of People Served
\$3,544.10	Value of Services Provided
Kingwood	
1,215	Number of People Served
\$47,725.00	Value of Services Provided

WHEELING JESUIT UNIVERSITY

GAUDIOSA
(gow-de-o-sa) n. *Joyous Feast*

2016

Saturday, April 16

Contact Jasmine Lo for tickets & sponsorship info.
800.888.2586 or gaudiosa@wju.edu

Working to reduce poverty in Barbour, Doddridge, Harrison, Marion, Monongalia, Preston & Taylor Counties

Morgantown (304) 292-6597 | Grafton (304) 265-3091 | Kingwood (304) 329-3644

PARISH SOCIAL MINISTRY UPDATE

Catholic Charities West Virginia is open to all people regardless of their race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, socio-economic background, marital or family status.

Needed Items

Cereal, canned meats, flour, sugar, peanut butter, jelly, pancake mix, pancake syrup, dried beans, soups, crackers, coffee, tea, pasta, pasta sauce, dairy products, mayonnaise, personal care items, cleaning supplies

Needed for WellnessWorks

Low-sodium products, sugar free products, gluten-free items, whole grain pastas, canned fruits in light syrup, vegetarian options, fresh produce, frozen meats

Deliver donations to 827 Fairmont Road, Morgantown, WV 26505

or by credit card online at

CatholicCharitiesWV.org
1-888-900-2989



A Note from Our Parish Social Ministry Coordinator, Kate Kosydar

In September, thousands of my closest friends and I were able to celebrate Mass with Pope Francis. The experience of Mass itself was a once-in-a-lifetime experience for me.

But what I found even more moving happened the following day. I sat in the living room of my in-laws' house and watched, stunned, as two politicians were moved to tears by the words of their pope – of our pope. During his speech to Congress, Pope Francis talked about four Americans who "...were able by hard work and self-sacrifice – some at the cost of their lives – to build a better future. They shaped fundamental values which will endure forever in the spirit of the American people. (From Pope Francis' address to Congress, 9/24/15)"

None of the four Americans that Francis talked about (Abraham Lincoln, Martin Luther King Jr., Dorothy Day, Thomas Merton) are canonized Saints, and that fact speaks volumes to me. Who are the Saints, but regular people who loved greatly? We are all called to work hard and sacrifice for others. *We are all called to be saints.*

Upcoming PSM Events:

Advent Series

Immaculate Conception Fairmont

November 24, December 1, December 9, December 15
@ 6:30 p.m.

Clarksburg Vicariate Social Ministry Retreat

Date & place TBD

A half-day retreat for those who serve their community or parish in any capacity. Be inspired and refreshed for your ministry! Contact Kate if you would like to be involved: kkosydar@ccwva.org



VOLUNTEERS PROVIDE NEEDED SERVICES



The Morgantown Outreach office showed appreciation to their volunteers by providing a lunch and fellowship. We have many volunteers that serve in many capacities. Volunteers log around 138 hours in a typical month. These gracious people volunteer to help with clients in the pantry, stock shelves, bag pet food, deliver food from the parishes and help out with anything else needed. Starting in February of each year, our volunteer hours increase to 318 per month due to the VITA (Volunteer Income Tax Assistance) program. VITA volunteers complete tax returns for low-income individuals and families at NO charge to the client. These volunteers are trained and certified by the IRS. Last year, these volunteers helped clients receive over \$79,000 in tax refunds from the federal government and saved them over \$15,000 in filing fees. Please consider joining our team of volunteers. Contact Kandi Shafer for more information at kshafer@ccwva.org

CENTRAL REGION STAFF

Regional Director, Kandi Shafer; Morgantown and Grafton Program Assistant, Mara Skidmore; Raymond Wolfe Center Outreach Worker, Alix Evans; LifeBridge AmeriCorps Members, Kita Taylor (Morgantown) and Don Maleta (Raymond Wolfe Center)

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.