



Catholic
Charities
Archdiocese of Dubuque

MAY 2023 NEWSLETTER

Reducing Poverty · Strengthening Families · Empowering Communities

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May is Mental Health Awareness Month

Mental health affects ALL of us. If someone you love is going through a hard time, you don't need to have all the answers. Just being there is #MoreThanEnough

Learn more about Mental Health Counseling at Catholic Charities and connect with a licensed professional in-person or via telehealth.

[Click Here to Learn More](#)



YOU ARE
NOT
ALONE

#MoreThanEnough

Dubuque Days of Caring Brightens Affordable Housing Communities

Volunteers for Dubuque Days of Caring donated their time and talents at three of our affordable housing communities: Kennedy Park West, Carter Plaza, and Ecumenical Tower. Projects included landscaping improvements, gardening, mulching the playground with two dump truck loads of mulch, window cleaning, and cleaning floors throughout common areas.

A huge THANK YOU to volunteers from Flexsteel, John Deere, & McGraw Hill! Your dedication to Dubuque and to our affordable housing communities is appreciated!



Celebrating Amazing Volunteers

Emily Bushman

Immigration Legal Services

Emily Bushman received the Emerging Volunteer Award at United Way of East Central Iowa's annual volunteer ceremony. Emily is a volunteer with Catholic Charities' Immigration Legal Services and is a student at the University of Iowa Law School. Her volunteer time is spent working with Afghan immigrants and providing supportive services during consultations and work authorization processes.



L-R: Saadat Ahmadi, Ellen Blocker, Emily Bushman, Yer Vang, Dee Patters, Adriana Cawley, Javier Salazar

Deacon Tom Lang

Jail & Prison Reentry Services

Deacon Tom Lang was honored at the Mayor's Volunteer Awards where nominees have demonstrated significant volunteer efforts in the Cedar Valley. Deacon Tom is a decades-long volunteer with Catholic Charities' Jail & Prison Reentry Services where he is a dedicated mentor and leader for Circles of Support & Accountability for those recently released from incarceration.



Daniel Shafer & Deacon Tom Lang

Congratulations Emily & Tom!

WEBINAR RECORDING



THE RECENT CATHOLIC CHARITIES' IMMIGRATION WEBINAR FOCUSING ON THE HUMANITARIAN PAROLE PROGRAM FOR CUBANS, HAITIANS, NICARAGUANS, & VENEZUELANIS IS NOW AVAILABLE TO WATCH IN FULL. LISTEN AS CATHOLIC CHARITIES' ATTORNEYS OUTLINE DETAILS OF THE PROGRAM AND THE LOCAL IMPACT OF THESE IMMIGRATION INITIATIVES.

Mark Dalsing Memorial 5K Run

The Dubuque community gathered at Ecumenical Tower on May 13th to honor the life and legacy of Mark Dalsing with a Memorial 5K Run/Walk. Mark served as the Affordable Housing Director at Catholic Charities and his dedication to our mission truly exemplified what it meant to provide help and create hope in our communities. During his time at Catholic Charities, we all benefitted from Mark's witty humor, professionalism, and leadership.

This event was a beautiful reminder to "Live Like Mark".



L-R: Tracy Morrison, Lindsay Maxwell, Stacy Sherman, Danielle Leibfried

PLAY THERAPY CONFERENCE



2023 Play Therapy Conference

The 2023 Play Therapy Conference on May 8-9 was full of experiential learning, engagement, and networking. Attendees focused on integrating aggression, trauma, and intensity in children, led by best-selling author, Lisa Dion. A crowd favorite was the pool noodle role-playing component in which pairs demonstrated how something as simple as a pool noodle can both engage and refocus energy during a play therapy session. Attendees were able to find tangible tools to build into their daily practice, regardless of the age of the clients served.

"We were very excited about this opportunity to invite 50 mental health providers from 32 different agencies to discover more about synergetic play therapy and how it can benefit clients. A special "thank you" to the East Central Region for their support of this event." -Lisa Turner, Catholic Charities' Clinical Director



Your gift changes lives!

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Employee Spotlight

BETH HEMMER

WHY CATHOLIC CHARITIES? ◦

I have always admired the work Catholic Charities has done in the community and believe they practice the teachings of Jesus "Whatsoever you do to the least of my people, you do unto me."

ABOUT ME ◦

Hometown?
Balltown, Iowa

Favorite Snack?
Peanut or Almond M&Ms, Popcorn and anything dill-pickle flavored

Free Time?
I love to fish when the weather is nice! I also love random road trips with my BFF or just relaxing at home with my family.

Coffee or Tea?
BOTH!

Pets?
I have 2 dogs: a 9-year-old Basset Hound and a 10-year-old American Staffordshire. They are both giant couch potatoes!

Hopes & Dreams?
My biggest hope is that my children grow up to be kind & compassionate humans.

Favorite Book or Movie?
I love to read, and usually, I read thrillers or true crime. However, my current favorite is *The House in the Cerulean Sea* by T.J. Klune. It's just a great feel-good book that will make you smile!

◦ CONTACT

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📁 Case Manager

📍 Dubuque Office

🕒 5 Months of Service

◦ A DAY IN THE LIFE

Client Meetings

Resource Education

Agency Partner Referrals

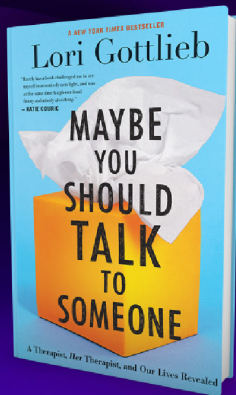
HUD Housing Counseling

Parish & Community Outreach

Rental Assistance

SNAP Enrollment

Financial Literacy



WHAT WE ARE READING:

Maybe You Should Talk to Someone

A Therapist, Her Therapist, and Our Lives Revealed

BY LORI GOTTLIEB

[Click Here to Learn More](#)

Plan Your Legacy With Catholic Charities

You can have an everlasting influence on the lives of those we serve at Catholic Charities of the Archdiocese of Dubuque. Please ask your attorney to include a bequest for our organization in your will. If you would like more information about leaving a legacy gift to Catholic Charities of the Archdiocese of Dubuque, please contact Jeff Schneider at dbqcddevdir@dbqarch.org or call (800) 876-3546.



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