

UPDATE

Northern Valley Catholic Social Service reaches out effectively in care and in love to serve the unmet needs of all people in our communities.

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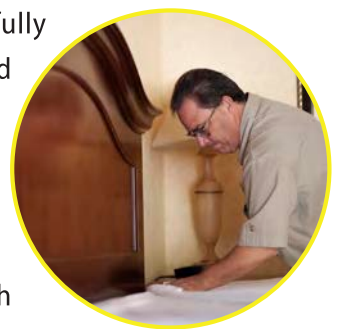
04 Regional News

Dear John

John Blake, 53, is a longtime resident of Wilshire Place Apartments, one of the many housing complexes sponsored by Northern Valley Catholic Social Service. To meet John is to meet a man filled with joy, humor, and zest for life. His laugh is unmistakable. He has a genuine spirit. His work ethic is unflappable. What makes this all so remarkable is that John suffered a neurologically damaging accident as a 2 year old that has slurred his speech, slowed his walk to a pronounced limp, and not allowed him to have full use of his right arm. NVCSS Property Manager, Jeff Dunaj, has known John for more than a decade. Jeff is impressed with John's perseverance and positive attitude.



"John does not use his disability as an excuse. Even with only one fully functioning arm, he would rather work cleaning rooms at the Red Lion than sit at home watching TV." John takes the bus to work at the hotel in the morning and oftentimes walks the two miles back to his apartment in the afternoon, smiling and waving at the passersby who have come to recognize John's familiar gait and grin. Wilshire Place Apartments serves people living with developmental disabilities. People like John, Jeff says, are a great example



of the type of resident the Agency exists to serve. "He wants to remain independent and that is something NVCSS strives for with its housing residents."

NVCSS sponsors 277 units of housing in Butte, Shasta, Tehama and Trinity Counties including 34 units of rent subsidy housing for chronic homeless mentally ill individuals. The Agency also provides affordable housing for individuals, families and seniors, those living with severe and persistent mental illness, and those with developmental disabilities.



Staff Spotlight

Cathy Wyatt was named Executive Director of NVCSS in early 2014, following the retirement of Don Chapman.

Our Mission

"Don't give up." "You can do it." "Never lose hope." These words of encouragement may be shared from time to time with people facing life's struggles. Sometimes these phrases fall upon deaf ears. Why is it that this happens? I believe that until people are ready to actively participate in their own recovery, words may sound empty and meaningless, like white noise. Whether a major or a minor setback, it takes effort on the part of the person going through the challenge to stand up and say, "I CAN do this." Over the years of working with children and families I have witnessed the beauty of watching individuals move from feeling hopeless to full of hope. It is amazing to see the transformation that takes place when hope returns. It's like watching the weather change from winter to spring before your eyes. No matter the time of the year, it is always the season of hope at NVCSS.

It is my pleasure to invite you to read through the many stories of inspiration that together comprise this year's NVCSS Update newsletter. The programs and services offered by NVCSS throughout our six county region exist to provide hope to people in the ways they need it at this particular moment in their lives. From counseling services, to housing, to food outreach and beyond, it becomes clear that the north state is strengthened by the collective impact of the work of our professional staff, dedicated volunteers, and the generous donors of NVCSS. It has been a privilege to witness firsthand the commitment to providing an environment that encourages the mission to reach out in care and love to those in need. It comes alive one person at a time, as it has for 28 years. Thank you for your continued support of Northern Valley Catholic Social Service!

Cathy Wyatt
Executive Director



NVCSS compassionately and respectfully helps people maintain their independence through programs in the areas of housing, mental health, teen services, family, and community support. Special emphasis is placed on addressing unmet needs of the community. NVCSS is dedicated to serving Butte, Glenn, Shasta, Siskiyou, Tehama and Trinity Counties. NVCSS is a tax exempt, public-benefit corporation with a 501(c)(3) designation.

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Wish Lists

Butte & Glenn Counties

Teen Services & Butte Baby Steps: Cash donations for TAPP & BBS programs, diapers (size 2 and up), wipes, diaper bags, safety equipment (cabinet locks, baby gates, etc.), toddler socks, clothing (up to 18 months), toddler toys, strollers, baby carriers, high chairs, walkers or bouncers, playpens, blankets, children's books, rattles, baby toys, bottles, sippy cups, crib sheets, comforters, hygiene products (baby shampoo, lotion, diaper rash cream, etc.).

Shasta County

Clothes That Work: Men's clothing and hygiene products, make-up.

Shasta County continued...

Olberg Center: Bottled water, hygiene products, art supplies, knitting/crochet supplies, movies (DVD), music (CD), magazines, and AA batteries.

Teen Services: Diapers (all sizes - major need!), wipes, diaper bags, training underpants, potty chairs, safety equipment (cabinet locks, baby gates, etc.), toddler socks (12 months-4T), clothing (0-4T), strollers, high chairs, walkers or bouncers, playpens, toddler beds, blankets, children's books, rattles, baby toys, bottles, sippy cups, crib sheets, comforters, hygiene products (baby shampoo, lotion, diaper rash cream, etc.).

Siskiyou County

Shirts, socks, gloves, blankets, warm hats and scarves, boy's clothes, journals, potting soil, non-perishable kid's snacks and senior citizen care packages.

Tehama County

Family Resource Centers: Canned foods (soups, peanut butter, staple food items), diapers, formula, children's puzzles, games, toys, dolls, play cars, jewelry beading materials and craft materials, sewing materials, fabric and office supplies.

Trinity County

Family Resource Center: Non-perishable food, clothing (infant to adult) and household items.

For more information about NVCSS, please visit our website: www.nvcss.org.

NVCSS follows federal, state and local laws, ordinances, regulations, rules and codes and does not discriminate in employment practices or in the delivery of services on the basis of race, religion, color, national origin, ancestry, sexual orientation, physical or mental disability, medical condition (including but not limited to cancer, HIV and AIDS), marital status, gender, age, creed or use of family care leave. NVCSS takes affirmative

action efforts in employment and promotions so that minorities and women will be employed at all levels. NVCSS complies with the Americans with Disabilities Act of 1990 and the Fair Employment and Housing Act.

For further information or to file a complaint, contact the Compliance Director at Northern Valley Catholic Social Service at 530.241.0552.

The NVCSS newsletter is published periodically.

If you would like to be removed from this mailing list, please contact the Development Department at 530.241.0552.

Regional News

Dan Johnson and Pam Thayer Crowe: More Than Four Decades of Service to NVCSS.

Dan Johnson. NVCSS is proud to announce the appointment of Dan Johnson as Chief Financial Officer. Dan's career at the Agency began in 1991 as a driver for pregnant and parenting teens in the Redding area. He holds a Bachelor's Degree in Business Administration with an emphasis in Accounting from Pacific Union College and he became a Certified Public Accountant in 2004. Dan has served as the Agency's Finance Director for the past 15 years.



Pam Thayer Crowe. After a 22-year career at NVCSS, Pam Thayer Crowe has decided to retire. The Agency held a retirement gathering for Pam on July 10th where she was recognized by friends, family, and colleagues for her commitment to her job and to her community. Pam has been an employee of NVCSS since 1992 and has served in many capacities, exiting as the Compliance Director in charge of quality assurance, ever-focused on continuous quality improvement. All of us at the Agency wish Pam a restful and fulfilling retirement.



Lewiston Apartments. Danny was living in Weaverville, 18 miles east of Lewiston. Danny is developmentally disabled on a very limited income and he was on the verge of losing his housing because he couldn't afford the high rent. NVCSS was able to provide Danny with affordable housing in Lewiston Apartments. He is now one of 16 volunteer firemen for the Lewiston Fire Department. He is excited about the opportunity to serve in a capacity that supports the Fire Department and enjoys sharing his stories with his neighbors and property management staff.

NVCSS is celebrating three years of providing affordable housing for 14 individuals and families in Lewiston, CA. Located in a small forested community in Trinity County 35 miles west of Redding, the Lewiston Apartments provides affordable housing for low income

Trinity County residents, most of which experience limited housing options. In collaborative partnerships with local organizations and service providers, including the Lewiston Fresh Start Food Bank, Trinity County Behavioral Health, Child Protective Services and the Human Response Network, NVCSS is committed to increasing affordable housing opportunities, strengthening the ability of residents to contribute to the community, and maintaining family stability.

Our Regional Development team will complete the 3rd Annual Trinity County Chip In June 2014. Funds from this golf tournament augment the Trinity County programs, including supporting the needs of Lewiston Apartments.



Superheroes Unite! We are SUPER excited to bring back the CASA Superhero Run to the North State with an even bigger and better experience...

If you are not familiar with the CASA Superhero Run, it is a family-friendly fundraiser in support of our local Court Appointed Special Advocates programs. CASA aims to provide support for abused and neglected children towards safe, permanent homes. Between Butte, Glenn and Shasta Counties, there are currently over 1,100 children in the court dependency system.

In the fall of 2013, over 1,000 participants donned their favorite superhero garb and stepped out for our inaugural races in Chico and Redding, raising over \$20,000, which remains in our communities. While costumes are not required, they are highly encouraged – after all, this is the perfect excuse to bring out your inner child and possibly take home a prize for best costume!

While each race location and activities are unique, the objective remains the same: raise awareness for this invaluable program and make lasting memories at the same time.

This year's Chico race, again being held at Bidwell Park, is scheduled for Saturday, September 20th. Participants can register for the 1K, 5K or 10K, and this year's 5K also has a "team" category. New this year, both the 5K and 10K races are chip-timed for those avid runners. Chico race details include: pancake breakfast for the runners (don't worry, family members can buy tickets too), photo booth, and a DJ. And be sure to keep an eye on our Facebook page for voting on the Little Heroes poster contest!

Details for the Superhero Run in Redding on Saturday, November 8th, are being finalized and we are excited that this event is for the whole family! We're bringing back the Little Heroes Dash and chip-timed 5K and are also working on a few new race-day features, so stay tuned! DJ Bucky Dun-Gun is returning to provide that superhero atmosphere with finish line tunes. Dutch Bros. Coffee will be on hand to get you your caffeine fix. But most importantly, our time together will benefit some great kids in our community who need someone to speak up and be that *superhero* in their life. Remember, all children need a hero, but abused and neglected children need superheroes!

So, mark your calendars and get those creative ideas flowing for our 2nd Annual CASA Superhero Run, coming soon to a city near you!

For more information or to register, visit www.run4casa.com. And please be sure to follow us on Facebook, Twitter and Instagram.



2014 Race Dates
Chico: Saturday, September 20
Bidwell Park
Redding: Saturday, November 8
Sundial Bridge



@run4CASA



A Night in Casablanca. Casablanca 2014, held on March 8th, was a smashing affair with dueling pianos, a casino and décor straight out of a magazine. Guests enjoyed the lively banter of the Kelley Brothers on the dueling pianos, taking their chances on the wine wheel and bidding on some amazing items at the silent auction. Special thanks are in order to Justine Lehman and Teresa Gasman of Solid Office Solutions who coordinated the event, Kendel Nichols Gilbert of I.D. Elements who provided the design and ambiance of the event, the Active 20/30 Club of Chico and National Charity League of Butte County for their dedication and volunteerism, and to the countless

volunteers who offered their time, talent and treasure to make the evening such a smashing success.

Casablanca has been a long running fundraiser for the CASA programs of Butte and Glenn counties. CASA (Court Appointed Special Advocates) recruits, trains and supervises volunteers to become advocates and mentors for children in the dependency court system (foster children). The program relies on generous donors and fundraisers to accomplish this important work. We encourage you to reserve your spot early for next year's Casablanca event to be held in March 2015 as this event will sell out quickly. If you are interested in becoming a CASA or volunteering in other ways to benefit the program, please contact Geneva Jobe at 345-1600.

You don't want to miss this great event next year!



Butte & Glenn Counties

Volunteer Appreciation 2014. On April 10th, NVCSS recognized Butte County volunteers at the annual Volunteer Appreciation dinner. The event was held at the Chico Women's Club and was designed to honor the many volunteers who gave their time in 2013. The turnout was great with about 65 volunteers and staff in attendance. The Butte County management team puts the event on every year and they enjoy honoring the service of our tremendous volunteers.

Awards of recognition were presented to the Active 20/30 Club of Butte County for their efforts with the CASA Superhero Run and Casablanca, and to Kendel Nichols Gilbert of I.D. Elements who provided NVCSS with design work and consulting.

The Advocate of the Year for Butte/Glenn County CASA was Myrna Lohse of Glenn County. She has provided NVCSS with over five years volunteering in the CASA program and mentoring three children and their families through very difficult and challenging times.

The Butte County NVCSS Volunteer of the year was Margie Rackley. Margie has been a volunteer for several years and provided service to key events:

Adopt- A-Family, CASA Superhero Run, What a Girl Wants Brunch and Casablanca. She is a tremendous supporter of NVCSS and would like to become a CASA volunteer someday.



Iversen Wellness & Recovery Center. Northern Valley Catholic Social Service operates the Iversen Wellness & Recovery Center in Chico, CA. The center is staffed and developed by employees who live with mental health challenges or have experience with families/loved ones that experience mental health challenges. The Iversen Wellness & Recovery Center offers an environment of inclusiveness, recovery, and wellness to adults living with persistent mental illness.

Iversen members offer input to create a center that is member-led and agency-supported. NVCSS recognizes the members' need for "ownership" of the center as it is a safe place to reside, free of stigma. The center promotes and encourages tolerance, acceptance, and growth within its members reflecting respect for diversity and differences.

The center offers an integration of NVCSS and county-based services that include on-site operation of the Talk Line program, member-led group facilitation, and collaboration with county-managed medication clinic and computer lab.

Staff at the Iversen Center support members by requesting input in making decisions that will affect the center as a whole. The member-led Advisory Team and members work with staff to develop and implement center infrastructure including rules, responsibilities, expectations, recovery groups and activities. Members have many opportunities for leadership at the center. Weekly members meetings and monthly celebrations allow members to participate in the program planning as well as celebrate each other's successes.

Addressing Homelessness in Butte County. For the past three years, NVCSS has operated the Homeless Innovation Program at the Torres Community Shelter. The program is a joint effort between NVCSS and the Torres Shelter to assist the homeless population living in shelter services get into mental health services.

NVCSS sub-contracts a portion of the Homeless Innovation Program to the Torres Shelter to provide case management and also employs Peer Assistants through NVCSS. Peer assistants are employees living with mental illness who work to reduce stigma around mental health. Peer Assistants meet regularly with homeless "guests" at the shelter to provide support, build relationships, de-stigmatize entry into mental health services, and be an empathetic ear to members of our community who are struggling the most.

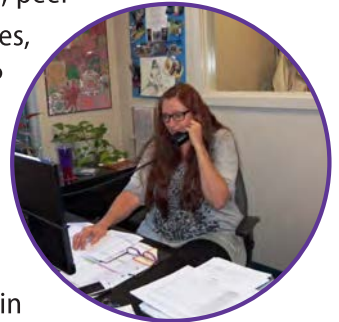
Trained member facilitators and peer staff create and encourage mentorship among those working on wellness and recovery daily by those who are farther along in the process.

Peer Assistants are available to offer support to members at the Iversen Center. Peer Assistants and membership are expected to uphold the model of recovery and wellness.

Recovery-oriented activities and services are provided by staff and trained member facilitators.

This includes peer support, coaching from staff, socialization, peer and staff-led groups and activities, medication support, and WRAP Groups. Member facilitators are offered ongoing training and support by the staff.

The program works to maximize independence and resilience in the individuals served. The Iversen Center will provide empathetic listening and feedback with a recovery based philosophy to assist the members in building support networks to manage independence.



While this program is coming to a close, Butte County continues to recognize the need to provide a higher level of care in mental health services. Through that, the Homeless Triage program has been developed. This new program will be staffed by one full-time clinician, a part-time case manager, and a part-time Peer Assistant. This team will offer support, triage services, coordination of placement for persons in crisis and on-site mental health services.

The county's Crisis Phone Triage Team will help to coordinate placement and case management services through mobile crisis teams. This new program is a joint effort by many agencies in Butte County to address the increasing needs of the homeless population.

The Homeless Triage program is supported by Butte County Department of Behavioral Health and MHSAOAC funding.

Shasta County



The Olberg Wellness Center has opened its doors. On May 26, the Olberg Center opened at 2575 Churn Creek Road, Suite D, behind Upper Crust Pizza. We are a wellness center serving those with mental illness and their families. Our focus is on recovery, resiliency, and community involvement. We are open Monday – Friday 10am to 3pm and offer a variety of groups and activities including Budgeting, Dual Diagnosis & 12-Step Recovery, Trauma & Grief, Coping Skills, Recovering Relationships, and Social Skills facilitated by Bill, Sherry, Naomi, and Joanne. We are also able to provide transportation to and from the center. We have set up a pick-up/drop off schedule with stop locations around town, subject to change as needed.

We are excited about growing our center to better meet the needs of our community. Please come by to see us! Contact Sherri Leitem at 530.247.3321 for more information.



Organization & Presentation! Clothes That Work (CTW) received several upgrades this year to help with organizing and displaying professional clothing and accessories. The new storage and organizational systems offer better accessibility to donated items, as well as providing a bright, orderly retail space. Referrals from CalWORKS will receive complete outfits for a work week, including shoes, a purse, and accessories, all designed to assist job applicants with presenting a self-confident and professional appearance. CTW is also open to the public! All items are new or gently worn and include many quality name brands. CTW welcomes those who want to shop, donate, or volunteer. Store hours are Monday-Friday from 10am-4pm. The store is located on the 3rd floor of our office at Washington Plaza. Information about current and upcoming sales can be found on our website: www.nvcss.org or sign up on our direct email list for up to the minute information.



Housing Hope. Cathy Sosa, Resource Coordinator for Participant's Action to Housing (PATH), assists probation referrals who are working towards successful re-integration into the community. PATH is an NVCSS program operating in partnership with Shasta County Probation. The primary goal of the PATH program is to ensure that each client has access to safe, affordable housing, giving them a home base from which to connect to other services and benefits. Collaborations with local service providers create a network of support to promote self-sufficiency and family stability. PATH provides individualized case management focusing on strengthening skills that contribute to independence. Workshops and group activities assist with budgeting and financial literacy, independent living skills and improved social relationships. Typical of the circumstances Cathy often finds with her clients was one homeless family living from motel to motel and couch surfing between friends and family. After working with the family, Cathy was able to help them find a house to rent. As the mother signed the lease her young child asked, "Mommy, are we going home?" And mom was able to say, "We can now!"



Siskiyou County Care Line. Wow! Siskiyou County is HUGE! Tucked away in bright green valleys, up snowmobile-only paths and down forest trails that make Grimm's Fairy Tales come to life, are seniors, isolated geographically, emotionally, and medically. NVCSS's Siskiyou County Care Line reaches out with daily calls to these adults who need a friendly chat, up-to-date information on community services, reminders of doctor's appointments, and sometimes a shoulder to cry on.

If the geography is varied and interesting, our clients are more so. We have (all retired) a ranch hand, a sassy waitress, an inventor, a former beatnik, an accomplished artist and a few whose backgrounds probably don't need to be exposed! Their homes range from lovely estates to metal corrugated huts with wood stoves and no running water.

And then there is our assortment of volunteers – really interesting people who've done special things with their lives and are now helping to color others' lives.

Put this geography, these fascinating clients, and those varied volunteers together and the chemistry results in a very special NVCSS program.

The Care Line began in November 2013, generously funded by the Sierra Health Foundation. Spreading the word was the first challenge. It has been most interesting to those of us promoting the program to discover the agencies-of-influence in the various and far flung towns. One was a tiny convenience store and diner that filled us full of scrumptious Blackberry Pizza and local info. Sometimes we are greeted with hard looks and snarls. When they realize we are old and harmless and, just maybe, helpful, they generally warm up and we often leave with invitations to return.

Many of our clients come to us in crisis. Most are self-referred. Referrals have come through ambulance drivers, nursing home discharge planners and activities personnel, family members, care givers and family resource centers,

as well. Some come to us with serious mental health issues, a little dementia, grief, homelessness, terminal illness, chronic illness, or loneliness. We

listen, empathize, and help them sort out their problems. Each volunteer has training in confidentiality, grief counseling, listening skills, and is equipped with books listing community agencies and what services they can provide. Clients and volunteers are carefully matched. Volunteers are encouraged to hold back on advice but go forth with their personalities and positive reinforcement. The goal of the program is to increase the client's independence and confidence.

The rewards of this program for the volunteers and program technician are as huge as the county. Our clients profess to love our phone calls as much as we love making them. Many thank us with each phone call. One client, whose life situation is extremely difficult at this time and whose medical condition is terminal, has said many times, "Please don't stop calling. You're the only person I have to talk to." Another has said, "I like talking to you. Everything gets so much clearer when I talk out my problems with you." Over and over we hear, "I look forward to your calls."

We are thankful for the Sierra Health Foundation's insight into the extreme isolation problems of this county's seniors and the funding they have so generously provided to address it.

For more information about the Siskiyou County Care Line, and how you can get involved or receive these daily phone calls, feel free to contact the staff at our Yreka office: 530.841.1783.



Siskiyou County

Immigration Services. The Corning Family Resource Center offers free English as a Second Language (ESL)/Citizenship classes. Although most students are Spanish speaking, the Center recently graduated two German ESL students who became U. S. Citizens! Another student attending ESL classes is from Laos. Students are educated to achieve self-sufficiency, prepare them for their citizenship exams and help them integrate into their new home, the United States of America.



Tehama County

We went back to the farm! Our annual Make A Difference Lobster Feed made its way back to the farm this past October. The crew at Pacific Sun Farms hosted a fabulous event on their property. Guests not only enjoyed the traditional lobster dinner, but they were able to see the farm in action. Fresh olive oil tasting was also available. We invite you to join us for the 2014 Lobster Feed on Saturday, October 25. Ticket information will be available in early September. It will be an event to remember!



We've moved. The Corning Family Resource Center recently moved to 175 Solano Street, Corning. This building is owned by the Corning Health Care District and has been recently renovated. The location is in between the Corning Medical Associates and the Meuser Memorial Health Center that holds Tehama County Health Agency, Tehama County Social Services and Quest Diagnostics. There is a bus stop at the corner for easy accessibility.



Healthy Living. Nutrition is a focus for Tehama's two Family Resource Centers. The instructor strives to educate families to make healthy food choices within a limited budget and choose a physically active lifestyle to promote a healthy weight as a contributor to the prevention of obesity. Grants from both St. Elizabeth Hospital Dignity Health and Community Action Agency support NVCSS in our effort to improve the development of a healthy family. One student lost 20 pounds in our program by making better choices with the foods she prepared for herself and her family. She also started a walking regime. She says she feels so much better and rewarded herself with a mini make-over.



Trinity County



Trinity Food Outreach. Imagine not knowing where to find your next meal. You are living in a beautifully serene, yet isolated community surrounded by mountains. The kids are hungry. You are restless with worry and losing hope.

This scenario has become all too familiar in rural Trinity County – a place with nearly 18% of its residents living in poverty – called the “poorest county in California in 2014” based upon median household income.



Something had to be done. Enter Jeff England, a member of the NVCSS Trinity County Advisory Board and co-founder of a collaborative effort of the six food pantries and soup kitchens of Trinity County called “Trinity Food Outreach”.

Representing the communities of Douglas City, Hayfork, Hyampom, Junction City, Lewiston and Weaverville, the volunteer-driven collaborative has given a formal identity to the effort to feed the hungry and address food insecurity in the county.

Connor Nixon, a community advocate who lives in Lewiston, has crafted an approach called “Adopt-A-Food Pantry” in which potential grantors can combine their grant dollars to collectively support the six food outreach locations. North State foundations have taken notice and have chosen to invest in this grassroots outreach. Building upon the momentum of

Redding Rancheria Community Fund grants awarded in 2012, 2013 and again this year, Trinity Trust, The Humboldt

Area Foundation, and the Sierra Pacific Foundation have each

committed to grants supporting bulk food outreach over the next 12 months. The McConnell Fund, administered by the Shasta Regional Community Foundation, has funded a grant request to purchase six new upright freezers, to be distributed to each food pantry. The freezers will provide reliable, energy-efficient means to store lean proteins and other perishable foods.



The call to feed the hungry is rooted in Gospel teachings on social justice and it is in line with the mission of NVCSS to reach out in care and love to those in need. Providing people with basic necessities such as food, clothing, household items, and shelter

allows them to think beyond the current pressing moment and presents the opportunity to seek ways to become self-sufficient, which is a “measuring stick” in determining the effectiveness of the work the Agency does. From collaborative food outreach, to the Michael J. Mangas Family Resource Center in Hayfork, to the NVCSS Lewiston Apartments, the Agency’s commitment to serve those in need in Trinity County continues with a growing emphasis to bring food to the hungry and hope to fuel the spirit.



*Do you love me?
Feed my sheep.*
John 21:17

Acknowledgments

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Jeff England; Mary Jo Fiermonte; Nelva Hall; Fr. Glenn Jaron; William Koch; Anne Lagorio; Dave Shuman; Donna Shuman

CASA of Butte & Glenn Counties

For more information on how you can become an Advocate or Friend of CASA in Butte or Glenn County, contact Geneva Jobe, CASA Program Coordinator 530-345-1600.

CASA of Shasta & Tehama Counties

For more information on how you can become an Advocate or Friend of CASA in Shasta County, contact CASA Program Manager Karen Schaefer 530-241-0552.



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www.nvcss.org

If you have special needs, please call for reasonable accommodations.
For California Relay System, dial 711 (voice and TTY).



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