

# GIVING BACK

INSIDE: GIFT OF A SHARED MEAL | VOLUNTEER DOCTORS | EARNING TRUST

WINTER 2023

## A MESSAGE FROM FATHER JOHN



Every day for 12 years, I've responded to the needs of those who are poor and vulnerable. But it was one day during the Christmas holiday that I had a striking reminder of the complexity of our work at Catholic Charities.

I was reminded, too, of the crushing struggles some people face. A mother who was about to be living on the streets with her children needed help. That situation alone was dire, but complicating factors made her circumstances additionally overwhelming.

What could I say but "Yes." And so began hours-long work to find her and her children a safe place to stay temporarily, transportation there and caring acknowledgement of the contributing factors.

At the end of the day, I felt relief for the family as they were safe for the time being. But I also felt drained. I am certain that this is how our dedicated staff members sometimes feel. They bring incredible energy, passion and expertise to their work with ongoing food programs, shelter operations, health care and mental health assistance, job programs and more. But it can be hard work.

When we are asked for help, Catholic Charities steps up. Often that means we do what others can't or won't do.

An inside article on recent grants and contracts

## 'SNACK SAKS' HELP FIGHT HUNGER

By Christina DeNovio

When children arrive home from school on Fridays, their backpacks are often stuffed with books and papers. For children at 16 schools in Charles and St. Mary's counties, a special bag is also included in what they bring home.

Called "snack saks," the bags are filled with food items — ingredients to fight hunger — packed with love by volunteers at the [Southern Maryland Food Bank](#).



About 250 Southern Maryland children receive snack saks each week.

George Mattingly, Southern Maryland Food Bank and outreach services program manager, explains that, by partnering with local schools, the food bank ensures that children who do not have access to free or reduced-price breakfast and lunch during weekends still have access to meals.

CONTINUED ON PAGE 2

illustrates just some of the ways we are helping.

We also adapt to meet challenging circumstances. Also inside is an article about those who give of their time to our Volunteer Medical Clinic. It wasn't that long ago that our clinic faced financial hardships. But with innovative thinking, we converted the clinic into a volunteer model with the assistance of dedicated medical professionals.

While my recent day helping a family was challenging personally and professionally, it also was a reminder of the importance of our work and just how rewarding it is to say "Yes."

## 'SNACK SAKS' HELP FIGHT HUNGER IN SOUTHERN MARYLAND

CONTINUED FROM PAGE 1

The program for school-age children is one of several essential services the food bank provides for neighbors in need. Located in Waldorf, the Catholic Charities food bank has a food pantry, a food bank that supplies food to about 35 churches in Charles and St. Mary's counties, Snack Sak program, Senior Sak program, community garden and the Meals & Hope food truck. With the help of dedicated volunteers and staff members, the food bank has worked to reduce food insecurity and hunger in the region for more than three decades.



The Snack Saks program packs and delivers food bags to 16 public schools in St. Mary's and Charles counties that have large enrollments of

children in free or reduced-price meal programs. Qualified students at Dr. Samuel A. Mudd, J.P. Ryon, Eva Turner, Arthur Middleton and Indian Head elementary schools in Charles County, and Greenview Knolls, Park Hall, George Washington Carver, Piney Point, Green Holly, Lexington Park, Duke, Dynard, Mechanicsville, Lettie Dent and Leonardtown in St. Mary's County receive snack saks 31 weeks of the year — each week of the school year.

Snack saks are filled with nutritious, ready-to-eat foods — fruit cups, cereal, granola bars, crackers, oatmeal and other snacks — along with juice. [The United Way of Southern Maryland](#) is a significant funder of the program, with additional donors contributing to food costs and other expenses.

After Mattingly places orders for the food items, delivery driver Richard Peeks, a volunteer, retrieves them from a store. Volunteers then pack the items into a sack, and Peeks delivers the unmarked bags to schools. Snack saks are given out in a discreet manner to children identified by the schools.

"The Snack Sak program is helpful to many of our families," says Andrill Harris,



Volunteer Clara Brooks helps package 'Snack Saks'

community school coordinator at Dr. Samuel A. Mudd Elementary. "After our (school's) needs assessment, basic needs became one of our main objectives. During the last school year and summer, snack saks provided many of our students with a nutritional snack to help fight hunger."

With hundreds of snack saks packed and delivered to school-age children each week, another segment of the Southern Maryland community is also being served. "Senior Saks" program assists seniors living on limited incomes. The food bank has teamed up with retirement and senior-living communities to deliver bags that include items such as apple sauce, breakfast bars, fruit and veggie cups, and canned proteins to older residents.

In the last fiscal year, 5,555 snack bags were given to children and seniors in Southern Maryland.

Among the volunteers who do the packing is Garnette Jones, who learned about the food bank after moving to the area and seeking a way to meet people and get involved in the community. She telephoned the food bank, and Outreach Coordinator Monica Bumbray provided her with information about the program and encouraged her to volunteer.

"[Monica] made me feel like I was wanted here," Jones says. "The first day I came in, she put me in the room, and I started 300 senior saks. I think I did 150 that day and 150 the next day."



Volunteer Garnette Jones says she feels like she's needed at the food bank

Jones has been volunteering for more than six

months. "I had this feeling like I was needed here, and that's all I was looking for."

As the Southern Maryland Food Bank prepares to mark its 40th anniversary in September, Catholic Charities is planning to extend the Senior Saks program to more locations and recipients. Donations will be critical to this plan.

To learn more about the Snack Sak and Senior Sak programs, visit our [website](#). Details about making a donation are available on this [web page](#).

*Christina DeNovio, a junior at Wake Forest University, was a fall 2022 intern at Catholic Charities.*



# AROUND THE AGENCY

## DONORS AND VOLUNTEERS CREATE A JOYFUL CHRISTMAS FOR NEWCOMERS

With the words “Merry Christmas” hanging over the entrance to the Catholic Charities Center in Montgomery County, staff of the [Newcomer Network](#) welcomed 45 families to a celebration of the season.



It was wonderful to see those who have fled danger, economic despair and violence in their home countries mingling with Catholic Charities staff and others and enjoying the festive Dec. 5 party.

As 150 children and parents arrived, they were given a bag of shelf-stable foods donated by **Leslie and Samuel Kaplan** and given out by Kaplan family members. “It’s good we’re all doing something together for the community,” said **Seth Kaplan**.



More than two dozen students from **Connelly School of the Holy Child** sang Christmas carols, donated and passed out wrapped gifts, and helped

guests pick out clothing or a blanket donated by **Obsidian Global** and **School Sisters of Notre Dame**. Fifty-dollar Walmart and Target gift cards were donated by **St. Bernard Parish**, and many others — including **Bethesda Reggio Children’s Center** — donated \$35 gift cards, which were given to children over age 12.

Bags of toiletries and snack bags donated by **St. Camillus Parish** were given out by staff. The **Georgetown Day**



**School’s Latino Student Union** provided cookies and hot chocolate enjoyed by children and adults alike.

On the windy and chilly night, a line to pick up winter coats donated by the **School Sisters of Notre Dame** and **Obsidian** stretched through the large room. Many of these families who immigrated from Central and South America, West Africa and Asia arrived in the United States with very little beyond the clothing they were wearing.



Some gifts didn’t make it home wrapped for Christmas, as a few of the children eagerly sat on the floor and gleefully unwrapped the presents. They smiled and laughed as they held on tight to their toys.



The Newcomer Network, with its Immigration Legal Services and Navigator Program, serves more than 120 families — 289 individuals — including 13 families who are staying in hotels after arriving in Washington on buses sent from Texas and Arizona.

For those who could not attend the Christmas party because of work or transportation issues, Newcomer Network staff delivered food, gifts and other items directly to them.



## CARDINAL GREGORY ADDRESSES BOARD AND EXECUTIVES

**Cardinal Wilton D. Gregory** expressed his support of the work of Catholic Charities and his gratitude to its leadership at the fall meeting of the Board of Directors.

In his remarks, the cardinal spoke of migrants arriving in the Washington area from Texas and

Arizona. "I am so proud of our archdiocese and the way we have responded," he said. "Msgr. (John) Enzler stepped up and said everything that needed to be said" as the buses with migrants began arriving in D.C. last spring — "Welcome" to the migrants, and "We are proud to care for them" to the community. Although caring for the migrants added to the responsibilities of the agency and archdiocese, he said, the response was an opportunity.

He praised CEO Father John Enzler, who will retire late this spring, for his heart, energy and vision. "He has made us all better Christians by his example," the cardinal said.

## JOHN VEIHMAYER LEADS 2022-2023 BOARD OF DIRECTORS AS CHAIR

**John Veihmeyer**, retired chairman of KPMG International, began a two-year term as chair of the Catholic Charities Board of Directors in September. He had been vice chair.

**Kevin Virostek**, greater Washington managing partner at Ernst & Young who served as board chair from 2020 to 2022, became chair emeritus. **Michael Steele**, attorney and



John Veihmeyer (left), Cardinal Wilton D. Gregory and Kevin Virostek



New board member Elizabeth Hewlett and Msgr. John Enzler

political analyst, was named vice chair.

Three new members were named to three-year terms on the board: **David DiLuigi**, **Elizabeth Hewlett** and **Mark Lee**.

They were recommended by the Board of Directors and appointed by **Cardinal Wilton D. Gregory**.

We extend our gratitude to Virostek for his exemplary service as chair and to outgoing board members **Cecilia Bergoglio**, **William Kappaz** and **Patricia McGuire** for their dedication and service.

For the 2022-2023 term, the board also includes **Caitlin Chalke**, **Leila A. Finucane**, **Elizabeth Meers**, **Gregory "Steve" Proctor Jr.**, **John Shooshan**, **John Whalen** and **Mike Williams**. **Paula Gwynn Grant** serves as The Roman Catholic Archdiocese of Washington's liaison to the Board of Directors.

## MATTHEW PUTU NAMED DISABILITIES SERVICES EXECUTIVE DIRECTOR

Before we welcomed a new year, a valued team member, Matthew Putu, was promoted to executive director of Catholic Charities' Developmental Disabilities Services department.

Over the past 14 years, Putu has served in various positions within the agency, including deputy director of Developmental Disabilities Services. Yolanda Gross, who served as quality assurance specialist, replaces Putu as deputy director.



"I am honored and very grateful for another opportunity to serve," Putu said. "I look forward to your partnership and support as we all continue to 'Say Yes,' while taking Catholic Charities to greater heights."

Msgr. John Enzler, president and CEO of Catholic Charities, shared the wonderful news before the Christmas holiday. "I look forward to his continued contributions as a member of our leadership team," Father John said. "Congratulations on this achievement and we look forward to supporting you in your new role."

In the last fiscal year, 283 adults, teens and children with developmental disabilities received help through our programs, which include [Kennedy School](#), [Child Development Center](#) and Supported Employment.



## A SEASON OF GIVING

Christmas morning dawned with joy in 817 households, as 1,832 children received Christmas gifts thanks to the generosity of donors to the Christmas Star program.

Christmas Star (formerly Angel Tree) raised \$53,525 from 349 individual donors and groups that included members of Catholic Charities' **President's Council**, staff of the **U.S. Conference of Catholic Bishops**, and 50 families from the **Sodality of Mary of Holy Rosary Parish**. Donations were used to purchase gift cards, which were given to parents to buy Christmas gifts.

Christmas Star was just one of many ways donations aided those who use Catholic Charities services.

Members of the **83.33 Society** gathered at **The Woods Academy** in December, where they packed 2,000 Cup of Joe breakfast bags for distribution at shelters.



Fifty laptops from **Comcast** were given to clients of the Newcomer Network and Refugee Services, along with a \$15,000 grant. The laptops will give recipients access to employment resources.

**Amazon** made a large delivery of household and personal items to our Northeast D.C. office. Inside the many boxes was \$65,000 worth of products.

Also making in-kind donations were **Patterson Dental Supply**, **GC Corporation**, **Washington DC Ice Hockey**, **Catholic University Advancement Division** and **George Washington University Law School**.

The gift of kindness was given to a family in the Newcomer Network by the **Washington, D.C., Alumnae Club of Saint Mary's College**, Notre Dame, Ind. Led by alumna **Beth Veihmeyer**, the group's annual "Together for Others" campaign provided significant financial support for the health needs of the family. And gifts donated by the alumnae group made the family's Christmas fun.

The **Maryland Department of State Police** organized a "No Hunger November" food collection that benefited the Southern Maryland Food Bank. With the help of the **Charles County Sheriff's Office**, **La Plata Police Department**, **Maryland Transportation Authority Police** and the **Department of Maryland Natural Resources Police**, 7,349 pounds of food were given to the food bank.

## LOCAL AND FEDERAL GOVERNMENT PARTNERSHIPS A TESTAMENT TO SERVICE

Catholic Charities is grateful for its positive and productive relationships with local and federal funding agencies.

"Catholic Charities has earned the trust of governments and grant makers," said Msgr. John Enzler. "They know that Catholic Charities manages its social services effectively and provides superior care to vulnerable members of our community."

One example is funding from D.C.'s **Department of Human Services**, which supports case management for 200 migrant families. Our staff members work to stabilize families who have been bused from Texas and Arizona by helping to meet their immediate needs and ensure their overall safety. The number of people served has continued to increase.

The **DC Office of Victim Services and Justice Grants** awarded Catholic Charities a grant in December 2020 to launch a reentry housing pilot program. The funding allowed the Welcome Home Reentry Program to provide safe housing for adult male returning citizens. The city office has doubled its grant award for fiscal year 2023.

**Prince George's County Council and Executive Offices** have been long-time supporters of programs, including our dental clinic, Legal Network and Welcome Home Reentry Program.

During the pandemic, the County Council awarded critical funding to address the severe food insecurity experienced by more than 3,700 individuals. Grocery packages and prepared meals were distributed to seniors, families and community members living on low or fixed income. In addition, the **Prince George's County Local Development Council** awarded money to provide to-go food packages to more than 2,000 individuals receiving hot meals at the agency's Susan D. Mona Center.

Montgomery County agencies have been instrumental in helping Catholic Charities assist those experiencing food insecurity. Catholic Charities is using funding provided by the **Montgomery County Department of Health and Human Services** to distribute more than 49,000 food packages.

To supplement local government funds, Catholic Charities receives support from the **U.S. Department of Homeland Security's FEMA Emergency Food and Shelter Program** to address housing needs, food insecurity, and emergency rental and utility costs.

All of these partnerships are a testament to the breadth of our outreach in marginalized communities and our comprehensive programming that honors the respect and dignity of each individual we serve.

## WITH DEDICATED VOLUNTEER PROVIDERS, CLINIC OFFERS PATIENT-CENTERED CARE

By Christina DeNovio

Catholic Charities' Volunteer Medical Clinic "doesn't exist without the 'V' for Volunteers," says Medical Director Dr. Christopher Dunford.

Located in Northwest D.C., the [Volunteer Medical Clinic](#) provides primary health care to those who normally would not have access to it. The clinic relies on volunteer medical providers who prioritize helping others, especially those who do not have access to medical care through public benefits or private insurance.

"The clinic is both volunteer and patient centered," says Brigid Prosser, clinic director. "We strive to provide outstanding culturally competent patient-centered care while also remaining flexible for our volunteer clinicians to name their schedule."



Clinic Director  
Brigid Prosser

That flexibility allows **Sara Onyango**, a women's health nurse practitioner who is on active duty as a lieutenant commander with the U.S. Public Health Service Commissioned Corps, to volunteer even though she lives in New Hampshire. A medical device investigator, Onyango discovered Catholic Charities DC while searching online for opportunities to practice as a women's health nurse practitioner and maintain clinical currency.

Onyango travels more than 400 miles to D.C. at least once a month to serve female patients. At the clinic, she performs well-woman exams and treats common gynecological

conditions. A significant part of her service to Catholic Charities includes performing cervical and breast cancer screening, providing education on natural family planning and offering testing for sexually transmitted infections.

"I have enjoyed providing education, engaging in shared decision making and empowering my patients to make the best decisions for them and their bodies," she says.



Volunteer Sara Onyango

"Flexible scheduling not only allows volunteers to remain committed to their patients while also having time for work and family commitments," Prosser says, "but also allows clinicians to determine how much time they want to spend per patient. They can choose to see anywhere between one to three patients per hour."

Two other volunteers illustrate the commitment and contribution made to the clinic by medical professionals.

**Dr. Stephany McGann**, a medical officer with the U.S. Public Health Service, is a rheumatologist and internal medicine doctor who serves Catholic Charities patients weekly at the clinic and Catholic Charities' Health Care Network. Dr. McGann became involved as a physician volunteer in 2020 after volunteering at the agency's Mission of Mercy dental clinics.

Dr. McGann assists patients with rheumatologic diseases such as lupus, rheumatoid arthritis, osteoarthritis and other joint problems. With the help of the Catholic Charities' Medication Assistance program, one of Dr. McGann's patients with rheumatoid arthritis received a year's supply of a special medication free of charge. The medication would have cost the patient about \$149,000 without assistance.

Dr. McGann finds working for Catholic Charities very rewarding, especially when she is able to treat patients who have debilitating rheumatoid arthritis that prevents them from performing daily living activities. By serving those in need, she has helped patients obtain positive results that allow them to function and carry out their activities without barriers.

Reflecting on her years volunteering and serving various clients, she said, "Working for Catholic Charities has been a rewarding experience, and I look forward to coming to the clinic every Monday. The experience has been invaluable, and I look forward to serving for a long time."

CONTINUED ON PAGE 7



Dr. Stephany McGann (left) with clinic VISTA  
Volunteer Astrid Cabrera

## MEDICAL PROVIDERS VOLUNTEER AT CLINIC THE GIFT OF A SHARED MEAL

CONTINUED FROM PAGE 6

The Volunteer Medical Clinic began in 2020 with the help of **Dr. Colin Shepard**, who now volunteers weekly, calling it the highlight of his week. He was working at the U.S. Food and Drug Administration at the beginning of the pandemic, but he now serves as a Centers for Disease Control liaison to the Health and Human Services assistant secretary for preparedness and response.

Dr. Shepard first became involved with Catholic Charities when searching for an opportunity to volunteer as a clinician in the area. He primarily volunteers with outpatient services, internal medicine and primary care. The majority of Dr. Shepard's services involve treating adults with chronic problems, which he considers both challenging and fulfilling.



Dr. Colin Shepard in the exam room

"There are a few patients who have come in with their diabetes wildly out of control, and then they get it under very good control by coming in regularly. You don't see that often," he says.

Last year, the Volunteer Medical Clinic served 646

people through 1,932 appointments. It is with the help of volunteers like these that the clinic can assist so many who are battling a range of health issues. "I am so grateful to connect outstanding clinicians interested in direct patient care with the opportunity to serve the community in a mutually beneficial way," Prosser says.

In appreciation of the volunteers, she says: "We give clinicians the opportunity to get back to the reason they became clinicians — to help patients. While removing the pressures of time restrictions and the burden of billing, clinicians see patients at a pace that they choose and can take the time our patients need.

"At the Volunteer Medical Clinic, we connect clinicians and patients in a caring environment, and everyone benefits from the experience."

The clinic uses a variety of volunteers. To learn about volunteering, visit our [web page](#).

*Christina DeNovio, a junior at Wake Forest University, was a fall 2022 intern at Catholic Charities.*

In a tradition going back eight years, St. Maria's Meals hosted its annual Christmas meal for those experiencing hunger and homelessness. With tables decked out for the holiday, the sit-down dinner was held on Dec. 21 under the portico of the Dr. Martin Luther King Jr. Memorial Library in downtown D.C.

"Spending time with our clients and being a part of their meal make the dinner an uplifting moment at Christmas time," Msgr. John Enzler said.



A hot meal of turkey with side dishes and dessert from Catholic Charities' KitchenWork program was served to about 300 guests by volunteers that included the **McMurtrie family** and members of the **Catholic Charities Board of Directors**. Each guest also received a present — a gift card that was heartily appreciated.

The meal provided kinship and allowed guests to celebrate Christmas as a community. St. Maria's Meals provides a weekly hot, nutritious meal at three locations to those suffering from food insecurity. In the last fiscal year, the program served a total of 62,355 meals.

## SPRING INTO VOLUNTEERING

You can make a difference in your community by volunteering this year.

As part of its twice-a-year recruitment, the Volunteer Engagement Office is looking for those who would like to give of their time and talents.

This spring and summer, we are in search of:

- **Groups** to take on six spring cleaning and other projects between March 1 and May 1.
- **Undergraduate college students** for unpaid internships in 15 programs.
- **Pro bono professionals and other individuals** who will commit to serving at least four hours a week for a year in one of our many programs that depend on volunteers. Last fall, more than 60 people committed to volunteer for a year.

For more information, visit our [volunteer home page](#).



## JOIN US AS WE HONOR FATHER JOHN



For 12 years, Msgr. John J. Enzler has been the heart of Catholic Charities of the Archdiocese of Washington. As president and CEO, Father John — as we affectionately know him — has been a staunch advocate for those living in poverty, saying “Yes” to meet the needs of those without homes, those who are hungry, and those in need of medical, dental and legal help.

This May marks an incredible milestone of 50 years since his ordination as a priest. We are inviting everyone to help us honor Father John.

We will celebrate Father John and his many accomplishments to Catholic Charities and our community this spring. It is our turn now to use the power of “Yes” to help those in need by continuing his legacy of strengthening

the lives of all those in need, giving hundreds of thousands of individuals a hand up to self-sufficiency.

We invite those who are not sponsors of the Catholic Charities Gala to join us in recognizing Father John’s incredible contributions and legacy by making a special gift of any size in his honor. All special gift donors are invited to join us virtually at the gala on April 1. Your gift will be included in the Catholic Charities Gala fundraising total.

[Make a gift in honor of Father John.](#)

We also invite you to share a short note of congratulations to Father John (100 words maximum) by sending your message in an email to [CCEvents@cc-dc.org](mailto:CCEvents@cc-dc.org) by April 14. Please include how you would like to be listed and your contact information.

All gifts will be mentioned in a special “SAY YES” book that will be presented to Father John this summer.

Thank you for the part you play in honoring our CEO, pastor, mentor and friend, Father John Enzler.



### Catholic Charities Gala

**Saturday, April 1, 2023**  
**In person at the Marriott Marquis**  
**and Virtual Gala**

*A tribute to Msgr. John J. Enzler on the 50th anniversary of his ordination and his retirement as president and CEO*



#### **GALA CO-CHAIRS**

Kevin and Mary Anne Virostek  
 Steve and Joanne Virostek