



Catholic Community Service
2010 Annual Report



This is a story about the Jackson



and the Nelson families...



Both families live in Juneau. However, each has relatives in several of the outlying communities in Southeast Alaska. Between the two families, one family member or another is a recipient of literally every service offered by Catholic Community Service (CCS). Let's take a closer look at just a few members of the two families and the services they receive from CCS. (We'll combine the two families and use just first names.)

Rebecca, who is 17 years old, is a regular visitor to the **Young Parent Healthy Teen Center**. There she joins fellow teens in activities and discussions focusing on healthy lifestyle choices. She also has attended classes and workshops at the Yaakoosge Alternative High School that were facilitated by Young Parent Healthy Teen Center staff, and she often attends the "Family Dinner and Game Night" at the Young Parent Healthy Teen Center.



Cousin Jennifer, who has a beautiful four-year-old girl, Alesia, is a single mom studying elementary education at University of Alaska Southeast. Jennifer takes Alesia to the CCS **Puddle Jumpers Developmental Learning Center** five days a week, three days when she attends classes and two days when she works part-time. There, Alesia joins a number of other children, all five years of age or younger, in a wide range of learning and social activities and also has breakfast, lunch, and a snack each day. In fact, believe it or not, Alesia recently read her first children's book!



Because of her limited income and her ongoing studies, Jennifer qualified for State of Alaska Child Care Assistance through the CCS **Child Care Assistance Program**. With the high cost of child care and her going to school and working only very part-time, the Child Care Assistance Program has been a life saver for Jennifer.



Jennifer currently is taking parenting and child development classes offered by the CCS **Family Resource Center** to become an even better parent. She plans to take a financial literacy course that begins next fall to learn new ways to manage her tight budget.

Interestingly, Jennifer's aunt and uncle, Betty and Andrew, serve as therapeutic foster parents for the CCS **Therapeutic Foster Care Program**. They have taken into their home two therapeutic foster children, Emily and Anthony. The siblings were raised in an abusive home for the first few years of their lives. Mom and Dad were both heavy users of alcohol, and as a result, Anthony has been clinically diagnosed with both fetal alcohol syndrome disorder (FASD) and as severely emotionally disturbed (SED). Emily, though not diagnosed





with FASD, also has been diagnosed as SED and has a number of behavioral problems. Both receive extensive services from the CCS **Behavioral Health Program**, individual and group therapy provided by a clinician to work through the trauma of their earlier years and individual and group skills development with Behavioral Health Associates to improve their social skills. The clinician also does an hour therapy session with the family

Jennifer's grandfather and grandmother, John and Amy, both in their late 60's, participate in a number of CCS's senior services programs. They ride the **Care-A-Van** (senior and disability transportation service) several times a week—to and from the grocery store, to doctor appointments, and to the **Juneau Senior Center** for lunch (generally five days a week). Amy, who suffered a stroke three years ago, uses a wheel chair for mobility. She very much appreciates the assistance of the very friendly and professional drivers as well as the convenience of the wheel chair lifts in each vehicle. The drivers not only safely get her in and out of the Care-A-Van vehicle, but actually assist her to and from her door at home to the Care-A-Van vehicle and to and from the door of everywhere she goes (the grocery store, the drug store, her doctor's office, the senior center, and even the home of her long-time friend June, who she tries to visit at least once a month).



Jennifer's great grandfather, John Sr., is well into his 90's. John Sr. is homebound with a variety of medical conditions. He is visited twice a week by a CCS **Hospice and Home Care** (HHCJ) nurse, who provides him skilled nursing services. He also receives visits once a week by an HHCJ certified nursing assistant (CNA) who assists him with personal care. Recently, an HHCJ physical therapist has been coming to the home twice a week to help John with some mobility issues he has begun experiencing.

Three years ago, when John Sr. was still relatively healthy, he took care of his wife Betty, who died of cancer. During the last four months of Betty's life, HHCJ skilled nurses provided hospice services, visiting two to three times a week. In fact, the HHCJ nurse who spent the most time with John and Betty was at their side for the last 10 hours of Betty's life, and actually pronounced her death. After Betty's death, an HHCJ social worker and volunteer visited John regularly at home, providing bereavement services to assist him with working through his grief. To this day, the volunteer visits John weekly, and the two have become best of friends.

Needless to say, John is a strong supporter of the HHCJ Program, so much so that he has indicated in his will that half of his estate will go to the program.

Rebecca and Jennifer have a number of uncles and aunts, cousins, and grand uncles and aunts living in Southeast Alaskan communities outside of Juneau. Even in these communities, CCS has a presence, providing services such as meals, rides, and various activities through local **Senior Centers**, chore and



respite, counseling, and eligibility screening for child care assistance through **Child Care Assistance Program** outreach efforts. Cousin Alex and his parents, who live in Hoonah, receive clinical services from an **ECLIPSE Program** clinician and ongoing support services from a local CCS paraprofessional. Great Aunt Amy, who is almost 70 years of age, takes Tai Chi and yoga classes at Sitka's **Swan Lake Senior Center!**



Caroline (not related to either Rebecca or Jennifer, but rather a member of the other family) is a 75 year-old woman who lives alone. She survives on a fixed income. Three years ago, Caroline's health declined to the point that she and her daughter Andrea thought Caroline would have to move into the local Pioneers' Home. Both recognized that Caroline was in the beginning phases of dementia, as Caroline's short-term memory was becoming more and more problematic.

Though Caroline had long ago put her name on the Juneau Pioneers' Home waiting list, she was in no hurry to leave her home. In fact, she dreaded the thought. It was the place she and her husband had lived together for over 50 years and where they had raised their children. Both she and Andrea, however, thought they were at that inevitable point, that there was nothing more that could be done to prevent Mom from having to leave the home she had loved for so many years.



As a last ditch effort, Andrea called the CCS **Senior Information and Caregiver Resource Center**, something she had heard about in a PSA on the local radio station. She talked to a very friendly woman who seemed to really “know her stuff” about services available to seniors and their caregivers. After talking to the woman for some time, and gaining information that she was previously unaware of, Andrea took the woman’s advice and contacted the CCS **Care Coordination Program**.

Andrea was pleasantly surprised to learn there were several options to help keep Mom at home. Over a period of months, a CCS Care Coordinator worked with Andrea and her mom to qualify Caroline for the State of Alaska Medicaid Waiver Program. The Program made Caroline eligible for a number of services to help her stay in her home—from home delivered meals delivered by volunteers with the **Meals on Wheels Program**, to rides provided by the **Care-A-Van Program**, to chore services twice a week. And at no cost to Caroline!

Just in the last month, Caroline and Andrea tried out the CCS **Bridge Adult Day Program** for a couple of weeks and decided that Mom would begin attending the program twice a week (and this too will be paid for by the Medicaid Waiver Program). There she joins a small group of elderly folks, most of whom also have problems with their memory, in a wide range of activities designed to maintain Caroline’s cognitive functions. One of the Bridge Adult Day staff even plays a game of chess with Caroline every week, bringing back memories of her husband of long ago.



Speaking of which. . . With so few friends left in her life, with her physical and memory limitations, and with the challenges of aging, Caroline has felt depressed for years. When she mentioned her depression to her Care Coordinator (who either sees or calls Caroline at least twice a month), her Care Coordinator suggested that Caroline ask the CCS **Senior and Caregiver Counseling** professional counselor to come by the house for a visit. From the time she met the counselor, she knew he would be able to help her. He seemed so kind and understanding. Now, after six months of weekly visits, Caroline's depression has lessened remarkably, and she very much looks forward to the visits with her counselor.



Some CCS services are provided in the most difficult situations a family can face.



Judy and Kirk (Caroline's grand nephew) are the very young parents of a five-year old boy, Alex. Two years ago, a report of harm was filed with the State of Alaska Office of Children's Services (OCS), alleging that Alex had been physically abused. OCS staff immediately referred the situation to the CCS **Child Advocacy Center** (CAC), where CAC forensic staff interviewed the child with assistance from OCS staff, a law enforcement officer, and a clinician. The team concluded that, indeed, physical abuse had occurred. Alex was placed in a foster home.

Over the past two years, staff from CCS **Family Reunification** worked with Judy and Kirk to strengthen their parenting skills, learn coping skills to deal with anger, and develop

child discipline and management techniques. Alex, who has received counseling services from the CCS Behavioral Health Program over the past two years, is due to return to Judy and Kirk within the next month. Once the family is reunited, **CCS Family Support Program** staff will continue to provide the family the support and guidance they need to stay together. More than likely, Behavioral Health staff will continue providing Alex counseling services as well as family therapy to help the family work toward a healthier and happier future together.



Hopefully, this short (and fictitious) story will give you, the reader, an idea of the continuum of services provided by CCS. Some would say from birth to death and even thereafter! These services, provided by three divisions within CCS (Child Care and Family Resource, Southeast Senior Services, and Hospice and Home Care of Juneau) extend to 15 communities in Southeast Alaska.

We invite you to call us or stop by for a visit should you have questions about our services, or think you would like to access any of those services. We would be happy to talk to you.

Child Care & Family Resource
(907) 463-6180

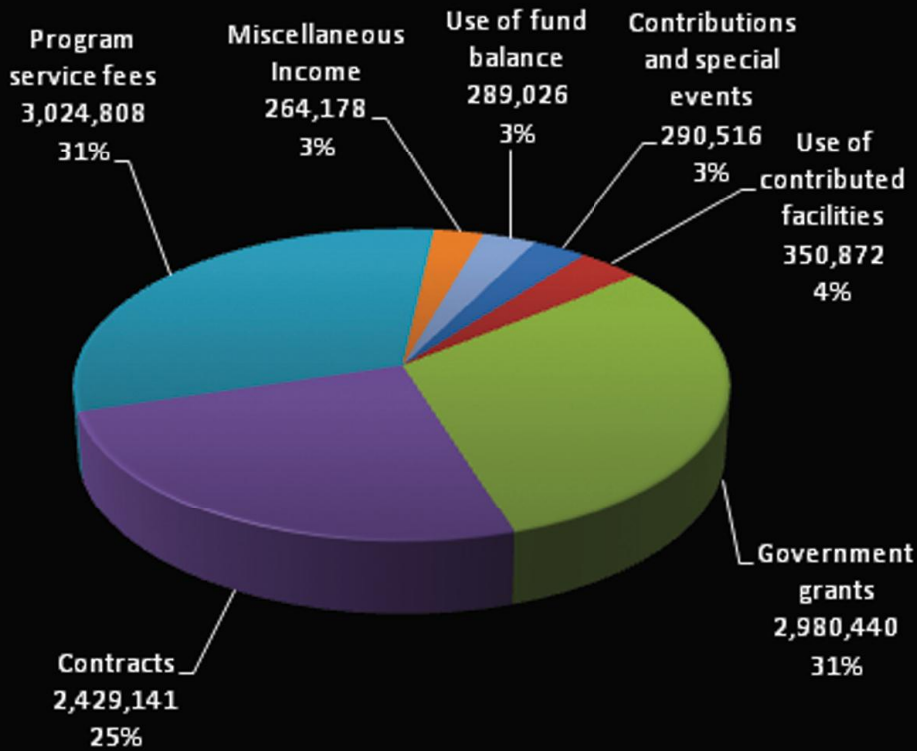
Southeast Senior Services
(907)463-6192

Hospice & Home Care of Juneau
(907)463-611

Catholic Community Service
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Catholic Community Service Statement of Activities Year Ended June 30, 2010

Revenue



Expenses

