

THE GOOD NEWS

SPRING 2017

A QUARTERLY PROGRESS REPORT FROM CATHOLIC CHARITIES OF THE DIOCESE OF ROCHESTER



Catholic Charities Celebrates 100 Years in New York State

On April 24, 1917, Governor Charles Whitman signed legislation creating Catholic Charities Aid Associations in every Diocese in New York State. While there had previously been organized central Diocesan Catholic Charities activities in several Dioceses (in Rochester, beginning in 1910), this special act legislation creating Catholic Charities corporations was a landmark moment in the evolution of Catholic Charities in New York State.

For the past 100 years, Catholic Charities and its network of community-based agencies across the State of New York have been there, seen it, done it and responded to needs through two world wars, the Great Depression, the turbulent 1960's, the AIDS crisis, terrorist attacks, natural disasters, the housing and finance market collapse of the last decade, and the recent influx of refugees from war-torn nations.

Today, eight Diocesan Catholic Charities agencies serve more than one million clients annually, providing programs which span all 62 counties across New York State, totaling more than \$1.3 billion dollars in support services and working together as a unified force to ed-

ucate and advocate for State and Federal resources to support those in need.

Today, in the 12 County Rochester Diocese, through the efforts of our nine agencies and two affiliates with physical facilities at 76 sites and countless outreach efforts, Catholic Charities annually touches the lives of 250,000 individuals, employs over 1,000 individuals and utilizes the services of 5,000 volunteers, with an annual operating budget of over \$80 million.

The work of Catholic Charities is based on the foundational Christian belief that the poor and vulnerable have a special place in the economy of God's salvation and therefore, most of the services Catholic provides (to Catholics and non-Catholics alike) are targeted to the poorest and the most vulnerable. Throughout the century, Catholic Charities has continued to live out three tenets of Catholic Social Teaching: the sacredness of human life, the rights and responsibilities of individuals, as well as a preferential option for the poor.

For the first half of the twentieth century, a main emphasis in the efforts of Catholic Charities was working with the poor, particularly young persons, through

residential care, adoption and foster care programs. In this time frame, Catholic Charities also provided services to immigrants and refugees, especially through the creation of settlement houses such as Charles and Genesee Settlement houses in Rochester.

For the first half of the twentieth century and up until the present, Catholic Charities throughout the state has continued its commitment to children and to immigrants and refugees, but also has significantly expanded its scope of services.

Over the last fifty years, Catholic Charities and af-

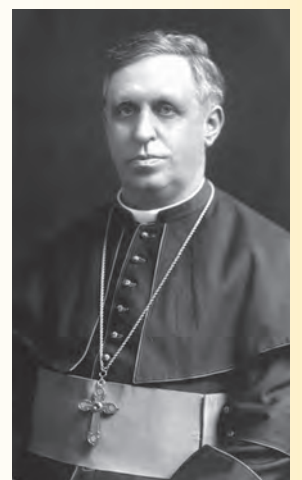


Photo courtesy of Rochester Diocesan Archives
Bishop Thomas F. Hickey
1909-1929

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CATHOLIC FAMILY CENTER, ROCHESTER, BEGINS A SECOND CENTURY

In 1917, Rochester was a boomtown of close to 300,000 people. Workers flocked to the city to work in the garment factories and the new manufacturing industries founded by Jeremiah Hickey, Jack Freeman, George Eastman, John Bausch, Henry Lomb and other industry giants. In such a rapidly growing city, immigrants, widows, orphans, and the poor faced huge obstacles in housing, education and general welfare. Thus, Catholic Charities of Rochester was born and on April 24, 1917 legislation was passed to officially incorporate Catholic Charities in New York State.

Founded "to assist immigrants, find employment for men released from prison, serve unmarried mothers and their infants, and provide material goods for the poor" we can proudly state that for 100 years, our mission hasn't changed so much as it has evolved. For 100 years, we have sought to empower individuals and families, helping them to uphold their human dignity and reach their full potential. For 100 years, we've strived to be a source of hope for a better and more loving future.

Through the support and generosity of the wonderful people in our Diocese and community, our programs have evolved to provide more emphasis on addressing the barriers that prevent people from moving to self-sufficiency in today's environment. CFC is leading the first initiative launched from the Rochester Monroe Anti-Poverty Initiative, an adult mentoring program for 300 families being piloted in several city neighborhoods. The first of what will hopefully be a series of initiatives that will make up our Prosperity Program, we work in partnership with other public and non-profit agencies to help people living in poverty overcome the barriers that have been



Marlene Bessette, Bishop Matano and Jack Balinsky at the Catholic Family Center Gala.

preventing them from securing and retaining living-wage employment.

The other area that is rapidly evolving as we begin our second century is the integration of behavioral health with physical health. We have recently been awarded \$1.3 million from the Substance Abuse and Mental Health Services Administration (SAMHSA) to co-locate and integrate primary care providers with our existing mental health and substance abuse treatment programs to more effectively address the full-person needs of the people we serve. The ultimate goal is to reduce the need for acute



and emergency care for manageable chronic conditions in a seamless, supportive environment. This objective also underlies the January 2017 transition of our intensive residential chemical dependency sites to include medical staff who will enable full-person care of our residents as they progress through stabilization and rehabilitation services.

The continuous evolution of our services makes for very exciting times. As we navigate an ever changing environment of Medicaid Redesign, executive orders dramatically affecting our refugee resettlement activity and new opportunities to participate in the battle against poverty, we know one thing for certain; our mission remains the same – serve the poor and most vulnerable in our community to help them achieve their full human potential.

We are thrilled to join Catholic Charities agencies throughout the Diocese of Rochester, and across New York State, in celebration of all who have served this mission in the past and all those who continue to serve as we begin the next 100 years. We are most grateful for your interest and support.

REGIONAL ROUNDUP: GOOD NEWS FROM AROUND THE DIOCESE

Catholic Charities of Chemung/Schuyler Counties



Catholic Charities of Chemung/Schuyler Counties First Step Victim Services Department recently hosted various NO MORE awareness initiatives in our community. NO MORE Week of Action, March 5-11, is a national grassroots effort aimed at making domestic violence and sexual assault awareness and prevention a priority year-round. Community members were encouraged to drop in and participate in a photo station where they created their own NO MORE statement. The action week culminated in a Domestic Violence Awareness Night hosted by the Elmira Jackals hockey team on Saturday, March 18. Catholic Charities was present to increase awareness and raise funds for First Step Victim Services.

Why is awareness so important? A past client will tell you why. Here is a quote from Cathy, domestic violence survivor: When asked, where would you be without the assistance of Catholic Charities? Cathy replied, "Probably living in my car." Cathy's eyes welled with tears, "Emotionally...I think I just would have given up. I'm not there anymore, but I thought about it a lot. I would have gone to sleep and not gotten up. It upsets me to think I've been put in that position so many times. And thankful that I didn't do anything about it and without you guys (Catholic Charities), I probably would have this time. It was something that put me over the top. It was like enough is enough, I'm 62, it's time to rest."

Every 9 seconds in the United States a woman is assaulted or beaten. 1 in 3 women and 1 in 4 men experience violence from their partners in their lifetimes. These are a few reasons why it is so important to make awareness a priority year-round. Please join Catholic Charities in saying NO MORE to domestic violence and sexual assault. You can still participate by sharing your NO MORE statement using #NOMOREweek on social media. Upload a picture telling how you're saying NO MORE when it comes to domestic violence.

For more information, contact Bethany Wworry, Victim Services and Housing Supervisor at 607-535-2050, ext. 205 or via email (BWworry@dor.org). For more information on the First Step Victim Services Program, please visit our Facebook page or our website, cs-cc.org.

Catholic Charities of the Finger Lakes

Catholic Charities of the Finger Lakes is excited to announce that it has received funding from the New York State Office of Family Services to provide post-adoption and post-guardianship support services to families in the Finger Lakes region. The program is intended to improve the safety, permanency, and well-being of children, with the ultimate goal of keeping the family together and minimizing the trauma and potential for further disruption for children in post-adoption and post-guardianship households.

The program began in late March, and while it stems from the relationships currently in place with local Department of Social Services and children and in the Foster Care and Family Court System, the program also opens up opportunities to provide services to families who have completed private adoptions, including international adoptions. The broad scope of participants in the program creates the potential to market and engage individuals and families not historically receiving services through Catholic Charities. It is a great opportunity to further expand understanding and awareness of the agency's work while remaining true to its commitment to support families, including those who are welcoming a new member as a result of adoption or assigned guardianship of a child.

Through a partnership with Catholic Charities of Wayne

County, the program will be available to target families in Ontario, Seneca, Yates and Wayne Counties. The funding process for this award was competitive, and Catholic Charities of the Finger Lakes worked hard to develop a program that is family-focused and culturally sensitive. "We also anticipate a program that is truly flexible so that it can meet the individual needs of families," said Bill Lamb, Director of Services. "We anticipate using a variety of methods to help support families, including individual and group support, all from the strength-based perspective and with the goal of keeping the family whole, and all its members thriving," he added. For information on the program, contact Catholic Charities of the Finger Lakes at 315.789.2686 or www.catholiccharitiesfl.org.

Catholic Charities Community Services



Community Services Breakfast with Friends guest speaker Dr. Bennet Omalu (center) with Lori VanAuken and award winners.

Catholic Charities Community Services continues to expand efforts to seek out and serve those with developmental disabilities, traumatic brain injury and long term health challenges including HIV/AIDS in Monroe and the surrounding 11 counties which are part of the Rochester Catholic Diocese. We were able to increase the number of consumers receiving services by 12% for a total of 3,292 clients served in 2016.

The **2017 Breakfast with Friends** friend-raising event was held on March 2 & 3 at the Hyatt Regency Rochester. The purpose of this event is to create more awareness about our work, cultivate relationships — new and old — and inspire others to financially support our work and those we serve. For the first time, Catholic Charities Community Services broadened the event scope to three separate events, two of which offered educational components for parents, students, athletic directors, coaches, and medical professionals. The conference style programs presented the latest research and treatment options for the concussed and traumatic brain injury survivors. Dr. Bennet Omalu, portrayed by actor Will Smith in the movie, *Concussion*, was guest speaker at Breakfast with Friends and at the Brainstorm event for medical professionals which immediately followed breakfast. At Breakfast, Dr. Omalu delivered an inspirational message on how his faith led him to discover CTE, a brain disease found in football players that results from repeated blows to the head. His scientific work led to changes in the treatment and return to play protocols in the NFL. Steve Campbell, a long-time TBI client, also spoke at Breakfast with Friends to a sold-out crowd of 480 about his recovery from his TBI with the help of our agency. Steve was in a devastating car accident when he was seventeen. His story of triumph over adversity, moving from having no speech ability at all to living independently in his own apartment was deserving of the standing ovation he received. Over 700 people were reached through all three events, increasing community awareness and educating people about

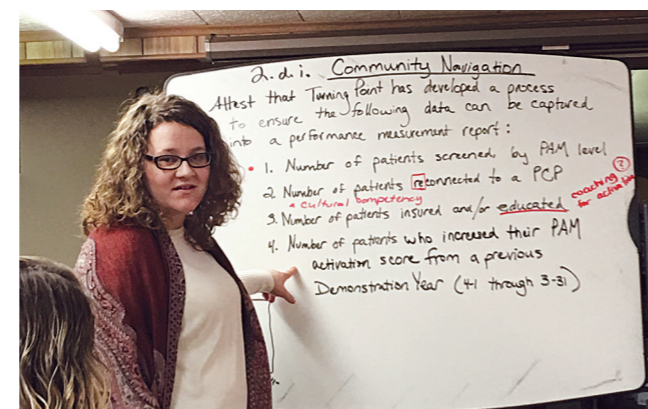


In late February Bishop Matano (far right) visited the Westerlo residential home in Brighton to spend time with staff and residents. It gave him a first-hand opportunity to learn about our clients and services as he participated in a few friendly rounds of card play. His visit lifted the spirits of both staff and residents as he offered a special blessing to all prior to departing.

the importance of mitigating the risk of head injuries and the treatment of them. Awards were given to the following for their contributions to the community: former Catholic Charities Community Services Board member Nancy O'Mara was presented the agency Heart and Soul Award in recognition of her dedicated service to our agency, clients and community at large. Section V Athletic Director and concussion protocol advocate Dennis Fries and neurologist from Rochester Regional Health, Dr. Mary Dombovy were honored with the agency's Community Champion Award. Reviews from attendees were extremely positive.

On March 11, the agency was recognized as **Community Organization of the Year** by the TOPS St. Patrick's Day Committee. The day began with Mass at St. Mary's in Rochester, celebrated by Bishop Matano, followed by a celebration and flag raising ceremony at the Monroe County Offices and then the march down Main Street. Inspired by the honor, Catholic Charities Community Services staff members put their creative energy to use by decorating their parade float. Marchers showed their team spirit by holding signs proclaiming "I love my work!" and "Join our Team!" One particularly spirit filled sign read "I'm doing God's Work, Join Me!"

Catholic Charities of Steuben County



Turning Point and Substance Free Living's Residential Services, two service priorities for **Catholic Charities of Steuben County** have begun collaborating on an initiative to provide Empowerment Peer Services to Steuben County residents through the Home and Community Based Services (HCBS) and Delivery System Reform Incentive Payment (DSRIP) programs.

HCBS provide opportunities for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings. DSRIP is the main mechanism by which New York State will implement the Medicaid Redesign Team (MRT) Waiver Amendment. DSRIP's purpose is to fundamentally restructure the health care delivery system by reinvesting in the Medicaid program, with the primary goal of reducing avoidable hospital use by 25% over 5 years.

Turning Point participates in a DSRIP project to assess an individual's ability to manage their own health based on knowledge, skills, and confidence using a tool known as a PAM, or Patient Activation Measure.

According to Turning Point Director Lynda Lowin, "Answering 10 questions honestly, to the best of one's ability, is critical to obtaining an accurate measurement, and motivational interviewing is a key strategy to achieve this objective. Peers who have been trained to provide HCBS Peer Empowerment services volunteer at Turning Point to administer Patient Activation Measures (PAMs) and practice their interviewing skills for Peer Support Advocates work while helping Turning Point staff accomplish their goal of administering PAMs to eligible clients. For the Peers, for the clients, and for the programs it is a Win-Win-Win scenario!"

According to Residential Director Kim Robards-Smith, "peers effectively fill service gaps and many of us in the SUD (Substance Use Disorder) treatment community hope to integrate peers into all elements of care in the future." An example of new peer opportunities is the increasing number of hospitals connecting patients to peers with the goal to reduce opiate overdoses. Peer Advocates, Coaches and Specialists function as a support for individuals in recovery for substance abuse and/or mental health disorders. Their primary responsibilities include:

- Promoting skills for coping with and managing behavioral health symptoms through recovery-oriented principles, offering peer support using trauma-informed, nonclinical assistance with the goal of assisting individual achieve long term recovery.
- Modeling recovery and providing companionship to individuals in their home or a community setting.

• Providing advocacy, outreach and engagement, recovery supports, transitional supports and pre-crisis and crisis supports to individuals in the community.

For more information about Peer Empowerment, please contact Kim Robards-Smith at (607) 324-0909 x2008 or Lynda Lowin at (607) 776-8085 x2217.

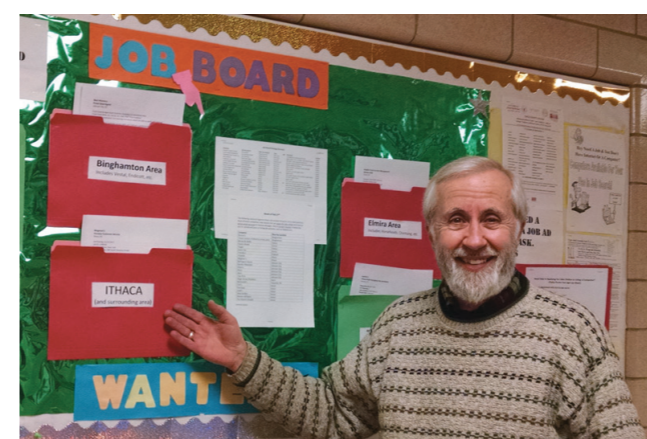
Catholic Charities of Livingston County



Transportation services through **Catholic Charities of Livingston County's** Faith in Action Program helps people remain independent for as long as possible. Faith in Action currently has over 70 dedicated volunteers who provide transportation for the elderly and disabled to critical medical appointments, friendly visits, assistance with grocery shopping, and light housekeeping services. When folks call us for help, they know we care!

Ron Lombardo (above) was a veteran who needed to get back and forth to dialysis three times each week from Genesee to Noyes Memorial Hospital in Dansville. Ron's daughter lived out of state and was unable to be in Livingston County to provide the transportation services. Our volunteers were able to transport Ron until God called him home. Ron passed away in November of 2016. Ron's daughter was very thankful for what Catholic Charities had been able to do for her father, and requested all memorial donations be sent to Catholic Charities of Livingston County.

Catholic Charities of Tompkins/Tioga Counties



Catholic Charities of Tompkins/Tioga Counties is proud to announce that we have welcomed our first family through our new resettlement program. They are from Afghanistan and entered the U.S. as Special Immigrant Visa holders. This is a special designation for people who worked for the U.S. government in either Afghanistan or Iraq. They arrived with all their possessions in a few suitcases. Our staff had permanent, furnished housing arranged for the family upon arrival, along with a hot meal and food in their cupboards. Winter coats, linens and even soccer balls were also provided. Our staff is assisting the family in accessing school and medical care, and will guide the father through the job search process.

The recent Presidential Executive Orders temporarily suspending refugee resettlement into the U.S. and drastically reducing the number of refugees allowed into the country have had a direct impact on this new program. Our agency had been geared up to welcome, over the course of the year, 10 to 12 families fleeing war and oppression. We are not sure when the next family will arrive but we are committed to serving refugees when they are permitted to come. One donor recently praised this effort with these words, "[The number of refugees is] staggering, perhaps causing people to simply look away in despair. How good that you are not turning away, but reaching to make a difference in the lives of some."

CCTT is also making strides in our employment services efforts. Our agency is now under a grant to provide job search assistance to single adults on SNAP (formerly known as Food Stamps), many of whom were formerly incarcerated. We're also collaborating with the NYS Office of Mental Health to provide this service to people with mental health disorders or substance abuse issues. We guide participants in creating resumes, scouting job web sites, preparing for interviews and being successfully employed. With careful and compassionate attention to each individual, our staff is facilitating greater self-sufficiency among people who face serious challenges in finding work.

Catholic Charities of Wayne County

Catholic Charities of Wayne County is now midway through its second grant year of the Thriving Families Program (TFP), as funded by the US Department of Health and Human Services' Healthy Marriage and Responsible Fatherhood Program. The resources of this grant have allowed the agency to open many wonderful new doors and build new collaborative relationships in Wayne County!

TFP's relationship wellness curriculum is offered locally under a Case Management model with a large outreach component and research-based educational workshops. The TFP team works in close collaboration with Victim Resource Center, Family Counseling Services of the Finger Lakes, Wayne CAP, Literacy Volunteers, and other supporting agencies, to provide support for families struggling with domestic violence, financial illiteracy, trauma, and parenting issues.

For young people in Wayne County aged 18-24 this means new help during a difficult transition period in their lives. Staff offer encouragement for a way out of chronic poverty and an opportunity to break out of generational cycles of trauma and abuse. The strategy is a comprehensive approach leading to long-term improvements in family functioning, adult and child well-being, and economic stability. More immediate outcomes include improved healthy relationship, marriage, and parenting skills, and improved job readiness. In year two, the agency is striving to impact 1,500 individuals, including the delivery of healthy marriage and relationship skills classes to 600 high school students.

In January, Catholic Charities was pleased to host a Trauma Informed Care and Adverse Childhood Experiences workshop for schools, collaborating partners, and community organizations. This inaugural event, attended by over 60 professionals is already proving a catalyst for innovative thinking and program delivery throughout our County. Through the resources of this grant, this training will be afforded to all participating school districts (eventually throughout Wayne County), positively impacting how they educate students and serve their families.

Food Bank of the Southern Tier

The Food Bank's Mobile Food Pantry program reached a new level last year by distributing over 3 million pounds of food to our service area. This program is useful in reaching both rural corners of our geography and communities in urban areas with no grocery stores. Other Mobile Food Pantry distributions are designated specifically for the senior population with monthly distributions at low-income and senior housing centers across the region. The MFP program was a significant contributor to the Food Bank's distribution of over 9.8 million meals last year and its mission of creating hunger-free communities throughout the Southern Tier. Hear from a client who received food through the Mobile Food Pantry:

"When an individual has a chronic health condition, diet can be a kind of medicine—or, when healthy food is unaffordable, it can make illnesses worse. That's something that Ithaca resident Nancy A. knows all too well. Nancy has a disability as well as diabetes, and she lives in a senior and assisted living facility on a fixed income. Although she has SNAP benefits, it's difficult to make them stretch through the whole month, and with Nancy's health conditions, living on junk food isn't an option—it's critical that she has access to healthy foods that will help her maintain her weight.

Nancy gets some of those healthy foods at the Food Bank's Mobile Food Pantry, which visits 88 locations throughout the Southern Tier, including one stop right at Nancy's apartment complex. Each month, she looks forward to seeing our driver Joe and picking out a variety of fresh produce, nonperishables and frozen foods.

"I like that I can choose what I want, and they're good

quality products. We get big packages of meat sometimes, so I can stock my freezer up," explained Nancy. "It really helps to know that there's food available later in the month after my food stamps have run out."



Nancy relies on nutritious food from the Mobile Food Pantry to maintain her health.

Providence Housing Development Corporation

In December, 2016, **Providence Housing Development Corporation** submitted to the State Division of Housing and Community Renewal a proposal for funding the Durand Senior Apartments. A decision on the application is expected in the summer.

Durand Senior Apartments will be located on 1.64 acre parcel at 4250 Culver Road and on a 1.1 acre parcel at 4225 Culver Road in the Sea Breeze neighborhood of the Town of Irondequoit. Currently, the parcel contains St. Salome's Church, (4250 Culver Road) and the Durand United Church of Christ (4225 Culver Road).

The proposed plan is to create 33 affordable apartments and 37 mixed income apartments for senior citizens in a campus-like setting. These units will consist of 65 one-bedroom apartments and 5 two-bedroom apartments. The one bedroom units will be approximately 600 to 650 square feet. The two bedroom units will be approximately 900 square feet. Both the existing churches will be demolished.

Both buildings will offer lobbies, a community room, a management office, laundry hookups in each unit, a common laundry facility in each building and an elevator. Green space with exterior sitting benches will be available on both parcels. Each of the units features energy-efficient design and appliances, wall-to-wall carpeting and air-conditioning. Seven (7) of the units will be fully handicapped accessible. In addition the building at 4250 Culver road will have a 3000 space square foot area that will be leased to St. Ann's Community.

St. Ann's will offer programs within this space that will be available to both residents of the project and members of the community at large. The population to be served by these units includes senior citizens, aged 55 and above. Providence will work with St. Ann's Community to ensure that residents receive the support services they need to remain in independent living.

The Town of Irondequoit has been very supportive of the proposed development throughout the development process.

Camp Stella Maris



Founded in 1926 by Seminarians Gerald Lambert and Eugene Hudson, Camp Stella Maris has grown from humble roots to become the premier summer camp in Central and Western New York. Today CSM serves over 2,700 campers each summer through its overnight and day camp programs. Though Camp has grown significantly over the years, the goal of providing the youth of the Rochester area with a place for spiritual, individual and physical growth has remained the same.

LIFE ISSUES: PHYSICIAN ASSISTED SUICIDE

The Diocesan Public Policy Committee chose this issue for Public Policy Weekend, held in most parishes in the Diocese on February 4-5, 2017. Parishioners signed letters or petitions to their Senator, Assembly member, and Governor opposing a bill that would legalize physician-assisted suicide in New York State. 12,225 parishioners participated!

Here is the text of the letter parishioners signed this year:

Dear Governor Cuomo/New York State Senator/New York State Assembly Member:

As your constituent, I strongly oppose the legislation introduced this session to legalize physician-assisted suicide in New York State (A.2383/S.3151). Allowing doctors to prescribe a lethal dose for patients to end their lives devalues human life.

Legalizing physician-assisted suicide also sends mixed messages in our state's efforts to combat suicide, by suggesting that some suicides are acts filled with "dignity." Assisted suicide sends the message that some people - the very sick, the frail elderly, those with disabilities - would be better off dead.

There is real potential for abuse in legalizing physician-assisted suicide. Financial pressures from insurance companies, combined with pressure from those who might stand to gain from a patient's death, as well as from family members who feel overwhelmed and burdened, and from medical professionals making judgment calls about the quality of life-all of these should raise alarms, especially in an environment of increasing abuse and neglect of people



with disabilities and those who are elderly.

Some patients with a terminal diagnosis may outlive their prognosis by months or even years. Some patients experience a full recovery. Some patients are misdiagnosed. Given these uncertainties, as well as the other concerns mentioned, the life-or-death decision of assisted suicide is unacceptable. Instead, I urge you promote measures that will improve palliative care and hospice for the benefit of those who are terminally ill, ensuring that they receive compassionate, comprehensive care and pain management. We need to accompany people who are terminally ill rather than abandon them.

Please make every effort to prevent the legalization of physician-assisted suicide in our state.

CATHOLIC CHARITIES IN NYS

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filiated corporations such as Providence Housing Development Corporation in the Rochester Diocese, have taken a lead role in developing and managing safe, affordable housing for low income individuals and families, elderly persons, and persons with special needs. These efforts include providing shelters for the homeless.

In this time frame, Catholic Charities agencies have also developed a plethora of other programs for special needs populations – persons with intellectual and developmental disabilities, those experiencing mental illness, individuals who abuse alcohol or drugs, persons living with AIDS and persons, including veterans, experiencing traumatic brain injuries. In the Rochester Diocese, Catholic Charities Community Services supports many such special needs individuals.

As the population in the United States has aged, and many people are living much longer lives, Catholic Charities agencies have developed services like in-home care, transportation, case management and other services to help individuals live longer in their own home.

In recent years, even though Catholic Charities has been serving the poor for over one hundred years, there is an even greater focus on poverty and more intensive efforts to facilitate the transition of families from poverty to self-sufficiency.

In this year of celebration of its 100th anniversary, leaders of Catholic Charities in the State look back with pride on what has been accomplished. Today's leaders recognize the many changes that have been made to respond to changing needs. They recognize that there will be continuing evolution as time goes on in the way that Catholic Charities provides "Help that works and Hope that lasts."

If you did not get a chance to sign this letter, you can still do so and keep up to date on this issue or others involving Catholic social teaching. Get email alerts to contact your legislator as issues come to the fore in the legislative process. Join the Catholic Action Network at <http://www.nyscatholic.org/>.

You can look up the above letter and send it right away. Physician-assisted suicide is among the first few issues under current initiatives.

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