



5361-A Virginia Beach Boulevard
Virginia Beach, VA 23462

Return service requested

Non-Profit Org.
US POSTAGE
PAID
NORFOLK, VA
PERMIT NO. 2373



Solving a Crisis, Improving Lives Serving the community since 1932



www.cceva.org

Spring 2010

Seniors Learn How to Avoid Scams

Stories abound of people who have been scammed. An elderly man was pressured into signing up for credit card insurance even though he was deep in debt. An older adult was scammed by her former husband. And a telemarketer repeatedly called a woman to urge her to buy a week-long timeshare vacation---and when she refused, he began using obscenities. Unfortunately, these scenarios take place on a daily basis and happen to people of all ages, backgrounds, education and income levels. Police records show that unscrupulous sales people and scammers often target older adults. And that number is steadily increasing. The Federal Trade Commission in Washington received over 300,000 complaints of identity theft nationwide last year, with Florida ranked #1, Virginia ranked #22 and Wyoming ranked #50. If a crook sees a way to take advantage of a situation, he or she will come up with a way to get in your pocketbook. Why are seniors in particular targeted for scams? For one thing, they often own more assets, are more trusting, are more vulnerable and can be reluctant to seek financial advice. Because of the era in which they were raised, seniors also find it difficult to be assertive and to hang up on an unsolicited telemarketer. In some cases, loneliness and social isolation make older adults welcome a phone call even if it is from someone with dubious intentions. In an effort to stop elder victimization, a new series of workshops is now being



Tucker House resident Shirley Lincoln and Catholic Charities program coordinator June Hoyer discuss ways to avoid scams.

offered to groups and organizations that include older adults. The "Elder Fraud and Identity Theft Prevention" workshop teaches participants how to recognize if they're victims of fraud, how to protect themselves and what to do if they are victimized. The two hour interactive presentation is free and is given by trained facilitators from Catholic Charities of Eastern Virginia. The elder fraud workshop was given recently at Tucker House in Norfolk, a subsidized independent living apartment facility for seniors age 62 and above. Among other things, Catholic Charities facilitator June Hoyer warned residents not to carry their Social Security card in their wallets and that it's best to keep it in a safe place at home. The same goes for one's personal identification number (PIN). Hoyer also said never to give out personal identification information to someone they don't know. The workshop presentation

(continued on page 2)

NAP Credits Available! Ask how you may receive a state tax credit of 40% of your cash donation. Call 757-456-2366 ext. 504 for details.

3 Student mentoring program in the works

6 CCEVA in the news

7 Annual appeal for your support

Catholic Charities of Eastern Virginia...serving the people of Eastern Virginia for over 75 years

- | | | | |
|--------------------------------------|--|---------------------------------------|---|
| Main Office
(757) 456-2366 | Norfolk
(757) 533-5217 | Franklin
(757) 562-6222 | Virginia Beach
(757) 467-7707 |
| Chesapeake
(757) 484-0703 | Eastern Shore
(757) 442-6211 | Newport News
(757) 875-0060 | Williamsburg
(757) 253-2847 |

Our Mission

To improve the quality of life for all people in need by providing professional, compassionate services through intervention, prevention, education and advocacy. Catholic Charities of Eastern Virginia was established in 1932 to serve people of all faiths and backgrounds. We are a 501 (c) (3) non-profit human service agency and a member of the United Way. Our annual report is available online at www.cceva.org.

Executive Board Members

- | | | |
|---|---|---|
| Joyce Burns
Chairman | Capt. Joseph D'Amato, USN (Ret.)
Susan P. Davis
John Hamilton
Donald V. Jellig
Dr. Eleanor G. Dawley Jones
Perry J. Hohman
James G. Hurley, Jr. | Dr. Pamela A. McKinney
Meyera E. Oberndorf
Philip L. Russo, Jr. |
| David M. Bastiaans
Vice Chair | | |
| Rita Sweet Bellitto
Debra M. Bryan | | |
| Dominick R. Calgi
Jessica Lombardi | Chief Executive Officer
Director of Development | |

A Note from the Chair

It is an honor to serve as Catholic Charities' new Board Chair. Catholic Charities is a charity that always has been near and dear to my heart. Its staff and volunteers are dedicated to caring for people in need – those who have no place else to turn. I have had the privilege of serving on the Board of Catholic Charities for the past thirteen years. It provided me with hands-on experience and a positive outlook on how to make a difference in the community in which I live. Looking ahead, I



Joyce Burns

realize that there is much to do. The economy is still not fully recovered and many people are only a paycheck away from crisis - but with good decision-making and the support of generous hearted people like you, I know that we are up to the task. In February 2010, Catholic Charities of Eastern Virginia presented the Bishop's Humanitarian Award to Frederick and Jacqueline Napolitano, Sr. Fred and Jackie have been long time supporters of Catholic Charities and the

Hampton Roads community. The evening celebrated people who make giving back to others a priority. This embodies what the dedicated staff and volunteers of Catholic Charities do on a daily basis. I have witnessed them work with care and compassion to mend those who live broken lives. They help the elderly, children and the poor - people whose voices are generally not heard. And in these hard economic times, they help people who have never had to ask for help before. The Bishop's Humanitarian Award Gala was held at the end of winter, when we had more snowstorms in Hampton Roads than I can remember. It was perfect timing, as a celebration of this kind warms the heart. As we are now blessed with beautiful spring weather, I feel a sense of renewal and purpose. We are well aware of the challenges we face. Yet, there is hope for better times. I assure you that the entire Board of Directors is focused on navigating the challenges ahead. When I look at my fellow board members, I see people with busy lives and huge hearts. They work extremely hard and still find the energy to use their time, talent and treasure to help others. I am thankful for the past support that you have shown for Catholic Charities. Your contributions and prayers have allowed us to continue our mission of serving people in need. Please continue your support. We need you now more than ever.

Yours sincerely,

IMPORTANT MESSAGE

Catholic Charities aims to manage its resources as efficiently as it can. These are tough economic times for everyone! **As a result of high printing and mailing costs, this will be the last time that the newsletter will be sent out as a BULK mailing.** However, if you tell us, we will be happy to continue sending you a copy of the newsletter in the mail. Or, you may prefer receiving an e-newsletter. Let us know how you wish to receive news about Catholic Charities' good works. Please contact the Development Office by calling 757-456-2366 ext. 504 or ext. 521 or by e-mail at jlombardi@cceva.org. We'll be glad to mail you the newsletter or send it by e-mail. The choice is yours!

Gala Honors This Year's Awardees Frederick and Jacqueline Napolitano, Sr.

Three hundred guests attended the Bishop's Humanitarian Award Gala held to honor this year's awardees, Frederick and Jacqueline Napolitano, Sr. The event, at the Renaissance Portsmouth Hotel on February 27, 2010, was a great success due in a large part to the overwhelming support of many people. Thank you to all our volunteers for their dedication and support. Please forgive us if by some oversight, your name is not listed!

Kelly Russo
Allie Soroka

Jay Bagdon

Will Deady

Gail Andrews

Patty Angelo

Mercedes Atilas

Margaret Bagdon

John Bair

Shirley S. Barondess

Sarah Bennett

Roy Blackburn

Debra Bryan

Joyce Burns

Joseph Burns

Linda Cataldo

Flora D'Amato

Joseph D'Amato

Terry Gearhart

Lori Hallbauer

John Hamilton

Mark Harris

Stephanie Harris

June Hoye

Winston Best

Ryan Hill

Matthew Burns

Michael Calgi

Jim Hurley

Christie Jose

Malou Jose

Tushar Majithia

Katie McCarthy

Cameron Meals

Donna O'Donnell

LaNetta Pickney

Rob Ravezo

Sherri Rome

Wesley Ross

Dr. Anthony Savage

Adrienne Soroka

Kristi Thomas

Robert Tindall

Kim Walker

Jim Wharry

Pat Wharry

Susan Williams

Special Thanks to the
Little Creek Amphibious
Naval Base Color Guard

THANK YOU for supporting our ANNUAL APPEAL!

Your support has made it possible for Catholic Charities to help more than 24,000 individuals and families in Hampton Roads in 2009.

But there still are many people in crisis in our community who desperately need your help. Please remember them--- those who have so little and need so much. They are the people that Catholic Charities serves.

YOU CAN HELP THEM BY MAKING A CONTRIBUTION TO OUR ANNUAL APPEAL:

- An online donation can be made at www.cceva.org
- By phone at 757-456-2366 ext. 504
- Mail in your gift in the attached remittance envelope

Other ways to give

- Make a gift to CCEVA through the Commonwealth of Virginia's Neighborhood Assistance Program (NAP). For a minimum \$500 individual donation, you will receive a tax credit valued at 40% of the gift. Businesses require a \$1,000 minimum donation to qualify. NAP tax credits apply to both state and federal taxes.
- Donate \$1,000 and purchase a leaf on our Tree of Life memorial to create a lasting memory of a loved one.
- Donate your used car, truck, boat, or other vehicle.
- Make arrangements in your will to provide a bequest, appreciated securities, real estate, or life insurance policy.

Catholic Charities of Eastern Virginia is a 501 (c) (3) non-profit agency, fully licensed and accredited by the Council on Accreditation. Professional staff of the CCEVA Development Office are qualified and pleased to work with donors and their legal or financial advisors in planning gifts to Catholic Charities.

Memorial service honors those who have died

Each year when the winds turn cold and the trees lose their leaves, a dignified tribute is paid to remember clients of Catholic Charities who have passed away. Such a memorial service was held at Catholic Charities' office in Norfolk on March 2, 2010 in memory of clients who died during the past year. They had been receiving Catholic Charities' guardianship or respite care; most were aged and infirm, some had living family members; others had no family remaining. What they all did have in common was the fact that at some point in their later years they were tended to by case managers from Catholic Charities' Adult and Senior Care Services.

"Many people don't realize that case managers develop real friendships with the people they help" said Kim Walker, manager of Adult and Senior Services. "A memorial service is an important component to the grieving process. Having a remembrance service is our way to say goodbye."



Case managers from CCEVA's Adult and Senior Services attend a memorial service for clients who passed away in recent months.

All 10 case managers from Catholic Charities were in attendance for the memorial service honoring the clients who died from November 2008 through February 2010. The service began with a prayer by Father Brian Rafferty of Christ the King Catholic Church. It was followed by a spiritual passage read by Odyssey HealthCare bereavement coordinator Donna Nobel.

With the lights dimmed and the sound of ocean waves gently playing in the background, Mrs. Nobel slowly read the names of each client. The case manager who worked closely with the client came forward as that person's name was recited and lit a candle in the client's honor. There was a real sense of peace and caring in the room when the service ended.

Share Your Money Saving Tips With Us:

During the last couple of years, have you taken time to consider ways to reduce costs and maximize your monthly budget? We thought that we would share a few budget saving tips but we also would like to hear your ideas on how to pinch pennies.

Here's our list:

1. Pay attention to what is happening in the US and world regarding the economy and the financial industry. If you don't understand something, go online or to the library and research how global finances affect your budget. Understand basic economics 101. Knowledge is power!
2. Reduce food costs by eating out less--you might also save calories.
3. Clip and use coupons. Find great deals when you search for coupons online.
4. If possible, think of other ways to reduce debt and increase your monthly revenue stream. A small business on the side might help.
5. If you do not have a family budget, create one.

We want to hear your money saving ideas and will publish them in our next newsletter in the fall. Share your thoughts with us! Send your family saving financial tips to jlombardi@cceva.org

Catholic Charities of Eastern Virginia in the news....

THE CATHOLIC-VIRGINIAN December 28, 2009
Catholic Charities employee Elaine F. Jones receives the Cherub award in recognition of her service, generosity of spirit and dedication to the mission of Catholic Charities. A photograph shows CEO Dominick Calgi presenting the award to Mrs. Jones.

THE VIRGINIAN-PILOT February 7, 2010
Catholic Charities is mentioned in an article in The Beacon on local groups raising money for victims of the earthquake in Haiti. CCEVA collected donations on behalf of Catholic Relief Services, which is the Catholic Church's international response agency.

THE VIRGINIAN-PILOT February 7, 2010
An article in The Beacon mentioned that Atlantic Bay Mortgage Group's Angel Tree Christmas gifts were given to local charities including clients of Catholic Charities of Eastern Virginia.

WAVY-TV broadcast February 7, 2010
Catholic Charities CEO Dominick Calgi and Associate Director of Development Adrienne Soroka were interviewed by newsman Don Roberts on the WAVY 10 TV- show "The Bottom Line." They discussed CCEVA's new student mentoring program and the importance of giving back to the community.

THE VIRGINIAN-PILOT February 21, 2010
Frederick and Jacqueline Napolitano, Sr., recipients of the 2010 Bishop's Humanitarian Award, were profiled in an article in The Beacon prior to the award Gala.

THE CATHOLIC VIRGINIAN February 22, 2010
Bishop's Humanitarian awardees Frederick and Jacqueline Napolitano were interviewed about their lifetime of accomplishments and service to the community.

THE CATHOLIC-VIRGINIAN March 22, 2010
An item published in the ShorTakes section promoted Catholic Charities' vehicle donation program.

THE CATHOLIC-VIRGINIAN March 22, 2010
An item published in the ShorTakes section publicized a free CCEVA workshop offered to groups and organizations on ways to prevent elder fraud and identity theft.

WPMH 670 radio broadcast 12:00 p.m. - 1 p.m. April 3, 2010
Radio personality Andy Baan interviewed Catholic Charities of Eastern Virginia and the Salvation Army about their programs to help the poor in Hampton Roads. CCEVA's Dominick Calgi and Salvation Army Major Lewis Reckline fielded questions from radio listeners during the broadcast.

Catholic Charities launches new program to keep kids in school

Did you know that 7,341 students have dropped out of a Hampton Roads public school during the past 3 years? Studies have shown that people who don't graduate from high school are more likely to commit crime, be on welfare, and raise children who repeat the cycle of not completing school.

To help reverse this trend, Catholic Charities of Eastern Virginia is launching a new school-based mentoring program whose aim is to provide adult mentors to serve as positive role models for students. In addition to establishing a strong relationship between the mentor and student, the program will focus on building self esteem and character, improving students' attitude towards school, and reducing tardiness and truancy. The program, called **Student Assistance Mentoring (SAM)**, will begin in the fall at Churchland Middle School in Portsmouth. Under the SAM program, ten students will participate in weekly meetings with mentors during the school day at their school.

The effort is a joint undertaking between Portsmouth School Superintendent, Dr. David Stuckwisch, and Catholic Charities of Eastern Virginia whose Youth & Family Services Manager Linda Cataldo developed the program.

Each month will begin with a topic for discussion. Some of the topics are: Accountability and Responsibility Creates Opportunity, Emotional Management, Etiquette in Business and Social Settings, What Goes on the Net, Stays on the Net, and Financial Management. These sessions will be facilitated by a trained professional from Catholic Charities of Eastern Virginia and an expert in the community who has partnered with SAM.

Among those on the SAM Advisory Board are Portsmouth School Superintendent Dr. Stuckwisch; Churchland Middle School Principal Dr. Kurt Kreassig; Latasha Skyes, Churchland Middle School Guidance Counselor; Sarah Sugars, Youth Risk Prevention Manager; Dominick Calgi, CEO of Catholic Charities of Eastern Virginia (CCEVA); Dr. Pamela McKinney, CCEVA Board Member; Attorney and CCEVA Executive Board Member Philip J. Russo, Jr.

If you are interested in becoming a mentor, community partner, advisory board member or volunteer with the SAM program, please contact Linda Cataldo at 757.467.7707. To support the mentoring program, you may make a tax deductible contribution to Catholic Charities of Eastern Virginia, 5361 Virginia Beach Blvd., Virginia Beach, VA 23462 or donate online at www.cceva.org. Your interest is appreciated; your support would be cherished. Mentor a child, change 2 lives!

CALLING ALL DADS!

Catholic Charities of Eastern Virginia has launched 2 new **FREE** programs for fathers. "Dr. Dad" and "24/7 Dad a.m." are offered through the National Fatherhood Initiative. Participants can be first time or new dads, single dads, step-dads or granddads. Classes are held on a rotating basis so that you can sign up anytime. What a great Father's Day gift!

Dr. Dad focuses on medical and safety issues of children from newborn to 18. Patty Trail, R.N., facilitates the group. It meets on Tuesdays from 6-8 p.m.

The 4 week series covers:

- **The Well Child:** Development, Temperament, Crying, Nutrition, & Immunizations.
- **The Sick Child:** Taking a Temperature, Fever, The Common Cold, Other Illnesses, & Preventing Dehydration.

- **The Injured Child:** Burns, Sunburns, Drowning, Cuts, Scrapes & Bleeding, Head Injuries, Poisoning, Choking, Drugs & Alcohol.

- **The Safe Child:** Home Safety, Car Safety, Guns, Parental Anger & Stranger Danger.

24/7 Dad a.m. is for new dads or for those who want to improve their parenting skills. A trained staff member facilitates the group. It meets on Thursdays from 6-8 p.m.

This 5 week series focuses on:

- Family of Origin, Fathering & Culture
- Understanding Yourself, Fathering & Family Roles
- Expectations & Children's Development
- Discipline, Rewards & Punishment
- Getting Involved with Your Children

Sessions are held at Catholic Charities' office (next to Ascension Church), 4855 Princess Anne Road, Virginia Beach, VA 23462. For further information and to enroll, please call 757.467.7707. There is a \$10 book fee for each program.

Recent Grants

- A \$17,500 grant from the Richmond Diocese's Fuel and Hunger Fund to provide emergency assistance
- A \$12,633 grant from Citi Cards to support debt management programs
- A \$10,000 grant from Catholic Charities USA to help individuals in Hampton Roads recover and rebuild following the Nor' Easter
- A \$10,000 grant from the Bank of America to support Financial and Housing Counseling services
- A \$10,000 grant from the Bank of America to support Financial and Housing Counseling services
- A \$5,000 grant from the Portsmouth Community Foundation to support the Access to Therapy program within Clinical Counseling
- A \$2,000 grant from the Franklin-Southampton United Way for operating expenses
- An anticipated \$5,000 grant from Change for Charity (from parking meters at the Peninsula Town Center) to support Adult and Senior Care Services
- A \$500 grant from Target to support the Grandparents as Parents program

Bishop's Humanitarian Award Gala



Past award recipient
Harvey L. Lindsay, Jr.



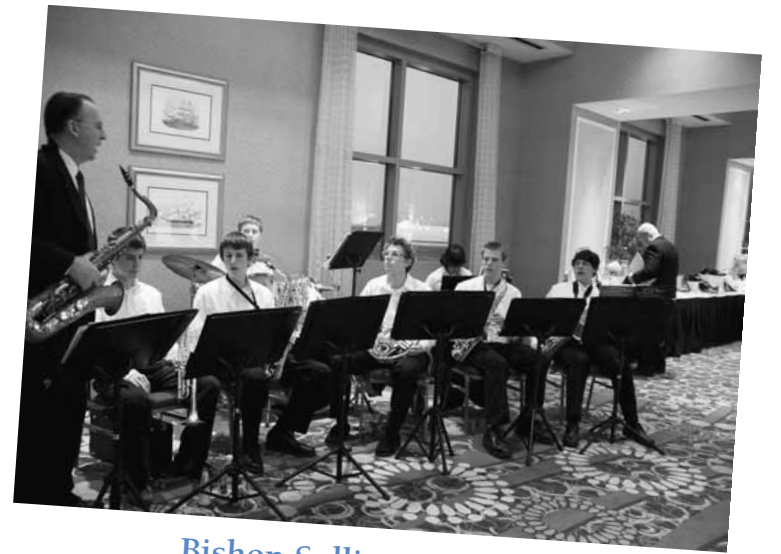
Bishop's Humanitarian
Award Medal



Early bird raffle winner
Teresa Kraemer



Bishop Francis DiLorenzo
and Gala volunteer Malou Jose



Bishop Sullivan Catholic
High School Jazz Band



Portsmouth
Mayor James Holley
and wife Mary



CCEVA Foundation member
Mike Duffy and wife Sandy



CCEVA Board Chair Joyce Burns
and Fred and Jackie Napolitano



Festive Auction Table



MC Terry Gearhart



CCEVA Board member
Shirley S. Barondess



CCEVA Board member George Stenke,
guest Emil Viola with Bishop DiLorenzo



The Napolitano Family