



**Catholic
Charities**
Archdiocese of Dubuque

SEPTEMBER 2023 NEWSLETTER

Reducing Poverty · Strengthening Families · Empowering Communities

In the September 2023 Issue:

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Follow Us!



Bringing SNAP Enrollment to Parish Communities

Did you know that many families qualify for the federal Supplemental Nutrition Assistance Program (SNAP) but do not even apply? SNAP helps families buy nutritious foods with an electronic benefit transfer (EBT) card, similar to a debit card. Catholic Charities Case Managers help families complete the SNAP application in a matter of minutes! Catholic Charities started offering this service on-site in our affordable housing communities and at individual parishes. St. Patrick's Catholic Church in Dubuque is one site where these services are offered in conjunction with the free meal program. Removing barriers to accessibility brings help directly to individuals and families who are experiencing food insecurity and need help signing up for SNAP benefits.

A special thanks to Catholic Charities USA and the Walmart Foundation for their support of this program.





MIKE IS GOING OVER THE EDGE

Save the Date for Sept 15, 2023 as we send Mike DeMouley "Over the Edge" for United Way on behalf of Catholic Charities! Over The Edge is a unique opportunity for individuals and organizations to raise money and support the United Way of Dubuque Area Tri-States (UWDATS) by rappelling 13 stories off a historic Dubuque building.

[Click Here to Learn More](#)



Suicide Prevention Awareness Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide often results from untreated mental health conditions. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month—a time to raise awareness of this serious public health issue. According to the U.S. Centers for Disease Control and Prevention (CDC), suicide was responsible for 48,183 deaths in 2021, which is about one death every 11 minutes. To learn more about mental health ministries across the country and how you can make a difference, visit our resource

page at CatholicCharitiesDubuque.org/suicide-prevention-awareness.

*If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org** to reach the 988 Suicide & Crisis Lifeline. Mobile crisis units are also available through Your Life Iowa by calling 855-581-8111. Source: [https://www.nami.org/Get-](https://www.nami.org/Get-Involved)*

Involved

Immigration Legal Services

Cedar Rapids Community Sees Increased Need

One Year Summary

The need for quality Immigration Legal Services continues to grow across all 30 counties we serve. In Cedar Rapids alone, the stats tell the story:

- **268 FREE legal consultations**
- **Average of 22 consults per month**
- **818 individuals served**



Keeping Families Together

The Gul family arrived in Cedar Rapids in 2022 after being evacuated from Afghanistan in August 2021 when the Taliban took over their country. With the help of Catholic Charities' Immigration Legal Services, all 10 members of their household received their green cards in July of 2023.

REDUCING POVERTY

81% of current clients in Cedar Rapids are receiving FREE legal representation through client fee waivers.

[LEARN MORE](#)





Volunteers Needed

Change Lives. Volunteer Today.



Learn More

📞 800-772-2758

➡️ [CLICK HERE](#)

VOLUNTEER

With the help of our dedicated volunteers, over 359 individuals were supported in positive community reentry following their release from jail or prison in 2022 through mentoring and Circles of Support & Accountability. For people reentering the community following incarceration, Catholic Charities is their lifeline to success. Connections to employment and affordable housing along with social and emotional support are effective in keeping these vulnerable individuals out of jail and finding a new path in life. Join our volunteer team today by calling [800.772.2758](tel:800.772.2758) or visiting CatholicCharitiesDubuque.org/volunteer.

"It has been very, very helpful to have people around who honestly, truly want to help people like me who have been to prison. I am basically trying to start all over and this program is just what I needed. I have a lot of hope lately" - Jail & Prison Reentry Client

COME HOME TO ALABAR PLAZA

1110 DOREEN AVENUE, WATERLOO, IOWA



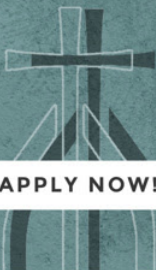
CONVENIENT & AFFORDABLE LIVING



RENT INCLUDES
HEAT, WATER, TRASH,
& ON-SITE PARKING



[Learn More About Alabar Plaza & Request an Application](#)



Change lives in Northeast Iowa!

[APPLY NOW!](#)

JOIN OUR TEAM!

Now Hiring for a CASE MANAGER in Waterloo



Employee Spotlight

JULIETTA SCOTT

WHY CATHOLIC CHARITIES?

I was drawn to Catholic Charities because I believe more families and individuals should have access to affordable housing.

ABOUT ME

Favorite Snack?

I love green grapes and white cheddar popcorn! Occasionally chocolate as well.

Free Time?

I like to read, train jiu jitsu, hang out with my dog/husband and go to yoga.

Coffee or Tea?

Both! Coffee in the morning, tea at night.

Pets?

We have a 5-year-old Pudlepointer.

Hopes & Dreams?

I hope to live a long, purposeful and happy life with my husband. A dream and hope of mine is to have a large, happy family.

One Goal in the Next Year?

My husband and I are getting a puppy this August and I would like to help with the training; to stay committed to working on good habits with the new puppy.

Favorite Book or Movie?

Favorite book is "When Breath Becomes Air". It is a beautiful book that is written by a man who is passing away. The book reminds each person of their mortality while simultaneously reminding you to live each day striving to be better.

CONTACT

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🏠 Property Manager

📍 Dubuque Office

🕒 1.5 Years of Service

A DAY IN THE LIFE

Application Processing



Lease Signings



Managing Tennants



Turnovers & Rennovations



Processing Deposits



Apartment Showings



General Maintenance



CLICK
HERE

TO LEARN MORE ABOUT AFFORDABLE
HOUSING AT CATHOLIC CHARITIES



Serving the Poor: God's Work is Here

Families across Northeast Iowa are struggling with daily instability to keep food on the table and a roof over their heads. Rent increases, combined with grocery and gas price hikes, are devastating to families who have no other options. Catholic Charities steps in to catch people who fall through the cracks and are in desperate need of help. **Now is the critical time to join us in supporting God's work of serving the poor and vulnerable in our communities.** Learn more about how your gift makes a difference at <https://catholiccharitiesdubuque.org/annualappeal>. **A big THANK YOU to all who have already supported Catholic Chaities with your gift this year. Your gift changes lives for families right here in the Archdiocese of Dubuque!**



[Unsubscribe](#)

The Archdiocese of Dubuque

contactus@dbqarch.org