

MIDWEST – MIDWEEK

Brothers of Holy Cross –Midwest Province - P.O. Box 460 – Notre Dame, Indiana 46556-0460

April 21, 2010

Caregiver Resource Centers

One of the services provided by the Senior Friendship Centers in Florida is their [Caregiver Resource Centers](#). Here is a story which describes this service.



Caregiving is hard work. Caregiving is painful. It is also love in action.

Caregivers often are so busy caring for others that they neglect their own emotional, physical and spiritual health. Signs of caregiver stress can include emotional and physical fatigue, depression, withdrawal from social contacts or enjoyable activities, feelings of helplessness and hopelessness.

Understanding the widespread and sometimes overwhelming need for help, Senior Friendship Centers provides the Sarasota and Venice communities with Caregiver Resource Centers open without charge to assist through the caregiving journey.

Educational programs, compassionate support and access to a wealth of information of special interest to anyone caring for a loved one are available at these “one stop resource” centers for caregivers. In addition to regularly scheduled caregiver support groups the CRCs offer programs on Alzheimer’s education, safety issues, journaling for healing, free memory screenings, and end of life issues - among many others.

A valuable component to CRC support programs, Senior Friendship’s Adult Day Care Centers provide a safe, supervised setting, with activities for loved ones while

caregivers get time to themselves. Called the “Living Rooms” for the traditional room where families gather, these accredited and licensed facilities provide safe, affordable care, including meals and recreational activities with trained staff and an on-site nurse. The goal is to help people remain independent, living at home as long as possible.

Compassionate volunteers play a key role in the success of both Sarasota and Venice centers. Each of the CRC’s is actively engaged with more than fifty supporting community organizations to address the needs of the aging demographics of the area.

Terry Malik Resigns From Guerin Prep



Terry Malik, a 1969 graduate of Holy Cross High School, River Grove, IL, and President of Guerin Prep has resigned after serving the River Grove school the past two years. Malik and his wife will retire to his home in Sanibel Island, Florida, after June 1.

Guerin Prep High School
<http://www.guerinprep.org/>

St. Edward High School: Social Ministries and Social Justice Activities

Thanksgiving Food Drive: Our annual food drive raises awareness of hunger in our area and collects donations of canned food to be used by Lakewood Charitable Assistance



Corporation. LCAC delivers bags of food to needy individuals and families at Thanksgiving and Christmas.

Clothing Drive: Right after Christmas students and families are encouraged to donate their gently used clothes to help in our local community. Many agencies struggle to get good quality men's and young men's clothing. All donations are divided between several local agencies based on their need and capacity.

Christmas Giving Tree and Adopt-a-Family: Every year we receive a wish list from the Fatima Family Center, a Catholic Charities organization, which serves as the basis of our giving tree. Individual students as well as homerooms, teams, and clubs are encouraged to select a gift or number of gifts to provide to a child in need. In addition to the Giving Tree program we also have an adopt-a-family program in which homerooms can adopt a local Lakewood family who is in need at Christmas and purchase presents for them. The adopt-a-family program is done in conjunction with Lakewood Christian Service Center.

Mission Trips:

Appalachia Work Week: Twenty students and four faculty members spend a week in June working with Almost Heaven Habitat for Humanity in Franklin, West Virginia. They work a full forty hour work week helping in a variety of capacities to build and rehab homes.

El Salvador Mission Trip: This biennial trip takes a group of students and faculty members to the Community of Oscar A. Romero (COAR) in El Salvador. The students spend time working and playing with the children of the community and learn through their experiences what daily life is like for these people. This trip aims at expressing the belief that "we stand side by side with all people."

Partnership with Ensemble Scolaire Pere Basil Moreau (Basil Moreau School in Port-au-Prince, Haiti) This partnership began in the fall of 2007, and has grown from simple emails back and forth to something much more. There is hope of a future student trip down to Basil Moreau School in the next few years. St. Edward High School sponsors a number of fundraisers throughout the year to raise awareness and funds for Basil Moreau School. Included in these are:

Eagles on Foot 5k run and 1 mile walk: St. Edward has sponsored this run and walk seven times in the last eight years, and the past three years all funds raised have gone to Basil Moreau School to help subsidize tuition costs for students.

This is a wonderful event that encourages students, parents, faculty and people outside of the community to join together to help a worthy cause.

Lenten Penny War: Started in the spring of 2009, this penny war pits academic divisions against each other for a competition benefiting Basil Moreau School. Over \$3,000 was raised during the 2010 penny war.

Homeless Retreat: Twice a year we take a group of students and let them experience the realities of homelessness first hand for thirty-six hours. All participants are oriented and given a “homeless ID”, which helps them think about and consider different issues throughout the day. All meals are eaten in drop-in centers and soup kitchens, and we spend the night in the Catholic Worker Store-Front drop in center.

Box Night: Annually in the fall we sponsor Box Night which aims to raise awareness and funds for issues surrounding homelessness. Participants start the night off sharing with those gathered for our monthly community meal. After the meal participants go through an informational session talking about homelessness in the Cleveland area. We spend the night in homemade shelters on the football field and wake the next morning to go through a not so regular day of school. At the end of school we come back as a group to discuss our collective and individual experiences.

Community Meal: For the past sixteen years St. Edward has been sponsoring and hosting a monthly community meal on the fourth Wednesday of *every* month. This meal is open to anyone in need of a meal in our local community. Every month we serve over one hundred and fifty meals here at St. Edward and send over thirty-five to local elderly residents and nearly thirty to the domestic violence center.

Lenten Lunches: Weekly during the season of Lent students make on average one hundred box lunches to be distributed at a local hunger center (St. Augustine Hunger Center or West Side Catholic Center).

Community Garden: Started in 2009, we have three plots at a local community garden. With these three plots, students, parents, and faculty members come together to grow vegetables that are donated to our community meal. This helps to provide fresh vegetables to the meal.

Community Service Club: This student group engages in a variety of community service activities throughout the year. The three main activities that they engage in are hosting our blood drives, visiting with residents at a local nursing home, and volunteering at the Cleveland Food Bank.

SEHS Chapter of Catholic Schools for Peace and Justice: Our CSPJ group engages in a variety of activities every year that focus on the seven themes of Catholic Social Teaching. Past events have included Earth Week, Care for God's Creation, Poverty Summit, and many more.

Sophomore Service Retreat: Sophomore year, students engage in the sophomore service retreat which is centered on issues of homelessness and poverty in our local community and our response to it. This retreat utilizes activities, discussion, and hands on experience to open students' eyes about the situations surrounding us and our gospel calling to respond. Part of this day is spent at a local charitable agency where students can gain the valuable experience of seeing what different agencies are doing to combat the problems as well as affording them the opportunity to work with and serve people in a very direct manner.

Community Service Program: As a Catholic School in the Holy Cross tradition we strive to demonstrate that a spirit of service and a sense of servant leadership is a foundation of our lives in faith. This program does not simply require volunteer hours, but strives to lead students through a process of service learning and a self discovery of how they can have the competence to see and the courage to act as men of faith.

Guest Speakers: From time to time we will host guest speakers for classes, divisions, or the entire class speaking on issues of service and social justice. Past speakers have included Pat Conway, Eric Krawczyk, Tim Boehlein, and Johanna Orasco.

Saint Edward High School, Lakewood, Ohio:
<http://alumni.sehs.net/>

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www.brothersofholycross.com

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Please have material to **Br. Charles McBride** by Monday of each week *Midwest-Midweek* is published: cmcbride@brothersofholycross.com

For technical problems or errors please contact: **Br. Richard Johnson** at rjohnson@brothersofholycross.com