

NEW HEIGHTS



St. Vincent Catholic Charities
PROVIDING HELP. CREATING HOPE.

Inside

*Join our
Running Club!*

*The
Promise
of Spring*

**PROMISE IS OUR
CHILDREN'S HOME
THERAPY DOG.
SHE IS ABLE TO
BRING PEACE,
NORMALITY AND
FUN TO OUR KIDS!**

SPRING 2019 • stvcc.org



A Spring Message

From our CEO

Dear Friends,

Happy Spring! What a beautiful time of year this is.

With the anticipation of warmer weather, the children at our Children's Home look forward to playing outside and adding more activity to their day through our Running Club, generously supported by Playmakers and our amazing volunteers. If you're a runner (or a walker!!) I encourage you to join our Running Club. Thanks to you, we're able to provide clubs and activities to our children through your generous support and invaluable time.

Since our last newsletter, we have been busy planning our Spring events, all of which could not be done without the generous backing of our sponsors! Every season, we thrive on providing more hope and healing to the most vulnerable children and families in our community. Thank you for believing in our mission.

I want to assure you, your donor dollars continue to support our programs which serve the most vulnerable among us: immigrants, refugees, those seeking mental health counseling, and children healing from abuse and neglect. Please know St. Vincent Catholic Charities and those it serves needs your support now, more than ever.

From all of us at St. Vincent Catholic Charities, we hope your Easter was blessed and that in 2019, you and your family will experience good health, success and happiness.

Yours In Christ,

Andrea Seyka
Chief Executive Officer

IN OUR COMMUNITY

Mark Your Calendars!

MAY 21

Dine and Donate Fundraiser

Applebee's

5400 W. Saginaw, Lansing

4:00 p.m. – 9:00 p.m.

20% of all proceeds from dine in and take out at Applebee's benefit St. Vincent Catholic Charities. Customers must show an electronic version of the flyer for St. Vincent Catholic Charities to receive credit. Pull up our Facebook page and show the flyer on your phone!

JUNE

15 – 21

World Refugee Awareness Week

For a full event schedule of World Refugee Awareness Week in our community, please visit stvcc.org.

JUNE 15

"New Americans Got Talent" Show

St. Casimir Catholic Parish

815 Sparrow Ave., Lansing

4:00 p.m. – 7:00 p.m.

Hosted by St. Vincent Catholic Charities. Celebrate refugee communities through our "New Americans Got Talent" show, promoting refugees' culture, talent and traditions through song, poetry and dance! Join us in showing your support for refugees who have escaped persecution and have found their new home in our community!

JUNE 18

Dine and Donate Fundraiser

For Crêpe Sake

221 N. Washington Square, Lansing

7:00 a.m. – 2:00 p.m.

10% of all proceeds from dine in and take out at For Crêpe Sake benefit St. Vincent Catholic Charities. No flyer needed!

Connect with STVCC!

Stay up-to-date with current events and happenings around STVCC by visiting our website, www.stvcc.org, and connecting with us on social media!



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Follow our new Instagram account: [st.vincentcc](https://www.instagram.com/st.vincentcc), Facebook and Twitter: [@STVCC](https://www.facebook.com/STVCC)

The mission of St. Vincent Catholic Charities is the work of the Catholic Church, to share the love of Christ by performing the corporal and spiritual works of mercy.

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STEP INTO SPRING WITH RUNNING CLUB!

We are able to get you ready for summer by putting a little spring into your step ... literally!! With warmer weather just around the corner, our children at the Children's Home are anticipating getting out to enjoy **Running Club**.

Running Club is a program that motivates our children to adopt a healthy lifestyle and allows them to run – or walk! – from the late spring until the end of summer.

Started by Anne Crane in 2010, Running Club is now entering its third summer under Dave Herring's supervision. Dave has been volunteering with St. Vincent Catholic Charities for almost 15 years and appreciates the importance of helping the most vulnerable children in our community.

"The kids run around 45 minutes to an hour, depending on how they feel," said Dave. "We provide exercises to loosen up and to cheer them on when they're running (or walking). But it's not only about exercising; Running Club is also built around talking to the kids, walking with them, hearing their stories – just being present."

On top of the physical health benefits for the kids, running with a group helps with social facilitation, motivation, accountability, and consistency. Two times a week, for at least an hour, our kids are able to practice, maintain relationships, and learn from each other.

"Because there is no pressure to run, everyone has an opportunity to be outside and enjoy themselves, while feeling like they have accomplished something week to week," said Josh Lown, Volunteer, Outreach and Training Coordinator at the Children's Home.

With donations from our community partner, **Playmakers**, the children are able to receive shoes every summer and prizes for incentivized activities.

"Playmakers has been so wonderful, community-oriented – and they're humble about it!" explained Dave. "They have a variety of incentives for the kids to encourage them to keep exercising." Incentives range from Playmakers items including t-shirts, water bottles and hats. **"Running Club could absolutely not be done without Playmakers' support."**

Aside from providing an avenue for the kids to get outside and promote healthy living, Running Club is an excellent opportunity to volunteer and build relationships with the children.

"Every single volunteer says that they get more than they give, it's just so wonderful," said Dave.

CALLING ALL RUNNING/WALKING BUDDIES!

We are seeking volunteers to commit one hour, once or twice a week, to either walk or run with our kids, for at least 45 minutes. Running Club exercises in St. Joe's Cemetery, adjacent to our Children's Home.

Josh adds, "Our kids look forward to Running Club every week. It's an opportunity for them to be outside laughing, exercising, talking, enjoying themselves and enjoying the company."

"There is so little time required to volunteer," says Dave. "If you come once a week, twice a month, whenever you can, the little time you are able to spend with these kids is worth a million dollars. The kids appreciate it so much and you, in turn, get so much in helping them live life like a regular kid."

To become involved, please contact Josh Lown at lownj@stvcc.org or 517-323-4734 ext. 1356.

*Thank You to Our
Community Partner,*

playmakers



2800 W. Willow St., Lansing, MI 48917
ADDRESS SERVICE REQUESTED

Join Our Running Club!

stvcc.org • (517) 323-4734



May is Mental Health Awareness Month and Foster Care Awareness Month!!

During the week of **May 20**, we are crowdfunding to raise money in support of our counseling program! Check back via our social media pages (Facebook, Instagram and Twitter) to read the amazing story of our two child psychiatrists,

Dr. Homa and **Dr. Anstett**.

We are celebrating **Foster Care Awareness Month** the entire month of May! You don't want to miss stories from our foster parents and the creative way we're highlighting **the foster care need in our community!**

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