

Faithworks

FALL 2025



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FEED the Hungry. **HEAL** the Hurting. **WELCOME** the Stranger.

Letter from the CEO

Dear friends,

I hope you have had a restful and joyous summer with family and friends! Here at Catholic Charities Eastern Washington, we didn't have much time to slow down. We commemorated key milestones for some of our programs and laid the groundwork for more crucial projects that will benefit the poor and vulnerable.

Earlier this summer we celebrated anniversaries for two of our special programs – PREPARES and St. Margaret's Shelter. Both are shining examples of how we help people during their greatest time of need.

One of our newer programs also experienced a landmark moment, as the agency cut the ribbon on the renovated dining and conference room at The Catalyst. This is a beautiful space for staff and residents to share meals and build community, and I'm certain this warm, inviting setting will enhance the success of this unique supportive housing program.

Catholic Charities is also pleased to have opened two new havens this summer – Dominican Sisters Haven in Colville and Holy Family Haven in Clarkston. The paint was barely dry on both projects when we started opening the doors for low-income families in need of a safe place to live. Our Catholic Housing Ventures is also finalizing a few more projects that will meet the growing housing need in our region.

You know what also doesn't stop during the summer? The incredible generosity of our donors and supporters, as each week we had people and service groups dropping by the main office to donate everything from clothes and school supplies to wheelchairs and baby seats.

The strong work we do each day across our 15 different programs, from Food for All to Senior Services, never takes a summer break as we fulfil our mission to **Feed the Hungry, Heal the Hurting and Welcome the Stranger.**

Blessings,



Rob McCann

President & CEO

Catholic Charities Eastern Washington



Catalyst Dining Room Ribbon Cutting

CCEW recently cut the ribbon on the renovated dining room and meeting area at The Catalyst. The space provides a special place for meals and gatherings inside the supportive housing structure. It also carries with it a bit of history! While stumping through Spokane on a 1960 Presidential campaign swing, then Sen. John F. Kennedy attended a luncheon with Democratic leaders in this very location - which at the time was a spacious restaurant inside the old Desert Caravan Inn. The renovation was badly needed after going through multiple hotel owners since Kennedy's visit, but Catholic Charities is proud to have restored a part of history.



Summer Fellows

Each year, Catholic Charities Eastern Washington is proud to employ a group of area high school and college students as Summer Fellows. It's a unique opportunity for these students to learn about, and live, our mission to **Feed the Hungry, Heal the Hurting and Welcome the Stranger**. Fellows were placed at key locations in need of their youthful energy - places like Gonzaga Family Haven, House of Charity, St. Anne's and St. Margaret's Shelter among other places. They're all back to their schoolwork for now, but we always look forward to seeing our Summer Fellows return and share stories of personal growth and success!





Horizon Housing Alliance invites you to the **Grand Opening of Holy Family Haven**

Wednesday, October 22, 2025 | 11 a.m.

1411 Port Dr. | Clarkston, WA 99403

Proudly Operated by Catholic Housing Communities



RSVP by Wednesday, October 8 by scanning the QR code.

Please email ccevents@cceasternwa.org with questions regarding the event.



*Helping families in the greater Spokane
and Coeur d'Alene area since 1946.*

Children's Pajama Drive – Now through December 1!

As the holiday season draws near, help spread warmth and comfort to those in need by donating child-size pajamas to the Christmas Bureau! Why pajamas? For families struggling to make ends meet, a cozy pair of pajamas can make a significant difference, especially during the cold winter months.

- Pajamas must be NEW, with-tags only. We cannot accept used clothing at this time.
- Pajamas can be any child-size ranging from infant to child extra-large.
- Spread the word: share on social media and with friends and colleagues!
- Donations can be dropped off at Catholic Charities: 12 E 5th Ave – Monday-Thursday 9 a.m.-4 p.m., OR we can arrange pick up.

Questions? Please contact Heidi Meany at 509-459-6170, or email Christmas.Bureau@cceasternwa.org.

A Day in the Life: Food For All

When people hear a saying like, "food for all," it sounds simple enough. Food seems to be in abundance, a commodity, accessible to everyone, except that it isn't! Many of our neighbors, family or friends lack access to basic nutritious foods necessary for good health as well as mental and physical development in the youngest population. Thankfully, Catholic Charities and its generous donors and volunteers are able to help those facing food insecurity in our community.

Operating from a nondescript building at the far west end of Kendall Yards in Spokane, you will find the Food For All program (FFA), which is designed to help those facing food insecurity on a regional scale. FFA's Director, Jesse Hansen, and a resolute team of staff - Carolyn, Josie and Irina - work hard to create the best food access and delivery program they can for those seeking help. Their diligent work serves a variety of clients, including families, infants and the elderly, mostly through food banks in Spokane, Stevens and Pend Oreille counties.

Summertime, as gardens produce a bountiful harvest, is the most exciting time of year. Jesse and the team find themselves with plenty of highly valued fruits and vegetables, like strawberries, raspberries, tomatoes, carrots, cabbage and lettuce. As these fresh food pantries come to a trickle after summer, Jesse taps into some key resources.

On delivery mornings Jesse's journey usually begins with a stop at the "The Node." This converted storage container turned refrigerator/ cold storage, holds what is known as "The Fresh." The fruits and vegetables stored here are to be delivered to local food pantries counting on Jesse for what may possibly be the only fresh fruits and vegetables their pantry may see for a week. Apples, mushrooms, and potatoes are a common sight as the colder months arrive and the growing season is over.

As we pull into the parking lot of Caritas Food Pantry in north Spokane, the line of clients is already 20 people deep, with a group of 10 or so volunteers inside the pantry to help them navigate through to fill their bags. Caritas' one paid staff member, Christine Tabot, is joyful to see Jesse show up in the Food For All van.

The volunteer numbers are not as robust at the American Indian Community Center with a crew of just two ladies, Josie and Courtney, working to help clients gather food. Jesse delivered a modest 25lbs. of ground bison, 41lbs. of Gala apples and 50lbs of yellow potatoes.

On the day of delivery to the Spokane AIDS Network, Jesse, cart in tow, delivered 30lbs. of oyster mushrooms, 10lbs. lions mane mushrooms, 41 lbs. of gala apples, 50lbs. of yellow potatoes and 25lbs. of ground beef. All the "fresh" will go out the door as fast as it can be delivered.



In 2024 alone, Jesse loaded the FFA van with more than 85,000 pounds of nutritious foods and made deliveries to food pantries all over the three counties served by the program.

The FFA program is proof that when we say "Feed the Hungry" at CCEW, we really mean it!

St. Margaret's Celebrates 65 Years

Catholic Charities Eastern Washington (CCEW) commemorated the 65th anniversary of St. Margaret's Shelter (SMS) in Spokane on July 21 with a gathering of current and former clients, staff, volunteers and leaders who have guided the refuge's evolution. The program does more than offer residents protection from the storms outside. It surrounds them with the love, help, and support they need to get back on their feet, find their path (and often their voice) and thrive in today's dynamic world!

Named for St. Margaret of Cortona, who devoted her life to care for the poor and homeless in 13th century Italy, the shelter first opened on McClellan Street in 1961 to serve women exiting Eastern State Hospital. By the 1980's it had become a residence for intellectually and developmentally delayed women, and by 1992 it offered emergency shelter to homeless women and children in Spokane.

Today, SMS supports families with a child in their custody, as well as at-risk youth. And it houses multiple community-based and collaborative programs serving vulnerable populations.

"At the end of the day, becoming homeless means you don't have a support system that can help get you through a truly tough time," explains Heather Eddy, director. "We become that family, with non-judgmental assistance and personalized supports, aimed at getting folks into a stable situation within 90 days." Families can stay up to six months, if needed.

Services are both broad and specialized. Staff help clients develop housing stability plans – looking at previous housing experiences and evaluating their best options currently, and for the future. Staff help clients sign-up for benefits, such as food stamps, medical care and other specialized supports they qualify for. Case managers rely on open-ended questions and creative thinking to find resourceful solutions based on best practices.

Staff also help assess whether clients qualify for diversion (funds to transport clients to be with family elsewhere), or rapid-rehousing (resources to help with initial expenses of relocating) or, in the case of homeless youth, if they are a good candidate for host-home programs that provide a temporary stay in pre-approved family homes.

When families depart, staff continue to check in with them for up to 24 months, offering continuing care and support.

"St. Margaret's is all about families and all about getting people stabilized and safe," Eddy explains. "We're so much more than a shelter."



St. Margaret's has served over **1,300** families since 2000 and over **3,032** individuals since 2009.



Roots of innovation, collaboration and partnerships

The key to this impact, according to Sharon Stadelman, Chief Crisis & Shelter Officer, is the organization's ability to embrace challenges with creative thinking and inclusive, collaborative approaches.

Some examples:

- **Food for All**, one of CCEW's most popular programs, evolved from the vision of former director Nadine Van Stone, who recognized the value of gardening – both in generating healthy, fresh foods to address food insecurity, and in the discipline and joy of helping things grow. It started at SMS as a community garden in Vinegar Flats on acreage made available by a donor.
- **Spokane Community Warehouse/Furniture Bank** was another successful program launched through St. Margaret's, one that highlighted the benefit of community partnership and teamwork. "It centered around the question, how do we fill the gap so households in our community are able to have access to furniture and household supplies from one centralized location – and how do we, as a collective, make that happen," Stadelman explains. CCEW wound up sunsetting the program; however, SMS continues to provide customized move-in kits with linens and kitchen essentials through the support of volunteers from Sacred Heart parish. Larger items, including small appliances, are also available.
- St. Margaret's Shelter has always accepted **donations** of clothing, household goods, food, toys and supplies for its residents – and through the hard work of volunteers and supporters it now offers a **unique shopping experience**. A former Jesuit Volunteer Corps member spearheaded the transformation of the area in the lower level – turning the sterile storeroom into "The Pearl," a delightful boutique featuring second-hand specialty items. Clients receive 'Pearl Bucks' every week, and can earn extra bucks by helping out with projects around the shelter.
- **At St. Margaret's, the focus on partnerships and collaboration** also helped launch our community's first **"coordinated entry" (CE) system**– focusing on families– first administered by Salvation Army in 2012, Stadelman shares. The system streamlines the process of connecting households experiencing homelessness with available housing resources. It utilizes a standardized assessment, prioritization, and referral process.



The program received the coveted Margaret E. Casey Award for Strengthening Families in 2008, sponsored by Catholic Charities USA.

Honoring Our Incredible Community Partner - Ingrid Agnew



Ingrid Agnew, pictured on the right



Both PREPARES (formerly known as CAPA) and St. Margaret's Shelter were blessed to have a community partner for over 25 years who was incredibly dedicated to supporting whole families by focusing first and foremost on child well-being.

Ingrid Agnew was a cherished part of the CAPA, now PREPARES, program since the late 1990s, providing loving and compassionate support to parents for over 25 years. Her joyful approach to parenting gave CAPA families the gift of seeing their children through a new lens—one filled with delight, curiosity and connection. Ingrid first brought her talents to CAPA through a parent-child group called Brain Gym, fostering development and bonding in a fun, engaging way. She then played a pivotal role in creating the New Parent Café group, offering a welcoming space where parents could learn, share and grow together. Through her warmth, creativity and dedication, Ingrid enriched the lives of countless parents and children, leaving a lasting legacy of joy and hope.

In the mid-late 2000's, when St. Margaret's was looking for additional on-site parenting support, Ingrid was brought in to support families with formal parenting classes. This later morphed into individual, conversational connections that strengthened parents in their roles through insightful feedback into daily routines and parenting challenges. This adaptable, educational approach truly resonated with families. Ingrid soon became a weekly, trusted partner at St. Margaret's that families could rely on to support them in understanding how to navigate the challenges, and celebrate the successes, of parenthood.

When St. Margaret's began expanding into community-based Permanent Supportive Housing for families, Ingrid began providing home-based services for families transitioning into permanent housing in the community. Families were able to receive in-home services that minimized any logistical or financial barrier to access.

Over the years, St. Margaret's also had employees who were interested in acquiring hours for their MSW licensure and Ingrid stepped up and received the credentialing necessary to support supervising for licensure hours. She was also able to offer professional development support for staff that were interested in expanding their careers and seeking guidance through this process.

Ingrid has been a steadfast, supportive and incredibly adaptable partner—always encouraging others through her empathetic and affirming connections. Ingrid is retired now from her role at Catholic Charities, and as she branches off into her next life adventures, we honor the legacy that is Ingrid. We are so blessed to have called her a trusted colleague and friend!

PREPARES Celebrates 40 Years!



One of Catholic Charities Eastern Washington's (CCEW) most popular and impactful programs, PREPARES - Pregnancy and Parenting Support - formerly known as CAPA - commemorated its 40th anniversary this year. Those involved with the program over the years gathered at the PREPARES offices on June 12 to mark the milestone by sharing memories while noting its tremendous success.



PREPARES offers supportive services for parents and caregivers to build loving bonds with their children, helping them build healthy futures, and walking with families as they nurture their children from pregnancy to the child's 5th birthday. Today's inclusive services incorporate essential supplies, parenting classes and support groups, case management for moms and dads, English as a Second Language support for caregivers, play groups, breastfeeding counseling, music programs and more.

From its earliest iteration in the 1940s, offering support to single mothers and adoption services for newborns, the program has blossomed into one of Catholic Charities' most beloved and widely respected programs. All are welcome to participate in the meaningful services, supports, educational programs and commitments the program offers mothers, fathers, and families as they nurture their children through pregnancy and early childhood.

"By any name, and any measure, this program is as vital, tangible and impactful as any work we do," explains CEO Rob McCann. "Thousands of families have been positively changed by this work over the years."

PREPARES is distinguished by the extraordinary involvement of volunteers. The PREPARES Family Center, operated by staff and volunteers, works with 45 active parishes across the diocese. They host baby showers and raise money for car seats. They maintain diaper banks, and secure toys and clothes to share with families who cannot afford their own. They sponsor resource fairs to help families connect with other services, bringing friendship and support to young, growing families.



"We know our first encounter is critical when working with families," explains Ellie Toone, director of PREPARES. "We give out diapers and clothing and formula to address essential needs. What sets us apart are the relationships that emerge. It feels different here – they feel our welcome and our love."

"We care deeply about parents and we're parent-focused," Toone continues. "We know that when parents' emotional cups are empty, they often have little to give their children, so we work to fill their cups by offering non-judgmental love and support."

Become a Family Companion at PREPARES: Offer your experience as a parent to another who needs some extra support. Give friendship, encouragement, and some of your time every week to make a difference in a young mother's life. Contact mentorship.prepares@cceasternwa.org with questions.

Thank you, Knights of Columbus!

We're blown away by the generosity of the Knights of Columbus for their donation of car seats to PREPARES! These donations are greatly appreciated and help us serve the most vulnerable in our community.



Dominican Sisters Haven Grand Opening and Blessing

On Sept. 9, we celebrated the grand opening and blessing of Dominican Sisters Haven with the Colville community and honored the Dominican Sisters' dedicated support and mission-based service to the area. We were blessed to have several Dominican Sisters in attendance and to hear from a few of the Sisters about the legacy of their religious order in eastern Washington through their founding and leadership at Mount Carmel Hospital.

With 71 units, Dominican Sisters Haven is now home for numerous Colville residents exiting homelessness and provides them with a safe place to land on their feet. Special thanks to the Dominican Sisters for traveling for this event and our community partnership with Rural Resources.



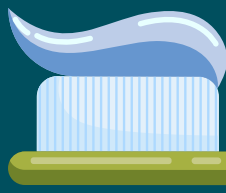
Catholic Charities
WALLA WALLA

YOU ARE
AMAZING

As summer unfolds in the valley, Catholic Charities Walla Walla continues its mission to serve individuals and families with compassion, dignity, and hope. This season, we're reflecting on the power of community and the progress we've made together in addressing youth homelessness, poverty, and access to behavioral health care. From the excitement of outreach events to the quiet moments of connection at The Loft and The Spark, we are reminded daily that healing and transformation happens through building relationships. Whether it's a warm meal, a safe place to sleep, or a conversation that opens the door to new possibilities, every act of care moves us closer to a more just and compassionate community.

Leadership Transitions and New Roles

After serving as Regional Director, **Tim Meliah** has now transitioned into the role of **Vice President of Homeless Services for Youth and Families**, where he will oversee shelter operations and continue to guide strategic growth across our programs. **Heidi Meliah**, formerly Director of Youth Services, has transitioned into a broader leadership role, as **Regional Program Director**. We are excited to welcome **Sarah Kapocias** as our new **Director of Youth Services**, who has deep experience and passion for youth advocacy in Walla Walla County.



HYGIENE DRIVE

Dignity starts with a shower

We believe every human being deserves to be treated with dignity. For unhoused individuals and families struggling to find stability, and an ounce of hope, a shower can be a powerfully uplifting experience. Currently, all of our programs are in need of hygiene products such as:

- Deodorant - Men & Women's
- Sunscreen
- Shampoo
- Conditioner
- Body Wash & Bar Soap
- Body Lotion
- Disposable Razors & Shaving Cream
- Toothpaste
- Toothbrushes & Floss
- Kleenex - Pocket size packs
- Women's Feminine Hygiene Products

Donations can be dropped off at
12 E. 5th Ave., Monday through
Thursday, 9 a.m.-4 p.m.

To shop our hygiene Amazon wish
lists, or to donate online, please visit
cceasternwa.org/hygiene-drive.



Questions? Please call (509) 358-4250

Have you updated your will recently?

August was recognized as "Make a Will Month," a crucial time to reflect on the importance of creating a will. At CCEW, we understand that preparing a will is not just about legalities; it's about securing the future for your loved ones and the community. A well-crafted will provides peace of mind, ensuring that your wishes are honored and that your family is taken care of. This aligns perfectly with our mission of support, as we strive to serve the most vulnerable. By taking this proactive step, you are not only protecting your loved ones but also contributing to a stronger, more resilient community.

Is Catholic Charities Eastern Washington or the Catholic Charities Foundation already in your Will/Estate? If so, we would be pleased to include you in our Legacy Society.



**For more information please
contact Ann Marie Byrd**

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For more information, go to www.cceasternwa.org and click on our **Ways to Give** page.



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VOL #17 ISSUE #4 PUBLISHED 5 TIMES A YEAR

SALT & LIGHT

A PARISH SOCIAL MINISTRY RESOURCE FOR
OUTREACH, ADVOCACY AND CATHOLIC SOCIAL TEACHING

We're grateful to Bishop Daly for approving this year's slate of CRS Rice Bowl local grants. Of the CRS Rice Bowl donations collected after Lent, 25% stay here in Eastern Washington to address hunger and nutrition around the Diocese. In this 50th year of CRS Rice Bowl, we're pleased to share that the following community organizations will benefit:

- Cusick Food Bank (Pend Oreille County)
- Holy Rosary Parish (Pomeroy)
- Kettle Falls Community Chest
- Okanogan County Community Action Council
- Red Door Kitchen (Clarkston)
- St. Frances Cabrini (Walla Walla)
- St. Vincent de Paul (Pasco)
- TASTY Summer Kids Feeding Program (Chewelah)
- NE Washington Hunger Coalition (Ferry, Stevens, Pend Oreille Counties)
- Women's & Children's Free Restaurant
- Our Place Community Ministries
- Bite2Go at Audubon Elementary School

