



OUR CATHOLIC

Heritage

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The mission of the Catholic Community Foundation is to foster faith-based stewardship in the community for the spiritual, educational and charitable needs of all. We help donors connect their support to ministries and services that lift up the Church in Northeast Ohio.



Pat's Gift Invites Others to Experience the Joy in Life



When making decisions surrounding her will, Pat Spiess says: "I recall my intense desire and need to do something concrete for people suffering from mental health disease, whether it be depression, anxiety, schizophrenia, or any of the others. I decided that a monetary gift to Catholic Charities, specifically directed to support the needs of those with mental illness, would fulfill my hopes for others."

Pat, a medical physician, has had her own life impacted by severe depression. In 1990 she had her first episode, which was short lived and responsive to medication. "I remember waking up one morning after 3 to 4 weeks of starting medication, and it was like a fog had lifted," says Pat.

However, in 1999 and following, more severe episodes rendered Pat unable to work or perform any of her usual daily activities. These episodes led her to retire much sooner than she would have otherwise. "Depression affects your whole life, career and relationships, and ability to think and concentrate. Nothing is enjoyable," recalls Pat.

Pat was fortunate to have access to good care from mental health professionals, medication, and cognitive therapy. Still, so many health care plans don't cover mental health disorders. "The work of Catholic Charities is vital because many people are paying out of pocket for the care they need, and medications can be expensive," says Pat.

"The hurtful stigma attached to mental disorders can be lessened with compassionate and understanding care," says Pat, who also experienced this stigma. Even people she knew well judged her depression through the lens of weakness, lack of motivation, and character flaws.

Pat speaks about another aspect of her recovery, which did not come from a pill or an appointment with her doctor. "God's grace gave me the strength I needed to get through the day. I was aware of His protection and presence, even in the darkness. I praise and thank God every day for life!"

Pat, a parishioner of St. Raphael Parish, is married to Jeff Spiess, a retired physician. They live in Bay Village, where Pat loves spending time tending to her backyard flower garden. ■



PATRICK GRACE, EXECUTIVE DIRECTOR, CATHOLIC COMMUNITY FOUNDATION

This year, we celebrate the 110th anniversary of Catholic Charities in the Diocese of Cleveland. This milestone invites us to give thanks for the faithful work that Catholic Charities has done to impact the lives of hundreds of thousands in our community. When we consider our Catholic heritage, we are grateful for the breadth of services made possible through the ministry of Catholic Charities.

In our cover story, you read about the provision that Pat Spiess has made in her will for people in need of mental health services. In an article presented below, you will see the good work of Matt Talbot for Men. This residential treatment program for men struggling with a dual diagnosis of addiction and mental illness is a true light of hope in the lives of so many. I invite you to read more about the difference Matt Talbot for Men makes.

This and every program of Catholic Charities is only possible because of your support throughout the years. We are so grateful for the many ways in which you give to sustain their work. On this 110th anniversary, we are particularly grateful for those in our Heritage Society who have designated their legacy gift for the benefit of Catholic Charities. If you are interested in naming Catholic Charities in your estate plan, please get in touch with Jean Ann Montagna at 216-696-6525 x8070 or jmontagna@catholiccommunity.org.

May God bless you. Please know of our deep gratitude for your faithful stewardship.

Sincerely,

A handwritten signature in blue ink that reads "Patrick Grace".

Executive Director

New Lives Nurtured at Matt Talbot for Men

When Fr. Josh Cochrac was a seminarian, he spent his fourth-year Theology field assignment at Matt Talbot for Men, helping men recover from alcohol and drug addictions. Catholic Charities runs this residential center that specializes in treating clients with a dual diagnosis of addiction and a mental health disorder, offering comprehensive treatment during a client's recovery journey.

"I have witnessed the Church help those who would otherwise remain alone and unwanted to recognize their dignity," says Fr. Josh. "As time has passed, I have seen firsthand that the Church is a hospital for those in need."

One such man in need is Chad, a client of Matt Talbot for Men. Chad has struggled with addiction since drugs and alcohol were brought into his life during middle school. After his father's passing, his addiction worsened, and he found himself at Catholic Charities Matt Talbot for Men. When he arrived, Chad was pale, underweight, and scared. It took him a couple of weeks to feel comfortable talking in groups. He says, "Ever since then, I've been happy. I wake up every morning with a smile and do a morning meditation. This gave me my life back. Actually, no, a new life. Because honestly, I'm still trying to figure out who I am. The only way to come back from addiction is through treatment and a healthy support system."

Thanks to the support of many generous donors, Catholic Charities can offer substance abuse treatment and mental health services in all eight counties of the diocese. To learn more, go to www.ccdcle.org/substanceusetreatment.



Chad (right) with others in recovery at Matt Talbot for Men.

Tom and Rose Support Diocesan Ministries with an IRA Qualified Charitable Distribution

Tom and Rose Corrigan are lifelong Clevelanders whose focus on family and Catholic education have deep roots. Both attended Catholic grade school and high school. The tradition continues as their daughter-in-law is currently pursuing her family nurse practitioner degree at Ursuline College, and their grandchildren have attended Catholic grade school. “Our experience with Catholic education has been so positive. It has provided a setting for an accepting way of life and an opportunity to grow in our Catholic faith,” says Rose.

Tom and Rose support the ministries of the Diocese of Cleveland by using a Qualified Charitable Distribution. This allows them to gift part of the minimum required distribution from their Individual Retirement Account to the Catholic Community Foundation. “When my accountant first explained that I could make an annual gift from my IRA to a qualified 501(c)3 and never pay a dollar of tax on that money, I couldn’t believe it,” says Tom. “I encourage others to consider this vehicle for charitable giving. As long as you are 70-1/2 years old, you can contribute a percentage of your IRA and the money will go directly to the charity. For us it is as simple as a phone call.”

The Corrigans are active givers in other ways as well. They volunteer at their parish, St. Ladislav in Westlake, as Eucharistic ministers and at their food bank. Tom also runs programs at Rosary Hall and The Lantern for people dealing with substance abuse. “Because of all the blessings we have received from God and the message of the gospel, we must share and take care of each other,” says Rose.

Tom thinks of the parable of the talents: “One day I will stand in front of my Maker, and He will ask, ‘What did you do with everything I gave you?’ We believe, especially in light of fewer priests and fewer people attending Mass, we are called to do more, to be greater supporters of the Church. Financial support is a necessary and viable way of supporting our Church.”



A simple act of care

Protect those you love by creating your will today



FREEWILL 



CATHOLIC COMMUNITY
FOUNDATION

Enriching Lives In Northeast Ohio

Do you have a plan for the future?

Estate planning can be a sensitive or overwhelming topic and might feel like a lot to tackle. But it's ultimately an essential step to protect the people, communities, and ministries you care about.

You can give yourself and your loved ones comfort and peace of mind about the future by taking advantage of our partnership with FreeWill.

What is FreeWill?

Catholic Community Foundation partners with FreeWill to ensure that our entire community has access to this important life task. Nearly 67% of Americans don't have an updated legal will. Having an estate plan in place is

crucial, regardless of your wealth or season of life, so you can:

- Ensure your family and friends can always count on you
- Steward the resources God has given you
- Create a legacy that shares your faith for generations to come

If you do not have an up-to-date estate plan in place, you can create your legal will for free in 20 minutes or less by scanning this QR code or by visiting FreeWill.com/CatholicCommunity.



TO LEARN MORE

We invite you to learn more about including the Church in your estate plan and the Heritage Society. Please contact me or return the enclosed reply card to schedule a confidential conversation about planning a bequest or other gift that will make a lasting impact.



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