OZANAM CHARITABLE PHARMACY
Get to Know the CSS Family

Jeannie Lee Fleek is the Licensed Professional Counselor at Catholic Social Services of Baldwin County.

She studied at the University of Mobile and earned a Bachelor of Science in Psychology in 1998. While in college, she was chosen for membership in Psi Chi National Honor Society. She continued her education with a Master of Arts degree in Marriage and Family Counseling from UM in 2001. She wanted to study at a Christian university to get a background for her Christian counseling.

Her first job out of college was a paid internship with Mobile Mental Health in the LeMoyn Center. That led to a full-time position with MMH, which segued into a therapist’s job at the Child Advocacy Center. A change of jobs after five years brought Jeannie to CSS in the Fall of 2006. She was building a home in Baldwin County and learned about our Christian ministry, which, at the time, was in need of a therapist.

Since her employment began, Jeannie has been involved in the regular counseling sessions where she sees individuals as well as couples for therapy, but she has also had a hand in a number of special projects along the way.

In 2010, she was asked to be a team member of Project Rebound for oil spill victims in Baldwin County. She says that lasted for about two years. Then, in 2013, she was asked to take on a counseling project for Under His Wings, a faith-based, nonprofit agency in Robertsdale that shelters troubled teenage girls. She was the original counselor, attending to the procurement of state compliance information before the doors could even be opened. She counseled teenage girls on a weekly basis and met with and counseled their families on issues as needed.

“The best part of counseling at Under His Wings,” said Jeannie, “was helping teen girls work through extremely difficult emotions, behaviors, and feelings by combining therapeutic interventions with Christian principles.”

Jeannie brings this Christ-like spirit to our CSS family and we’re very fortunate to have her on staff.

Thrift Shop and Other Funding

In the Thrift Shop, we helped 24 clients shop for free at a value of $2,629.27 this quarter. Other funding includes:

- Riviera Utilities: $2,323.38 for 19 clients
- Neighbors to Neighbors: $3,305.32 for 25 clients
- Project Share: $135.00 for 2 clients.

Information

We are open Monday-Friday, 9 a.m. to 3:30 p.m.

Appointments for assistance may be made by calling 251-947-2293. We do not discriminate on the basis of religion, race, national origin, age or inability to pay. We serve the people of God who most need our help.

Staff

Phyllis Bean
Office Manager

Lynn Bingert
Receptionist

Anita Crain
Case Manager

Linda Farrel
Thrift Shop

Sales Associate

Jeannie Fleek, LPC
Thrift Shop

Thrift Shop Sales Associate

Deborah Walden
Thrift Shop

Sales Associate

SUMMER 2015

I hope everyone had a great summer. We did at Catholic Social Services. Here’s just a smattering of what we’ve been up to.

We have two new case managers, Anita Crain, Sarah Kichler, and a new sales associate in the Thrift Shop, Deborah Walden, since last we talked. We are blessed to have them all on staff with us.

Project REACH 2015 is now complete. We served 169 families, which were made up of 335 students from 37 Baldwin County schools. Fifteen students from Atmore also received school supplies to get their school year off to a good start.

We continue to work with a social worker at Alta Pointe as she gets her clients ready to work in the community. She brings them to our agency where she watches them perform small tasks that need to be done around our campus. It’s a win-win situation for all involved.

We’re hoping to expand our case management services to Flomaton sometime in the Spring with a grant award.

ESL classes have resumed for the school year at the Immigration Office. See Stella’s column inside for days and times.

Plans for the Second Annual Crawfish Boil fundraiser are in the making. April 17, 2016 is the date, so mark that on your new calendar.

The venue is the Knights of Columbus headquarters in Elberta. A Zydeco-style band from Louisiana has been tentatively booked for the event. We’re looking forward to seeing all of you there.

We celebrated National Banana Split Day on August 25. It’s not all work around here!

Come see us when you can. We welcome all who grace our doorway.

Summer 2015

Catholic Social Services of Greater Mobile Mission Statement

Catholic Social Services, in the Apostolic Tradition of the Church, is an organization of expression of the Church’s concern for social justice and well-being. As such, it is tied to the loving care and concern of Christ for those in need. We evidence this first as professional providers of both direct and indirect services. At the same time, we are called upon to act as effective advocates, leaders, prophets and consciousness-raising.
FROM THE COUNSELOR

"Stress," is a word with which most everyone is familiar and has personally experienced. In order to live well, one must learn how to successfully manage stress. Most of us are familiar with the common ways to deal with the stresses in our lives. For example, exercising, journaling, socializing and deep breathing, are a few examples. Another important skill is to learn to eat healthier, especially in times of high stress. One diet or eating plan is not for everyone; consult with your doctor if you have special illnesses that require specialized medical nutritional needs. In the past few years, more information has been acquired on how certain foods affect our stress levels and our moods.

The following nutritional suggestions can be applied to everyday life, especially in times of stress and anxiety:

* Limit caffeine intake (coffee, tea);
* Avoid skipping meals;
* Limit alcohol consumption;
* Avoid mindless eating;
* Chew food thoroughly and savor each bite;
* Choose fresh foods as much as possible;
* Stay hydrated with water.

Jeannie Heek

Counseling is a process for understanding difficult life issues. Fees for counseling at Catholic Social Services of Baldwin County are based on a sliding scale so that counseling is affordable. Insurance may cover costs. Jeannie, a Licensed Professional Counselor, is a Master’s level therapist. Appointments may be made by calling Jeannie at 251-947-3293.

FROM THE CASE MANAGERS

Since we joined Catholic Social Services in May, we have met so many interesting people, including our partnering agencies and community members. We’ve learned a great deal about CSS and how our agency provides assistance to people in need.

For the past few months, we’ve strengthened our skills in assisting our clients with food, utility needs and other emergency help.

We still go to Atmore with case management for the people of Escambia County who are in need of our services who cannot afford to come all the way to Robertsdale.

Another highlight was the “field trip” we took in July to meet several of our partner agencies across Baldwin County, seeing the joy they have in serving in the different capacities.

Our itinerary included Family Promise, Ecumenical Ministries in Foley, United Way of Baldwin County, Salvation Army, Christian Service Center, Ecumenical Ministries in Fairhope, The Shoulder, Prodigy Pantry, The Lighthouse and The Refuge. We didn’t make it to all of them in one day, but we intend to follow-up another day.

We appreciated the hospitality we were shown at each agency and enjoyed putting a face to the voices we heard on the phone.

Anita Crain and Sarah Kichler

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Another highlight was the “field trip” we took in July to meet several of our partner agencies across Baldwin County, seeing the joy they have in serving the people of Baldwin and Escambia counties. Shown at right is Lana Hummash, Campaign and Program Director for United Way of Baldwin County. The photo was taken at the United Way office when the case managers took their tour of partner agencies in July 2015.

Anita, shown at left, moved to Baldwin County five years ago from Champaign, Illinois, to be closer to her grandchildren. Her background is in education. She said she feels blessed to be serving and working with others. Sarah, shown center, is a native of Liberia. She recently graduated from college with a bachelor’s degree. She is grateful to be a part of the OS family and excited to see what God has in store for her in serving the people of Baldwin and Escambia counties. Shown at right is Lana Hummash, Campaign and Program Director for United Way of Baldwin County. The photo was taken at the United Way office when the case managers took their tour of partner agencies in July 2015.

Anita Crain and Sarah Kichler