



# SETON CENTER CHRONICLE

## REFLECTIONS ON A YEAR PAST

*"Changes aren't permanent. But change is." - Geddy Lee*

This time of year always brings a reflection on the achievements and transformations of the past year. This is especially true for Seton Center. **2019 saw us celebrating our 50th anniversary.** We have changed in many ways since our humble beginnings as a day care center.

With change, comes growth. **Seton Center has evolved into a dynamic force** in northern Frederick county. Through collaboration with many of the agencies and programs in the county, we have raised awareness of the need to provide more services to this part of the county to children, families, and seniors, and we have developed several solutions.

We added new programs that provide opportunities for our neighbors to build their resources and partnerships to empower them to bring positive change to their lives. For example, the **Tech Café** meets on the first Thursday of each month to help with any IT questions people may have. One of Technology Guides is a Getting Ahead graduate! Also, the Frederick Community College began conducting **free GED classes** at Seton Center. The first group of 16 participants completed the eight-week program in December and a second group began in January.

The **DePaul Dental program** continues to provide access to dental care, as well as educating the community on the importance of dental care through the **DePaul Dental Health Club**. This unique approach is influencing many to look at oral health in a more holistic way. *<continued on next page>*

**Seton Center Outreach is open  
Mon-Fri, 10:00 a.m.-4:00 p.m.  
(closed for lunch 12:00-1:00 p.m.)**

**Seton Family Store is open  
Tue-Sat, 10:00 a.m.-4:00 p.m.**

**Donations accepted  
Tue-Sat, 9:30 a.m.-4:00 p.m.**



Welcome **Emily Taylor** (l) and **Sharon Garlach** (r) to the Seton Center family! Emily and Sharon are new associates in the Seton Family Store. Say hi the next time you stop by!

Our Mission is to work with our neighbors to build a hopeful future in the spirit of Saint Elizabeth Ann Seton through a focus on self-sufficiency and well-being of the whole person.

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The **Bridges Out of Poverty** initiative is entering a new phase this year. At our October symposium, we introduced the framework for overcoming poverty. This sparked interest with many Frederick County agencies to take on this concept to overcome poverty. **The year 2020 will see this program spread** across the county with Seton Center leading the way!

Of course **none of this would be possible without our generous donors and benefactors**, whose gifts and grants make our work possible. We could also not serve the community in the capacity we do without **our family of dedicated volunteers** sharing their experience, time, and talents. And of course, **we are grateful for friends like YOU**. I hope this new year brings you happiness and health.

*Sister Martha Beaudoin, D.C.*



Click to see a special message from Seton Center!  
Or visit [bit.ly/SCthanks20](https://bit.ly/SCthanks20).

## Outreach Update



In FY19, we **assisted 89 families** with rent and/or utility assistance for an expense of **\$22,286**. We **served 121 people** with general assistance (food, clothing, medical, transportation, funerals, etc.) for a total expense of **\$2549**. We **referred 73 people** to outside agencies (county services, SSA, Interfaith Housing Alliance, etc.).

**Total Amount Spent on Immediate Assistance: \$25,835**

### *Britt's Story*

Britt was a single mother who signed up for Helping Hands over a year ago. During the intake, she revealed that **her rent payment was higher than she could afford**. Case Manager Kelly Overholtzer referred her to Seton Center's Credit Cafe and the Interfaith Housing Alliance's Home Purchase/Repair program. This year, Britt returned to let us know the good news that she took advantage of these opportunities and moved into a new home just before Thanksgiving. **Her housing expense decreased by \$400 a month!** Without needing to worry about keeping a roof over her family's heads, she was able to focus better at work and was recently promoted. **Through her hard work and perseverance, our ability to make connections, and IHA's partnership, she is well on her way to being totally self-sufficient.**

**YOU made this possible.** Because of gifts from friends like you, Seton Center is able to offer these important partnerships to those who come here seeking a way to a better life. Whether it's connecting people with the right agency, assisting them with their utility bills, ensuring they have gas to get to their doctor's appointment, or helping them put a meal on the table and a gift under the tree, Seton Center is there. **But only because you help us keep hope alive in the valley!**



**Set up your recurring gift today at [SetonCenter.org/Give!](https://SetonCenter.org/Give!)**

## Upcoming FREE DDHC Workshops

CALL 301.447.6102 X20  
TO REGISTER!

**February 11, 2020 • 1:30-3:00 PM**

Making Informed Dental Decisions. Learn why dentures aren't always the answer and other options for good oral health.

**March 5, 2020 • 1:30-3:00 PM**

Hidden Pain: America's Oral Health Crisis Watch Party. Join us to watch this short, important film produced by the JCB Foundation and take part in a meaningful discussion about how the dental crisis affects you and steps we can all take to try to effect systemic change.

**March 18, 2020 • 1:30-3:00 PM**

Smart Use Health Insurance: Understanding and Estimating Health Care Costs. In cooperation with University of Maryland Extension Office.



## Thanks to community partnerships, grants, and donors, DePaul Dental is Saving Teeth!



2019 was a busy year for the DePaul Dental program, and a successful one! Thanks to the DePaul Dental Health Club and greater awareness of the importance of oral care, we saw a **63% decrease in tooth extractions** from the previous year. More people are taking care of their teeth! **43 of 45 clients have so far completed their treatment plans**, resulting in full healthy mouths. 71 people have attended at least 1 DDHC workshop, with **21 attending at least 5** and earning a free preventive dental visit. Though the **program provided \$48,803 toward dental services**, clients are committed to getting healthy and, despite being under-resourced, contributed **\$3834 toward their own care**.

This was only possible because of the generosity of our **Dental Provider Partners, who contributed over \$28,000 in dental discounts and \$7500 in pro-bono work**. Generous funding from **The Women's Giving Circle of Frederick County and Delaplaine Foundation Inc.** was also critical to our ability to assist neighbors in need of oral health care.

*With your support, we can do even more! Make your gift at [SetonCenter.org/Give!](https://SetonCenter.org/Give/)*

## VOLUNTEERS: A GIFT FROM GOD

Seton Center Inc. could not function without our volunteers. From welcoming visitors and answering phones at the reception desk, to sorting and pricing donations in the Family Store, to performing maintenance and housekeeping, our dedicated team of volunteers give of themselves graciously. From July-January 2019, **volunteers clocked 3658 hours for a total value of over \$63,000 in service!**

*"Volunteering is important to me because it strengthens my ability to develop more compassion for others. As a Volunteer Receptionist at Seton Center, I am more connected to the people in Emmitsburg and surrounding community. And, volunteering here makes me happy!" - Laurretta*



Volunteer Mary Ann Gill helps sort donations in the Family Store.

*Come be a part of our team! Contact Missy at [melissa.miller@doc.org](mailto:melissa.miller@doc.org) or visit [SetonCenter.org/Volunteer](https://SetonCenter.org/Volunteer) for a list of current opportunities.*



Our Family Store has a new look! We've rearranged shelves and merchandise to create an airier and easier-to-shop atmosphere. We've also created specialty nooks and racks, such as:

- **Grandma's Closet:** baby wear, toys, books, and gear ideal to purchase and use at Grandma and Grandpa's (or any other second "home"). You can also find volume deals on bundles of like clothes here!
- **Last Chance Bin:** A hodgepodge of items that will be leaving us soon, steeply discounted!
- **Clearance Racks:** We've organized clothing on deep discount into easy-to-find racks.

*We appreciate your patronage! Remember, every dollar of every purchase goes into our Outreach Programs. You help bring hope to the valley one purchase at a time!*

## A Spring Fling Craft Fair

Saturday, March 21 • 10a-3p

Hop into spring with handmade arts and crafts from local entrepreneurs and hobbyists. *The Easter Bunny will be making a special appearance! Vendor spots are going quickly--If you'd like to fill out a vendor application, visit [SetonCenter.org/Spring](http://SetonCenter.org/Spring).*

## The 2020 Census Begins Soon! What you need to know:

1. Census data determines **how many Representatives** your district receives in Congress. Results also determine **how federal funding is allocated** in communities; this affects school lunches, senior services, transportation, emergency response, and much more!
2. Your responses are **CONFIDENTIAL BY LAW**. They cannot be shared with any other agency or individuals, such as the IRS or INS.
3. You can respond by mail, phone, or online. The **Census will never contact you by phone or email** and will never ask for private identifying information!

**Join us at our Census Party on April 4th, from 10:00 a.m.-2:00 p.m.**

A Census Taker will be on hand to answer your questions and we will have computers available for you to take the census online. Light refreshments, prizes, and a special gift for all who take the census during the party! We'll even have a photo booth to capture your civic pride, so you can say to your friends and family, "I COUNT!"

**Visit [SetonCenter.org/Census](http://SetonCenter.org/Census) and Follow Us on Facebook & Instagram for Updates, Reminders, and Special Events! Look for the #SetonCensus hashtag!**