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# KEENAGER *'Young At Heart'* NEWS

May and  
June 2026

Volume No. 58  
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A Publication of **Catholic Charities** of the Archdiocese of Chicago

## Single mom finds strength to move forward with Catholic Charities by her side

Born and raised in Waukegan, Sienna is one of eight children. The family struggled financially but eventually, Sienna was able to move out of her family home into her very own apartment. Soon after, while she was at the laundromat, an electrical fire destroyed her home. She lost everything. Sienna found herself homeless and turned to Catholic Charities for help.

Catholic Charities provides Rapid Re-housing in crisis situations to women, men, and single parents who are homeless and offers a five-year, Family Self-Sufficiency Program that empowers the current 50 participants to find stable housing and employment to become financially independent. Sienna has participated in both of these programs and found great success.

"I remember being a recipient of Catholic Charities when I was younger," Sienna said, "but I did not know they had a Rapid Re-housing program." Case workers found her temporary housing as her apartment was rehabbed.



*Photo by Kathleen Hinkel*  
Sienna instructs her son to never give up, and she's an inspiration to those who are struggling to overcome tragedy.

**CONTINUED ON PAGE 8**

### Greetings from the Editor

**ELIZABETH OWENS-SCHIELE**

Happy Summer! In this issue, you'll meet Sienna, a single mom who is grateful to Catholic Charities and its donors for supporting her with Rapid Re-housing after her apartment fire and connecting her with the Family Self-Sufficiency Program that has helped her with permanent housing, employment, and essentials to support her young son. You'll be uplifted with thoughts of renewal with Words for the Spirit and learn how you can support Catholic Charities' programs for mothers in our Mother's Day Appeal.

Find out how Illinois Gov. JB Pritzker's proposed FY27 budget will impact Catholic Charities' programs and how our WIC program is nourishing families beyond the basket. Be sure to take a break and check out our Word Search and enjoy a Mother's Day Casserole for that special Sunday in May. Be well!

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## CONTRIBUTORS

**p3** **The Voice of Charity**  
Colleen Kennedy



**p4** **Words for the Spirit**  
Sr. Julia Walsh



## SPECIAL FEATURES

**p2** Six tips, Upcoming events

**p5** Annual Investor Call Recap

**p6** How the FY27 state budget will impact Catholic Charities

**p7** Caring for seniors starts at home

**p9** Beyond the Basket: Nourishing families with more than groceries

**p10** Word search

**p11** Recipe for a Mother's Day Casserole

**p12** Affordable Senior Housing Listings

## SPECIAL DATES

## May 2026

Birthstone: **Emerald**

Flower: **Lily of the Valley**

**5/1** May Day, National Day of Prayer

**5/5** Cinco de Mayo

**5/10** Mother's Day

**5/25** Memorial Day

## June 2026

Birthstone: **Pearl, Alexandrite, Moonstone**

Flower: **Rose**

**6/14** Flag Day

**6/19** Juneteenth

**6/21** Father's Day

## AARP's Six Tips to Staying Sharp

**1. Be Social.**

Having strong friendships can enhance your emotional well-being and, more importantly, your brain.

**2. Engage Your Brain.**

Stay curious and keep learning — pick up an instrument, a new language or hobby — your brain will thank you.

**3. Manage Stress.**

Bring harmony and balance into your life by adding mindfulness into your daily practice.

**4. Ongoing Exercise.**

Being active can help keep your mind engaged as you get older.

**5. Restorative Sleep.**

Quality sleep delivers a host of benefits including a boost to your immune system and more vitality.

**6. Eat Right.**

Eating healthy is easier than you think when you have recipes and meal plans that are tasty and good for you.

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## Upcoming Events

**Spring Mass and Mission**

**Sunday, May 3, 2026, 10:30 a.m.**

Join Catholic Charities for Mass with refreshments and coffee to follow. Learn why partners like you are essential to advancing our mission to serve anyone in need.

**Charities Golf Classic**

**Monday, July 13, 2026**

*Knollwood Club, Lake Forest  
Shoreacres, Lake Bluff*

Join us for a beautiful day on the course benefiting hundreds of thousands of neighbors each year. Event includes 18 holes of golf, lunch, skill contests, cocktails, and dinner.



**Learn more about Catholic Charities through our monthly eblast or at [catholiccharities.net](http://catholiccharities.net).**

Send an email to [communications@catholiccharities.net](mailto:communications@catholiccharities.net) to receive our monthly eblast that includes news and details about upcoming events. Register for an event at: [catholiccharities.net/attend-an-event](http://catholiccharities.net/attend-an-event)

# Help us lift up and support mothers this Mother's Day

## Voice of Charity

### COLLEEN KENNEDY

Vice President  
of Institutional Advancement,  
Catholic Charities  
of the Archdiocese of Chicago



When Kaitlyn and her mother were living at the House of the Good Shepherd, a Catholic Charities domestic violence shelter, she received a letter that would change her life.

"I was accepted into my dream school — the University of Chicago," said Kaitlyn, who recently graduated after earning a full-ride, four-year scholarship to the prestigious university.

The wraparound services at the House of the Good Shepherd Ministry empowered both Kaitlyn and her mother to leave behind the cycle of violent homes, step out of poverty, and embrace a future of hope and independence. For the first time, they had a stable and safe home, a community of support, and the resources they needed to improve their lives. While Kaitlyn focused on her studies, her mother attended a variety of classes including English as a Second Language, she completed her GED, and participated in healing circles. Her mother was also connected with employment and rapid rehousing, which assisted her with rent payments until she was self-sufficient.

**We know that when we support and lift up mothers, the strength and healing of our programs often reverberate across generations.**

We know that when we support and lift up mothers, the strength and healing of our programs often reverberate across generations. This was certainly the case for Kaitlyn and her mother.

Sharing hope with moms like Kaitlyn's is at the heart of Catholic Charities' mission. Every year, we accompany more than 60,000 mothers with compassionate, high-quality programming that spans every stage of parenthood — from the joyous to the challenging:

- Our **doulas** help them advocate for healthy pregnancies and safe deliveries.
- Our **parent support teams** champion them during their babies' critical early years.
- Our **food and nutrition programs** help them put fresh, nutritious meals on the table.
- Our **housing specialists** work with them to prevent homelessness.

**We're here for moms in a myriad of other ways, too, through mental health counseling, case management, and employment assistance, plus essentials that are often out of reach like diapers, school supplies, clothing, and holiday gifts for their children.**

**There's no better time to support mothers, especially as you honor and celebrate the mother figures in your life this Mother's Day. Make your gift today at [www.catholiccharities.net/mothers](http://www.catholiccharities.net/mothers) or in the envelope inserted in this edition of Keenager News.**

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There's no better time to support mothers, especially as you honor and celebrate the mother figures in your life this Mother's Day. Make your gift today at [www.catholiccharities.net/mothers](http://www.catholiccharities.net/mothers) or in the envelope inserted in this edition of **Keenager News**, and send the message that you believe all deserve to know God's love, care, and mercy.

That's how together, we share hope at Catholic Charities — with courage, care, and compassion — one mother, one family at a time.

*Colleen Kennedy is the Vice President of Institutional Advancement for Catholic Charities of the Archdiocese of Chicago.*

## † ST. JUDE NOVENA

*May the Sacred Heart of Jesus be adored, glorified, loved, and preserved throughout the world, now and forever. Sacred Heart of Jesus have mercy on us; St. Jude, worker of miracles, pray for us; St. Jude, helper of the hopeless, pray for us*

LF | LR

The Novena is a nine-day devotion. Say the prayer nine times a day. If you would like to acknowledge your gratitude for its influence in your request, contact Keenager News at [keenager@catholiccharities.net](mailto:keenager@catholiccharities.net) and we will include your initials in the publication of this Novena. No payment required.

# Mud, muck, and the courage of change

Words for the Spirit

**SISTER JULIA WALSH**

Franciscan Sister of Perpetual Adoration



This time of year, we hear many stories about what the earliest Christians proclaimed at Church. We hear about their adventures, courage, and ability to heal others through the name of Jesus. In each story, the message comes through that the power and liberation that come from Christ's resurrection have established renewal for all. In Christ, we are one, and we are free.

This energy of hope and joy can inspire us today, no matter our life circumstances. We each can love and serve others. We can let go of our fears to take risks for others. We can offer small gestures of kindness and encouragement, trusting that God is in control. Such courage can set all sorts of miracles into motion. God has graced us with all we need to truly change the world, like our ancestors in faith did when they sparked the spread of Christianity.

Yet, Christ-centered change — real transformation, renewal, and conversion — is actually very messy. The beauty and life poking out of the mud and muck of what was once dead and dormant in springtime shows us that change is difficult. The work of making a difference can be demanding, active, and fierce.

As Parker Palmer wrote in a reflection entitled "Spring is Mud and Miracle" at OnBeing.org:

*There's a miracle inside that muddy mess: those fields are a seedbed for rebirth. I love the fact that the word humus, the decayed organic matter that feeds the roots of plants, comes from the same word-root that gives rise to humility. It's an etymology in which I find forgiveness, blessing, and grace. It reminds me that the humiliating events of life — events that leave "mud on my face" or "make my name mud" — can create the fertile soil that nourishes new growth.*

**Christ-centered change — real transformation, renewal, and conversion — is actually very messy. The beauty and life poking out of the mud and muck of what was once dead and dormant in springtime shows us that change is difficult.**



**True, it is messy and disturbing to encounter troubles, but the muck is a necessary part of the freedom that comes from transformation.**

During Spring, we can accept the mess and muck we experience. When we're tempted to despair, we can remember that the struggle of being human is a gift. Life and service may tire us out, but our weakness can open a way for us to get closer to others. When we are vulnerable with one another — admitting our needs — then we give others permission to be real with us, too.

True, it is messy and disturbing to encounter troubles, but the muck is a necessary part of the freedom that comes from transformation. In the midst of the muddy mess, we can remember that it is only through decay that new life comes. As the people of God, we tend to others in loving service, accepting the natural mess and muck of life, because it is a sign we are being changed for the better, for God's purposes.

*Julia Walsh is a Franciscan Sister of Perpetual Adoration. She hosts the Messy Jesus Business blog and podcast and is the author of For Love of the Broken Body: A Spiritual Memoir. This article is adapted from a post at MessyJesusBusiness.com*

## Annual Investor Call Recap

Catholic Charities held its Annual Virtual Investor Call March 5, 2026, for investors and partners of the agency, while outlining rising needs across Cook and Lake counties and the resources required to sustain its response. The address was delivered by CEO Sally Blount, who leads the organization as it responds to growing pressure on the region's safety net. Thousands of individuals in Cook and Lake counties are served each day by Catholic Charities.

- More than 780,000 individuals in Cook and Lake counties are living below the poverty level, with annual incomes of \$33,000 for a family of four.
- Immediate needs across food, family support, community care, and faith-based outreach continue to grow.

"Operating at \$180 million annually, only a handful of organizations have our scale, expertise, and stability to meet increasing demand," Sally said. "We are the cornerstone human service provider for our region's safety net and among the largest in the U.S."

### **Food, Housing Stability, and Emergency Financial Assistance:**

That is why the agency is so critical to serving the economically vulnerable in Lake and Cook counties, where more than 780,000 individuals are living below the poverty level with annual incomes of \$33,000 for a family of four. These individuals turn to Catholic Charities for food, housing stability, and emergency financial assistance. But Catholic Charities needs an additional \$18.3 million to address these immediate needs of our neighbors.

**Empowering Mothers and Families:** Mothers and families also rely on Catholic Charities for pregnancy and parenting support, domestic violence and behavioral health services, and counseling after suicide loss. Catholic Charities needs an additional \$7.9 million to cover the cost of these services.



### **Building Community for Seniors, Veterans, and Immigrants:**

Low-income seniors and veterans rely on Catholic Charities for housing in its senior communities of care and St. Leo Residence for Veterans while our Parish Family Sponsorship programs support immigrants with the help of \$4.8 million.

**Faith and Mission Engagement:** Outreach for faith and mission engagement continues to grow as Catholic Charities builds stronger parish connections, Mass and Mission events, and extends the reach of community meals, volunteer programs, and the Harvest of Hope Catholic Food Pantry Network. With an additional \$1.4 million in partner support, this outreach will meet the needs of even more of our neighbors.

Catholic Charities is uniquely called and equipped to provide these services to the people it serves but it needs your help to meet the growing needs.

***"Only a handful of organizations have our scale, expertise, and stability to meet increasing demand."***

**— Sally Blount, CEO Catholic Charities**

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## How the FY27 state budget will impact Catholic Charities

**Proposed FY27 State Budget:** Gov. JB Pritzker proposed a \$56.1 billion budget reflecting a 1% increase over last year. The budget must be approved by the State Legislature by the end of May and will be effective from July 2026 through June 2027.

### **30,000+ neighbors served each year:**

The new state budget will allocate \$166 million to community care programs. Catholic Charities' in-home care coordinators provide compassionate support and meaningful connections that empower 30,000 seniors annually in Cook and Lake counties to continue to live and age with dignity in their homes and their communities.

**Bridge Support:** The proposed state budget allocates \$17.8 million to support people who experience mental or physical health challenges with rental support as they transition out of long-term care facilities to independent housing.

**Homelessness Prevention:** The FY27 state budget allocates a 6% increase in the amount of funding for Home Illinois that will provide more funding for supportive housing and homelessness prevention in Catholic Charities' Rapid Re-housing program in Lake County.

**Donor-supported care:** A visit with our community care coordinators, Bridge Program and Rapid Re-housing staff connects the people we serve with broader, wrap-around services that help them thrive.

State funding supporting social services and programs managed by Catholic Charities of the Archdiocese of Chicago is expected to remain intact for the year ahead.

Illinois Gov. JB Pritzker presented his \$56.1 billion budget for Fiscal Year 2027 during his State of the State Address Feb. 18, 2026. The budget reflects a 1% increase over last year's budget. It must be approved by the State Legislature by the end of May and will be effective in July 2026.

"The budget keeps funding for programs relatively level with some increases for increased need, and prepares for uncertainty in federal dollars," said Brendan O'Sullivan, Director of Government and Corporate Relations for Catholic Charities. "CCAC did not see any cuts which is great to see and we're happy with that."

Brendan said there are no major cuts to the state's human services budget. He added the state was also careful due to federal uncertainty on funding mechanisms, particularly in trying to mitigate anticipated cuts to the Supplemental Nutrition Assistance Program (SNAP) and Medicaid.

The One Big Beautiful Bill Act, signed by President Donald J. Trump last July, reduces federal funding for SNAP by \$186 billion through 2034 and imposes new requirements for eligibility.

Illinois has 1.94 million people receiving SNAP benefits and an estimated 200,000 Illinoisans are at risk of losing those benefits as a result of the federal SNAP changes that went into effect Feb. 1, 2026. SNAP recipients between the ages of 18 and 64 who do not have dependents under the age of 14 are required to work or volunteer a minimum of 80 hours per month. Those impacted by the work requirement will have three months to become compliant or exempt.

In addition, Medicaid-eligible adults ages 19 to 64 who are applying for coverage, or who received coverage through the Affordable Care Act expansion of Medicaid, would be required to work or volunteer at least 80 hours per month. An AARP Public Policy Institute analysis found that 9 million Medicaid

recipients between the ages of 50 and 64 would face these requirements. AARP reports cuts to Medicaid and the Affordable Care Act (ACA) funding could cause nearly 12 million people to lose their health insurance by 2034, according to a Congressional Budget Office analysis.

Beyond the future uncertainty of these programs, Catholic Charities positions itself with the support of state funding to continue providing community care, transitional housing services, and rapid rehousing to those in need.

### **Community care programs**

The proposed state budget includes a \$166 million increase in funding for community care programs — Catholic Charities is one of more than 10 community care program providers in Cook County. The funding increase is essentially to cover an expected rise in the number of seniors accessing the program.

As the older population in Illinois continues to grow — the Illinois Department on Aging estimates that seniors will represent 3.6 million people, or 25% of the state's population in the next five years — so does the need for in-home support.

The Illinois Department on Aging has partnered with Catholic Charities for more than 40 years to bring in-home care coordinators to seniors' homes in Cook and Lake counties to provide access and deliver in-home services they need, including homemaker services.

Catholic Charities' care coordinators provide compassionate support and meaningful connections that empower 30,000 seniors annually in Cook and Lake counties to continue to live and age with dignity in their homes and their communities.

The proposed state budget also includes funding to pay for a rate increase for the in-home providers of community care. Effective Jan. 1, in-home service providers received a \$1.17/hour increase, however, the current budget did not allocate

## Caring for seniors starts at home

### MEISHA BROWN

Vice President of Senior Services  
Catholic Charities of the  
Archdiocese of Chicago



Caring for seniors has always been in my heart, and that's why I joined Catholic Charities 15 years ago.

Growing up in Roseland, I was surrounded by strong, older women in a multi-generational household. I was fortunate to be in the same home as my great-grandparents, and our neighborhood was full of seniors — that population spoke to me. Later, when I became a care coordinator and saw the services we could offer to keep seniors in their own homes and communities, I knew I had found my calling.

I started as a program director for Catholic Charities in the south suburbs and now as vice president of senior services, I manage five care coordination units in Matteson, two Chicago sites at Belmont and Knox avenues and St. Casimir in

Marquette Park. We also have a site at the Arlington Heights Senior Center and at the Schreiber Center in Round Lake. We serve 30,000 low-income seniors with our 86 care coordinators who visit seniors' homes, hospitals, and other senior housing communities across Chicagoland, including nine suburban townships and Lake County.

***I'm energized and motivated by the wonderful seniors we serve every single day. These are the people who took care of our communities. These are the people whose shoulders we're standing on, because they are the ones who developed the very communities we serve.***

I also draw inspiration from my team. The way they work with seniors and are passionate about what we do keeps me going. Our care coordinators work with seniors living on their own to determine how we can help. My team talks to them about cooking, cleaning, bathing, mobility issues, medication schedules, and other tasks of daily living. With this information, we create a care plan that details the support we can provide to help the seniors stay in their home and thrive in the community. That care plan may include a family caregiver or other helper who comes to the home to do the cooking, cleaning, laundry, and assist with grooming.



Or the plan may include transporting the senior to a facility for adult day services for socialization, while their caregiver is at work or school. We can also assist with medication dispensary machines, emergency home response systems, home-delivered or congregate meals, and other helpful supports.

We want to be able to help seniors age in place with dignity. Who doesn't want to be aging in the comfort of their own home? Everyone deserves this level of care.

If you are a senior and want to see if you're eligible for services, please contact the Charities Resource Hub at 312-655-7700.

*Meisha Brown is the Vice President of Senior Services at Catholic Charities.*

### CONTINUED FROM PAGE 6

funds for that increase, but the proposed FY27 budget does. Most in-home service providers earn \$30.80/hour. Brendan said providers did not receive a rate increase from 2000 to 2022, so it has been good to see rate increases in the state budget the last few years.

### Bridge Subsidy Programs

The Bridge Subsidy program provides people who experience mental or physical health challenges with rental support as they transition out of long-term care facilities or nursing homes into permanent, independent, integrated housing in the community. Although Catholic Charities is not the only

provider of Bridge Subsidy services, it is the main provider in Cook County.

This program will see a \$17.8 million increase in funding if the proposed budget is approved. This funding also anticipates an increase in the number of people entering the program and needing these supportive services. CCAC leaders had been hoping to see the state increase this funding.

### Home Illinois

Home Illinois is the state's plan to prevent and end homelessness by partnering with other agencies and community partners including Catholic Charities.

The proposed FY27 state budget allocates a 6% increase in the amount of funding for Home Illinois that will provide more funding for supportive housing and homelessness prevention in Catholic Charities' Rapid Re-housing program in Lake County. Although the dollars don't directly impact Catholic Charities, the state's allocation, Brendan said, ensures that the agency will not have to make any cuts.

*If you want to help fill in the state and federal funding gaps so Catholic Charities can continue programming to support seniors in need, donate at [catholiccharities.net/give](https://catholiccharities.net/give).*

CONTINUED FROM PAGE 1

### Strong Families

Sienna joined the Family Self-Sufficiency Program at Catholic Charities in 2022. Case workers placed Sienna and her son in a hotel for six months until a new apartment was found for them in Winthrop Harbor. Two years later, with the help of her case managers, Sienna finally received her Section 8 certificate, and that helped the mother and son find a two-bedroom home with a yard in Beach Park. Now, she's working as a Certified Nursing Assistant with seniors in their homes for a home services agency, while her son attends the Waukegan school she attended.

"Catholic Charities has helped me in so many ways," Sienna said. "They house me, they help with food, assistance, utilities, anything I needed. They helped me out with jobs, too. They have the best case managers who help identify resources to meet my needs."



Sienna's son receives a donated, brand-new bike during his visit to Catholic Charities in Waukegan from Reagan Piechowski, program manager of the Family Self-Sufficiency Program, and case manager, Lauren Caples (far right).

Lauren Caples has been Sienna's case manager who checks in regularly to see if she needs anything for herself, her son, or assistance with managing her bills and budgeting. She also encourages Sienna to join the monthly community meetings where participants network, take job training classes, financial literacy workshops, and create vision boards for their goals. Even when Sienna had another setback last November when she unexpectedly lost her sister, she continued to stay engaged and worked hard.



Sienna created a vision board at one of the monthly meetings to give her inspiration.

### Overcoming Challenges

"Since I met Sienna, she's experienced back-to-back challenges she's had to navigate, but she keeps showing up and she keeps checking in with me," Lauren said. "She just keeps going forward, no matter what. That is her strength."

Sienna said she is grateful that her son has not known what it means to struggle and said she thanks God he was not born when she was homeless when she and her three dogs actually slept in a garage for a short time.

"As a mom, whenever I needed something for my son, I would call Catholic Charities," Sienna said. "He wouldn't know what it would be like to need or want for anything and they helped me through every aspect possible as a mom."

She encouraged other mothers to reach out to Catholic Charities if they are in need.

"If you're struggling, know it's not the end of it, even though it feels like it, and you feel like you want to give up," Sienna said. "Don't be shy, don't be proud, get out there and let someone know you need help."

"I didn't give up and I'm making it," Sienna said, "and it's only going to get better."

## Beyond the Basket: nourishing families with more than groceries

**JESSICA MARTINEZ, RD, LDN**

Director of WIC Nutrition,  
Catholic Charities of the Archdiocese of Chicago

**WIC (Women, Infants, and Children):** A federal nutrition program funded by the U.S. Department of Agriculture in partnership with the Illinois Department of Human Services.

**22,000+ neighbors served each month:** Families across Chicago turn to WIC Grocery Stores and the WIC Mobile Market for trusted nutrition support close to home.

**More than groceries:** Free cooking classes, fresh produce, and hands-on guidance help parents build confidence and healthier routines.

**Donor-supported care:** A visit for groceries can also connect families to broader, wrap-around services that strengthen the whole household.

Each month, more than 22,000 people visit our 10 WIC (Women, Infants, and Children) grocery stores, managed by Catholic Charities of the Archdiocese of Chicago, in Roseland, South Chicago, Auburn Gresham, Englewood, Gage Park, Little Village, Douglas Park, Austin, Logan Square, and Belmont Cragin. Our WIC Mobile Market makes shopping even easier by traveling directly to multiple Chicago neighborhoods.

For many families, that visit comes during one of the most demanding seasons of life. Parents are balancing rising costs, childcare, transportation, and the daily pressure of caring for their children. Because of donor support, we are able to offer wrap-around services that provide families with practical help, encouragement, and care that extends well beyond their immediate need for food.

### More Than Groceries

We provide both virtual and in-person cooking classes throughout the year to WIC participants at no cost to them. We also purchase fresh produce from local farmers from July through September and provide a prepackaged bundle to each of our shoppers at no additional cost. We want to support participants holistically beyond supplying the essential WIC benefits.



During one of our cooking classes, we had a very young mom, nervous to volunteer to help prep the recipe, but was encouraged by the group to step in. Our amazing nutrition associate, Dream, took her hand into her hand and guided her through the steps, until she eventually had the confidence to prep and chop alone. Seeing her confidence grow, even in that short amount of time, is something that always sticks with me. You never know how these small moments of support can affect those we serve.

That support matters because many mothers want to make healthy choices but need practical tools that fit real life. In our stores, nutrition associates like Dream answer questions, share simple recipes, and offer guidance that helps families feel more confident at home. Donor generosity helps turn nutrition support into something deeper: education, trust, and healthier routines families can carry forward.

### Wrap-Around Care That Strengthens Families

At Catholic Charities, we know if our clients seek us out for one need, they may have other needs as well. A parent who comes in for groceries may also need emergency assistance, counseling, case management, or help navigating other serious pressures affecting the household. Because donors make this work possible, families can find comprehensive, wrap-around care that responds to the fuller reality of their lives.

That is what it means to go beyond the basket. We are not only helping meet an immediate need — we are helping build confidence, stability, and hope for families across Chicago. And every act of generosity helps keep that care close to the neighborhoods and families who need it most.

To help families in need, visit: [www.catholiccharities.net/give](http://www.catholiccharities.net/give) or call (312) 655-7525.

*Jessica Martinez is Director of WIC Nutrition for Catholic Charities of the Archdiocese of Chicago.*

## WORD SEARCH

Answers are found forward, backward, up, down, and diagonal

M H L G T O B R E A K D O W N M O L  
 A A I I A R V S U L I G H T S R Z D  
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| <input type="radio"/> CONTROL   | <input type="radio"/> MOTOR      |
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from The Recipe Box

Do you have a recipe you would like to share with Keenager readers? Feel free to email us at keenager@catholiccharities.net

Mother's Day Casserole

Time: 40 minutes Yield: 6 servings



© 2026 Big Recipe

INGREDIENTS

- 1 onion, diced
1 green bell pepper, diced
3 cups chicken cooked, shredded
1 (10.5-ounce) can condensed cream of chicken soup
1 (10.5-ounce) can condensed cream of mushroom soup

- 1 (10-ounce) can diced tomatoes with green chilies
14 (5-6-inch) corn tortillas
1 (8-ounce) package cheddar cheese shredded
fresh cilantro leaves optional, to taste, for garnish

PREPARATION

Step 1

Preheat the oven to 375° F.

Step 2

Coat a 13x9-inch baking dish with cooking spray.

Step 3

In a large skillet over medium-high heat, sauté the onions and the bell peppers until tender, about 5 minutes.

Step 4

In a large bowl, stir the chicken, the cream of chicken soup, the cream of mushroom soup, the tomatoes with green chilies and their juices, and the onion mixture together.

Step 5

Arrange 1/2 of the tortillas in an even layer at the bottom of the prepared baking dish.

Step 6

Spread 1/2 of the chicken mixture over the tortillas.

Step 7

Sprinkle the chicken mixture with 1/2 of the cheese.

Step 8

Repeat the layers once starting with the tortillas and ending with the cheese.

Step 9

Bake the casserole, uncovered, until it is heated through and bubbly, about 25-30 minutes.

Step 10

Garnish with the cilantro and serve.

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## KEENAGER NEWS

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## Birthdays and Anniversaries

To protect the personal information of our readers, we list the first names and last initials of all who have submitted birthdays and anniversaries to us.

Do you have a birthday or anniversary to share with Keenager News readers? If you do, please call (312) 655-7425.

### Birthdays

#### HAPPY HUNDREDS

Mary M . **100** on **4/9**  
Emilie D. **105** on **4/26**

#### NIFTY NINETIES

Lorenzo F. **94** on **5/29**  
Cecilia P. **90** on **4/17**  
Jackie S. **92** on **4/20**  
Barbara Y. **90** on **7/10**

#### EXTRAORDINARY EIGHTIES

Maggie W. **85** on **4/6**  
Raymond G. **80** on **5/12**  
Lucius J. **80** on **5/22**  
Sharon M. **80** on **6/5**  
Chriss C. **80** on **7/21**

### Anniversaries

Diane and Lucius J. **60** on **5/21**  
Janet and Larry L. **59** on **6/3**  
Roberto and Lynda M. **50** on **9/25**