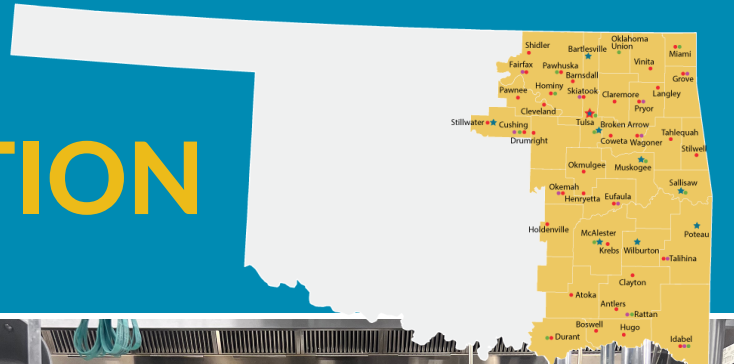


SERVICE IN ACTION

August 2023



Kitchen Consequential

The Master Plan for the Kitchen Ministry at Catholic Charities (KMCC) included the creation of a culinary education program that would prepare students for a career in the food industry. This program, Good Shepherd Kitchen, is now up and running – albeit with just a few students this summer, but plans include accommodating more students in the fall, and still more as the program ramps up and word gets out.

The program used in the Kitchen is a customized version of a program that was developed by the FareStart, a Seattle-based organization that trains disadvantaged individuals to work in the food industry while using those skills and donated short-shelf-life food to provide meals to the underserved community in the area.

The Good Shepherd Kitchen, which runs through most of the summer, covers basic skills individuals would be expected to have in any commercial kitchen, and 'life skills' – all the other behaviors and skills that a person would need to exhibit to succeed with any job. Kitchen skills are taught by Chef Michael. The life skills portion of the program is offered through CC's education department and taught by volunteer instructors. Volunteer and former schoolteacher, Christi Johnson, customized the structure of the program, developed the overall schedule for the summer and fall terms, tweaked the FareStart lesson plans, and gathered and organized the required materials for each lesson.



Students attend the kitchen skills portion of the program in the morning, both in the classroom and physically in the kitchen working on the preparation of meals, sauces, and other products the kitchen creates. In the afternoon, they attend class learning life skills – how to dress, how to conduct themselves, how to manage their schedules, and how to be a functioning member of a group with common goals.

At course completion, each student will have earned a ServSafe certification – a credential that's required to work in commercial kitchens. Students will also have the benefit of graduating from a program that's run by a local celebrity chef – Chef Michael – who has connections to restaurant and commercial kitchen owners and managers – who can provide local opportunities.

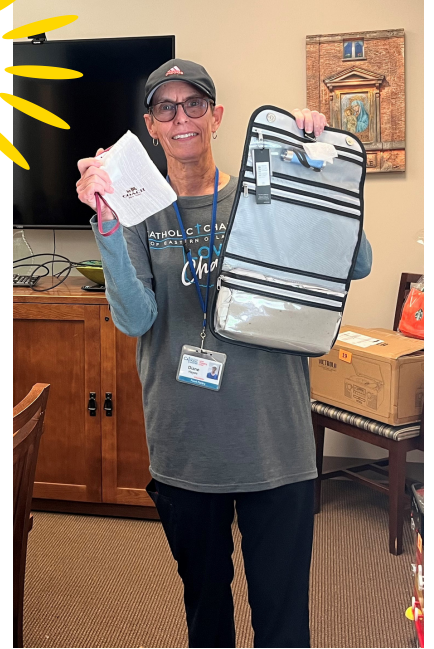
As the program matures, The Good Shepherd Kitchen will be graduating trained and certified restaurant workers who otherwise might not have been able to enter the food industry job market! And, without volunteers like Christi, the volunteer teachers and kitchen staff, the program simply could not function. White hats off to all the people who are making this happen!



The second annual Volunteer Office Summer Sizzle Drawings were a hot success!

Summer Sizzle is a fun way to brave the summer heat and appreciate CCEOK's amazing volunteers across all locations and mobile food pantries.

Thank you to all of our outstanding volunteers. You are Love Changing Lives!



HANDS OF CHRIST

By Susan Yowell

Porta Caeli House Volunteer

“Christ has no body now, but yours...” as the hymn we sing during the Tridium states so clearly. We are each called, as the Holy Spirit determines, to perform, with love, compassion and caring, the collective tasks that are Catholic Charities. For my small part at Porta Caeli House, I have the blessing of contacting a family member of our previous guests. This is done by telephone or mailed survey, usually at least six months after the passing of their beloved family member or friend. The survey consists of eight questions - of which five questions are rated from one to five. So often I have respondents wanting to give 10s.

The purpose of making contact is to gain insight into how they and their loved one experienced being at PCH; to be a listening ear to their story, should they need to share their feelings during this period of grieving; and to assure them that they and their loved one remains in our thoughts and prayers. At the close of our conversation, I suggest that when they have a difficult time, they lean on those prayers and remember they and their loved one are not forgotten.

As my portion at PCH is after the fact, I admit to feeling a little guilty for not having had an active role while they were in the care of the staff and volunteers. I get to hear all the sincere words of appreciation such as, “I don’t know what we would have done without Porta Caeli House. My (...) had never been treated with such kindness. The staff and volunteers are amazing; so kind and caring. They made a most difficult time easier if that is possible.” You get the idea.

Porta Caeli House truly is the gate to Heaven for our guests, and a haven for those experiencing the throws of suffering the loss of a dear one.

This is only because of the attitude of the staff and volunteers selflessly dedicated to caring for every need - physical, spiritual and emotional - of the guests and their families.



A big CCEOK

W E L C O M E

to all of our newest volunteers!

Ethan Chacon – Administration/Data
Jacob Chacon – Administration/Data
Grace Affolder – Dental
Targhee Boss - Dental
Treasure Boykin – Dental
Ken Do - Dental
Jack Koszykowski - Dental
Reva Kovacs - Dental
Matt Miller - Dental
Austin Morris - Dental
Paige Robertson – Dental
Eddy Guilio – Education
Rafael Quintero Moreno – Education & PCH
Gustavo Yamil Alta – Education
Wendy Pickering – The Market
Reyna Salgado – Kitchen
Latasha Brown – McAlester
Michelle Gillman - MMO
Daisy Mathews – MMO
Matthew Fitter – PCH
Jessica Lawrence – PCH
Kathryn Boyes – Refugee Resettlement



Find out more about CCEOK's Refugee Resettlement Program

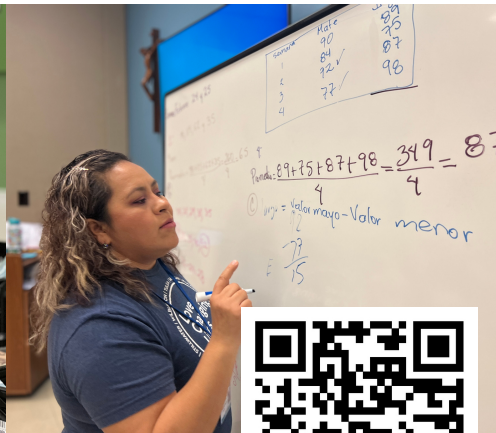
Sign up for the info session and training on August 10th from 6:30pm to 8pm at Catholic Charities Classrooms 4 and 6. This training is required for anyone who is interested in client-facing volunteer roles. Even if you are not interested in client-facing work, this is an excellent opportunity to learn more about the Refugee Resettlement program!



A Very Lovely Caterpillar!



Catholic Charities is fortunate to have professional photographer, Ace Cuervo, and his family volunteer regularly. This picture was taken by Ace, in the CCEOK garden one morning in June. Thank you for capturing the Black Swallowtail Caterpillar, the beginning of the life cycle of the Swallowtail Butterfly!



Find out more about CCEOK's Tulsa Market & Adult Education Programs

Sign up for one of two info sessions on August 8, either at 10am or 6pm using the QR code. Come and learn about the great things these two programs are doing to feed the hungry and to help transform lives through education!



Save the NEW Date for our *Rescheduled* Volunteer Appreciation Dinner

Friday, Sept. 29

GET INVOLVED



Volunteer with us! cceok.org/volunteer
Join our Facebook Group!
For story ideas, feedback, etc.,
email: volcommunications@cceok.org

MAKE A DONATION!

