

Maryhurst Foster Care



The Dotson Family, with their newly adopted son, Damian (far right).

Breaking the cycle for just one child...

Joe Dotson is from Louisville's South end and graduated from Iroquois High school in 1994 – also the year his first daughter was born. After high school, Dotson became a US Marine. His wife, Susan, who is also from Louisville, were married in 1995. Dotson went on to serve in the Marine Corps for four years. When they returned in 1998 to Louisville, he used the GI bill to return to school and learn the HVAC trade (Heating, Ventilation, and Air-Conditioning). They later had two

more children – a son in 2000 and their second son in 2004. Dotson is currently working for HMC Service Company and serves as a Pastor and Elder at Mercy Hill Church in Shepherdsville, KY.

Dotson says, "In life, we all have different roles we fulfill; such as son, daughter, spouse, employee, parent, sibling, friend, and on and on. For me, there is no role that I take more seriously than my role as a father."

He continues, "I count it a blessing and privilege to be a part of my children's life. A few years ago, I was reflecting upon my life, society and some of the societal issues at hand, and it hit me. Many of the issues we have today are because men have become uninvolved. They are not being the leaders, teachers, role models and fathers that they should be, often times leaving a void for children to seek that influence from the streets.

Taking Care of the Caregiver

I believe in Maryhurst's mission with every fiber of my being. I have seen miracles happen here – lives changed, hearts mended, and hope restored. I am blessed to be surrounded by fellow staff members who have the same passion and drive I do. I am continually inspired by the work I see our employees doing with the special youth who come through our doors. Our staff make deep, meaningful connections with the children in our care. This work is rewarding, important . . . and very hard.

Because our children have endured such severe trauma, they struggle with their emotions. It's no surprise they feel anger over what has happened to them, and this anger often spills out onto our staff in hurtful words and sometimes even physical aggression. In our field we talk about a condition known as "vicarious trauma" or "compassion fatigue." A publication by the American Counseling Association describes vicarious trauma as the "emotional residue of exposure that counselors have from working with people as they are hearing their trauma stories and become witnesses to the pain, fear, and terror that trauma survivors have endured." In essence, the caregiver becomes unable to separate herself/himself from the survivor's trauma. Vicarious trauma can cause anxiety, lost sleep, an inability to "let go" of one's work, and a host of other struggles that affect the caregiver's professional and personal lives.

Our staff are heroic to me. They have huge hearts and are willing to hang in there with our children during our children's most difficult hours. Sometimes it can feel like we have gone for weeks without seeing a child make any progress. Then, a magical moment happens, and there's a breakthrough – a child lets down her guard or finally is able to let go of a painful incident or achieves some insight. Staff have told me over and over again that it is these amazing moments with our youth that make the long stretches of struggles seem worthwhile.

Still, I must make it a top priority for our agency to take care of our staff at all levels. For us to be able to give our children the best care and treatment possible, our staff must be taken care of as well. I wish I could pay my staff what they are truly worth, but like so many other caring professions, we are part of a non-profit world that doesn't provide much in the way of material rewards.

So how do we show our staff that they are important? One way is to simply voice appreciation to them – something I know I don't do as often as I should. We also try to recognize our staff in fun and meaningful ways as often as possible. Treats are helpful, too – a free cup of coffee, a slice of pizza, a small gift card, a chocolate chip cookie – all of these are small ways of saying "thank you."

And hopefully this article is another way I can publicly let all the staff at Maryhurst know: "I sincerely appreciate each one of you."

In our journey of hope,



Judy A. Lambeth
President and CEO
jalambeth@maryhurst.org



Vision Statement:

Maryhurst dares to imagine communities free of abuse and filled with hope for every child and family.

Mission Statement

Believing the worth of children and strength of families are cornerstones for a better world, Maryhurst is dedicated to providing care and commitment, strength and support, healing and hope to children and families in great need.

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I felt as though I needed to do something to change that. I needed to become more involved. It has always been easy for me to invest in my own children, but I saw a need outside of my own family.”

Dotson discussed this with his wife, Susan, only to find that she had been thinking the same thing – and had just watched a special on television earlier that day about Maryhurst. “I had a huge conviction to make a difference. However, I realized I could not change the path for every child but I could make a difference in at least one child’s life,” recalls Dotson.

This led him and Susan to sign up for the next training class at Maryhurst and began the path to becoming foster parents.

They completed the training in December 2011 and opened their home one year later. Joe and Susan were terrified when they first got the call for a placement in their home.

Dotson says, “We began to question if we were doing the right thing. What was the impact going to be with our biological children? Was our house going to be in constant chaos? We had hundreds of scenarios running through our mind, each one worse than the one before it.”

What they found were children trying to find their way in a tough, abusive world and coping the best way they knew how. Did they have bad habits? Yes. Did they do things that seemed unusual? Yes. And were they lost and confused? Yes. The children were just as anxious as the Dotson’s were.

The Dotson family has been fostering through Maryhurst for three years now.

“Fostering is one of the most challenging, yet rewarding, things I do. Once we were able to provide some security and remove some of the fears our foster son had, we were able to uncover an amazing child,” Dotson said, “he was always there deep inside. He was just buried deep within his fear, and circumstances. He is a teenage boy, and wants and does teenage boy things. It is so rewarding seeing him get excited about new achievements in his life. Things that often times we take for granted.”

Dotson recalls their foster son bringing his first report card home and showing it to him, he had straight A’s. As he congratulated his son on his grades, he said, “No look at this” and pointed to his attendance record.

He didn’t miss a day that grading period. He had never done that before. Attendance was one of his biggest challenges in his past home environment. Dotson’s foster son now has friends, makes excellent grades, is involved with church and school, and is a fantastic artist and athlete.

“All of that was inside of him before he came to our home. Susan and I provided him a safe home in which he could let his light shine, without

fear of rejection, abuse, neglect, or threat. I often ponder what would have happened to him had we not gotten involved. Would he end up repeating the cycle that he was a victim of? The same cycle his parents were a victim of. How much would he have had to endure? Would he ever reach his potential?

Have we been able to break the cycle for just one child? If so then it is all worth it.”

With any luck, Joe and Susan Dotson will be adopting their foster son sometime this year – and they are thrilled about it!



Love one

National Adoption Month

November is National Adoption Month. If you or someone you know is interested in giving a child a forever home, please contact Maryhurst’s Foster Care & Adoption program at 502-499-1570 x722.

Spotlighting Maryhurst Programs

It has been a busy and exciting few months on campus. Many great things are happening daily in all of our program areas. Whether our girls can be found baking cookies and other sweet treats to help raise money for a trip to Kings Island; found outside playing; or having an all-night lock-in, our staff are constantly engaging our children in activities that teach them skills, build relationships, and allow the staff to role model behaviors. Everything we do creates an environment in which our children are challenged to grow and overcome their past trauma.



In Madeline's Cottage, the girls are getting settled in after their move and have been having fun learning about superheroes; they're also learning their own super powers and how they can overcome the "villains" they face in this life. Their courage to overcome is inspiring.

As a special incentive for those girls who reach their treatment goals, they have been taking part in dinner with staff, having pizza parties with their dorms and getting pampered with manicures and pedicures. It is truly a special time in their lives.

You may have also seen our girls getting some tips from the University of Women's basketball team who came out to campus to do a mini-camp with some of girls. Indeed, too many activities to count!

We cannot forget about the great staff and in July we had a staff BBQ where about 30 staff and their families attended to learn more about Maryhurst. We also had a coffee truck out on campus in early September to show our appreciation for all the hard work our staff gives to the agency.



All Hands on Deck!

A big shout out to the entire program staff for their "all hands on deck" initiative. We appreciate each and every one of you and your tireless dedication and devotion to the girls.



Volunteers needed!

We are always looking for volunteers and donations for our girls activities. If you would be interested in donating and/or volunteering please contact the Development Office at **502.271.4523**.

Wings of Love



Underhill sisters bring third generation of volunteerism to Maryhurst

Sisters Channing Flaherty (Underhill) and Jordan King (Underhill) and their entire family have been involved in Maryhurst for three generations. The family has been involved with everything from fundraising events to scholarships. A few years ago the sisters decided that they wanted to deepen their relationship with Maryhurst and the girls we serve and began volunteering once a month. Channing and Jordan along with some of their friends visit Maryhurst each month planning a fitness activity coupled with the introduction of a healthy snack and discussion about nutrition. They enjoy working with the girls so much that three years later they continue to touch the lives of our girls! New for this year, the girls have begun working with an additional cottage each month!

Thank you Channing, Jordan, and friends for your love and support of our Maryhurst girls!



Spreading Holiday Joy



You can make the Holidays bright for Maryhurst children

Holiday Wish Lists

Choose a specific holiday wish list for a Maryhurst child or donate gift cards to stores such as **Target, Wal-Mart, Meijer or Kohl's**. For more information, contact Liz Bayer at **502.271.4526** or **lbayer@maryhurst.org**

Maryhurst Gourmet Cookies

Prepared for Maryhurst by Desserts by Helen, each gift tin contains one dozen each of the following: chocolate-dipped chocolate chip, buttery raspberry thumbprint and oatmeal raisin. **Each tin sells for \$25 (plus shipping)**. All proceeds directly support Maryhurst children.

Place your order beginning November 1 by contacting Lori Cecil at 502.271.4523 or lcecil@maryhurst.org.



Cookies can also be ordered online at **www.maryhurst.org** and visiting **Gourmet Cookies** under **How to Help**.



Maryhurst *Legacy of Hope Society*

How would you like to make a gift that will have a lasting impact for years to come? There are several planned giving vehicles that can help you with this goal.

- Charitable Gift Annuity – allows you to make a gift to Maryhurst yet retain an income from these funds for the number of years you choose.
- Charitable Remainder Trust – allows you to help multiple beneficiaries and use multiple forms of assets while still preserving an income for you over the number of years you choose.
- A simple gift through your estate
- Endowing a scholarship or program
- Making Maryhurst the beneficiary of a life insurance policy

Maryhurst encourages you to consult your financial advisor regarding the various tax implications of any planned gift. For additional information about how your gift can benefit Maryhurst in particular, please contact Katie Kern, Maryhurst Vice President of Development and Communications (kkern@maryhurst.org; 502.271.4520).

Even small gifts can make a big difference.



Save the Date: The 26th Annual Journey of Hope Luncheon Wednesday, May 18, 2016 The Marriot Downtown

Maryhurst's "Journey of Hope" luncheon is an annual fundraiser that highlights Maryhurst's work with abused and neglected children, as well as pays tribute to its many generous supporters and the accomplishments of its alumni. You can support Maryhurst and provide hope for our children by attending our annual Event, welcoming nearly 700 people. During the event Maryhurst celebrates alumni with the presentation of numerous scholarships, thanks individuals and corporations for their support and most importantly shares stories of transformation that take place with our children on a daily basis.

For more information on sponsorship or to purchase tickets please visit our website at <http://www.maryhurst.org/journey-hope-luncheon-2015/>



Did you know?



Maryhurst has a staff of more than 250 employees who help us provide care 24 hours a day, 365 days a year.



The Endow Kentucky Tax Credit Program

The Endow Kentucky Tax Credit Program provides significant tax advantages to donors who make charitable gifts to permanent endowed funds at their local community foundations.

Please visit <http://revenue.ky.gov/endowedkytaxcredit.htm> to learn details about this important tax credit opportunity.

Maryhurst Happenings

Persimmon Ridge Hosts Annual Golf Outing

Proceeds from event and donations collected to benefit Maryhurst



Thanks to Persimmon Ridge Ladies Golf Association for choosing Maryhurst as a beneficiary of proceeds from their annual Beauties vs. the Beast Ladies Golf Tournament on September 16. The donations of beauty products for the girls we serve is also much appreciated.



Shopping with a Purpose

Support Maryhurst by Shopping at Amazon

Are you an Amazon member? If so, by signing up for AmazonSmile, which is free of charge, 0.5% of your eligible Amazon Smile purchases go to the charitable organization of your choice. Sign up today at smile.amazon.com and designate Maryhurst.



St. Mary Euphrasia

"Sentiments of gratitude give birth to great and noble thoughts."

– St. Mary Euphrasia

(Foundress of the Sisters of the Good Shepherd)



Grant Update

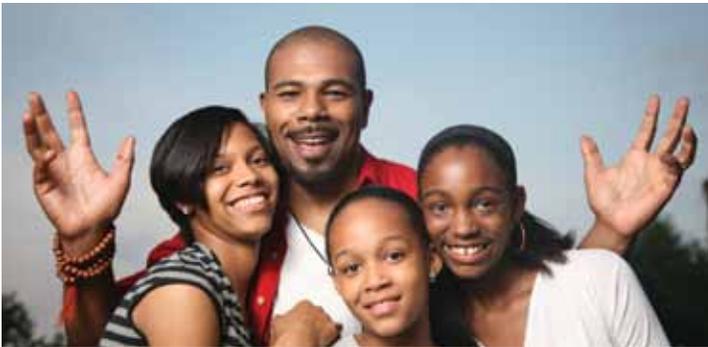
Our thanks to the following for their generous support:

Kosair Charities
National Council of Jewish Women
Ronald McDonald House Charities of Kentuckiana

The Honorable Order of Kentucky Colonels
The Good Samaritan Foundation



Upcoming Events



Foster Care Information Sessions

Come learn more about the opportunities in therapeutic foster care and adoption during our information session. This is an informal time to meet some of the foster care staff members and learn more about how you can change a child's life. RSVP to Amy Lemley at 502.499.1570 or email alemley@maryhurst.org

Thursday, October 15, 6 p.m. 1015 Dorsey Lane

Meet & Greet Sessions

We invite you to join us for a tour of campus and lunch to learn more about Maryhurst – our mission and our girls. Please RSVP to Liz Bayer at 502.271.4526 or email liz.bayer@maryhurst.org

- **Wednesday, October 21, 12-1 p.m. 1015 Dorsey Lane**
- **Wednesday, November 18, 12-1 p.m. 1015 Dorsey Lane**

Kroger Community Rewards

Thank you to the 41 families who are already enrolled!



By enrolling your existing Kroger Rewards Card you can automatically raise money for Maryhurst every time you shop! Simply register online at krogercommunityrewards.com, sign-in and click enroll now. By editing your account you will be able to enter Maryhurst's NPO #11481 and register Maryhurst as your selected charity of choice. If you are a new member you will need to sign up for an account first at <https://www.kroger.com/account/create> and then follow the prompts to **select Maryhurst** as the designee.



To learn more about Maryhurst or to donate, please call us at **502.271.4523** or visit www.maryhurst.org



The Journey is a publication of the Maryhurst Development Office.

Development Office Staff

- Katie Kern**
V.P. Development & Communications
- Liz Bayer**
Director of Development
- Shannon Benovitz**
Director of Marketing/Communications
- Lori Cecil**
Development Coordinator
- David Short**
Director of Donor Relations