

# Community Cares News

Cudahy-St. Francis Interfaith Program for the Elderly & Project Concern of Cudahy-St. Francis Inc.

**SPRING 2012**



The Community Cares News is the joint newsletter for Cudahy-St. Francis Interfaith Program for the Elderly and Project Concern, the emergency food pantry that serves both communities. Below are the hours of operation, location and contact information for both organizations.

Inside you will find upcoming program activities, volunteering opportunities, interesting information, and assorted resources.

**Joint Mission - is to strengthen the Cudahy-St. Francis community by ministering to the needs of the older adults & low-income person and families.**

## Interfaith for the Elderly

Phone: 414-483-4474

Fax: 414-483-4476

Email: csfinterfaith@hotmail.com

Mailing Address: *(new)*

P.O. Box 100095

Cudahy, WI 53110-0095

**Location:**

4611 S. Kirkwood Ave, Lower Level  
of the Nativity of the Lord Parish  
Cudahy, WI 53110

**Hours of Operation:** *(new)*

Monday 9:00 am to Noon

1:00 pm to 5:00 pm

Wednesday 9:00 am to Noon

12:30 to 2:00pm

Friday 9:00 am to Noon

12:30 pm to 2:00 pm

Website: interfaithcudahy.org

**Cudahy-St. Francis Interfaith for the Elderly Program** serves people 60 and older with a variety of services that will help them maintain their independences by providing:

- ◆ Information about services for seniors.
- ◆ Referrals to other programs.
- ◆ Resources on health, finances and more.
- ◆ Rides to medical and financial appointments supplied by volunteer drivers.

## Project Concern

Phone: 414-744-0645

Email: projconcern@msn.com

**Mailing Address:**

P.O. Box 100093

Cudahy, WI 53110-0093

**Location:**

4611 S. Kirkwood Ave, Lower Level  
of the Nativity of the Lord Parish  
Cudahy, WI 53110

**Hours of Operation:**

Monday 9:00 am to Noon

3:00 pm to 6:00 pm

Wednesday 9:00 am to Noon

Friday 9:00 am to Noon

1<sup>st</sup> Saturday of the month

9:00am to 11:00 am

Website: projectconcerncudahy.org

**Project Concern of Cudahy-St. Francis** is an emergency food pantry which provides the following services:

- ◆ Emergency food in collaboration with Hunger Task Force.
- ◆ Shopping for clothing, household items, toys and more.
- ◆ Personal care products.
- ◆ Information and referral services.
- ◆ Seasonal programs:
  - School supplies for students.
  - Special holiday food baskets for families with children.
  - Holiday gift program for children 17 and younger.

## VOLUNTEERING OPPORTUNITIES



Below are some of the current volunteering opportunities at your local Interfaith Office and Food Pantry.

- Hold a fundraising event for Interfaith or Project Concern.
- Work at the food pantry, sort donations.
- Work in either organizations' office.
- Drive Seniors to appointments.
- Deliver food to homebound seniors.
- Hold a donation drive for food, clothing, personal care products or school supplies.
- Look for donation and write letters to request items.
- Run errands, picking up donations.
- Translation services-Spanish & Albanian

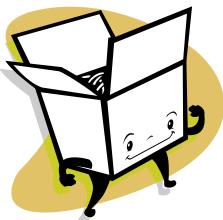
If you or someone you know have talents which they'd like to share, just contact Project Concern or Cudahy-St. Francis Interfaith.

## STOCKBOX

Living on a fixed income, 60 years or older, or care about someone who fits this description? Sign up for a monthly Stockbox!

Stockboxes are free, pre-packaged boxes of food filled with nutritious items that can round out a meal. Items include: cheese, canned fruit, and vegetables, juice, cereal, dried and canned milk, peanut butter, canned meat, dried beans, rice, instant potatoes or pasta.

To receive a monthly Stockbox income must be below \$1,180 for a single person. If you have questions, contact Project Concern directly 414-744-0645 **or** dial 211 from a landline, or 1-866-211-3380 from a cell phone. Qualifying residents must bring a photo ID and proof of address to their first pickup. If residents are unable to pick up their Stockbox, they may arrange for a family member or friend to do so. The program also serves postpartum mothers and children 5 years and younger not receiving WIC. Check with Project Concern for income eligibility guidelines.



## DONATIONS

If you wish to make a donation to either organization or both there is a self-addressed envelope included in this newsletter. Please check the box on the envelope indicating which organization you wish to give to Cudahy-St. Francis Interfaith, Project Concern or both. Donations that do not select a preference will be used by the organization in the greatest need at the time the donation is made.

As always Project Concern is happy to take donations of clothing, household items, and toys. Items not accepted are mattresses, large pieces of furniture, old electronics, items that are broken, missing pieces, stained or torn or contain hazardous materials.

Please remember only drop off donations when our facility is open. Items left outside can be damaged by the elements and pose a hazard for anyone trying to get in or out of the building.

All items given to Project Concern are given free to those coming to the pantry for help.



**Thank You!** to all our donors & volunteers for all they do for the Project Concern and/or Cudahy-St. Francis Interfaith.

## A WALK IN THE PARK

Let's face it, many of us could use more exercise and the easiest way is to take a walk. We have wonderful parks and great neighborhoods to walk in. All you need is a good fitting pair of shoes and you are ready to go. Start slow, taking only a 5 to 10 minute walk. When watching television you could even start by walking in place during the commercials. Build up slowing and try to reach a goal of 30 minutes. You can even break the 30 minutes down into three 10 minute walks. Get up, get going, and feel better.



## **STAMP OUT HUNGER**

Be a part of the largest food drive in the nation Saturday, May 12, called Stamp Out Hunger. You can participate by leaving non-perishable food items by your mailbox for your letter carrier to pick up, or volunteer at Project Concern to help sort the food as it arrives.

Volunteers are needed on Saturday, May 12 between 11am to 5pm. Volunteer for an hour or two or the whole day if you have the time. There is a lot of work, but a lot of fun to be had too. Work with your neighbors and friends to STAMP OUT HUNGER.

Project Concern relies on the Stamp Out Hunger Food Drive to meet the needs of our the people we serve. Last year 7 tons of food was collected. A fabulous amount of food but the food was given out in just 3 months along with approximately 8 tons of food from Hunger Task Force.

Hunger Task Force food bank supplies free food to Project Concern. They also inspect our pantry and provide training to insure that we are living up to their standards of excellence.



***Project Concern is an Equal Opportunity Provider***

### **SeniorLAW**

Provides free legal assistance to Milwaukee County residents who are 60 and older. Benefit specialists provide legal information & attorneys are provided when representation is needed. All services are free of charge. However, SeniorLAW clients may make donations. Most often, SeniorLAW handles the following legal problems:

- ◆ Medical Assistance
- ◆ Medicare
- ◆ Long Term Care
- ◆ Social Security
- ◆ SSI
- ◆ Food Stamps
- ◆ Subsidized Housing
- ◆ Homestead Credits
- ◆ Elder neglect or abuse
- ◆ Consumer problems



**Call 414-278-1222**—Mon., Thurs., & Fri. 9am-11am & Tues. 1pm-3pm.

**In-person:** Tues. 9am-noon & Fri. 1pm-4pm  
230 W .Wells Street, Milwaukee, WI 53203

## **HELP PAYING FOR PRESCRIPTIONS**

Wisconsin's Prescription Drug Assistance Program is SeniorCare.

Enrollment Requirements Include:

- Be a Wisconsin resident.
- Be 65 years of age or older.
- Pay a \$30 annual enrollment fee.

Only income is counted. Assets, such as insurance policies, home property, bank accounts, etc., are not counted.

All seniors will be subject to certain out-of-pocket expense, rules depending on their annual income.

If you think you might be able to enroll, contact The Aging Resource Center 414-289-6874 for more information. Or, call the SeniorCare Customer Service Hotline at 1-800-657-2038

### **Recipe Corner**

#### **FLAVORED WATER**

Here are some ideas to make flavored water. Add some zip to your water, plus, it's low-cal and low cost! Make it by the glass or pitcher full and refrigerate. The longer you let your items sit in the water the stronger the flavor.

Slice up any citrus fruit, lemon grapefruit, lime, orange and add them to pitcher of water. Get creative and mix some of the fruits together. Use a hand full of berries, blueberries, raspberries, strawberries, or a combination of all three. Another option is to crush up a few mint leaves or add a few sprigs of lemongrass. Using several slices of fresh cucumbers is really refreshing. Ginger not only makes a drink that is reinvigorating, it's said to cure an upset stomach. For a stronger flavor, boil grated ginger and then chill.

Try making flavored ice cubes. Almost any juice can be frozen. Look for a juice that doesn't have much added sugar. Flavored water is a good way to keep hydrated.



**CUDAHY-ST. FRANCIS  
INTERFAITH  
&  
PROJECT CONCERN**

P.O. Box 100093  
4611 S. Kirkwood Ave.  
Lower Level  
Cudahy Wisconsin 53110

Interfaith : 414-483-4474  
Project Concern: 414-744-0645

*We are an equal  
opportunity provider  
and employer.*

“A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie .”  
~Tenneva Jordan

**HOLIDAY CLOSINGS**

**Interfaith &  
Project Concern**

Will be closed the following dates:

**4th of July**  
Wednesday, 4th  
**Labor Day - Sept.**  
Monday, 3rd  
**Thanksgiving - Nov.**  
Friday, the 23rd

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**OTHER WAYS YOU CAN HELP**

We will be holding several different events this year. Bring your items to be donated to Project Concern & Cudahy St. Francis Interfaith 4611 S. Kirkwood the east side of the Nativity of the Lord Parish on:

**May 5th, Sat.** - Aluminum can collection Bring your aluminum items to be recycled.

**June 2nd, Sat.** - Electronic recycling collection. Bring any of your old electric and electronic items to be recycled.

**July, the whole month** - School supply collection, to be distributed to children before school starts.

**August, the whole month** - New and used children's school clothing to be distributed to children before school starts.

**September, the whole month** - New and used fall and winter clothing for children and adults.

**October, the whole month** - Thanksgiving Food Drive

**November, the whole month** - Holiday gifts for children

**December, the first 3 weeks** - Send a holiday card/note to a senior on behalf of Interfaith.