



Community Cares News is a newsletter that provides vital information regarding the activities and events of Project Concern's food pantry and Cudahy-St. Francis Interfaith Program for the Elderly.

HELPING OTHERS IN NEED IS OUR MISSION

The Season to Give— The Reasons to Give

'Tis better to give than receive. How many times have we heard this? Yet have we ever stopped to think what it really means? If you can imagine the joy on someone's face when they receive support when needed or help from a stranger, you will see how faith works! We have opportunities for all, plus volunteering can make you happier & healthier!

Santa's Elves Needed!



YOU CAN MAKE A DIFFERENCE

Some children have no gifts to open on Christmas. Help Santa reach those children this holiday season by sponsoring a child or two. Sign up as Santa's Helper by email at pcstaff@hotmail.com, stop by the pantry, or call us at 414-744-0645. The gift price range is \$25-\$30 per child. Put a smile on a little one's face and enjoy the gift of giving.



CHILDREN'S HOLIDAY GIFT ASSISTANCE PROGRAM

The holiday season can be a time of happiness and of celebration.

However, the holidays can be stressful for parents struggling to provide their child(ren) with holiday gifts.

Project Concern is here to help. Families registered with our pantry may sign up for holiday gift assistance until mid-November. Registration forms are available at the pantry or on the website at projectconcerncudahy.org.

Community Works



SNOW SHOVELING FOR SENIORS

CSFI Program for the Elderly operates a snow shoveling program that pays teens and young adults to shovel snow for our senior clients.

Our shovelers are expected to clear snow off the public sidewalk and an additional path leading to a house door when there is 4" or more of snow to clear. This assistance ensures that seniors avoid hefty fines for not clearing the snow, keeps them safe in their homes, and pays shovelers for their work. Call our office at 414-483-4474 to sign up as a shovler or senior participant.

PROJECT CONCERN OF CUDAHY-ST. FRANCIS

Our Goal is to serve low-income individuals and families by feeding the needy, meeting emergency basic needs and providing a bridge/safety net to help them become self-sufficient.

Phone: 414-744-0645

Fax: 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

1st Saturday of the month

9:00 am to 11:00 am

Or by appointment Wed. & Fri.

12:30pm to 2:30pm

Website: projectconcerncudahy.org

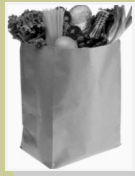
Like us on Facebook:

[facebook.com/ProjectConcernCSF](https://www.facebook.com/ProjectConcernCSF)



Food Pantry Services::

- ◆ Emergency food in collaboration with Hunger Task Force.
- ◆ Shopping for clothing, household items, toys and more.
- ◆ Personal care products.
- ◆ Infant Items (formula, baby food and baby care items).
- ◆ 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.



Ho Hum? Winter can be Fun!

The weather may be frightful outdoors, but there is plenty of fun and exercise to be had through community recreation programs. The Cudahy Recreation Department, The Kelly Senior Center and the Milwaukee Recreation Department offer something for everyone, from toddlers to seniors. For free or a modest fee you can learn to swim, cook, act, play an instrument, learn to speak a different language, yoga, play basketball, or countless other exciting options. Programs are available for all ages with daytime and evening classes with over 30 locations. Recreation guides were mailed in August, but if you misplaced yours, they are available at the Cudahy (294-7435), St. Francis (482-8484) and Milwaukee (475-8811) Recreation Departments or can be downloaded online. Kelly Senior Center(414-481-9611) activity information is available at the Center and the Cudahy Library. Make this a winter of family fun, exercise and learning.

YOUR DONATIONS ARE A KEY COMPONENT

To Our Program

The donations we receive gives us the ability to serve the community. Project Concern and CSFI Program for the Elderly rely on the following types of donations:

- * Food, canned, frozen or fresh with unexpired freshness dates
- * Personal Care Items
- * Household Items
- * Clothing
- * Toys/Seasonal Items
- * Holiday Gifts for Children
- * Tax Deductible Monetary Gifts
- * Ink cartridges to recycle
- * Electronics to recycle
- * Your Time



*****Please drop off all donations inside the building - Project Concern/Nativity of the Lord, so the much needed items are protected from the outside elements.**

*****We do not accept hazardous materials, mattresses, large pieces of furniture, or old tube televisions.**

CUDAHY-ST FRANCIS INTERFAITH (CSFI) PROGRAM FOR THE ELDERLY

Our Goal is to help senior neighbors remain independent and safely in their homes.

PEOPLE HELPING PEOPLE
CSFI Program for the Elderly assists over 300 seniors per month and Project Concern is able to help over 500 families per month due to the helping hands of our volunteers.

Volunteering has a positive impact on our community, and offers personal benefits.

Volunteering helps to develop skills, learn about career options, alleviate boredom and can be fun! According to national service.gov., volunteering can even make you healthier and happier. Come Volunteer Monday 8:30 to 6:30. Wed & Friday 8:30 to 2:30pm. You can make a difference in someone's life!



Phone: 414-483-4474

Fax: 414-483-4476

Email: csfintefaiht@hotmail.com

Mailing Address:

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:

Monday 8:30 am to 3:30 pm
Wednesday 8:30 am to 1:00 pm
Friday 8:30 am to 1:00 pm

Website: www.csfiprogram.org

Like us on Facebook:

www.facebook.com/CSFIprogram



Services for Senior Neighbors:

- ◆ Information & referrals
- ◆ Light housekeeping
- ◆ Yard work
- ◆ Resources on health, finances & more.
- ◆ Rides to medical, financial, grocery shopping and other special needs appointments supplied by volunteer drivers.
- ◆ In-person & phone visits with seniors
- ◆ Snow shoveling.

Music's Healing Power

Listening to music has recently been proven to help increase awareness and brain activity in the elderly. Research has shown that persons with Dementia and Alzheimer's have shown significant improvement in their communication skills and overall happiness! If you have a loved one who might benefit from music therapy, you may want to try supplying them with music from their favorite years. Music CD's, cassettes, & radios are being used in nursing homes across the country and are getting amazing results - just singing works too!

RECIPE CORNER

Ranch Turkey Pasta Dinner



Ingredients:

- 2-1/2 cups uncooked penne pasta**
- 6 to 8 tablespoons butter or margarine cubed**
- 1 envelope ranch salad dressing**
- 1 cup frozen peas or carrots**
- 3 cups cubed cooked turkey (or chicken)**

Cook pasta according to package directions. Meanwhile, in a large skillet, melt butter. Stir in salad dressing mix until smooth. Add peas and carrots: cook and stir for 2-3 minutes. Drain pasta and add to skillet. Stir in turkey: cook for 3-4 minutes until heated through. Yield: 4 servings. (any frozen vegetables can be substituted!)

Recipe from Quick Cooking Jan/Feb2004 pg.20.

MEDICAL EQUIPMENT LENDING

PROGRAM



- ◆ Canes
 - ◆ Raised toilet seats
 - ◆ Tub chairs
 - ◆ Walkers
 - ◆ Wheelchairs
- Equipment can be borrowed for an initial 90 days and, if necessary, may be renewed for an additional 90 days.

CSFI Program for the Elderly

**CUDAHY-ST. FRANCIS
INTERFAITH
&**

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

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

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Thank you to
Hunger Task
Force for all their
support and help!



HOLIDAY CLOSINGS

CSFI for the Elderly
& Project Concern

Will be closed for the following

Thanksgiving Closed

Fri. Nov. 27th thru Mon. Nov. 30th

Christmas-Closed Fri. Dec. 25th

thru Mon. Dec. 28th

2016

New Years— Closed Jan. 1st & 2nd

Presidents Day—Closed Feb. 12th
and 15th

Closed - Mon. Feb. 29th

Good Friday— March 25th &
Monday March 28th

Closed— April 15th Tax Day

Closed—May 6th, 7th, and 9th

Memorial Day- May 27th & 30th

“ECRWSS”
POSTAL CUSTOMER

COMMUNITY HAPPENINGS DETAILS

All year long, first Monday of the month

Free Blood Pressure Check

November 2015 - Thanksgiving Food Drive

December 2015 - Sponsor a child to receive a Holiday Gift

January 24th 2016 - Fundraiser at Motions Bowling

Sponsored by Feeding America on behalf of Project Concern

February 2016 - Personal Care Item Drive

March 2016 - Ecumenical Pancake Breakfast

May 2016 - Stamp Out Hunger Food Drive

June 2016 - Electronic Recycling Drive

June 7—2016 -St. Mark’s Musical Benefit Concert



*Project Concern and CSFI Program for the Elderly are equal
opportunity providers and employers.*