

Community Cares News

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

SPRING 2015



Community Cares News, is a joint newsletter for Project Concern the emergency food pantry that serves both communities and Cudahy-St. Francis Interfaith Program for the Elderly.

PEOPLE HELPING PEOPLE

Project Concern and CSFI Program for the Elderly partner with volunteers to provide our services to our neighbors in need. If you would like to join the ranks of our many great volunteers, consider being apart of the nation's largest food drive. **Stamp Out Hunger**, the letter carrier food drive Saturday, May 9th. There are 3 ways to help:

- 1) Leave nonperishable food items near your mail box to be picked up on Sat. May 9th.
- 2) Help collect food from letter carriers in Cudahy between 9 am and 5pm.
- 3) Help sort donations as they come into the food pantry between 11am and 5pm.

Help for an hour or two or the whole day if you have the time. Work with your neighbors and friends to **STAMP OUT HUNGER**. If you are interested in volunteering, please contact us at 744-0645 or projconcern@msn.com.

Last year, Project Concern collected about 6 tons of food. An impressive amount of food; however the food only lasted for 3 months to supplement the 14,000 pounds of food given by Hunger Task Force each month.



We thank Hunger Task Force for supplying Project Concern with food and for also inspecting our pantry and providing training, to ensure that we are working at their standards of excellence.

STORIES OF CARING

Project Concern and CSFI Program for the Elderly are only able to help our community members in need through the generous support and volunteering efforts of individuals, businesses, churches and community organizations.

Our volunteers and staff show their care in many different ways; these are a few examples: a senior with limited eye sight gets help to write greeting cards to her family members. A senior no longer able to drive is taken to church every week. Food is delivered to a woman dealing with cancer. A homeless man is directed to a homeless shelter and gets helped so he will not be homeless again. A child with Spina Bifida is signed up and receives a bed through a furniture company special donation program.

Recently, through a generous donation, Project Concern was able to install a walk-in freezer and cooler. This has enabled the pantry to receive larger donations of food thus allowing Project Concern to increase the amount of food provide per monthly visit to those experiencing food instability.

Every day lives are transformed through acts of kindness by giving or receiving help. If you wish to donate, volunteer or need assistance, see inside this newsletter for more information and contact Project Concern or CSFI Program for the Elderly. And please remember to share with Project Concern or CSFI, your stories of how you benefited from either agency.

How beautiful a day is when it is touched by kindness.

PROJECT CONCERN OF CUDAHY-ST. FRANCIS

Our Goal is to help people in need, meeting emergency basic needs and provide 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

9:00am to 11:00 am

By appointment

Wednesday & Friday from
12:30pm to 2:30pm

Website: projectconcerncudahy.org

Like us on Facebook:

Project Concern of Cudahy-St. Francis

Food Pantry Services:

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

All services are provided free of charge.



DROPPING OFF DONATIONS?

Project Concern welcomes your donations of clothing, household items, toys, books and alike. The pantry appreciates your kindness but doesn't have the ability to launder or repairs donated items. Items not accepted are mattresses, large pieces of furniture, items that are broken, missing pieces, stained, torn or containing hazardous materials.

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



WAYS TO CARE

Our organizations depend on your donation. If you wish to donate, there is a self-addressed envelope included in this newsletter. Please indicate on the envelope which organization you wish to give to: CSFI Program for the Elderly, Project Concern or Both. Undesignated donations will be used by the organization in the greatest need at the time the donation is made. For those who prefer the those who prefer the convenience of online giving visit our website and click on the Donate Now button.



Sharese's Spaghetti Salad—Allrecipes.com

Serves 6

5 oz. spaghetti, broken into pieces 3 slices bacon
3 tablespoons celery chopped 1/4 of a large onion, diced
1/4 of a green bell pepper, chopped 1/2 of a tomato, chopped
1/4 of (2 oz. can) sliced black olives, drained
1/2 cup Italian-style salad dressing
3 tablespoons grated cheese

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. In a large skillet over medium heat, cook bacon until crisp. Drain and crumble.
3. In a large bowl combine spaghetti, bacon, celery, onion, bell pepper, olives, tomatoes, salad seasoning, salad dressing and Parmesan. Toss to coat. Chill until serving.



CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

BE HEALTHIER & HAPPIER IN 2015...

By Volunteering! With busy lives, it can be hard to find time. However, the benefits of volunteering are enormous. Obviously, volunteers positively impact the quality of life of the people who are served. However, helping others is a two-way street, and can also benefit to the person who volunteers. Dedicating some time as a volunteer can help you make new friends, learn a new skill, get exercise, and the experience can be a lot of fun. Studies have shown people who volunteer are healthier and happier than those who do not get involved. Here are some of our volunteer opportunities:

- Deliver food to homebound seniors.
- Drive seniors to appointments.
- Help with or hold a fundraising event.
- Hold a food, clothing, or personal care item drive.
- Research and request donation.
- Run errands, picking up donations.
- Work in the office of either organization.

Volunteer forms are available on our websites and at our offices. Contact either Project Concern or CSFI Program for the Elderly to begin your acts of kindness.

HELP FOR SENIORS

CSFI provides snow removal help, and help doing yard work, in spring, summer and fall. If seniors needs assistance with these chores, they should contact the CSFI office early in the appropriate season to sign up for help. We have a limited number of volunteers, so to make sure you get the help that is needed, it would be advisable to sign up early.

Thank you to past volunteers for helping seniors with the physically demanding tasks which include YouthWorks, Marquette Hunger Clean-up groups, CSFI snow shovelers and community volunteers.

RESOURCE NUMBERS

2-1-1 IMPACT 24 hour helpline

Aging Resource Center of Milwaukee County - (414) 289-6874
Hunger Task for Senior Benefit Specialist - (414) 588-7132
SDC Senior Benefit Enrollment Service - (414) 906-2706
JFS Counseling for Disabled Seniors (414) 225-1374
Domestic Violence 24 hour hotline - (414) 933-2722



Phone: 414-483-4474

Fax: 414-483-4476

Email: csfinterfaith@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: csfiprogram.org

Like us on Facebook: CSFI Program 
for the Elderly

Services for Senior Neighbors:

- ◆ Information
- ◆ Referrals to other programs.
- ◆ Resources on health, finances & more.
- ◆ Rides to medical and financial appointments supplied by volunteer drivers.
- ◆ Help around the house
- ◆ Personal visits by phone or in person.
- ◆ Lending library of durable medical equipment for all ages.

Medical Lending Library

This is a free service to all community members regardless of age. Some of the type of equipment available are:

- ◆ canes
- ◆ raised toilet seats
- ◆ tub chairs
- ◆ walkers,
- ◆ wheelchairs
- ◆ and more

Equipment can be borrowed for an initial 90 days and if necessary may be renewed for an additional 90 days.



**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

NON PROFIT ORG.
U.S. POSTAGE
PAID
Cudahy, WI
Permit No. 7

“ECRWSS”
POSTAL CUSTOMER

NEW INITIATIVE TO IMPROVE HEALTH

Healthiest Cudahy Collaboration is assessing community health and creating an improvement plan. The Collaboration is comprised of 80 individuals representing 33 organizations/businesses and 16 citizens. The Collaboration has three Task Forces to address five health priorities in the community. The priorities were selected based on survey responses from the community. The Task Forces are (1) Healthy Growth and Development, (2) Mental Health & Substance Abuse, (3) Physical Activity & Nutrition. Each Task Force meets monthly and is facilitated by a Cudahy Health Department staff person. If you would like to make Cudahy a healthier place to live, consider joining a Task Force. Contact Cheryl Orlando at 414-882-2389.

HOLIDAY CLOSINGS

**CSFI for the Elderly
& Project Concern**

Will be closed the following dates:

- May 22th Memorial Day
- July 3th-8th
- Sept. 4th-7th Labor Day
- Oct. 12th Columbus Day



Special donation request: Gift bags and shopping bags will be needed for our Holiday Children’s Gift Giving Program. Drop them off in time for the holidays.