

# Community Cares News

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

**SPRING 2014**



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.

## HELP STAMP OUT HUNGER!

## ISLANDS OF MILWAUKEE...

**Be a part of the nation's largest food drive. Stamp Out Hunger**, letter carrier food drive is Saturday, May 10th.

There are 3 ways to help.

- 1) Leave nonperishable food items near your mail box to be picked up on Sat. May 10th.
- 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 to 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](mailto:projconcern@msn.com).

Last year Project Concern collected about **7 tons** of food through Stamp Out Hunger. An impressive amount of food, but the food only lasted for 3 months to supplement the 10 tons 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 insure that we are living up to their standards of excellence.

### PROJECT CONCERN RECIEVES GRANT

The Catholic Community Foundation graciously awarded a grant in the amount of \$5,000 to Project Concern. This grant will help support our emergency food pantry. A HUGE thank you to the Foundation.

is a multi-year participatory arts project aimed at creating a more connected Milwaukee as we age. It aims to bring meaningful, creative engagement to older adults living alone or under-connected to community.

The project is in collaboration with Sojourn Theatre, and several community organizations (Milwaukee Co. Dept on Aging, Interfaith Older Adult Programs, Stowell Associates, Goodwill Industries, WUWM's Lake Effect, Doors Open Milwaukee, and the **SouthShore Connecting Caring Community**).



Retreating from the public space of the street contributes to isolation as we age. This spring, Islands will produce original street performances that aims to create new relationships between drivers and pedestrians. Performances will be held the first weekend in May at a local intersection near you. For more info visit [www.islandsofmilwaukee.org](http://www.islandsofmilwaukee.org)

As a collaborating partner to this project the South Shore Connecting Caring Community (SSCCC) group would like to encourage all community members to join the SSSCC in their efforts to make a more walkable community. Contact Debby Pizur at CSFI Program for the Elderly at 414-483-4474 or [csfinterfaith@hotmail.com](mailto:csfinterfaith@hotmail.com) on how to join.

Walking is a healthy and enjoyable way to get more out of life - Watch Out! Drive and walk safely.



## **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

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

9:00am to 11:00 am

Or by appointment Wed. & Fri.

12:30pm to 2:30pm

**Website:** projectconcerncudahy.org



**Like us on Facebook:**

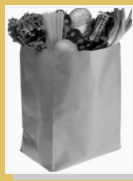
facebook.com/ProjectConcernCSF

**Food Pantry Services::**

- ◆ Emergency food in collaboration with Hunger Task Force.
- ◆ Shopping for clothing, household items, toys and more.
- ◆ Personal care products.
- ◆ 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.

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

Project Concern of Cudahy-St. Francis



### **DROPPING OFF DONATIONS?**

Project Concern is delighted to take donations of clothing, household items, toys and the like. Items not accepted are mattresses, large pieces of furniture, tube tv's, items that are broken, missing pieces, stained or torn or containing hazardous materials. All items given to Project Concern are given free to those coming to the pantry for help.



Please remember to drop off donations only 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.

### **LIKE US ON FACEBOOK**

Like us on Facebook and keep up-to-date with what is going on at Project Concern and CSFI Program for the Elderly. Read our post on great resources available to you.

### **AND SHARE YOUR STORY**

We are looking for success stories. If you have benefited as a patron from items and services received over the years, from Project Concern or CSFI, we want to hear from you! Stories may be shared in future newsletters, grant proposals, our FB page, and/or our website. Names may be withheld for privacy, but positive real life stories need to be shared! Send your story via a Facebook message, email [pcestaff@hotmail.com](mailto:pcestaff@hotmail.com), or give us a call at 414-744-0645.

### **Recipe Corner**

#### **Spring Vegetable-Rice Salad**

2 cups cooked instant white rice

1/2 cup halved cherry tomatoes

1/2 cup cut-up fresh asparagus spears, blanched

Any other vegetable you may have (carrots, broccoli, celery, etc)

1/2 cup Miracle Whip

1 Tbsp honey mustard

Zest and juice from one lemon

COMBINE rice, tomatoes and asparagus. MIX remaining ingredients until well blended. ADD to rice mixture and toss to coat.

4 Servings; 3/4 cup each



## **CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY**

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

### **WANT TO BE HEALTHIER & HAPPIER?**

**Volunteer!** With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering are enormous. Obviously, volunteers positively impact the quality of life in our community and ensure our organizations are able to serve our neighbors in need. However, volunteering is a two-way street and can benefit you. Dedicating your time as a volunteer helps you make new friends, learn a new skill, and can be a lot of fun. Studies have shown people that volunteer are healthier and happier than those that don't. 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.
- Picking up donations or run errands.
- 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 today.

### **SENIOR TIPS FOR MANAGING BOREDOM**

Seniors too often spend their leisure bemoaning the passage of time. The happy truth is getting older does not need to be boring.

1. Celebrate the many things you can do.
2. Recognize the things you can no longer do or afford and let them go.
3. Plan activities for tomorrow. Plan 2 or 3 activities or ideas you would like to do and write them on your calendar for tomorrow.
4. Actively seek out people with whom you can share your activities. Search your church, civic group or senior citizen center. Do not limit yourself to other seniors.
5. Work hard at saying YES even when you are feeling down and really want to answer no.

Keeping these 5 tips in mind, seniors can remember that life can be fun and enjoyable. As seniors, it is important not to consider what used to be but rather to concentrate on the wonderful life we still have before us and enjoy every minute.



Phone: 414-483-4474

Fax: 414-483-4476

Email: [csfinterfaith@hotmail.com](mailto: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:** [www.csfiprogram.org](http://www.csfiprogram.org)

**Like us on Facebook:**

[www.facebook.com/CSFIprogram](http://www.facebook.com/CSFIprogram)



#### **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 Equipment Lending Dispensary**

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

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

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  
&  
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

**FREE**

**Blood Pressure Check**  
The first Monday of the  
month for any resident  
of Cudahy or St. Francis

**HOLIDAY CLOSINGS**

**CSFI for the Elderly  
& Project Concern**

Will be closed the following dates:

- April 18th and 21st - Easter
- May 23rd and 26th -  
Memorial Day 
- July 4th, 5th and 7th
- Aug. 29th and Sept. 1st -  
Labor Day
- Oct. 13th - Columbus Day
- Nov. 28th - Thanksgiving

**HELP US MEET OUR MISSION**

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.

- You may also use the CSFI Program for the Elderly website ([csfiprogram.org](http://csfiprogram.org)) donate button.
- Check with your employer to see if they will match your gift.
- You may give to us directly through United Way by going to the Hunger Relief Fund and looking for Project Concern.
- Make a donation in honor of or in memory of friend or loved on.
- Make donations of needed items.
- Volunteer

