

SPRING—SUMMER 2017



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 Spring 2017 Food Drive

*"I'm hungry! Is there anything to eat?"
You can make sure the answer is YES!!* Project Concern and CSFI Program for the Elderly partner with volunteers to provide our services to our neighbors in need. Join the ranks of many great volunteers; consider being a part of the nation's largest food drive.



The Letter Carriers Food Drive Saturday, May 13th.

There are 2 ways you can help:

- 1) Leave nonperishable food items near your mail box to be picked up on Saturday May 13th.
- 2) 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 family and friends to **STAMP OUT HUNGER**. If you are interested in volunteering, please contact us at 744-0645 or at projconcern@msn.com.

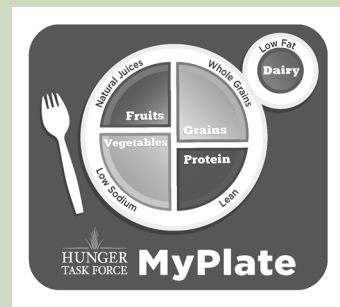
In 2016, Project Concern collected about 6 tons of food. An impressive amount, however, the food only lasted for 3 months supplementing the 14,000 pounds of food given by Hunger Task Force each month. We thank Hunger Task Force for supplying Project Concern with food and for inspecting our pantry and providing training to ensure that we are working at their standards of excellence.



MY PLATE

PROJECT CONCERN & HUNGER TASK FORCE MY PLATE

- **What is MyPlate?** It's a healthy eating model that showcases the five main food groups. MyPlate encourages people to eat healthy foods by choosing the best types and amounts of foods to eat.
- **Why is MYPlate so important?** Eating MyPlate foods helps you stay healthy and combat health problems such as obesity, diabetes, kidney disease and heart disease.
- **How do I use MyPlate to make healthy choices?** Focus on eating healthy foods and giving those foods to your family. Your goal: copy MyPlate onto your plate for every meal.



Questions? hungertaskforce.org/what-we-do/myplate or the USDA website, choosemyplate.gov.

(continued on page 2)

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.

(Hunger Task Force continued)

Tips for Using MyPlate

- 1) Choose healthy foods that are low in fat, sodium, and added sugar.
- 2) All five food groups are equally important even though some portions are bigger than others.
- 3) Vegetables and grains should take up more space on your plate because we need more of these foods to feel full and energized.
- 4) Half of your plate should be filled with fruits and vegetables.
- 5) Dairy does not always have to be on the side.



THE FIVE FOOD GROUPS OUR PANTRY CAN USE:

PROTEIN—DRIED BEANS, CANNED TUNA, CHICKEN

GRAINS-OATMEAL, BROWN RICE, WHOLE WHEAT PASTA

DAIRY-EVAPORATED MILK, POWDERED MILK

FRUITS-CANNED NO OR LOW SUGAR FRUITS

VEGETABLES-CANNED LOW SODIUM OR NO SALT



BE HEALTHIER & HAPPIER IN 2017 BY VOLUNTEERING!

Helping others is a two-way street, and can benefit 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 prove to be a lot of fun, all while you are helping others. Studies have shown people who volunteer are healthier and happier than those who do not. Here are some of our volunteer opportunities:

- Help with or hold a fundraising event or a drive for food or personal care item.
- Deliver food to homebound seniors.
- Research and request donations.
- Run errands, pick 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.

CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

YOU SHOULD FALL IN LOVE - NOT OVER YOUR SOFA

Did you know that 1 in 3 older Americans fall every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in broken bones and head injuries, even falls without a major injury can cause older adults to become fearful or depressed, making it difficult for them to stay active. The good news is that most falls can be prevented. Here are some common factors that can lead to a fall.

As we age, most of us lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall, SO stay active.

In aging eyes, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see, SO get regular eye exams and remove tripping hazards. Ask us about our home safety check 414-483-4474.

Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with other drugs that can lead to a fall, SO make sure you are taking medication correctly and ask your physician and pharmacist about drug interactions.

Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age, SO think about grab bars in the bathroom and other safety devices.

Adapted from the National Council On Aging.

Joe's "K" Ranch Memory Café

4840 S. Whitnall Avenue Cudahy, WI

What: A place where persons with mild cognitive impairment or early-stage Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things..

When: 1st Thursday of every month **Time:** 4:30pm to 6:00pm

Register: First time attendees please call;

Alzheimer's Association at 800.272.3900



Phone: 414-483-4474

Fax: 414-483-4476

Email: csfinterfaith@hotmail.com

Mailing Address:

P.O. Box 100095

Cudahy, WI 53110-0095

Location:

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of the Nativity of the Lord Parish
Cudahy, WI 53110

Hours of Operation:

Monday 8:30 am to noon

Wednesday 8:30 am to noon

Friday 8:30 am to noon

Website: csfiprogram.org



Like us on Facebook:

www.facebook.com/CSFIprogram

Follow us on *Twitter*

Services for Senior Neighbors:

- ◆ Information & referrals
- ◆ Light Housekeeping
- ◆ Yard work
- ◆ Resources on health, finances, & more
- ◆ In person and phone
- ◆ Home safety checks
- ◆ Social event "New Grand Time Out"

RECIPE CORNER

Cold Mac and Cheese Salad

1/3 cup Kraft Mayo or Salad Dressing

1/3 cup Kraft Zesty Italian Dressing

1 cup Elbow or Shell Macaroni, cooked

1 cup Kraft Cubed cheddar or favorite cheese

1/2 cup frozen peas and 1/2 cup chopped red or yellow peppers



Mix dressings together in a large bowl. Add remaining ingredients: mix lightly. Refrigerate 30 minutes. You can make a meal out of it by adding tuna, chicken, turkey, ham or salmon to the salad. Also, add any vegetables you like, broccoli, black olives, carrots, corn, etc.

Adapted from recpies@Kraft.com

MEDICAL EQUIPMENT LENDING PROGRAM

- ◆ Canes
- ◆ Raised toilet seats
- ◆ Tub Chairs
- ◆ Walkers
- ◆ Wheelchairs



Equipment may 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
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Lower Level
Cudahy Wisconsin 53110
Interfaith : 414-483-4474
Project Concern: 414-744-0645

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Project Concern and CSFI
Program for the Elderly
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providers and employers.

HOLIDAY CLOSINGS

**PROJECT CONCERN &
CSFI for the Elderly**

Will be closed the following dates

- * May 12th & 15th - Stamp
Out Hunger Food Drive
- * May 29th & June 1st
Memorial Day Weekend



- * July 3rd & 5th
Independence Day Weekend
- * Sept. 1st, 2nd, & 4th -
Labor Day Weekend
- * October 30th - Halloween

WAYS TO CARE

[Donate](#)



Our organizations depend on your donations.

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 convenience of online giving, please visit our website and click on the Donate Now



RESOURCE NUMBERS

2-1-1 IMPACT 24 hour helpline

Aging Resource Center of Milwaukee County- (414) 289-6874
Hunger Task Force 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