

Community Cares News

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

SPRING 2018



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.

50 Years of Service

In 1968, a group of caring individuals recognized that bad things can happen to good people so they started a food pantry. The St. Frederick's Catholic Church (currently named Nativity of the Lord) gave the group permission to house the food pantry in a small room in the lower level of the church. We have since grown and currently use almost the entire lower level.

Project Concern has developed and changed to meet the needs of the community and the people who need our help. Our program is designed to help improve the lives of the people that come to us seeking assistance. We strive to relieve food instability but also to relieve some of the stress and alienation accompanying poverty. First we are a safety net but then we become a springboard for people to improve their current circumstances. Through our information and referral services we provide job postings, nutrition education, and more. We have people on hand to help patrons navigate the complicated forms to apply for public assistance.

Food pantry patrons are surveyed an-

nually and according to our most recent survey people are overwhelmingly happy with the services the pantry provides. Here are some of the patrons' comments. Everyone is so fantastic and friendly. Project Concern and staff have helped us greatly in our time of need. Thank you all!! Project Concern is phenomenal in their service and compassionate towards the service population. Awesome! Great Job! These comments show the gratitude of those we serve and the type of service the pantry provides.

If you want to learn more about Project Concern please visit us during pantry hours, or visit our website or facebook page.



Stamp Out Hunger

Join the ranks of our many great volunteers and be a part of the nation's largest food drive **Stamp Out Hunger**, the letter carrier food drive Saturday, May 12 th.



- 1) Leave nonperishable food items near your mail box to be picked up on Sat. May 12 th.
- 2) Help sort donations as they come into the food pantry between 11am and 5pm.

To make a monetary donation online go to projectconcerncudahy.org and click on the Donate Now button, or use the self-addressed envelope included in this newsletter. If you use the self-addressed envelope please indicate on the envelope which organization you wish to give to: CSFI Program for the Elderly, Project Concern or both. 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 or have a question, contact us at 744-0645 or projconcern@msn.com.

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

Text:

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
 - Holiday gift program for children

All services are provided free of charge.



Dropping off Donations?

Project Concern welcomes your donations of gently used clothing, household items, toys, books and bedding. The pantry appreciates your donation. Please keep in mind we do not accept 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.



MyPlate—Healthy & Tasty



Project Concern's main supplier of food, Hunger Task Force, has designated us a MyPlate Pantry. This means that we try to provide more fruits, vegetables and low-salt and sugar foods. The USDA recommends we all eat 5 servings of fruits and vegetables each day and switch to whole grains. They also recommend we reduce highly processed foods like boxed Mac & Cheese and Spaghetti'O's. So when shopping for yourself or for donating to the food pantry think healthy and tasty. Let's all eat healthier. And if you want to know more about MyPlate, Project Concern would be happy to share the information we have.



Double Check Prices

What grocery aisle products are placed in might determine their price. Cheese in the deli or the gourmet section of the store might cost up to twice as much as block cheese in the dairy case and likely will not be any better. Nuts in the baking aisle could be cheaper than those in the snack aisle. Likewise salsa prices might be lower in the condiment section vs. the section near the chips.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

Project Concern tries to live up to this ideal.

CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

HELP FOR SENIORS

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

MEMORY CAFÉ

Memory Cafes are places where persons with Mild Cognitive Impairment, Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. Attend a café and plan on having fun. There is a café at St. Francis Brew Pub on the first Thursday of the month from 4:30 to 6:00pm. There are several cafes located in Milwaukee County. For more info contact the Milwaukee County Department on Aging.

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) 390-5800
Domestic Violence 24 hour hotline—1-800-799-7233

RECIPE CORNER

Fresh Broccoli Salad

Ingredients

2 Tbs. cider vinegar	2 Tbs lemon juice
1/4 c. reduced-fat mayonnaise	2 Tbs cup sugar
1 Tbs. prepared mustard	1/2 teaspoon garlic salt
3 oz. cream cheese, softened	1/8 teaspoon pepper
7 c. small broccoli florets (about 1-1/4 pounds)	
6 oz. fresh mushrooms, stems removed, chopped	
8 bacon strips, cooked and crumbled	
1/2 c. raisins	
3 Tbs. chopped red onion	
Lemon wedges, optional	

Directions

Place the first eight ingredients in a blender; cover and process until smooth. In a large bowl, combine broccoli, mushrooms, bacon, raisins and onion. Pour dressing over salad; toss to coat. Refrigerate until serving. If desired, serve with lemon wedges.

Yield: 6 servings (1 cup each). Originally published as Fresh Broccoli Salad with Lemon in Taste of Home June/July 2014



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Fax: 414-483-4476

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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 12:30 pm
Friday 8:30 am to 12:30 pm
1st Saturday of the month
8:30 am to 11:00 am

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.
- ◆ 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 residents of Cudahy and St Francis regardless of age. Types 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.



**CSFI PROGRAM FOR THE
ELDERLY
&
PROJECT CONCERN**

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

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



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

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



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50TH ANNIVERSARY

Special donation request:

For our 50th Anniversary this year we ask that you consider making a special anniversary donation to the food pantry. Help us ensure that we will be here for the next 50 years to help our neighbors in need.

