The holidays are nearly upon us. Whatever holiday we choose to celebrate, and however we choose to do it, one common denominator among us is that things go fast. Whether your family or extended family is large, or it’s just you, between the decorating, meal planning, shopping, and coordinating visits with family or friends, there is a lot going on throughout the holiday season.

During that time, it’s very easy to get bogged down with the “grind.” But when you stop to think of it, the holidays are supposed to be relaxing and enjoyable.

So how does one balance the hustle of the holidays with finding time to stop and enjoy the moment? With perspective.

Last month, a young man my family had known since his youth passed away. It was a staggering realization for me, and my heart really felt for his wife and two young children. I wondered what I could do to help honor this young man and the roller-coaster-of-a-ride that is life. And it hit me, literally, when I looked up at my basement ceiling and felt a single drop of water hit my face.

Immediately, I wanted to get frustrated and think of the potential cost and inconvenience of repairs. I started thinking of worst-case scenarios, and then it hit me in a different way: life is way too short and fragile to spend time worrying and fretting like that.

This young man that my family knew, I can guarantee that as he fought for his life, the piece of siding that was falling off his garage or the rattle coming from his aging car were the last things on his mind.

So, I re-centered myself and took a deep breath. I still had a home and a job that I love. I took a minute to slow down and realize that the little things don’t matter in the end.

This holiday season, as we put together food baskets for families and organize the children’s toy drive, we hope to be able to provide our families with many of the small things so that they can relax and enjoy themselves.

Perhaps we can all smile a little more as we practice the art of slowing down.

- Patrick
**PROJECT CONCERN OF CUDAHY-ST. FRANCIS**

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

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

Our Mission: To help our senior neighbors remain independent and safe in their homes.

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**Christmas Gift Program is Underway!!**

You hear it all the time, Christmas is a time for giving. We here at the Food Pantry couldn’t agree more! Our program helps provide a gift for any child under 18 that is registered with our Food Pantry and that fills out a Christmas Gift Wish List form and turns it in by November 19th. Wish List items should have a maximum total cost of $25, and if asking for clothing please be very specific on size and color.

Our Program Coordinator is seeking Gift Sponsors to fill gift requests and then bring the unwrapped presents here by Monday, December 6th. Sponsor forms can be picked up in person or via our website.

**Forms for parents to fill out are available as follows:**

- Stop by our Food Pantry and call or knock on our door during regular business hours (we are still in curbside only mode)
- Visit our website at [www.projectconcerncudahy.org](http://www.projectconcerncudahy.org) and go to the FORMS tab to print a copy
- Visit our Facebook page at [ProjectConcernCSF](https://www.facebook.com/projectconcerncudahy) and we have a printable form pinned to the top of our posts

Forms must be turned in no later than Friday, November 19th, and the family pickup for all gifts will be Saturday, Dec 18th from 9am-noon.

**Families, please hurry to get your forms in so we can start looking for the specific items your child would like!**

Project Concern would like to sincerely thank all those who donate or sponsor gifts to help our families enjoy a very special Christmas in the midst of so many struggles.

And we cannot do any of this without Lynn’s tireless work and all the good volunteers who help her, thank you all!

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**What Donations Do We Need Most?**

During this health emergency, we are only able to accept the following donations:
- New or gently used blankets, towels, sheets, pillowcases, winter clothing and boots for adults and children. We can also use personal care items, such as adult and children full-size toothpaste, dish soap, hand soap and deodorant. We will gratefully accept financial donations and, of course, food donations! Your generosity allows us to help provide for our neighbors in need!

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**Looking to help a senior neighbor and get exercise?**

CSFI is looking for friends to help shovel snow for our senior neighbors this winter. Shoveling, when done properly, is a great form of exercise. Your physical fitness improves and your body becomes more efficient at getting oxygen into your bloodstream. Some of our neighbors can pay, others cannot. If you would like to commit to helping a senior this winter with shoveling, please contact Patrick or Anita at 414-744-0645 and we’ll put you in touch with the closest neighbor needing help. Thank you!

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**SENIOR RESOURCES NUMBERS**

- 211 - IMPACT 24 hour helpline
- Aging Resource Ctr of Milw County - (414) 289-6874
- Kelly Senior Center (Cudahy) - (414) 481-9611
- SDC Senior Benefit Enrollment - (414) 906-2706
- JFS Counseling for Disabled Seniors (414) 390-5800

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**SOPHIA’S RECIPE CORNER**

**Sophia’s Hearty Veggie & Bean Chili**

If you’re like me and don’t feel like cooking every night, then this simple, hearty and healthy chili recipe will make your day! The best part of any chili is the leftovers, as the flavors blend together to make the chili even better on day two or three. Or freeze it and have ready-made meals on hand. And nearly all of the ingredients can be found at our Food Pantry.

**What you need:** Large pot w/lid or Crock Pot

**Ingredients:** (3 tbsp) oil, (1) med onion, a few carrots, (1) zucchini/yellow squash (cut all veggies into pieces), (3 cans) beans (try low/no soy), (1) bag black beans or garbanzo or any cooked/canned beans, (1) 28oz can crushed tomatoes, (1) clove chopped garlic (or garlic powder), cumin, salt and pepper to taste.

**What to do: (Pot on Stove)**

1. Add oil to large pot and brown onions, zucchini/squash & carrots for few minutes, then add everything else and cook covered on low/med for 45-90 mins. (Crock Pot)

2. Add all ingredients and cook on high (4 hrs) or low (6 hrs).

**Omit things you don’t like and add more of what you do!**

Bon Appetit!! Sophia

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**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
- Walkers
- Raised toilet seats
- Wheelchairs
- Shower chairs
- And more

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

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**Agency Director:** Patrick Higgins
**Phone:** 414-744-0645
**Fax:** 414-744-0645
**Email:** info@csfiprogram.org

**Mailing Address:**
P.O. Box 10095
Cudahy, WI 53110-0095

**Location:**
3672 E Plankinton Ave
Lower Level - 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

**Website:** csfiprogram.org
### Gifts Made In Memorial or in Honor

**IN MEMORY OF MADLENE SCHULZ**
FROM Michael & Marilyn Petersen

**IN MEMORY OF TODD COLBO**
FROM Linda Kitza

**IN MEMORY OF HELEN STRAY**
FROM Jane & Don Walsh

**IN MEMORY OF AL GASZAK & AL GASZAK, JR.**
FROM Constance Gaszak & Friends

**IN MEMORY OF PAT RZUSZEK & DON ROWER**
FROM Richard & Jean Hesse

**IN HONOR OF RETIREMENT OF KENNETH WITZENBERG & MORTON FRIED**
FROM Kay & Klosowski Kossos

**IN MEMORY OF JOHN PAUL**
FROM Jerone & Mary Ellen Mikulay

**IN MEMORY OF IRAINE MUELLER & MARILYN PETERS**
FROM Steven Mueller & Mary Guza

**IN MEMORY OF ZITA GRABANANSKI**
FROM Julie & Joel Wahl

**IN MEMORY OF GILBERT BIBACK**
FROM Anita Hallman Kowalski

**IN MEMORY OF JIM DYLKE**
FROM Ladish for man’s Club (Christopher Wesma), John Keith & John Johnson

**IN LOVING MEMORY OF KEVIN KNIGHT**
SON OF HOSPITAL KNIGHT, BROTHER OF COLLEEN BOYTZLUBER KNIGHT AND DONNA WELTON KNIGHT
FROM Kay Klosowski Kossos

**IN MEMORY OF DR. MIKE SHIMETA**
FROM Korka & Michelle Tchol

**IN MEMORY OF NICOLETTA ANASTAS**
FROM Niki, Mildred, Carol & Edward Anastas

**IN MEMORY OF PATRICIA HODSON**
FROM Bob & Betty Hodson

**IN MEMORY OF RICHARD KRSZATZUSKI**
FROM Frances Hirschman, Curt & Kristen Kiel, David & Joanne Lambart, Edwars & Karen Wrench, Anonymous

**IN HONOR OF SHELLY PIGGINA**
FROM Sylvia Gear

**IN MEMORY OF CORBINE JEFFREY**
FROM Cynthia Jeffrey

**IN MEMORY OF JANICE ZIEMER**
FROM Ron Ziemer & Family

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### Your Donations

When making a donation in honor of or in memory of a friend or loved one, if you would like it listed in this newsletter, please make sure you provide honoree’s name and donor’s name.

Also, if you wish to make a donation to celebrate someone’s birthday, anniversary or any other event, please be sure to include all pertinent information so we can properly recognize them in this newsletter.

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### DONATING ONLINE

If you wish to donate to us offline, please visit our website at: www.projectconcerncudahy.org

You can quickly make a one-time donation, or sign-up for recurring donations, by utilizing the “DONATE NOW” button on our website.

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<td>Feeding America</td>
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<td>Empty Bowls 20 Years</td>
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CHURCHES
BUSINESSES
GROUPS

Airport Glass & Plastic, Ltd
Alexandra Lovejoy Wadler Fund for Social Justice
Aurora St Luke’s
Aurora St Luke’s - Hyperbarix/Wound Care Dept
Blackbaud Giving Fund
Broadsheet - Whitelake Bay
Breewtown Buzz Press
Catholic Community Foundation
Charities Aid Foundation of America
Charlie’s Liquor & Tobacco Mart
Costco - New Berlin
Cudahy Library
Cudahy School District
Cudahy, St Francis, Bay View Kiwanis Club
Cudahy, St Francis, Oak Creek Lions Clubs
Dad’s Shop (Kevin Tscholki)
Families of Saint John Daycare
Feeding America
The Gardner Foundation
Greater Milwaukee Association of Realtors Youth Foundation
Greater Milwaukee Foundation
Hunger Task Force
KSKJ Life
Jerome & Dorothy Holm Family Found.
Kelly Senior Center
Kone Regional Office - Cudahy
Knights of Columbus Council 1709
Ladies’ Auxiliary - Knights of Columbus Council 1709
Ladies Fatman’s Club
Lakefront Pub & Grill
Landmark Credit Union - Cudahy
Lovely Salm & Spa
Meijer Oak Creek
Mollitor Charitable Foundation
Nativity of the Lord Church
Nativity of the Lord SVDP Conf O’Day Farm Studios
Paul Fischer / K/zwirnick, LLC
Pick N Save - St Francis
Ralph Evinsrud Foundation
Ray & Kay Eckstein Charitable Trust
Red Brick Pizza - Broadfield
Rotary Club of Mitchell Field
Sacred Heart Apartments
Sacred Heart of Jesus Church
Sacred Heart of Jesus SVDP Conf
Saint Francis Library
Saint Francis School District
South Shore Bowl
South Shore Chamber of Commerce
St. John Ev Lutheran Church
St. Mark’s Ev Lutheran Church
St. Paul’s Catholic Church
St. Paul’s Lutheran Church
Vilter Manufacturing
WalMart - South Milwaukee
WE Energies Foundation, Wixon

INDIVIDUALS

James Ahy
Margaret & Paul Atwater
Lois & Ricky Best
Darlene Blank & Tammy Blank Armbruster
Joyce Berreth & Glenn Horozewski
Brenda & Joseph Blaine
David Biczewicz & Jeannell Gray-Blochowicz
Jane & Gary Bokowy
Rosemarie Braun
John Buckman
Dick & Lynn Buschmann
Reene Casper
Christine Cavallaro
Deborah Cefalu
Lynn & John Chovanec
Susan Corlett
David Connell
Carin Craver
Maurice & Amanda Decker
Ryan E Delaney
Ricki & Maureen Dorsey
Neil Feen
Robert & Dorothy Fontaine
Dolores Franczowski
Michele Fugina
Barbara Gibbs
Raymond Glowacki
Estelle Gooder & Gregory Gooder
Eleni Gregory
John Hetzer
Colleen Higgins & Robert Palmatier
Andrea Horner
Susan Jaeger
James & Sandra Jaikulski
Patrice Jeffries
Paul Jonath
Catherine Jowisk
Patricia D. Jurick
Laurie Kaeble & Jacquelyn Strack
Richard Kaznowski
Kay E Kieliszewski-Kassee
Jean Koralewski
Roger & Catherine Kluczykowski
Raymond & Joycelyn Koenig
Dany Komis
Ronald Kotecki
Jerold Kraner
Bran Kryszak
Jayne Kutka
Susan Lahr
Robert & Edith Lisikowice
William & Jean Lohr
Juan & Ashley Lozada
Gary & Bonnie Beth Lugauer
Marlene Magee
Katharine Mariman
Patrick & Kim Marquette
Mc & DP Matz
John & Carol May
Robert McCreary
David & Lynn McManuman
Georgia McRae
Ronald Meleski
April Mezz
Therese & John Michalski
William Miller
Sandra Minguez
Michael & Barbara Minter
Lynn Molitor
Judy Morris
Sharon Morris
Jane & Richard Murray
Karen Tharp Naier
Kathleen Nelson
Michael & Vicki Neuberger
Carol & Adam Nowaczynski
Jason & Crystal Nuss
Mike & Kitty O’Connell
Donis O’Leary
Martin & Debra Orlando
Michael & Cheryl Orlando
Sandra Page
Marvin & Laura Paluszynski
Angeline Pappasophian
Cheryl Parkins
Steven Parsons
Joe Pasamani
Joan & Thomas Paul
Bruce & Susan Peacock
Barbara Perzy
Gertrude Pinter & Barbara Pinter
Johnston
Jeffrey Piontek
Mary Ellen Porter & Jani Harrington
Carol Potykas
Marlene Rauch
Gregory L. Reichelt
Sandra Rinaldi
Bob Ronak
Bar Ryan
Kathleen Rychlinski
Diane Rychlinski
Mike Ryterski
David & Leslie Sadowski
James & Jean Santi
Dominic Scaffidi & Agnes Scaffidi
Ellen Schmidt
Jeffrey Schmidt
Sarah Scott
Donna Seaman
Ellen Sheahan
George & Catherine Simonson
Scott Sotile
Philip Spence
Diane Stann
Paul & Christine Stefaniak
Dianne Stoner
Craig Stringfellow
Joseph & Jacqueline Stueck
Sue & Friends
Suze, Douglas & Dan
Sandy & Dan Sykora
Margaret Tennesen
Mary Tore & Nancy Drewes
Sophia Torcivia
Michael Towyters
Thomas Trochta
Yun Chi & Agatha Tsao
Phyllis Verhaalen
Mike Warkowski
Gerald Watzyn
Paul Waskowski
Frank Wellstein
Christopher & Lori Westra
Margaret Wiken
Harry & Diane Wihanowicz
John Zajackowski