

Community Cares News

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

PROJECT CONCERN - SPRING 2020



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.

How A Global Pandemic Has Brought Us Together

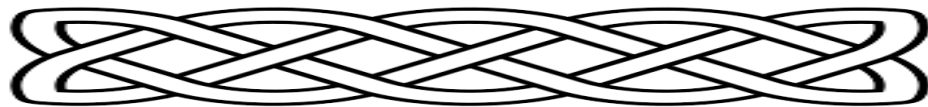


There is a lot of good in our community! By the time you read this, it's hard to say where we'll be with the health crisis we are all facing. Currently, Project Concern, the food pantry, clothing bank and resource center serving all of Cudahy and Saint Francis, has moved to a "drive-up" model, where we pre-pack boxes of food and goods for our families and carry each box up the steps and out to their vehicle or cart. Nobody other than staff and a small cadre of healthy volunteers are permitted in the building, to help avoid the spread of this virus.

While this is indeed a time of global crisis, it's also a time to be thankful for the many, many families that use our pantry, and the community that supports us. We are seeing a substantial increase in the number of new families that have come in over the past few weeks, and that trend will continue. Our families have been very patient, understanding and grateful for all the extra work that we have done to provide for our neighbors. I have personally witnessed our staff and volunteers work tirelessly to help alleviate food insecurity for our families.

In a world that often feels like it's spiraling out of control, a global crisis has helped bring us together. No matter what the future holds, we at Project Concern have seen the shining good in our community and we wish to remind everyone that we cannot and would not exist without all of you. If you need our services or would like to learn more about what we do and how you can help, please call or stop by. God bless.

Patrick Higgins - Agency Director



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 bridge/safety net to help them become self-sufficient.

Agency Director: Patrick Higgins
Phone: 414-744-0645

Fax: 414-744-0645

Email: info@projectconcerncudahy.org

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 Wed: Noon to 3:00pm*

Website: projectconcerncudahy.org

Like us on Facebook:
Project Concern of Cudahy-St. Francis

Food Pantry Services:

- ◆ Emergency food in collaboration with Hunger Task Force.
- ◆ Clothing, household items, toys, books 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.
Thank you to our many supporters!

Director's Cut

A Group Effort

This week, as society finds itself in isolation due to the virus spreading, we had a young woman come to the pantry for the first time. I met her just outside our door and you could tell she was not very hopeful of getting help, like she's been turned down many times. I smiled and welcomed her, and she said "Me and my two kids don't have any food or anything really. We had to move out due to domestic violence and now I'm laid off because of the virus." She started to say more, and I gently stopped her, "We have lots of food and clothing, and a number of other things for you, and there is no charge for any of it." She put her hands to face and began crying (I might have also, a little bit...).

I ran downstairs and found Marlene, my go-to for putting together items for a family in distress. "I got it boss..." she said and rounded up Kathleen. While they went to work finding bedding, blankets, coats, cups, plates...you name it, Al and Michelle began packing her several big boxes of fresh and non-perishable food. Richard, Doug and John handled all the paperwork side of things, while Tony and Nick carried everything up the stairs. And of course, we wouldn't have much to give out if Dick, Jerry and Brian don't do all of their daily pickups for the pantry. And Michele supervised it all!

The woman was again overcome with gratitude as we piled box after box into her van. She told me her prayers were answered. I told her God is good and that indeed, this was a group effort.



What Donations Do We Need Most?

During this health emergency, we are kindly asking that people not bring any clothing or household donations until we are able to open our pantry back up to our families to come inside and shop again. We just don't have the room or volunteers to sort through it at this time. We are still gladly accepting financial support! Thanks for understanding :)

The other items we could really use right now are new men's, women's and children's socks and underwear and adult and children's toothpaste.

CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

Importance of Social Interaction

We believe it's good for seniors to have social interaction of some kind. The Kelly Senior Center in Cudahy is a great option. Here at CSFI Program for the Elderly, we are looking for people to make companionship phone calls to seniors that would enjoy a conversation every so often. If you would like to make companionship calls to a senior, or if you would like to receive phone calls, please contact us!

SENIOR RESOURCE NUMBERS

2-1-1 IMPACT 24 hour helpline
Aging Resource Center of Milw. County - (414) 289-6874
Kelly Senior Center - (414) 481-9611
SDC Senior Benefit Enrollment Service - (414) 906-2706
JFS Counseling for Disabled Seniors (414) 390-5800
Kelly Senior Center - (414)481-9611

SOPHIA'S RECIPE CORNER

Grandma's Bean Salad

This delightful side can also be the star of the meal! You can make it ahead of time and let it sit in the fridge for a day or two. It's simple, and beans in general are high in fiber, protein and minerals. No cooking required. Enjoy!!

***Tip: Look for beans with low/no sodium**

Ingredients

- ◆ 4 cans any type of low/no sodium beans, rinsed and drained (if using green beans, chop them into bite size pieces)
- ◆ 1 small onion of any kind, chopped
- ◆ (optional) chopped cucumbers, parsley, cilantro
- ◆ DRESSING: oil (any kind), apple cider vinegar (or any vinegar will do) and sugar

What to do

- ◆ Drain and rinse all beans, place in large bowl
- ◆ Add chopped onion into large bowl with beans
- ◆ DRESSING: combine 1/3 cup oil, splash of vinegar and 1 teaspoon of sugar in small bowl. Mix until well blended, adding more or less oil, vinegar or sugar, if desired.
- ◆ Pour dressing over bean salad, mix thoroughly until evenly coated and then cover and place in refrigerator until ready to use.



Phone: 414-483-4474

Fax: 414-483-4476

Email: info@csfiprogram.org

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	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

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.



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

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

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



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

CLOSED DATES

**Project Concern &
CSFI for the Elderly**
Will be closed on:

Friday May 8 Monday May 11
Friday May 22 Monday May 25
Friday June 26 Friday July 3
Saturday July 4 Friday Aug 7
Monday Sept 7 Friday Oct 30
Friday Nov 27 Friday Dec 25
Friday Jan 1, 2021

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**“ECRWSS”
POSTAL CUSTOMER**

WISH LIST



Project Concern does more than just provide emergency food. We provide a warm, welcoming place for those in need. Please help us by donating items from the wish list below so that we can provide our patrons with life's necessities!

Shampoo/Conditioner

Shaving Cream

Laundry Soap

Hand Soap

Toothpaste/Toothbrushes

Body Wash

Lip Balm

Kleenex

Razors

Dish Soap

Bar Soap

Diapers

Lotion

New Socks