

# Community Cares News

**SPRING 2021**



*Community Cares News is a joint newsletter for Project Concern Food Pantry and the Interfaith Program for the Elderly*

## Free Smiles!

In many ways, smiles have been a little harder to come by over the past fourteen months for lots of folks. That's true for us here at Project Concern as well, but we refuse to let things keep us down.

Around the first of this year I received a letter from a woman who is retired now, but worked many years for the Cudahy School District. In her role she called on Project Concern often for help when a student did not have sufficient clothing, as she knew we had a nice selection of free clothing for our families. Barbara Johnson was the Agency Director here at the time. The letter went on to share a story that helps illustrate the ways, besides food, that Project Concern impacts our local community.

"We received help from Barbara countless times, and I'll never forget the young boy in first grade that really needed help with suitable clothing. From where I sat in the office, I would see him appear each morning at the lost and found box, where he would root through the items and find something that he could wear for the day, and then return the items before he went home. Eventually he grew fond of a particular sweatshirt and gloves, and I watched each day as he hid those items in the bottom of the lost and found so he could get them again the next day. He loved the gloves so much that he actually placed them *under* the box on the cart so they would be there. So I called over to Project Concern and Barbara was on it immediately. She came over later that day with a new jacket, gloves, hat and other items for the young boy. He was so excited, I'll never forget the big smile on his face!"

While my eyes were certainly misty after reading the touching letter, I found that I was also smiling. And I realized that among the many ways we help our neighbors in need, the common denominator through it all is the smiles we see and the smiles we share. People Helping People is more than our slogan, it's what we do, and we can't do it without this amazing community helping us!

## **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

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**Fax:** 414-744-0645

**Email:** [info@projectconcerncudahy.org](mailto:info@projectconcerncudahy.org)

**Mailing Address:**

P.O. Box 100093

Cudahy, WI 53110-0093

**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

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

9:00am to 11:00 am

*\*\* By appointment Wed: Noon to 3:00pm*

**Website:** [projectconcerncudahy.org](http://projectconcerncudahy.org)

**Facebook:** ProjectConcernCSF

**Food Pantry Services:**

- ♦ Emergency food in collaboration with Hunger Task Force and Feeding America
- ♦ Clothing, household items, toys, books and more
- ♦ Personal care products
- ♦ Information and referral services
- ♦ Birthday bag and gift for children.
- ♦ Seasonal programs:
  - School Supplies for students.
  - Holiday food baskets
  - Christmas gift program

*All services are provided free of charge*

**Thank you to our many supporters!**

### **A Day At Project Concern**

If you have never been to visit our food pantry, I thought it might be fun to share a quick, action-packed summary of a typical day here. So here goes!

A volunteer opens up between 6:30-7:30am. Another volunteer heads over to Walmart in South Milwaukee, to pick up a van load of meat, dairy and produce donations. These items are brought back and weighed and we record the information, then put them away. The Agency Director and other volunteers arrive between 8:00-8:45am and begin to bring items out of the walk-in cooler and set up for the day. At 9:00am we head outside to see who is already in line. Sometimes the line stretches to the end of the block! After welcoming and checking our families in, the fresh food team assembles boxes of food for families that have arrived. We have packers, runners, stockers and more. We separate compost and recyclables from garbage. Throughout the day we receive various donations and welcome various partners to help out. At 10:30am we head over to Pick 'N Save in St. Francis to pick up their donations, then bring them back to sort and share with our families. Every Monday we pick up 600lbs of produce from Feeding America, and twice a month Hunger Task Force delivers up to 8,000lbs of food to us. Other volunteers arrive to take food to our homebound neighbors, with our dry goods team and front office volunteers leading that effort. It's a constant stream of things coming in and things going out. At noon we close and put all the perishables away, clean up and take out the garbage. It's a ton of work but we love what we do and thank you for helping us care for our neighbors!

### **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, sleepwear and spring coats 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!

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

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

### **Growing Your Mind**

Dear senior neighbors! With summer nearing, consider planting some herbs that can be placed in a sunny window indoors. Research has shown that starting an herb plant from seed can be a wonderful way to calm your mind, find beauty in nature and also provide stress relief! All you will need is a small container with drainage, some dirt and seeds. Small herbs like basil, chives, oregano and parsley are ideal for indoor planting. If you don't have access to these items please call us for help!

### **SENIOR RESOURCE 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

## **SOPHIA'S RECIPE CORNER**

### **Easy Classic Chicken Bake**

This classic American recipe is simple to make, hearty and nutritious. And you can usually find all the ingredients at Project Concern!

#### ***Sophia's Chicken Bake***

##### **What's in it**

- ♦ 1-3 lbs of your choice of chicken (skin or no skin)
  - Health Tip: Skinless chicken has less saturated (bad) fat
- ♦ 2 tbsp. of melted butter
- ♦ 1 can cream of chicken or cream of mushroom soup

##### **What to do**

- ♦ Cut raw chicken up into even size pieces and place into lightly greased baking dish
  - For a heartier meal, add chopped carrots/potatoes to pan
- ♦ Drizzle with butter all over
- ♦ Place cover or foil over pan and bake at 375 for 40 minutes
- ♦ Add can of soup, cover again and bake for 20 more minutes or until all chicken is cooked to an internal temp of 165

***"Good food doesn't have to be complicated. Experiment and have fun! 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.





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

### CLOSED DATES

Project Concern & CSFI Program for the Elderly will be closed on:

Friday May 28	Mon May 31
Wed June 23	Sat July 3
Friday Aug 13	Mon Sept 6
Friday Oct 29	Fri Nov 26
Friday Dec 24	Sat Jan 1

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## 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

Feminine Hygiene

Diapers

Baby Wipes

New Socks