

FALL 2022



*Your Friendly Twice-a-Year Newsletter For Project Concern and Cudahy/St. Francis Interfaith Program for the Elderly*

## Small Acts of Kindness Make a Big Difference

In today's increasingly polarized and digital society, in-person connections are so important for one's mental and emotional—and physical—well-being.

While every food pantry strives to alleviate hunger in their communities, Project Concern goes above and beyond, providing a safe and welcoming environment for all. The COVID-19 pandemic has presented the organization with major challenges, including the closure of the pantry to the public for over two years. Staff and volunteers accepted these challenges admirably, with warmth and compassion. Patrons received curbside and in-home deliveries and phone calls checking to see how they were doing.

I was first introduced to Project Concern in 2018, while working as a freelance writer for the now-defunct Milwaukee Post newspaper. I was so impressed with the clean, organized and well-stocked pantry. Four years later, I happily accepted the position of the Project Concern Fund Developer. I'm continually amazed by the pantry's dedicated volunteers and how much of a difference we make in the lives of our patrons, evidenced by the moving testimonials Project Concern receives on a regular basis.

Besides providing basic needs such as food, clothing and referrals to other service agencies, Project Concern truly understands how small acts of kindness—a new backpack for a child whose family is struggling to afford school supplies; a fun toy for a toddler celebrating a birthday; diapers and baby clothes for new parents—can make such a big difference in the lives of those who are going through a rough time.

I'm honored to be a part of such a wonderful organization.

**Catherine Jozwik, Project Concern Fund Developer**

# 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.

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**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*

## **Food Pantry Services:**

- ◆ Emergency food in collaboration with Hunger Task Force and Feeding America
- ◆ Clothing, household items, toys, books and more
- ◆ Infant needs
- ◆ 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!**

## **Volunteer Spotlight-Meet Marlene!**



*Volunteer Spotlight is a new series highlighting the exceptional volunteers that help Project Concern run smoothly. We can't thank you enough for your hard work and dedication!*

Marlene Magee has been volunteering for Project Concern since 2015. A former Illinois resident, she moved to Wisconsin to be closer to family after her husband of 30 years passed away.

“It was really hard,” she said. “I felt like I lost my whole life. I was living in a condo, and I just didn’t want to be (stuck among) those four walls.”

Magee found out about volunteer opportunities through the Project Concern biannual newsletter. Initially, she volunteered for Monday and Friday pantry shifts, but decided to add Wednesdays as well. She is now the department lead for incoming (non-food) donations.

“This is an outlet for me—this place has done more for me than I do for it,” she said. “It’s so important for the community, and it keeps me out of trouble. I’ve got really special people that I work with. They give it their all—they’re awesome.”

In her time volunteering at the pantry, Magee has put her exceptional organizational skills to good use, making sure cleaning and personal care items are neatly arranged and clothing racks are filled with clothes.

The closure of the pantry to the public from March 2020 to May 2022 gave her and other volunteers plenty of time to get the pantry in shipshape.

All clothing on racks is arranged according to size. Sizes are clearly labeled on shoes, as are measurements on linens and curtains. “I’m compulsive when it comes to labeling,” noted Magee.

Her careful attention to detail has helped improve the pantry experience for patrons, who can easily find clothing that fits them properly. “People look at and take more clothing items now,” said Magee.

In her spare time, Marlene enjoys trips to Potawatomi Bingo & Casino, reading books & visiting with family and friends.

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

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

### Feeling Stressed? Try These Tips

- Take a series of ten slow, deep breaths, breathing through your nose. Be sure not to rush!
- Try a cup of hot tea, such as chamomile or an herbal blend (avoid caffeinated tea when possible)
- Listen to soothing classical, ambient or New Age music. Websites such as pandora.com and youtube.com offer many music choices for free.
- Imagine a peaceful scene, such as a sunny beach, a cozy cabin in the woods or a tranquil forest. Let your mind explore it.
- Don't forget to laugh! Watch a funny movie or TV show, read a funny book, or share jokes with friends.

### SENIOR RESOURCE NUMBERS

- 211 - IMPACT 24 hour helpline
- Aging Resource Ctr of Milwaukee County - (414) 289-6874
- Kelly Senior Center (Cudahy)- (414) 481-9611
- SDC Senior Benefit Enrollment - (414) 906-2700
- JFS Counseling for Disabled Seniors (414) 390-5800

## SOPHIA'S RECIPE CORNER

We have a guest cook for this edition, Pam!

### Pam's Pollack



What you need: 1 large skillet or pan, 1 tbsp oil, 1 bell pepper (sliced), 1 med onion (sliced), 2 garlic cloves (chopped), 1 cup salsa, 1 (14oz) can diced tomatoes, 1 tsp chili powder & cumin (or any low-sodium seasoning), 1 (14oz) can black beans (rinsed & drained), 1 cup corn (frozen or can), 1 pound Pollack or mild white fish (pat dry), 1 lime

What to do: In large skillet over medium heat, cook onion & pepper for 5 minutes. Add garlic, cook 30 seconds more. Add diced tomatoes, most of the salsa and all the seasonings - cook for five minutes. Add beans & corn, stir and bring to a simmer. Place fish on top of mixture and drizzle remaining salsa over fish. Cover and let simmer for 10-15 minutes. Uncover and let cool for few mins, then squeeze lime over. Serve over rice if desired. Enjoy!! Pam

\*Nearly everything for this recipe was available last month at Project Concern Food Pantry

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### **Services for Senior Neighbors:**

- ◆ Referrals to helpful programs
- ◆ Resources on health, finances & more
- ◆ Help around the house
- ◆ Personal visits by phone or in person
- ◆ Lending library of durable medical equipment

### **Medical Lending Library**

This free service is available to all Cudahy and St. Francis residents regardless of age.

Equipment includes:

- ◆ Canes
- ◆ Raised toilet seats
- ◆ Walkers
- ◆ Wheelchairs
- ◆ And more!

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



OTTO BREMER TRUST

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

**CLOSED DATES**

Project Concern & CSFI Program for the Elderly will be closed on: 2022 Fri Nov 25 Mon Dec 26 2023 Fri March 17 Fri April 7 Mon May 15 Mon May 29

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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 New Can Openers Dish Soap Feminine Hygiene Diapers Baby Wipes New Socks