

SPRING 2023



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

Bowling to Help End Hunger



Hello everyone, and Happy Spring!

This year, Project Concern celebrates its 55th anniversary of serving the Cudahy and St. Francis communities with dignity and compassion.

As always, we are so thankful for our generous supporters, many of whom are long-standing.

The last several months have been busy and productive ones for us! After more than three years, Project Concern once again celebrated its annual bowling fundraiser March 19 at South Shore Bowl in Cudahy.

More than 90 bowlers participated, and many local businesses and individuals sponsored the event and/or donated items for the event's raffle and silent auction.

Fundraising totals exceeded \$6,000, all of which will provide food, personal care items, and more to local families in need.

We are so grateful to the generous supporters that helped make the fundraiser the smashing success that it was!

Project Concern also extends a huge thanks South Shore Bowl owner Dan Gnad and his fantastic staff, who worked tirelessly to make sure everyone had an enjoyable time, including serving delicious pizza to hungry bowlers!

Fundraising events such as these showcase our communities as caring and helpful, and especially so during difficult times.

Together, we can help end hunger in our communities.

-Catherine Jozwik, Project Concern Fund Developer

PROJECT CONCERN OF CUDAHY-ST. FRANCIS

Our Mission: To compassionately provide a path to self-sufficiency by providing basic needs such as food, clothing and access to additional community resources.

Agency Director: Patrick Higgins
Phone: 414-744-0645
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Email: info@projectconcerncudahy.org
Website: projectconcerncudahy.org
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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
1st 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
- ◆ 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 Richard!



To Richard Haro, the most enjoyable thing about volunteering with Project Concern is making meaningful and lasting connections with its patrons.

“I love seeing the people I have created bonds with and being acquainted with the community in that way,” he said.

Haro, who graduated from Milwaukee Area Technical College’s Human Services program, has a background in administrative work. He began volunteering at Project Concern in February 2016, and can be found at the pantry’s front desk helping patrons complete intake paperwork as well as help manage the day-to-day operations for the Food Pantry.

Haro added that the pantry provides a welcoming and friendly atmosphere to both patrons and volunteers, making it a great place for those interested in helping others in their community to donate time and talent.

For example, Project Concern volunteers get together once a month for lunch at an area restaurant. “You really feel the sense of family,” he said.

Although Cudahy has been the pantry’s home for 55 years, Haro believes that many residents are still unaware of the pantry and its many services. “People should explore the neighborhood and research what resources are available,” he said.

In his spare time, Haro enjoys taking long walks, watching horror movies, browsing thrift stores, and spending time with his cat, Sophie.

CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

Budget-Friendly Spring Cleaning

Did you know that you can freshen up your home with ordinary household products? Read on for some helpful tips!

Natural Cleanser

Combine 3/4 c. water, 3/4 c. rubbing alcohol, 5-10 drops of peppermint, orange or lemon essential oil, and 1 squirt of natural dish soap. Mix ingredients in a spray bottle.

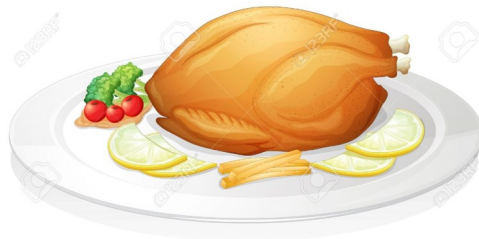
Unclog Your Drain

Forget about using Drano and other harsh drain cleaners, which are very caustic to pipes. Pour 1/2 cup baking soda down the clogged drain, then add 1 cup of vinegar. Cover area and let sit for 10 minutes. Then, pour 1 cup of boiling water down the drain. Repeat process until drain is unclogged.

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) 906-2706
- JFS Counseling for Disabled Seniors (414) 390-5800

Recipe Corner



Zesty Italian Chicken

This chicken breast recipe is quick, easy, inexpensive and healthy, perfect for spring and summer evenings. Serve with a side salad, rice, or a vegetable dish.

- 4 chicken breasts
- 1 cup low-fat Italian salad dressing

Preheat oven to 350 degrees. Place chicken breasts in glass pan or on cooking sheet. Pour an equal amount of salad dressing over each chicken breast. Bake for 35-40 minutes.

Recipe provided by Marilyn Jozwik

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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

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.



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

CLOSED DATES

We will be closed on:

- Mon May 29
- Mon July 3
- Friday Aug 11
- Sat Sept 2 & Mon Sept 4
- Friday Nov 24
- Mon Dec 25

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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