

Community Cares News

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

FALL 2013



The Community Cares News is the joint newsletter for Cudahy-St. Francis Interfaith (CSFI) Program for the Elderly serving our neighbors 60 and older and Project Concern, the emergency food pantry that serves individuals and families in need in Cudahy & St. Francis.

The joint mission of both organizations is to strengthen the Cudahy-St. Francis community by ministering to the needs of the older adults and low-income individuals and families.

CSFI Program for the Elderly

Phone: 414-483-4474

Fax: 414-483-4476

Email: csfinterfaith@hotmail.com

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 8:30 am to Noon

12:30 pm to 3:30 pm

Wednesday 8:30 am to 1:00 pm

Friday 8:30 am to 1:00 pm

Answering machine available on all other days.
Messages will be answered on the following
business day.

Website: interfaithcudahy.org

Facebook: [facebook.com/CSFInterfaith](https://www.facebook.com/CSFInterfaith)

Services for Senior Neighbors:

- ◆ Information
- ◆ Referrals to other programs.
- ◆ Resources on health, finances and more.
- ◆ Rides to medical and financial appointments supplied by volunteer drivers.
- ◆ Help around the house and yard
- ◆ Personal visits by phone or in person.
- ◆ Lending library of durable medical equipment for all ages.

Project Concern

Phone: 414-744-0645

Fax: 414-744-0645

Email: projconcern@msn.com

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

Or by appointment on Wed. & Fri. from
12:30 pm to 2:30 pm

Website: projectconcerncudahy.org

Facebook: [facebook.com/ProjectConcernCSF](https://www.facebook.com/ProjectConcernCSF)

Food Pantry Services:

- ◆ Emergency food in collaboration with Hunger Task Force.
- ◆ Shopping for clothing, household items, toys and more.
- ◆ Personal care products.
- ◆ Information and referral services.
- ◆ Seasonal programs:
 - School Supplies for students.
 - Holiday food baskets.
 - Holiday gift program for children 17 and younger.

New Hours

DO YOU THINK OF YOURSELF AS SPECIAL OR INDISPENSABLE?

We sure do! Why? Because of this simple truth: your support - the gifts you make to Project Concern and CSFI Program for the Elderly - makes everything we do possible.

The money we receive goes to providing food to 350 to over 500 families per month. It also covers the cost of rides and other services to over 300 seniors per month. These services are *made possible by **your** contributions.*

This is the time of year we ask our generous community members to reaffirm their commitment to Project Concern and CSFI Program for the Elderly by making a tax-deductible gift.

If you wish to make a donation to either organization or both, a self-addressed envelope is included in this newsletter. Please check the box on the envelope indicating which organization you wish to support. Donations without a selected preference will be used for the organization that has the greatest need at the time the donation is made.

We are here for **our neighbors in need** every day - because **you** and other caring community members are here for **us**.



DONATIONS

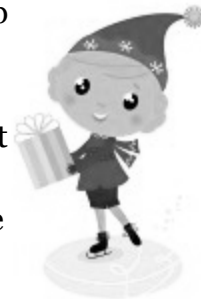
As always Project Concern is happy to take donations of clothing, household items, and toys. Items not accepted are mattresses, old TV's, large pieces of furniture, items with broken, missing pieces, stained or torn clothing or items containing hazardous materials. Please remember to drop off donations when our facility is open. Items left outside can be damaged by the elements and pose a hazard for anyone trying to get in or out of the building.

THANK YOU to our main supplier of food - Hunger Task Force and all our donors & volunteers for all they do for Project Concern and/or CSFI Program for the Elderly.



ARE YOU ONE OF SANTA'S ELVES ?

We are looking for warmhearted elves that would like to spread holiday joy by giving a holiday gift to a child in need. Sponsoring a child is as easy as contacting Project Concern at 414-744-0645 or pctestaff@hotmail.com. Elves can sign up at anytime. Unwrapped gifts must be delivered to Santa's Workshop (aka Project Concern) by Mon., Dec. 16th. at 6pm. Suggested price range for gifts is \$25 to \$30. Sponsor forms are available on the Project Concern website or at the food pantry.



HOLIDAY GIFTS FOR CHILDREN

Families wishing to register their children (ages 17 and younger) to receive a gift must sign up at Project Concern by Wed., November 27th. Please



remember to ask for gifts in the price range of \$25 to \$30. Gifts are to be picked up on Sat., December 21st. Gift request forms are available at the food pantry and on our website.

HAVE SOME FUN

Come have some fun and do meaningful work helping our neighbors in need by volunteering. Below are some of the volunteering opportunities at your local CSFI office and food pantry.

- Hold a fundraising event.
- Work at the food pantry, sort donations.
- Work in either organizations' office.
- Drive seniors to appointments.
- Deliver food to homebound seniors.
- Hold a donation drive for food, clothing, personal care products or school supplies.
- Look for donation & write letters to request items.
- Run errands, picking up donations.
- Translation services needed in Spanish & Albanian

If you or someone you know have talents which they'd like to share, just contact Project Concern or CSFI Program for the Elderly.

LIVE SAFELY – LIVE LONG

We all have habits and get comfortable with our daily routines. However as we age we need to consider making some changes to ensure our safety and avoid falls. Falls are the leading cause of accidental injury in adults 65 and older. In 2010, 2.3 million older adults were treated in emergency rooms due to falls and more than 662,000 of these patients were hospitalized. There are five key risk factors of falls among older adults. Osteoporosis, lack of physical activity, impaired vision, medications, and environmental hazards. Have a conversation with your physician about proper nutrition, exercising, side effects of medication and anytime you feel your balance is affected. And for good measure get regular vision exams.



To address household hazards consider making some changes. Think about the use of grab-bars and non-slip mats in the bathtub, handrails on both sides of the stairs, and slip-resistant carpets and rugs. Clutter, electrical and phone cords should be cleared from traffic patterns that should be well lit. Educate yourself and live longer. For more information and ideas on falls prevention visit www.cdc.gov.

WATCH OUT! Drive Safely, Walk Safely



A NEW Pedestrian Safety Campaign focusing on both walkers and drivers is being lead by the South Shore Connecting Caring Communities Committee, a group established through the Milwaukee County Department on Aging.

Remember to pay attention while driving, biking and walking - do not talk or text. To learn more, join the group or the safety campaign contact Debby, at CSFI Program for the Elderly 414-483-4474 or csfinterfaith@hotmail.com. For more safety info visit: www.dot.wisconsin.gov/safety/motorist/pedestrians or www.safety.fhwa.dot.gov/local_rural/pedcampaign/guide.htm.

WATCH OUT and have a safe day.

DOUBLE CHECK PRICES

Grocery prices may be affected by their location in the store. For instance, cheese in the deli or the gourmet section of the store might cost up to twice as much as block cheese in the dairy case and likely will not be any better. Nuts in the baking aisle could be cheaper than those in the snack aisle. Likewise salsa prices might be lower in the condiment section vs. the section near the chips.

AUDIOBOOKS



GREAT ENTERTAINMENT

Here are a few internet sites that will allow you to get audiobooks for free.

- LibriVox.org – a worldwide digital library with unabridged classics like Dickens's *Great Expectations*. The site offers over 4,000 titles.
- Verkaro.org and audiobookforfree.com are two other sites to try.

The audiobooks can be played on a computer, MP3 player, or burned to a CD.

RECIPE CORNER

Homemade Hot Cocoa Mix

Ingredients:

- 1/2 cups powdered milk
- 1 (5 ounce) package non-instant chocolate pudding mix
- 1 cup powdered chocolate drink mix
- 1/2 cup powdered non-dairy creamer
- 1/2 cup confectioners' sugar
- 1/2 cup unsweetened cocoa powder

Directions:

In a large bowl, combine powdered milk, chocolate pudding mix, chocolate drink mix powder, creamer, confectioners' sugar, and cocoa. Store in airtight container Mix can be stored in a dry area for up to 3 months.

To use mix: Dissolve 1/3 cup cocoa mix in 1 cup boiling water.

Yields approximately 8 cups of mix servings.

Recipe from allrecipes.com



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

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

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

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"Christmas, my child, is love in
action. Every time we love, every
time we give, it's Christmas."
Dale Evans

HOLIDAY CLOSINGS

**CSFI Program &
Project Concern**

Will be closed the following dates:

**Columbus Day -
Monday, Oct. 14**

**Thanksgiving -
Friday, Nov. 29th**

**Winter Break -
Wednesday, Dec. 25
Monday, Dec. 30
Wednesday, Jan. 1, 2014**

WAYS YOU CAN HELP

⌘ **November**

Holiday food drive
Holiday gifts for children

⌘ **December, the first 3 weeks**

Send a holiday card/note to a senior on behalf of CSFI Program for the Elderly.

⌘ **Before January 1, 2014**

Make an end of the year tax deductible donation.

American Taxpayer Relief Act has a provision that allows 70 1/2 and older IRA accounts owners to donate their IRA withdrawals to charities through tax year 2013. Transferring an IRA distribution to Project Concern or CSFI Program for the Elderly allows retirees to avoid paying income tax on the amount withdrawn. Check with your tax professional.

Drop donations off at Project Concern & CSFI Program for the Elderly 4611 S. Kirkwood lower level of the Nativity of the Lord Parish.