

HELPING OTHERS IN NEED IS OUR MISSION



Community Cares News is a newsletter that provides vital information regarding the activities and events of Project Concern's food pantry and Cudahy-St. Francis Interfaith Program for the Elderly.

The Reasons for the Season & The Reason to Give

'Tis better to give than receive. How many times have we heard this? Think about what it really means. Recently a young working mother, being treated for cancer, with mounting medical bills and garnisheed wages, and fear that she could not pay her rent, came to us for help. Your giving allowed us to provide food, clothing, personal care items, diapers, and a holiday gift for her baby. We also were able to connect her with other agencies that could assist her. Your big-heartedness enabled us to lift some of her burden and actually put a smile on her face. Without your gifts Project Concern would not exist.



Santa's Elves Needed!



Some children have no gifts to open on Christmas. Help Santa reach those children this holiday season by sponsoring a child or two. Sign up as Santa's Helper by email at pcstaff@hotmail.com, stop by the pantry, or call us at 414-744-0645. The gift price range is \$25-\$30 per child. Put a smile on a little one's face and enjoy the gift of giving.



CHILDREN'S HOLIDAY GIFT ASSISTANCE PROGRAM

The holiday season can be a time of happiness and of celebration.

However, the holidays can be stressful for parents struggling to provide their child(ren) with holiday gifts.

Project Concern is here to help. Families registered with our pantry may sign up for holiday gift assistance until mid-November. Registration forms are available at the pantry or on the website at projectconcerncudahy.org.



In 2018 Project Concern will be 50 years old. This milestone was reached through the hard work of past and present staff and volunteers and the exceptional generosity of our donors. **We Thank You All!**

We invite you to support the food pantry and CSFI Program for the Elderly by participating in the following events.

Jan. 2018 - Bowling Event

Feb. 2018 - Anniversary Event

June 2018 - St. Mark's Benefit Concert - Recycling Drive

July 2018 - Sweet Applewood - - - Jewelry Sale

Oct. 2018 - Grand Time Out - - - Dinner/Dance

Please watch for more information about these events. Follow us on Facebook—facebook.com/ProjectConcernCSF



PROJECT CONCERN OF CUDAHY-ST. FRANCIS

Our Goal is 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.

Phone: 414-744-0645

Fax: 414-744-0645

Mailing Address:

P.O. Box 100093

Cudahy, WI 53110-0093

Email: projconcern@msn.com



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

9:00 am to 11:00 am

Or by appointment Wed. & Fri.

12:30pm to 2:30pm

Website: projectconcerncudahy.org

Like us on Facebook:

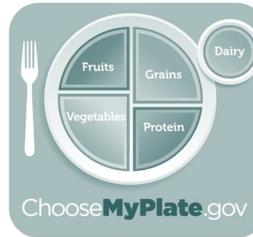
facebook.com/ProjectConcernCSF



Food Pantry Services::

- ◆ Emergency food
- ◆ Shopping for clothing, household items, toys and more.
- ◆ Personal care products.
- ◆ Infant Items (formula, baby food and baby care items).
- ◆ Information and referral services.
- ◆ Assistance with FoodShare provided by Hunger Task Force
- ◆ Seasonal programs:
 - School Supplies for students.
 - Special holiday food baskets for families with children.
 - Holiday gift program for children 17 and younger.

What is the USDA MYPLATE?



MyPlate is a reminder to find your healthy eating style and adjust it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- * Focus on variety, amount, and nutrition.
- * Choose foods and beverages with less saturated fat, sodium, and added sugars by using nutrition fact labels and ingredients lists.
- * Start with small changes to build healthier eating styles.
- * Choices from all five food groups including fruits, vegetables, grains, protein foods, and dairy to get the nutrients you need.

From MyPlate.gov

YOUR DONATIONS ARE A KEY TO OUR PROGRAM SUCCESS

The donations we receive gives us the ability to serve the community. Project Concern and CSFI Program for the Elderly rely on the following types of donations:

- * Food, canned, frozen or fresh recommended by the USDA MyPlate with unexpired freshness dates
- * Personal Care Items
- * Household Items
- * Clothing
- * Grocery Bags
- * Tax Deductible Monetary Gifts
- * Toys/Books
- * Used Ink Cartridges
- *Your Time



****Please drop off all donations inside the building - so the much needed items are protected from the weather.**

****We do not accept hazardous materials, mattresses, large pieces of furniture, or old tube televisions.**

CUDAHY-ST FRANCIS INTERFAITH (CSFI) PROGRAM FOR THE ELDERLY

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

Special Nutrition Concerns for Older Adults

Our daily eating habits change as our bodies get older. Make small adjustments to help you enjoy the foods and beverages you eat and drink.

Add flavor to foods with spices and herbs instead of salt and look for low-sodium packaged foods.

Add sliced fruits and vegetable to your meals and snacks. Look for pre-sliced fruits and vegetables if slicing & chopping are a challenge.

Ask your doctor to suggest other options if the medications you

take affect your appetite.

Drink 3 cups of fat-free or low-fat milk throughout the day. Can't tolerate milk? Try small amounts of yogurt, butter milk, hard cheese or lactose-free foods. Drink water instead of sugary drinks.

Consume foods fortified with vitamin B12, such as fortified cereals.

A good diet and some moderate exercise will keep you healthy and feeling young.

From ChooseMyPlate.gov



Phone: 414-483-4474

Fax: 414-483-4476

Mailing Address:

P.O. Box 100095

Cudahy, WI 53110-0095

Email: [csfintefait@hotmail.com](mailto:csfintefait@hotmai.com)

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 3:30 pm

Wednesday 8:30 am to 1:00 pm

Friday 8:30 am to 1:00 pm

Website: www.csfiprogram.org

Like us on Facebook:

www.facebook.com/CSFIprogram



Services for Senior Neighbors:

- ◆ Information & referrals
- ◆ Light housekeeping
- ◆ Yard work
- ◆ Resources on health, finances & more.
- ◆ Rides to medical, financial, grocery shopping and other special needs appointments supplied by volunteer drivers.
- ◆ In-person & phone visits with seniors
- ◆ Home safety check

Recipe Corner

ITALIAN ROASTED *chicken* LEG QUARTERS



Ingredients:

- 2 (bone-in and skin-on) chicken leg quarters
- 2 tablespoons butter, melted
- 3/4 teaspoon Italian seasoning
- 1/4 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1 tablespoon lemon juice

Optional: lemon slices and fresh rosemary sprigs, for garnish

Instructions:

Preheat your oven to 425 degrees F. Lightly oil a casserole dish or oven-proof skillet.

Place chicken leg quarters skin-side-up in baking dish or oven-proof skillet. Brush evenly with melted butter.

In a small bowl, combine Italian seasoning, salt and red pepper. Sprinkle seasoning mixture evenly over chicken. Drizzle

chicken evenly with lemon juice.

Bake for 50-60 minutes (uncovered), or until an instant read thermometer registers a minimum of 165 degrees F, or chicken is no longer pink and juices run clear. *From theblondcook.com*

YOU CAN SAVE A LIFE

Winter can be a hazardous time for seniors, slipping and falling is a really danger. Please help the senior in your life by making sure their outside walkway is clear of ice & snow.

MEDICAL EQUIPMENT LENDING

PROGRAM

SPONSORED BY THE CUDAHY-ST. FRANCIS

KIWANIS

- ◆ Canes
 - ◆ Raised toilet seats
 - ◆ Tub chairs
 - ◆ Walkers
 - ◆ Wheelchairs
 - ◆ Assorted aids
- Equipment can be borrowed for an initial 90 days and, if necessary, may be renewed for an additional 90 days.



CSFI Program for the Elderly

**CUDAHY-ST. FRANCIS IN-
TERFAITH
& PROJECT CONCERN**

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

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



Thank you to
Hunger Task
Force for all their
support!

HOLIDAY CLOSINGS

CSFI for the Elderly & Pro-
ject Concern
Will be closed for the following:

2017—Closings

Halloween—Oct. 30th
Thanksgiving—Nov. 22nd
Christmas—Fri. Dec. 22nd
thru Mon. Dec. 26th

2018—Closings

New Years— Jan. 1st
Annual Reports—Jan. 31st
Monthly Report—Feb. 28th
Spring Break— March 30th
& April 2nd
Stamp Out Hunger—May
12th & 14th
Memorial Day- May 25th &
28th
Monthly Report—June 29th

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WHAT'S HAPPENINGS?

All year long, Free Blood Pressure Check
November 2017 - Thanksgiving Food Drive
December 2017- Sponsor a child to receive a Holiday Gift
January 24th 2018 - Fundraiser at Motions Bowling
Sponsored by Feeding America & North Shore Bank
February 2018 - Project Concern 50th Anniversary Celebration
May 2018 - Stamp Out Hunger Food Drive
June 2018 - Electronic Recycling Drive
June —2018 -St. Mark's Musical Benefit Concert
July—2018 - Sweet Applewood Jeweler and Bake Sale
October—2018—Grand Time Out, Dinner/Dance

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