

# Community Cares News

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

**FALL 2018**



Community Cares News is a joint newsletter for Project Concern, the emergency food pantry that serves both communities and Cudahy-St. Francis Interfaith Program for the Elderly.

## 50 Years of Service

In 1968, a group of caring individuals recognized that bad things can happen to good people so they started a food pantry. The St. Frederick's Catholic Church (currently named Nativity of the Lord) gave the group permission to house the food pantry in a small room in the lower level of the church. We have since grown and currently use almost the entire lower level. Shortly after our inception the other churches in the area joined in so support the pantry.

Project Concern has developed and changed to meet the needs of the community and the people who need our help.

An open house was held April 7th where the pantry received from the Mayor a

resolution of congratulating Project Concern of 50 years of service. If you want to learn more about Project Concern please visit us during pantry hours, or visit our website or facebook page.



Mayor, Board and Staff

## Santa's Elves Needed!



### YOU CAN MAKE A DIFFERENCE

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](mailto: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 having a hard time providing their child(ren) with holiday gifts.

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



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

## **PROJECT CONCERN OF CUDAHY-ST. FRANCIS**

**Our Goal** is to help people in need, meeting emergency basic needs and provide a bridge/safety net to help them become self-sufficient.

**Phone:** 414-744-0645

**Fax:** 414-744-0645

**Email:** projconcern@msn.com

**Text:**

**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

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

9:00am to 11:00 am

By appointment

Wednesday & Friday from

12:30pm to 2:30pm

**Website:** projectconcerncudahy.org

**Like us on Facebook:**

Project Concern of Cudahy-St. Francis

**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.
- ♦ Birthday cake mix and gift for children
- ♦ Seasonal programs:

School Supplies for students.

Special holiday food baskets

Holiday gift program for children

*All services are provided free of charge.*



## **Dropping off Donations?**

Project Concern welcomes your donations of gently used clothing, household items, toys, books and bedding. The pantry appreciates your donation. Please keep in mind we do not accept mattresses, large pieces of furniture, items that are broken, missing pieces, stained, torn or containing hazardous materials.

Please only drop off donations when our facility is open. Items left outside can be damaged by the weather and pose a hazard to anyone trying to get in or out of the building.



## **MyPlate—Healthy & Tasty**



Project Concern's main supplier of food, Hunger Task Force, has designated us a MyPlate Pantry. This means that we try to provide more fruits, vegetables and low-salt and sugar foods. The USDA recommends we all eat 5 servings of fruits and vegetables each day and switch to whole grains. They also recommend we reduce highly processed foods like boxed Mac & Cheese and Spaghetti'O's. So when shopping for yourself or for donating to the food pantry think healthy and tasty. Let's all eat healthier. And if you want to know more about MyPlate, Project Concern would be happy to share the information we have.



## **Double Check Prices**

What grocery aisle products are placed in might determine their price. 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.

*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.*

*John F. Kennedy*

*Project Concern tries to live up to this ideal.*

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

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

### HELP FOR SENIORS

CSFI provides help doing yard work in spring, summer, and fall. If seniors need assistance with chores, they should contact the CSFI office early during the appropriate season to sign up for help. We have a limited number of volunteers, so to make sure you get the help you need, it would be advisable to sign up early.

### MEMORY CAFÉ

Memory Cafes are places where persons with Mild Cognitive Impairment, Alzheimer's or a related dementia can go with their care partners to socialize and have fun with other people going through similar things. Attend a café and plan on having fun. There is a café at St. Francis Brew Pub on the first Thursday of the month from 4:30 to 6:00pm. There are several cafes located in Milwaukee County. For more info contact the Milwaukee County Department on Aging.

### RESOURCE NUMBERS

2-1-1 IMPACT 24 hour helpline

Aging Resource Center of Milwaukee County - (414) 289-6874  
Hunger Task for Senior Benefit Specialist - (414) 588-7132  
SDC Senior Benefit Enrollment Service - (414) 906-2706  
JFS Counseling for Disabled Seniors (414) 390-5800  
Domestic Violence 24 hour hotline—1-800-799-7233

## **RECIPE CORNER**

### **Fresh Broccoli Salad**

#### **Ingredients**

2 Tbs. cider vinegar	2 Tbs lemon juice
1/4 c. reduced-fat mayonnaise	2 Tbs cup sugar
1 Tbs. prepared mustard	1/2 teaspoon garlic salt
3 oz. cream cheese, softened	1/8 teaspoon pepper
7 c. small broccoli florets (about 1-1/4 pounds)	
6 oz. fresh mushrooms, stems removed, chopped	
8 bacon strips, cooked and crumbled	
1/2 c. raisins	
3 Tbs. chopped red onion	
Lemon wedges, optional	

#### **Directions**

Place the first eight ingredients in a blender; cover and process until smooth. In a large bowl, combine broccoli, mushrooms, bacon, raisins and onion. Pour dressing over salad; toss to coat. Refrigerate until serving. If desired, serve with lemon wedges.

**Yield:** 6 servings (1 cup each). Originally published as Fresh Broccoli Salad with Lemon in Taste of Home June/July 2014



**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 3:30 pm
Wednesday	8:30 am to 12:30 pm
Friday	8:30 am to 12:30 pm
1st Saturday of the month	8:30 am to 11:00 am

**Website:** csfiprogram.org

**Like us on Facebook:**



CSFI Program for the Elderly

#### **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 |
| ◆ tub chairs          | ◆ and more    |

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  
&  
PROJECT CONCERN**

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

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



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

**HOLIDAY CLOSINGS**

**CSFI for the Elderly  
& Project Concern**

Will be closed the following dates:

- May 22th Memorial Day
- July 3th-8th
- Sept. 4th-7th Labor Day
- Oct. 12th Columbus Day



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**50TH ANNIVERSARY**

**Special donation request:**

For our 50th Anniversary this year we ask that you consider making a special anniversary donation to the food pantry. Help us ensure that we will be here for the next 50 years to help our neighbors in need.

