

# Community Cares News

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

**SPRING 2013**



The Community Cares News, is the joint newsletter for Cudahy-St. Francis Interfaith Program for the Elderly and Project Concern, the emergency food pantry that serves both communities. The Interfaith Program is for all senior neighbors 60 and older. The food pantry serves income eligible individuals and families. Call us for more information - see below.

## Interfaith 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	9:00 am to Noon 1:00 pm to 5:00 pm
Wednesday	9:00 am to Noon 12:30 to 2:00pm
Friday	9:00 am to Noon 12:30 pm to 2:00 pm

Website: [interfaithcudahy.org](http://interfaithcudahy.org)

### 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
- ◆ Personal visits by phone or in person.
- ◆ Snow removal

**NEW**

- ◆ Lending library of durable medical equipment for all ages.



## Project Concern

Phone & Fax: 414-744-0645

Email: [projconcern@msn.com](mailto: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
1 <sup>st</sup> Saturday of the month	9:00am to 11:00 am

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

Facebook:: [facebook.com/ProjectConcernCSF](https://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.
  - Special holiday food baskets for families with children.
  - Holiday gift program for children 17 and younger.

*We are an equal opportunity provider and employer.*



## DO YOU HAVE TIME ON YOUR HANDS?

Are you looking to do some meaningful work and to help your community. Join our team of caring volunteers. Below is a list of current opportunities:

- Deliver food to homebound Seniors.
- Drive Seniors to appointments.
- Help with or hold a fundraising event.
- Hold a food, clothing, or personal care item drive.
- Research and request donations.
- Run errands, picking up donations.
- Work in the office of either organization.

If you or someone you know have talents which they'd like to share, contact Project Concern or Cudahy-St. Francis Interfaith.

## FOOD INSECURITY



A household is considered food insecure if access to safe, nutritious foods is limited or uncertain at some point during the year or one or more people reduced their food intake or changed their normal eating patterns, due to a lack of money or other resources. In 2011, 11.8% of Wisconsinites experienced food insecurity.

There are health consequences to food insecurity, whether or not hunger occurs. Children and adults living in food insecure households tend to eat diets that are comparatively low in fruits and vegetables, and overall variety. Some of these people, especially adult women, have an increased risk of becoming overweight.

FoodShare and WIC programs help alleviate food insecurity. If these programs do not provide all the food a family or seniors 60 and older needs, they may apply to Project Concern for emergency food assistance and/or a Stockbox.

Project Concern serves 900 to 1200 individuals per month. Slightly over a third of patrons served are children and approximately 20% of people served are seniors 60 and older.

## DROPPING OFF DONATIONS



As always Project Concern is happy to take donations of clothing, household items, toys and alike, in good condition. Items not accepted are mattresses, large pieces of furniture, items that are broken, missing pieces, stained or torn or containing hazardous materials. All items given to Project Concern are given free to those coming to the pantry for help.

Please remember to only 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.

## HELP US MEET OUR MISSION

If you wish to donate to either organization or both there is a self-addressed envelope included in this newsletter. Please check the box on the envelope indicating which organization you wish to give to, Cudahy-St. Francis Interfaith, Project Concern or Both. Undesignated donations will be used by the organization in the greatest need at the time the donation is made.

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

**Cudahy-St. Francis Interfaith Goal:** is to help senior neighbors remain independent and safely in their homes.



**Thank You!** to all our donors & volunteers for all they do for Project Concern and/or Cudahy-St. Francis Interfaith. Please see the newsletter insert for a list of organizations, businesses and individuals that make it possible for us to help our neighbors that come to us for help. If you have the opportunity please thank our supporters for making Cudahy and St. Francis a remarkable, caring community.



*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.*  
**Margaret Mead**

## **BE A PART OF THE NATION'S LARGEST FOOD DRIVE**

**Stamp Out Hunger**, letter carrier food drive is **May 11, the Saturday before Mother's Day**.

There are 3 ways to help.

- 1) Leave nonperishable food items near your mail box to be picked up on **Sat. May 11th**.
- 2) Help collect food from letter carriers in Cudahy between 9 am and 5pm.
- 3) Help sort donations as they come into the food pantry between 11am and 5pm.

If you are interested in volunteering, please contact us at 744-0645 or [projconcern@msn.com](mailto:projconcern@msn.com). Help for an hour or two or the whole day if you have the time, to work with your neighbors and friends to STAMP OUT HUNGER.

Project Concern relies on this food drive to meet the demand of food by our neighbors in need. Last year Project Concern collected about **7 tons** of food. An impressive amount of food, but the food only lasted for 3 months to supplement the 10 tons of food given by Hunger Task Force.

We thank Hunger Task Force for supplying Project Concern with food and for also inspecting our pantry and providing training, to ensure that we are living up to their standards of excellence.

## **RESOURCES FOR SENIOR NEIGHBORS**

In 2020 it is estimated that 6.6 million people will be 85 and older. Aging brings new challenges and one of them is to remain safely in one's home. Signs a senior may need some assistance are: missing appointments, failing to pay bills, failing to maintain their home or apartment, & not taking part in favorite activities. If you are a senior or know of a local senior needing some help or information, contact:

Cudahy-St. Francis Interfaith (483-4474) [interfaithcudahy.org](http://interfaithcudahy.org)

Kelly Senior Center and Meal Site – (481-9611) [home.interfaithmilw.org/sc/kelly](http://home.interfaithmilw.org/sc/kelly)

Milwaukee County Dept. on Aging – (289 6874) [county.milwaukee.gov/Aging7705.htm](http://county.milwaukee.gov/Aging7705.htm)

Other resources:

AARP's Caregiving Resource Center [aarp.org/relationships/caregiving-resource-center/gettingstarted.html](http://aarp.org/relationships/caregiving-resource-center/gettingstarted.html)



## **CARING FOR YOUR GREENS**



### **Buying**

Greens have a short shelf life, purchase only very fresh-looking leafy greens, if possible, with roots still attached. Avoid greens with wilted, yellowed, or slimy leaves.

### **Cleaning**

Trim the stems, remove any dry or wilted leaves. Place greens in a large bowl or clean sink filled with cold water, swish them around, take them out and shake off the water. If you see grit in the bottom of the water, rinse again.

### **Drying**

If you are cooking your greens, leave them damp. For salads & storage, spread them out on a clean cloth kitchen towel to dry thoroughly.

### **Storing**

When clean and dry, loosely roll greens up in a slightly damp paper towel and slide into a plastic bag. Keep the bag open and refrigerate. Will keep 5 to 10 days.

### **Donating**

Project Concern accepts homegrown fruits and vegetables. Share your abundance with our neighbors in need.

## **Recipe Corner**

### **HOMEMADE SALAD DRESSING**

#### **Garlic-Herb Vinaigrette**

1/2 cup apple cider vinegar

1-2 tablespoons dijon mustard

3 garlic cloves, minced

sea salt and black pepper to taste

2 tablespoons fresh herbs or 2 teaspoons dried (basil, oregano, chives, and thyme are all nice)

1 1/2 cups extra virgin olive/vegetable oil

1. Combine all ingredients, except olive oil, in a jar. Stir well with a fork.

2. Add olive oil, cover tightly, and shake well until combined. You can also use a blender and drizzle the oil in slowly while it is running.

Serve over green salad with added chopped vegetables.

#### **Tips to for making homemade dressing**

Keep the ration of 3Tbsp of oil to 1 Tbsp vinegar or lemon juice. If you want a smooth consistency in which the oil and vinegar do not separate you must use an emulsifier such as, Dijon mustard or pastured egg yolks. Add your favorite flavors like onion, garlic, spices, herbs, and honey. Use a pint-sized jars for easy dump, shake, and serve salad dressing.



**CUDAHY-ST. FRANCIS  
INTERFAITH  
&  
PROJECT CONCERN**

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

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

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**UPCOMING EVENTS**

- May 11th Stamp Out Hunger
- June 1st Recycling Drive
- July Sweet Applewood Jewelry Sale
- Aug. School Supply Drive
- Sept. Grand Time Out
- Oct. 5th Recycling Drive
- Nov. Food Drive
- Dec. Children's Gift Giving Program

**HOLIDAY CLOSINGS  
Interfaith & Project**

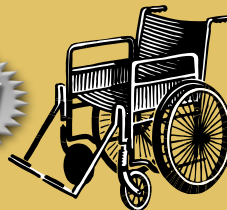
Will be closed the following dates:

- May 27th Memorial Day
- July 4th & 5th 
- Sept. 2nd Labor Day
- Oct. 14th Columbus Day

**NEW SERVICE**

Cudahy- St, Francis Interfaith has taken over the free lending library of medical equipment for these two communities. The types of equipment that is available are: canes, tub chairs, raised toilet seats, walkers, and wheelchairs. Contact the Interfaith office if you need equipment at 414-483-4474 or csfisupportstaff@hotmail.com

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



**LIKE US**



Like us on facebook!

Facebook.comProjectConcernCSF

If you like us on Facebook, you will receive updates on food pantry activities and notice of the days the pantry will be closed.

**NEW OUTREACH SERVICE**

Our new Outreach Coordinator is Jennifer Kohls. Her specialty is providing patrons with resources tailored to meet their needs. If you are looking for help dealing with problems that extend beyond our pantry items, talk to Jen by phone or in person. Appointments are not necessary, but may reduce wait time. Contact her at 744-0645 or pstaff@hotmail.com.