

Community Cares News

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

FALL 2014



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.

WE ARE HERE TO SERVE YOU

Cudahy-St. Francis Interfaith Program for the Elderly (CSFI) and Project Concern of Cudahy-St. Francis are nonprofits that serve residents of the aforementioned communities.

Our **FREE Medical Equipment Lending Library** is available to all members of our community regardless of age or income. We have a wide variety of equipment from canes to wheelchairs. We are looking to add to our inventory two wheelchairs and a bed tray on a stand. To donate or request equipment simply call CSFI at 414-483-4474.

Cudahy-St. Francis Program for the Elderly (CSFI) serves seniors 60 and older regardless of their income. The goal of the program is to help seniors remain independent and safely in their homes. We coordinate over forty volunteers to provide services to seniors. Services include rides to appointments and shopping, help with housekeeping and yard work. In the winter we hire young people to do snow removal for seniors who have difficulty with shoveling. Office staff provides information and referrals to help caregivers or seniors. Volunteers and staff make friendly visits by phone and in-person. We do home safety checks with an emphasis on reducing tripping hazards.

CSFI also holds two annual social events. In March, we have an ecumenical Prayer Breakfast with the help of the Cudahy Kiwanis. In fall, we hold the Grand Time Out, a dinner and dance with live music at Pulaski Inn.

Every summer, we hold our annual fundraiser at Sweet Apple-Wood Festival in Cudahy. After collecting jewelry donations all year long, we sell it at the festival. If you are looking for a bargain on jewelry, remember to attend the Festival.

Project Concern is a clothing bank and emergency food pantry for our neighbors in need. We serve all ages, but patrons must be income eligible. The income limit for a one-person household is \$1,799 per month and raises approximately \$600 for every additional person in the family.

People registered with Project Concern may visit once a month for free clothing, household goods, personal care products, and food. For our homebound neighbors in need, we will deliver food to them, when a medical excuse is provided. While people come to us for food it is our goal to help them improve their circumstances so they do not need us. We have someone on site to help people apply for health insurance, child care assistance and FoodShare. Periodically, we have other organizations distribute information about their programs, demonstrate food preparation and share helpful financial information. Intake staff tries to address each individual's needs while providing information on topics such as housing, health programs, legal assistance and job opportunities.

In addition, the pantry provides diapers and formula for babies. New babies get a gift bag with a blanket and other needed items. Children may receive school supplies, a birthday treat and small gift, and a Christmas gift each year.

You can help support our efforts by donating, volunteering, or holding a food or clothing drive. Other ways to help are attend our benefit concert at St. Mark's the 1st Sunday in June or our bowling event Jan. 25, 2015. Support our electronic-aluminum recycling drive the 1st Sat. in June or our ink cartridge recycling program. Have questions? *See inside cover for our contact information.*

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

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 Wed. & Fri.

12:30pm to 2:30pm

Website: projectconcerncudahy.org

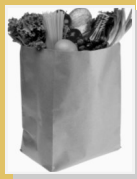
Like us on Facebook:

[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.
- ◆ Infant Items (formula, baby food and baby care items).
- ◆ 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.



HOLIDAY GIFT SPONSORS 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 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.



YOUR DONATIONS ARE A KEY COMPONENT

TO OUR PROGRAM

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 with unexpired freshness dates
- * Personal Care Items
- * Household Items
- * Clothing
- * Toys/Seasonal Items
- * Holiday Gifts for Children
- * Tax Deductible Monetary Gift
- * Ink cartridges to recycle
- * Electronics to recycle
- * Your Time



***Please drop off all donations inside the building - Project Concern/Nativity of the Lord, so the much needed items are protected from the outside elements.

***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.

PEOPLE HELPING PEOPLE

CSFI Program for the Elderly assists over 300 seniors per month and Project Concern is able to help over 500 families per month due to the helping hands of our volunteers.

Volunteering has a positive impact on our community, and offers personal benefits.

Volunteering helps to develop skills, learn about career options, alleviate boredom and can be fun! According to nationalservice.gov, volunteering can even make you healthier and happier. Come volunteer M-W-F.

We especially need volunteers to help seniors, to help at the food pantry on Monday evenings, and early in the mornings M-W-F before the

pantry opens.

SNOW SHOVELING FOR

SENIORS



CSFI Program for the Elderly operates a snow shoveling program to pay teens and young adults to shovel snow for our senior clients.

Our shovelers are expected to clear snow off the public sidewalk and an additional path leading to a house door when there is 4" or more of snow to clear. The assistance ensures seniors avoid hefty fines for not clearing the snow, keeps them safe in their homes and pays shovelers for their work. Call our office at 414-483-4474 to sign up as a shoveler or senior participant.

RECIPE CORNER

TURKEY ROAST AND RICE SOUP

<http://www.fns.usda.gov/tefap/emergency-food-assistance-program-tefap>

Ingredients:

1 c. thawed turkey, chopped
4 celery stalks, chopped
4 carrots, peeled and sliced
1 onion, chopped
1 chicken bouillon cube
1 tsp. margarine
4 c. water
1 tbsp. margarine
1 c. rice, uncooked
1 can (about 15 oz.) green beans

Directions:

1. In a large pot over high heat, add the turkey, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over heat for 30 minutes.

2. Cook rice. Add cooked rice and green beans into the soup and stir. Cook for 5 minutes.

Serving size:

4 to 6 people



Phone: 414-483-4474

Fax: 414-483-4476

Email: csfintefaiht@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 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
- ◆ Snow shoveling.

MEDICAL EQUIPMENT LENDING

PROGRAM



- ◆ Canes
 - ◆ Raised toilet seats
 - ◆ Tub chairs
 - ◆ Walkers
 - ◆ Wheelchairs
- 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
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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Thank you to
Hunger Task Force for all
their support and help!

HOLIDAY CLOSINGS

Thanksgiving—Nov. 26 close at
11am and closed Nov. 28

Christmas—Dec. 24 and 28 close
at 11am

2015

New Years—Jan. 1 and Jan. 2
close at 11am

Martin Luther King—Jan. 19

President’s Day—Feb. 13 to 16

Good Friday—April 3 to 6

Memorial Day—May 22 to 25

Anyone needing immediate food
assistance when we are closed
should call 211. Cell phone users
should use 1-866-211-3380.

COMMUNITY HAPPENINGS DETAILS

All year long, first Monday of the month

Free Blood Pressure Check

November 2014 - Thanksgiving Food Drive

December 2014 - Sponsor a child to receive a Holiday Gift

January 25, 2015 -Fundraiser at Motions Bowling—

Sponsored by Feeding America on behalf of Project Concern

February 2015 -Personal Care Item Drive

March 2015 - Ecumenical Prayer Breakfast & Spring Food Drive

May 2015 - Stamp Out Hunger Food Drive

June 6-2015 - Electronic Recycling Drive

June 7-2015 -St. Mark Musical Benefit



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