

Community Cares News

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

SPRING 2016



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.

PEOPLE HELPING PEOPLE



STAMP OUT HUNGER

Mom! I'm hungry, what is there to eat? For many families and individuals hunger is an ongoing problem. Project Concern and the CSFI Program for the Elderly partner together with Hunger Task Force to make sure no one goes to bed hungry.

How Can I Help? There are 3 ways to help:

- 1.) Leave nonperishable food items near your mail box to be picked up on Saturday, May 7th, by 9am.
- 2.) Help collect food from letter carriers in Cudahy between 9am and 5pm.
- 3.) Help sort donations as they come into the food pantry between 11am and 5pm, on May 7th.

Helping with the food drive is an excellent way to teach your children, of any age, that working with the community to help others is a wonderful, rewarding experience. You can even get a group together and work as a team. It's fun!

YOU CAN MAKE A DIFFERENCE

Everyone is welcome to help, one hour or two, or the whole day if you have the time.

STAMP OUT HUNGER!

If you are interested in volunteering, please contact us at 744-0645 or

(more info inside →)

FREE RX DISPOSAL



Public Health
Prevent. Promote. Protect.

Cudahy Health Department

Free disposal of your unused prescription drugs -
Cudahy Police Department
Lobby (Open 24 hours/day)

Why do unused medications need to be disposed of properly?

- Unused medications are harmful to the environment
- Unused medications contaminate the water supply
- Unused medications are hazardous to children, adolescents, and pets

Sharps Disposal

- Sharps disposal is available for all Cudahy residents who use syringes or blood testing equipment in their homes.
- Sharps must be placed in a rigid, puncture-proof container such as a laundry detergent bottle with a secure lid.
- A biohazard label should be placed on the outside of the container (the health department will supply a sticker if needed). Sharps can be brought to the Cudahy Health Department at 5050 S Lake Drive during normal business hours, 8-4:30PM, for FREE disposal.
- Proof of residency in Cudahy is required.++

Kind Hearts are the gardens

Kind Thoughts the roots

Kind Words the flowers

Kind Deeds the fruits



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

Twitter: "Project Concern"



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

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 for families with children.
 - Holiday gift program for children 17 and younger.

All services are provided free of charge.

Donation Suggestions

Recent studies list the healthiest food items to donate are:

- ◆ Canned proteins—tuna & chicken & salmon
- ◆ Infant cereal & Stage 1 baby food
- ◆ Canned Fruit cocktail & pineapple in light syrup
- ◆ Dried or canned beans, black, red, pinto, etc.
- ◆ Canned tomatoes or tomato sauce
- ◆ Brown rice and whole wheat pasta
- ◆ Cooking oils, olive, sunflower and canola
- ◆ Oatmeal
- ◆ Spices—black pepper, salt, cinnamon, etc.
- ◆ Other food items we need are :
 - ◆ Peas, yes peas!
 - ◆ Kid friendly soups
 - ◆ & cream soups



Last year Project Concern collected over 5 tons of food during Stamp Out Hunger. This is an impressive amount of food, however the food only lasted for 3 months to supplement the 14,000 pounds of food given by Hunger Task Force each month.

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

Dee's Now Famous Volunteer Pretzel Salad

Mix and press into 9 by 13 pan:

2 cups pretzels (crushed, not fine) 3/4 c. margarine melted

3 Tablespoons sugar **Bake at 400 for 8-10 minutes**

Mix and stir until dissolved:

6oz strawberry jello into 2 cups boiling water cool then add 2

10oz packages strawberries. Place in fridge for 30 minutes

Mix:

8 ounces cream cheese with 1 cup sugar and 2 cups cool whip.

Spread on cooled pretzel mixture. Pour jello mixture on top and

refrigerate. Let set 4 to 5 hours before serving.

Recipe Corner

CUDAHY-ST. FRANCIS INTERFAITH PROGRAM FOR THE ELDERLY

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

Volunteer your way to a happier and healthier life!

Helping others can actually help you. Studies have shown that people who volunteer for a cause they believe in have received definite health benefits. In Canada teens who gave their time and energy to others found that they lost weight and gained a much more positive attitude toward life and the needs of others. One or two hours a week can make a difference in someone's life, and yours as well!!! **At Project Concern and CSFI we have opportunities for all:**

- **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 donation.**
- **Run errands, picking up donations.**
- **Work in the office of either organization.**

Volunteer forms are available on our websites and at our offices. Contact either Project Concern or CSFI Program for the Elderly for more information.

GRASS..LEAVES...SNOW......and on it goes ... It's always something!



Sometimes that something is just one thing too much for seniors. CSFI has a very limited number of volunteers to assist with these chores. If you are in need of help please contact the CSFI office early in the appropriate season to sign up. Helpers will be assigned on a first come, first served basis for spring, summer, fall yard work, and winter snow shoveling. CSFI thanks our past volunteers for helping seniors with these physically demanding tasks: YouthWorks, Marquette Hunger Clean-up Groups, CSFI snow shovelers and community volunteers. Volunteers are always welcome!

WAYS TO CARE

Our organizations depend on your donations. If you wish to donate, there is a self-addressed envelope included in this newsletter. Please indicate on the envelope which organization you wish to give to: CSFI Program for the Elderly, Project Concern or Both. Undesignated donations will be used by the organization in the greatest need at the time the donation is made. For those who prefer the convenience of online giving visit our website and click on the

Donate Now button. THANK YOU!!!!!



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 1:00 pm
Friday 8:30 am to 1:00 pm

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.
- ◆ Rides to medical and financial appointments supplied by volunteer drivers.
- ◆ 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 community members regardless of age. Some of the type of equipment available are:

- ◆ canes
- ◆ raised toilet seats
- ◆ tub chairs
- ◆ walkers
- ◆ wheelchairs
- ◆ and more

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



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INTERFAITH
&
PROJECT CONCERN**

PO Box 100093
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Lower Level
Cudahy Wisconsin 53110
Interfaith : 414-483-4474
Project Concern: 414-744-0645

NON PROFIT ORG.
U.S. POSTAGE
PAID
Cudahy, WI
Permit No. 7

“ECRWSS”

POSTAL CUSTOMER

Project Concern and CSFI

Closing Dates

May 6th, 7th, & 9th
Stamp Out Hunger Food Drive
May 27th & 30 – Memorial Day
June 17th—Cleaning Day
July 1st, 2nd, & 4th
Independence Day Weekend



August 19th—Cleaning Day
September 2nd, 3rd & 5th
Labor Day Weekend
October 31st—Halloween

Thank you to:



DROPPING OFF DONATIONS?

Project Concern welcomes your donations of clothing, household items, toys, books, etc.. The pantry appreciates your kindness but doesn't have the ability to launder or repair donated items. Items not accepted are 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.

RESOURCE NUMBERS

2-1-1 IMPACT 24 hour helpline

- ◆ Aging Resource Center of Milwaukee County - (414) 289-6874
- ◆ Hunger Task Force for Senior Benefit Specialist - (414) 588-7132
- ◆ SDC Senior Benefit Enrollment Service - (414) 906-2706
- ◆ JFS Counseling for Disabled Seniors - (414) 225-1374
- ◆ Domestic Violence 24 hour hotline - (414) 933-2722

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