

# Community Cares News

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

**SPRING AND SUMMER 2019**



*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.*

## Stamp Out Hunger

Join the ranks of our many great volunteers and be a part of the nation's largest food drive **STAMP OUT HUNGER**, the letter carrier food drive on Saturday, May 11th.

### Ways to help:

- 1) Leave nonperishable food items near your mailbox to be picked up on Saturday May 11th, by 9am please.
- 2) Help sort donations as they come into our food pantry between 11am and 5pm.
- 3) Help for an hour or two, or for the whole day if you have the time! Work with your neighbors and friends to **STAMP OUT HUNGER.**

If you are interested in volunteering or have a question, please contact us at: 414-744-0645 or

Email: [info@projectconcerncudahy.org](mailto:info@projectconcerncudahy.org)

To make a monetary donation online go to [projectconcerncudahy.org](http://projectconcerncudahy.org) and click on the Donate Now button, or use the 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. Thank you!



## Good Bye & Hello!



After many years of dedicated service, Debby Pizur has retired from her role as Agency Director for Project Concern and CSFI. Debby has been with us for over 12 years and will continue to write grants for Project Concern and CSFI. We wish her all the best as she starts this new phase of her life!

While we will miss her smiling face and laughter, we are pleased to welcome Patrick Higgins as our new Agency Director. Patrick comes to us from Direct Supply where he was a project manager for the past several years. His wife Heather works for the Cudahy Health Department and together they have a 3 year old son Josiah. Patrick has been closely working with Debby for the past year to better learn his new role. Thanks Debby for all your great work, and welcome Patrick!

Good friends never say goodbye  
They simply say "See You Soon"

## **PROJECT CONCERN OF CUDAHY-ST. FRANCIS—OUR MISSION**

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.

**Agency Director:** Patrick Higgins

**Phone:** 414-744-0645

**Fax:** 414-744-0645

**Email:** [info@projectconcerncudahy.org](mailto:info@projectconcerncudahy.org)

**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)

**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.*

*\*Thank you to our many donors*

## 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.

## Benefit To Our Community

We recently received a letter from a former patron describing how years ago, when her children were young, she went through cancer and was having a hard time working. She noted how Project Concern helped her family get through some difficult times. Her children have grown up and graduated college and still remember the help their family received from us.

Please know that when you support Project Concern through donations and volunteering you truly make a difference in people's lives!!

## Dropping off Donations?

Project Concern welcomes your donations of new or 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.

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

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

## **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 Milw. 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**

### **Pulled Chicken Tostadas**

**2 onions thinly sliced**

**1- 14 ounce can diced or crushed tomatoes**

**2 cups shredded rotisserie chicken, skin removed**

**1 4oz can of chipotle chili peppers, drained save sauce**

**2 cups shredded coleslaw mix**

**8 corn tostadas 1/2 cup sour cream 1 avocado, chopped**

**Juice of 1/2 lime (slice other half for plating)**

**5 slices of cooked chopped bacon (optional)**

**Directions:** Cook onions in vegetable oil until soft and golden, about 10 minutes. Meanwhile puree tomatoes in a blender. Add to saucepan along with the chicken, peppers, and 2 tablespoons sauce from can. Cook until warmed through, 1 to 2 minutes, adding up to 1/4 cup water if the sauce is too thick.: season with salt and pepper to taste

Toss the coleslaw mix with the lime juice, (bacon) and salt and pepper..

Warm the tostadas as directed. Top each tostada with the chicken and coleslaw. Thin the sour cream with 1 to 2 tablespoons water: drizzle over the tostadas. Top with avocado. Serve and enjoy!

Makes 4 servings



*Recipe Courtesy of Food Network Kitchen: Food Network Magazine (Adapted)*



**Phone:** 414-483-4474

**Fax:** 414-483-4476

**Email:** info@csfiprogram.org

### **Mailing Address:**

P.O. Box 100095  
Cudahy, WI 53110-0095

### **Location:**

4611 S. Kirkwood Ave, Lower Level  
of the Nativity of the Lord Parish  
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**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:*

**Easter:** Fri. April 19th & Mon. 22nd

**Stamp Out Hunger:**

Fri. May 10th & Mon. 13th

**Memorial Day Weekend:**

Fri. May 24th & Mon. 27th

**Independence Day:**

Fri. July 5th & Sat 6th

**Labor Day:** Mon. Sept 2nd

**ALSO:** Fri June 28th



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**WISH LIST**



Project Concern does more than just provide emergency food. We provide a warm, welcoming place for those in need. Please help us by donating items from the wish list below so that we can provide our patrons with life's necessities!

Shampoo/Conditioner

Shaving Cream

Laundry Soap

Hand Soap

Toothpaste/Toothbrushes

Body Wash

Lip Balm

Kleenex

Razors

Dish Soap

Bar Soap

Diapers

Lotion

New Socks