

# St. Aloysius Neighborhood Services

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St. Aloysius  
Neighborhood Services  
Summer 2016

## Feeding the Hungry is a Greater Work than Raising the Dead

— St. John Chrysostom

One of the ongoing difficulties we encounter in downtown Detroit is a lack of food availability. The official term often used to describe the situation downtown is “**Food Desert**”. There are no reasonably priced places to shop downtown. There are a couple party stores nearby; yet the closest affordable location during the summer months would be Detroit’s Eastern Market. Getting there in a walker and then trying to bring food home is beyond difficult. Even if there was a Meijer or Kroger nearby, there is little money left in a senior’s budget to purchase food. Our seniors, living in section 8/HUD housing are surviving on an average of \$550.00 a month, which might be either Social Security, SSI, or SSD. Some receive a bit more. Some receive a bit less.

They are very grateful for their bridge cards; (we use to call it food stamps). Our seniors in past years received \$100.00 to \$125.00 a month on their Bridge Cards. In the past few years, the State of Michigan has cut Bridge Card benefits through seniors’ home heating credit. If a senior’s apartment heat is paid by the landlord, then their Bridge Card benefits are reduced. Today they receive \$15.00 or \$20.00 a month to help with food cost. Think about it. \$15.00 to \$20.00 a month food assistance. An important monetary issue is at hand. Heat in the apartments is not consistent. As a result, seniors heat their apartments with space heaters and electric ovens—at their cost. Air conditioning also is electric, and the seniors have to pay the bill.

How do we at St. Aloysius Neighborhood Services respond to this crisis? We have applied in the past and have received from FEMA about \$4500.00 annually to purchase food. We buy food with monetary donations given to St. Aloysius Neighborhood Services. The FEMA help is supplemental and does not come close to covering the needs. FEMA is also about one year behind in the allocation of grant dollars. Cutting checks from a dwindling Neighborhood Services checking account is no longer practical. The truth is we cannot do this alone. We have never been able to do this alone.

**T**ogether we can  
turn a food  
desert into an  
oasis of compassion  
and love!

## We Need Your Help

Sisters and Brothers, the need for supplemental food donations for our seniors is greater than it has ever been.

Please consider holding a non-perishable food drive or personally donating non-perishable food. Please help us continue in our efforts to transform the Downtown **Food Desert** into an **Oasis of compassion and love.**

For more information on how you can help, please give me a call or send me an e-mail. 313-309-1277 or [mikecars10@gmail.com](mailto:mikecars10@gmail.com).

Peace,  
Mike Carsten, OFS, Director  
Neighborhood Services



### A Franciscan Community in Downtown Detroit

Neighborhood Services 313. 309.1277, [mikecars10@gmail.com](mailto:mikecars10@gmail.com)  
Health and Wholeness Ministry 313. 309.1265, [parish.nurse@ameritech.net](mailto:parish.nurse@ameritech.net)

### An important request ...

Melvin, who is an active member of the S.H.A.R.E senior group, came to my office the other day and asked me to read a letter that he received from Diane’s (name changed) friend. This is no ordinary letter. Diane’s friend, Mary (name changed), is her roommate at the Women’s Huron Valley Correctional Facility in Ypsilanti, Michigan. Diane, too, was an active member of the S.H.A.R.E. senior group.

This is no ordinary letter...Mary wrote Melvin to ask an important request: “Will her friends at the church be able to help her.”

About a year and a half ago, Diane experienced some difficulties in her life which led to her current circumstances. Diane doesn’t read or write very well and so Mary wrote Melvin to ask an important request: “Will her friends at the church be able to help her.” Mary’s letter describes the difficulties Diane has walking to the “mess hall” which is one-half mile each way; the shoes provided “aren’t good at all.” Mary also writes, “She’s not in the best physical shape...she has a hairline fracture in her elbow. Our medical/healthcare is horrible here.”

Diane received a card from Melvin. Mary shared, “She was so excited she showing [sic] everyone!” *The question now is, how can each of us let Diane know that she is loved?* Mary sent an order sheet from the Michigan Department of Corrections. On this sheet, items are checked that Diane can use, such as, food items, hygiene items, stationery, etc. Also, letters or cards are so appreciated, as well as money that can be deposited into her account.

If you are drawn to this ministry to Diane, please contact Kathy at [parish.nurse@ameritech.net](mailto:parish.nurse@ameritech.net) or 313.309.1265. Her full legal name and contact information as well as how to support her with either money or needed items will be given to you at that time.

*“Lord, when did we see you hungry or thirsty or a stranger or naked or ill or in prison, and not minister to your needs?” Matthew 25:44*

## Activities

### A Matter of Balance: Managing Concerns about Falls

Metropolitan Detroit hospitals report that more than 50 percent of all trauma admissions are older adults who have fallen, most of which could be prevented. Dwana Bass, MSN, RN, Injury Prevention Specialist, and Emily Valler, RN, Trauma Clinical Coordinator, both employees of Henry Ford Hospital, are teaching this class every Tuesday and Thursday during the month of July. Fourteen older adults who live in our neighborhood have signed up and have begun class in our lower conference room. It is our hope they will be able to apply the knowledge and skills they learn to prevent any falls.



### S.H.A.R.E. Picnic: Thursday, August 11, Windmill Pointe Park Drive, Grosse Pointe Park.

St. Aloysius Neighborhood Services together with Our Lady of Good Counsel, Plymouth are hosting this picnic for our seniors who participate in S.H.A.R.E. (Seniors for Health, Advocacy, Reform and Education).

### Update on our Research Project: Older Adult Involuntary Relocation

St. Aloysius' Health and Wholeness Ministry in partnership with Wayne State University School of Social Work and the United Community Housing Coalition, has implemented a research study, which through qualitative research methods, has investigated older adult relocation, as experienced by former Griswold Apartment community members, in order to better understand all aspects of their transition. *We are pleased to announce that we have completed our interviews. The process of analyzing the data will now begin.*

Feel free to contact me or the lead researcher Dr. Tam Perry for further information or with any questions. Dr. Tam Perry can be reached by email at [teperry@wayne.edu](mailto:teperry@wayne.edu) or by phone at (313) 577-4402.

As written before, it is our hope that through this research, the older adults' lived experiences may have a positive impact on future older adult relocation efforts as cities like Detroit undergo renewal.

### Health Fair and Flash Picnic for the Community in Capitol Park!

On June 29, 2016, University of Detroit Mercy student nurses had a beautiful day to hold their health fair and flash picnic. It is an honor to give the students an opportunity to experience their public health nursing clinical in our community and share our ministries with them.

Over 100 people in our community came!



May I take your BP?



Fresh fruits, vegetables, grilled hot dogs, heart health information and much, much more!



## Senior Needs

### GROCERY BAG CONTENTS

#### EVERYTHING SHOULD BE SIZED FOR ONE OR TWO PEOPLE

Fruit:	1 or 2 cans
Vegetables:	2 cans
Soup:	2 cans
Juice:	1 can or 2 juice boxes
Meats:	1 can of one of the following – Tuna, Salmon, Chicken or Beef
Cold Cereal:	1 box
Hot Cereal:	1 container Oatmeal or Grits

#### Dry Items:

1 bag rice  
1 bag dry beans  
1 boxes macaroni and cheese  
2 different of pasta or noodles  
1 dessert/brownie or cake mix  
1 sleeve saltine crackers

Sauces:	1 can spaghetti sauce OR 1 can of tomatoes
Instant Potatoes:	1 box or can
Milk:	1 package dry milk
Canned Meals:	Spaghetti O's, Beef Stew, Chili, Pork & Beans, etc.

Please deliver all Senior Needs items to  
St. Al's "Warehouse for the Poor"  
645 E. Canfield, Detroit 48201  
Tuesday through Friday from 10:00 am to 1:00 pm

### Senior Household and Personal Supplies

#### FULL SIZE FOR USE IN THEIR HOME

Household	Personal
LIQUID laundry detergent	Shampoo
Dryer sheets	Conditioner
Toilet Paper	Bath Soap (bar)
1 gallon Zip Lock Freezer Bags	Hand lotion
Dish soap	Toothpaste
Tilex mildew cleaner	Mouthwash
Trash Bags	Washcloths

### Fundraiser for St. Aloysius Senior Trips

An account has been created in the **CrowdRise** fund raising site to help pay for senior trip bus transportation. Senior activities begin with their summer picnic on August 11 and then nine other dinner trips in 2016-2017.

Jane Tirey, who is a member of Our Lady of Good Counsel (OLGC), Plymouth, Michigan, organizes OLGC volunteers who provide the meals for these events. She also created the fundraiser on the **CrowdRise** website.

**To donate**, please go to the **CrowdRise** website, <https://www.crowdrise.com>, search for Saint Aloysius Senior Trips and follow the directions to complete your donation. The seniors love this fellowship time with OLGC and each other; the wonderful meals are a bonus!