

# July 2024 Newsletter

## CATHOLIC PARISH OUTREACH FOOD PANTRY



Kelly



We are now in the “dog days of summer”! North Carolina is known for being hot, humid — sultry heading into July and August. These days are associated with not just heat but also sudden severe thunderstorms, lethargy and generally being uncomfortable. And let’s not forget hurricane season — we are already starting off with a bang!

So far we have, over the last few weeks we have hit 100 degrees several times (including heat indexes), had thunderstorms that brought in “cold fronts” that didn’t really cool us at all, and then welcomed the advent of the Hurricane season with Beryl which developed into a Category 5 in the Caribbean — the earliest Category 5 on record. This caused the experts to predict an even direr season. All in all, the “Dog Days of Summer”, so far, are living up to their hype this year!

All of this is worrying since our clients already have their hands full with the every day financial challenges that have become the norm for them. It is a sober reminder that many among us are just one disaster away from a total economic crash.

***The good news is that CPO is here to help them along to way. Overall CPO ended our Fiscal Year at the end of June up almost 40% in families served, as well as people served. We need our CPO family more than ever to help us meet the challenges still to come!***



**Take Care , Stay  
Cool & Hydrated.  
God Bless!**

Kelly



“This place helps a lot of people! Everyone was very friendly and interested in helping. My mom was in and out in no time at all. We had a very pleasant experience. She got lots of food.”

Shade Worley

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**2013 Raleigh Blvd, Raleigh NC 27604  
919-873-0245  
cporaleigh.org**

**Hours of Operation:  
Mon/Wed/Thurs/Friday & 2nd/3rd/4th Saturday  
9 am—12 pm**

**We are now open 3 Saturdays a month for  
CPO food distribution.**

**CPO is open from 9 am—12pm:  
2nd Saturday  
3rd Saturday  
4th Saturday**

**We will be open 1st and 5th Saturdays later  
in 2024.**

**Looking to volunteer please contact Darcy,  
CPO Volunteer Coordinator at  
919-847-1466 (call or text) or  
CPOvol.Coordinator@ccharitiesdor.org  
(email) for more details!**

## CATHOLIC PARISH OUTREACH FOOD PANTRY

### Tips to Address Extreme Heat Sweeping the Nation

**Stay Hydrated.** Drink plenty of water even if you do not feel thirsty and avoid drinks with caffeine.

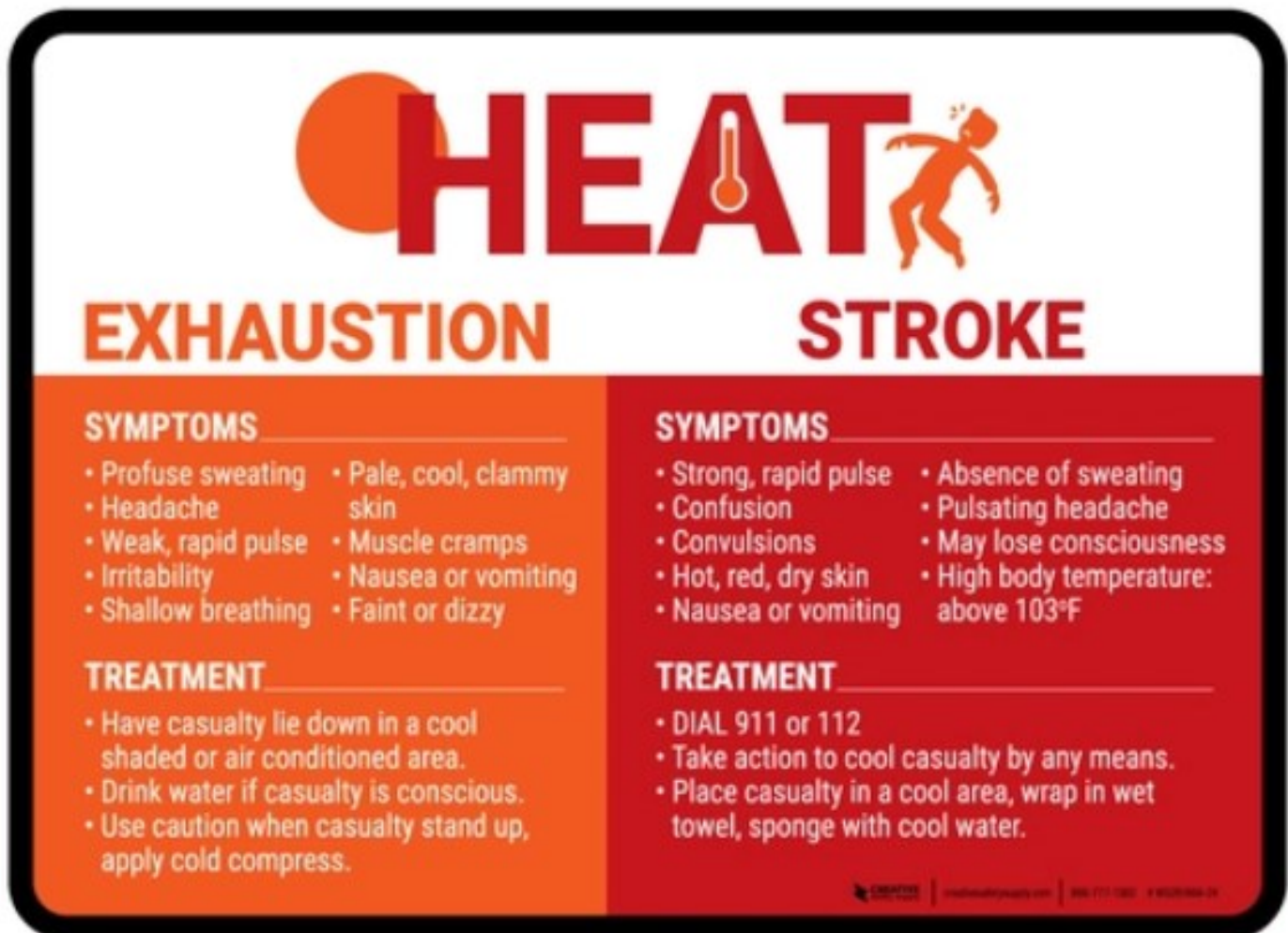
**Know Your Cooling Options.** Find locations of cooling near you and take breaks in them as needed.

**Never Leave Another Person, Child (or Pet) in a Parked Car.** Always check cars to make sure all persons (and pets) are out of it before leaving and locking it.

**Recognize and Act if Signs of Heat-Related Illnesses.** Know the signs of heat-related illnesses (heat exhaustion and heat stroke) and ways to respond.

**Heat EXHAUSTION:** If you or someone else is showing symptoms of heat exhaustion move the person suffering to a cool, shaded area; misting them with cool water while fanning them; give them water to drink and elevate their feet.

**Heat STROKE:** If you or someone else is showing symptoms of heat stroke, **call 9-1-1**. While waiting for help, if possible: move person into a cool, shaded area; remove any outer clothing; place a cold wet cloth or ice pack on the head, neck, armpits and groin, or soak the person's clothing with cool water; elevating their feet.



EXHAUSTION	STROKE
<b>SYMPTOMS</b> <ul style="list-style-type: none"><li>• Profuse sweating</li><li>• Headache</li><li>• Weak, rapid pulse</li><li>• Irritability</li><li>• Shallow breathing</li><li>• Pale, cool, clammy skin</li><li>• Muscle cramps</li><li>• Nausea or vomiting</li><li>• Faint or dizzy</li></ul>	<b>SYMPTOMS</b> <ul style="list-style-type: none"><li>• Strong, rapid pulse</li><li>• Confusion</li><li>• Convulsions</li><li>• Hot, red, dry skin</li><li>• Nausea or vomiting</li><li>• Absence of sweating</li><li>• Pulsating headache</li><li>• May lose consciousness</li><li>• High body temperature: above 103°F</li></ul>
<b>TREATMENT</b> <ul style="list-style-type: none"><li>• Have casualty lie down in a cool shaded or air conditioned area.</li><li>• Drink water if casualty is conscious.</li><li>• Use caution when casualty stand up, apply cold compress.</li></ul>	<b>TREATMENT</b> <ul style="list-style-type: none"><li>• DIAL 911 or 112</li><li>• Take action to cool casualty by any means.</li><li>• Place casualty in a cool area, wrap in wet towel, sponge with cool water.</li></ul>

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## CATHOLIC PARISH OUTREACH FOOD PANTRY

**CPO Is a local benefiting agency!**



Details: <https://trianglencrop.org/>

<https://events.crophungerwalk.org/cropwalks/event/trianglenc>

WALK. GIVE. CHANGE THE WORLD.

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*Greater Triangle Area*  
**CROP HUNGER WALK**

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OCTOBER 27, 2024

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RALEIGH, NORTH CAROLINA

CPO finished our Fiscal Year (July 1, 2023—June 30, 2024) up almost 40% in demand for food measured by family size as well as for number of people served.

CPO	Jun-23	Jun-24	% Incr
Families Served	1920	2170	13%
People Served	7285	8386	15%

	FY 23	FY 24	
CPO	Jul23-May	Jul23-May	% Incr
Families Served	19029	25966	37%
People Served	73406	101392	38%



### Volunteers Needed for CPO's "CPO Samaritans" Home Delivery

To better serve our neighbors in need, CPO has been piloting a home delivery program for those who are homebound or lack transportation. Due to demand /need, this program is starting to grow, and more volunteers are needed. We are in need of assemblers and drivers. The home deliveries are made on Wednesdays and Thursdays leaving CPO around 10am. Assemblers would be responsible for putting together the orders for the drivers to deliver.

If you, a friend, or family member has a couple of hours a week and are interested in becoming a home delivery volunteer, please contact Susan Hicks at [susan.hicks@ccharitiesdor.org](mailto:susan.hicks@ccharitiesdor.org).



**CPO is still in DESPERATE need of toddler (2T-6T) clothing to provide to our clients and we need your help!**

Currently, our racks and bins are not full and new families are coming to CPO daily. We need more clothing to help families who are in need with young children. **NOTE: We depend on donations to run this ministry!**

#### **Ways you can help source TODDLER (2T-6T) clothing:**

- Share with us the clothes your children and grandchildren have outgrown
- Encourage donations from Schools/ Church groups and Business drives
- Donate from sales — buy 1 for a child / buy 1 for CPO
- Make a request on Neighborhood, Social or Facebook Groups

# Registration is open for the



## **Date:**

Monday, August 5, 2024  
10:00 A.M. Shotgun Start

## **Location:**

Prestonwood Country Club  
Cary, NC

## **Details**

Captain's Choice Tournament  
Light breakfast at check-in  
Boxed lunches on the course  
Cocktail reception  
following the tournament



***Register Here***

**[www.catholiccharitiesraleigh.org/events/golf-2024/](http://www.catholiccharitiesraleigh.org/events/golf-2024/)**

## **The Need**

Over 1.5 million individuals in North Carolina lack reliable access to healthy meals.

## **Our Response**

Last year we **sold out** two courses and raised nearly \$100,000 to Drive Out Hunger. Proceeds were used to support our food pantries across the Diocese of Raleigh which distribute over 3 million pounds of food each year.

**Help us put a meal on a neighbor's table  
by supporting this event!**

For more information about this event and sponsorship opportunities,  
please contact Tyffanie Paganello, Development Coordinator, at [Tyffanie.Paganello@ccharitiesdor.org](mailto:Tyffanie.Paganello@ccharitiesdor.org)