

August 2021 Newsletter



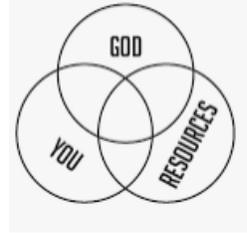
Catholic Parish Outreach
A Program of Catholic Charities

Providing Help – Creating Hope – Serving All

CATHOLIC PARISH OUTREACH

Note
From
the
Director

Kelly



When people talk about helping others, “Time/Talent/Treasure” is often cited as a good measure of people’s contributions. We are very thankful for our volunteers who are on-site making sure our clients are served with dignity and respect. We really appreciate all that fulfills the “Time” and “Talent” components of donating to others.

This newsletter is going to focus on the contributions of “Treasure” since it is just as vital as the other components! We have many ways for people to donate to CPO. Below I will highlight each that have been used by our donors besides cash to create a stronger CPO to serve our clients! Without our donors we would not be able to accomplish all we do!

Credit Card

This is often used for Fundraising efforts where a link is provided on our website to donate for each campaign.

We also have several donors who donate via credit card through a recurring donation that is charged monthly, quarterly, etc.

Check

This is our most popular way to donate! We accept personal checks, money orders, checks from IRAs and charitable foundations, payroll deductions, and business organizations, etc.

One of the most popular sources of checks are our food drives.

Gift of Stock

We have several donors a year the donate via this method. The stocks are then converted into monetary donation.

If you wish to donate this way please contact me via email at Kelly.Rappl@ccharitiesdor.org or call 919-873-0245 for more information.

Matching Gift

Many employers will offer this option so that your donations can be doubled which makes your donation like the loaves and the fishes when we use it to feed our clients.

If paperwork is needed to process, please enclose it with your contribution.

Memorial & Honorarium

You can donate in memory of someone or in honor of a special event in someone's life

CPO will send either an “in memory” card or “honor” card to the person(s) you select saying you generously donated to us in their honor or memory of them. You can see the cards online at our website.

In-Kind

Many donate food (some via food drives), work on projects such as creating soup kits or birthday kits, or donating items CPO needs to run day-to-day operations.

All of these items help to supplement by freeing up funds we would normally use on them to purchase more food for our clients.

Details about the ways to contribute to CPO can be found at cporaleigh.org under “How to Help”. For all who donate to us in any form we **THANK YOU** for all you do to alleviate hunger in our community. **We could not do it without all of you!**

Kelly

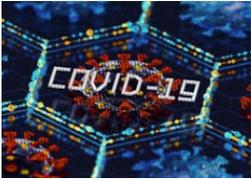
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CPO has distributed enough food to feed almost 80,000 people with almost 2 weeks of groceries since the beginning of the pandemic!

	July 2020	July 2021
People Served	4306	3277
Families Served	1143	972

Please note due to the new database we are only reporting families/individuals served this month.

CDC has issued a new order temporarily halting evictions in counties with heightened levels of community transmission in order to respond to recent, unexpected developments in the trajectory of the COVID-19 pandemic, including the rise of the Delta variant. It is intended to target specific areas of the country where cases are rapidly increasing, which likely would be exacerbated by mass evictions.



BEAT THE HEAT
This
SUMMER

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> Get to a cooler, air conditioned place Drink water if fully conscious Take a cool shower or use cold compresses 		<p>CALL 9-1-1</p> <ul style="list-style-type: none"> Take immediate action to cool the person until help arrives

Weather.gov/socialmedia Weather.gov/heat @Sacramento0ES SacramentoReady.org

It is the time of year that we STILL need to worry about our volunteers and the heat. Please make sure to take precautions so that no one experiences heat exhaustion this summer. We provide water for everyone (Gatorade if needed to reverse heat exhaustion symptoms only). Please note that water is the best defense against the heat!!!!

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We are excited by the success of our
2021 Catholic Parish Outreach
Virtual Pig Pickin'

Our community came together to help us raise nearly \$30,000 to provide food to our neighbors in need!