


July 2025 Newsletter

 Catholic Parish Outreach
Food Pantry
A Program of Catholic Charities
Providing Help – Creating Hope – Serving All

CATHOLIC PARISH OUTREACH FOOD PANTRY

Note From the Director

Kelly



Kelly Rappl
Program Director
E-mail: Kelly.Rappl@ccharitiesdor.org
919-873-0245 x2300

Deanna McCulloch
Assistant Program Director
E-mail: Deanna.McCulloch@ccharitiesdor.org
919-873-0245 x2310

Susan Hicks
Health Education Specialist
E-mail: Susan.Hicks@ccharitiesdor.org
919-873-0245 X2350

Myra Bradley
Family Care Coordinator
E-mail: Myra.Bradley@ccharitiesdor.org
919-873-0245 x2320

Darcy Hull
Volunteer Coordinator
E-mail: CPOvol.Coordinator@ccharitiesdor.org
Phone: 919-873-0245 x2370
Text: 919-847-1466

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

Hours of Operation:
Mon/Wed/Thurs/Friday & Saturday
9 am—12pm

 Crys Ann
5 reviews • 4 photos

★★★★★ Yesterday

Very Grateful and thankful for the help and service I received here. Want to thank the staff for all you guys do for myself and the community. ❤️



It is a great way to start off a new fiscal year with a ★★★★★ star review from Google! This is great news knowing that people are still finding CPO to be a place that is there for them in difficult times. We all have so much uncertainty about the future (neither our neighbors nor CPO know all the implications of the passing of the so called “Big Beautiful Bill” yet).

Just as we have done during past uncertain times (including the great recession and the pandemic), we will call on all our resources from the “CPO family” to share whatever they are able (*Time/Talent/Treasure*) to ensure that CPO keeps the doors open to the community when they are in need.

This will definitely be a challenge since we have seen double digit percentage increases over the last 2 years without all the changes that are being ushered in by the new administration (See page 2 for details). The one thing I do know, after my last 16 years at CPO, God will provide!

In fact calling to mind the “loaves and fishes” seems very appropriate to describe CPO. From my knowledge of CPO History, CPO has never had to turn clients away due to the lack of food. We will be doing everything in our power, with all your help, to ensure that this legacy continues.

Take Care and God Bless! I pray that God keeps us all safe and the Lord willing, the creeks will not rise again!

Kelly



VOLUNTEERING AT CPO

We are in great need of warehouse volunteers

Looking to volunteer:

We are now using Point software for people to volunteer at CPO.

Contact our Volunteer Coordinator Darcy Hull (call or text) 919-847-1466 or email CPOvol.Coordinator@ccharitiesdor.org and she will work with you to sign up to serve

July 2025 Newsletter

CATHOLIC PARISH OUTREACH FOOD PANTRY

We finished a two year period of high growth serving our neighbors:

Families 37% (FY23 to FY24) + Families = 24% (FY24 to FY25) = 61%

People 38% (FY23 to FY24) + People = 28% (FY24 to FY25) = 66%

Without knowing the full extent of the financial impacts to upcoming financials budget cuts our #s served should continue to grow and may exceed the either previous 2 years!

	Jul-Jun FY 24	Jul-Jun FY 25	% Inc
Families	25,966	32,240	24%
People	101,392	129,338	28%

	Jul-Jun FY 24 AVG	Jul-Jun FY 25 AVG	% Inc
Families	2,163	2,687	24%
People	8,449	10,778	28%

DID YOU KNOW:

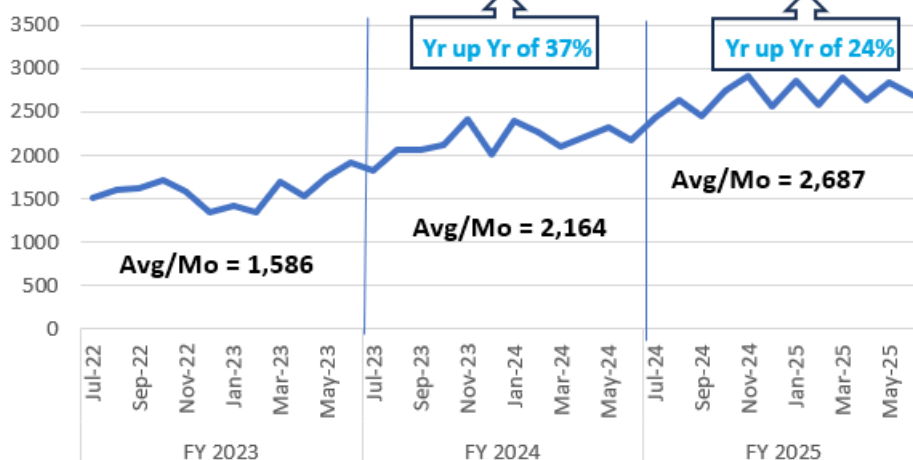
1 in 5

children in North Carolina
faces hunger

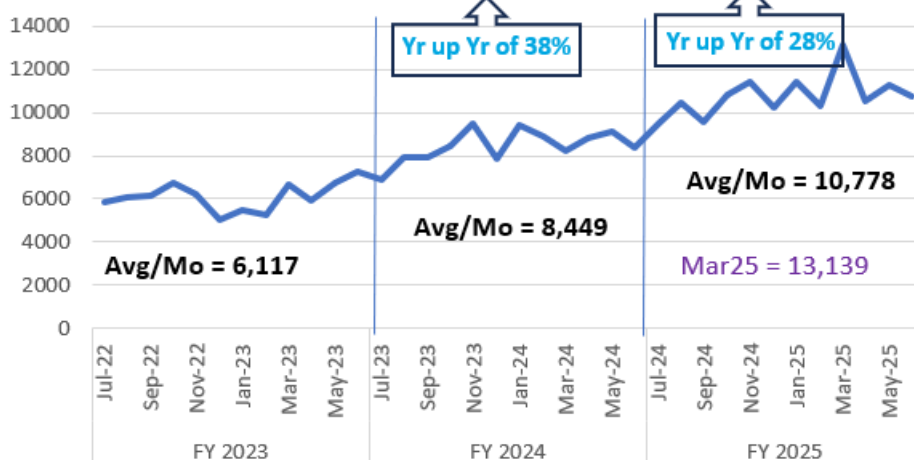
Source:



Families Served at CPO for FY23/FY24/FY25



People Served at CPO for FY23/FY24/FY25



North Carolina
has the **10th**
highest rate of
food insecurity
in the nation.

July 2025 Newsletter



Catholic Parish Outreach
Food Pantry

A Program of Catholic Charities

Providing Help – Creating Hope – Serving All

CATHOLIC PARISH OUTREACH FOOD PANTRY

WHEN IS HOT TOO HOT

Heat Cramps

- Profuse sweating
- Fatigue
- Thirst
- Painful Cramps especially in abdomen, legs, and arms

How to Act?

- Stop all activity.
- Move to shade.
- Drink water, clear juice or sports drink.

Source:

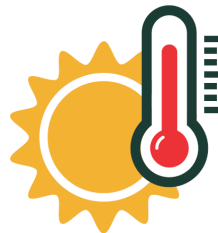


Heat Exhaustion

- Dizziness or Fainting
- Heavy Sweating
- Rapid, Weak Pulse
- Nausea or Vomiting
- Cold, Pale Clammy Skin
- Muscle Cramps
- Weakness

How to Act?

- Help the person get to a cooler, air-conditioned place.
- Encourage them to drink water if they are fully conscious.



Heat Stroke

- Throbbing Headache
- Loss of Consciousness
- Rapid, Strong Pulse
- High Body Temperature
- Confusion
- Red, Hot, Dry Skin
- Strange Behavior
- Nausea or Vomiting

How to Act?


Act Immediately! CALL 911!




Tips to Prevent Heat Illness at Work

- Stay hydrated and drink plenty of cool water even if you are not thirsty.
- Avoid caffeine and alcohol
- Rest for long enough to recover from heat
- Take breaks in shady or cool areas
- Wear lightweight, light-colored, loose fitting clothes
- Use sunscreen on exposed skin
- Watch out for each other
- Verbally check on workers wearing face coverings
- Gradually increase work load and heat exposure to adjust working in heat

July 2025 Newsletter

 Catholic Parish Outreach
Food Pantry
A Program of Catholic Charities
Providing Help – Creating Hope – Serving All

CATHOLIC PARISH OUTREACH FOOD PANTRY

 Catholic Charities
of the Diocese of Raleigh
Providing Help—Creating Hope—Serving All

**Join us as we Pitch in for Charity and
cheer on the Durham Bulls!**



**Step up to the plate for a good
cause!**

**Enjoy a night out with the Durham
Bulls and help support Catholic
Charities at the same time!**

**Thursday, August 14th
6:35 p.m.
Durham Bulls Athletic Park
409 Blackwell St., Durham, NC**

Purchase Tickets



Questions? Contact:

Sue Williams, Durham Community Food Pantry Program Director,
at Sue.Williams@ccharitiesdor.org.



In Memory....

CATHOLIC PARISH OUTREACH FOOD PANTRY

Unfortunately we have had another loss in the CPO Family. Patty Eckstein, a 9 year CPO volunteer, has passed away after a long illness. Please keep her husband, Chuck Eckstein, who is also a CPO volunteer in your thoughts and prayers.



OBITUARY

Patricia Ann Eckstein

JULY 19, 1952 – JUNE 30, 2025

Patricia Eckstein, 72, of Raleigh, NC, passed away on June 30, 2025 after a battle with dementia. She was born in Indianapolis, Indiana on July 19, 1952 to James and Dorothy Moore. She was married to Chuck Eckstein for over 53 years.

Patty had a career in health insurance and retirement financial services and retired from Great West Retirement Services. She was a volunteer and coordinator for Reach to Recovery for American Cancer Society; a 35 year member of Saint Raphael the Archangel Catholic Church; and volunteered at the Catholic Parish Outreach for the past 9 years.

Patty developed a passion for hot air ballooning after taking a birthday ride in 1985. She convinced Chuck to immediately purchase a hot air balloon and enjoyed piloting it from 1986 until 1993. Patty loved her family and spent a lot of time with her grandchildren.

She is survived by her husband, Chuck Eckstein, daughter, Amanda Tripp (Dustin) of Knightdale, NC, son, Patrick Eckstein (Catlyn) of Raleigh, NC, brothers Michael Moore (Kay Ann) of Goshen, IN, Daniel Moore (Dorothy) of Whiteland, IN, 6 grandchildren (Ansley and Britta Tripp; Lilly, Kaleb, Kylie, and Aoife Eckstein) and numerous nieces and nephews.

She was preceded in death by her parents, James and Dorothy Moore of Indianapolis, Indiana.

Her funeral mass will take place on Tuesday, August 5 at 10:00am at Saint Raphael the Archangel Catholic Church, located at 5801 Falls of Neuse Road in Raleigh, NC.

In lieu of flowers, donations may be made to Saint Raphael the Archangel Catholic Church or the Catholic Parish Outreach.