



# C.A.R.E. GAZETTE

**C.A.R.E. Inc.**

## **Celebrating 20 Years of Service 1990-2010**

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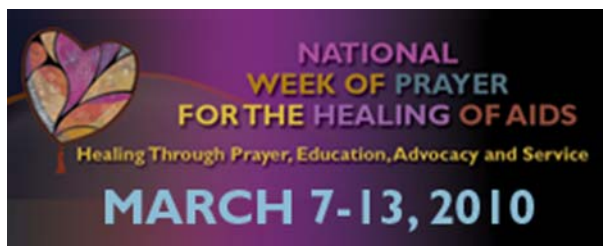
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CARE, Inc. has a new home. We are located at 105 West Plum Street in Jesup in the spacious old Mane Attraction Beauty Salon. The increased office area will allow for expanded services throughout rural southeast Georgia.

### **SEHUSAC Meeting on Tuesday, March 16th**

Please mark your calendars! We will be having the SEHUSAC meeting on Tuesday, March 16th starting promptly at 9:30AM. We will meet at Jesup Presbyterian Church located on South Brunswick Street in Jesup. We will be asking for nominations to elect a new Secretary for the consortia, setting goals and objectives for 2010-2011, receive reports from CAB board, Wellness Centers and CBO's. If you know someone you would like for us to invite, please let Arlene know and she will send them a letter or make a phone call to invite them to our consortium. If there is something you need Arlene to bring to the meeting please let her know.



The purpose of *The National Week of Prayer for the Healing of AIDS* is to bring national attention to the AIDS epidemic in the United States and the extraordinary role faith communities *can and are playing* in AIDS prevention, education, service and advocacy.

*The National Week of Prayer for the Healing of AIDS* will promote the continuous national mobilization and education of faith communities to take an even greater role in the implementation of AIDS education and services within their local communities and across the nation.

***The National Week of Prayer for the Healing***

**of AIDS** is the inclusive, expansion of the highly successful Black Church Week of Prayer for the Healing of AIDS, which concluded its 20th year anniversary in 2009. The Black Church Week of Prayer for the Healing of AIDS was the nation's FIRST national mobilization campaign that specifically focused on HIV/AIDS. The campaign has provided AIDS information to well-over 5 million African Americans through the engagement of Black congregations of every sector across the United States.

The Black Church Week of Prayer for the Healing of AIDS was the expansion of a community-

wide initiative in New York City known as *The Harlem Week of Prayer for the Healing of AIDS*. The successful engagement of Harlem's Christian, Muslim, Jewish, and traditional faith communities brought national attention to the critical and urgent need to engage faith communities in addressing HIV/AIDS, especially in the African American community.

HIV/AIDS continues to spread out of control in the rural South and our communities! HIV/AIDS is the leading cause of death among African American women ages 25 to 34.

Over the past year, the Centers for Disease Control and Prevention reported a serious outbreak on many of our college campuses. After almost 26 years of fighting AIDS in our communities, it is time to make a difference!

We must remember that the fight against HIV is far from over. As the number of people living with HIV in the South continues to grow, opportunities for HIV transmission and the burden on the health care system also grow. Additionally, too many people are not yet reached by the prevention efforts that we know to be most effective, one of which is through faith-based organizations.

## One Day in Your Life Jesup Support Group

Tuesday, March 9, 2:00PM  
105 W. Plum Street, Jesup, GA

(Location of the new CARE office.)

For more information about the group please call 530-8078.  
Refreshments will be served.

You can't become what you want to by remaining what you are,  
a change is necessary!



# MARCH 2010 MENU

## Signature Box

Balanced nutrition and variety with enough food to assist in feeding a family of four for a week.

- 2 lbs. Chopped Beef Steaks flavored with Dijon Mustard (4 x 8 oz.)
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 X 4 oz.)
- 1 lb. Boneless Center Cut Pork Chops (4 x 4 oz.)
- 2 lb. Macaroni & Beef Dinner Entrée
- 2.5 lb. IQF Split Chicken Breasts (Re-sealable Bag)
- 1 lb. Lean Ground Beef
- 1 12" Supreme Pizza
- 1 lb. Frozen Peas & Carrots
- 1 lb. Frozen Whole Kernel Corn
- 2 lb. Fresh Apples
- 2 lb. Heat and Serve Broccoli & Cheese Soup
- 24 oz. Natural Cut French Fries (Skin-on)
- 6.5 oz. Stroganoff Skillet Meal
- 1 lb. Rice
- Dozen Eggs
- Dessert

**\$30.00**

## Senior & Convenience Meals

### For Seniors or People on the Go!

Ten perfectly seasoned, nutritionally balanced, fully cooked meals—just heat and serve. Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch & two vegetables or fruit.

- Breaded Baked Fish** over wild rice with green beans, corn and peas
- Chicken Chow Mein** over lo mein noodles, mixed vegetables and sauce, sugar snap peas and cauliflower
- Swedish Meatballs** over pasta in sauce, broccoli, carrot blend
- Fettuccini Alfredo** with carrots and broccoli, zucchini and Brussels sprouts
- Meatloaf Patty** with mashed potatoes and gravy, peas and carrots and cauliflower
- Turkey and Dressing** with gravy, green bean blend and corn
- Chicken and Noodles** with carrots and peas, corn and Brussels sprouts
- Pot Roast** with mashed potatoes, corn and green beans
- Country Herb Chicken** with mashed potatoes and sauce, broccoli and green bean blend
- Chicken Broccoli Alfredo** with carrots and zucchini blend
- Desserts:** Assorted Cookies, Mixed Fruit Cup, Applesauce, Grape Juice, Apple Juice

**\$28.00**

## 5 lb. Allergen-Free Food Box

Processed to eliminate the eight top serious allergens: Peanuts, Soybeans, Milk, Eggs, Fish, Crustacea, Tree Nuts and Gluten (wheat, rye and barley). Great for children and adults!

- 1 lb. Breaded Chicken Breast Chunks
- 1 lb. Breaded Formed Tenders
- 2 lbs. Breaded Chicken Drumsticks
- 1 lb. Breaded Cube Steak

Battered/Breaded with water, white rice, brown rice, modified tapioca starch, flax seed, sugar, salt, spices, dehydrated garlic, spice extractives and oleoresin paprika. Breading is pre-browned in Canola oil.

**\$23.00**

## 6 lb. Premium Seafood Variety Box

- 27 oz. Breaded Butterfly Shrimp (oven ready)
- 10 oz. Cod Fillets
- 17 oz. Crab Cakes (oven ready)
- 16 oz. White Fish Fillets
- 16 oz. Tilapia Fillets
- 10 oz. Breaded Clam Strips (oven ready)

**\$35.00**

## After School Box

- 14 oz. Bread Sticks Stuffed with Mozzarella in Resealable Bag (9 x 1.61 oz.)
- 1.5 lb. Fully Cooked Chicken Rings in Resealable Bag (Approx. 8 servings)
- 1.5 lb. Fully Cooked Chicken & Cheese Nuggets in Resealable Bag (Approximately 8 servings)
- 1.5 lb. Fully Cooked Mini Corn Dogs (36 count)

**\$21.00**

\*\*\*Specials may be purchased with or without the purchase of a Standard Box above\*\*\*

### MARCH SPECIAL #1

- 6 lb. Assorted Meat Grill Box** **\$23.00**
- 1.5 lb. Ribeye Steaks (2 x 12 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mozzarella Cheese (2 x 8 oz.)
- 1 lb. Chopped Beef Steak Flavored with Real Mild Cheddar Cheese (2 x 8 oz.)
- 1.5 lb. Italian Sausage with Cheese
- 1 lb. Bacon Wrapped Turkey Breast Filet Mignon (4 x 4 oz.)

### MARCH SPECIAL #2

- 4.5 lb. Assorted Meat & Chicken Combo** **\$22.00**
- 1.5 lb. New York Strip Steaks (2 x 12 oz.)
- 1.5 lb. Bacon Wrapped Filet (4 x 6 oz.)
- 1.5 lb. Bacon Wrapped Chicken Breast (4 x 6 oz.)

### MARCH SPECIAL #3

- 10 lb. Boneless/Skinless Chicken Breast Box** **\$20.00**
- 10 lb. IQF Boneless/Skinless Chicken Breasts

**Orders Due:** Friday, March 12, 2PM  
**Distribution Day:** Saturday, March 20, 10AM-12PM

Visit our website to ORDER ON LINE

[www.angelfoodministries.com](http://www.angelfoodministries.com)

### MARCH SPECIAL #4

- 4 x 4 Family Meal Kits** **\$35.00**
- 4 meal kits with all you need to feed a family of 4. 16 meals at 2.20 per meal.
- Turkey Kit** - 1.5 lb. Boneless Turkey Breast, 1.5 lb. Potato Medley (Potatoes, Carrots, Onions and Celery), 1 lb. Green Beans
- Split Whole Chicken Kit** - 3 lb. (avg) Whole Split Chicken (2 individually wrapped halves), 1.5 lb. Potato Medley, 1 lb. Green Beans
- Beef Tips & Gravy Kit** - 1.5 lb. Choice Beef Tips in Gravy, 1.5 lb. Rice Medley (Rice with Red & Green Peppers)
- Pork Roast Kit** - 1.5 lb. Boneless Pork Roast, 1.5 lb. Potato Medley, 1 lb. Corn

### MARCH SPECIAL #5

- Premium Fresh Fruit and Veggie Box** **\$22.00**
- 1 Large Golden Ripe Pineapple
- 1 Large Vine Ripened Cantaloupe
- 1 lb. New Crop Chilean White Seedless Grapes
- 1 Large Tree-Ripened Mango
- 1 Large Haas Avocado
- 1 head Leafy Green Cabbage
- 3 lb. bag Sweet Potatoes (baking size)
- 2 lb. bag New Crop Yellow Onions
- 3 lb. bag Idaho Baking Potatoes
- 1 lb. Fresh California Carrots
- 3 Variety Colored Bell Peppers
- 2 ct. Jumbo Garlic
- AFM March 2010 Fruit and Veggie Recipe Sheet

To place your order go by the House of Worship & Ministries located at 1920 Lanes Bridge Road, Jesup, GA, 31545, (beside Satilla Electric) or call 530-8758 and talk with Matt, Lynda, or Brian.

# March 2010

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

|  |   |  |  |   |                                       |  |
|--|---|--|--|---|---------------------------------------|--|
|  | 1   | 2  | 3<br><i>Happy Birthday</i><br>Mildred                            | 4   | 5                                     | 6  |
| 7  | 8   | 9<br>2:00PM<br>Jesup Support Group                   | 10   | 11<br><i>Happy Anniversary</i><br>Arlene & Mark | 12<br>2PM<br>Angel Food Box Order Due | 13   |
| The WEEK OF PRAYER for the Healing of AIDS |   |  |  |   |                                       |  |
| 14<br>Daylight Saving Time                 | 15  | 16<br>9:30AM<br>SEHUSAC<br>Jesup Presbyterian Church | 17<br><i>Happy Birthday</i><br>Johnny<br>Happy St. Patrick's Day | 18  | 19                                    | 20<br>First Day of Spring<br>10AM-12PM<br>Angel Food Box Pick-Up |
| 21   | 22<br>9:30AM<br>Family Connection Meeting | 23<br>DCH Meeting in Atlanta                         | 24   | 25  | 26                                    | 27   |
| 28   | 29  | 30   | 31<br>12:00PM<br>CARE Board Meeting                              |   |                                       |  |

## Comprehensive AIDS Resource Encounter

105 W Plum Street  
Jesup, GA 31545

P.O. Box 552  
Jesup, GA 31598

Phone for Housing: 912-530-8078  
Fax: 912-530-9188  
Email: info@jesupcare.com

[www.jesupcare.com](http://www.jesupcare.com)

Serving 16 Counties in Southeast Georgia

### WELLNESS CENTERS' TOLL-FREE NUMBERS Southeast Health Unit District 9-2

Bulloch - Statesboro: 1-800-796-6213  
Coffee - Douglas: 1-800-808-7828  
Toombs - Lyons: 1-866-406-6534  
Ware - Waycross: 1-866-308-5974  
Wayne - Jesup: 1-866-309-0201

The Purpose of C.A.R.E. is to provide...

1. Direct and indirect services to or for persons living with AIDS and HIV infection.
2. Auxiliary services to persons living with AIDS, their families and friends.
3. Case management and housing assistance to prevent homelessness to persons living with HIV and their families.
4. Prevention and education programs to the community on HIV/AIDS to provide an understanding of safer behavior and to decrease fear in the community.

### CARE STAFF

Arlene Mutchler, Executive Director;  
Robert Davis, Housing Case Manager;  
Renee Horton, Housing Support Specialist  
Iman Johnson, SISTA Facilitator - Jesup  
Cathy Wilson, SISTA Facilitator - Waycross

### CARE BOARD

Chairperson: Vicki Hopps,  
Vice-Chairperson: Rev. Larry Harris,  
Bookkeeper: Helen Thomson; Members: Valerie Ellis,  
Ralph Johnson, Rev. Kendall Shaw, Janette Powell, Beth Gorse, Rhonda Stuckey, Melanie Vaughn, Tyrone Nolan

## Are You Up for The "Take 10" Challenge?

United States  
**Census  
2010**

IT'S IN OUR HANDS

On behalf of the U.S. Census Bureau, we are asking our partners to join us in making history by helping to boost the mail back participation rates across the Nation and in your community during the 2010 Census.

During each Decennial Census, the Census Bureau undertakes the count of every person residing in the United States, as mandated by Article 1, Section 2 of the U.S. Constitution. To encourage everyone to take 10 minutes to answer the 10 simple questions on the 2010 Census form, we are launching the "Take 10" campaign. Through "Take 10," you can visit <http://2010.census.gov/2010census/take10map/> to get updates on the proportion of households that have mailed back the 2010 Census forms. You also will be able to view differences between your community's participation rates and those of neighboring communities or other areas across the country.

You can play an important leadership role in encouraging your community to mail back their forms. Most 2010 Census questionnaires are delivered from March 15-17, 2010. From the time the forms are delivered until the closing of the mail campaign at the end of April, you have the opportunity to remind your area residents of the importance of mailing back their census forms. We believe that you can encourage participation through speeches, special events, and challenges.

The stakes are high; an accurate count of the local population helps to ensure that your community receives its fair share of federal funding. This funding includes resources for services, such as health care, education, and roads.