



As we enjoy our summer vacations, there are people and families struggling without air conditioning and access to healthy food across Philadelphia and the surrounding counties.

Catholic Social Services is committed to spreading love and hope to children and families who are struggling during this challenging time of year. With your continued support, we are changing lives with faith-filled compassion and uplifting those in need.

Your prayers and donations are incredibly important to our mission. You allow us to provide essential services, food, and supplies to those in need. Thank you!

This work cannot continue without you. Together, we can *provide help* and *create hope* to all our neighbors in need. God Bless you.

Keeping Seniors Cool



"The love that we impart is the only thing that really deescalates things on hot days like these. You can just hand someone water or a bag of food. Some guys are so grateful they just want to hug you," said Barry Martin, program director of St. John's Hospice.

Temperatures in the Philadelphia region have spiked well into the 90s recently, with the thermometer hitting 100 last weekend. Heat can be especially deadly for

vulnerable populations, including seniors, those experiencing homelessness, people with health conditions, or those struggling with addiction.

Because of your support, we are able to keep the doors open and the air conditioning on in our many senior centers and family service centers across the region. We are providing water and lemonade to keep people hydrated and giving away popsicles, salads, and other cold and refreshing foods. Thank you for helping us purchase these goods and providing help to people who need it.

[Click here to read more.](#)

Feeding Kids and Spreading Kindness

"With our Summer of Kindness theme, we are trying to help children be a little introspective, but a child can't really do that unless they're physically satisfied," said NDS Director Lizanne Hagedorn.

On July 14, Nutritional Development Services (NDS) held its annual "Blessing of the Summer" to kick off this year's Summer Meals Program, which provides free, balanced meals to kids 18 and under in low-income areas. Last year, 1 million meals of fruit, vegetables, grains, proteins, and milk were handed out to children in need.



The theme of this year's Summer Meals Program is 'Summer of Kindness.' The kids pledged to show respect and support for others and change the world for the better.

Because of you, individuals, children, and families who struggle with food insecurity will be able to eat healthy food all summer long. Thank you for your prayers and support.

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Little Learners Graduate



"Our families can utilize the services at Casa - attending the parenting program, accessing the food pantry, whatever is needed," said Meghan Sidorski, Director of the Casa del Carmen Family Service Center.

56 graduates of Casa del Carmen Preschool Academy attended their drive-through graduation on June 24. They smiled and posed for pictures while parents, teachers, and staff cheered for their achievements.

Located in North Philadelphia, the academy is one of the many programs offered through Casa del Carmen, a CSS Family Service Center that has served the neighborhood's Latino population since 1954. Right after graduation, camp programs begin, offering kids a way to maintain their growth and learning in a safe, engaging environment.

Your continuous support of our Family Service Centers is so important in serving people in need across the Philadelphia area. You help provide education, food, parenting classes, and so much more to individuals and families looking for help. Thank you!

[Click here to read more!](#)

Your donations make the work of Catholic Social Services programs possible. Please give today to help transform the lives of thousands of people. Together we will continue *providing help* and *creating hope!*

DONATE NOW

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