

"For I was hungry, and you gave me food, I was thirsty and you gave me drink, I was a stranger, and you welcome me" –
Matthew 25:35



Thank you for your faithful support of the Pantry. The items listed below are our greatest need at this time.

Your generous assistance is always greatly appreciated!

Rice	Oatmeal	Shampoo
Meat	Peanut Butter	Soap
Cooking oil	Jelly	Laundry Detergent
Sugar	Flour	Baby Diapers (Size 3 and 5)
Dry Red Beans	Coffee	Baby Wipes
Dry White Beans	Tea	
Canned Chicken	Toothpaste	

Thank you for your continued generosity!

The Outreach staff

St. Martha's Social Outreach

is a **Proud Partner** of



Network of Member Agencies and
the Community Empowerment Program

126 Spagnoli Road, Melville, NY 11747 | 631-873-4775 | 516-294-8528 | www.islandharvest.org
Melville | Uniondale | Calverton | Brentwood

Bilingual Volunteers Needed

Outreach is currently in need of bilingual (Spanish-English & Creole-English) volunteers. For more information, please contact, Outreach director, Barbara Powell at (516)292-1603. Thank you!

You may bring your donations at Outreach's office, at the Parish Centre or at Church gathering room.



Monday, Wednesday, and Friday
10:00 AM to 1:00 PM | Tel. 516-292-1603



Make time for a Mammogram
Haga tiempo para una Mamografía
Fe tan pou yon Mamogram

Mercy Hospital and Pink Aid
are offering breast screenings at no cost to you.

Services include

Mammograms, Sonograms &
Molecular Breast Imaging – secondary
screening for women with dense breasts.

Qualifications

Must be at least 40 years old -
Nassau and Suffolk residents only
and must be uninsured.

Mercy Hospital y Pink Aid
están ofreciendo exámenes de
mamografía gratis.

Para más información:
(516) 705-1399 | temra.taylor@chsli.org

Los servicios incluyen:

Mamografías / Sonogramas / Imágenes
Molecular de seno – examen secundario para
mujeres con senos densos.

Calificaciones:

Debe tener al menos 40 años, ser residente de
Nassau o Suffolk y no debe tener seguro
médico.

Mercy Hospital y Pink Aid
Yo ap fè egzamen mamografi gratis

Pou plis enfomasyon:
(516) 705-1399 | temra.taylor@chsli.org

Sevis yo enkli:

Mammograms, Sonograms & Molekile tete
imagine - tes segonde pou fanm ki gen tete
dans.

Kalifikasyon:

Ou dwe omwen 40 ane fin vye granmoun /
Nassau ak Suffolk rezidan selman epi yo dwe
asire.

For more information: (516) 705-1399 | E-mail: temra.taylor@chsli.org
1000 North Village Ave., Rockville Centre, NY 11570

Usted tiene derechos constitucionales:

- **NO ABRA LA PUERTA** si un agente de inmigración está tocando la puerta.
- **NO CONTESTE NINGUNA PREGUNTA** de un agente de inmigración si trata de hablar con usted. Usted tiene el derecho a guardar silencio.
- **NO FIRME NADA** sin antes hablar con un abogado. Usted tiene el derecho de hablar con un abogado.
- Si usted está fuera de su casa, pregúntele al agente si tiene la libertad de irse y si le dice que sí, váyase con tranquilidad.
- **ENTRÉGUELE ESTA TARJETA EL AGENTE.** Si usted está dentro de su casa, muestre la tarjeta por la ventana o pásela debajo de la puerta.

Ou gen dwa konstitisyonèl:

- **PA LOUVRI PÔT** si yon ajan imigrasyon ap frappe nan pôt lakay ou.
- **PA REPONN OKENN KESYON** yon ajan imigrasyon ap poze-w si ou wèl ap eseye pale avèk ou. Ou gen dwa pou-w fè silans.
- **PA SIYEN ANYEN** san-w pa pale ak yon avoka avan. Paske ou gen dwa pou-w pale ak yon avoka.
- Si-w pa andedan lakay ou, ou deyò, mande ofisye a si-w lib pou ou ale, epi si li di-w ou kapab ale, ale avèk kalm ou pa fè tèt ou cho.
- **BAY AJAN KAT SA A.** Si-w anndan lakay ou, montre kat la deyò nan fenèt la oswa glise li anba pôt la.

For more information – please contact
OUTREACH during office hours.



Catholic Charities WIC
1000 N. Village Avenue
Rockville Centre, NY 11571
(516) 705-3645

