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Franciscan Center to offer Free Prostate Cancer Screenings

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The *Franciscan Center* is teaming up with *Chesapeake Urology* to offer Free Prostate Cancer Screenings on Saturday, September 21, 2013 from 8:30 a.m. to 2:30 p.m. at the Franciscan Center, 101 W. 23rd Street, Baltimore, MD 21218.

In 2013, more than 240,000 men will be diagnosed with prostate cancer. More than 30,000 will die from the disease. African American men are 60 percent more likely than the rest of the population to develop prostate cancer. The good news is early detection helps you beat the odds against prostate cancer.

The first 100 men screened will receive a free Safeway gift card! Every man screen will be entered in a drawing for two tickets to the Ravens/Patriots Game on December 22, 2013.

Founded by the Franciscan sisters of Baltimore in 1968, the Franciscan Center was one of the first human services agencies in Baltimore. Our programs provide emergency assistance and supportive outreach to poor and hungry citizens of Baltimore, designed to assist them in realizing their self-worth and dignity as people of God.

What began with the Sisters handing out sandwiches and coffee to “street people” at the back door of the orphanage they operated on Maryland Avenue has grown to serve every Baltimore zip code, offering a range of services that is unique in our community. In fact, the breadth of services we provide has made the Franciscan Center one of the most-referred agency on the United Way of Central Maryland's "211 Emergency Hotline."

The Franciscan Center's dining program serves a hot, nutritious meal to as many as 600 men, women and children daily, five days a week throughout the year. In recent months we have partnered with area churches to add a Wednesday evening meal, our "Supper Club" program, in an effort to reach the working poor.

Unlike many other soup kitchens in Baltimore, the Franciscan Center's meals are prepared on-site using fresh ingredients. The Center is committed to improving public health in the Baltimore community by offering fresh, healthy foods to the men, women and children whom we serve. In fact, we are the first soup kitchen in the United States to participate in the nationwide "Meatless Monday" initiative, offering a delicious vegetarian meal

each Monday. Through gleaning from area farms, produce markets, stores and restaurants, the Franciscan Center is able to include fresh vegetables in the meals we serve every day.

The Franciscan Center's emergency food pantry is the largest direct-to-client food pantry in Maryland, providing more than 7,000 bags of groceries a year to families and individuals in need. Our pantry bag includes enough food for a family of three for three meals a day for three days. In keeping with our commitment to making healthy food available to those we serve, we also offer a "Healthy Choice" pantry bag that includes the same amount of food, but lower fat, lower sodium items, whole grain products, frozen ground turkey and fresh or frozen vegetables. We are thrilled to report that nearly 40 percent of our clients are now opting for this "Healthy Choice" bag.

The Franciscan Center is all about empowerment. In addition to our food programs, the Center offers free, seasonally appropriate clothing, toiletries and a broad range of emergency assistance and supportive services designed to help our clients become self-sufficient. Our Responsive Services department offers financial assistance with energy bills, eviction prevention, medical prescriptions, dental procedures and transportation, as well as help securing birth certificates and Maryland State identification cards. The Center's Technical Resource Center offers our clients one-on-one assistance in gaining in basic computer skills, setting up e-mail accounts, building resumes and applying for jobs and benefits. On average, we are helping 5-7 people a month find jobs.

Our "Attire 4 Hire" program was the first of its kind for men in the Baltimore area, providing free professional clothing for job interviews, graduations and other important life events. We partner with "Suited 2 Succeed" to assist our female clients.

For more information, please contact Meg Ducey at (410) 467-5340, Ext. 117, or mducey@fcbmore.org.

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