

Interfaith News

Linking older adults with a caring community

Spring 2009

Interfaith Faces Big Financial Challenge

For the first time in memory, our Board has passed a deficit budget, forced by loss of government funding and the current recession to draw on reserves to meet expenses.

In April, the City of Cudahy informed us that our expected \$21,000 Block Grant was being trimmed by \$6000. All funded groups took similar hits. This was on top of a \$4000 deficit forecast when the Board passed their budget earlier this year. So, we are \$10,000 in the hole. On top of that, our budget presumes an increase in donations from businesses this year, which we will work hard to get but may not be possible to come by in the current economic climate.

We Are Counting On You!

Needless to say, donations from private individuals like you who are reading this newsletter will be critical to getting through this year without seriously depleting our reserves. Those reserves could well be needed to cover the expenses of a move and increased rent were we to ever lose our space in the former Holy Family rectory.

How can you help?

- If you've never given to Interfaith before, send a donation or memorial in a loved one's name in the enclosed envelope. If you have given in the past, please consider increasing your usual gift if your circumstances allow.
- Hold an Interfaith fundraising event or write a letter to family and friends asking their help. We will help you with this -- just call Mark at 483-4474.
- Ask your local businesses to consider a contribution to Interfaith. If you are a significant customer or client but shy about approaching the owner yourself, give us the name and address of the business and permission to drop your name when asking for their support.
- Consider naming Interfaith in your will. For more information on bequests, contact Mark at the number above.

With your help, Interfaith can and will continue to help seniors stay independent. Thank you for your support!

Be An Angel!

“Thank you for the rides you provide for seniors. Your drivers are ‘angels’ to us.”

This is just one of many expressions of gratitude we regularly receive from our driving clients. Our drivers are a lifeline for these folks, keeping them connected to the community and getting them to doctors, dentists, the grocery store, etc. But the needs are growing, and our volunteers are stretched to the limit. Every week it is a struggle to fill every ride request, and occasionally we have to tell someone all our volunteers are used up on a particular day. The discontinuation of St. Luke’s van service has resulted in even more calls. ***Would you consider committing just two hours a week to being an Interfaith driver?***

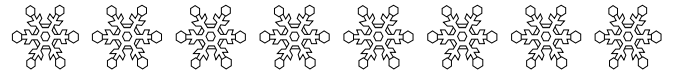
We are also getting requests for ***household help*** and ***yardwork***, but have no volunteers to offer people. One woman who recently had a stroke is unable to mop her kitchen and bathroom floors. Could you help her?

Call 483-4474 to get started as an Interfaith volunteer today.

Are You Ready for the Digital TV Transition?

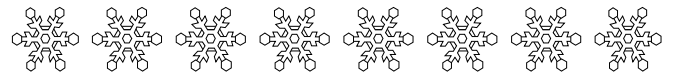
On June 12, you will no longer be able to tune in to your favorite TV channels without a digital television, a cable TV connection, or a digital converter box.

For information on the transition, call 1-888-225-5322 or go to this website: www.dtv.gov/consumercorner.html



Buried in Snow This Past Winter? Let Us Know!

Did you use Interfaith’s snow shoveling service last winter? Were you happy with it, or were there problems? We want to know. Did you not know the service was available, or do you expect to need it next year for the first time? If so, please call us at 483-4474. We want to hear your experiences and prepare to serve everyone who needs it next year. We are also hoping to provide shoveling for St. Francis residents for the first time, so if you live there and need help, call us as well.





Personal Care Plus

Call to set up a time for us to come visit and talk about how we can help you or your loved one stay happy, comfortable, healthy and independent.

Personal Care Plus can help with:

- personal cares, such as medication reminders, bathing and companionship.
- homemaking, such as vacuuming, laundry, dusting, mopping and meal preparation.

414-220-8680

Donate Jewelry

Cudahy-St. Francis Interfaith will host a Jewelry Sale at its booth at the Cudahy Lions Sweet Applewood Festival this summer. Please donate any jewelry you no longer use for this much-needed fundraiser. Jewelry may be dropped off at any of our sponsoring churches, or call 483-4474. Thank you!



The Best Job You'll Never Have!

Why? Because it's a volunteer job that pays a stipend for your gas and expenses! A Senior Companion is a trained friendly visitor who takes on 3 or more homebound clients each week and visits them for up to four hours, often so their caregivers can get away for a short break, do shopping, go to an appointment, etc. You are paid by the Social Development Commission, which also provides training. You must be at least 60 years old and under a maximum income level. If you think you may qualify and want to find out more, call 483-4474.

DEMENTIA BASICS

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease/dementia, this free presentation series is for you. Join us for a 3 session workshop and learn more about:

- ◆ Warning signs of dementia
- ◆ Differences between dementia and Alzheimer's
- ◆ Treatment options and progression
- ◆ Steps to maximize function
- ◆ Communication and interaction strategies
- ◆ Understanding challenging or difficult behaviors
- ◆ Strategies for behavior management

When: Wednesdays - Sept. 16, 23, and 30, 2009

6:00 pm—8:00 pm Alzheimer's Association

Where: Froedtert Hospital - West

9200 W. Wisconsin Ave.

Conference Room A/B

To Register: Call Sue Moser 414-805-9269

Alzheimer's Association

6130 W National Ave

Milwaukee, WI 53214

414-479-8800

24/7 Helpline: 1-800-272-3900



Interfaith News is published quarterly by the Cudahy-St. Francis Interfaith Program for Older Adults for the purpose of increasing the awareness of older adults about services and resources available to them in the community. It also provides information of interest to older adults.

Cudahy-St. Francis Interfaith welcomes suggestions and questions. Every effort is made to verify content. Please let us know of any errors. If you have comments, please call 483-4474 or write to:

Cudahy-St. Francis Interfaith

3767 East Underwood Avenue

Cudahy, WI 53110-1934

Mark Peters, Editor

Please Note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis or treatment. If you are concerned about your health, please consult your health provider.



For Your Generosity!

The following donations were made between
February 1, 2009 and April 30, 2009

Corporate and Organizations

St. Mark's Ev. Lutheran Church ***
Sacred Heart of Jesus Catholic Parish ***
So. Milw. Chap. Thrivent for Lutherans **
Suburban Business and Professional
Women's Club ***
United Way *****

Individual Donations

Edwin & Bernelle Adamczyk
Martha Beck
Ruth Beyer
Tom & Carol Bindas
Allen Boekeloo **
Delores and Joseph Buichl ***
Joan Burrows
Francis & Frances Chilson
Doris Christensen
Violet Czerniakowski
Sharon Decorah
Stella & James Dembowski
Lorraine Dembowski
Ann Drapac
Elsie & Robert Eisbrenner
Ludmilla Foran
Grace Ghelfi
Geraldine Gibas
Josephine Gnacinski
Grace Golata
Emily Grabowski
Esther Grochowski
Andrew Gusho
Mary Harder
Virginia Heksel
William & Sharon Henning **
Ed & Mary Hermsen **

Elizabeth Hershberger
Antoinette Hill
Eugene & Ann Holubowicz
Irene Hoppe
Kenneth Huber
Barbara Janicek *
Josie Janicek
James & Sandra Jaskulski *
Trudy & Karen Kaprelian
Ann Kitzrow
Betty Knoff
Darinka Kohl
Richard & Regina Koronkowski
Avalon Krygier
Victoria Kuban
Sylvia Kulik
Virginia Lahr
Celina Lambert
Dorothy Lemke
Robert & Irene Lewandowski
Vivian & John Littman
Gloria Lorenz
Cecelia Lucas
Joan Martin
Leonard & Adeline Maslowski
Pat McCracken
Sarah & Ryan McCue
Paul & Judith Mikolajczak
Jerry and Mary Ellen Mikulay
Harold Mischka
Loretta & Damian Mogilka
Eleanor Mongold
Marian Noll
Chester & Alice Nowicki
Dora O'Connor *
Patricia Oddis
George Oppen
Jeffrey Owens *
Ann Papastefan **

Joan & Thomas Paul
Michael & Ruth Plakut
Dorothy Podlasinski
Bernadine Pracki
Emma Ramon
Rev. Phil Reifenberg **
Dolores Rodziczak
Barbara Rothe
Catherine Rutland
Delores Schoessow
Francis & Carol Schuster
James & Margaret Senger
Theresa Simon
Norma Sinner *
Frieda Slogaski
Michael & Sharon Sobotkiewicz
Florian & Lorraine Tomkowiak
Blanche Truss
Frank Tryba
Adeline Tuskowski
Olga Uher
Virginia Walczynski *
Bess Waters *
Robert Weber
Carmen Wheeler
Henry & Evangeline Wojtysiak
Frances Wojs
Lucille Young *
Mary Zodrow *

*	Donations of \$50 or more
**	Donations of \$100 or more
***	Donations of \$200 or more
*****	Donation of \$500 or more

Memorials

In Loving Memory of...

Jessie Owen

by Jerome & Mary Ellen Mikulay
Fr. Phil Reifenberg
Jackie Baranek

Eugene Lemke

by Bess Wahl

Shirley Bergmann

by Lucille & Donald Young

Cudahy-St. Francis Interfaith gratefully accepts memorial gifts for loved ones and special occasions

Thank God for Our Awesome Volunteers!

New Volunteers Since Last Newsletter

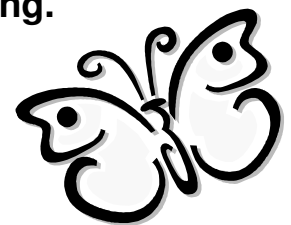
Marcia Villa
Joan Hanstedt
Carol Bindas

Returning Volunteers

Betty Kleppin
Pat McCracken
Charlotte Lisowski
Marion Albers



**Interfaith gratefully
acknowledges
St. Luke's South Shore
for making this
newsletter possible
by contributing
paper and printing.**



32nd Annual Prayer Breakfast

Over 100 people turned out to support Interfaith at our 32nd Annual Prayer Breakfast on March 28. Many thanks to the board members and others who helped with the set-up, and to the wonderful **Kiwanians** who made the pancakes and sausages! **Neil Arndt**, one of our busiest volunteers, received the Kiwani's Human and Spiritual Development Award for his dedication to our homebound seniors. Congratulations, Neil!

CUDAHY-ST. FRANCIS INTERFAITH

LOCATION:

3767 E Underwood Ave.
Cudahy, WI 53110

OFFICE HOURS: Mon-Wed & Fri 9am-3pm
Closed Thursdays

PHONE: 414-483-4474

WEBSITE: www.interfaithcudahy.org

Board/Office News

The Board of Directors of Cudahy-St. Francis Interfaith and the Board of Directors of Project Concern of Cudahy-St. Francis have been meeting jointly for over a year now, and recently decided to streamline their operations by combining membership. The two organizations are still separately incorporated and will remain so with separate treasuries and sets of books, but the same individuals will serve on both boards. They are also revising their bylaws so that the boards operate under identical guidelines. This means that both boards will meet on the second Tuesday of the month, at least six times per year. The business of one will be conducted, then the other. Since the same six churches sponsor both agencies, it was agreed that this new arrangement makes good sense. Yet the names and independence of each will be maintained.

Besides the pastor (or his designate) and one lay person from each parish, the new boards will

“The two organizations are still separately incorporated and will remain so with separate treasuries and sets of books, but the same individuals will serve on both boards.”

include up to six “at-large” members from the communities of Cudahy and St. Francis, usually from the business or government sector. We have two at-large members currently, Rebecca Roepke of Cudahy Family Library and Kate Johnson of Maritime Bank (board secretary). Nativity of the Lord Catholic is represented by Fr. Phil Reifenberg and Pat Rozek (vice-chair), St. John Lutheran by Rev. Jon Bender and Kathy Barker, St. Mark’s Lutheran by Rev. Bruce Cheever (board chair) and Ginny Grossman, Sacred Heart Catholic by Dick Buschmann (pastor’s designate) and Diane Goryl (Interfaith treasurer), and Cudahy United Methodist by Carl Hepp (pastor’s designate), with one position open. Bryan Martin, business manager at Nativity and our landlord, is an ex-officio member and also the Treasurer of Project Concern.

Meanwhile, at the Interfaith office at 3767 E. Underwood, we were sad to learn that Carolyn Lawrence would be leaving after only two months as Service Coordinator. We are in process of hiring a new person and ask your patience in the meantime. Until then, the director will be in the office Monday through Friday but may not be able to answer when you call. Please leave a message and we will respond. Special thanks to **Jeff Owens** of our Board, who has come in on several occasions to volunteer in the office.

ARE YOU A CAREGIVER FOR A LOVED ONE? CHECK OUT THESE HELPFUL WEB SITES...

Full Circle of Care (www.fullcirclecare.org)

Information, links, and checklists; nationwide access to services, family caregiving, independent living, long term care and assistance, Alzheimer’s/dementia, end-of-life choices; huge alphabetical list of topics.

Ask Medicare -- for caregivers (www.medicare.gov/Caregivers/) Sign up for an e-mail newsletter from Medicare designed to help caregivers. Most people don't think of themselves as caregivers; all they know is that someone that they care about needs help. Provides information, tools and materials to assist the caregiver and their loved ones in making informed healthcare decisions.

Looking for a Nursing Home? (www.medicare.gov/NHCompare)

Medicare’s Nursing Home Compare web tool can guide you through the process step-by-step. Just enter your ZIP code to compare facilities on things like bedsores, safety, and staffing, and use the new five-star quality rating to help make a good choice.

PROTECT YOURSELF FROM FRAUD

There are signs of spring everywhere. It's the time of the year that homeowners find flyers and advertising in doors and mailboxes from Home Improvement contractors that are anxious to sell a variety of services.

The National Consumer Law center website notes, "Many low-income homeowners are targeted by scam artists who use high-pressure tactics to sell unneeded and overpriced contracts for home improvements. Often these scam artists charge more than their quoted prices for shoddy or

incomplete work."

To help protect yourself against fraud, we have a form you can make any contractor fill out. Call 483-4474 and we will mail it to you. It's also wise to insist on a written contract. Don't sign anything until you understand the entire contract.

You can also call Consumer Protection at 1-800-422-7125 to file a complaint or find out if complaints have been filed against a contractor.

The Garbage Truck Rule



One day I hopped in a taxicab and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My cab driver slammed on his breaks, skidded, and missed the other car by inches! The driver of the other car whipped his head around and started yelling at us. My cab driver just smiled and waved at the guy. I mean, he was really friendly. So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!" This is when he taught me what I now call The Law of the Garbage Truck.

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometime they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so... love the people who treat you right. Pray for the ones who don't. **Life is ten percent what you make it and ninety percent how you take it.**

Your volunteer and financial help is needed.

Older adults in Cudahy and St. Francis need help with transportation to medical appointments, shopping, lawn care and snow shoveling. Lonesome, homebound individuals would appreciate a friendly visitor or telephone call.

Financial support from individuals, congregations, businesses and organizations helps ensure that the Cudahy-St. Francis Interfaith continues its services to our communities' older adults — especially the frail elderly.

To volunteer, call Interfaith: 483-4474.

To make a donation, mail your contribution in the enclosed envelope to:
Cudahy-St. Francis Interfaith Program, 3767 East Underwood Avenue, Cudahy, WI 53110-1934. Your donation is tax deductible to the extent allowed by law. **Thank you for your generous gift.**

**It is the mission of Cudahy-St. Francis Interfaith
to enhance the lives of older adults by providing
information, referral and direct services.**



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