



# INTERFAITH

*Linking Older Adults to a Caring Community*

Fall 2004

## Happy Holidays & Blessings

Phyllis Dettman, Interfaith Director

The Board of Directors and Staff wish each of you "Happy Holidays" and many blessings in the New Year. We send a special "Thank You" to all the friends of the Interfaith Program who have supported our work financially and with volunteer involvement during the past year.

Older adults in Cudahy and St. Francis are truly blessed to have the concern and care of so many individuals, churches, service organizations, businesses and the city governments of Cudahy and St. Francis. Without the volunteer involvement and financial contributions, our work with older adults would not be possible.

In 2003, Interfaith served nearly 1000 seniors—many of these on numerous occasions. Volunteers gave more than 1,000 hours of their time making friendly visits and driving seniors to medical appointments, other errands and shopping.

The quarterly Interfaith Newsletter receives many favorable comments and is sent to more than 2000 homes.

Interfaith staff provides information and makes referrals to other helping agencies thousands of times during the year. Each year seniors enjoy the Interfaith Prayer Breakfast, the Grand Time Out—an afternoon of fun, music and food—and the Epiphany Event that brings Interfaith's five sponsoring congregations together for readings, music and fellowship.



## Leaf Blankets

Leaves are falling, soft as snowflakes,  
Red and yellow, gold and brown;  
The breeze laughs gaily in the treetops,  
Shaking all the color down.

Leaves are covering the gardens  
As my blanket covers me.  
When cold winter comes, the flowers  
Will be warm as warm can be.

—Irene B. Crofoot

## Interfaith Staff Member Receives Golden Worker Award

Pat Scardina, Office Coordinator at Cudahy-St. Francis Interfaith Program for Older Adults, recently received a Golden Worker Award for excellence in the workplace. The award is presented annually by the U.S. Department of Labor to recognize the contributions of older workers as an integral part of the work-force.

Phyllis Dettman, Interfaith Director, said "I have confidence in Pat's ability to take charge of the office in my absence." Pat also coordinates the snow-shoveling program that is funded by the City of Cudahy.

Pat has a quick sense of humor and keeps those around her on their toes. She is respected by her co-workers. Pat is always willing to go the "extra mile" and help older adults with their needs. Pat finds solutions for many challenging problems. Recently, for example, she took a call from a woman who had dropped her air conditioner on her roof while trying to remove it. She called the Fire Department and they referred her to Interfaith. Pat solved the problem with a willing volunteer.





## Winter is Coming—Will You Need Help With Snow Shoveling?

If you are 60 years of age or older and need help with snow shoveling, Cudahy-St. Francis Interfaith may be able to assist you. Interfaith, working with the School District of Cudahy, is arranging for students to shovel the snow from your sidewalk and to your front door after a four-inch snowfall. **This service will be paid for with a grant from the City of Cudahy and is only for residents of Cudahy.** For details about this program, please call



Pat Scardina at:

Cudahy-St. Francis  
INTERFAITH: 483-4474.

For residents of St. Francis Interfaith will try to find volunteers or connect you with students that might shovel for a reasonable fee.

### Cudahy-St. Francis Interfaith Celebration of the Epiphany

On January 16, 2005 the five sponsoring churches of Cudahy-St. Francis Interfaith Program for Older Adults will come together to celebrate Epiphany with music and readings.

**Where:** St. Mark's Ev. Lutheran Church.  
3515 E Van Norman Ave. Cudahy.

**Time:** 1:00 pm — 3:00 pm

**Refreshments will be served.**

Please bring a non-perishable food item to donate to Project Concern the community emergency food and clothing pantry.

## Exercise and Be Healthy

Older adults, both male and female, can benefit from regular physical activity. Physical activity need not be strenuous to achieve health benefits. Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily.

Benefits can be obtained from longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stair walking). Additional health benefits can be gained through greater amounts of physical activity, either by increasing the duration, intensity, or frequency. Because risk of injury increases at high levels of physical activity, care should be taken not to engage in excessive amounts of activity.

Previously sedentary older adults who begin physical activity programs should start with short intervals of moderate physical activity (5-10 minutes) and gradually build up to the desired amount. Older adults should consult with a physician before beginning a new physical activity program. In addition to cardio respiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities.

Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life. They:

- Help maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduce the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Help people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduce symptoms of anxiety and depression and foster improvements in mood and feelings of well-being.
- Help maintain healthy bones, muscles, and joints and help control joint swelling and pain associated with arthritis.

## Energy Assistance

—help available for home heating costs

An Energy Assistance Program is available to help you with your energy costs (gas, oil and electric). Crisis assistance includes: retention of utility services, reconnections, oil deliveries and furnace repair or replacement. Home visits to help with applications for the elderly and homebound are available. **For homebound and elderly home visits call: 906-2802.** Referrals are also made to other energy related services.

**To qualify you must meet the following Income Guidelines:**

Family Size	1 Month	3 Months	Annual
1	\$1,163.75	\$3,491.25	\$13,965
2	\$1,561.25	\$4,683.75	\$18,735.00

For guidelines for larger families and crisis assistance, call 414-289-6146. Applicants must provide the following documents:

- ✓ Proof of income for all household members for the previous three months.
- ✓ Social Security cards for everyone in the household.
- ✓ Current energy bill (gas/electric/oil.)
- ✓ If renter, a statement from landlord that heat is included in the rent.

Without the above listed documentation, you may not be seen on the day of your visit. Sites listed below are available October 1, 2004 to May 14, 2005.

### Bay view Community Center

1320 Oklahoma Avenue  
Monday & Wednesday 8:30 am — 4:00 pm

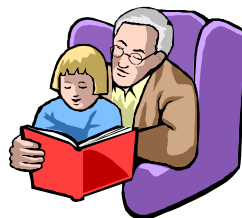
### Beulah Britton Community Center

2555 S. Bay Street  
Friday: 8:30 am — 4:00 pm

### Wilson Park Senior Center

2601 W. Howard Avenue  
Monday 9:00 am — 4:00 pm

## A Tale of Two Interfaiths Serving Older Adults



Once upon a time in Cudahy and St. Francis people were confused about the two Interfaith Programs in Cudahy and St. Francis. One Interfaith—Cudahy-St. Francis Interfaith

Program for Older Adults— has served the two communities since 1977. The other Interfaith has managed the Kelly Senior Center in Cudahy since 2001.

The two Interfaith organizations are both part of the same family: Interfaith Program for Older Adults (located on Virginia Street in Milwaukee).

Cudahy-St. Francis Interfaith Program for Older Adults provides the following services:

- \* Information & referral
- \* Transportation
- \* Friendly visiting
- \* Quarterly newsletter
- \* Advocacy.

Cudahy-St. Francis Interfaith Program for Older Adults depends upon individuals, the cities of Cudahy and St. Francis and the business community to support the agency's programs and services.

Cudahy-St. Francis Interfaith is sponsored by five community churches: Sacred Heart of Jesus Catholic Church, Nativity of the Lord Catholic Church, St. Mark's Ev. Lutheran Church, St. John Ev. Lutheran Church and the Cudahy United Methodist Church.

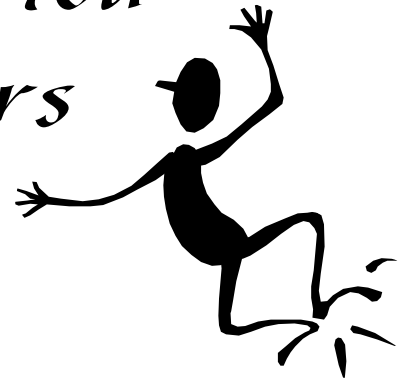
The Kelly Senior Center is operated primarily with funding that comes from the Department on Aging. The Senior Center offers many activities for active adults, age 50 and older. There is no cost to join the senior center.

A meal program, located at Kelly Senior Center, offers a tasty hot lunch to anyone age 60 and older. The meal program requests a \$2.00 donation towards the meal.

Both agencies work together to meet the needs of older adults in this area. The Senior Center also seeks financial support through available grants from the community. A monthly calendar and newsletter listing special and ongoing programs is available at the reception desk.



# *A Big Thank You to our Donors*



*The following donations were made between  
July 31, and October 25, 2004*

## **Corporate Donors**

Cudahy Lions Club\*\*  
Patrick Cudahy, Inc.\*\*  
Joy Global Foundation \*\*\*\*\*  
Charles Potter, Inc.  
Ryczek Larson Brothers\*\*  
Stark Investments \*\*\*\*  
Ti-Print Inc.\*

## **Individual Donors**

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 Henry & Evangeline Wojtysiak  
 Charles & Arlene Wolbert  
 Ervin Zdrojewski  
 Lorraine Zemplinski

**Grand Tine Out Door Prize Donors**

A Cut of Joy Hair Gallery  
 Adamczyk Foods  
 Barbara Johnson  
 Country Flower Shop  
 Cudahy Clinic Serv-U-Pharmacy  
 Cudahy Pick' n Save  
 Delores Dickhut  
 Dobies Restaurant & Lounge  
 Frank DeRango's Pizzeria  
 Hauke's Floral & More  
 Jac-Lyn Beauty Salon  
 Kelvin Schroeder Jewelers  
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 Mother Natures Foods  
 Papa Murphy's Pizza  
 Patrick Cudahy, Inc.  
 Pekars Liquor  
 Potter's Piggly Wiggly  
 Quality Candy & Buddy Squirrel

**Donations of:**

\* \$ 50 or more  
 \*\* \$ 100 or more  
 \*\*\* \$ 400 or more  
 \*\*\*\* \$ 1000 or more

*Memorials*

**Arthur (Zeke) Gooder** by  
 Estelle Gooder  
 Greg Gooder

**Harry (Snuffy) Jozefacki** by  
 The Jozefacki Family

**Stanley Smigielski** by  
 Loretta Smigielski

**Steven Veteska** by  
 June Veteska

**INTERFAITH**

Gratefully accepts memorial  
 gifts for remembrance of  
 loved ones, special occasions  
 such as anniversaries,  
 birthdays, holidays and  
 special events.

*In Honor of*

**Fr. Robert Surges**  
 Sacred Heart of Jesus  
 Catholic Church  
 40<sup>th</sup> Anniversary  
 in the  
**Priesthood** by  
 Richard & Delores Dickhut

There's a little twinge of  
 sadness when Summer  
 disappears. But Autumn brings  
 new gladness and joys this time  
 of year. —*Elise Natalie Brady*

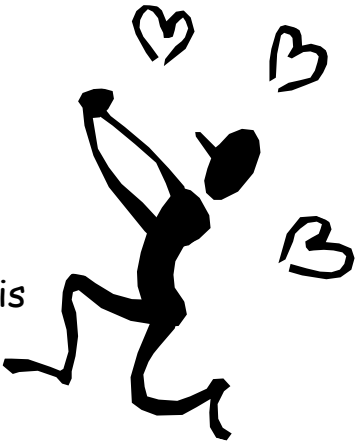
Let Autumn bold with universal  
 tinge of sober gold be all about  
 me. — *John Keats*

I rake the leaves  
 When they fall down  
 In a great big pile.  
 And when there are  
 Enough of them,  
 I jump on them awhile.  
 —*Unknown*

How silently they tumble  
 down And come to rest upon  
 the ground. To lay a carpet, rich  
 and rare. Beneath the trees  
 without a care, content to  
 sleep, their work well done,  
 colors gleaming in the sun.  
 —*Unknown*

Earth is here so kind, that just  
 tickle her with a hoe and she  
 laughs with a harvest.  
 —*Douglas Jerrold*

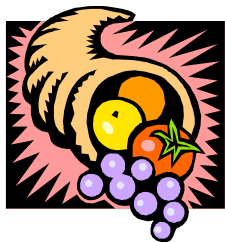
With appreciation,  
 Interfaith gratefully  
 acknowledges and thanks  
 St. Luke's South Shore for making this  
 newsletter possible by contributing  
 paper and printing.



## Share Your Blessings

Project Concern of Cudahy-St. Francis is in need of non-perishable food items. Over the last two years the emergency food pantry has experienced, a large increase—more than double—of people needing food. You can help by taking your donations to the pantry: Monday 9:00 am.-12:00 Noon and 3:00 pm to 6:00 pm Wednesday and Friday 9:00 am to Noon. Monthly 1st Saturday 9:00 to 11:00 am.

Two outreach workers at Project Concern make referrals and help those in need access helping programs and services such as W-2, Food Stamps and Medical Assistance. If you are 60 years of age or older and need emergency food call Interfaith 483-4474 and the staff will help you connect with Project Concern or call Project Concern 744-0645.



F r a , autu s at arv st,  
 at r t t r Fr atur , t s at  
 s w , scatt r abr a  
 —Edwin Way Teale

v t a v tb caus t s s  
 t aty us a a as b caus t s  
 ar y , t st aty u 't av t ta  
 car a y r , a t rass st s  
 r w —Mark Van Doren

## Apple Bake

- 2 large apples cut into small pieces
- 1/4 cup apple juice
- 1/4 cup water
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- Dash ground nutmeg



Combine juice, water and spices. Put apples in a loaf pan. Pour liquid over apples. Bake 350 degrees for 35-45 minutes. Serves 2. 140 calories and 1 gram fat.



## Danger in Freezing Plastic Water Bottles and in Microwaving Food in Plastic Containers

According to experts at Johns Hopkins Medical Center, a highly toxic chemical called dioxin can be released from plastic containers into our food and water.

When a plastic water bottle is frozen with water inside the chemical dioxin releases from the plastic into the water.

When food is heated in the microwave, especially food containing fat, the combination of the fat, high heat and plastic releases dioxin into the food and ultimately into the cells of the body.

Remember when some of the fast food restaurants moved away from the foam containers to paper? The dioxin problem is one of the reasons.

Dioxins are carcinogens are highly toxic to the cells of our bodies. In fact, dioxins are some of the most toxic chemicals known to science.

The US Environmental Protection Agency clearly describes dioxin as a serious public health threat. The public health impact of dioxin may rival the impact that DDT had on public health in the 1960's.

## Your Toes Know

Get yourself ready for sleep by warming up your feet. Research suggests that in addition to having a quiet, dark room to sleep in, having warm feet also may help trigger sleepy feelings.

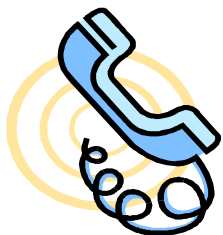
The body naturally dilates blood vessels in the hands and feet and releases heat from these extremities in preparation for sleep.



Warming your feet with socks and then removing the socks would mimic this sleep preparation process.

## Do Not Call List

Consumers can sign up to be placed on the National and Wisconsin “No Call Lists”. Signing up identifies you as someone who does not wish to receive telemarketing calls. It's free and available for residential telephone customers in Wisconsin. Your number will remain on the lists for two years. Adding your residential phone number to the lists will help reduce (but not eliminate) telemarketing calls to your home.



The National Do Not Call Registry gives you an opportunity to limit the telemarketing calls you receive. If you registered by August 31, 2003, you should be receiving fewer telemarketing calls since October 1, 2003. If you registered after September 1, 2003, telemarketers covered by the National Do Not Call Registry will have up to three months from the date you register to stop calling you.

### Both numbers are toll free

National No Call List  
Federal Trade Commission  
1-888-382-1222

Wisconsin Dept of Agriculture  
Consumer Protection Office  
1-866-966-2255

## Medicare Pays for Flu Shots

Medicare will pay for flu shots for senior citizens and disabled people. Flu Shots are recommended for all individuals over 65.

The shots are normally given in the Fall before the winter flu season hits.

Call you local health department or watch the newspapers to see where you can obtain a flu shot.

## Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break an individual ...

a company ... a church ... a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for the day. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our

Attitudes. — *Charles Swindel*



The Interfaith Newsletter 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

Phyllis Dettman, 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.

ur v u t r a a c a s .

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.

v u t r, ca t r a t : 4 -4474.

a a at , 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.**

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