



# INTERFAITH

*Serving Older Adults*

Spring 2005

## Cudahy-St. Francis Interfaith Program for Older Adults: The Board of Directors

—Phyllis Dettman, Director

Since 1976, the Board of Directors of the Cudahy-St. Francis Interfaith Program for Older Adults has provided support and guidance for the agency that provides services to older adults in the two communities.

The representatives on the Board of Directors are all volunteers and give their time to the agency.

Six congregations provide volunteer and financial support to the agency. They are:

Changing Lives Assembly of God  
Cudahy United Methodist  
Nativity of the Lord Catholic  
Sacred Heart of Jesus Catholic  
St. John Ev. Lutheran  
St. Mark's Ev. Lutheran

In addition to providing governance, board members help raise funds to support the agency and plan fun events for seniors.

Each year they plan and implement several events:

Epiphany Event in January  
Bake Sale in February  
Prayer Breakfast in the Spring  
Jewelry Sale in August  
Grand Time out for Seniors in September

During the last two years, Interfaith has said "goodbye" to two long-serving board members: Barbara Johnson and Mel Shervey. Both will be missed by the older adults they so lovingly served and by their associates on the Board of Directors and

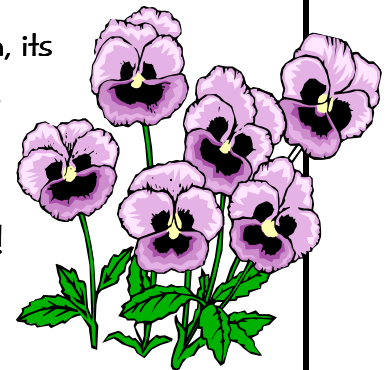
*(Board Members, continued on page 2)*

Life has its seasons —  
its bright summer days,  
Its autumn made poignant with  
memories' haze,  
Its cold, lonely winters when bitter  
winds blow  
But always the crocus of hope in the  
snow.

Always the day when the morning  
breaks through,  
And clouds break away to a sky of  
blue.

Life has its season, its  
sun and its rain, its  
winter —  
but always the  
springtime again!

—Helen Marshall



## Free Health Seminar

Changing Lives Assembly of God Church will hold a Health Seminar on Obesity and Associated Diseases led by Dr. Madhavi Parekh on Saturday, June 11 at 10:00 am The session will be held in the Fellowship Hall, downstairs in the school building, 3828 East Holmes Ave. Cudahy. The lecture will last about an hour, then there will be a time for questions. Dr. Parekh will also offer diabetes testing on site that day and talk about preventative measures to avoid the illnesses that come with weight problems. For more information call 483-1313.

### If Only I Knew You Then!

A mother was telling her little girl what her own childhood was like, "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods."

The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

### The Dieter's Prayer

God grant me the serenity  
to accept the things I ought  
to eat, the courage to avoid  
the things I shouldn't eat,  
and the wisdom to know that  
a little chocolate  
never hurt anyone.

### Board Members, continued from page 1 Staff.

Mel Shervey who served on the board for 15 years was always available to drive someone to medical or other appointments. He took care of many details at the Jewelry Sale at Sweet Applewood Festival and the Prayer Breakfast.

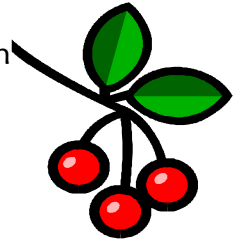
Barbara Johnson was a master organizer of many events and a long-time champion of Interfaith. She served the board for more than 25 years.

Memorial donations were presented in honor of these two dedicated board members and they will long be remembered for their contributions and commitment to older adults and to Interfaith.

It's the songs you sing  
And the smiles you wear  
That make the sunshine everywhere

### A Fruit for Achy Joints

Fresh cherry season may be a sweet time for people with arthritis. Recent studies by USDA researchers revealed that fresh Bing cherries may contain anti-inflammatory properties that could



potentially help ease osteoarthritis pain. In the study, people who had eaten cherries for breakfast had lower blood levels of C-reactive protein and nitric oxide, both of which are markers of inflammatory disease.

### Second Medical Opinions



Sometimes your physician may recommend surgery for the treatment of a medical problem. In some cases, surgery is unavoidable. But as the result of new medical technologies, there are many conditions that can be treated equally well without surgery—and because even

minor surgery involves some risk, you may want to get another view of your options before proceeding with surgery recommended for a non-emergency condition.

While physicians usually agree on whether surgery is unwarranted, they do not always agree on whether surgery is the best course of action when there are effective alternative treatments available. In all cases, you, as a patient, are entitled to know the range of choices available to you, to have those choices objectively considered by more than one professional, and to have your own preferences considered before undergoing an elective surgical procedure.

Medicare, as well as many private health insurance plans, encourages second opinions. Medicare pays the same way for a second opinion as it pays for other physician services as long as the second opinion is for the treatment.

## Fighting Medicare Fraud

If you are a Medicare beneficiary, here are some things to look for when you're checking your Medicare statements. Ask yourself these questions regarding charges that might be questionable:

- ☑ Did you receive the services listed?
- ☑ Did your physician order the service or medical products?
- ☑ Is the service or product relevant to my diagnosis or treatment?
- ☑ Did providers waive co-payments for you (an illegal practice)?
- ☑ Are there any charges from someone who offered you free services or medical equipment and asked for your Medicare number?

If you find charges that are questionable, or you don't understand them, please contact your provider (it might be a billing error) If it is not a billing error then call the Medicare Fraud Hotline: 1-800-447-8477.

—MetaStar

## I See A Cloud

Take a look at a cloud  
 White and fluffy,  
 Moving gently and slowly across the sky.  
 A pretty white mountain,  
 Shield of the sunrise,  
 Mirror of the sunset or  
 Sometimes growling,  
 Dark and gloomy pouring out  
 thunder and rain.  
 I see it hiding the blue of the sky or  
 Covering an airplane.  
 I see it, I love it,  
 This cloud.



## Household Tips

**Energy Saved With Cool Wash:** Using cold water to wash laundry can save money for consumers who run several loads of laundry a week. The energy savings occur when a cold wash and rinse are used instead of a hot or a warm rinse.

## Homemade Jewelry Cleaner:

### Ingredients:

- 1 glass jar or bowl
- 1 cup hot water (heating water for a minute or two in the microwave is hot enough.)
- 1 tablespoon baking soda
- 1 tablespoon salt
- 1 tablespoon dish washing liquid: Joy, Dawn, etc.
- 1 piece aluminum foil big enough to fit on the bottom of jar or bowl. Shiny side up.
- 1 plastic spoon.
- 1 towel

**Instructions:** Place aluminum foil in bottom of the jar or bowl. Heat water and dish washing liquid. Stir slightly. Place jewelry on top of foil and let sit for 5 to 10 minutes. Remove jewelry with plastic spoon and rinse in cool water. Dry jewelry thoroughly on a towel.

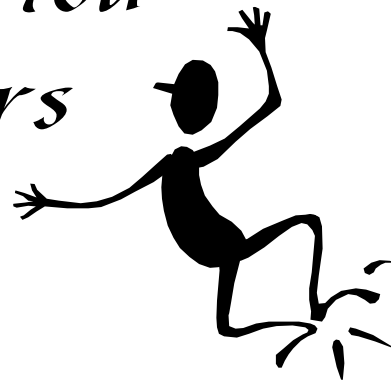
### Use caution with throw rugs in the home:

Are throw rugs in your home placed on a rug liner or have a nonskid back to reduce the risks of slips and falls? Avoid placing throw rugs at the top or bottom of a stairway. Throw rugs can slide or the edges can become curled and cause someone to trip or fall.

**Keep batteries off the floor:** Little batteries look harmless enough. If a toddler puts one in his or her mouth, it could cause choking or serious burns if the batter fluid leaks out. Also, your dog could think that a discarded battery is a toy and if they bite into the battery, their mouths, tongues and gastrointestinal tracks could be burned.



# A Big Thank You to our Donors



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Cudahy-St. Francis

### INTERFAITH

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by Project Concern

#### Lenore Czarnecki by

Czarnecki & Cetnarowski Families

#### Blanche K. Embertson by

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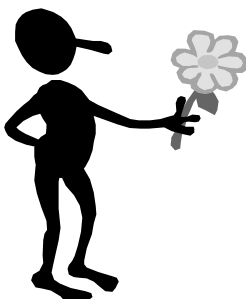
Carl & Jackie Baranek  
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by Kathleen Burditt

### Interfaith

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

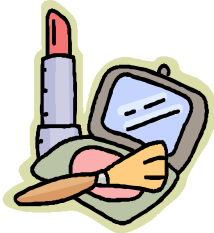


With appreciation,  
 Interfaith gratefully  
 acknowledges and thanks  
 St. Luke's South Shore for making  
 this newsletter possible by  
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 and printing.



## Beauty on the Safe Side

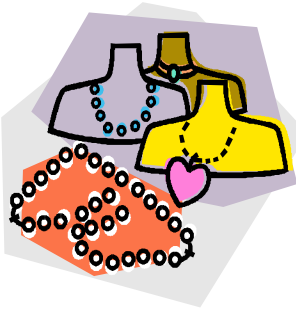
Besides never putting on makeup while driving, consumers should follow other precautions to protect themselves and the quality of their cosmetics:



- ✓ Keep makeup containers tightly closed except when in use.
- ✓ Keep makeup out of sunlight; light can degrade preservatives.
- ✓ Don't use eye cosmetics if you have an eye infection. Throw away all products you were using when you first discovered the infection.
- ✓ Never add any liquid to bring the product back to its original consistency. Adding water or saliva could introduce bacteria that could easily grow out of control.
- ✓ Never share.
- ✓ Throw makeup away if the color changes or an odor develops.

Preservatives can degrade. Normally, the eye is a good barrier to bacteria, but one slip of a mascara wand can scratch the cornea and introduce all kinds of bacteria.

## Help Interfaith: Donate Jewelry



Cudahy-St. Francis Interfaith will host a Jewelry Sale at its booth at the Cudahy Lions Sweet Applewood Festival in August.

Please donate any jewelry that you no longer use to Interfaith for this event.

The proceeds will help support Interfaith's programs and services for the elderly in Cudahy and St. Francis.

To donate jewelry, please call Interfaith: 483-4474.

Interfaith will be happy to pick up your donation if you are unable to bring it to the Interfaith office located at 3767 East Underwood Avenue, Cudahy.

## Thinking About Moving?

For a variety of reasons, you may be looking at the possibility of moving from your single-family home to an apartment. However, before you do, be sure you carefully examine the benefits and drawbacks. Consider the following points when moving from a single-family home to an apartment:

**Neighborhood:** Most people want to live near a grocery store, a drug store, church, a doctor's office, public transportation and a hospital.

**Apartment Complex:** Easy access to an elevator, handrails, clean bright laundry room, a minimum number of steps and adequate parking facilities. Many persons prefer a manager to live on the premises so there's quick response to emergencies.

**Costs:** As a guide, housing experts say you shouldn't spend more than 30 percent of your income on housing. Ask about all costs, such as parking, utilities, activity fees and deposits.

**Security:** Complex should be well lit and have controlled access to all entrances and parking garage. Apartment doors should have dead-bolt locks and peepholes.

**Lease:** Understand all conditions of lease. Some basic questions: How much will it cost you to break your lease? Can you have guests visit you for several weeks, or will that cost you? If you have questions about your lease, consult with an attorney, seniors' federations and tenants organizations.

**Pets:** Ask what types of pets are allowed.

**The Apartment:** Know what appliances come with the apartment. Ask about sound-blocking, double-walled construction and double-pane windows. Check storage space to ensure you have enough room.



## Life Goes On

When Dr. Maya Angelou was interviewed by Oprah on her show for Dr. Angelou's 74th birthday. Oprah asked her what she thought of growing older. She said it was "exciting."

Dr. Angelou also said: "I've learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life.

I've learned that making a "living" is not the same thing as making a "life."

I've learned that life sometimes gives you a second chance.

I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back.

I've learned that whenever I decide something with an open heart, I usually make the right decision.

I've learned that even when I have pains, I don't have to be one.

I've learned that every day you should reach out and touch someone. People love a warm hug or just a friendly pat on the back.

I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."



Please let Interfaith know if you have a change of address. Call the Interfaith Office: 483-4474.

## Nutrition Road Tips

- ✘ Always drink plenty of water, particularly if you are flying.
- ✘ Conjure up a healthy meal in your mind. Try to eat at least three times per day to keep you from feeling famished and overindulging at any one time.
- ✘ Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.
- ✘ Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.



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.

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.**

**Cudahy-St. Francis Interfaith Older Adult Program is sponsored by the following six congregations:** Changing Lives Assembly of God, Cudahy United Methodist, Nativity of the Lord Catholic, Sacred Heart of Jesus Catholic, St. John Ev. Lutheran and St. Mark's Ev. Lutheran.

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