

# INTERFAITH

Linking Older Adults to a Caring Community

Summer 2006

## Greater Number of Older Men, Women Working, According to Federal Report

As the baby boom generation anticipates retirement, a growing proportion of older Americans are in fact remaining in the workforce. Labor force participation rates for older women have increased significantly since the mid-1980s, and for older men, since the mid-1990s, according to an updated report from the government's Federal Forum on Aging-Related Statistics. The labor force statistics are among several updated facts and figures in the Forum's data book series on aging.

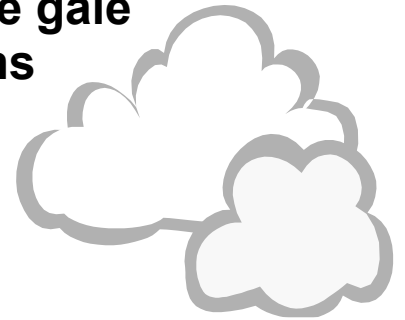
The workforce update notes that participation rates for men 65 to 69 increased from 25 percent in 1993 to 34 percent in 2005, and for women 65 to 69, the rates increased from 14 percent in 1985 to 24 percent in 2005. There has been a similar increase in labor force participation rates for women age 62 to 64 over the same period (from 28 percent in 1987 to 40 percent in 2005). For men age 62 to 64, participation rates leveled off in the 1980s after falling during the 1960s and 1970s. Then in the mid-1990s, their participation rates began to rise from 45 percent in 1995 to 53 percent in 2005.

The trend also applies to men and women age 70 and over. Here, too, labor force participation rates have increased markedly for at least a decade and the rise is continuing. Among men 70 and over, 14 percent were in the labor force in 2005, up from 10 percent in 1993. Among women 70 and over, participation rates increased from 4 percent in 1987 to 7 percent in 2005.

—*Department of Health and Human Services Administration on Aging*

So fades a summer  
cloud away;  
So sinks the gale  
when storms  
are o'er;  
So gently  
shuts the  
eye of day;  
So dies a wave  
along the shore.

—*Barbauld, 1743-1825*



## Grand Time Out

**September 17, 2006**

Pulaski Inn  
3900 Pulaski Avenue  
Cudahy, Wisconsin  
12:30 — 4:00 p.m.

**Doors open at 11:30**

Tickets: \$12.00

**Call INTERFAITH: 483-4474**

**Dining Music Fun  
Door Prizes**

**Sponsored by Cudahy-St. Francis  
Interfaith Program for Older Adults**



## Doggie Bag Do's and Don'ts

We want your food to be as delicious and safe when you take it home as when it is served to you. Follow these "Doggie Bag Do's and Don'ts" for your restaurant leftovers, carry-out items and food you prepare at home:

- do** refrigerate leftovers—hot and cold— within 2 hours.
- don't** use any food that has been left at room temperature for more than 2 hours. (If in doubt, throw it out.)
- don't** refrigerate large cuts of meat or poultry whole. It will stay warm too long and allow bacteria to grow.
- do** cut large pieces of meat and poultry into smaller, serving-sized portions for storage.
- do** store large quantities of thick foods (stew, chili) in several small containers.
- do** label leftovers with current date. Eat or freeze within 3 to 4 days.
- do** reheat leftovers to at least 165 degrees. Stir to cook evenly.

—Wisconsin Restaurant Association Education

As for old age, embrace and love it.  
It abounds with pleasure if you know  
how to use it.

## Too Old For What?

Admit that you are growing older. Remember that aging brings "plus" changes as well as "minus" ones. Answer "too old" with "too old for what?" You are never too old to change an attitude or habit, acquire a skill, offer a service, keep up-to-date, create something beautiful or try a new idea.

Acquire some new knowledge each year. You are never too old to learn. Learning can be valuable, rewarding and fun. Find creative outlets in hobbies, the arts and community activities. Human imagination does not grow old. Make new friends to replace old ones. Retire **to**, not **from**. Bloom where you are!

## Spiritual Needs

"Older Adults need a vision, not only recreation. Older adults need a dream, not only a memory. It takes three things to attain a sense of significant being: GOD, a SOUL, and a MOMENT. And the three are always there. Just to BE is a blessing, Just to LIVE is holy." — Rabbi Abraham Heschel,

*White House Conference  
on Aging 1961*

**Many experts believe  
the kitchen is home to  
more potentially  
dangerous bacteria  
than even the  
bathroom..**

## 8 TIPS for good Mammograms



- Ask to see the FDA certificate that is issued to all facilities that meet high professional standards of safety and quality.
- Use a facility that either specializes in mammography or performs many mammograms a day.
- Are you satisfied that the facility is of high quality? If so, continue to go there on a regular basis so that your mammograms can be compared from year to year.
- If you change facilities, ask for your old mammograms to bring with you to the new facility so that they can be compared to the new ones.
- If you have sensitive breasts, try having your mammogram at a time of the month when your breasts will be least tender.
- Don't wear deodorant, powder or cream under your arms. It may interfere with the quality of the mammogram.
- Take a list of the places, dates of mammograms, biopsies or other breast treatments you have had before.
- If you do not hear from your physician within ten days, do not assume that your mammogram was normal—confirm this by calling your physician or the facility.

For more information call toll free: 1-800-ACS-2345 —*American Cancer Society, Inc.*



**“The essence of volunteerism is not giving part of a surplus one doesn't need, but giving part of one's self. Such giving is more than a duty of the heart, but a way people help themselves by satisfying the deeper, spiritual needs that represent the best that is in us”.**

## Do You Have A Complaint About the Care in a Nursing Home?

—*Take your concerns to the Long-Term Care Ombudsman*

The Long-Term Care Ombudsman investigates nursing home complaints, acts as an advocate for nursing home residents, and mediates disputes between nursing homes and residents or their families. Ombudsmen are ready to help if you need information on the nursing homes or if you have a complaint about a nursing home. Call toll-free: 1-800-815-0015

## Credit Card Grace Period

What does it mean when you have a grace period on your credit card? This is the amount of time, usually 20-25 days, during which you don't have to pay interest on purchases made with a credit card, but only if you have no outstanding balance on your card. Be aware that there are some credit cards with no grace period, so interest on your purchase begins immediately.

—*Wisconsin Attorney General's Office*



# A Big "Thank You" to our Donors



**T**he following donations were made  
between April 26 and July 15, 2006

## **Corporate & Organization**

Cudahy Lions Club\*\*\*  
City of Cudahy Employees\*\*  
K of C Council# 4700\*\*  
Rotary Club Of Mitchell \*\*\*  
Changing Lives Assembly of God  
Cudahy United Methodist Church  
Nativity of the Lord Catholic Church  
Sacred Heart of Jesus Catholic Church  
St. John Ev. Lutheran Church  
St. Mark's Ev. Lutheran Church

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- \* Donations of \$50 or more
- \*\* Donations of \$100 or more
- \*\*\* Donations of \$500 or more

Cudahy-St. Francis  
**INTERFAITH**  
Gratefully accepts  
memorial gifts for  
remembrance of loved  
ones, special  
occasions, such as  
anniversaries,  
birthdays, holidays  
and special events.



**Memorials**  
**In memory of**  
**Stephen Dopuch** by  
Carl & Jackie Baranek

**Elsie Gusho** by  
Andrew Gusho

**Ted Majewski** by  
Gerald & Anne Magyera  
Charles & Arlene Wolbert

**Joan Paetzke** by  
Friends from Williams Town Bay 111

**Stephen Sidlik** by  
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**Mindi Robin &  
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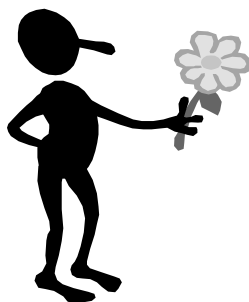
### When Old Age Comes

God grant me old age.  
I would see some things  
finished; some outworn;  
Some stone prepared  
for builders yet unborn,  
Nor would I be the  
salted, weary sage. Who  
sees no strange new  
wonder in each morn.

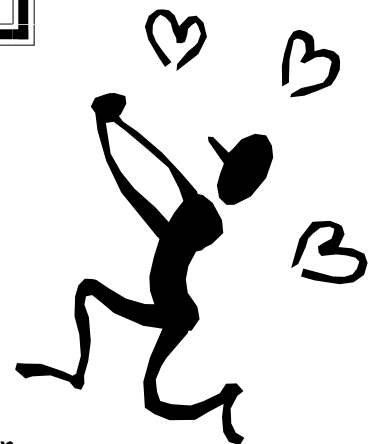
*Burgess Johnson-  
1877-1963*

"For age is opportunity no  
less than youth itself  
though in another dress.  
And as the evening twi-  
light fades away, the sky  
is filled with stars invisible  
by day."

*—Henry Longfellow*



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



## Progress



Oh, how long for the  
good old days  
The days before high tech.  
Making a business call these  
days is making my life a  
wreck.

You call the number, a recorded  
voice cheerfully welcomes you.  
'If you want this, press number one,  
For that, press number two.

If these are not the things you want,  
You might press three or four.  
Still not the option that you need?  
Hold on, we've plenty more.

Your call is very important to us,"  
That recorded voice will say.  
If my call is so important,  
Will they answer it today?

"All operators are busy."  
Then music fills my ears.  
It seems that I've been waiting  
at least a hundred years.

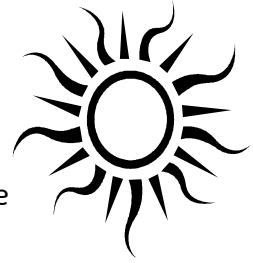
At last I hear a phone ring  
And talk with a human being.  
Oh, give me back the good old days,  
If this is what progress means.

## Reading Labels May Put You To Sleep

Over-the-counter analgesics that  
contain caffeine may cause sleep  
problems. People over 65 who take  
such medications, without realizing  
they contain caffeine, are twice as  
likely to report trouble falling

## Beat the Heat

Older persons are at  
particular risk for heat-  
related illnesses. These  
illnesses can be as serious  
as they are preventable.  
Hot weather is one of the  
common causes of heat  
illnesses. Dehydration is  
also a common cause of heat illness.



### What are the symptoms?

Individuals can experience a variety of  
symptoms of heat illness. Symptoms such  
as heat cramps, heat exhaustion, and  
heatstroke are increasingly severe and can  
lead to death.

### Some ways to prevent heat illness are:

- ✓ Wear loose-fitting, lightweight  
clothing in hot weather.
- ✓ Rest frequently and seek shade  
when possible.
- ✓ Avoid hot places.
- ✓ Drink plenty of fluids.
- ✓ Avoid overheating.

## On Your Feet!

Women who spend less than  
four hours a day on their feet  
double their risk of hip fracture  
if they have thin bones, low  
body weight, smoke cigarettes  
or drink a lot of coffee. Walking  
for exercise cuts the risk of  
fractures by 30 %.

— *New England Journal of Medicine*

**Delight in the beauty that  
surrounds you.**

## Project Concern Lends a Helping Hand

Since 1968, Project Concern has provided help to those in need in Cudahy and St. Francis. The program provides emergency food, clothing and household items for people who are experiencing personal or family crises such as: illness, death, loss of job, marriage breakdown, alcoholism or problems associated with old age.

Project Concern reports that many older adults are “not taking advantage of the agency’s services when confronted by an emergency. The program is for people of all ages and we would like our communities’ seniors to contact us when they are faced with an emergency — particularly a food emergency.”

Project Concern is located at 3672 South Plankinton Avenue, Cudahy (basement of St. Frederick’s church). The telephone number is 744-0645.

Project Concern hours are:

- } Monday - Wednesday - Friday  
9:00 a.m. — 12:00 Noon
- } Monday  
3:00 p.m. — 5:00 p.m.

Older adults can also contact Cudahy-St. Francis Interfaith 483-4474. Interfaith will work for them with Project Concern to obtain emergency food, clothing or other household items.

## Recognizing Stroke Symptoms

It takes the average person 13 hours to recognize the seriousness of stroke symptoms and get to a hospital. During this time, the brain suffers irreparable and otherwise treatable damage. Why does it take so long for someone to seek out medical attention for such a serious illness? Some people wait to report strokes because they believe them to be untreatable, while others simply don't know how to recognize the symptoms. According to the National Stroke Association, the five most common and recognizable stroke symptoms include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or inability to understand others
- Sudden trouble seeing from one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Stroke symptoms should not be taken lightly. If you experience or see someone else experiencing one of these symptoms (even if it goes away quickly), call 911 immediately. Learning to recognize these symptoms may save your life or the life of someone you love. For more information, visit the Web site of the National Stroke Association. [www.stroke.org](http://www.stroke.org).



**What sunshine is to flowers,  
smiles are to humanity. They  
are trifles to be sure, but scattered  
along life's pathway, the  
good they do  
is inconceivable.**

**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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