

# INTERFAITH NEWS

33 years of linking older adults with a caring community

Winter 2010

## Come to Our Prayer Breakfast!

### Help Cudahy-St. Francis Interfaith Celebrate 33 Years of Service

It's time for people of faith in Cudahy and St. Francis to join together in prayer, song and fellowship in thanksgiving for a third of a century of care for the older adults of these communities. *Not to mention all-you-can-eat pancakes and sausages!* Join us on **Saturday March 20** at St. John Evangelical Lutheran Church, 4850 S. Lake Dr. from 8:30 - 10:30 AM.

Every year since our founding in 1977, we have gathered for this event and been treated to a short but inspiring message from a faith or community leader. This year, our speaker will be **Rev. Carl Krueger** of St. John. Pastor Carl, who is retiring from parish ministry, served at St. John for over 30 years, and is well-known in the community for his service as a Chaplain to the 128<sup>th</sup> Air Refueling Wing, his work with The Lutheran Radio Church Service, his 12 terms of service on Cudahy-St. Francis Interfaith's Board and 9 terms on the board of Project Concern, and as a founding member of the

South Shore Healthier Communities Initiative. He was named Veteran of the Year by Cudahy's Veterans Committee in 2000 and was awarded an honorary doctorate by Concordia University in 2008 in recognition of his service to the Church, the nation and the community. Pastor Carl's talk is entitled: *"The Formula for Complete Satisfaction: 2-4-W."*

Besides a delicious breakfast and uplifting message, we will also honor this year's recipient of the **Kiwanis' Human and Spiritual Values Award**. The honor is always a surprise, so you'll want to come and see if it's someone you know. We are also happy to announce music by members of St. Mark's Lutheran, who will also lead us in a sing-along. As always, scrumptious breakfast cakes and breads (donated by members of our six sponsoring parishes) will be served and for sale afterwards. Tickets remain a bargain at \$5 each, and are available through our office and sponsoring parishes. Get one today before they're all gone!

#### Public Officials to Attend

Mayor Ryan McCue and Ald. Mary Schissel will be in attendance at the Prayer Breakfast, and invitations have also been sent to St. Francis City Administrator Ralph Voltner, County Supervisor Pat Jursik, State Representative Christine Sinicki and State Senator Jeff Plale. Spv. Jursik was instrumental in helping Interfaith get a \$15,000 county grant and Sen. Plale authored a bill that enabled us to hire 12 and 13 year olds to shovel snow for seniors. (continued on p. 2)

**OFFICE LOCATION:** 3767 E Underwood Ave  
Cudahy, WI 53110

**OFFICE HOURS:** Mon-Thurs 9 AM - 1:30 PM

**PHONE NUMBER:** 414-483-4474

**WEB ADDRESS:** [www.interfaithcudahy.org](http://www.interfaithcudahy.org)  
[www.interfaithmilw.org](http://www.interfaithmilw.org)

**STAFF:** Mark Peters, Director  
Denise White, Service Coordinator

# Eating Healthy for One, on a Budget

Kristen Wieneke, dietetic technician student, MATC

Sometimes mealtimes can be the most stressful part of the day. You ask yourself, "What am I going to eat today?" You're tired, don't feel that great, or you're busy, so you go to the freezer and grab a frozen dinner, or maybe skip dinner. What could be easier than just popping it into the microwave? That may sound like a great idea, but it is not the best for your health. Frozen meals can be loaded in extra salt, fat, calories and over-processed food, and have little nutrients.

Here are some suggestions to help you eat healthier while keeping your budget in mind:

**Create your own frozen dinners!** Make a delicious pork or beef roast (only when it's on sale of course), with potatoes and lots of veggies, and divide the leftovers into individual freezable, microwavable containers. Label and date and store in the freezer. Same can be done with lasagna, stew, soup, and chili—the list is endless.

**Leftovers! Leftovers!** Utilizing leftovers by making one meal and using it for different meals throughout the week, is a great way to save money and still get a nutritious meal. Chicken is very versatile, leftovers can be used on a salad or a sandwich, or in a casserole.

**Single Servings!** There are many things at the grocery store that can be bought in small amounts or single servings. The salad bar for example is a good way for a single person to get a great value, since you can buy only the amount you want, especially lettuce and fresh spinach, and eliminate wasted food. (Tip: don't use the dressing since you pay by weight. Add your own at home.) If you don't see the veggies you like on the salad bar, go for the frozen sec-

tion. Frozen is the next best thing to fresh veggies, since they are not packed in salt water.

There is a brand of fish that is sold in individual serving sizes in the freezer section, and often goes on sale. Also pork, and beef can be bought in small packages, or if you don't see any small sizes, ask the butcher to break one up. You will still get the sale price and a great value along with it.

**If All Else Fails!** Invite a neighbor or friend or family member over and share your meal. It is more cost effective to add a bit more meat or an extra potato, or few more veggies to feed an extra person or two, then to make another meal. Or suggest to some friends or neighbors to have a pot luck night and everyone makes a dish to share, that way no one has a lot of effort, or clean up. Take turns at each others house, and you're not only getting a great meal with little effort and cost, but also companionship and a night out!



"I'M PUTTING YOU ON A 'WHATEVER-TASTES GOOD, DON'T EAT IT' DIET."

## Public Officials to Attend Breakfast

(cont. from p. 1)

Rep. Sinicki co-sponsored the bill. Mayor McCue and the Cudahy City Council have supported Interfaith for years through Community Block Grant funding, and Mr. Voltner helps us get Block Grant funds through St. Francis.

Please come to the Prayer Breakfast on March 20 to help us recognize and thank these leaders for their outstanding support of Cudahy-St. Francis Interfaith!

## Considering Your Options for Long Term Care

If you are a Medicaid-eligible resident of Milwaukee County, you may be able to choose among the following options to meet your health and long-term care needs:

**Family Care:** covers your long-term care services. But your ordinary and acute care\* and pharmacy will be covered separately by Medicare and/or Medicaid.

**Partnership:** uses Medicare and Medicaid to coordinate and cover your long-term care, primary and acute care\* and pharmacy services.

**PACE (Program for All inclusive Care for the Elderly):** available for persons aged 55 and older. It uses Medicare and Medicaid to coordinate and cover your long-term care, primary and acute care\* and pharmacy services. Some of the services may be provided at the PACE day center if you choose to attend the center.

**IRIS (Include, Respect, I Self Direct):** The self directed supports program covers the long term care needs that you decide are most important for you. Some long term care needs, along with your acute and primary care needs will be covered by Medicare and/or Medicaid.

\* Primary care refers to doctor visits and checkups. Acute care means emergency care and hospitalization.

Or, you can use your Medicaid (Title 19) Forward Card for doctor visits and other health services.

If you would like more information about these programs and services or other programs available in Milwaukee County, contact the Aging Resource Center at 289-6874. Website: [www.milwaukee.gov/aging/resourcecenter](http://www.milwaukee.gov/aging/resourcecenter).

## C/SF Interfaith Ends Year Nearly \$8000 in the Red

At the end of 2008, foreseeing a very challenging year ahead, our Board of Directors approved a \$4000 deficit, knowing that we had reserves to draw upon and hoping that the deficit situation would be temporary.

In the end, our shortfall was almost double that, but it could have been much worse. If not for generous individual giving at the end of the year, combined with the support of our sponsoring churches, great corporate citizens like Ladish and Vilter, multiple donations by the wonderful Cudahy Lions Club, and help from other groups like the Friends of Cudahy Family Library and the St. Francis Lions and Association of Commerce, we would have ended up much deeper in the hole.

We are working hard to find other sources of funding, and 2010 is off to a good start with a \$500 gift from the Cudahy Chamber of Commerce. But we still badly need your help. *One way to help ensure that we can continue to help future generations of seniors is to remember Cudahy-St. Francis in your will. Call 483-4474 to find out how.*

## City-Wide Mailing Worthwhile, But Cost-Prohibitive

Our decision to spend an extra \$2000 to mail our Fall newsletter to every household in Cudahy and St. Francis did bring forth many new donors, some of whom made very generous contributions, but unfortunately it was not enough to offset our increased costs, which is one reason why this edition of Interfaith News is once again being sent only to those in our computer database.

However, the experiment was not a failure, as it not only introduced us to thousands of people who may someday need our services or need to refer someone else who does to us, but it introduced us to new donors who want to see our services continue, AND resulted in nearly a dozen calls from potential new volunteers. *THANK YOU TO ALL WHO RESPONDED!*



# For Your Generosity!

The following donations were received between  
October 16, 2009 and January 15, 2010

## Corporate & Organizations

Cudahy U. Methodist Women\*\*  
Friends of Cudahy Library\*\*\*\*  
Ladish Co. Foundation\*\*\*\*\*  
Lions Club/Beer Capitol\*\*\*\*\*  
Patrick Cudahy, Inc.\*\*  
Sacred Heart of Jesus Parish\*\*\*  
St. John Lutheran Parish\*\*\*\*\*  
St. Mark's Lutheran Parish\*\*\*\*  
Women of St. Mark's ELCA\*\*\*

## Individuals

Anonymous  
Ray Adamski  
Marcellyne Amann  
Diann Andreska  
Eleanor Barrette  
Ruth Bartz  
Martha Beck  
Penny Becker\*\*  
Mary Becker\*\*  
Joanne Beyer  
Thomas & Carol Bindas  
LaDonna Bowe\*  
Joseph & Delores Buichl\*\*  
Anthony & Carleen Burazin  
Joan Burrows  
Ray, Kathleen & Jennifer Buttke\*\*  
Shirley Champagne  
Diana Charney\*\*  
Doris Christensen  
Santa Claus\*\*\*\*  
Mary Crandall  
Sharon Decorah  
Stella Dembowiak  
Richard & Lorraine Dembowski  
James & Joan Detert  
Richard & Delores Dickhut  
Donald & Patricia Doberstein\*\*  
Ricki & Maureen Dorgay  
J.T. Duffey\*  
Donald Fischer\*  
Henry Forster\*  
Susan Gaudynski  
Grace Ghelfi  
Geraldine Gibas  
Josephine Gnacinski

Rose Grochowski  
Esther Grochowski  
Theodore Gronski  
Mary Haas  
George & Mary Haberman  
Robert Hanson\*  
Mary Harder  
Richard & Joan Haske\*  
Francis & Betty Jane Hauerwas  
Scott Heian  
Virginia Heksel  
Joseph & Shirley Henika\*\*\*  
James & Darlene Hennlich\*\*  
Edmund Hermsen\*  
Elizabeth Hershberger  
Clementine Hoagland  
Irene Hoppe  
Loretta Howell  
Milton & Judy Hoyt  
Barbara Janicek  
Dan Jankowski  
Ellen Jankowski\*\*  
Grace Jennaro  
Andrew & Diane Johnson  
Thomas & Suzanne Johnson  
Patricia Jursik\*  
Brian & Jody Kaebisch\*\*  
Mark & Cynthia Karolewicz\*  
Judith Keese  
James Kieturkus\*\*  
Marjorie Klink  
Elizabeth Knoff  
James Kotarak  
Katharine Kramarich  
Jerome & Judith Kramraj  
Avalon Krygier\*  
Victoria Kuban  
Joyce LaFavor  
Gerald, Virginia & Susan Lahr  
Celina Lambert  
Marcella & Norman Landers  
Irving Larsen  
Evelyn Laven  
Doris Lavota  
Janice Lee  
Robert & Irene Lewandowski  
Margaret Lippke\*\*\*  
John & Vivian Littman  
Carson & Sharan Lunde  
Eleanore Mankowski  
Mary Marciniak\*  
David Marciniak\*\*

Joan Martin  
Leonard & Adeline Maslowski\*  
Ryan & Sarah McCue  
Paul & Judy Mikolajczak  
Jerome & Mary Ellen Mikulay  
Barbara Mollberg\*  
Eleanor Mongold  
Joanne Nicgorski, OSF  
Donald & Hope Nogay  
Chester & Alice Nowicki  
George Opper  
Helen Pari  
Thomas & Joan Paul  
Joan Pearson  
Leroy Peterson\*  
Judith Phipps\*  
Gerald & Lynn Ponec  
Mark Rawson  
Gerald Reider  
Arthur Repta\*  
Wanda Roach\*  
Delores Rodziczak  
Chris & Marilyn Rosland  
Barbara Rothe  
Catherine Rutland  
Susan Ryan\*  
Gail Schacht\*  
Catherine Schaut  
Patricia Scheel\*  
Lois Schleif  
Delores Schoessow  
Manfred & Helga Schulz  
Francis & Carol Schuster  
Virginia Sedlacek  
Adolf & Rosa Seewald\*  
Theresa Simon  
Norma Sinner\*  
Rosalyn Sprifke  
Frank & Joan Stanaszek\*  
Raymond & Regina Suchorski  
James & Sharon Szebe  
Louis & Karen Tanaskovic  
Charles & Romaine Taube  
Burt & Nancy Treweek  
Mark & Patricia Trinkl  
Frank Tryba  
Adeline Tuskowski  
Olga Uher  
Robert & Therese Wasikowski  
Barbara Wegner

(Continued on page 5)

Carmen Wheeler  
Robert & Susan Williamson  
Gregory & Mary Witkowski\*  
Charles & Arlene Wolbert  
Melvin Zemplinski  
Margaret Zizis

- \* Donations of \$50 or more
- \*\* Donations of \$100 or more
- \*\*\* Donations of \$250 or more
- \*\*\*\* Donations of \$500 or more
- \*\*\*\*\* Donations of \$1000 or more
- \*\*\*\*\* Donation of \$6000!

We are sorry that space didn't permit us to list donations received after 1/15/10. They will be listed in our Spring edition.

*In Loving Memory of...*

**Marcella Jankowski**

Ellen Jankowski

**Richard Kaebisch**

Brian & Jody Kaebisch

**Austin & Alma Doberstein**

Donald & Patricia Doberstein

**Harold & Eleanore Kolodzek**

Donald & Patricia Doberstein



*In Honor of...*

**Sue & Roman Diaz**

Sr. Joanne Nicgorski, OSF

*Cudahy-St. Francis Interfaith is happy to accept memorial and honorary donations on behalf of loved ones and special occasions such as anniversaries, birthdays and holidays.*

*New Volunteers*

Richard Berghofer

Joan Demos

Kathy Gordon

Karrie Grady

Patrice Hansen

Rich Housfelder

Rita Koenig

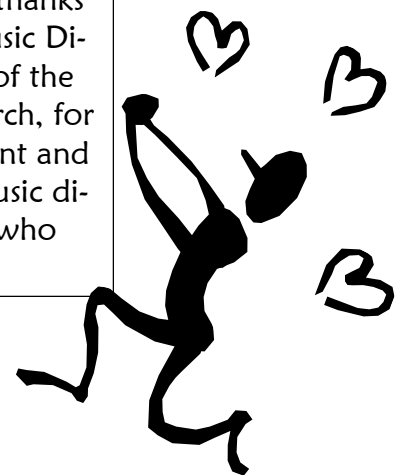
Jenny McNutt

Sue Michals

Rebecca Roepke

Julie & Alyssa Uebelher

Our deepest gratitude to all those who together donated \$469 to Interfaith at this year's Epiphany Event. Many thanks to Bob Patrick, Music Director of Nativity of the Lord Catholic Church, for organizing this event and to all the parish music directors and choirs who took part.



**Cudahy -St. Francis Interfaith gratefully acknowledges St. Luke's South Shore for their donation of the printing of this newsletter**

## Our Wish List

### Thank You Cards & Stamps

A huge thank you to **Kathy Gordon**, who responded to our last request for a computer and afternoon of- fice help, and also made a large donation to help us buy a new phone system. God bless everyone who responded to our end of the year appeal and cut our deficit from over \$10,000 to under \$8000!

## HELPED WANTED

### PERSONAL CARE WORKERS

For Interfaith Older Adult Programs  
Call 414-291-7500 for application and  
job description. Training provided.



Interfaith News is published four times a year by the Cudahy-St. Francis Interfaith Program for Older Adults to increase the awareness of older adults and their caregivers regarding services and resources available to them.

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 not a substitute for personal medical attention, diagnosis or treatment. If you are concerned about your health, please consult your health provider.

## Spread the Word about Our Services!

Do you know someone 60 or older who needs help in order to remain independent? If so, please tell him or her about Interfaith! We want to serve everyone who needs us.

Through our wonderful corps of volunteers, we provide free transportation within a few miles of Cudahy and St. Francis and occasional help with minor home repairs, light housekeeping, yardwork and organization of paperwork. We also provide student snow shovelers, help with Homestead tax credit applications, and information and referral regarding dozens of questions about health care, financial assistance, housing, etc.

If your organization would like a presentation on Interfaith, call 483-4474.



Interfaith volunteer Neil Arndt prepares to give a lift to Adeline and Leonard Maslowski

To join our growing group of volunteers, call Mark at 483-4474. You'll be glad you did!



## The Wooden Bowl

A frail old man went to live with his son, daughter-in-law, and a four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together nightly at the dinner table. But the elderly grandfather's shaky hands and failing sight made eating rather difficult. Peas rolled off his spoon onto the floor. When he grasped the glass often milk spilled on the tablecloth. The son and daughter-in-law became irritated with the mess. "We must do something about grandfather," said the son. I've had enough of his spilled milk, noisy eating, and food on the floor.

So the husband and wife set a small table in the corner. There, grandfather ate alone while the rest of the family enjoyed dinner at the dinner table. Since grandfather had broken a dish or two, his food was served in a wooden bowl. Sometimes when the family glanced in grandfather's direction, he had a tear in his eye as he ate alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a little bowl for you and mama to eat your food from when I grow up." The four-year-old smiled and went back to work. The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That evening the husband took grandfather's hand and gently led him back to the family table.

For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Children are remarkably perceptive. Their eyes ever observe, their ears ever listen, and their minds ever process the messages they absorb. If they see us patiently provide a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parent realizes that every day that building blocks are being laid for the child's future.

Let us all be wise builders  
and role models. Take  
care of yourself... and  
those you love... today,  
and everyday!



**Your volunteer and financial help is needed.**



United Way  
of Greater Milwaukee

Older adults in Cudahy and St. Francis need help with transportation, shopping, home repairs, yardwork 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 Cudahy-St. Francis Interfaith continues its services to our communities' older adults — especially the frail elderly.

**To volunteer call 483-4474.**

**To make a donation,** mail your contribution in the enclosed envelope or drop off at: Cudahy-St. Francis Interfaith Program, 3767 E. Underwood Ave., Cudahy, WI 53110. Your donation is tax deductible to the extent allowed by law.

Thank you for your contribution!

**Cudahy-St. Francis Interfaith Program for Older Adults Mission:  
To link older adults with a caring community**

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