

INTERFAITH

Linking older adults with a caring community

Fall 2008

LOCATION:

3767 E Underwood Ave
Cudahy, WI 53110

OFFICE HOURS: See page 3. Call us anytime.

PHONE NUMBER: 414-483-4474

WEB ADDRESS: www.interfaithcudahy.org

MARK YOUR CALENDARS!

Epiphany Program

Sunday, January 18, 2009 at 2pm
At St. Mark's Ev. Lutheran Church

Annual Prayer Breakfast

Saturday, March 28, 2009 at 8:30am
St. John Ev. Lutheran Church

Our Most Urgent Volunteer Need

Transportation is critical when seniors need to get to their doctor appointment, the pharmacy or grocery store. Or it may be a "luxury," such as a trip to the beauty parlor—but nonetheless crucial to a person's self-esteem and dignity. Currently we get about twenty ride requests a week, but have only about half a dozen regular drivers. **If you could give a ride once a week or even once a month, please call us at 483-4474.**

Read one driver's story on p. 3!

Meet the New Director...



Hello! I'm Mark Peters, and I became the Executive Director of C/SF Interfaith and Project Concern Oct. 13th. Both boards agreed last year that it was time to bring both programs under one administrator. As I take on this task, I feel at once honored and humbled. The volunteers and staff are amazing, the impact of the programs are incredible, and of course, the needs are—sadly—growing!

I come here after 25 years in ministry in Catholic parishes and the Archdiocese. I directed Human Concerns and Adult & Family Ministry in Menomonee Falls, Milwaukee, Greendale and Brookfield. As a Parish Consultant, I worked with Nativity of the Lord and Sacred Heart among many others. I've had many opportunities to work with other churches and faiths, and I'm excited about working in an ecumenical environment here. I hope to visit our five sponsoring congregations as soon as possible.

You may be wondering how Interfaith or Project Concern may be affected by this change to a common director. In terms of their mission, not at all! Interfaith will

Winter is Coming—Do You Need Help With Snow Shoveling?

If you are 60 years of age or better 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 the side walk to your

front door after a four-inch snowfall. This service will be paid for with a grant from the City of Cudahy. To get on the waiting list, please call: 483-4474.



Meet the New Director, cont.

still serve adults 60 and older and Project Concern will continue to provide food, clothing and referral services to individuals and families in need. Our hope, however, is that ultimately the effectiveness of both groups may be increased as we find ways for them to share staff, space, volunteers and resources. The two boards are meeting together already.

There is a lot to do, and I have a lot to learn, so please be patient with me. But know that I really want to hear your ideas and concerns, so don't hesitate to call me at 483-4744. Or better yet, stop by the office and introduce yourself. I'm looking forward to meeting you! (See

the next page for more on office hours.)

My greatest challenges will be maintaining and expanding both our volunteer corps and our financial base. The biggest way you can help me with the first part is to "keep your eyes peeled" for anyone who might make a good volunteer, either working with seniors, helping at Project Concern's Food Pantry or Clothing Store, or helping out here at the office. If you think I should give them a call, just let me know. And if you think your place of work or some other business would be interested in corporate sponsorship of our work, pass that along as well.

Again, it's great to be here, and thanks for your support and partnership!

MORE VOLUNTEER NEEDS

Telephone Reassurance:

- Call an older adult on a daily basis to see how they're doing
- All you need is a phone and a few minutes a day
- Interfaith is there to provide support and referral when you need it

If interested, call 483-4474.

OFFICE HOURS (FOR NOW)

You can reach our temporary secretary, Ashley Hammond, on Monday, Wednesday and Friday from 9 AM to 3 PM. The Director is in the office most afternoons, but please make an appointment if you'd like to see him. If you don't reach a live person immediately, please leave a message and we will get back to you as soon as possible.

VERY SPECIAL THANKS!

Project Concern Coordinator **Debby Pizur**, went far beyond the call of duty as Interim Director of C/SF Interfaith for the last six months. She kept the office running, made sure people got their rides, put out the newsletter, sent in the monthly reports, and much more. She deserves the gratitude of everyone associated with Interfaith. Fortunately, she will continue in her position at Project Concern. Next time you see her there or at St. Stephen's Family Life Center which she also directs, be sure to give her your thanks as well!

One Driver's Story

By Eileen O'Brien

Many Interfaith clients are trying very hard to be independent. Often they use walkers. As they slowly make their way to your car, the repeatedly tell you "thank you!" They are so grateful for our help and sing Interfaith's praises.

These seniors are on a very fixed income and it is hard to stretch those dollars to pay expenses. One day I was driving a lady to an appointment on 76th & Rawson with the orthopedic specialist. Several months ago she had fallen and shattered her ankle. As we drove, she told me the various transportation means that she used to meet her medical appointments. The first time after her hospitalization for the ankle injury, she took a cab from St. Francis. The cost was \$27 each way! On her limited income, that \$54 had a big impact.

Whenever I'm feeling sorry for myself and think that the world is picking on me, all I have to do is think of those with no transportation and then I realize how lucky I am!

Tripping the Light Fantastic at the GTO



Many thanks to Maxine Feiler, Jackie Baranek and their 11 volunteers who ran this year's Grand Time Out on Sept. 21st. 161 people had a "grand" time dancing to the Ruben Navarro Band. Special thanks to Church & Chapel, who donated the cost of the band, and those who helped with the wheelchair-bound.



A Big Thank You!

The following donations were made between
July 1st and October 15, 2008

Corporate & Organizations

Church & Chapel Funeral Services **
Cudahy Homemakers Club **
Cudahy Lions & Miller Brands ****
Nona's Café
Sacred Heart of Jesus Parish***
St. Mark's Ev. Lutheran Church***
Thrivent Financial for Lutherans ****
Wellpoint Foundation c/o C. Rutland

Individuals

Anonymous
Edwin & Bernelle Adamcyk
Marie Bauer
Martha Beck
Penny Becker
Joanne Beyer
Ruth Beyer
Tom & Carol Bindas
Louis & Mary Brindza
Dolores & Joseph Buichl ***
Rosalie Chevalier
Margaret Chevrier
Francis & Frances Chilson
Doris Christensen
Lorraine Dembowski
Lillian Duckiel
Henry Forster
Joyce Frischmann
Geraldine Gibas
Joesphine Gnacinski
Grace Golata & Patricia Arzamendi
Emily Grabowski
Anna Grippe
Esther Grochowski
Mary Harder
Angela & Douglas Hawkins *
Sharon Henning *
Elizabeth Hersheberger
Dorothy Hinsch
Agnes Hirsch
Irene Hoppe
Joseph & Eleanor Hrnear
Robert Igowski
Tommy Javorek

Grace Jennaro
Mark Karolewicz **
Darnika Kohl
Jane Koth
Avalon Krygier
Victoria B. Kuban
Sylvia Kulik
Geraldine Lahr
Evelyn Laven
Dorothy Lemke
Robert & Irene Lewandowski
Robert & Edith Litkowiec
Vivian Littmann
Cecelia Lucas
Eleanor Mangold
Eleanore Mankowski
Bernita Markowski
Maslowski Family
Joan Martin
Mary Ellen McFarlin
Paul & Juday Mikolajczak
Jerome & Maryann Mikulay
Harold Mischka
Loretta Mogilka
Chester & Alice Nowicki
Dora O'Connor *
Patricia Oddis
George Oppen
Joan Paul
Michael & Ruth Plakut
Irene Pytlik
Emma Ramon
Vera Repa *
Dolores & Joseph Schoessow
Leonard Schilz
Lois Schleif
Virginia Sedlacek
Norma Sinner
Arthur Skwor*
Michael & Carol Sobotkiewicz
Rosalynd Sprifke
Phyllis Treeland
Valda Ulrich
John & Carol Veternick
John & Irma Weimann
Richard Wier, Jr.
Frances Wojs
Henry & Evangeline Wojtysiak
Charles Wolbert

* Donations of \$50 or more
** Donations of \$100 or more
*** Donations of \$200 or more
**** Donations of \$1,000 or more

Thank You to Board Members and Active Volunteers

Neil Arndt
Nancy Atkins
Carl Baranek ♦
Jackie Baranek ♦
Rev. Jon Bender ♦
Allen Boekeloo
Bonnie Brodzik
Larry Bugni
Russ Butenhoff
LaDonna (Casey) Bowe
Rev. Bruce Cheever ♦
Delores Dickhut ♦
Dennis Drake
Rev. David Eichler
Maxine Feiler ♦
Linda Fono
Raymond Glowacki ♦
Diane Goryl ♦
Ginny Grossman ♦
Sue Heise ♦
Carl Hepp ♦
Ken Huber
Betty Kleppin
Rev. Sung Keun Kim ♦
Ruth Kossel ♦
Larry Kronberg
Rev. Carl Krueger ♦
Sara Loh ♦
Vicar John Merrill ♦
Jessie Owen ♦
Rev. Philip Reifenberg ♦
Patricia Smith ♦
Rev. Robert Surges ♦
Phyllis Treland ♦
John Vugrinovich ♦
Arlene Wilson ♦

♦ Board Member

Cudahy-St. Francis
INTERFAITH
Memorials Gifts
In Remembrance

Of
Dale Markowski
By Bernita Markowski

Of
Irene Kmiecik
By Bess Wahl

Of
Elsie Cook Schaefer
By Richard & Esther Graybar

Of
Joseph Kitzinger
By Irene Pytlk

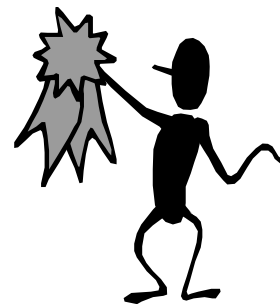
Of
Ruth Gersch and
Armella Amhaus
By Doris Christensen

Of
Clayton Kohl
By Carol & Rich Bauman

Of
Sr. Joan Kodzik
By Mary Ellen Mikulay



With appreciation the Cudahy -St. Francis Interfaith Program for Older Adults gratefully acknowledges & thanks St. Luke's South Shore for making this newsletter possible by contributing the paper & printing.



Cudahy-St. Francis Interfaith gratefully accepts monetary donations in the form of memorial gifts, remembrance of loved ones, special occasions, such as anniversaries, birthdays, holidays, and special events.



Energy and Weatherization Assistance Programs

Energy Assistance

Energy assistance—help with paying fuel bills—is available in all 50 states and the District of Columbia for low-income residents. Energy assistance is available from many sources, but most comes from money given by the U.S. Congress to each state for distribution.

The primary federal energy assistance programs are the Low Income Home Energy Assistance Program (LIHEAP) and the Weatherization Assistance Program (WAP). Each state receives a specific amount of funding and must divide it among eligible households. Each state runs its program differently, within federal guidelines, so eligibility and the amount of assistance given vary.

Each state has a fixed amount of money to spend on energy assistance and weatherization. Apply early—when a state has spent all of its energy assistance money for a specific year, the program ends for that year. These programs are not entitlement programs—no household is automatically eligible just because income is under a certain amount. Not all eligible households will receive help with utility bills, and many eligible for weatherization will spend some time on a waiting list.

Weatherization Assistance

The weatherization program provides contractors who perform an energy audit of a residence—checking for drafts and other energy efficiency problems—then develop a list of ways to lower energy costs. At no cost to the resident, the contractors may install insulation, weather-stripping, caulking or other improvements to increase energy efficiency and lower the resident's fuel bills, and repair or replace heating or cooling equipment to improve health and safety. The state

pays the contractors directly. This is a one-time benefit.

Each state sets a maximum income eligibility for LIHEAP and weatherization either as a percentage multiple of the annual federal poverty guidelines or as a percentage of the state's median income (generally higher than the federal guidelines). The federal government sets the poverty level guidelines and publishes them and the state median income estimates in January, February or March of every year. States generally cannot set the limit for eligibility lower than 100% of the poverty guidelines or raise the limit above 150%. Some states use state money to cover some residents with higher income in special circumstances, like those residents with unpaid medical bills. Check with your state officials for special exceptions.

Who qualifies In Wisconsin

Households with income up to 150% of the federal poverty guidelines are eligible for energy and weatherization assistance. Priority is given to the elderly, disabled individuals, households with young children and households with high energy use.

Types of assistance available

Heating benefit

No cooling benefit

Crisis benefit includes no program limit

Weatherization assistance

When to apply

For heating assistance or the crisis benefit, apply from Oct. 1 through May 15. The weatherization program operates year round.

For more information or to apply

For heating assistance, visit the website (www.heat.state.wi.us/), call your local WHEAP agency, or contact Home Energy Plus for energy or weatherization assistance at 1-866-432-8947.



COMPANION PROGRAM HELPS SENIORS STAY INDEPENDENT

Would you or someone you know enjoy regular friendly visits from another senior?

Do you need very minimal assistance with daily activities to be able to continue to live independently? The Senior Companion Program can help!

Senior Companions, who must be at least 60 years of age, are trained by the Social Development Commission to provide friendship, escorts on walks, shopping trips and medical appointments, and help with minor household tasks. They may also be able to provide information on other services.

Currently, Interfaith has one trained Senior Companion, Richard Delikat. If you would like to arrange an initial visit with Richard to talk about your needs, call the Interfaith Office at 483-4474.



HAPPY THANKSGIVING!



What is "Project Concern?"



The five churches who sponsor Interfaith (Changing Lives Assembly of God, Cudahy United Methodist, St. John Ev. Lutheran, St. Mark Ev. Lutheran, Nativity of the Lord/Cudahy and Sacred Heart/St. Francis Catholic) also sponsor a Food Pantry and Clothing Store in the lower level of Nativity's church on the corner of Plankinton and Kirkwood.

Food assistance is available to Cudahy & St. Francis residents of any age who meet low-income guidelines. You can use Project Concern once a month. All you need is a photo ID and proof of your residence. Hours are Mon/Wed/Fri 9-Noon, Mon. 3-6 and the 1st Sat. of the month from 9-Noon. Call 744-0645 for more information or to find out about volunteering or making donations.



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.

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

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 Cudahy-St. Francis Interfaith continues its services to our communities' older adults — especially the frail elderly.

To volunteer call Interfaith: 483-4474.

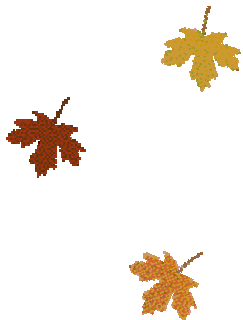
To make a donation, mail your contribution in the enclosed envelope to:

Cudahy-St. Francis Interfaith Program, 3767 E. Underwood Ave., Cudahy, WI 53110.

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 Program for Older Adults to link older adults with a caring community.



NON-PROFIT
U.S. POSTAGE
PAID
CUDAHY WI
PERMIT NO. 6

Cudahy-St. Francis
INTERFAITH
Program for Older Adults
3767 E Underwood Ave.
CUDAHY, WI 53110

