

INTERFAITH

Linking Older Adults to a caring community

Spring 2006

From the Director's Desk

—Phyllis Dettman

Cudahy and St. Francis are rich in resources to help and support senior citizens. However, many people are unaware of these services or do not know how they can be reached. Interfaith can provide information and help you connect to these helpful resources. In addition to providing information and referral, Cudahy-St. Francis Interfaith serves older adults by providing direct services. These services include friendly visiting for the homebound, transportation for medical appointments, shopping, business purposes and social activities.

Interfaith requests a three working-day advance notice because all rides are provided by volunteers and this service depends upon volunteer availability.

There is no charge for Interfaith services. Donations from local congregations, the business community, cities of Cudahy and St. Francis, service organizations and individuals support Interfaith.

Interfaith is sponsored by six local congregations: Changing Lives Assembly of God, Cudahy United Methodist, Nativity of the Lord Catholic, St. John Ev. Lutheran, St. Mark's Ev. Lutheran, Sacred Heart of Jesus Catholic.

If you need help, have questions or want additional information, or would like to volunteer, call the Interfaith office 483-4474.



The sun was warm but the wind was chill. You know how it is with an April

day. When the sun is out and the wind is still, You're one month on in the middle of May. But if you so much as dare to speak, a cloud comes over the sunlit arch, a wind comes off a frozen peak, and you're two months back in the middle of March.

—Robert Frost

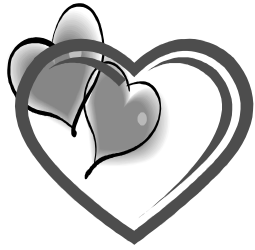
Interfaith 29th Annual Prayer Breakfast

On April 1, Raymond Glowacki, an Interfaith Board Member and former Mayor of Cudahy, received the Kiwanis Spiritual Aims Award at the Cudahy-St. Francis Interfaith 29th Annual Prayer Breakfast.

Nearly 200 people attended the event. They enjoyed a delicious pancake breakfast and sang to the music of the band from Changing Lives Assembly of God.



**Sweet April showers
Do spring May flowers.**



How to Love Your Heart

It's not hard to reduce your risk for heart disease. Start today with small, simple

actions like the following:

- ✓ **Celebrate with a checkup.** Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.
- ✓ **Get off the couch.** Step, march or jog in place for at least 30 minutes most days of the week — you can even do it while watching TV.
- ✓ **Quit smoking in four steps.** Can't go "cold turkey"? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero!
- ✓ **Drop a pound or two.** Cutting out just 200 to 300 calories a day — about one candy bar's worth — can help you lose up to two pounds per week and gradually bring you closer to a heart-healthy weight.
- ✓ **Become a salt detective.** Check out the Nutrition Facts panel on packaged foods to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams (about a teaspoon of salt) per day.

—American Heart Association
414-271-9999
www.goredforwomen.org

Soothing Reflections

Give your microwave a break. Take time out from your busy schedule to prepare a healthy, self-nurturing meal every once in awhile. The process of cooking can be very relaxing in itself, especially when done the old-fashioned way, over a gas or electric stove. Make a feast of your personal comfort foods: warm milk, bananas, English muffins, chicken noodle soup, and hot chocolate (with mini-marshmallows, (of course) are all reputed to have soothing properties, whether real or imagined.



OK, what can we eat?

The people at the Center for Science in the Public Interest have told us what is wrong with fast food, ethnic restaurants and movie popcorn.

Here are ten foods that are really good for you: sweet potatoes, whole-grain bread, broccoli, watermelon, beans, cantaloupe, spinach & kale, oranges, oatmeal and skim or 1% fat milk. If some of your favorite foods are on the list, that is great. If not, even grownups can learn to like new foods when it's an investment in good health. Think about an orange the next time you reach for a snack of empty calories.

"One should eat to live, not live to eat."



—Cicero



Brush Up on Your Dental Care

Maintaining good oral hygiene can be a lifelong personal habit, regardless of which side of 65

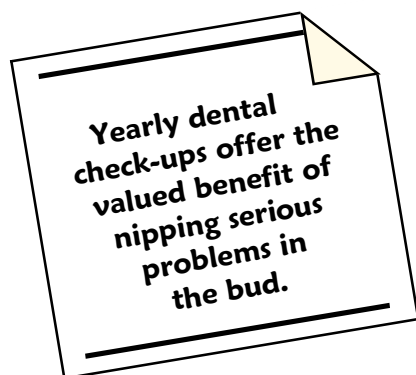
we're on. Many older adults assume that dental problems are a normal part of aging, but this is not necessarily true. Preventive dental care — daily brushing and flossing — can maintain your teeth in a healthy condition for years to come.

Yearly dental check-ups offer the valued benefit of nipping serious problems in the bud. It is normal for older adults who have their natural teeth to get cavities. At any age, decay can set in near the areas surrounding old fillings or root surfaces for those with gum disease.

Many older adults who wear dentures neglect regular check-ups. It is very important to have dentures and the supportive oral tissues examined regularly so that problems will not develop.

Dry mouth is caused by reduced saliva flow and is commonly experienced by older adults. Certain medications and even medical disorders can cause dry mouth to occur. Often the symptoms can be relieved when the dentist prescribes saliva substitutes or oral rinses.

With regular dental care, older adults can enjoy good dental health for a lifetime.



Don't Be a Wimp in the Doctor's Office



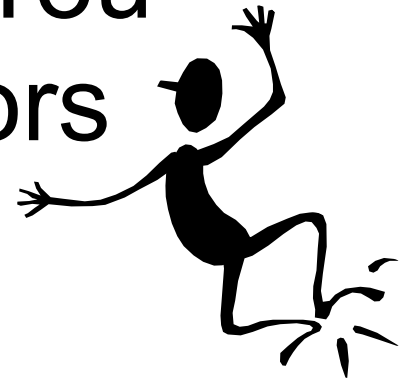
Passive patients may get plenty of medical advice and prescription drugs, but they won't necessarily get the best results. Those who don't insist on being heard may run the risk of being misdiagnosed or inadequately treated. There is growing evidence that people

who take charge of their medical care, who communicate honestly with their clinicians, and who are decisive actually receive better care and end up healthier. The following are some steps in the right direction:

- } Come with questions and ask them. Prepare for a visit to the doctor by writing down your concerns and taking the list with you.
- } Don't be shy. Gather your courage, speak frankly and if you need support, bring along a spouse, relative or close friend.
- } Keep the conversation on track. Stay focused and talk about what really matters. Fully express your problems.
- } Bring a writing pad or tape recorder to note advice from your doctor. Most people remember only a fraction of what happens during a visit.
- } If you're uncomfortable with the doctor's recommendations, request a second opinion. A good doctor will honor this request.
- } Let the doctor know your limits. Patients need to have the courage to say, "Wait a minute. I don't get it."
- } If you feel overwhelmed by disturbing news, tell the doctor you want to come back to talk another time.
- } Educate yourself. There is a wealth of printed material. If you have a chronic illness, get a binder and build your own encyclopedia with notes, articles, medical records and treatment schedules.



A Big Thank You to our Donors



The following donations were made between February
29, 2006 to April 25, 2006

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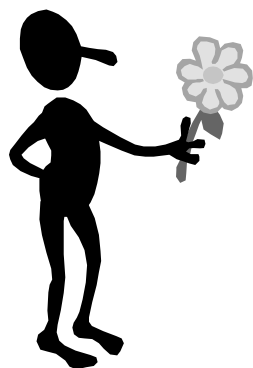
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Cudahy-St. Francis Interfaith
 Gratefully accepts memorial gifts for remembrance of loved ones, special occasions, such as anniversaries, birthdays, holidays and special events



Memorials

Cudahy-St. Francis
INTERFAITH

Dorothy Bartol by
 Estelle Gooder

Garry Best by
 Richard & Delores Dickhut

Robert Hohenfeldt by

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 City of Cudahy
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 Raymond & Mary Glowacki
 Robert John & Dolores Hohenfeldt
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 Friends from Williamstown Bay #3

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 Mary Luljak
 James & Lynn Maas
 Margaret Pierce

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



Medicare Prescription Drug Plan Scam



Have you ever received a suspicious letter or phone call asking you for money or informing you that you've won the lottery? If you're like most Americans, you've received these bogus offers or pleas for help at least once.

The key to avoid being victimized by these scam artists is to stay informed. According to the Wisconsin Better Business Bureau, here are two current scams that target seniors:

Medicare Prescription Drug Plan Scam

This scheme has been nicknamed by Medicare officials as the "\$299 Ring" for the typical amount of money Medicare beneficiaries are talked into withdrawing from their checking accounts to pay for a non-existent prescription drug plan.

Here's how the scam works: A Medicare beneficiary is called and asked for bank account or other personal information under the premise that the caller needs this information to enroll them in a prescription drug plan. No Medicare drug plan can ask a person with Medicare for bank account or other personal information over the telephone. No beneficiary should ever provide that kind of information to a caller. They should contact their local police department if they believe someone is trying to take money or information from them illegally. People with Medicare should be on the lookout for anyone trying to take advantage of them and take steps to protect themselves by remembering:

- ✓ ·No one can come into your home uninvited.
- ✓ ·No one can ask you for personal information during marketing activities.
- ✓ ·Always keep all personal information, such as your Medicare number, safe just as you would a credit card or a bank account number.
- ✓ ·Whenever you have a question or concern about any activity regarding Medicare, call 1-800-MEDICARE.

In addition, legitimate Medicare drug plans will not ask for payment over the telephone or the

Internet. They must bill the beneficiary for the monthly premium. Typically, that amount is set up as an automatic withdrawal from the beneficiary's monthly Social Security check. Beneficiaries may also opt to pay the monthly premiums in other ways such as writing a check or setting up automatic payments from their checking accounts.

The Lottery & Sweepstakes Scams

Consumer advocacy groups, including the Wisconsin BBB, have been warning consumers for a long time about this scam. Yet, unfortunately, people are still being victimized, including one Wisconsin woman who recently lost \$250,000! Here's how the scam works: You receive a letter in the mail or a telephone call announcing that you've won a foreign lottery or sweepstakes. Even though you don't remember buying tickets, you might think that this is your lucky day. Don't be fooled!!

According to the instructions in the letter, all you have to do is wire money to someone overseas to cover the insurance (or some other expense related to receiving your winnings). Don't have the money? No problem! They've included a cashier's check – an advance of your winnings – to cover those expenses. Just deposit the cashier's check into your account and send the required money. Because it's a cashier's check, you might trust that it's legitimate. Even though the bank cashes the check, it's NOT. The bank will soon discover – although it may take a week or two – that the check is forged. Then you will be on the hook to your bank for the entire amount.

If you have questions about these scams or any other suspicious offers, please contact the Wisconsin BBB at 414-847-6000.

A little Madness in the Spring Is wholesome even for the King.

—Emily Dickinson (1830–1886)

There is No Place Like Home



There really is no place like home. When asked about their preference for housing, most seniors answer, "What I would really like to do is to stay right here." The person's own home represents security and independence

to most Americans.

Most housing, however, is designed for young, active and mobile people. To live at home, a person must, at the very least, have access to transportation, go shopping, cook, and do household chores. Many of us will lose one or more of these abilities as we grow older.

One option is to purchase in-home services, to cope with declining abilities. For a fee, an army of workers will appear to cut your grass, wash your windows, cook your meals, do the shopping, and even provide personal care and/or skilled nursing care. This may be the option for you, depending on the amount of help you need. However, this can be expensive and will require a lot of management and coordination.

For people willing to relocate, there are plenty of options, although there may be some confusion about what all the terms mean. You may hear about "board and care homes," "personal care homes," "life care" and "continuing care retirement facilities.

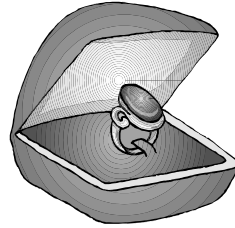
If you would like additional information about living options, call the Interfaith Central Office:

Family Caregiver Support Network:
220-8600.



**Please let
Interfaith know if
you have a
change of
address.
Call the Interfaith**

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.



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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