



INTERFAITH NEWS

33 years of linking older adults with a caring community

Spring 2010

Stories from the “Interfaith File”

By Mark Peters

Every client and volunteer has his or her own story. In this issue, I want to share a few of them with you to help you understand why your help is so badly needed and how your support makes such a difference! Clients' names have been changed, but the stories are real...

Emma has had a rough year. She lost her best friend, and shortly thereafter had a bad fall which resulted in a broken tailbone and chronic pain. She began showing signs of depression. We asked an Interfaith volunteer to call her regularly and develop a relationship. This went on for a few weeks, and then one day Emma stopped answering her phone. The volunteer decided to go over to her apartment to check on her. She found out that Emma had accidentally turned off her phone. But when Emma realized what had happened and that her phone friend had been worried about her, she started to cry – which of course started our volunteer crying too! They've become very close in the months since, visiting each other's homes to compare Christmas decorations and going out to lunch. The volunteer just happened to be in our office the other day when a beautiful floral arrangement came here, addressed to her. It was from Emma, thanking her for being her “sis.”

In the same building lives another client whose son in Massachusetts had sent her a 32 inch TV.
(cont. on page 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

STAFF: Mark Peters, Director
Denise White, Service Coordinator

“Express” Marks 7 Years!

About seven years ago, the director of C/SF Interfaith gave an appeal for driving volunteers at Sacred Heart Catholic Church in St. Francis. Linda Fono, a married mother of 3 employed by the Medical College of Wisconsin, decided to respond. After going through the volunteer application process, she sat down and talked to then-director Phyllis Dettman about what exactly she would be doing. Phyllis told her that residents at Canticle and Juniper Courts (on the grounds of the old St. Mary's Academy) were asking to go to the nearby Walgreens; since Linda had a large van, would she be willing to start a “taxi service” for these folks?

Well, something like 400-500 round trips later, Linda is still at it. Now a grandmother of 5, but still working full-time, she stops at the Courts every Monday right after work to pick up her “fares.” The day I stopped by to take some pictures for this article, she had a very light load – only 3 people. But often she has as many as 8 or 10, and sometimes has to make two or even three trips. She almost never misses a Monday, and if she does, she makes it up on Tuesday.



Linda and a resident catch up before heading to Walgreens

Linda has probably driven over 50 residents of the Courts over the years; at least one has been coming the whole time. I spoke to another lady who
(cont. on page 3)

Interfaith Stories (cont. from page 1)

She asked us if we could find someone to hook it up for her and place it on her entertainment center. We told volunteer John Pradarelli that it was probably just a twenty or thirty minute job. But when he got there, it turned out that the entertainment center was old and rickety and the lady was afraid the TV would fall on her cat. So John found an old TV cart she had which was sturdier and spent an extra hour and a half dismantling the entertainment center and taking it to the dump. The lady and her cat were both very happy!

John is just one example of the kind of wonderful volunteers who “go the extra mile” for our clients. Our driver Jeff Owens, after he's taken them to their scheduled appointment, often asks his clients if there's anyplace else they'd like to go. He knows what a treat it is for these folks to be able to go somewhere that wasn't an absolute necessity. Then there are drivers Larry Kronberg and Neil Arndt, who've many times gone way beyond our boundaries to take people to appointments in Franklin, Shorewood, etc. And Dottie Kukor, a friendly visitor, and Sharan Lunde, Karrie Grady, Patrice Hansen, and Leslie Bendickson, who are helping several frail elders with their housework. *All our volunteers are the best!*

Virginia is a friendly, talkative 84 year old living in a senior apartment in St. Francis. I asked her if she would try to sell a few tickets to our Prayer Breakfast in her building. At first she didn't have any takers, and she told me later she was “so afraid I'd have to call you and tell you I let you down.” But she was persistent, and in the end she sold all five of the tickets we gave her. You should have seen the huge smile on her face when she gave me the money! She was so proud and happy that she could give something back for the help she's gotten from Interfaith. Later, she mentioned to Denise, our Service Coordinator, that she never gets “happy mail,” just bills and junk mail. So Denise sent her a greeting card with a funny note. Virginia was so touched she sent us a \$10 donation.

Last week I visited a couple who live in a home on the north side of Cudahy. The husband is in the early stages of dementia. His wife told me that every day, he looks out the window and says “all those cars drive by and nobody ever stops.” We've set them up with a Senior Companion trained through the Social Development Commission who will visit once a week. But we're still looking for someone to go over and clean their outside windows...



Interfaith News is published four times a year by Cudahy-St. Francis Interfaith to increase awareness of resources available to older adults and caregivers.

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 professional medical, legal or financial advice. If you have specific concerns, please consult a trusted professional or contact our office to find out where you can go for assistance.

Remembered Cudahy-St. Francis
Interfaith in Your Will?

Thank You!

Sent in a donation because we helped your parent or loved one, saved you from taking time off work and gave you peace of mind?

Thank You!

Considering an annual pledge of financial support?

Thank You!

You make our outreach possible!

Save Big \$\$\$ on Your Medicare Premium!

The Qualified Medicare Beneficiary Program (QMB) is a Medicaid benefit which pays your Medicare Part A and Part B premiums, deductibles and co-insurance if you qualify: If your income is below \$902/month or \$10,830 annually for an individual or \$1214.00/month or \$14,750 annually for a couple, you qualify for the QMB program.

If your income is over the limits noted above, you may still be eligible for the Specified Low-Income Medicare Beneficiaries Programs (SLMB or SLMB+) Medicaid can pay for your Medicare Part B premiums up to three months before your application date.

If your individual income is below \$1083/month (\$12,996 annually) for SLMB or between \$1084 and \$1218/month (\$14,620/year) for SLMB+ you qualify for assistance

If your combined couple income is below \$1457/month (\$17,484 annually) for SLMB or between \$1458 and \$1639/month (\$19,670/year) for SLMB+ you qualify for assistance.

So, if you are 60 years of age or older and reside in Milwaukee County or know someone who is eligible by these standards for this free service, you should call SeniorLAW of Legal Action of Wisconsin at 414-278-1222 during the intake hours listed below.

Monday - 9:00 am to 11:00 am
 Tuesday - 1:00 pm to 3:00 pm
 Thursday - 9:00 am to 11 am
 Friday - 9:00 am to 11:00 am

Information provided by Legal Action of Wisconsin. Call us at 483-4474 if you have questions.

Walgreen's Express (cont. from page 1)

takes the Express every week and asked her what she thought of Linda. "Linda's a sweetheart. Everyone who rides with her loves her." I asked Linda what the best part of the job was. She told me that she loves getting to know the residents and catching up with them each week, and likes the fact that it fits her schedule and doesn't take much time, yet the clients are so appreciative. She says she plans to keep driving the Walgreens Express "till I can't do it anymore."

Her advice to potential volunteers: "Someday you might be in this situation yourself, so why not help out while you can?" Sounds like good advice to us! Why not call us today to find your own opportunity?

Everyone Needs a Friend



There are so many times in our lives when we wish we had someone to talk to. Especially me! I need people around me, and I love to visit with people. Most of us need someone to comfort us at times, to reassure us that everything is going to be okay. All it takes is just an hour or so once a week. God our Father is lighting up all our hearts each and every day. We also need people on earth to work with "Our Father" to bring comfort.

Hi, my name is Gary and I'm an Interfaith volunteer. I would love the opportunity to spend time with anyone who is looking for a little companionship. **If you are looking for such a friend, let me know by calling the Interfaith office at 483-4474.**

I would also like to see other men and women with an inner faith come forward to be spiritual companions, friendly visitors, whatever you want to call it. Together we could help make people's lives a little brighter and their hearts a little fuller. If you're interested, contact Mark at the number above to find out how you could get started – it's easier than you might think!



For Your Generosity!

The following donations were received between
January 16, 2010 and April 27, 2010

Corporate & Organizations

Assurant Health Foundation**
Cudahy Chamber of Commerce****
Cudahy U. Methodist Parish**
Merchandise Outlet**
Sacred Heart of Jesus Parish***
St. Mark's Lutheran Parish***
South Milw. Chapter of Thrivent
Financial for Lutherans****
Suburban Business and
Professional Women **

Individuals

Edwin & Bernelle Adamczyk
Ray Adamski
Eleanor Barrette
Ruth Bartz
Martha Beck
Penny Becker
Denise Beilke**
Thomas & Carol Bindas*
Gerald & LaDonna Bowe*
Glen & Char Busse*
Doris Christensen
Martin & Mary Cieslewicz
Mary Louise Cox**
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Stella Dembowski
Ricki & Maureen Dorgay
Arland & Rosella Essig*
Marion Fischer
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Geraldine Gibas
Don & Joyce Gnacinski
Estelle Gooder
Kathy Gordon****
Lois Grey
Esther Grochowski
Mary Harder
Francis & Betty Jane Hauerwas
Denis & Susan Heise
Virginia Heksel
Elizabeth Hershberger
Antoinette Hill*
Dorothy Hinsch

Clementine Hoagland
John & Lynn Hohenfeldt & Family*
Irene Hoppe
Robert & Alma Igowski
Barbara Janicek
Josie Janicek & children
Barbara Janiszewski**
Grace Jennaro
H. Jean Jones
Thomas McManaman & Joyce
LaFavor
Elizabeth Knoff
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Katharine Kramarich
Avalon Krygier*
Sylvia Kulik
Celina Lambert
Evelyn Laven
Robert & Irene Lewandowski
Jason & Jenny Litkowicz
Robert & Edith Litkowicz
Vivian Littman
Gerald, Rita & Marlys Maciana
Ramona Malkowski*
Linda Marcinowski*
Leonard & Adeline Maslowski*
Lois Masterjohn
Pat McCracken
Jane & Matt Mittelstadt*
Loretta Mogilka
Eleanor Mongold
Alvina Novacin
Chester & Alice Nowicki
George Opper
Velma Owen
Helen Pari
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Joyce & Karen Slivinski
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Ann Taucher
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James Wagner
Bess Wahl
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Bessie Waters
Camille Wendt
Walter Westhauser
Carmen Wheeler
Jim & Eloise Williamson**
Arlene Wilson**
Charles & Arlene Wolbert
Herbert Wolff*
Ruth Wunrow
Vivian Zielke
Anonymous

* 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

If you were a donor in this time period and don't see your name, or see any inaccuracies, please call 483-4474.

In Loving Memory of...

Edwin Adamczyk

Thomas & Carol Bindas
Denis & Susan Heise
Robert & Edith Litkowiec
Gerald, Rita and Marlys Maciona
Rev. Philip Reifenberg
Bess Wahl/Karin Szarzanynski

Ann Drapac

Charles & Eileen Wolbert

Dolores Hohenfeldt

John R. Hohenfeldt
John & Lynn Hohenfeldt & Family
Jane & Matt Mittelstadt
Gordy & Cathy Smith & Family
Joyce & Karen Slivinski
Bess Wahl/Karin Szarzanynski

Paul Janicek

Josie Janicek & Children

Stella Kleszynski

Ramona & Chester Malkowski

Frank Puhalski

Helen Pari



In Honor of...

Pastor Carl Krueger's Retirement

Judith Phipps

Pastor Bruce Cheever's Birthday

Susan Ploetz

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

Jerome & Eileen Braeger

Lucrecia Castillo

Nick Demos

Marilyn Garlie

Kristen Guse

Irma Koscielak (Board)

Lois Lockwood

Marlene Montes De Oca

James Mosley

Nan Owen (Board)

The Board wishes to thank Reverends **David Eichler** of Changing Lives Assembly of God and **Bruce Cheever** of St. Mark's Lutheran for their years of service on our board and to Pastor Cheever for his year as Chair.

Both men have moved on to new assignments. Their leadership will be deeply missed!

Also, we bid a fond farewell to **Carl Hepp** of Cudahy United Methodist, a board member since 2000 and former vice-chair.



Carl served with distinction both on the board and behind the scenes at events like the annual Prayer Breakfast. Thank you, Carl, and welcome to his successor **Nan Owen**.

We're looking for a new sponsor for the printing of this newsletter. Wouldn't it be great to see your company thanked here next issue?

Our Wish List

Donation of New Phone System
for our office
Newsletter printing sponsor
(\$150/issue)

HELPED WANTED

Volunteer Drivers
Home Chore Helpers
Yardwork Volunteers
Fundraising Committee Members
Jewelry Sale Helpers
Friendly Visitors

Call 483-4474 to learn more!

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.

Thank you notes we've received in the last few months...

Many thanks for your wonderful services!

Thank you for sending me the newsletter. I appreciate your kindness.

Please accept this offering. The drivers I had are very polite and helpful. Thank you and God bless you all.

Thank you for all your help. I sure appreciate it very much. Keep up the good work.

A small donation for your service which has helped me out these past two months.

Thank you for calling my apartment management [about my issue].
It helped a lot!

Bold new program for Alzheimer's family caregivers

Savvy Caregiver Training Program — professional-level training for the non-professional!

Based on research by experts, this new six week course from the Alzheimer's Association will provide clinical-level training for family caregivers. Graduate from this program with improved:

- Knowledge, skills and outlook
- Skills to assess the abilities of your family member with dementia and adjust your approach over time
- Confidence to set and achieve caregiving goals
- Strategies to manage activities of daily living

The Savvy Caregiver Training Program provides over 12-hours of face-to-face training with dementia experts, a caregiver manual and CD-ROM.

When: Six consecutive Thursdays, beginning May 20, 2010, from 6:00 - 8:00 pm

Where: Alzheimer's Association, 620 South 76th Street, Suite 160, Milwaukee

Fee: \$30.00 for materials for the six-week course. Scholarships available. Supervisory or respite care available.

To register, call 414-479-8800 and ask for Diane Baughn.

Quotes from participants:

"I can't say enough good things about the organization and presentation of these valuable caregiving skills. I have not only learned facts and skills, I have gained insight to the entire Alzheimer's journey from many perspectives."

"This program is excellent. Facilitator did a great job. Keep teaching others."

CALLERS CLAIMING TO WORK FOR THE SOCIAL SECURITY ADMINISTRATION PROMPT WARNING TO KEEP PERSONAL INFO SAFE

MADISON – According to the Social Security Administration (SSA), Wisconsin residents have been reporting phone calls from persons claiming to work for the SSA. The caller asks for private information, such as the person's social security number (SSN), in order to "re-issue a Medicare Card" or some other similar excuse.

"The Social Security Administration does not need to ask you for your social security number," says Janet Jenkins, Administrator of the Division of Trade and Consumer Protection's Wisconsin Office of Privacy Protection. "Alarms should go off in your mind anytime someone contacts you out of the blue and asks for personal or financial information. Governmental agencies and legitimate businesses simply don't do that."

Do not trust what your Caller ID says either. It can be made to give whatever name and number the caller wants.

The SSA reminds consumers that except for employers and financial institutions that need your social security number for tax reporting purposes, you are not required to give out your SSN.

If you have concerns about your private information or if you inadvertently gave out confidential information, the Office of Privacy Protection can help. Contact it toll-free at: 1-800-422-7128.

**Inside: Save on Medicare Premiums!
Social Security Alert
Bold New Program for Alzheimers Caregivers
Friendly Visitor Opportunities**



Your volunteer and financial help is needed.

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.

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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Program for Older Adults
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