



INTERFAITH

Linking Older Adults to a Caring Community

Summer 2004

Volunteers Make A Difference

The contribution of volunteers in getting things done in today's society is tremendous. Volunteers offer their services for many reasons, but have one thing in common—a willingness to give of themselves to help those in need.

Cudahy-St. Francis Interfaith, just as most non-profit agencies, depends upon volunteers. They contribute their time, energy and expertise. Compensation for volunteers does not come in the form of money but in satisfaction and in the conviction that what they are doing is important and "makes a difference."

Volunteers who provide transportation for older adults to medical appointments, shopping and other activities are greatly needed. Interfaith volunteers are currently giving approximately 30 or more rides every week and Interfaith still must say to some older adults, "We are sorry, but we can not find a driver for you this time."

If you volunteer, the time commitment is up to you. You may choose to drive once a week, once a month or somewhere in-between. For more information call Interfaith: 483-4474.

Volunteers are also needed to provide friendly visits, to help in the office preparing the newsletter for mailing and to help out at other special events such as the annual Bake Sale, Jewelry Sale and "Grand Time Out" and other special events..



Wild Orchid

"The flower that walks", the Indian said,
And walking spreads its crown-like roots
Through forest glades
and upland dales.

Moccasin flower or Lady's Slipper,
It matters not the name
Or if it be fair white or rose
or tiny yellow kind.

'Tis ever rare and wondrous there
This woodland beauty Bequeathed
us from another age.

A Heritage to guard with care
And cherish for posterity
That other eyes in future years
May see this Orchid
walk the trails

As did our native Indian braves
And shy-eyed maidens of the tribe.

—Helen M. Fleet

**Save the Date
Grand Time Out
Is Coming
September 12, 2004**

Cudahy-St. Francis Interfaith's "Grand Time Out," a special afternoon for seniors with delicious food, music, door prizes and fun will be held at the Pulaski Inn in Cudahy on September 12 from Noon until 4:30. Meal will be served at 12:30pm. Music by the Skyliners will include a sing-along and dancing.

Tickets are \$12.00. To be sure to have your place at this grand event call Interfaith: 483-4474. Tickets go quickly so do not miss your opportunity to share this delightful afternoon with your friends and neighbors.

10 Tips for Super Strong Nails

Cursed with weak nails? Banish broken nails forever with the following easy tricks for strong tips:

- 1. Keep them short.** Very long nails are more prone to breakage.
- 2. Cultivate healthy cuticles.** They're what protect the nail bed from infection and injury, making nails stronger and healthier. Avoid cutting cuticles, and apply a hydrating cream or oil daily.
- 3. Stay square.** Oval-shaped nails can tear at the sides. Nails filed into a square shape are less prone to this.
- 4. Watch the water and chemicals.** Extended exposure to water and chemicals can make nails weak and prone to peeling. Wear rubber gloves.
- 6. Use a nail treatment.** Treatments that are made to strengthen nails by forming a protective coat on top of them while sealing in natural moisture are recommended.
- 7. Tap away.** Weird but true: Tapping your nails on a hard surface (like your desk) actually stimulates growth and makes them stronger!
- 9. Wear polish.** It forms a naturally strong barrier over nails, protecting them from splitting and peeling.
- 10. Avoid using nails as tools.** Often said, but true: Using tips to open cans, tighten screws in your eye-glasses and open boxes puts them at risk for breakage. Instead, use the correct tools for the job and spare your nails.

—Lisa Kovalovich
More magazine



A big cheer, thank you and applause for everyone who donated jewelry for the Cudahy-St. Francis Interfaith Annual Jewelry Sale at the Cudahy Lions Sweet Applewood Festival.

The response to our request for jewelry was outstanding!

The proceeds from the sale will help support the agency's programs and services

Special Luncheon for Interfaith Volunteers

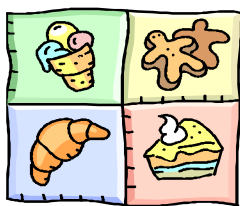
On June 24, Cudahy-St. Francis Interfaith joined with Southeast and South Milwaukee-Oak Creek Interfaith organizations to honor and thank volunteers. More than 100 volunteers attended. St. Luke's South Shore Hospital provided the luncheon. The Gallant Gypsies entertained the group. A candle with wrapped in purple paper and attached with the saying, "you light up the world" were given to each volunteer.

Phyllis Dettman, Director at Cudahy-St. Francis Interfaith read "Thank You" notes from older adults that use Interfaith's services (names were not read).

Volunteers from the three Interfaith Programs give thousands of hours of their time to drive older adults to medical appointments, shopping and other activities. They provide friendly visits to the homebound and help with providing information and referral. Volunteer board members help with governance, fundraising and direct services.

*o t of kin ness, no m tter how sm ll,
is ever w ste —Aesop*

Craving That Sweet Stuff



When we say we have a sugar addiction, we may mean anything from a mild desire to intense cravings for sweet foods and drinks. Some people go so far as to equate the effects of sugar to a drug, saying it calms them and helps them deal with stress.

The U.S. Department of Agriculture's Food Guide Pyramid recommends we limit added sugars in our diet to 12 teaspoons per day. But the reality is that in 2001, the average American ate and drank the equivalent of 31 teaspoons of sugar daily. It sounds insane, but sugar finds its way into virtually every kind of processed food, from ketchup to soups and, especially, soft drinks. One 12-ounce can of soda contains approximately 10 teaspoons of sugar. As if that is not bad enough, government data suggest that we consume an average of 41.4 gallons of soda per person annually. That's a lot of sugar -- and extra calories!

Sugars have 4 calories per gram, or 15 calories per teaspoon. So if you want to shave calories, it's a good idea to limit added sugar in your diet. Sounds simple enough, but what about those hard-to-ignore cravings? Here's the trick: Gradually decreasing the amount of sugar you eat, and how often you eat it, will help you reduce your desire for sugars while lowering your caloric intake. Old habits are hard to break, but making small and gradual changes in your eating style will help you break free from your sugar addiction. Remember, moderation is the key. If you can control the quantity, you will be able to enjoy sweets on occasion.

Here are some tips to help you break the sugar habit:

- ✓ Read the label on all processed foods. Check the amount of sugars, and choose products with the least sugar per serving.
- ✓ Become familiar with sugar terminology. Recognize that all of these are sweeteners: corn syrup, high fructose corn syrup, sucrose, dextrose, honey, molasses, turbinado and brown sugar.

Good Posture

The Cure For What Gets You Down

Gravity is good for keeping the universe together. It also keeps us from floating around willy-nilly. But gravity is not your friend. Everyday the most powerful force in the universe is pulling us down, down, down...and here we are... a complex jumble of bones, muscles, nerves, etc., all balanced on two small feet. Most of us beat gravity pretty well all day long...or do we?

The people who do the best against gravity are the ones with good posture. They look better because they feel better and they have more energy at the end of the day. So... do you want to look better, feel better and have more energy? Work on your posture.

There is a simple way to achieve perfect posture. Here are the steps. Stand up or sit down if you have to.

- ✓ Think about the top of your head, the peak of your skull, and draw a line from the top of your ears to this one point at the center.
- ✓ Put one finger on that point, and rub lightly or push down lightly so that you can remember exactly where it is.
- ✓ Bring your arm back down to your side.
- ✓ Pretend that you are a puppet on a string or that a cable is attached to the exact spot that you were touching on top of your head. Now pull up as if you were suspended and supported by a cable.

Try it a few times. If you feel discomfort or pain you are not doing it correctly. Stand, walk, sit, and move with this in mind and you can't go wrong. You will feel the difference!

To get the best results, you must make this new posture part of your daily life. It has taken years to get where you are, but it's never too late to make positive changes.

Be aware of your posture. Every time you feel an ache or a pain check if your posture is "down" and change it.

—Great Lakes VA Healthnews



A Big Thank You to our Donors



*The following donations were made between
April 30, and July 31, 2004*

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* \$ 50 or more
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INTERFAITH

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

I firmly believe that nature brings solace in all troubles. Because only then does one feel that all is it should be and that God wishes to see people happy, amidst the simple beauty of nature.
 — Anne Frank

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.
 —Ralph Waldo Emerson

Each season has its own wonder, it's own special place, and purpose in the pattern of creation.

Delight in the beauty that surrounds you.

Some people, like flowers, give pleasure, just by being.

The sun does not shine for a few trees and flowers, but for the wide world's joy.
 — Henry Ward Beecher

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





Grilling a Better, Safer Burger

Just because a burger is brown on the outside doesn't mean it's safe to eat, say food experts.

Undercooked ground beef can be a source of *E. coli* O157:H7, a dangerous type of bacteria that can cause bloody diarrhea, cramps, fever, and even death in the young and old. To reduce the risk of food poisoning while grilling hamburgers, follow these tips.

- ✘ Start with clean hands, a clean work surface, and fresh meat.
- ✘ Defrost frozen patties on a covered plate or platter in the refrigerator. Thaw frozen patties completely -- partially thawed patties may not cook evenly.
- ✘ Place shaped patties on a clean plate or platter, cover, and refrigerate until ready to grill.
- ✘ Grill patties over medium, ash-colored coals. Grill two-inch thick patties 11-13 minutes or until the center reaches 160 degrees Fahrenheit.
- ✘ Use a long-handled spatula or grill tongs to turn burgers halfway through cooking.
- ✘ Use a clean spatula or grill tongs to transfer cooked hamburgers to a clean plate or platter. Do not use the same platter or plate that was used for raw patties unless it has been washed and sanitized.
- ✘ Refrigerate leftovers promptly; before serving, reheat completely.

—WebMD

Social Security Beneficiaries Can Earn More In 2004

There is good news in 2004, if you are younger than your full retirement age and you work while getting Social Security retirement or survivors benefits. You are able to earn more money before your benefits are reduced. You can earn up to \$11,640 this year (up from \$11,520 in 2003) before \$1.00 is withheld from your benefits for every \$2.00 you earn.

If you reach full retirement age during 2004 (65 and 4 months), \$1.00 will be withheld for each \$3 you earn over \$31,080 until the month you turn 65 and 4 months.

After you reach full retirement age, you can receive your full benefit amount no matter how much you earn.



County ID Cards Now Available at Motor Vehicle Locations.

Milwaukee County Register of Deeds Office no longer issues Senior Citizen (or regular County) Identification Cards

(ID's). Individuals who do not have a valid Wisconsin Driver's License may obtain a non-drivers ID from any Motor Vehicle location. You must have proper identification to obtain an Identification Card (I. D.) Call 266-1000 for additional information.



Grated Cheese Tip

Want the flavor of fresh Parmesan cheese but with the convenience of a can? You don't have to grate a block every time you'd like a little on top of your food. Instead, cut a piece of fresh Parmesan off a block and grind it with the chopping blade of your food

processor to the consistency you enjoy. Then keep the ground Parmesan refrigerated in a Tupperware-style container, and wrap the block with a moist paper towel to prevent it from drying out.





Judge the Size of the Portions of Food You Eat

A new study confirms that people have difficulty judging how much food they

eat. This can pose a problem since excessive amounts of food are frequently available to us.

Ideally, our internal hunger signals would guide us to eat just the right amount of food for our needs. Unfortunately, studies show that external influences distract many of us from following our body signals.

A great way to get a grasp on portion size is to visualize some everyday objects. Here are a few examples, courtesy of the Mayo Clinic in Rochester, Minnesota:

- ➔ Three ounces of meat is the size of a deck of cards.
- ➔ Three ounces of grilled fish is the size of your checkbook.
- ➔ One ounce of cheese is the size of four dice.
- ➔ One teaspoon of peanut butter equals the tip of your thumb.
- ➔ A cup of fruit is the size of a baseball.
- ➔ A medium apple or orange is the size of a tennis ball.
- ➔ A medium potato is the size of a computer mouse.
- ➔ An average bagel is the size of a hockey puck.

To make sure you don't overeat, start with one serving at meals, eat slowly, and go back for seconds only if you are still hungry.

Remember, it takes about 20 minutes for your stomach to signal your brain that it's full.



Please let Interfaith know if you have a change of address. Call the Interfaith Office: 483-4474.

Life Lines

As time etches lines
across my face,
May they read strength,
not weakness,
Also patience,
especially with myself
As my feet slow in pace,
My hands grow clumsy.
May my image
Still reflect pride
in the mirrors
along life's corridors.
When inertia sets in
may my spirit continue
To dance on sunlit lawns,
In moonlit memories.

—Rosemary Sullivan



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.**

It is the mission of Cudahy-St. Francis Interfaith to enhance the lives of older adults by providing information, referral and direct services.



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