

INTERFAITH

Serving Older Adults

Winter 2004

Waiting, Waiting & Waiting

—Phyllis Dettman, Interfaith Director

Recently I was in a professional medical building on the north side of Milwaukee to keep an appointment with my physician. After my appointment, I was waiting in a small, cold lobby for the valet to bring my car when I noticed a frail, elderly lady (using oxygen) sitting on top of the radiator to keep warm. I remembered seeing her there when I entered the building more than an hour before.

I said, "Hello, how are you today?" She sighed to me that she was so weary because she had been waiting for a transport van for a long time. I wrote the telephone number of the Interfaith Central Office on a piece of paper and asked her to give them a call so that she could be connected with the Interfaith Office in her neighborhood. Perhaps, they could find a volunteer to give her a ride next time.

This lady did not live in our community but there are many people similar to her in Cudahy or St. Francis who could also use a helping hand to get to important appointments.

If you have an hour or two a week, a month - or some time in between - please call Cudahy-St. Francis Interfaith at 483-4474 to find out how you can help our elderly neighbors to ensure they are not waiting hours for transportation but have a helping hand from a caring volunteer.



Snowflakes

Snowflakes spill from heaven's hand
 Lovely and chaste like smooth white sand.
 A veil of wonder laced in light
 Falling gently on a winter's night.
 Beauty raining down
 Giving magic to the lifeless ground.
 Each snowflake like a falling star
 Smiling beauty that's spun afar.
 Till earth is dressed in a robe of white
 Unspoken poem the hush of night.

— Linda A. Copp

Free Help with Tax Forms for Seniors

AARP Tax-Aide volunteers provide free personal income tax counseling and tax form preparation to all low and moderate-income taxpayers, with special attention to those

over 60. This service is available from February 1 through mid April.

In the Cudahy and St. Francis area, help will be available at the following sites.:

Cudahy Public Library 3500 Library Dr., Cudahy. 769-2244. Wednesday 1:00 p.m. - 4:00 p.m.

South Milwaukee Senior Center, 2424 15th Ave. Appointment required. Call 768-8045. Every Thursday, 9:30-Noon. February 6- April 10.

Tippecanoe Library, 3012 S. Howell Ave., Milwaukee. No appointment required. Every Monday, 1:00 p.m. - 4:00 p.m.



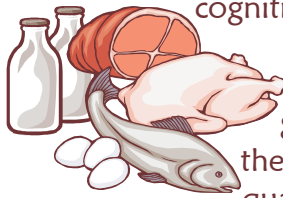
Hunger and the Elderly

A report from the Hunger Task Force

Approximately 35 million—or 1 in 8—Americans are 65 or older, which represents a 12% increase in the elderly population since 1990. The elderly population, particularly vulnerable to the issue of hunger, has its own set of unique concerns.

Nutrition and Health

Adequate nutrition is important to health, functioning and mobility for all people, no matter what age. For elderly people, food and nutrition can be critical because of their vulnerability to health problems and physical and cognitive impairments.



Scientific evidence increasingly supports that good nutrition is essential to the health, self-sufficiency and quality of life for older adults.

Seniors who have inadequate nutritional intake due to a lack of resources are likely to report their health status as fair or poor.

Seniors are also more likely than their younger counterparts to endure chronic health conditions, deficiency diseases, conditions that impair digestion and increase susceptibility to infection. In addition to the damage hunger and poor

nutrition can do to the health and well-being of the elderly, poor nutrition leads to health problems that can lead to increased medical costs. Proper nutrition among the elderly promotes good health and helps prevent chronic (and costly) disease and disability.

Seniors have historically low participation rates in federal nutrition programs, particularly the Food Stamp Program. Only one-third of all eligible elderly persons participate in the Food Stamp Program.

For information about Food Stamps or emergency food call:

Interfaith: 483-4474

Project Concern: 744-0645.

Something is Missing From Government Checks

If you get Social Security, Supplemental Security Income or any other paper checks printed by the U.S. Department of Treasury, you will find something different about them this January. To protect your privacy, the Treasury Department will remove Social Security numbers from all federal government checks starting January 1, 2004. Of course, you also can protect your privacy and guard against theft if you simply sign up for direct deposit.

Direct deposit is the safest and most reliable way to receive payments if you already receive Social Security or SSI benefits .

If you have a bank account, you only need to contact your bank, savings and loan, or credit union where you have your account and tell them you want to sign up for direct deposit or you can call Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778) and ask to sign up. You need a copy of your bank statement or your checkbook on hand when you call.

If you don't have a bank account, you must open one before you can sign up, or you can open an Electronic Transfer Account. Shop around the financial institutions in your area to find an account that has the features you want at a price you can afford. When you decide on an account that's right for you, let the financial institution representative know that you are interested in signing up.

Snowflakes are one of nature's most fragile things, but just look what they do when they stick together.

—Verna M Kelly

**To be interested in the changing seasons is
a happier state of mind than to be
hopelessly in love with spring.**

—George Santayana

**Only with winter-patience can we bring
The deep-desired, long-awaited spring.**

—Anne Morrow Lindbergh

**If we had no winter, the spring would not be so
pleasant: if we did not sometimes taste of
adversity, prosperity would not be so welcome.**

—Anne Bradstreet

Super-Size It?

Are super-sized restaurant meals really a good value? Perhaps not, when you consider that 60 percent of the population either is overweight or obese, carrying the risk for diabetes, heart disease, high blood pressure, stroke and certain types of cancer.

Restaurants are dishing up portions that are three-to-five times larger than a normal serving. In addition, because many of us were raised to eat everything on our plates, we dutifully eat what is there, regardless if we are full or not. The bottom line: portion sizes are huge and Americans are overweight.

Consumers, however, say they want good value but, instead of decreasing prices, the restaurant industry puts more food—that we do not need—on our plates. The result is a super-sized meal. What a bargain! What we are getting is more fat, sugar and calories. This is a disconnect between good value and good health. How do we overcome this problem?

- * Share a meal with a family member or friend. Often portions will accommodate both of you and you will save money too!
- * Choose an appetizer portion, as they tend to be smaller. Add a dinner salad.
- * Ask your server for half portions. Restaurants may be able to accommodate this request.
- * Take part of the meal home to save for the next day's lunch.
- * When the meal first arrives, ask for a take-home box. This will help you avoid eating the extra food that might tempt you.

—Doreen La Duca,, Colorado State University

Picking a Peanut Butter

When it comes to peanut butter, is all-natural really better than regular? Typical supermarket peanut butters may contain more added sugar and hydrogenated oil than all-natural peanut butter. In most cases, a jar of peanut butter will not list the trans-fat content, but there are some trans-fat-free varieties available (meaning they don't contain hydrogenated oils). Currently, the only trans-fat-free peanut butters seen on the shelves are labeled "natural" Choose these whenever possible, while still taking the sugar and saturated fat content into account.

In addition to being a great source of protein, all peanut butter regular or all-natural, is rich in monounsaturated fat, folate (a type of B vitamin), and resveratrol (the phytochemical also found in red wine). These nutrients are important for cardiovascular health.

Remember that peanut butter can be a diet buster if eaten in large quantities, so don't overdo it. Try to limit yourself to two tablespoons a day, and include it as a protein with your meal or as a midday snack.



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 our two communities. 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



A Big Thank You to our Donors



*The following donations were made between
November 15, 2003 and January 31, 2004*

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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.

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



On the Net

FlyLady.net is an Internet site that offers tips about organizing and decluttering your home. The FlyLady says your home is filled with clutter of all shapes and sizes. This is why you are unable to keep it clean. You have too much STUFF. All the FlyLady asks is that you set a timer and spend 15 minutes a day decluttering. That's it. Anyone can do anything for only 15 minutes, even if you have to break it down into 5 minute segments. There are five tools that the FlyLady gives you to help you declutter and also make it fun for you!

You can sign-up for mail checklists and reminders from FlyLady. When you receive them, try them yourself. What do you have to lose besides clutter?

Tool number one is the **27-Fling Boogie**. You do the 27-Fling Boogie as fast as you can. Take a garbage bag and walk through your home and throw away 27 items. Do not stop until you have collected all 27 items. Then close the garbage bag and pitch it. **DO NOT LOOK IN IT.** Just do it.

Next, take an empty box and go through your home collecting 27 items to give away. Suze Orman taught the FlyLady this in her book, "The Courage to be Rich". This will change the energy in your home and bring about good feelings. Every time the FlyLady does this she says she feels better and her home is becoming decluttered in the process. As soon as you finish filling the box, take it to the car. You are less tempted to rescue the items. Rule of thumb: if you have two of any item and you only need one, get rid of the least desirable.

For the remaining four tools to declutter your home visit:

www.FlyLady.net.

Four Steps to a Healthier Home

We spend roughly two-thirds of our lives at home, and the quality of our living spaces directly affects the quality of our lives. Yet while most of us think about boosting our physical health, few of us consider the "health" of our homes.

"Many people simply are not aware of how unhealthy their living environments might be," says Debra Dadd-Redalia, the author of five home-health books, including *Home Safe Home* (Putnam, 1997). Individually, things such as toxic cleaners and reduced air circulation may have only a small impact," she says, "but collectively, they can have devastating effects on one's long-term health." Here are six simple steps to boost the health of your home:

Increase Air Quality and Circulation

Most homes are equipped with airtight windows and heavily insulated walls, even with gaskets that seal up doors and windows. While these advances are all effective in keeping in heat and keeping out cold, they also trap contaminated, stale air.

Open your windows to increase cross-ventilation, and consider installing a high-efficiency particulate air (HEPA) filter in your home, which removes particles in the air by forcing the air through screens with microscopic pores.

Store Strong Chemicals and Cleaning Supplies Outside

The cleaning products we use and store produce fumes our closed windows and doors won't release. Substitute natural cleansers whenever possible. Or store them in the garage or somewhere away from your primary living spaces.

Cooking Hardware

Gas stoves and appliances release fumes into the air. If you use gas, make sure that rooms containing gas appliances are well-ventilated.

Go Green

Dr. Andrew Weil, author of the best-selling "Optimum Health" books, says, "Houseplants, especially spider plants and Boston ferns, can help reduce formaldehyde and other airborne pollutants in your home."



Taps, the Story Behind the Song



—submitted by Carl Baranek

Reportedly, it all began in 1862 during the Civil War. Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land. During the night the Captain heard the moans of a severely wounded soldier on the field. Risking his life to bring the man back for medical attention, he crawled on his stomach through gunfire and pulled the soldier to the Union lines.

In the light from a lantern, the Captain could see a Confederate soldier who was dead, but shocked to see it was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army. The heartbroken father was denied permission to give his son a full military burial, but was allowed to have one musician. He chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform. The wish was granted. The haunting melody we now know as "Taps" was born.

Day is done — Gone the sun — From the
lakes— From the hills— From the sky
All is well — Safely rest — God is nigh
Fading light — Dims the sight — And a star
Gems the sky — Gleaming bright
From afar — Drawing nigh — Falls the night
Thanks and praise — For our days
Neath —the sun ... Neath the stars
Neath the sky



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



**Spring is coming
and so is the
Cudahy-St. Francis
INTERFAITH**

26th Annual Prayer Breakfast

March 27, 2004

8:30 — 10:30 a.m.

St. John Ev. Lutheran Church
Save the date and watch for details
coming in your church bulletin.



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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