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Serving Saukville, Port Washington,
Belgium, Fredonia, Mequon, Thiensville,
Cedarburg, Grafton and surrounding areas



United Way of Northern Ozaukee County

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INTERFAITH CAREGIVERS OF OZAUKEE COUNTY

Winter/Spring
2013 Newsletter

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Respite Volunteers Bring Peace of Mind and Balance

Carol and Harvey have been married for 44 years, raised 4 children and lived in the community for decades. Strong and independent all of their lives, dementia was certainly not in the realm of possibility in their active lifestyle, until now. Harvey worked at the same company for 35 years and enjoyed playing the accordion. Carol is an active woman, connected to her community but to leave Harvey unattended would simply be too dangerous today. After he took a fall down the basement steps, she realized a change was needed. Today, Carol calls upon Interfaith Caregivers to support her and Harvey through the Respite Care Program.

She has peace of mind knowing that Harvey is not only safe, but also having a great day visiting with new friends. Ken, an Interfaith Caregivers volunteer for ten years, is that peace of mind. When Ken steps into a client's home as a respite volunteer, he gives the caregiver something invaluable - time and balance of life. As most can agree, care giving is a full time job, and pieces of their own lives are put on hold. Through respite, simple things like getting a hair cut, taking the car in for an oil change or buying a new spring outfit are restored. It is the little things that we miss when we are caregivers. A respite break from wonderful selfless people like Ken, help support our community and bring balance back to life.

Interfaith Caregivers trains volunteers to provide non-medical care for a chronically ill loved one who cannot be left alone. The results of this support is the increased ability to cope with the responsibilities of care giving, improved mental and physical health for the primary caregiver. Join the Interfaith team and make a difference.

Interfaith Caregivers of Ozaukee County Annual Senior Bingo

May 14, 2013
11:00am- 2:00pm
Crossroads Presbyterian Church
6031 W. Chapel Hill Road
Mequon, WI 53097

ALL ARE INVITED!

Lunch will be served
RSVP by May 7, 2013
By emailing - info@interfaithozaukee.org
or call (262) 376-5362

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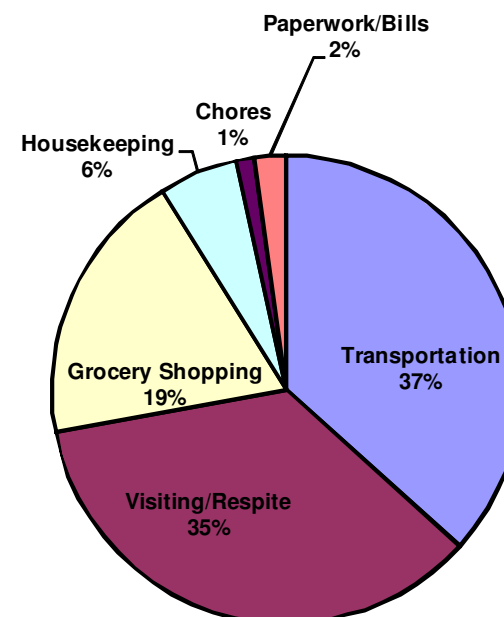


Comforting Solutions for In-Home Care®

This newsletter reaches over 1,000 households.

If you are interested in more information about sponsoring future Interfaith Caregivers newsletters, please contact us at 262-376-5362 or info@interfaithozaukee.org

2012 SUMMARY OF SERVICES



Program Services Analysis 2009-2012

# of Volunteers	16% increase
# of Clients	34% increase
# of Calls for Service	61% increase
# of Volunteer Hours	60% increase
# of Miles Driven	53% increase

Interfaith Caregiver Fact:

Seniors make great volunteers!

1. Volunteerism is essential to our community.
2. The non-profit sector needs seniors, now more than ever.
3. Senior volunteers help bridge the generation gap.
4. Senior volunteers can choose to do meaningful work.
5. It's never too late to give back.
6. Becoming a senior volunteer reduces stress and increases happiness.
7. Becoming a retired volunteer helps seniors maintain physical health.
8. Volunteering helps seniors stay involved in their communities.
9. Volunteering adds years to seniors' lives.
10. Interfaith Caregivers of Ozaukee County makes volunteering easy.

Executive Director's Message:
Celebrating 20 Years of Service to Seniors in Our Community



Maureen Squire

Over the past 20 years, the volunteers of Interfaith Caregivers of Ozaukee County have touched virtually every corner of our county. They have driven tens of thousands of

miles to countless appointments, carried thousands of pounds of groceries, held hundreds of hands, shared countless stories from the heart, sang, laughed and prayed with their neighbors in need.

By providing services that help people cope with the challenges of aging – with dignity while remaining independent in their own homes – the Interfaith volunteers have distinguished Ozaukee County as an age-friendly community.

The latest county health rankings identify Ozaukee County as one of Wisconsin's five healthiest counties.

There is no doubt that Interfaith volunteers play a role in this achievement. Interfaith's services allow seniors to maintain their health:

Their physical health, by providing transportation to medical appointments.

Their mental health, by providing friendly visits that help guard against isolation.

Their healthy diet, by providing access to fresh food through grocery store trips.

Their overall health and well-being, by providing a variety of other services that enhance the quality of life.

In this way, Interfaith is staying true to its roots. The first 25 Interfaith organizations were launched in 1986 by the Robert Wood Johnson Foundation with a mission to improve health and health care in the US. The concept was to tap the generosity and good will of faith-

based communities, recruiting volunteers to help senior congregants.

Interfaith Caregivers of Ozaukee County started in 1993 and has completed nearly 25,000 service calls for over 1000 clients through more than 500 volunteers, each of them carefully screened and trained. We serve the elderly and adults with disabilities, representing all faiths and economic levels. Interfaith, very simply, is about neighbors helping neighbors.

We take pride in contributing to the health of our county. The aging of the population will bring new challenges in the years ahead. With the continued support of our generous donors, Interfaith will continue to meet those challenges and help ensure a healthy future.

**INTERFAITH
 CAREGIVERS
 OF OZAUKEE COUNTY**

Volunteer Appreciation February 14, 2013

“Thank you”, is sometimes just too small of an expression. The mission of Interfaith Caregivers is grounded in love, so it seemed appropriate to celebrate our volunteers with a luncheon on Valentine's Day. It was a fun day of good food and better company. Thank you all who attended and setting an example of what it truly means to be a helpful neighbor.



“My Favorite Things” About Getting Older

To commemorate Julie Andrews' 79th birthday, the actress/vocalist made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was “My Favorite Things” from the legendary movie “Sound Of Music”. Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores. Sung to the tune of “My Favorite Things”, it is especially hysterical. Here are the lyrics she used:

♪ Botox and nose drops and needles for knitting,
 Walkers and handrails and new dental fittings,
 Bundles of magazines tied up in string,
 These are a few of my favorite things. ♪

♪ Cadillacs and cataracts, hearing aids and glasses,
 Polident and Fixodent and false teeth in glasses,
 Pacemakers, golf carts and porches with swings,
 These are a few of my favorite things. ♪

♪ When the pipes leak, When the bones creak,
 When the knees go bad,
 I simply remember my favorite things,
 And then I don't feel so bad. ♪

♪ Hot tea and crumpets and corn pads for bunions,
 No spicy hot food or food cooked with onions,
 Bathrobes and heating pads and hot meals they bring,
 These are a few of my favorite things. ♪

♪ Back pain, confused brains and no need for sinnin',
 Thin bones and fractures and hair that is thinnin',
 And we won't mention our short shrunken frames,
 When we remember our favorite things. ♪

♪ When the joints ache, When the hips break,
 When the eyes grow dim,
 Then I remember the great life I've had.

**Introducing the
 Journey Series:
 What Every Family Caregiver
 Should Know**

Interfaith Caregivers of Ozaukee County, in partnership with The Aging and Disability Center, Alzheimer's Association, Jewish Family Services and Luther Manor Lakefield Adult Day Care Services are pleased to offer ten free educational series for family caregivers. Some of the topics included are:

Memory loss, medications, nutrition, care giving at home, and transitional care.

Pre-registration is required for all programs. Respite for your loved one is also available, but space is limited. Respite should be arranged when registering.

Please see the enclosed flyer for session information and locations.

How You Can Help

Interfaith relies on generous donations from individuals to keep our services free of charge for seniors and adults with disabilities. A donation envelope is enclosed for your convenience. There are many ways you can support Interfaith. The following are a few ideas:

- Donate your time as a volunteer
- Spread the word about Interfaith at your congregation (bulletin board articles and inserts are available for you to use)
- Prepare for the future with a planned or deferred gift
- Ask whether your company has a matching gift program
- Make a personal donation or tribute gift in honor or memory of a special person in your life

Mark Your Calendar

April 14-20

National Volunteer Appreciation Week

April 18

Volunteer Recognition Dinner

5:00-9:00 pm Cedarburg Cultural Center

May 14

Senior Bingo

11:00-2:00 pm Crossroads Church in Mequon (see back cover for details)

June 18

Ozaukee Senior Conference

8:00-3:00 pm Grafton High School