

We Make a Life By What We Give
 -- Winston Churchill

Interfaith Ozaukee celebrates 25 years

At the recent Interfaith Ozaukee Volunteer Appreciation Reception, program coordinator Megan Beine provided an example of how the organization and its volunteers make a difference in people's lives.

Without friends or family nearby, Bob was leading a fairly isolated life in his Grafton apartment, Beine explained.

He had little communication or interaction during the week and felt frustrated at his limited options for getting to medical appointments or going on errands such as grocery shopping. Then he heard about Interfaith Caregivers of Ozaukee County. Now, with the help and concern of Interfaith Ozaukee's staff and volunteers, Bob has a new outlook.

"I'm not sure that you understand how your organization has changed my life," he told Megan. "Things are easier with the help of the volunteers I've worked with. And sometimes

the only card I receive at my birthday is from you."

Bob's story is not that unusual. As Interfaith Caregivers of Ozaukee County celebrates its 25th year, the organization takes pride in helping seniors like Bob remain independent in their own homes. That help continues to be provided by a loyal group of volunteers who live ICO's credo of "neighbors helping neighbors."

"Often we forget how important the little things are," says Maureen Squire, ICO's executive director. "Our volunteers provide conversation and companionship as they transport our senior clients to medical appointments and on essential errands. But what's more important is that they are providing peace of mind for seniors and their families."

Interfaith Ozaukee was one of hundreds of Interfaith organizations around the country that was started and supported



by the Robert Wood Johnson Foundation. The local beginnings were humble, with just a handful of volunteers working out of church basements. But in the intervening years, the organization has grown as the need for services increased.

"A handful of us got together in a church basement in Saukville," explains Eleanor Prom, now 89, one of the original organizers who attended the reception and who was interviewed afterward.

"We thought there was a significant need and that we could make a real difference for the seniors in the community."

Prom, a tax accountant who served as Interfaith Ozaukee's first treasurer, said, "We started with just \$100!"

While the organization has grown significantly, its mission has remained the same.

"The main focus was picking up people who couldn't drive on their own and taking them to appointments and to do their shopping," Prom says.

Soon Interfaith Ozaukee's base of operations moved to a church farther south in the Town of Grafton, closer to where the county's population was showing the most growth.

Interfaith Ozaukee still enjoys loyal support from area congregations and their members, but its budget and funding are much larger. ICO now partners with 30

Turn to **Anniversary**, P.2



Megan Beine has incorporated art therapy into dementia training.

Dementia training focuses on art and music therapy

Volunteers for Interfaith Ozaukee sometimes get concerned when they encounter an elderly client who is having an "off day."

The client may be forgetful, confused, disoriented, agitated or even a bit belligerent.

It may help for the volunteer to understand, however, that these are among the signs of dementia. By recognizing the signs and knowing how to respond, the volunteer not only

can understand why the client is acting that way, but also take appropriate steps to help the client going forward.

That's the purpose of Interfaith Caregivers of Ozaukee County's Dementia Training program. It serves as a critical volunteer retention program.

Volunteers gathered on three mornings this fall to learn more

Turn to **Dementia**, P.3

Baby boomers hold the key going forward

The Baby Boom Generation has made history every step of the way.

Nearly a quarter of the U.S. population is part of this post-war generation, born between 1946 and 1964, which is the typical definition of Baby Boomers. That's more than 75 million people.



Its members had a front-row seat for the Cold War, the Cuban Missile Crisis, the moon landing, the Vietnam protests and the Civil Rights movement, among others. It was by far larger than preceding generations, and even now continues to have a significant impact on politics, the workforce and more.

In many ways Interfaith Caregivers of Ozaukee County also has a front-row seat to history as the Baby Boom Generation ages. It affects our organization in many ways.

• **Baby Boomers are becoming part of our client base.**

Now well into their 70s, members of this generation often need help to get to physical therapy appointments, for example, if they have had knee or hip replacement surgery. They also may be experiencing vision concerns such as cataracts that have an impact on whether they drive or not.

• **Baby Boomers are retiring in droves.**

Starting in 2009, members of this generation started reaching full retirement age (66) and current estimates say 10,000 retire each day! That equates to almost 4 million a year. According to the U.S. Census Bureau, by 2014 80 million people are expected to retire.

• **Baby Boomers also are living longer and enjoying better health than past generations**

As a result, they are filling their extra time in all sorts of rewarding ways: travel, taking classes, exercising and more. It is a generation that has always been concerned about others, so volunteering often appears at the top of their list of retirement goals.

Interfaith Ozaukee is working hard to keep up with the needs of the aging population. From 2016 to 2017, we had a 43% increase in overall miles driven by our volunteers, a 40% increase in requests by clients for services and a 38% increase in the number of trips taken by volunteers transporting clients to health-care activities.

Those are pretty big numbers. Historic increases, in fact.

So we see that Baby Boomers are having an impact on Interfaith Ozaukee in dual ways: both as clients and as volunteers. They actually can serve as the answer to a question Interfaith Ozaukee faces every day: how will we continue to meet client needs as we go forward?

We are hoping even more volunteers from this important generation will keep doing what they do best: having a positive impact on their community by volunteering.

As we strive to help neighbors help neighbors, let's make even more history together!

Maureen Squire
Executive Director

Anniversary, from P. 1

25 years of helping seniors

community organizations and 50 congregations. In 2017, a significant milestone was reached: 25,000 transports. Headquarters are now at the Family Enrichment Center in Grafton.

In the past two years, Interfaith Ozaukee has launched a wheelchair accessible van fleet so that volunteers no longer have to drive their own cars when transporting clients. ICO recently launched the Ozaukee h.e.l.p. Corner, which lends wheelchairs, walkers and canes to those in need.

Dementia training also is offered, incorporating art and music therapy.

Ozaukee County has the highest percentage of seniors out of all counties in south-east Wisconsin.

According to the Wisconsin Department of Health Services, 29.7% of households in Ozaukee County have a member who is 65 or older and almost 28% of seniors in our community live alone.

Ozaukee County's senior population is expected to reach 25% by 2035.

There has been a 200% increase in requests for services over the past five years.

In 2017, for example, Interfaith Ozaukee conducted 18,800 phone consultations with seniors, their family members and their caregivers, up from 12,300 in 2016. Also

in 2017, Interfaith Ozaukee provided more than 8,300 trips for services to our registered senior clients, up from 6,200 in 2016.

"While we have grown to play an important role in the community, in many ways I feel as if our work is just beginning," says Squire. "There is plenty more to be done so that seniors can continue to age in place where they feel most comfortable – in their own homes."

She is quick to commend the hard-working volunteers who provide rides, companionship and respite care to Interfaith Ozaukee clients. But the Baby Boom generation is a huge one, and the organization has a big challenge ahead to keep up with senior needs as that generation ages.

"I have one overwhelming goal as I look to the next 25 years and it sometimes keeps me awake at night," Squire says. "It's not enough to look back at our success. We need to keep moving ahead and encourage more members of the community to embrace our mission and come forward to serve as volunteers."

For more information on how you can help Interfaith Ozaukee serve the seniors of our community and help them to remain independent, go to www.interfaithozaukee.org or call (262) 376-5362.

Mark Your Calendar



Interfaith Ozaukee's annual fundraiser will be from 5 to 7 p.m. Wednesday, Dec. 5th, at the North Shore Country Club in Mequon. The event will include drinks, heavy hors d'oeuvres and feature keynote speaker Former Gov. Martin J. Schreiber.

Senior Corps recognizes volunteer Joe Graf

Interfaith Ozaukee Senior Corps volunteer Joe Graf was recently recognized by Senior Corps for his efforts in driving area seniors to medical appointments and on errands.

He was nominated for a variety of reasons, one of which involves the special care he shows Marilyn, an ICO client.

"They have developed a special bond," wrote Denise Loveridge, Senior Corps project director. "Joe has even helped her with projects around her house, researching and installing a special musical doorbell so Marilyn can hear when she has a visitor."

Loveridge went on to explain: "On nice days, Joe drives Marilyn in his convertible so she can feel the wind in her hair and really enjoy the ride."

Marilyn, in turn, calls Joe "a good friend" and "my savior."

ICO and Senior Corps honor 1st responders

Volunteers from Interfaith Caregivers of Ozaukee County and Senior Corps distributed kringles to first responders and public safety officers on Sept. 11 as a way of honoring them on the National Day of Service and Remembrance.

The idea for ICO and Senior Corps to recognize first responders with this token of appreciation is from a national program from the Corporation for National and Community Service.

"Firefighters and police throughout Ozaukee County are watching out for the well-being of our communities every day of the year," said Maureen Squire, executive director of Interfaith Ozaukee.

"Honoring them on this important day seemed the least we could do."

The National Day of Service and Remembrance is a federally recognized day of unity observed on the anniversary of the terrorist attacks on Sept. 11, 2001.

It is a way of coming together to turn a dark day in our nation's history into something positive.

The effort represents a shared belief that when neighbors help neighbors, we can make our country stronger and better.

"This is a tenet we also live by," said Squire, whose organization relies on volunteers to serve elderly clients so that they may remain independent in their own homes. "When a community comes together, great things result."



Senior Corps volunteers John and Gretchen Peterson distributed sweet treats to first responders at the Ozaukee County Sheriff's Department on Sept. 11.

Dementia, from P. 1

Training helps volunteers recognize signs, symptoms

about dementia and how to react appropriately. The training informed volunteers about signs and symptoms of dementia, but also went a few steps further with instruction in art and music therapy for clients with dementia.

The program was designed by ICO program coordinator Megan Beine, who put her experience in art therapy to good use.

"It is estimated that 10% of the population

over 65 exhibits some signs of dementia, so helping our volunteers recognize it in our clients is important," says Beine.

ICO in partnership with Senior Corps hopes to expand the program, possibly to include members of clients' families as well as additional volunteers.

"We are grateful to have received a grant so that we could develop this important program," says Beine.

"We hope to show our volunteers the serious side of dementia, of course, but also that there can be some lighter moments that can be so rewarding when working with clients.

"Plus, it can be amazing to see how music, for example, can trigger memories in those with dementia."

Interfaith Ozaukee remembered by very special volunteer

Edie Peters was a person who lived her life in a way that made a difference. As an Interfaith Ozaukee volunteer decades ago, she provided respite care for families and transported senior patients to their medical appointments. She also served on the Interfaith Ozaukee Board of Directors.

Her impact was significant, but her efforts were done in a quiet way.

Edie Peters died in February at the age of 83, but she continues to have a positive and lasting impact today. She remembered ICO in her will and the organization was both surprised and humbled to receive a substantial donation from Edie's estate.

Although it is one of life's eventualities,

death is something we don't like to talk about. But estate planners will tell you that making arrangements for after your death can be a blessing to family members who live on and to organizations and charities that might benefit from your thoughtfulness.

The internet is full of lists and recommendations about estate planning, but there are some universal benefits on which experts agree:

- Estate planning can help you provide for your family
- Estate planning can save your family from difficult decisions
- Estate planning can help reduce taxes
- Estate planning can minimize expenses

- Estate planning can help you support your favorite cause or charity

Interfaith Caregivers of Ozaukee County is a 501(c)3 non-profit organization. If you would like more information about Interfaith Ozaukee or have questions about the impact of charitable giving on our organization, please contact us.

As with Edie's donation, the impact from your support will be put to good use day in and day out.

As we continue our efforts of neighbors helping neighbors, we often think of Edie who, quite simply, was one of the best neighbors – and friends – anyone could ask for.

Interfaith Caregivers of Ozaukee County

885 Badger Circle
Grafton, WI 53024
(262) 376-5362

www.interfaithozaukee.org
info@interfaithozaukee.org

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

Contact Us

Call (262) 376-5362

Executive Director Maureen Squire

Ext. 104

Program Coordinator Megan Beine

Ext. 102

Senior Corps Project Director Denise

Loveridge Ext. 103

Program Coordinator Tracy Dereszynski

Ext. 103

Marketing & Fund Development

Coordinator Kathy Meulemans

Ext. 708

Project Manager Matt Manes

Ext. 705

Project Manager Nancy Herrick

Ext. 707

Our Mission

Interfaith Caregivers of Ozaukee
County's mission is to provide volun-
tary support services to seniors, in-
cluding those with limited mobility, in
Ozaukee County.

Interfaith Ozaukee Board of Directors

President – Lois Roeske

Past President – Sharon Pechiva

Secretary – Pat Weatherhogg

Treasurer – Joseph Schirger

Executive Director – Maureen Squire

Members

Catherine Adedokun, Kathy Blume,
John Wirth

Advisory Council

Wilma Bonaparte, Dave Fischer, Jill
Hepburn, Karl Hertz, Peter Hitler, Rick
Nelson, Jim Ott, Cindy Shaffer,
Judy Schwerm

We're on Facebook!

Do a Facebook search for Interfaith
Caregivers of Ozaukee County. When
you find us, "Like" and "Follow" us as a
way of keep up with what's new at ICO.

Your Mobility Management Resource

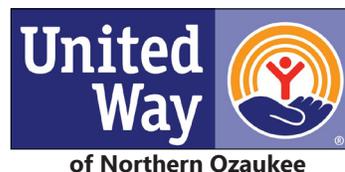


Interfaith Caregivers of Ozau-
kee County's Mobility Manage-
ment Program provides travel
coordination assistance for se-
niors, including those with lim-
ited mobility, throughout Ozaukee
County.

Interfaith Ozaukee is the prima-
ry door-through-door provider in
the area, including out-of-county
transports.

A Transportation Service Pro-
viders information sheet is in-
cluded with this newsletter.

Thank you to our transportation partners who are
supporting our vehicle program.



This program is funded in part by the Federal Transit Administration (FTA) as authorized under 49 U.S.C &
5310 Mobility Options of Seniors and Individuals with Disabilities Program. (CFDA 20.521)