

# Interfaith Connection

Interfaith Senior Programs    Fall Edition 2011

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## VOLUNTEER DRIVER ENJOYS MAKING A DIFFERENCE

When Gail Hovey found herself laid off from her job a few years ago, she read an Interfaith newsletter article requesting drivers for seniors and adults with disabilities who needed rides to grocery stores and doctors.

"I knew I could do this, and I just can't sit at home. Volunteering is a great experience for someone who is looking for something to do, especially if you are newly retired, not working or have lost a spouse."

Gail started driving individuals on a one-time basis, and eventually took on three ongoing assignments – people she helps on a regular basis by taking them grocery shopping or shopping for them. She also provides rides for a senior to healthcare appointments when needed. A typical grocery shopping trip takes about 1-½ hours. Gail enjoys keeping track of items on sale and saving coupons for those she helps.

"One reason I feel so good about volunteering is that I'm not from the area and can't help my parents. I want to know that my parents could get help if my siblings weren't available."

Interfaith staff members have noticed a significant change in one man Gail helps. Before Gail was his volunteer, Interfaith staff members struggled with basic communication with Sam, who has schizophrenia. When Gail first met Sam, she noticed that he carried everything of value to him in a backpack, and had to have the backpack with him at all times. Over the past two years, Gail and Sam have



*Grocery shopping volunteers help seniors remain independent in their homes.*

developed a trusting relationship, and he is now comfortable leaving the backpack in the car when they shop. They can even joke about how heavy the backpack is. Gail offers tips on sales of items Sam needs, and he listens to her advice.

Sam has said, "I trust you with my life," adds Gail.

The trust, rapport and social interactions with Gail have brought Sam out of his shell, and staff members have noticed a marked improvement in his ability to communicate in a relaxed manner.

Volunteering has also changed Gail. "I've become more understanding of the problems of the elderly. People can't drive or walk to get meals or to medical centers. Relatives and children are working and not always able to help."

## FABULOUS FISH FRY FUNDRAISER IS A BIG CATCH

The 21<sup>st</sup> annual Fabulous Fish Fry is set for Friday, November 4 from 4:00 to 8:00 p.m. at the Country Springs Hotel, located at 2810 Golf Road in Pewaukee.

This community event will bring together 1,000 supporters to celebrate the services of our agency, helping seniors to live independently and safely in their homes of choice and placing senior volunteers in schools and nonprofit organizations.

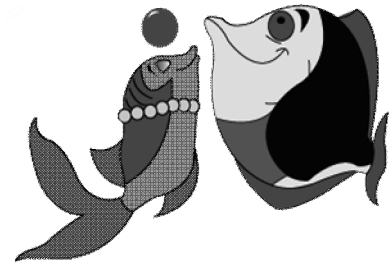
New this year will be the opportunity to donate and receive a holiday ornament at our "mini Santa Claus lane", a program booklet scavenger hunt for adults and children, and a few surprises for you.

A long-time fan favorite will return - homemade desserts by

**What: Interfaith Senior Programs Fabulous Fish Fry**  
**When: Friday, November 4**  
**Time: 4:00 to 8:00 p.m.**  
**Where: Country Springs Hotel**  
**2810 Golf Road, Pewaukee**  
**Cost: \$20 for adults**  
**\$10 for children 3 to 10**

the staff at Oak Hill Terrace and our volunteers. As always, desserts are available for purchase to enjoy at the event or at home.

Tickets are available at [www.WaukeshaFishFry.org](http://www.WaukeshaFishFry.org), or at the Interfaith Senior Programs' office at 210 NW Barstow Street, Suite 101 in downtown Waukesha.



***Volunteer Pie Bakers Needed!***  
***Contact Barb Butler at***  
***262-522-2402***  
***if you're interested in***  
***baking for our event.***

## HORNING MIDDLE SCHOOL NEEDS READING MENTORS

Sixth, seventh and eighth grade students will be introduced to a new reading program this year. Nancy Roncke, Literacy Coach at Horning Middle School, has requested the assistance of 30 volunteers to mentor students with critical reading needs.

Students are currently at various levels of reading, from picture books to chapter books, with some at higher levels.

The program will involve volunteers on a one-to-one basis, reading with, listening to and discussing literature with the student. Mentoring will be done outside of the classroom, in areas such as the school library or another office, to avoid student distractions. Books are chosen by the student. Goal sheets will be provided for each student.

Volunteers would be asked to be a good listener, ask questions of the student and read small sections of the book as a "role model" so the student can understand what good reading sounds like.

Mentors will be asked to complete a brief track form to report the progress of the student at the end of each session.

If you are interested in making a difference in a child's life and are available on Wednesdays, please contact Sue or Joan at 262-522-2415. Each session is approximately one hour, and you may choose one or more sessions. Scheduling is flexible to accommodate your needs.

There will be a volunteer orientation on September 28<sup>th</sup> at Horning Middle School and the program will begin on October 5, 2011.



## RETIRED AND SENIOR VOLUNTEER PROGRAM - RSVP



### A new program begins at Riverside Elementary!

Do you have an hour a month to write to a fourth or fifth grader? The Seniors & Students Program at Riverside Elementary in Menomonee Falls will begin a pen pal program this year. Write your pen pal from the comfort of home

during the school year, then meet your pen pal at a spring pen pal party.

This program follows the guidelines of the district's language arts curriculum.

For information, please contact Susan Hjelsand at 262-250-6465 or [susanh@interfaithwaukesha.org](mailto:susanh@interfaithwaukesha.org).

### Seniors & Students Gearing up for Fall School Sessions in the Hamilton, Menomonee Falls, and Waukesha School Districts

Volunteers are needed to tutor elementary children in math and reading. Volunteers work in the classroom or one-on-one with students. Times are flexible to fit your schedule. No experience is necessary.

To spend an hour or two a week making a difference in a child's life, contact:

**Hamilton** - Becky Hubred  
262-391-223 or  
[beckyh@interfaithwaukesha.org](mailto:beckyh@interfaithwaukesha.org)

**Menomonee Falls** - Susan Hjelsand  
262-250-6465 or  
[susanh@interfaithwaukesha.org](mailto:susanh@interfaithwaukesha.org)

**Waukesha** - Deb Krebsbach  
262-391-2201 or  
[debk@interfaithwaukesha.org](mailto:debk@interfaithwaukesha.org)



### Do you love grade school children, have a special craft or hobby or just want to share your knowledge?

Intergenerational Folk Art Fairs are designed to provide fun, flexible and rewarding

opportunities to work with children by sharing your interests, skills and collections.

Five fairs per school year, held in school gyms, provide fun-filled days of hands-on learning for elementary students.

Volunteers anticipate eager hands-on involvement as children use tools, test their agility, view demonstrations and displays, ask questions and make sample projects to take home.

The 2011-2012 schedule of RSVP Folk Art Fairs includes: Summit View Elementary and Meadow Brook Elementary Schools in Waukesha, St. John's Lutheran School in Lannon, and North Lake Elementary.

If you have special talents, hobbies or crafts or would enjoy assisting an exhibitor, consider volunteering at one or more fairs. For more information, contact Sue at 262-522-2415 or [sueg@interfaithwaukesha.org](mailto:sueg@interfaithwaukesha.org).

### Share your life experiences with Waukesha West High School Students

We are seeking volunteers 55 and over to share U.S. history with Waukesha West High School freshman history classes. Students study WWII through the Nixon eras. Twice a month, volunteers visit the classroom and

create an oral history lesson, discussing their personal experiences.

An orientation will be held in late January. Class participation will begin in February, 2012 and proceed through May.

For more information, contact Sue or Joan at 262-522-2415.

## FAITH IN ACTION

### How Can Four Hours Make A Difference?

"Volunteering has been a wonderful experience for me," says Interfaith volunteer Tom Kress. Tom does fall and spring yard clean up and lawn mowing for seniors and adults with disabilities at four mobile homes in Waukesha.

"They are all so appreciative of the things you do. One man says thank you about 100 times, and almost every time I'm there, a woman I help bakes cookies or brownies to thank me," Tom shared. Tom enjoys the friendship



and rapport he has developed with those he serves.

What inspires him to volunteer? "I'm thankful for what I have and am able to do and determined to share with others," explained the 68-year-old retiree. "Helping others makes you wish you could do

more, and anybody who tried it would feel the same."

If you have three or four hours to spare, Yard Clean Up is an easy way to get your family, youth group, congregation, community or business group involved in helping local seniors and adults with

disabilities without family support or financial means to maintain their yards.

Pick a date of your choice to complete yard work between October 15 and November 19<sup>th</sup>, and we'll match you with a local home or homes. Tasks include raking leaves, cleaning gutters, washing windows, weeding, storing lawn furniture, installing storm windows and trimming bushes. For more information, contact Marcia Rupp at 262-549-3348 ext. 2409 or [MarciaR@InterfaithWaukesha.org](mailto:MarciaR@InterfaithWaukesha.org).



## SAVE THE DATES AND JOIN THE FUN!

### Interfaith Senior Programs' Annual Meeting

**Wednesday, October 5, 5:15 - 6:15 p.m.**

Kirkland Crossings, Pewaukee Open house style, open to the public

### Fabulous Fish Fry

**Friday, November 4, 2011, 4:00 - 8:00 p.m.**

Country Springs Hotel, Pewaukee

### Interfaith All Agency Volunteer Recognition Event

**Spring, 2012**

Location to be determined

### Festival of Flowers

**Wednesday, March 21, 2012 Two seatings: 11:00 a.m. or 1:00 p.m.**

Waukesha Floral & Greenhouse, 319 S. Prairie Ave., Waukesha

### Tapestry Benefit Dinner & Auction

**Thursday, May 10, 2012, 5:30 to 8:30 p.m.**

Milwaukee Marriott West, W231 N1600 Corporate Court, Waukesha

## VOLUNTEER OPENINGS

### Drive Grandma to the Doctor and Grocery Store!

Please help keep your neighbors healthy by driving seniors & adults with disabilities to medical appointments during the week, and to grocery stores for shopping.

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**For more information, contact Marcia Rupp or Kathy Whitehurst at 262-549-3348.**

## JUMP START YOUR HOLIDAY GIVING! SHARE 12 DAYS OF JOY WITH LOW-INCOME SENIORS & ADULTS WITH DISABILITIES



Have you ever spent the holidays alone? Many seniors and adults with disabilities face that prospect this December. With your help now and this fall with our Holiday Giving Program, we can ensure that 500 low-income and isolated seniors and adults with disabilities in Waukesha County are remembered in December. Each Holiday Giving Envelope (a priority mail envelope) will contain 12 items, including Pick 'n Save, Walgreens and McDonald's gift cards, stamps, calendars, ornaments, greeting cards, hand made holiday cards and

more. Envelopes will be mailed in late December.

**How can you help? Hold a donation drive or collect items, volunteer, or make a financial donation.**

Items needed include: \$10 Pick 'n Save and Walgreens gift cards, \$5 McDonald's gift cards, and books of Forever stamps.

Volunteer opportunities include decorating holiday cards, creating small ornaments, data entry, wrapping items, and assembling envelopes.

Recipients of the Holiday Giving Envelopes are seniors and adults with disabilities already served by Interfaith, or individuals referred by community agencies and congregations as low-income and isolated.

Contact Barb Butler or Marie Honel for more information at 262-522-2420.

*"I can't imagine how horrible and heart-breaking it must be for people to worry about how much longer they will be able to live in their own homes because they are not able to take care of it or themselves the way they want to.*

*My heart goes out to those people. Thank God for Interfaith who helps with these situations. I hope others will open their hearts and give because we might be in that situation ourselves someday."*

**- Sharon Garvens  
Husco  
International**

## VOLUNTEER OPENINGS

### Calling All Conversationalists!

Do you love lively discussions about current events and issues?

A dynamic and gifted 65-year-old Big Bend neighbor would love a visitor to engage in conversations filled with ideas, opinions and debates.

### Make New Friends!

Homebound seniors would love a visit from you once a week or once every other week. Call Interfaith Senior Programs to find out about neighbors in your community who would like to meet you!

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**For more information,  
contact Marcia Rupp or  
Kathy Whitehurst at  
262-549-3348.**

Wonder what's going on for seniors (55+) in our county?  
Visit the new Waukesha Senior Calendar at [www.WaukeshaSeniorCalendar.org](http://www.WaukeshaSeniorCalendar.org)  
Hosting an event for seniors?  
Feel free to submit your senior-friendly events through the website.



**Residential and Home-based Services: Partners in Caring**  
by Robert J. Best NHA, MAPS

From the beginning, it's been Interfaith's mission to provide services for older adults to help them maintain their independence. Sometimes people view Interfaith's goal as incompatible with that of residential care settings, such as assisted living. The reality is that the goals are remarkably the same: both options are means to support older adults and **encourage their** independence.

Most older people prefer to remain in their homes, and it is our duty as family members and professional caregivers to help them achieve that goal in a safe manner. Many older adults are able to function well with minimal assistance with instrumental activities of daily living provided by Interfaith, such as transporta-

tion and shopping. Over time, it is not unusual for the amount of service to expand to include medication administration, personal care and nursing services. These too can be provided in-home on an intermittent basis by home care agencies. However, as the amount and frequency of care increases, it becomes progressively more difficult to meet those needs in a practical and cost-effective manner. More importantly, frail elders in private homes often find it difficult to get out and are at the risk for becoming isolated, leading to declines in mental fitness and physical health. This is the point at which, as Monsignor Charles Fahey describes it, "home becomes more burden than blessing."

An assisted living community is often the perfect solution when help is needed throughout the day, every day. In addition to providing support and care as

health needs change, assisted living promotes daily socialization through shared meals and enriching leisure time activities. At the same time, each person maintains the privacy of their own apartment and the independence to spend their day as they wish. We have seen many seniors who benefit from the services Interfaith provides, and later move to assisted living. At each step, they and their families have peace of mind, knowing that they have the help they need with minimal loss of independence.

It is the shared mission of residential and home based services to help senior citizens live content and meaningful lives. This requires that we respect individual autonomy and self-determination. We need to support people as best we can, wherever they happen to call "home."

*Robert Best is past member and president of the Interfaith Board. He holds a Bachelor's Degree in Psychology from Carroll University and a Master's Degree in Public Service with a specialization in Gerontology from Marquette University. Robert has almost 30 years of experience working with older adults in a variety of settings, including skilled nursing, senior apartments and assisted living. In addition, Bob spent two years as an Elderly Service Worker in the Appalachian region of Kentucky. He is currently the Executive Director of Oak Hill Terrace in Waukesha. He is an adjunct professor of Social Gerontology and has published books and articles on aging issues and has presented at conferences across the United States, including the American Society of Aging and National Council on Aging.*

## PARTNER WITH INTERFAITH WITH A PLANNED GIFT

Have you or has someone you know been helped by an RSVP or Faith in Action volunteer? Would you like to ensure that seniors have transportation to medical appointments and grocery stores for years to come? Or would you like to know that area students have caring volunteers to help them reach their educational potential?

Planned gifts can make a lasting impact on our community, and they are for people of all income levels. Even a modest gift can impact the lives of our seniors, adults with disabilities, students and community organizations in need of caring and talented volunteers. Remembering Interfaith Senior Programs in your will can be as simple as

designating us as your beneficiary on an IRA or life insurance policy. All planned gifts are invested in accounts held at the Greater Milwaukee Foundation and the Waukesha County Community Foundation.\*



Contact Barb Butler, Director of Development & Marketing, to share your intentions or learn more about this opportunity at [barbbutler@interfaithwaukesha.org](mailto:barbbutler@interfaithwaukesha.org) or 262-522-2402.

\* Interfaith recommends that you consult your accountant, financial planner, or estate planning attorney to make a final decision regarding what is best for you and your family.

# THANK YOU DONORS

January—August, 2011

We are grateful for all financial contributions. Due to space constraints, gifts of \$300 or more (cumulative) are recognized here.

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# INTERFAITH

## SENIOR PROGRAMS

**210 NW Barstow Street, Suite 101**

**Waukesha, WI 53188**

**Phone (262) 549-3348**

**Fax (262) 549-0436**

**[www.InterfaithWaukesha.org](http://www.InterfaithWaukesha.org)**

Major support for Interfaith Senior Programs is provided by ProHealth Care, Aging and Disability Resource Center of Waukesha County, Waukesha County Congregations, Waukesha County Community Development Block Grants, businesses, individuals and community groups. Major support for RSVP is provided by the Corporation for National & Community Service and the State of Wisconsin Department of Health & Family Services.

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Design and layout courtesy of Dwayne Butler,  
Faith in Action Volunteer  
Barb Butler & Marie Honel, Editors

### **CONCEALED CARRY LAW INTERFAITH POLICY BANNING WORKPLACE WEAPONS**

In order to ensure a safe environment for our employees, volunteers, clients, and customers, Interfaith Senior Programs, Inc. prohibits the wearing, transporting, storage or presence of all firearms or other dangerous weapons in our offices and during events or services coordinated by Interfaith Senior Programs, Inc.

To the extent allowed by law, Interfaith Senior Programs, Inc. additionally prohibits employees, volunteers and clients from carrying weapons in our facilities or during events or services coordinated by Interfaith Senior Programs, Inc.



## Find-a-Ride Waukesha

Visit [www.FindaRideWaukesha.org](http://www.FindaRideWaukesha.org) to locate transportation options in Waukesha County and beyond that best suit your needs. Options include no cost and paid transportation services.

This website is funded by a New Freedom Grant from the Wisconsin Department of Transportation.

### **BE A SNOW ANGEL FOR A SENIOR THIS WINTER!**

*"If it were not for Interfaith snow shoveling volunteers, many seniors would be trapped in their homes when it snows. Even worse, some would venture outside and risk injury trying to do it on their own. Yes, shoveling snow is hard work, but my family has shoveled for many different Interfaith clients over the years, and it has been such a blessing to us to get to know these friendly, interesting and grateful seniors. Our grandparents have all passed away, but volunteering for Interfaith helps us keep our grandparents alive in our hearts."*

Brad Schimel,  
President, Interfaith Senior Programs'  
Board of Directors & snow removal volunteer

Volunteers are needed this winter to help seniors and adults with disabilities in your community remove snow from driveways and sidewalks. Details can be coordinated

directly with the person you serve. Enjoy the crisp winter weather as you provide this needed service to an individual that is no longer able to shovel snow due to age or physical condition. For information, contact Marcia Rupp at 262-549-3348 or [MarciaR@InterfaithWaukesha.org](mailto:MarciaR@InterfaithWaukesha.org).

