

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

# Reaching out

Interfaith Ozaukee's van now provides freedom for area seniors in wheelchairs

Every day when staff members arrive at the Interfaith Caregivers of Ozaukee County office, they are reminded of their mission. Before they even get inside the door, they notice the white minivan with the ICO logo that so aptly represents what the organization stands for.

The mission is clear: Interfaith Ozaukee exists to enable seniors, including those with limited mobility, to remain independent in their homes.

"That van means a lot to us," says Maureen Squire, executive director of Interfaith Caregivers Ozaukee. "But more important, it means something special to the community."

Simply put, the van represents increased freedom for clients who use a wheelchair to get around. The addition of the new van with a wheelchair lift also means increased flexibility for volunteers who no longer

must use their own vehicles exclusively to transport clients to physician and therapy appointments and on essential errands to the grocery store, pharmacy and more.

While the van is a game changer, the next goal is to spread the word to the many Ozaukee County residents who might not know about the services offered by Interfaith Ozaukee, and the opportunities the van provides for those in wheelchairs.

"We already are reaching hundreds of clients and are traveling thousands of miles each year as we transport seniors to their appointments," says Squire. "But we could be serving even more people, especially those in wheelchairs. That's why it is important to let others know about this new service."

The new Dodge Caravan minivan with its gently inclining ramp arrived in spring. It was made possible through



Volunteer Ron Hansen uses the new van to transport clients.

transportation grants and community support including United Way Northern Ozaukee. Volunteer training was started immediately and the van makes many trips a week for seniors in need.

"Our goal is to do even more," says Squire.

Transport to appointments and essential errands is done free of charge through

Interfaith Ozaukee's network of trained volunteers. The van enables clients to travel to appointments within and outside Ozaukee County.

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To find out more about Interfaith Ozaukee's services and to become a client or volunteer, call (262) 376-5362 or go to [www.interfaithozaukee.org](http://www.interfaithozaukee.org).

## Just Around the Corner

Interfaith Ozaukee's annual fundraiser will be held from 5 to 7 p.m. Dec. 6 at the River Club of Mequon.

The theme is "Support Our Seniors: Celebrating 24 Years of Service in Ozaukee County."

The evening will include drinks, heavy hors d'oeuvres, raffle and brief program.

See the Executive Director's Message on Page 2 for more information.

## Need for ICO services keeps growing

Did you know Ozaukee County has the highest percentage of seniors of any county in South-east Wisconsin?

It's true. Almost one-third of households in Ozaukee County include at least one senior, and that number is increasing.

The oldest among us – people 85 and older – constitute the fastest growing segment of the U.S. population, according to the National Institute on Aging.

This means that the services provided by Interfaith Ozaukee are more in demand than ever,

and will continue to grow.

What does this all mean? In short, that Interfaith Ozaukee has a pressing need for more volunteers so that we can continue to meet the needs of our area's growing senior population.

The good news is that Baby Boomers (those born between 1946 and 1964) are retiring at the rate of 10,000 a day! And that generation has always been generous with their time and interested in making a difference in their communities.

"Boomers still overwhelmingly want to make an impact," says Ken Dychtwald, a gerontologist and founder of Age Wave, a research company focused on aging.

They can do just that by going to [www.interfaithozaukee.org](http://www.interfaithozaukee.org) and filling out a volunteer application. You can volunteer on your schedule, as often or as little as you'd like. That's why we say: Got an hour? Give an hour.

To learn more about the benefits of being a volunteer, please see Page 2.

# We're all just looking to make a difference

I read an interesting book over a recent weekend, one that will stay with me for a long time.

Titled "The Pivotal Life," it was written by Jeffrey Wenzler, a Mequon resident who encourages young people to get involved and engaged in volunteering and helping others. His focus is service above self and I found his words to be inspiring. He encourages a life of purpose, passion and perspective, which truly makes a difference in the lives of those in need.



So much of what he wrote translates to Interfaith Ozaukee and our growing mission.

I am pleased to announce Wenzler has agreed to speak at our annual fundraiser on Dec. 6. His talk is titled "Enlighten Your Life's Purpose and Passion." I believe those who attend will be inspired by his words, too, especially as we approach the holiday season.

When all is said and done, we all seek a life of purpose, don't we? When we look back on what we have accomplished in our decades on this earth, it's rewarding to think back to the ways we have made a difference in people's lives. No one knows that more than the many volunteers for Interfaith Caregivers of Ozaukee County.

Day in and day out, they make lives easier for the elderly among us who seek to remain as independent as possible in their own homes.

We hear time and time again from clients about how friendly and helpful our volunteers are. They show up with a smile on their face, ready to help seniors face the day – whether that means going to a doctor's appointment where the client may hear troubling test results, to a physical therapy appointment that might be more than a little painful or to a pharmacy to pick up yet another prescription. Simple things? Perhaps. But the assistance clients get from our volunteers is extremely meaningful and helpful. And the volunteer's smile might just be the inspiration for newfound strength during a challenging time.

We also hear time and time again from our volunteers who say the rewards of service are life-changing. Bundling a senior

up to make sure they are warm in winter, holding an umbrella on a rainy day, securely tying a pair of shoes – who knew such simple acts would result in such gratitude? Who knew discovering purpose can be done just a few hours a week, right around the corner?

Won't you join us to hear Jeffrey Wenzler? The fundraiser will be held from 5 to 7 p.m. Dec. 6 at the River Club of Mequon, 12400 N. Ville du Parc Dr. It will include drinks, heavy hors d'oeuvres, a brief program and Wenzler's words of encouragement. New this year is a raffle.

It's a rewarding event that does so much to help Interfaith Ozaukee continue our important mission.

Hope to see you there!

– Maureen Squire

## Publication offers timely news for seniors

Each time a volunteer picks up a senior client for an appointment or errand, the volunteer gets a glimpse into how that client lives. As a result, Interfaith Ozaukee volunteers are uniquely positioned to see if there are concerns that clients or their loved ones should be aware of.

That's why Interfaith Caregivers of Ozaukee County has started publishing Senior Bulletins. They are one-sheet handouts distributed to both volunteers and clients to help them become aware of issues that are important to seniors. The side for seniors is written in larger type for easier reading.

It is hoped that senior clients will take time to read it, and that volunteers will go over the information with them.

The first Senior Bulletin addresses falling in the home.

Did you know that 25% of seniors fall each year, resulting in 2.8 million injuries treated in emergency departments? Falls and their complications can have a serious impact on seniors' independence. They also are a leading cause of death for seniors.

While those statistics are startling, the good news is that falls often can be prevented. They may be caused by interactions with medications, vision problems or something as simple as throw rugs that are not secured. In most cases becoming aware of the risk factors can reduce the likelihood of a fall.

Interfaith Ozaukee will publish the Senior Bulletin at regular intervals. It will address other topics of particular concern for seniors going forward.

If you would like more information on falls or if you know a senior who would benefit from the information, we would be happy to email or mail the Senior Bulletin to you. Contact us at (262) 376-5362.

--- For Our Clients' ---

INTERFAITH CAREGIVERS OF OZAUKEE COUNTY

### Senior Bulletin

News You Can Use

#### All About Falls

**Did you know?**

- Falls are much more than a nuisance. They are the leading cause of injuries for older Americans. Not only do they threaten our safety and health, but they also have an impact on our independence. No one wants a fall to get in the way of their daily life. Consider these statistics:
  - Every 11 seconds an older adult is treated in the emergency department as the result of a fall.
  - Every 19 minutes an older adult dies from a fall.

**What are some causes?**

There are many reasons we might fall. Some conditions such as diabetes, heart disease, nerve damage to our feet and thyroid problems can affect our balance and coordination. Medications might make us feel dizzy or groggy. We might have muscle weakness or our blood pressure might drop quickly when we stand up, resulting in light-headedness. Also, our strength, hearing and reflexes often aren't as sharp as they used to be. Our shoes might not be the right fit. Obstacles, like throw rugs that aren't secured, cluttered walkways that are loose or worn shoes that don't fit well or heels that are too high.

**What can you do to prevent falls?**

Many falls are preventable. Here are some tips on how to stay safer:

- Review medications with your physician to learn about side effects and interactions.
- Get your vision and hearing checked each year and update your glasses so that you are seeing clearly.

Source: National Council on Aging, the U.S. Census for Disease Control, The Mayo Clinic. This Senior Bulletin is provided as part of the Senior Care network of programs.

Interfaith's Senior Bulletin has versions for clients, volunteers.

--- For Our Clients' Caregivers and Family ---

INTERFAITH CAREGIVERS OF OZAUKEE COUNTY

### Senior Bulletin

News You Can Use

#### Keep Seniors Safe from Falls

While falls are increasing as the nation's population ages, there is some good news, too. In many cases falls can be prevented. The key is to encourage seniors to be aware and to take steps to keep them safe. Please take a moment to talk with them about falls.

**What caregivers and loved ones need to know about falls**

Falls are a serious health concern for our aging population. Consider these facts:
 

- 25% of seniors 65 and older fall each year, resulting in more than 2.8 million injuries and 27,000 deaths. Falls are the leading cause of lost equity and a leading cause of hospital admissions among seniors.

**Risk factors related to falls**

In a senior you care for or a friend or neighbor, there are many factors that can increase the risk of a fall. These include:
 

- **Physical:** If your senior has arthritis, stroke, thyroid disease, diabetes, low cholesterol, sensory deficits, joint pain, dizziness, or problems with their feet, they have an increased risk of falling. All of the above, and more, can affect their coordination, balance and ability to get up and down safely. Medication side effects also are a concern.
- **Mental:** If your senior has a history of or you suspect they have a memory problem, they may not be able to start the conversation.

**Start the conversation**

Have a conversation with your senior (bring them or the caregiver) to determine if a fall is a concern. Encourage them to talk to their physician about their health concerns. Ask them to take steps to prevent falls. Encourage them to take steps to prevent falls. Encourage them to take steps to prevent falls.

Source: National Council on Aging, the U.S. Census for Disease Control, The Mayo Clinic. This Senior Bulletin is provided as part of the Senior Care network of programs.

## Now seeking items for holiday gift bags

It's the time of year when Interfaith Ozaukee begins gathering items to be distributed in gift bags to seniors. The bags are distributed at the holidays and always help to make the season a bit brighter. We are in need of the following items:

Toiletries such as shampoo, deodorant, nail files and polish, toothpaste, chapstick, lotion and tissue.

Stationery supplies such as notecards, notepads, pens and pencils and postage stamps.

Clothing items such as mittens, gloves, hats for men and women and slacks.

Food items such as sealed tea bags (preferably decaf) and coffee singles.

Miscellaneous items such as coffee mugs, 2018 calendars, lap robes, first aid kit items and gift cards.

Donations are accepted through Nov. 30. Call us for more information: (262) 367-5362.

### • When to reach us

Did you know Interfaith Caregivers of Ozaukee County is now staffed five days a week?

Office hours are 8:30 a.m. to 4:30 p.m., Monday through Friday. If staff members are out of the office doing a client assessment, call back or leave a message.

# Volunteer? Research shows it will do you good

As the population ages, Interfaith Ozaukee has a critical need for more volunteers. Do you have an hour to spare? You might be surprised at the rewards of giving your time to help others.

*Older volunteers have improved physical and mental health and greater life satisfaction.*

*Individuals who volunteer live longer.*

*Evidence suggests the possibility that the best way to prevent poor health in the future is to volunteer.*

*Volunteering leads to lower rates of depression.*

*Health problems are more prevalent in states where volunteer rates are lowest.*



*When patients with chronic or serious illness volunteer, they receive benefits beyond what can be achieved through medical care.*

*Making time to help others benefits clients and volunteers alike.*

*Source: Corporation for National and Community Service*

## Volunteers share coffee, conversation

"It's a great opportunity to get to know fellow volunteers, share ideas and build camaraderie," says Megan Beine, program coordinator for Interfaith Ozaukee.

She is talking about the monthly Kaffee Klatsches, which she and Denise Loveridge, also a program coordinator, have been holding since May.

Megan and Denise work most closely with volunteers and clients and started the monthly event to encourage the exchange of ideas.

Coffee and sweets are served. The name "Kaffee Klatsch" is an old German phrase that is well known in Milwaukee and Wisconsin because so many German immigrants settled here.

A half-dozen or so volunteers have attended each event, held in Conference Room D at Interfaith Ozaukee headquarters in Grafton. Beine says the exchange of ideas has been worthwhile.

"The volunteers talk about their time with Interfaith and the experiences they've had," she says. "It's also a time for announcements and reminders."

The sessions are held from 9 to 10 a.m. on Tuesday in the middle of the month. Volunteers are informed in advance via email or regular mail. The day and time were chosen based on a survey that asked for volunteer preferences; most are held on the third Tuesday of the month.

The November Kaffee Klatsch will be held from 9 to 10 a.m. Nov. 14.

## Won't you consider supporting Interfaith Ozaukee's mission?

Interfaith Caregivers Ozaukee offers services free-of-charge to clients to support our mission of enabling seniors, including those with limited mobility to remain independent in their homes. Therefore we rely on generous contributions to support our programs.

Since 2012, Interfaith Ozaukee has experienced a 110% increase in requests for services. This increase directly relates to the increasing aging population and the many challenges seniors face as they seek to maintain their independence.

Interfaith Ozaukee is grateful for the support received from generous contributions from individuals, congregations, community

organizations, foundations and grants. Won't you consider donating?

You can provide a monetary gift in support of a specific program or you can donate to our general operations.

Gifts are welcome in many forms including both lifetime gifts and bequests after death. Tribute gifts can be made any time in memory of a special person in your life. It is a generous and thoughtful way to acknowledge a person's life events. Remembering Interfaith Caregivers of Ozaukee County in your planned giving is a generous and powerful way to ensure that Interfaith can continue to respond to community needs now and in the future.

If you choose to include Interfaith in your estate planning, we recommend the following language in designating Interfaith Caregivers of Ozaukee County in your will, trust, or beneficiary designations: "I leave (\_\_\_\_\_% of my estate or \$\_\_\_\_\_) to Interfaith Caregivers of Ozaukee County Inc., a nonprofit organization located at 885 Badger Circle, Grafton, WI 53024, to be added to its general operating funds." Interfaith Caregivers of Ozaukee County tax ID number is 39-1777946.

To donate, simply send a donation through the mail using the enclosed envelope, or make a donation securely on our website at [www.interfaithozaukee.org](http://www.interfaithozaukee.org).

## Interfaith Caregivers of Ozaukee County

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

[www.interfaithozaukee.org](http://www.interfaithozaukee.org)  
[info@interfaithozaukee.org](mailto:info@interfaithozaukee.org)

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

### Contact Us

Call (262) 376-5362. Here are the  
staff extensions:

**Executive Director - Maureen Squire**

Ext. 104

**Program Coordinator - Megan Beine**

Ext. 102

**Program Coordinator - Denise Loveridge**

Ext. 103

**Marketing & Fund Development**

**Coordinator - Kathy Meulemans**

Ext. 708

**Project Manager - Nancy Herrick**

Ext. 707

### Our Mission

Interfaith Caregivers of Ozaukee  
County's mission is to provide  
voluntary support services to  
seniors, including those with limited  
mobility in Ozaukee County.

## Interfaith Ozaukee Board of Directors

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## We're on Facebook!

If you're on Facebook, do a search  
for Interfaith Caregivers of Ozaukee  
County. Then when you find us, "LIKE"  
us. It's a good way to keep up with  
what's new at Interfaith Ozaukee.

## Your Mobility Management Resource



Interfaith Ozaukee's Mobility  
Management Program provides  
travel coordination assistance  
for seniors, including those  
with limited mobility, throughout  
Ozaukee County.

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

A Transportation Service  
Providers information sheet is  
included with this newsletter.

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



of Northern Ozaukee

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)