

Attachments



[Unconditional Movie Poster.jpg](#)

1K

VOLUNTEER

DONATE

October 2022



Eras Upcoming Events

Eras staff will be out and about attending local health and resource fairs! Be sure to come see us at the following events:

7th Annual Oak Creek Health Fair

Wednesday, October 19th

10:00 a.m. - 2:00 p.m.

Oak Creek Community Center

8580 S Howell Ave, Oak Creek, WI

13th Annual Menomonee Falls Senior Enrichment Fair - Nurturing the Mind, Body & Soul

Friday, October 21st

9:00 a.m. - 10:30 a.m.

Menomonee Falls Community Center

W152N8645 Margaret Road, Menomonee Falls WI

50 Plus Expo

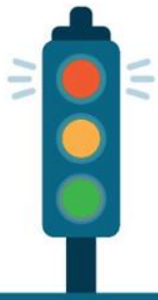
Thursday, October 27th

9:00 a.m. - 1:00 p.m.

Marcus Majestic Theater

770 North Springdale Road, Waukesha, WI

S.T.O.P Senior Frauds and Scams: Beware of Natural Disaster Scams



S.T.O.P.

SENIOR FRAUDS & SCAMS



Funding provided by the Greater Milwaukee Foundation, Wisconsin Consumer Antifraud Fund



After a natural disaster like Hurricane Ian, many people look to help, while others use the event as an opportunity to take advantage. Scams pop up after natural disasters looking to trick people into thinking they are supporting victims. If you are approached by a charity claiming to support victims of a natural disaster, do your research before you donate by looking them up on Charity Navigator or Candid. Will your donation be tax-deductible? Do you know exactly what your donation will support? Remember, no one should rush you into making a donation – that is what scam artists do. If you think that you've been targeted by a disaster-related scam, report it by contacting the National Center for Disaster Fraud (NCDF), using the 24-hour disaster fraud hotline at (866) 720-5721.

To schedule a S.T.O.P. Senior Frauds and Scams presentation for your group, please contact:

- Milwaukee County: Vanessa Harris, Vanessa.Harris@Eras.org, (414) 488-6780
- Waukesha County: Heather Uzowulu, Heather.Uzowulu@Eras.org, (262) 522-2404

Eras Senior Network's Santa Run 2022





Registration is now open for our Annual Santa Run & Walk scheduled for Sunday, December 4th, 2022.

The 2022 Santa Run & Walk will use a new route designed to keep participants and volunteers on a pedestrian-only route. The route will loop twice around the Frame Park walkway, beginning and ending at the Rotary Building, located at 1150 Baxter Street. This results in a 3.5-mile route.

Registration is \$35 for Adults and \$25 for Students through November 30th. Pricing is the same for in-person and virtual options.

For more information [click here!](#)

Holiday Giving Program 2022

Thank you very much to all who volunteered for and donated to our Holiday Giving Program in 2021. With so many generous donations from partners throughout Milwaukee County and Waukesha County, we provided 880 low-income seniors with self-sufficiency care packages valued at \$55 each. These packages included gift cards to local grocery stores and pharmacies, a book of stamps, and a hand-decorated holiday card.

We hope to continue bringing a bit of holiday cheer to clients in need this December with the help of the community and our local partners. Due to the uncertainties of COVID-19, we will be mailing our gifts again this year and focusing on the most basic needs. Below is our wish list:

- Books of Forever Postage Stamps
- \$10 Walgreens Gift Cards
- \$10 Pick 'n Save Gift Cards
- \$10 Walmart Gift Cards

Unwrapped items and funds collected to purchase gifts are due by December 12th, 2022. Checks can be made to Eras Senior Network – please include “Holiday Giving” in the memo line.

Mailing Your Donation: Donations of items or funds to purchase items can be mailed to:
Eras Senior Network (Attn: Heather Uzowulu)
2607 N Grandview Blvd Suite 150
Waukesha, WI 53188



Dropping Off Your Donation or Scheduling a Pick-Up:

Waukesha County: Donations may be dropped off at our Waukesha office (same address as above) Monday through Friday between 8:30 am and 4:30 pm. To schedule a drop-off at the Waukesha office, please reach out to Heather Uzowulu at Heather.Uzowulu@eras.org

Milwaukee County: Donations may be dropped off at our Milwaukee County office located at St. Alphonsus Parish in Greendale (5960 W Loomis Road, Greendale, WI 53129) between 9:00 am and 4:00 pm Monday through Friday. To schedule a drop-off at St. Alphonsus in Greendale, please reach out to Vicki Henning at Vicki.Henning@Eras.org to schedule a time.

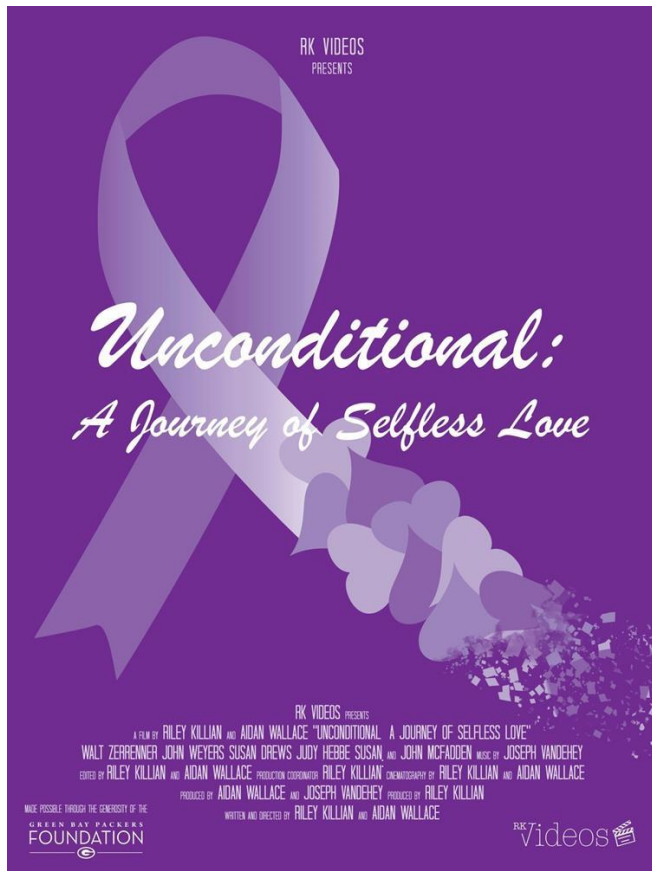
Thank you for your consideration in supporting our Holiday Giving Program! Please contact Heather Uzowulu at Heather.Uzowulu@eras.org or (262) 522-2404 with any questions or click [HERE](#) to learn more.

Volunteers Drivers Needed

One ride a week could help make a difference in another older adult's life. Volunteers are essential in transporting older adults to and from dialysis, well visits, and other vital medical appointments.

Click here If you or someone you know is interested in becoming a volunteer. You may also contact us through email at ErasVolunteer@Eras.org or by phone at (414) 488-6931.





Unconditional: A Journey of Selfless Love

In celebration of National Family Caregivers Month, the Waukesha County ADRC will be hosting a screening of the documentary "Unconditional: A Journey of Selfless Love" by Riley Killian and Aidan Wallace. Join the ADRC for this impactful event which will be followed by a talkback session, as well as the opportunity to learn more about resources available to support caregivers and their families.

Unconditional: A Journey of Selfless Love

Monday, Nov. 14

2:30 p.m. -4:30 p.m.

Schuetze Recreational Center

1120 Baxter St., Waukesha

Hors d'oeuvres will be provided

Tuesday, Nov. 15

9:30 a.m -11:30 a.m

Menomonee Falls Senior Center

W152 N8645 Margaret Rd, Menomonee Falls, WI 53051

Breakfast will be provided

Please RSVP by November 4th by calling Allie at 262-548-7883. If Respite Care is needed for you to attend this event, please let Allie know.

Southeast Wisconsin Festival of Books

The Southeast Wisconsin Festival of Books is an annual community celebration of literacy and the arts where local and national authors and readers come together to enjoy presentations, performances, creativity, and conversation.

Nationally recognized journalist Lawrence Tabak, author of "Foxconned: Imaginary Jobs, Bulldozed Homes, and the Sacking of Local Government" will provide the keynote presentation on Friday, November 4, and participate in a panel discussion of his book on Saturday, November 5.

Saturday, November 5, will kick off at 9 a.m. with "Growing Together in Autism: A Mother and Daughter Write About the Experience", featuring an interview with renowned Waukesha author Kathie Giorgio, along with her daughter Olivia, by Milwaukee Journal-Sentinel book editor Jim Higgins.

The Southeast Wisconsin Festival of Books is free and open to the public at UWM at Waukesha. To learn more [click here](#).



Important Information From Our Partners

Living Well With Chronic Conditions (Milwaukee County)

Living Well With Chronic Conditions is an evidence-based workshop for people who have one or more chronic conditions. A chronic condition is an ongoing health problem or disease such as diabetes, heart disease, arthritis, and other long-term problems. The workshops are facilitated by two trained leaders in a classroom style, but most of the learning comes from sharing and helping others with similar challenges. Workshops meet for 2-1/2 hours a week for six weeks.

St. Camillus

Fridays, 9:00 am - 11:30 am

January 20, 2023 - February 24, 2023

10100 West Bluemound Road

There is no cost for participation

To register call: [\(414\) 259-4681](tel:4142594681)

Powerful Tools for Caregivers

This workshop is designed to help caregivers cope with the challenges that come up while they are providing care. Individuals who attend the workshop learn to reduce stress, guilt, anger, and depression; manage their time, set goals, and solve problems; make tough decisions; communicate more effectively; and master caregiving transitions. The workshop meets once a week for six weeks for 2-1/2 hours each session.

Virtual

Wednesdays, 11:30 a.m. - 1:00 p.m.

October 19 - November 23

Participation is Free and Respite Care is Available

To register call: (414) 479-8800 ext. 1947 and ask for Martha Loew

Savvy Caregiver

Savvy Caregiver is a workshop for family caregivers of a person with dementia. Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills, and attitudes to empower them to be more intentional, strategic, and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach, and confidence to set and achieve caregiving goals.

Virtual Workshop - Hosted Online by Milwaukee County Dementia Care Specialists

Tuesdays, 1:00 p.m. - 3:00 p.m.

November 1 - December 6

To register email dcs@milwaukeecountywi.gov or call (414) 289-6259

Stepping On: Fall Prevention Program (Milwaukee County and Waukesha County)

Stepping On is a program proven to reduce falls and build confidence in older people. Participants gain specific knowledge and skills to prevent falls in community settings. It is designed specifically for people who are: at risk of falling, have a fear of falling, or have fallen one or more times.

Workshops are facilitated by trained leaders as well as professional guest speakers including physical therapists, pharmacists, vision specialists, and safety specialists. Stepping On workshops meet for two hours a week for seven weeks.

Virtual Workshop - Froedtert Hospital

Thursdays, 1:00 - 3:00 pm

December 8 - January 26

Virtual Online Workshop

\$10.00 registration fee

To register by phone call: (414) 805-3666

To register online go to: [Froedtert.com/classes](https://froedtert.com/classes)

Medicare 101 Series

Join The Milwaukee Department on Aging this fall for a series of free presentations on the basics of Medicare.

- Understand the A, B, C and D of Medicare
- How to enroll and free enrollment assistance
- Help with Medicare costs
- Free Medicare counseling and legal assistance

Wednesday, October 26, 1:00 p.m -2:00 p.m.

United Community Center

730 W. Washington St., Milwaukee

Monday, November 14, 1:00 p.m -2:00 p.m.

Brown Deer Public Library

4301 W. Brown Deer Rd., Brown Deer

Monday, November 21, 10:00 a.m. -11:00 p.m.

Clinton Rose Senior Center

3045 N. Dr. Martin Luther King Dr., Milwaukee

50 Plus News Magazine: Patience While Healing

Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article reflects on what we can do to stay focused on our healing journeys.

[CLICK HERE.](#)



We'd Love to Connect With You: Virtually or In-Person!

We have started meeting with our community partners in person again. Our staff will continue to wear masks while inside but are happy to be able to bring our in-person programming back to the community.

- **Eras Presentation:** We would love the opportunity to present information about Eras Senior Network during a church service or small group gathering.
- **S.T.O.P. Senior Frauds and Scams Presentation:** Learn about popular scams targeting the senior population during our 1-hour presentation for seniors and caregivers.
- **Meeting With You:** Would you like to talk one-on-one about how our organization can provide support for older adults in your congregation or community group? We would be happy to set up a telephone call, video call, or in-person meeting.
- **Booth at Event:** We would love to share our resources with the community by having a booth at your event or church service.



Milwaukee County:
 Vanessa Harris
 Milwaukee County
 Outreach Manager
 (414) 488-6780
Vanessa.Harris@Eras.org



Waukesha County:
 Heather Uzowulu
 Development Director
 (262) 522-2404
Heather.Uzowulu@Eras.org



Eras Senior Network

Milwaukee County Main Office: c/o YWCA, 1915 N Doctor MLK Jr Drive, Milwaukee, WI 53212

Waukesha County Main Office: 2607 N Grandview Boulevard, Suite 150, Waukesha, WI 53188

(414) 488-6500 • (262) 549-3348 • Eras.org

