

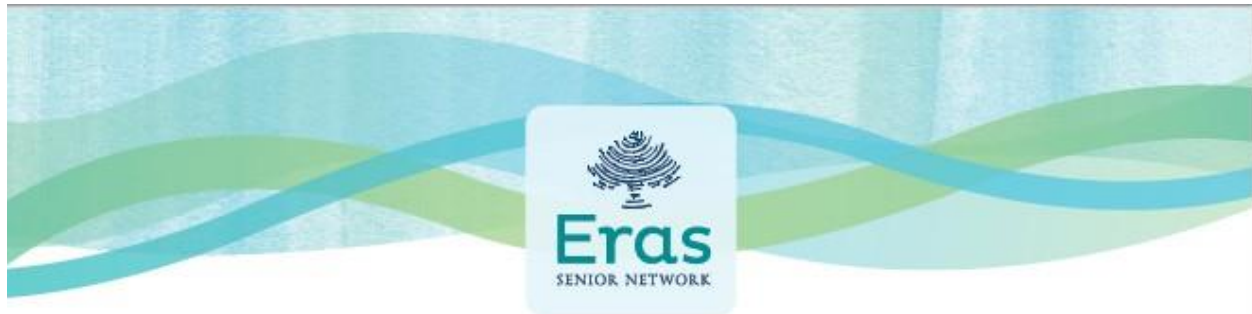
February 2022



Community Newsletter

Engaging & Supporting Seniors During COVID-19

Tapestry Event 2022



Save the Date

Tapestry Event & Fundraiser

Please join us for our most significant fundraiser of the year that supports services and programs for older adults in Milwaukee County and Waukesha County.

Thursday, April 28, 2022

Sonesta Milwaukee West | 5:30 - 8:30 PM

Formal invitation to follow | Please visit Eras.org for more detailed information

We are so excited to host our 2022 Tapestry Event in person this year! With the help of the community, last year's virtual event was a huge success and helped us raise funds to support our programming. Please consider donating items for this year's event!

Auction Item Ideas (Valued \$100 - \$200)

- Popular gadgets (air fryer, Fitbit, iPad, Dyson)
- Gift certificates/cards (restaurant, massage, car detailing, Door Dash)
- Gift cards for future travel (Airbnb, Southwest Airlines)
- Workout equipment (dumbbells, yoga mat)

- Basket of local favorites (cheese, beer, wine, spices)
- Jewelry
- Handmade quilts and artwork

Auction Item Ideas (Valued \$500+)

- Use of cabin or other vacation property
- Patio sets for garden, deck, or porch
- Tickets or box seats to a future sporting event or show
- Culinary Experience (Chef-made meal for 8, exclusive tour of restaurant with dinner)
- Unique Experience (Hunting or fishing with a pro, backstage tour, celebrity meet and greet)

Click [here](#) to visit our Tapestry Event website and check back soon for more information and details about ticket registration. If you have any questions or would like to donate, please contact Development Manager, [Becca Snow](#), or call (262) 522-2409.

Share your Employee Resource Group/Retired Professional Organization with us!

Help our volunteer management team recruit new volunteers! We are gathering details for Employee Resource Groups and Retired Professionals Organizations to reach out and share about volunteer driving opportunities. If you belong to one of these groups, please reach out with the name and any contact information you may have. Email Gabby Huff at Gabby.Huff@Eras.org or call (414) 488-6781.



Black History Month at Clinton Rose Senior Center

February is Black History Month! To celebrate, Eras is partnering with Clinton Rose Senior Center in Milwaukee's Harambee Neighborhood for their Black History Program.

The event will include music, performances from three local dance groups, and two speakers.

Clinton Rose Senior Center Black History Program

3045 N Dr. Martin Luther King Jr Drive
Milwaukee, WI 53212

February 23, 12 p.m - 2 p.m.

If you're interested in helping with the program, please contact Freda Wright, Program Manager for the Harambee neighborhood at (414) 488-6927 or

Freda.Wright@Eras.org. Volunteers are needed to greet and assist attendees throughout the event.



Important Information From Our Partners

The Milwaukee County DHHS Division on Aging and the ADRC of Waukesha County have a number of events this winter created to inform and educate the community on important aging-related topics. See below for more information:

Stepping on: Fall Prevention Program (Milwaukee 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 who 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.

Franklin City Hall

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

March 10 - April 21

9229 W. Loomis Road, Franklin

Cost to participate: \$10.00

To register call (414) 427-7535

Virtual Workshop - Hosted Online by Froedert

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

March 10 - April 28

Cost to participate: \$10.00

To register visit the [Froedert website](#) or call [\(414\) 805-3666](#), option 2.

The registration deadline is March 4.

Powerful Tools for Caregivers (Milwaukee County and Waukesha County)

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 Workshop (Milwaukee County)

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

March 15 - April 19

Cost: Free and open to Milwaukee County Residents

To register call Martha Loew at [\(414\) 479-8800](#) ext. 1947

Hartland Public Library (Waukesha County)

110 East Park Avenue, Hartland, WI 53029

Wednesdays, 9:30 a.m – 11:00 a.m.

February 16 – March 23

Cost: Free and open to the public.

Register by contacting the library reference desk: (262) 367-3350

About

240,000

**people in Wisconsin
have coronary
heart disease.**



This is the most common form of heart disease and can often be prevented. **#OurHearts** are healthier when we move more, eat healthier, get enough sleep, reduce stress, and quit smoking!

Learn more at hearttruth.gov

Source: CDC, Behavioral Risk Factor Surveillance System (BRFSS) Survey Data, 2020.



February is American Heart Month

Heart disease is the leading cause of death in the United States. The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease.

Heart disease can be a scary thing to think about, but you can do a lot to protect your heart health. This year's theme for American Heart Month focuses on self-care and prioritizing your heart health!

Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. When we take care of our hearts, we set an example for those around us to do the same.

Click [here](#) to learn more about how to prevent heart diseases and work towards a healthier future.

50 Plus News Magazine: Love in the time of COVID-19



Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article focuses on finding ways to celebrate love as we continue navigating these unfamiliar times.

[CLICK HERE](#) to read the article.

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:
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 Milwaukee County
 Outreach Manager
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 Heather Uzowulu
 Development Director
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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

