

March 2021



Community Newsletter

Engaging & Supporting Seniors During COVID-19

S.T.O.P Senior Frauds and Scams - Virtual Presentations

Since June of 2016, trained Eras staff, Board members, and community volunteers have given over 63 presentations to nearly 1,800 seniors and caregivers in Milwaukee County and Waukesha County.

It's important to stay up to date on the new tactics scammers are using. Our S.T.O.P Senior Frauds and Scams presentations cover some of the biggest ways seniors are targeted, helping to better equip to the community to recognize and respond to scams.

Presentations can be from 30 minutes to an hour and groups can choose from 10 different modules including:

- Grandparent scams
- Telemarketing scams
- Funeral scams
- Sweepstakes scams
- Online/Email scams
- Medical/Medicare scams
- Investment scams
- Power of Attorney scams
- Charity scams
- COVID-19 scams



STOP

SENIOR FRAUDS & SCAMS

If your congregation or group is interested in learning more about scheduling a virtual frauds and scams presentation, please contact Heather Uzowulu, Development Director, at (262) 522-2404 or Heather.Uzowulu@Eras.org



Make a Difference Day

Eras Senior Network is partaking in Make a Difference Day in partnership with UWM on April 17, 2021. We invite you to volunteer with us on this day, or any other day this spring that fits into your schedule.

Volunteer tasks may include: leaf raking, clearing flower beds, cleaning outdoor windows, and clearing first floor gutters. Your group can pick the location, date, and time that works best for you. Right now, we are still following our COVID-19 procedures which includes wearing a mask at all times while serving, remaining at least 6 feet away from others, and limiting the group size to no more than 4 volunteers per home.

We have nearly 300 households in Milwaukee County requesting this service and your participation is very helpful!

If you are interested in volunteering, please contact Suzy Endres at Suzanne.Endres@eras.org or (414) 488-6930.

Success Story: 300 Seniors Matched to Friendly Phone Call Volunteers!

Recently, we put out a request for volunteers to place weekly friendly phone calls to seniors and adults with disabilities living in Milwaukee County and Waukesha County. We had over 300 seniors and adults with disabilities on our waiting list for this important program.

Last week, our Faith in Action Team shared the best news - all THREE HUNDRED of the seniors and adults with disabilities on our friendly caller program waiting list were matched to a volunteer! This program helps seniors and adults with disabilities feel less lonely through meaningful consistent phone interaction with a community volunteer on a weekly basis.

Thank you for helping us spread the word to make this success possible!

Stories From Our Clients

Throughout the year we receive amazing phone calls and notes from our clients. Thanks to all of our hardworking volunteers, we are able to provide excellent service with care to older adults in the community. Read below a few messages from Eras clients:

"I thoroughly enjoyed the birthday card I received. I was in a sad place and knowing that a stranger took their time to create something to bring a smile to my face warmed my heart so much! Please share my gratitude so those who make cards know that they really do brighten our days!" - Waukesha County Client

"I just want to say thanks. A crew came from UWM early Saturday morning to help out with raking and lawn work at my home in West Allis. I was so grateful to have their help." - Milwaukee County Client

"Your group is so impressive. Even the simple things like sending me a birthday card is wonderful. All the volunteers you have sent are a joy. The group that came in the spring were working so hard. Even the medium aged kids were working hard alongside their parents. Everything makes me feel very special. " - Waukesha County Client

Read Our 50Plus News Magazine March Article: After the Pandemic



Each month, Eras Executive Director, Kathy Gale, shares an article with 50Plus News Magazine. This month's article focuses on looking forward to life after the pandemic.

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

Facts About the COVID-19 Vaccine: What You Need to Know

Eras encourages everyone to consider getting a Covid-19 vaccination. Below is information about the vaccine:

Videos:

- [Community Health Expert Panel Discussion \(15 minutes\)](#)
- [Community Health Expert Discussion COVID-19 Vaccine \(45 minutes\)](#)
- [How Effective is the COVID-19 Vaccine? \(Social\)](#)
- [What is the risk versus benefit of the COVID-19 vaccine? \(Social\)](#)
- [What is the impact of COVID-19 \(Social\)](#)

Flyers:

- [COVID-19 Vaccine FAQ's](#)
- [COVID-19 Vaccine Facts](#)
- [COVID-19 Vaccine Myths](#)

March is National Kidney Month

This year the focus of National Kidney Month is to take charge of your health!

"Of the 26 million American adults estimated to have kidney disease, most don't know they have it. That's why taking care of your kidneys, especially if you are at risk for kidney disease, is vital," said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer.

If you have diabetes, high blood pressure, are over the age of 60, or have a family history of kidney failure ask your doctor for an ACR urine test or a GFR blood test annually.

See below for some helpful information on how seniors can keep their kidneys healthy and strong:


- [Kidney Basics](#)

- [Take Five for your Kidneys](#)
- [Managing Chronic Kidney Disease](#)

No Flu for You

If you did not receive an influenza vaccination in the fall, getting one now is still important because seasonal influenza can last as late as May.

Click [here](#) to watch a video from our community partner, ProHealth Care on the importance of the flu vaccine.




MYTH:
A flu shot can **give** you the flu.

FACT:
Getting a flu shot **protects you** from getting and sharing the flu.

Get your flu shot today!

VaccineFinder.org



Can We Virtually Connect With You?

During this time, we are refraining from in-person meetings and presentations but would still love to connect with you!

- We are happy to present about our volunteer opportunities and services over Zoom. We are also now presenting our S.T.O.P. Senior Frauds and Scams presentation virtually too.
- Would you like to talk one-on-one about how Eras Senior Network can provide support for older adults in your congregation or community group? We would be happy to set up a telephone call or video call.



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