



# Community Newsletter

Engaging & Supporting Seniors During COVID-19

March 2022

## Tapestry Event 2022



## *Tapestry Event & Fundraiser*

Join Eras Senior Network for our most significant fundraiser of the year, raising support for older adults in Milwaukee County and Waukesha County.

**Thursday, April 28<sup>th</sup>, 2022**

Sonesta Milwaukee West | 5:30 - 9:00 PM

**Honoring Two Community Senior Advocates:**

Robert Best, 2022 Edmond J. Vaklyes Jr. Memorial Award

Delorse Harrington, 2022 Board of Directors Award

**Register online at [Eras.org](https://www.eras.org) or call (262) 522-2409**

Early bird ticket price: \$75 through March 31<sup>st</sup>. Ticket prices increase to \$100 April 1<sup>st</sup>.

Click [HERE](#) to purchase your tickets today.

Our Tapestry Event is returning to an in-person format this year and will be held at the Sonesta Milwaukee West in Wauwatosa on April 28th, 2022 from 5:30 to 9:00 pm.

### **New This Year: Reduced Ticket Prices**

With the expansion of our organization over the last three years, we have gained many new partners and aim to make our event more accessible. In an effort to include as many guests as possible, we are offering a reduced Early Bird ticket price of \$75 per ticket now through March 31st. Ticket prices will increase to \$100 per ticket on April 1st. Tickets are available now through April 18th. Tickets may be purchased individually or in tables of eight.

### **What Do Tickets Cover?**

Tickets to the Tapestry Event provide each guest with their choice of plated dinner. \$20 of each Early Bird ticket purchase and \$45 of each Regular ticket goes directly towards supporting the programs of Eras Senior Network – with many more donation opportunities available throughout the evening.

### **In-person/Online Auction**

Can't attend in person? You can still participate in our silent auction using our mobile bidding option!

Please direct any questions to Becca Snow, Development Manager, at [Becca.Snow@Eras.org](mailto:Becca.Snow@Eras.org) or by calling (262) 522-2409.

Thank you for your support of local older adults – we hope to see you on April 28th!

## **Seeking Auction Items for Tapestry 2022**

### **Silent Auction Item Ideas (Valued \$100 - \$200)**

- Popular gadgets (Polaroid Camera, Apple Watch, Smart Security Camera)
- Gift certificates/cards for local restaurants, massages, car detailing
- Gift cards for future travel (Airbnb, Southwest Airlines)
- Gifts for kids (puzzles, collectibles, games)
- Workout equipment (dumbbells, yoga mat)
- High-quality handbags
- Experiences (nice restaurants, event tickets, theatre tickets, kids events)
- Basket of local favorites (cheese, beer, wine, spices)
- Handmade artwork, photography, quilts

### **Silent Auction or Live Auction Item Ideas (Valued \$500+)**

- One-of-a-kind items (autographed sports memorabilia, etc.)
- Patio sets for garden, deck, or porch
- Use of cabin or other vacation homes (local or national)
- Vacation experience in Chicago or Wisconsin Dells
- Tickets or box seats to a sporting event or show (i.e. Marquette tickets, Packer tickets)
- Culinary Experience (Chef-made meal for 8, exclusive tour of restaurant with dinner)
- Unique Experience (Tour or behind the scenes experience, celebrity meet and greet, hunting or fishing with a pro)

If you have any questions or would like to donate, please contact Development Manager, [Becca Snow](mailto:Becca.Snow@Eras.org), or call (262) 522-2409.



## Volunteers Needed for Spring Yard Clean Up

Eras is seeking volunteers to clean the yards of local seniors and adults with disabilities in Milwaukee County and Waukesha County this spring. Duties include: raking leaves, cleaning flower beds, pulling weeds, trimming bushes, cleaning gutters, placing lawn furniture, installing window screens, washing windows, etc.

This is a great opportunity for families, church groups, employee volunteering days, or individuals!

If you are interested in helping or have any questions, please contact Suzy Endres at (414) 488-6930 or [Suzanne.Endres@Eras.org](mailto:Suzanne.Endres@Eras.org).

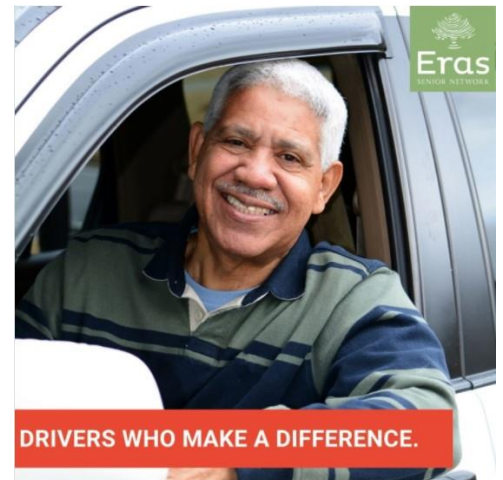
## Seeking Volunteer Drivers

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 or please contact:

**Milwaukee County:** [VolunteerMilwaukee@eras.org](mailto:VolunteerMilwaukee@eras.org) or (414) 488-6931

**Waukesha County:** Marisa Strothenke at [Marisa.Strothenke@Eras.org](mailto:Marisa.Strothenke@Eras.org) or (262) 522-2402



## Help Support Outreach in the Harambee Community

We are looking for donations of household items like bath towels, dish towels, nail polish, men's soap, dish soap, and other similar items to be used as Bingo prizes in Milwaukee County's Harambee Community!

If you would like to donate items in support of Eras Senior Network's outreach in the Harambee area, please contact Freda Wright, Program Manager, Harambee Neighborhood, at (414) 488-6927 or [Freda.Wright@Eras.org](mailto:Freda.Wright@Eras.org)





## **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:*

### **Stand Up & Move More (Milwaukee County)**

This workshop is designed to help adults reduce sitting time by standing up and moving more. Sessions take place in a group setting where participants identify barriers to standing more and discuss strategies to increase their standing time. Based on a researched and tested program, Stand Up is shown to: reduce sedentary behavior by 68 minutes per day, reduce problems performing daily activities, reduce pain interference and intensity, improve functional performance, improve vitality and improve general overall health. The program meets once a week for four weeks, followed by a Booster Session at Week 8.

#### ***Virtual Workshop Hosted by Gerald L. Ignace Indian Health Center***

Thursdays, 4:00-6:00 p.m.

April 14 - May 5 with Booster Session on June 2

To register call: (414) 316-5011

#### ***Greenfield Community Center***

Tuesdays, 1:30-3:30 p.m.

June 7 - June 28 with Booster Session on July 26

7215 West Cold Spring Road, Greenfield

To register call: (414) 207-2488

#### ***Greenfield City Hall***

Wednesdays, 9:30 am - 11:30 am

June 22 - July 13

7325 West Forest Home Avenue, Greenfield

To register call: (414) 329-5270

### **Walk With Ease (Milwaukee County)**

Walk with Ease is designed to help people living with arthritis better manage their pain. People without arthritis who want to make walking a regular habit can benefit too. Participants meet for one hour, three times a week for six weeks, and are guided by a certified leader who provides information, support, and the tools needed to help participants set and reach their goals.

Walk with Ease is an evidence-based intervention that builds confidence to be physically active, reduces pain from arthritis, and increases balance, strength, and walking pace.

#### ***McGovern Park Senior Center***

Mondays, Wednesdays, and Fridays, 9:00 am - 10:00 am

April 18 - May 27

4500 West Custer Avenue, Milwaukee

There is no cost for participation

To register call: [\(414\) 527-0990](tel:4145270990).

### **Milwaukee County Memory Cafes (Milwaukee County)**

Memory Cafés are a chance for those with early memory loss and their caregivers to socialize, laugh, share stories, and build new connections. A Memory Café has no real agenda or stated purpose except to enjoy each other's company. Cafés provide a time

where you do not need to focus on the diagnosis while having a great time connecting with each other as a family or creating new friendships.

For information on dates and location please see the attached PDF or visit the Wisconsin's Family Caregiver Support Program [website](#).

### **Savvy Caregiver (Waukesha County)**

Are you caring for someone with Alzheimer's disease or another form of progressive dementia? Savvy Caregiver is a proven curriculum developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota. Grounded in research, this educational series teaches strategies, practical real-world skills, and helps to reduce stress, both in the caregiver and the person for whom care is being provided.

Savvy Caregiver increases the caregiver's sense of competence and well-being even though there may be little experience. The course covers the following topics: understanding the career of caregiving; different types of dementia; how the decline in cognition affects behavior; dealing with the feelings that arise while caregiving; fitting tasks and activities to the person's abilities; decision-making skills.

#### ***Waukesha Aging & Disability Resource Center***

514 Riverview Avenue, Room 112  
Waukesha, WI 53188.

Sessions will be held on Tuesdays, March 29th – May 3rd from 2:00 – 4:00 pm.

To register, call Jennifer Harders at the Aging & Disability Resource Center 262-548-7650

### **Better Sleep: What's Getting in the Way?**

1 in 3 American adults fails to get enough sleep. Are you one of them? Instead of loading up on extra caffeine, join us for this educational session presented by a registered nurse to discuss what's getting in the way of better sleep and what you can do about it.

#### ***Elm Grove Public Library***

13600 Juneau Boulevard  
Elm Grove, WI 53122

March 22, 2022, from 1:30 pm – 2:30 pm

Register by visiting [elmgrovelibrary.org](http://elmgrovelibrary.org) or by calling 262-782-6717

### **March is National Nutrition Month**

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines, and inclusivity.

Click [here](#) to learn more about National Nutrition Month, find healthy recipes, and learn more tips for living healthier and happier.



**eat right.** Academy of Nutrition and Dietetics

### **50 Plus News Magazine: Scams involving QR Codes**

Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article focuses on bringing awareness to new QR code-based scams, and how you can be informed and aware of new scamming tactics.

[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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### Waukesha County:

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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](http://Eras.org)

