
 [19042021143755\\_2021 Savvy Caregiver Flyer.pdf](#)

 [19042021143755\\_When is the Right Time to Consider Moving to a Senior Community.pdf](#)

 [19042021143755\\_Healthy Living with Diabetes Mailed Toolkit flyer.pdf](#)

VOLUNTEER DONATE

April 2021



### Seeking Seasonal Yard Clean Up Volunteers

Eras is in need of volunteers to help local seniors and adults with disabilities prepare their yard for summer.

Duties include: raking leaves, cleaning flower beds, pulling weeds, trimming bushes, cleaning gutters, placing lawn furniture, installing window screens, washing windows, etc.

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.



If you are interested in helping but haven't registered yet, please contact:

**Milwaukee County:** Suzy Endres at [Suzanne.Endres@eras.org](mailto:Suzanne.Endres@eras.org) or (414) 488-6930

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



## Card Decorating Volunteer Opportunity

Are you crafty and looking for a creative outlet? Eras Senior Network has birthday cards to be decorated for seniors in Milwaukee County and Waukesha County. Pre-printed cards are available in bundles of 25. For a single person or a family, we suggest starting off with 25-50 cards. For groups, we can give up to 100 cards.

Cards are available for pick up at either our Greendale, Milwaukee, or Waukesha offices and include instructions and examples.

For more information and to volunteer, please contact Becca Snow

at [Becca.Snow@Eras.org](mailto:Becca.Snow@Eras.org) or (262) 522-2409.

## Eras Senior Network Still Adhering to CDC Mask Requirements

Eras Senior Network continues to adhere to the CDC recommendation that people wear masks in public settings, at events, and at gatherings. Masks continue to be required in our offices and during all volunteer activities.

## Volunteering and Liability

We know that sometimes volunteers are asked to provide extra help to clients. Before completing a request directly from a client, please reach out to us to make sure it is a service that we offer and that you will be covered by our liability insurance. When a service is not a good fit for a volunteer, our staff will assist the client in finding alternate arrangements. This keeps you safe, and ensures that clients receive help from qualified services.

## Seeking Auction Items for Tapestry Fundraiser Event

The Tapestry Event is Eras Senior Network's biggest fundraiser each year. All funds raised at the event go towards supporting our programming. The 2021 event will be held on Thursday, September 30, 2021. Please consider donating items for this event.

### Silent 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

### Live 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)

Thank you for your consideration. Every donation helps get us closer to our fundraising goal and continues to support our programs. If you have questions or would like to donate, please contact Development Manager Becca Snow at (262) 522-2409 or at [Becca.Snow@eras.org](mailto:Becca.Snow@eras.org).

## Read Our 50 Plus News Magazine March Article: National Volunteer Month



Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article focuses on how important our Eras volunteers are.

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



## Communities of Strength



### May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The theme for 2021 is "Communities of Strength."

Through the pandemic, our communities have shown resilience and strength during challenging times. With the help of our many volunteers, Eras has been able to help older adults in Milwaukee County and Waukesha County keep some normalcy through consistent rides to medical appointments, grocery deliveries, snow removal, and friendly phone calls.

If your congregation or corporation has the capacity to do so, please consider hosting a collection during the month of May to

help support Eras and local area seniors in honor of Older Americans Month.

### Important Information from our Partners

#### Savvy Caregiver Workshop

#### 2021 Savvy Class Offerings

(6 week online program)

- April 6th - May 11th  
Tuesdays 10am-Noon

or

- September 2nd - October 7th  
Thursdays 1pm-3pm

The Milwaukee County DHHS-Division on Aging in partnership with the Milwaukee County ADRC will be offering two six-week online Savvy Caregiver Workshops. 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.

For more information or to register, contact Milwaukee County DHHS-Division on Aging Dementia Care Specialist at (414)-289-6259 or by email at [dcs@milwaukeecountywi.gov](mailto:dcs@milwaukeecountywi.gov)

## Healthy Living with Diabetes – “A Self-Paced Program”

The Milwaukee County DHHS-Division on Aging and the Wisconsin Institute for Healthy Aging invites you to sign up for a self-paced workshop. This workshop is designed for adults with pre-diabetes or type 2 diabetes. All participants need to sign up is access to a phone.

### Workshop details include:

**Phone Check-in Dates:** Every Thursday, April 29th through June 3rd

**Time:** 12:00pm (calls last about 45 minutes)

For more information or to register contact Jennifer Lefeber at (414)-289-6352 or by email at [Jennifer.Lefeber@milwaukeecountywi.gov](mailto:Jennifer.Lefeber@milwaukeecountywi.gov).

## When is the Right Time to Consider Moving to a Senior Community?



*By Becky Steinke, Executive Director, Summit Woods*

Making the decision to move to a senior community can be an overwhelming process. The first step in the planning process is to pay attention to some signs that you may be experiencing and to make the decision before a crisis occurs. Being able to make the decision yourself will relieve a lot of stress.

While it is normal to want to stay in your home as long as possible, that can sometimes cause extra burden on families who are not close to help their parents or loved ones. Moving into a senior community may mean moving into an independent apartment setting or moving to receive some assistance in your daily living needs. Recognizing some signs that the time is near to make the decision to move is important.

*To learn more please read the attached PDF "When is the Right Time to Consider Moving to a Senior Community?"*

## No Flu for You

Eras Senior Network thanks you for keeping your neighbors and community safe by getting your influenza vaccination this season.

It's never too early to add a reminder in your calendar for next influenza season, as vaccinations begin in September for the 2021-2022 influenza season.

For more please visit the [Center for Disease Control \(CDC\) website](https://www.cdc.gov).



## 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.
- 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 or video call.



**Milwaukee County:**

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



**Waukesha County:**

Heather Uzowulu  
Development Director  
(262) 522-2404  
[Heather.Uzowulu@Eras.org](mailto: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](http://Eras.org)

