



Community Newsletter

Engaging & Supporting Seniors During COVID-19





Thank You For Another Successful Tapestry Event

Thank you to everyone who attended our in-person Tapestry Event last month or participated in our online auction. It was wonderful to get back together in person and see each other's smiling faces.

We invite you to view the [short video](#) played at our Tapestry Event featuring clients and volunteers of Eras sharing how they feel when they receive and provide support.

Congratulations to Marisa Strothenke - WVCA Rising Star Award

Eras Senior Network's own Marisa Strothenke was awarded the Wisconsin Volunteer Coordinators Association's Rising Star award for the excellent work she has done at Eras.

2022 marks the first year for this award which was created to recognize a WVCA member for being an emerging leader in the volunteer management field. The Rising Star award is for new volunteer engagement professionals with up to five years of service in the industry.

Thank you to Marisa for being such a great team player and always seeking out ways to improve our work!





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.

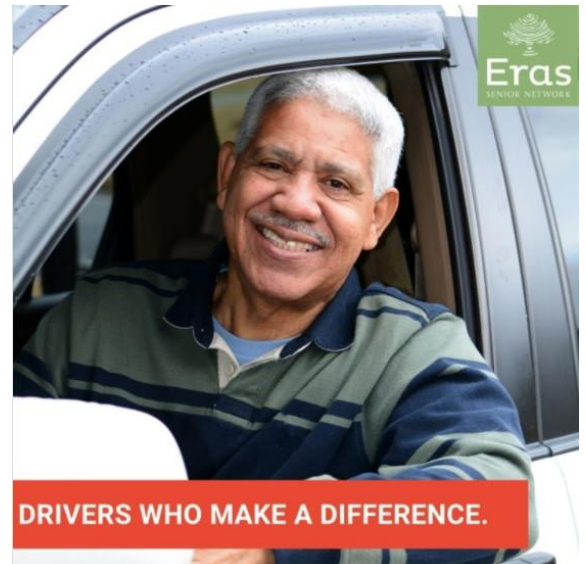
This is a great opportunity for families, church groups, employee volunteering days, or individuals!

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

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.



Volunteers Needed for Friendly Phone Call Program

We are putting out a call for volunteers to join the Friendly Phone Call program! This program pairs a client and a volunteer up to have regular conversations by phone. This program seeks to decrease social isolation and reduce the feelings of loneliness in our senior clients.

How does it work?

- The volunteer will complete an application then be screened and matched with a senior client.
- The volunteer calls the client to introduce themselves and, along with the client, decides how often they should connect and when.
- After each call, the volunteer lets Eras know whether they were able to connect with the client (by a quick email, phone call, or online survey).
- Repeat!

If you or someone you know is interested in becoming a volunteer, or you have questions about the program, please contact ErasVolunteer@Eras.org or call 414-488-6931.

Help Improve the Quality of Life in Waukesha County

2022 is the first year of a new five-year cycle for the Community Improvement Plan and Process (CHIPP) Steering Team. To kick off their 2022 – 2026 health improvement process, CHIPP is asking for your help!

Five years ago a Quality of Life Assessment was conducted to help shape the five-year priorities to improve the health of Waukesha communities. Now five years later, the CHIPP Steering Team is reaching out to those who live, work and/or go to school in Waukesha County to ask them to participate in the 2022 Quality of Life Assessment. All responses will be collected anonymously.

[Click here](#), to access the Quality of Life Assessment.

By committing less than 10 minutes of your time to take this SurveyMonkey survey, you'll help to identify the highest health priorities in Waukesha county, which will focus CHIPP's efforts over the next five years.

Important Information From Our Partners

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.

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

Stepping On: Fall Prevention Program (Milwaukee County)

Stepping On is a program proven to reduce falls and build confidence in older adults. 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.

Aurora Research Institute - Steigleder Auditorium

Thursdays, 1:30 - 3:30 pm

June 30 - August 11

960 North 12th Street, Milwaukee

There is no cost to participate

To register call: [\(414\) 219-5241](tel:4142195241)

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 locations please visit the Wisconsin's Family Caregiver Support Program [website](#).

National Stroke Awareness Month

Acting F.A.S.T. is Key to Stroke Survival

- FACE:** Does one side of the face droop when smiling?
- ARMS:** Does one arm drift downward when both arms are raised?
- SPEECH:** Is speech slurred or strange when repeating a simple phrase?
- TIME:** If you see any of these signs, call 9-1-1 right away.



National Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and lessen the occurrence of stroke in the U.S.

A stroke is a medical condition where poor blood flow to the brain results in cell death. A stroke happens in America every 40 seconds, and someone dies of it every four minutes.

The best way to save a life is to know the warning signs and practice healthy habits that reduce your risk of stroke.

Use the letters in F.A.S.T to Spot a Stroke:

- **F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** – Is speech slurred?
- **T = Time to call 911**

Click [here](#) for more information and resources on stroke prevention and recovery.

May is Older American Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

With the help of our many volunteers, Eras has been able to help older adults in Milwaukee County and Waukesha County stay in their homes and age in a way that's comfortable for them. Because of the services our volunteers provide, seniors have the option to continue living independently and contribute to their communities.

If your congregation or corporation has the capacity to do so, please consider hosting a collection this month to help support the programs of Eras Senior Network and local area seniors in honor of Older Americans Month.

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Mental Health Awareness Month

May is Mental Health Awareness Month. Since 1949, the month of May has been devoted to raising awareness around mental health in an effort to destigmatize misconceptions about it.

[The WHO estimates](#) that 15% of adults aged 60 and over experience some type of mental health concern. Even though older adults may experience mental health concerns, they are less likely than younger adults to receive treatment for them.

Just as we see a doctor to take care of our physical health, our mental health is just as important to our well-being. There is no shame in seeking treatment for mental health challenges. You can improve the quality of your life, or that of an older adult, by making sure you understand the warning signs and where to turn for help.

[NAMI of Southeastern Wisconsin](#) is a great local resource as well as the [Behavioral Health Division of Milwaukee County](#).

[Click here](#) for more information from the National Institute on Aging about mental health and older adults.

50 Plus News Magazine: Mother's Day Memories

Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article focuses on Mother's Day and the impact of the memories we create.

[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.



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Eras Senior Network

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