

June 2022



Eras Upcoming Events

Eras staff will be out and about attending local health and resource fairs this summer! Be sure to come see us at the following events:

Seniorfest Day at Summerfest: Presented by Direct Supply

Thursday, July 7, 2022

12:00 pm - 4:00 pm

All patrons ages 60+ will be admitted for FREE when they present their ID at the designated turnstile at any gate. Admitted seniors will also receive a voucher for \$2 off food or non-alcoholic beverage purchase over \$10. Spend the day enjoying music spanning a range of genres including the Buddy Rich Big Band, Shaun Johnson Big Band Experience, Foghat, the Direct Supply Golden Idols, and more. In addition, all wheelchairs will be provided free of charge to seniors between 12:00 p.m. and 4:00 p.m. while supplies last. Wheelchairs are subject to availability.

Greendale Older Adult Health Screening and Resource Fair

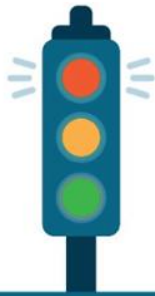
Wednesday, July 27, 2022

9:00 am - 11:30 am

St. Alphonsus Church - Community Room
6060 W. Loomis Rd (enter off Loomis Rd.)

Join us for a morning filled with free health screenings and resources designed for older adults ages 50 and up. There will be a variety of health screenings and approximately 25 organizations present with refreshments compliments of AARP Wisconsin.

Stop Frauds and Scams



S.T.O.P.

SENIOR FRAUDS & SCAMS



Funding provided by the Greater Milwaukee Foundation, Wisconsin Consumer Antifraud Fund

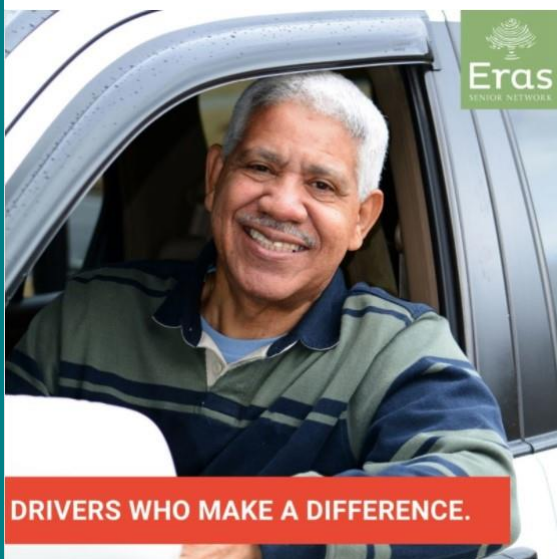


Thanks to a grant from the Wisconsin Consumer Antifraud Fund at the Greater Milwaukee Foundation, Eras Senior Network has researched common frauds and scams targeting the senior population. Since June of 2016, trained Eras staff, Board Members, and community volunteers have given over 70 presentations to nearly 2,000 older adults and caregivers in the Waukesha and Milwaukee area, helping older adults become better equipped to recognize and respond to scams. All attendees receive a resource folder filled with information on the best contacts to communicate with to prevent or report a scam.

Presentations can be from 30 minutes to an hour and groups can choose up to five topics 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

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

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.



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 in Week 8.

New Location: New Perspectives - Franklin

Tuesday, 1:30 pm -3:30 pm

June 7 - June 28

7220 S. Ballpark Drive Franklin, WI

To register call: (414) 425-9101

Greenfield City Hall

Wednesdays, 9:30 am - 11:30 am

June 22 - July 13

7325 West Forest Home Avenue, Greenfield, WI

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

Heart Health - Know Your Numbers (Waukesha County)

Presented by a registered nurse, this one-hour session is all about the leading cause of death in women: heart disease. Join us to learn about ways to protect your heart health by knowing your numbers and identifying your risk.

The session will cover:

- Types of heart disease
- Risk factors
- Heart attack symptoms
- Prevention of heart disease
- Screenings to identify heart disease risk
- Resources for a healthy heart

Menomonee Falls Senior Center

Tuesday, June 28

10:00 am – 11:00 am | Room 123

W152N8645 Margaret Road Menomonee Falls, WI 53051

To Register contact the Menomonee Falls Senior Center at (262) 255-8460

Elm Grove Public Library

Tuesday, July 26

1:30 pm – 2:30 pm

13600 Juneau Boulevard Elm Grove, WI 53122

Register by visiting elmgrovelibrary.org (click the Programs & Events tab, then click Adult Programs)

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 as a family or creating new friendships.

For information on dates and locations please visit Wisconsin's Family Caregiver Support Program [website](#).



Brain Health Resource Fair

Learn how you can keep your brain healthy! Join Milwaukee County DHHS Aging & Disabilities Services for this event! The fair features information and resources around brain health, memory loss, and dementia. During the fair, there will be free memory screenings and free blood pressure checks available! What is good for the heart is good for the brain!

Tuesday, June 21
1:00 pm - 3:00 pm
Washington Park Senior Center
4420 W. Vliet St., Milwaukee, WI

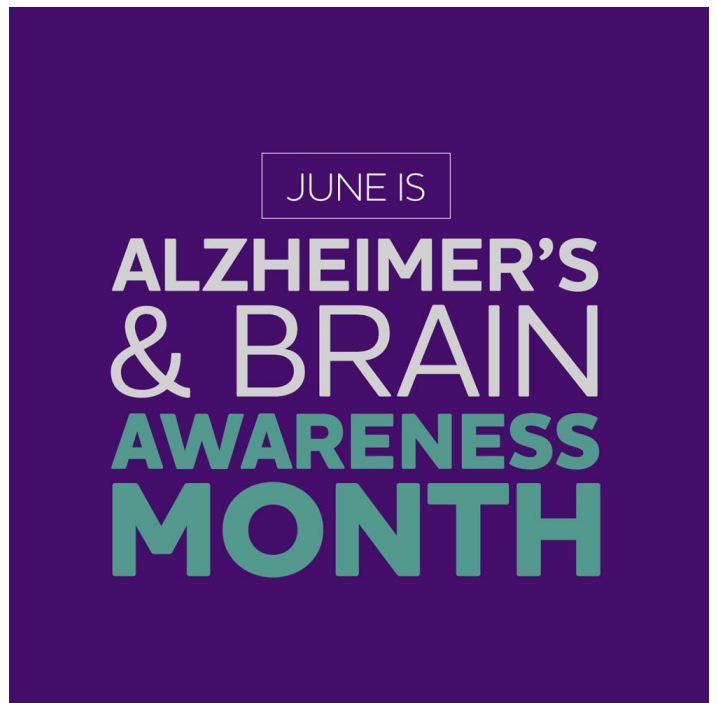
To learn more about this event, please contact our Bilingual Dementia Care Specialist at (414) 514-4787 or Cristina.Huitron@milwaukeecountywi.gov.

Alzheimer's and Brain Awareness Month

June is Alzheimer's & Brain Awareness Month. According to the Alzheimer's Association, more than 6 million Americans are living with Alzheimer's. In 2020, Wisconsin alone had 120,000 people aged 65 or older living with Alzheimer's. In 2025 it's estimated that the number will jump to 130,000.

The Alzheimer's Association works to address this crisis by providing education and support to the millions who face dementia and Alzheimer's every day.

To learn more visit www.alz.org/wi or call their 24/7 Helpline at 1-800-272-3900. For resources in Spanish call 414-431-8811.



Read Our June Client Newsletter

Our clients recently received our June Client Newsletter in their mailboxes. This month's newsletter includes helpful tips for summer driving, food resources, and other important resources for older adults in Milwaukee County and Waukesha County.

[CLICK HERE](#) to read.



50 Plus News Magazine: Building a World Without Elder Abuse

Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article brings attention to World Elder Abuse Awareness Month and how we can protect older adults in our communities.

[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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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

