

Attachments

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 25072022120016 Boost Your Brain Memory Flyer.pdf	1K

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July 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 event:

Greendale Older Adult Health Screening and Resource Fair

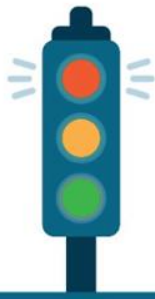
Wednesday, July 27, 2022

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.



S.T.O.P.

SENIOR FRAUDS & SCAMS



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



S.T.O.P Senior Frauds and Scams: Hang Up on These 7 Calls

It's no surprise that scam artists are constantly searching for new ways to swindle people out of money. One easy way for scam artists to trick unsuspecting victims is through telemarketing scams. According to the AARP, here are seven current scam calls you should *always* hang up on.

1. **Health Testing Services.** Example: "I'm calling from Genetic Testing Services. Your doctor reached out to us because he is concerned with the cancer that runs in your family. We can test you for this, but need your Medicare number to cover the cost of the test." Never give out your Medicare number or insurance information unless you place the call first.
2. **Computer Company.** Example: "I am calling from Apple, we found malware on your phone. We need you to download AnyDesk so we can remove that virus for you." Never download something suggested by someone who calls you. That may put a virus on your device, allowing the scam artist to steal your information.
3. **IRS Scam.** Example: "This is the IRS and I am calling to inform you of a federal arrest warrant for not paying your taxes." Please note: real IRS employees will never demand money or threaten you over the phone. They may call to set up appointments or discuss audits, but only after trying to notify you by mail first.
4. **Grandparent Scam.** Example: "Hi Grandma, it's me. I got into some trouble and need \$800 for bail money. Please don't tell Mom and Dad, I need your help." Never wire money, always ask for their name, and inform others of the situation.
5. **Imposter Scams (Amazon).** Example: "This is Amazon Security – there was an attempt to order items on your account. We can get you a refund, I just need a few pieces of information to get this started." If you think there is an actual problem with your Amazon account, go directly through Amazon and never through someone who calls you first.
6. **Energy Company.** Example: "This is We Energies – you have missed 2 payments and your electricity will be shut off by end of today unless you pay immediately over the phone." Utility shutoffs aren't handled this way – you would get a notification in the mail.
7. **Social Security Check Freeze:** "This is the Social Security Administration and your Social Security check has been frozen due to fraudulent activity, press 1 to take care of this." Remember, federal or state government officials will not ask you to pay over the phone.

In summary, if you feel suspicious about a call, do not provide personal information and just hang up. You can do your own research and contact the company/person calling you if you'd like to follow up on it.

Holiday Giving Program 2022

Thank you very much to all who volunteered for and donated to our Holiday Giving Program in 2021. With so many generous donations from partners throughout Milwaukee County and Waukesha County, we provided 880 low-income seniors with self-sufficiency care packages valued at \$55 each. These packages included gift cards to local grocery stores and pharmacies, a book of stamps, and a hand-decorated holiday card.

We hope to continue bringing a bit of holiday cheer to clients in need this December with the help of the community and our local partners. Due to the uncertainties of COVID-19, we will be mailing our gifts again this year and focusing on the most basic needs. Below is our wish list:



- Books of Forever Postage Stamps
- \$10 Walgreens Gift Cards
- \$10 Pick 'n Save Gift Cards
- \$10 Walmart Gift Cards

Unwrapped items and funds collected to purchase gifts are due by December 12th, 2022. Checks can be made to Eras Senior Network – please include “Holiday Giving” in the memo line.

Mailing Your Donation: Donations of items or funds to purchase items can be mailed to:

Eras Senior Network (Attn: Heather Uzowulu)

2607 N Grandview Blvd Suite 150

Waukesha, WI 53188

Dropping Off Your Donation or Scheduling a Pick-Up:

Waukesha County: Donations may be dropped off at our Waukesha office (same address as above) Monday through Friday between 8:30 am and 4:30 pm. To schedule a drop-off at the Waukesha office, please reach out to Heather Uzowulu at Heather.Uzowulu@eras.org

Milwaukee County: Donations may be dropped off at our Milwaukee County office located at St. Alphonsus Parish in Greendale (5960 W Loomis Road, Greendale, WI 53129) between 9:00 am and 4:00 pm Monday through Friday. To schedule a drop-off at St. Alphonsus in Greendale, please reach out to Vicki Henning at Vicki.Henning@Eras.org to schedule a time.

Thank you for your consideration in supporting our Holiday Giving Program! Please contact Heather Uzowulu at Heather.Uzowulu@eras.org or (262) 522-2404 with any questions or click [HERE](#) to learn more.



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.

Important Information From Our Partners

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

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](#).



Boost Your Brain and Memory Program

The "Boost Your Brain and Memory Program" takes a holistic approach to improving brain health for adults. This program was designed for adults 55 and older and is an eight-week program meeting once a week for one hour.

This program focuses on the concept of cognitive reserve which is a theory that explains how lifestyle changes can help you maintain brain health. The main areas that this program focuses on are physical activity, emotional health, intellectual activity, nutrition, spiritual activity, and social engagement. Cognitive Reserve explains why some people can have Alzheimer's pathology in their brains and not show any symptoms!

For more information, please see the attached flyer. The first workshop will be held virtually via Microsoft Teams Wednesdays August 24th – October 12th, 10 am-11 am. Please share this free workshop opportunity with your contacts, consumers, and families!

If you have questions, would like to learn more, or would like to register for the workshop contact Candice LeGros at 414-289-5792 or Candice.legros@milwaukeecountywi.gov

UW-Milwaukee Focus Group on Caregiving and Alzheimer's Disease

UW-Milwaukee's Bader School of Social Welfare is looking for African American and Latino community members who are currently caring for a family member with dementia or Alzheimer's disease to participate in a 90-minute focus group. The goal is to better understand how and when families decided to seek out care and engage in services. Participants will be asked for their input on early warning signs, cultural considerations, and crisis events.

The responses in the focus group will be completely anonymous and the information gathered will be given back to community organizations like the Alzheimer's Association so they can better meet the needs of African American and Latino populations. Participants in the focus groups will also receive a \$20.00 gift card as a thank you for their input.

For more information, please see the attached flyer or contact Andrea Garr, BA at (414) 852-1467 or agarr@uwm.edu.



50 Plus News Magazine: Bittersweet

Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article is inspired by Susan Cain's recent book release "Bittersweet: How Sorrow and Longing Make Us Whole."

[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:

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



Waukesha County:

Heather Uzowulu
Development Director
(262) 522-2404
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

