



Attachments

 Study flyer - ENGLISH Final Revised v. 08.01.2022.pdf	1K
 Study flyer - SPANISH Final Revised v. 08.01.2022.pdf	1K

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August 2022



Eras Upcoming Events

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

Pewaukee Super Senior Open House

Friday, September 9th
11 am to 1 pm
Christ Lutheran Church
W240 N3103 Pewaukee Rd
Pewaukee, WI 53072

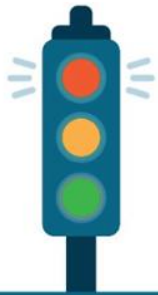
Wauwatosa Senior Health and Wellness Event

Wednesday, September 14, 2022
Noon - 3 p.m.
Hart Park Senior Center
7300 W Chestnut St
Wauwatosa, WI 53213

Serving Older Adults Art of Aging Resource Fair

Thursday, September 29, 2022
9:00 a.m. – 12:00 p.m.
Washington Park Senior Center
4420 W. Vliet St., Milwaukee, WI

S.T.O.P Senior Frauds and Scams: Favor For a Friend Gift Card Scam



S.T.O.P.

SENIOR FRAUDS & SCAMS



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



One scam touted as a top scam to be aware of in 2022 by AARP is the “Favor For a Friend” Gift Card Scam. In this scam, a scam artist will impersonate someone you know and send an email asking if you will do a favor for them. They might impersonate your pastor or fellow congregation member, employer, or friend. Scam artists can find the names of those you associate with through congregation directories, company websites, and your social media pages. If you respond to the email to inquire about the favor, the scam artist will then ask you to purchase gift cards for them and email photos of the card number and pin number back to them – all they need to make an online purchase. If you get an email like this, first check the email address to determine if it’s actually the email address associated with your friend/acquaintance. Oftentimes, the name of the sender will look legitimate, but if you hover over the email address with your cursor, it’ll show the address is not their actual email address. Instead of replying back to this email, call the person requesting a favor and discuss it over the phone. Also, don’t be fooled by scam artists using time pressure; nobody should force you to make snap decisions. Take your time to determine if this request is legitimate and if you believe it’s a scam, block the sender and delete the email.

To schedule a S.T.O.P. Senior Frauds and Scams presentation for your group, please contact:

- Milwaukee County: Vanessa Harris, Vanessa.Harris@Eras.org, (414) 488-6780
- Waukesha County: Heather Uzowulu, Heather.Uzowulu@Eras.org, (262) 522-2404

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.





Eras Wins at the 2022 Milwaukee LISC MANDI Awards

Sponsored by U.S. Bank, in partnership with LISC Milwaukee, the Milwaukee Awards for Neighborhood Development Innovation (known as the MANDIs) recognize excellence in community development.

Finalists and winners are selected by an independent, cross-sector volunteer selection committee. The committee reviews nominations and selects two finalists in each of seven categories -- BMO Harris Cornerstone Award, Brewers Community Foundation Public Space Award, State Farm Building Blocks Award, Associated Bank Trailblazer Award, Chase Economic Development Award, Navigator Award, and the Northwestern Mutual Foundation Collaboration Award.

Eras Senior Network was awarded the Northwestern Mutual Collaboration Award for our work with other local nonprofits to produce the Healing Spaces Initiatives in the Harambee Neighborhood.

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.

DRIVERS NEEDED!

Volunteer Opportunities

Serving Milwaukee County & Waukesha County residents

Eras
SENIOR NETWORK

The graphic features a dark blue background with a yellow curved shape on the right. At the top, the text "DRIVERS NEEDED!" is written in large, white, bold letters. Below this, a white rounded rectangle contains the text "Volunteer Opportunities" in orange, followed by a magnifying glass icon. Underneath, the text "Serving Milwaukee County & Waukesha County residents" is written in white. At the bottom left is the Eras Senior Network logo, which consists of a stylized tree icon above the word "Eras" in a bold, sans-serif font, with "SENIOR NETWORK" in a smaller font below it. On the right side, there is a cartoon illustration of a red car with a driver inside, set against a yellow background.



Volunteers Needed for Fall 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 fall. Duties include: raking leaves, cleaning flower beds, pulling weeds, trimming bushes, cleaning gutters, 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.

Important Information From Our Partners

Let's Talk Brain Health (Virtual)

This presentation provides information on dementia with a focus on brain health. We will discuss introductory information on dementia, risk factors for developing memory loss, normal vs. not normal aging, warning signs of Alzheimer's, ways to reduce your risk of developing memory issues and the importance of early detection. The first step to reducing your risk of developing memory issues is becoming educated on the topic and making lifestyle changes to incorporate healthier habits. What is good for the heart is good for the brain!

September 6, 2022

10:00 am

This presentation will be conducted virtually through Microsoft Teams. For more information or to register call (414)647-6065.

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.

Clement Manor

Wednesdays, 1:00 pm - 3:00 p.m.

September 14 - October 5 with Booster Session on December 7

9405 W. Howard Avenue, Greenfield
To register call: (414) 546-7990

Stepping On: Fall Prevention Program (Milwaukee County and Waukesha County)

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

West Allis Senior Center

Thursdays, 10:00 am - 12:00 pm
August 25 - October 6
7001 W. National Avenue, West Allis
To register call: (414) 302-8700

Oak Creek Civic Center/City Hall

Wednesdays, 1:00 pm - 3:00 pm
September 7 - October 19
8040 South Sixth Street, Oak Creek
No cost to participate
To register call (414) 766-7950

Clement Manor

Mondays, 1:30 pm - 3:30 pm
September 12 - October 24
9405 West Howard Avenue, Greenfield
No cost to participate
To register call (414) 546-7990

Aurora West Allis Medical Center

Tuesdays, 10:00 am - 12:00 pm
September 13 - October 25
8901 W. Lincoln Avenue, Milwaukee
There is no cost to participate
To register call: (414) 328-6633

Menomonee Falls Senior Center

Wednesdays, 9:30 am - 11:30 am
September 7 – October 19
W152 N8645 Margaret Road, Menomonee Falls
To register, visit online click [here](#)

Please register by August 26th

Medicare Presentations (Waukesha County)

These are free 1-hour "Introduction to Medicare" classes presented by the Greater WI Agency on Aging Resources, Inc. and/or the Aging and Disability Resource Center (ADRC) of Waukesha County. The ADRC also conducts 2-hour classes every 2nd Wed of each month 1-3 pm at the Health & Human Services Building of Waukesha County (514 Riverview Ave, Rm 114) or virtually at 5:30-7:30 pm

Oconomowoc Public Library

Monday, September 12 at 11:00 am
200 W South St, Oconomowoc, WI 53066

Muskego Public Library

Tuesday, September 13 at 10:00 am
573W16663 Janesville Road, Muskego, WI 53150

To register for this free class or for more information, please contact the Waukesha ADRC at 262-548-7848

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. The information gathered will be given back to community organizations like the Alzheimer's Association to 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 Melinda Kavanaugh, PhD, LCSW at (414) 229-4414 or kavanaugh@uwm.edu

50 Plus News Magazine: Are Peaches Worth the Effort?



Each month, Eras Executive Director, Kathy Gale, shares an article with 50 Plus News Magazine. This month's article focuses on being kind to ourselves as we age and our interest in certain activities changes.

[CLICK HERE](#) to read the article on page 7.

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

