



Community Newsletter

Engaging & Supporting Seniors During COVID-19

January 2022

Save the Date - Upcoming 2022 Events

We have much planned for the upcoming year and would love for you to be involved! Mark your calendars for some of our biggest events of the year and look out for more information as we get closer to the dates:

Festival of Flowers

Thursday, March 24th, 2022

Eras Senior Network in Waukesha County has hosted the Festival of Flowers event in partnership with Waukesha Floral and Greenhouse for 10 years. The event, located at Waukesha Floral and Greenhouse, includes a luncheon featuring entertaining floral demonstrations.

Tapestry Event

Thursday, April 28, 2022

Our annual Tapestry Event is our largest fundraising event of the year! The proceeds go towards supporting our programs which serve over 4,700 older adults and adults with disabilities in Milwaukee County and Waukesha County.

Mum Sale

Sunday, September 11, 2022 (Grandparents' Day Weekend)

Join us and participating Milwaukee County congregation for the 2022 Mum Sale! Purchase a mum for your grandparents or any special person in your life. Proceeds go towards Eras programming which supports older adults in our community.

Service Opportunities

Spring and Fall Yard Clean Up 2022

Are you looking for a way to get out and assist seniors in need? Grab a friend or family member and help prepare yards for the changing seasons. We are always looking for volunteer groups for our spring clean-up starting around March/April and our fall clean-up beginning in late September/early October.

Holiday Giving 2022

It's never too late to start purchasing gift cards or books of stamps for the Holiday Giving Program. With the help of the community, we've been able to provide hundreds of older adults and adults with disabilities with holiday gifts!

DRIVERS NEEDED!

Volunteer Opportunities



Serving Milwaukee County
& Waukesha County
residents



Become Volunteer Driver for Eras

Volunteer drivers at Eras make it possible for local seniors and adults with disabilities to get to their medical appointments, as well as provide a way for clients to receive groceries and food pantry stock boxes through contactless delivery.

The pandemic has affected the number of volunteers able to help, but those with the capacity to continue volunteering have gone above and beyond to support our clients. Many volunteers have taken on double - or even triple - their normal amount of rides to ensure our clients receive the services they need. If you or someone you know is interested in becoming a volunteer, please contact:

Milwaukee County: VolunteerMilwaukee@eras.org or (414) 488-6931

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

Winter Driving Tips From Eras' Mobility Management Team

Tips for driving in cold and snowy weather:

- **Stock up.** Keep a bundle of cold-weather gear in your car, such as warm clothing, a flashlight, a glass scraper, and blankets.
- **Avoid the cruise.** Do not use cruise control when driving on any slippery surface, such as on ice and snow.
- **Keep things maintained.** Make certain that your tires have plenty of tread and are properly inflated.
- **Fuel up.** Keep your gas tank half full in your vehicle.
- **Drive slowly.** Always adjust your speed to account for lower traction when driving on snow or ice. Remember: It takes longer to slow down on icy roads.
- **Increase your following distance.** An increased Margin of safety will provide the longer distance needed if you must stop.

If you are looking for an opportunity to become a volunteer driver in Waukesha County without utilizing your own vehicle, please contact Sarah Harvey at (262) 522-2408 or Sarah.Harvey@Eras.org.

Important Information From Our Partners

The Milwaukee County DHHS Division on Aging has a number of events this winter created to inform and educate the community on important aging-related topics. See below for more information:

I Wish I Would Have Known...The Building Blocks of Dementia Caregiving

I Wish I Would Have Known... The Building Blocks of Dementia Caregiving



The Milwaukee County DHHS-Division on Aging has partnered with the Alzheimer's Association to present "I Wish I Would Have Known...The Building Blocks of Dementia Caregiving", a virtual education series. There's still time to sign up for the remaining June sessions:

Describe, Investigate, Create and Evaluate: The DICE Approach to Dementia Care, February 1, 2022, 12:00 PM - 1:00 PM CDT

Learn how to utilize evidence-based and environmental strategies to identify and develop a plan to address behaviors and psychological symptoms associated with dementia.

Click [here](#) to register or call (800) 272-3900.

Health & Wellness Workshops: Telephone Programs

Living Well with Chronic Conditions

Wednesdays, February 2 - March 9 at 11:00 am

Feel better and be in control of your life! This program is for adults 18 and older who have or are living with someone who has one or more ongoing health problems such as asthma, arthritis, heart disease, high blood pressure, and others. Participants will learn exercise & relaxation techniques, healthy eating & nutrition, goal setting, stress & depression management, communication skills, and problem-solving. It has been shown to reduce emergency department visits by 27%!

Healthy Living with Chronic Pain

Mondays, February 7 - March 10 at 10:30 am

Maintain an active and fulfilling life with this 6-week (once-a-week) program. This program is for adults 18 and older who have or are living with someone who has ongoing or persistent pain. Participants will learn skills and strategies to manage their pain including gentle exercises & relaxation, stress management, medications, communication skills, as well as goal setting and problem-solving. Improve your overall quality of life by joining a workshop today!

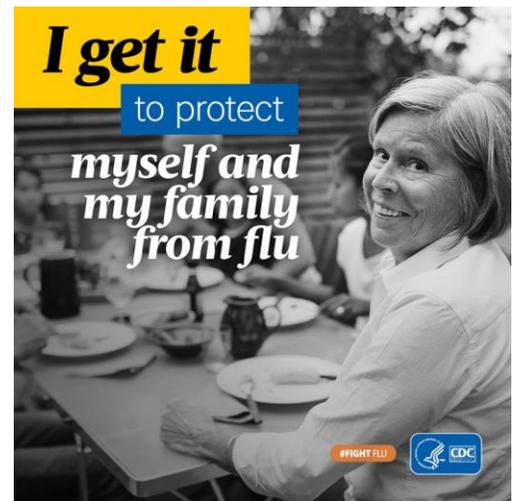
To register for either of the Health & Wellness workshops please contact Jennifer Lefebber at Jennifer.Lefebber@milwaukeecountywi.gov or (414) 289-6352.

The Flu and Older Adults

Adults 65 years and older are at a higher risk of developing serious flu complications. It's important for everyone to do their part to stay healthy this flu season. Prevent the spread of flu and other respiratory illnesses:

- **Mask Up:** Cover your nose and mouth with a mask when out in public.
- **Lather Up:** Wash your hands frequently with soap and water.
- **Sleeve Up:** Roll up your sleeve to get a flu shot.

The more people vaccinated against flu, the more people protected from flu. Learn more at: <https://www.cdc.gov/flu/season/protect-your-health.html> and <https://www.cdc.gov/flu/highrisk/65over.htm>



50 Plus News Magazine: Annual Healthcare Directory

This month, 50 Plus News Magazine shares its 2022 Healthcare Directory. Check it out [here](#) for great resources and information about local organizations.



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

