



VOLUNTEER

DONATE

February 2021



## February is American Heart Month

According to the National Heart, Lung, and Blood Institute, adults age 65 and older are more likely than younger people to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both. Aging can cause changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease.

When we take care of our hearts, we are practicing self-care that keeps us feeling young and healthy for many years to come! See below for some helpful information on small lifestyle changes seniors can make for a stronger heart:

- [Heart-Healthy Living](#)
- [Heart-Healthy Recipes](#)
- [High Blood Pressure Health Education](#)

## Snow Removal Volunteers Needed

With the many recent snowfalls, we have a growing waiting list of local seniors in need of ongoing snow removal help this season. Right now we have needs in Milwaukee (13), Cudahy (2), Greenfield (2), Brookfield (2) and Pewaukee (1), but clients continue to reach out as the snow continues to fall.

Volunteers will be matched with a senior or adult with a disability in their community to remove snow from their driveway and sidewalk.

Details can be coordinated directly with the person you serve. Enjoy the crisp winter weather as you provide this needed service to an individual that is no longer able to shovel snow due to age or physical condition. Qualifications: dependable, responsible, and a positive attitude. Must be 15 years or older (children younger may be accompanied by an adult). Also consider teaming up with a few people for this project and alternate throughout the season.

**Milwaukee County:** Contact Betty Smith, Program Coordinator, at (414) 488-6500 ext. 6507 or [Betty.Smith@Eras.org](mailto:Betty.Smith@Eras.org)

**Waukesha County:** Contact Marisa Strothenke, Volunteer Coordinator, at (262) 522-2402 or [Marisa.Strothenke@Eras.org](mailto:Marisa.Strothenke@Eras.org)



## Friendly Phone Call Volunteers Needed

As we quickly approach a year of living through a pandemic, many of our clients have had to sacrifice social interactions to stay safe and decrease exposure to COVID-19. While social distancing helps keep seniors safe from exposure to illness, it can take a toll on their mental health. According to NORC at the University of Chicago, the coronavirus pandemic has made about one third of adults age 70 and older lonelier than usual.

To help decrease the feelings of loneliness and increase positive community engagements, Eras created the Weekly Friendly Phone Call Program. Volunteers are matched with one or more senior clients and engage in friendly weekly phone calls. Currently nearly 300 seniors are on our waiting list to receive a weekly friendly phone call. Can you help us meet this need?

**Milwaukee County:** Contact Joey Jackson-Streeter, Volunteer Coordinator, at (414) 488-6505 or [Joey.Jackson-Streeter@eras.org](mailto:Joey.Jackson-Streeter@eras.org)

**Waukesha County:** Contact Marisa Strothenke, Volunteer Coordinator, at (262) 522-2402 or [Marisa.Strothenke@Eras.org](mailto:Marisa.Strothenke@Eras.org)

## Read Our 50Plus News Magazine February Article: Unsung Heroes



Each month, Eras Executive Director, Kathy Gale, shares an article with 50Plus News Magazine. This month's article focuses on the hard work and dedication of our United States Postal Workers.

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

## No Flu for You

If you did not receive an influenza vaccination in the fall, getting one in February or March is still important because seasonal influenza can last as late as May.

Check out our attached February Flu Shot Newsletter for more information on how to stay safe this flu season. You can also click [here](#) to watch a video from our community partner, ProHealth Care on the importance of the flu vaccine.



**MYTH:** I'm healthy and staying home  
- I don't need the flu shot.

**FACT:** If you're older, you're at higher  
risk of getting the flu and  
have more complications if  
you do - even if you're healthy.

***Get your flu shot today!***

**VaccineFinder.org**



## Can We Virtually Connect With You?

During this time, we are refraining from in-person meetings and presentations but would still love to connect with you!

- We are happy to present about our volunteer opportunities and services over Zoom. We are also now presenting our S.T.O.P. Senior Frauds and Scams presentation virtually too.
- Would you like to talk one-on-one about how Eras Senior Network can provide support for older adults in your congregation or community group? We would be happy to set up a telephone call or video call.

**Waukesha County:** Contact Heather Uzowulu, Development Director, at (262) 522-2404 or [Heather.Uzowulu@Eras.org](mailto:Heather.Uzowulu@Eras.org) to set up a time to connect.

**Milwaukee County:** Contact Vanessa Harris, Milwaukee County Outreach Manager, at (414) 488-6780 or [Vanessa.Harris@Eras.org](mailto:Vanessa.Harris@Eras.org) to set up a time to connect.

2607 N Grandview Blvd, Suite 150 Waukesha, WI 53188

Eras.org • Waukesha: (262) 549-3348 • Milwaukee: (414) 488-6500





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2607 N Grandview Blvd, Suite 150  
Waukesha, WI 53188

## Attachments

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