

VOLUNTEER

DONATE

January 2021



Looking Forward to a Safe and Successful 2021

Happy New Year! While 2020 was a challenging time, we still witnessed so much passion and dedication from our communities. Because of you, older adults and adults with disabilities continue to be served. As we look forward in 2021, remember to take care of yourself and those around you as best you can. Below you can find some resources on how to take care of your physical and emotional wellbeing during COVID-19:

- [General Public Care For Yourself Guide](#)
- [Self-care Tips During the COVID-19 Pandemic](#)
- [Mental Health and Coping during the Coronavirus \(COVID-19\) Pandemic](#)

Snow Removal Volunteers Needed

Our first large snowfall has officially arrived! There are still clients in need of ongoing snow removal help this season. Right now we have needs in Milwaukee (12), Cudahy (2), and Greenfield (2).

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

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

Read Our 50Plus News Magazine January Article: No Flu For You!



Each month, Eras Executive Director, Kathy Gale, shares an article with 50Plus News Magazine. This month's article focuses on the importance of getting a flu shot – especially if you are a senior 60 years or older.

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

Learn Where You Can Get A Flu Shot



The CDC recommends that everyone six months and older get a flu shot every year.

Contact your primary care provider or your pharmacist to schedule a flu shot today!

Or visit [VaccineFinder.org](https://www.vaccinefinder.org) to find a provider near you.



Welcome Joey, Our New Milwaukee County Volunteer Coordinator

Joey Jackson-Streeter recently joined Eras Senior Network as our new Volunteer Coordinator for Milwaukee County. He will be part of the RSVP Milwaukee County team that is led by Melva Darrough, RSVP Manager and will work out of our new office at the YWCA in Milwaukee.

Joey is originally from Kalamazoo, MI and was raised on the Northside of Milwaukee. He has an extensive background in Community Engagement and Outreach, making him a perfect fit for his role with Eras. Joey started at Eras in December as an intern and we are so excited to have him come on board as a staff member!

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 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 to set up a time to connect.

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Attachments

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