

October 2022



It's finally starting to feel like Autumn! This means pulling out decorations, bringing out the coats and sweaters, and planning for holidays. At Eras, we're doing Fall Yard Cleanup to celebrate the season! If you're interested in joining, please email [Gabby.Huff@Eras.org](mailto:Gabby.Huff@Eras.org).

## Welcome to the Eras Team, New Volunteers!

Thank you for giving your time to help support seniors in Milwaukee County! The impact of your gift will be felt by all that you serve.



## Driver Reminders

As you get back into the swing of volunteering after summer vacation, we wanted to share a few reminders:

- If needed, remind clients that they should call to request services themselves. If they ask you for a service, ask them to call our office. We're happy to set up a ride for them!
- If you aren't able to reach a client before a ride after three attempts, please give Eras a call. We'll reach out and make sure that client is alright.
- Remember to call the client before noon the day before the appointment. Calling during the work day means Eras can help if the client isn't answering, needs additional help, or needs to make changes.
- If a client does need to make a change to their original destination or asks to make additional stops, please call Eras right away at 414-488-6930. We ask this because you may or may not be

able to help that client, and do not want you to feel obligated in the moment. Calling Eras allows us to either update the event for accurate records (if you are available and willing to help), or work with the client to schedule an additional volunteer to help.

- Always **report your hours right after your ride is completed in the Eras portal, email, or via our [online reporting form](#)** (we recommend bookmarking this page!).

**If you have any questions, as always feel free to reach out!**

## **Eras Senior Network's Santa Run 2022**

Registration is now open for our Annual Santa Run & Walk scheduled for Sunday, December 4th, 2022.

The 2022 Santa Run & Walk will use a new route designed to keep participants and volunteers on a pedestrian-only route. The route will loop twice around the Frame Park walkway, beginning and ending at the Rotary Building, located at 1150 Baxter Street. This results in a 3.5-mile route.

Registration is \$35 for Adults and \$25 for Students through November 30th. Pricing is the same for in-person and virtual options.

For more information [click here!](#)

## **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 older adults 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: Deb Block)  
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 Deb Block at [Debra.Block@Eras.org](mailto:Debra.Block@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](mailto:Vicki.Henning@Eras.org) to schedule a time.

Thank you for your consideration in supporting our Holiday Giving Program! Please contact Deb Block at [Debra.Block@eras.org](mailto:Debra.Block@eras.org) or (262) 522-2409 with any questions or click [HERE](#) to learn more.

## Interested in Wellness?

### Take Charge of Your Health

- 1 in 4 people over the age of 60 will have a fall this year
- 1 in 10 adults in Wisconsin have diabetes
- 56% of Wisconsin adults are living with at least one ongoing, chronic condition
- 60% of older women have bladder or bowel incontinence

There **ARE** things **YOU** can do to be in control of your health. Milwaukee County Aging & Disabilities Services and its community partners work together to bring you a variety of health and wellness programs to help you stay in control. These community-based programs focus on many health conditions including: diabetes, chronic pain, and incontinence. There are falls prevention and exercise programs exercise programs and classes for caregivers of those with dementia. For a complete listing of program offerings, visit: [County.milwaukee.gov/aging](http://County.milwaukee.gov/aging). New workshops are being added regularly, so check back often!

## Have you submitted your hours?

Help us each month by reporting your hours. It's one of the ways we stay funded! Submit your hours on our [website](#) OR [email](#) them to us!

\*\* If you have questions about submitting hours please [contact us](#).



### 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](http://Eras.org)

