

Attachments

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 -  [ProHealth Care Classes & Events - February 2019.pdf](#) 1K
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[VOLUNTEER](#) [DONATE](#)

February 2019



Volunteer Opportunities

Dear Volunteer,

I hope you are staying safe and warm during this cold winter weather. Although it may be hard to believe, Eras is already planning and preparing for many upcoming spring events. Grab a friend and learn more about our 10th annual Festival of Flowers Event and 4th annual Spring Wine Garden Event happening in March!

Welcome to the Eras Team, New Volunteers!

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

Ron Rickman

Sheila Fickau

Kelsey Hannan

Debbie Elsinger

Pam Haupt

Carol Dumke

Eileen Kaminski

Melissa Anderson

Becki Jump

Jan Szmanda

Maxine Bilton



Volunteer Needs

Garbage Disposal Help: A client in Brookfield is looking for help with her garbage disposal. It still works, but it has a small leak and she thinks something needs to be tightened. Even if the volunteer is unable to fix it, if they are able to get under the sink to look at it to determine what might be wrong, that would be helpful. If you are interested in this opportunity, contact Hannah at (262) 522-2405 or HannahL@ErasWaukesha.org.

Winter in Wisconsin: Thank you to all of our snow removal volunteers who helped out during the big January snowfalls! We still have a number of clients looking for help for the rest of the winter; it's never too late to start. To see where we need help, contact Marisa at (262) 522-2402 or MarisaS@ErasWaukesha.org PS: If you know of any high school or college students who are looking for service hours, this is a great opportunity and can be done with friends!

Grocery Shopping Assistance: A client in Hartland is in need of grocery shopping assistance while her family is away in Florida. She is looking for someone to take her out once a week starting February 15th and going through March 15th. If you are interested in this opportunity, contact Spring at (262) 522-2407 or SpringK@eraswaukesha.org.

Friendly Visiting Opportunities: We currently have two Eras Senior Network Clients looking to be matched with Friendly Visitors. Be a friend to a senior or adult with a disability who is confined to their home and looking for someone to talk to. There are opportunities to visit with clients over the phone or in their home on a weekly or bi-weekly basis. Please see the attached document to read more about who these clients are and what their interests are. If you are interested in any of these opportunities, contact Judith at (262) 522-2411 or JudithA@eraswaukesha.org.

Phone Assistance in Main Office: Eras Staff members are in need of someone to help in the main office on Thursday mornings from approximately 9-11am. They will be responsible for calling volunteers weekly to give them their driving assignments. We are looking for someone who is comfortable making phone calls, likes talking to people, and is interested in helping with the coordination of volunteers. If you are interested in this opportunity, contact Spring at (262) 522-2407 or SpringK@eraswaukesha.org.

RO Water Filter Installation: A client in Oconomowoc is looking for a volunteer to hook up her Reverse Osmosis Water Filter. If you are interested in this project, contact Spring at (262) 522-2407 or SpringK@eraswaukesha.org.

Community Needs

Click [HERE](#) to register online.



FESTIVAL OF FLOWERS

When: Wednesday, March 20th 2019

Location: Waukesha Floral & Greenhouse
319 S Prairie Avenue, Waukesha, WI 53186

Time: 11:00am & 1:00pm Luncheon

Event: Features beautiful & entertaining floral demos
Catered by The Picnic Basket Restaurant

Tickets: \$35 per person. New this year, add a \$5
Mimosa at either lunch seating!

REGISTER AT ERASWAUKESHA.ORG

For more information call (262) 522-2404



SPRING WINE GARDEN

Wednesday, March 20th

5:30-7:30pm

Support Eras while enjoying wine tasting and
beer samples, cheese, fruit, and hors d'oeuvres.

Located at Waukesha Floral & Greenhouse
\$35 per person

REGISTER AT ERASWAUKESHA.ORG

Benefitting:  **Eras**
SENIOR NETWORK

ProHealth Care Community Education Classes

Each month ProHealth Care offers a wide variety of Community Education classes and events. Classes help you make informed health care decisions and develop healthy habits. All classes and events are free unless otherwise indicated. Registration is required for all events. For a complete list of classes, click [here](#) or view the attached brochures.

Insight Resilience: Blind/Visually Impaired and Low Vision Support Group

Insight Resilience is a support group for people affected by visual impairments. We welcome family, friends, and support personnel for all those affected by vision loss – no matter the degree.

Members are knowledgeable about resources and aids that address the physical, technical, and psychological needs of those living with low or diminishing vision. Our goal is to be supportive while offering every day tips and suggestions to improve one's quality of life.

Benefits of Participating:

- Share common concerns
- Build supportive relationships
- Obtain home living skills and hints
- Learn about available resources
- Obtain insight into vision loss
- Gain skill in performing physical activities
- Recognize the physiological impact of visual impairment
- Share comfort, understanding and assurance
- Adjust to vision loss

Dates: The fourth Wednesday of the month – except November and December

Length of Session: 9:30am - 11:00am

Location: WCTC Waukesha (327 East Broadway Waukesha, WI 53186)

For more information contact Maria at (232) 547-6670.

Health Online: Finding Information You Can Trust

WHEN

Tuesday, February 12
6:00 – 7:30 pm

WHERE

Saint Luke's Lutheran Church
300 Carroll Street, Waukesha

HOW TO SIGN-UP

Call (262)547-7323

OR

Email info@waukeshaliteracy.org
(Walk-ins are welcome as space permits)



A FREE workshop to help you use the internet to find good health information.

- **Refreshments provided!**
- **Door prizes!**
- **First 20 to register will receive a free copy of the book *What To Do When Your Child Gets Sick***

This project is supported by the National Network of Libraries of Medicine – Greater Midwest Region.

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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!

**Pen Pals and School Tutors don't need to submit hours. They are tracked by letters written and sign in sheets. If you have questions about submitting hours please [contact us](#).



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