

July 2017



# Volunteer Newsletter

## Volunteer Opportunities

Dear Volunteer,

Because of you, we are able to ensure seniors and adults with disabilities are living meaningful lives. Thank you for all that you do.

### Urgent Needs

**Healthcare and Grocery Shopping Drivers:** Help get someone to their doctor's appointment or to the grocery store. We are facing a shortage on drivers and an abundance of ride requests. Help provide a ride that keeps a senior or adult with disability living independently. If you have a couple hours to spare during the week, consider driving for ERAs. Continue reading for more information.

**Mr. or Mrs. Fix-it:** A woman living in Oconomowoc needs a volunteer to take a look at her dryer. It's not drying her clothes completely and she is wondering if a volunteer can determine what is wrong with it and if it's an easy fix or if she'll have to pay to have it fixed.

Contact Hannah for more details on how to fill our urgent needs at (262) 522-2405 or [HannahL@ERAsWaukesha.org](mailto:HannahL@ERAsWaukesha.org).

### School Needs

**Readers Café (School District of Menomonee Falls):** Come and share your love of reading with an elementary school student over their lunch hour. This program will be held on Tuesdays and/or Wednesdays for 7 weeks during the school year. There will be an orientation and district wide training to help prepare volunteers to assist students. For more information, please contact Dawn Hinton, Program Coordinator at (262) 617-8061 or [DawnH@ERAsWaukesha.org](mailto:DawnH@ERAsWaukesha.org).

**Readers Café (School District of Waukesha):** Readers Café Programs are held at three schools in the Waukesha School District. The program days and times will vary and are typically held during the student's lunch and recess. You will be matched with 1 to 2 students during the length of the program, which is typically 6-8 weeks. There will be multiple sessions held throughout the school year, so you can sign up for as many as you would like. Contact Corinn Marich for more information at (262) 522-2403 or [CorinnM@ERAsWaukesha.org](mailto:CorinnM@ERAsWaukesha.org).

**Pen Pal:** Do you like writing letters and want to volunteer from home? Help a 2nd-5th grade student with their penmanship and build an intergenerational relationship as you exchange correspondence over the school year. At the end of the school year Pen Pals will meet their students face-to-face at the meet and greet party. Contact Corinn Marich for more information at (262) 522-2403 or [CorinnM@ERAsWaukesha.org](mailto:CorinnM@ERAsWaukesha.org).

**New School Program! (up to 30 volunteers needed)**

Horning Middle School in Waukesha is going to be starting a new program in the upcoming school year centered around their Humanities Department. Volunteers will be matched with one or two 8<sup>th</sup> grade students (per class hour) as they work on a project during the 1<sup>st</sup> and 2<sup>nd</sup> semesters.

Dates (please note: Volunteers will be asked to commit to all 6 dates):

- 1<sup>st</sup> semester 2017 dates: Wednesday, October 4<sup>th</sup>, Wednesday, October 18<sup>th</sup>, Wednesday, November 1<sup>st</sup>
- 2<sup>nd</sup> semester 2018 dates: Wednesday, February 21<sup>st</sup>, Wednesday, February 28<sup>th</sup>, Wednesday, March 14<sup>th</sup>

Times (please note: Volunteers will be asked to volunteer for all three hours):

- 8:45-9:20am (during 2<sup>nd</sup> hour)
- 9:25-10:00am (during 3<sup>rd</sup> hour)
- 1:00-1:35pm (during 6<sup>th</sup> hour)

Program design: Students will have the chance to interview the volunteer they have been matched with about their life. They will then create a story or artifact that symbolizes/showcases the volunteer's story. The projects will be shared with volunteers on the last date of each semester. The first semester will focus on open-ended life stories while the second semester will focus on life stories that are connected to important historical events.

Program purpose: To heighten students' awareness of the stories all around them, to encourage them to dialogue with others around them, searching out these rich stories.

Contact Corinn Marich for more information at (262) 522-2403 or [CorinnM@ERAsWaukesha.org](mailto:CorinnM@ERAsWaukesha.org).

## **Drivers Needed- Do you know someone that would be a good volunteer driver?**

Client requests for transportation throughout Waukesha County are increasing. In 2015, our weekly average number of requests was 65. In 2017, we are receiving over 100 requests each week.

Last month we received 465 total requests for transportation. 97 of our volunteer drivers gave 347 of those rides. 65 ride requests, more than 13% of those requested had to be canceled.

Please help by referring a friend to volunteer as a driver or picking up another ride. Contact Hannah for more details or to find out how you can help at (262) 522-2405 or [HannahL@ERAsWaukesha.org](mailto:HannahL@ERAsWaukesha.org).

## Shout Out!

Roland Goldammer dedicated 4 years of volunteer service with ERAs. In that time, Roland provided 192 rides providing services such as driving people to their doctor appointments and the grocery store. Roland volunteered 360 hours and helped over 115 different people. Here at ERAs we believe your time is invaluable, but the national value of volunteer time is measured at \$24.14 per hour which means Roland provided \$8,690 worth of volunteer service. From all of us here at ERAs Senior Network, Thank You Roland! Seniors and adults with disabilities in Waukesha County depend on the help from volunteers like Roland, and you!

## Be Strong, Stay Strong

Bone and muscle loss begin early. Strength training can reverse the process and also provide many additional benefits.

Reduced risk for chronic diseases:

- Diabetes
- High Blood Pressure
- Some Cancers
- Osteoporosis
- Arthritis
- Heart Disease

Increased:

- Bone Density
- Muscle Mass
- Ability to do Activities of Daily Living
- Osteoporosis
- Arthritis
- Heart Disease
- Strength

Community Memorial Hospital is providing 20 classes during 10 weeks for only \$20.

### Class Details

**Days:** Wednesdays & Fridays

**Time:** 9:00—10:15 am

**Start Date:** August 2, 2017

**End Date:** October 6, 2017

**Cost:** \$20 (reduced fee based on need)

**Location:** W180 N8085 Town Hall Rd., Menomonee Falls, WI

Treiber Conference Center (Driveway B - follow to Parking Lot C1, enter "D" doors with green dot)

Call (262) 548-7789 for information on how to observe a current class OR to register for the FREE Informational Meeting on July 21, 2017 from 9:00-10:00 am at Community Memorial Hospital in the Treiber Conference Center!

**To register for the meeting or for more information, contact:** Jen Whitty, Family Living Educator, at (262) 548-7789 or by email at [jwhitty@waukeshacounty.gov](mailto:jwhitty@waukeshacounty.gov).

## Submit Your Hours- Especially Spring Clean Up & Lawn Mowing!

We are so thankful for those who do multiple volunteer events. At this time please only enter your hours through the Portal for driving opportunities.

We recommend people submit their hours at least once a month. Reporting hours is important not only for the clients and the volunteers, but for numerous grants and agencies that we work with.

Submit your hours on our [website](#) OR [email](#) them to us!



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