Volunteer Opportunities

Dear Volunteer,

"Volunteers do not necessarily have the time; they just have the heart."- Elizabeth Andrew

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.

Carolyn Smith       Ceci Baier       George Cunningham
Linda Metzger       Nancy Stiemke    Pat Pendergast
Savannah Burgess    Steven Lovelien   Sue Stempien
Tony Bawiec         Julie Varga
Volunteer Needs

Want to spend some time outside this summer?: We have ~15 yards left that need a Spring Yard Clean Up Volunteer. This is a very flexible opportunity for yourself or a group. We're also looking for MANY lawn mowing volunteers to fill our unmet needs. This is a great opportunity for volunteer hours for high schoolers or college students who are home for the summer. You'll be matched with a person in need in your community for the summer. Help give someone the independence of being able to stay in their own home.

Drivers: It's no surprise we need more drivers to fill the transportation gap in our community. Opportunities are listed on our online Portal, volunteers select what fits best in their schedule, we inform the client you'll be driving them and you confirm with the client the day before, and then you fulfill the request. Training is provided to all new drivers! Still nervous? Let us pair you up with a longtime volunteer driver to go on a ride!

Friendly Visitor: A client with early signs of dementia would like a volunteer to facilitate her taking her dog, Love, on walks. She lives close to Carmelite Monastery in Pewaukee and really enjoys walking her dog around the grounds.

Friendly Visitor: A longtime client, who lives in Willow Park Apartments in Waukesha, has recently given up smoking. The unforeseen consequence of quitting is that she has no real socialization because she doesn’t want to visit with people who are smoking and put herself in a position to start again. She would like a woman to visit with who understands depression and wants a friend herself to visit on a regular basis.

Contact Anna for more details on how to fill our urgent needs at (262) 522-2402 or AnnaR@ERAsWaukesha.org.
Support ERAs Over Dinner - June 5th!

Please join us at Portillo’s in Brookfield on June 5th from 5-8 pm to support ERAs! If you bring the attached flyer or show it on your phone when ordering, 20% of your order will go to ERAs. This promotion works through the drive-thru but be sure to mention the promotion before you order. Supporting ERAs has never been so easy – or delicious!
RSVP Pen Pal Program highlighted in Milwaukee Journal Sentinel


Strength Training Classes

Bone and muscle loss begins early; strength training can reverse the process. Community Memorial Hospital, W180N8085 Town Hall Rd, Menomonee Falls, is hosting an 8 week class beginning July 9th. For more information, click on the attached pdf or contact Jen Whitty, Health & Well-Being Educator, at 262-548-7789.
Come See us at the Sussex Senior BBQ and Resource Fair

Wednesday, June 13th
12pm-2:30pm
Sussex Civic Center Dining Room

Senior BBQ & Resource Fair!

Seniors 60 and older are invited to have lunch through the Senior Lunch program and learn about Community Resources!

*Lunch will be served from 12pm -1pm*
Please RSVP to 262-347-3565

Meet representatives from:

ADRC  WHEAP  ERAs  St. Joe's  Community Memorial
Hunger Taskforce (Foodshare)  Sussex Recreation Dept.  Compassionate Clean
Pauline Haass Public Library  ComForCare Home Care

And more...

Sussex Outreach Services
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](#).**