

October 2019



# Volunteer Newsletter

## Volunteer Opportunities

Dear Volunteer,

“Volunteers do not necessarily have the time; they just have the heart.” - Elizabeth Andrew  
Thanks for choosing to spend your time with us. We are so grateful for all the good you contribute to this community month after month.

## 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.

Marilyne Young  
Jamie Soteropoulos

Jenny Magestro  
Leah Reynolds

Sharon Jajtner



## Volunteer Needs

**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](mailto:SpringK@ErasWaukesha.org).

**Friendly Visiting Opportunities:** We currently have four Eras Senior Network clients looking to be matched with a Friendly Visitor. Be a friend to a senior or an adult with a disability who is isolated and looking for someone to talk to. Opportunities are available to visit with clients on an ongoing basis. Please see the attached document to read more about the clients and their interests. If you are interested in any of these opportunities, contact Shannon at (262) 522-2405 or [Shannon.Fogle@ErasWaukesha.org](mailto:Shannon.Fogle@ErasWaukesha.org).

**Lawn Mowing help in Waukesha and Butler:** A couple clients are still in need of Lawn Mowing help for the remainder of the season. If anyone is able to help, please contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org).

**Kitchen and Bedroom Painting:** A client in Waukesha is looking for a volunteer to help finish removing wallpaper in her kitchen and bedroom. She is also looking for those walls to be primed and painted. If you are interested in this project, contact Spring at (262) 522-2407 or [SpringK@ErasWaukesha.org](mailto:SpringK@ErasWaukesha.org).

**Ceiling Painting:** A client in Muskego is looking for a volunteer to help paint their living room ceiling. If you are interested in this project, contact Spring at (262) 522-2407 or [SpringK@ErasWaukesha.org](mailto:SpringK@ErasWaukesha.org).

## Fall Yard Clean Up Volunteers Needed

Gather your friends, family, or coworkers and provide some Fall Yard Clean Up assistance to a Waukesha County senior or adult with a disability. Fall Yard Clean Up occurs during the end of October into the beginning of November – once most of the leaves have fallen. Let us know what size yard, area, and date you prefer, and we'll match you with a client in need.

Each group of volunteers needs one group leader 18 and older to fill out a volunteer application.

For more information, please contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org).



## Get Involved with the 11th Annual Waukesha 5k Santa Run & Walk

We need a lot of volunteers on Race Day, Sunday, December 1st! Help is needed with set up, tear down, refreshments, same-day registration, entertainment on the route, and guides stationed along the route. Sign up to volunteer [here](#) or contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org) to learn more.

Looking for other ways to get involved? Click [here](#) for more details.



## Become a Reading Coach with Lad Lake

[Lad Lake](#) is in need of caring, positive, and patient adults (21 years or older) to work with young people in their programs for the purpose of receiving services related to emotional and behavioral needs. Each volunteer would be paired with a specific unit, and asked to commit one hour or more per week to engage youth in fun, structured activities that involve reading and reading skill improvement. During each visit, there would be opportunities to engage youth one on one, and/or in small groups. Volunteers would have the opportunity to form relationships with specific groups of youth (we serve both males and females), and stay informed of their progress along the way.

Important Qualifications:

- Must be reliable and caring
- Must be comfortable engaging in activities that involve reading
- Must be willing to invest in the success of a child

Required Commitment:

- At least 1 hour per week
- A minimum of 4 months
- May vary depending on identified activity/area of focus

If you are interested in volunteering as a Reading Coach or would like to learn more about the opportunities at Lad Lake, please contact us at [VolunteerManager@ErasWaukesha.org](mailto:VolunteerManager@ErasWaukesha.org).



## ProHealth Care Senior Wellness Fair

ProHealth Care is hosting their Senior Wellness Fair on Tuesday, October 15th at the Ingleside Hotel in Pewaukee. Eras Senior Network's Executive Director will be leading a session called "Care for the Caregiver" from 10:45am – 11:30am.

The session will cover the following:

- Look at the landscape of our community's growing need for healthy caregivers over the next 20 years.
- Discuss findings from a Waukesha County caregiver research study conducted by the Medical College of Wisconsin and Eras Senior Network, including five stages that most caregivers experience.
- Strategies and resources to manage the unpredictable demands and joys of caring for an older adult.

# ProHealth Care SENIOR WELLNESS FAIR

Tuesday, Oct. 15 • 7:30 to 11:30 a.m.

Ingleside Hotel, Pewaukee



### The Morning's Agenda

- 7:30 to 8 a.m.: Registration, exhibits, continental breakfast
- 8 to 8:40 a.m.: Ageism: It's Bad for Everyone's Health  
Betsy Abramson will explore the origins of ageism and how it occurs today. She will then discuss the very negative health impacts of ageism on older adults, how to recognize it and join the movement to combat it.
- 8:40 to 9:10 a.m.: Understanding Medicare
- 9:10 to 9:45 a.m.: Time to visit exhibits and free screenings
- 9:45 to 10:30 a.m.: Breakout sessions
- "The ADRC: A Doorway to Resources, Support and Wellness"
  - "Medication Safety and Management"
  - "Home Care, Hospice and Skilled Care"
  - "High Tech Health Care"
- 10:30 to 10:45 a.m.: Time to visit exhibits and free screenings
- 10:45 to 11:30 a.m.: Breakout sessions
- "Care for the Caregiver"
  - "Making Your Wishes Known"
  - "From Coverage to Care: A Roadmap to Better Care and a Healthier You"
  - "Navigating the Grocery Store for Good Health"

**Flu shots**  
(Fees may apply and insurance may be billed)

## FREE

- Admission and easy parking
- Continental breakfast
- Health screenings
- Giveaways
- Door prizes
- Breakout sessions
- Resource exhibits

Visit [ProHealthCare.org/Classes](https://ProHealthCare.org/Classes) or call 262-928-2745 to register.  
There is no charge to attend. Space is limited. Register early.

 PROHEALTH CARE

## 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 brochure.

## Volunteer at Festival of Books

The Southeast Wisconsin Festival of Books is an annual community celebration of literacy and the arts, where local and national authors and readers of all ages come together to enjoy presentations, performances, creativity, and conversation.

This is the 10th year for this free community-wide event which is organized by UWM at Waukesha Foundation. The Festival is November 1st-2nd, 2019 at the University of Wisconsin-Milwaukee at Waukesha, 1500 N University Drive, and is seeking volunteers.

We have 5 volunteer roles including:

- Authors & Presenters Reception Volunteers
- Informational Volunteers
- Program Room Volunteers
- Book Signing Volunteers
- Author Ambassadors

There will be a short informational training the week before the Festival.

Please contact Volunteer Coordinator, Megan Theune-Baillargeon at [16mtheunebaillargeon@gmail.com](mailto:16mtheunebaillargeon@gmail.com) for more information or to sign up to help at the Festival!

## National Prescription Drug Take Back Day - October 26th

The second and final National Prescription Drug Take Back Day of 2019, coordinated by our partners at the Drug Enforcement Agency (DEA), is October 26th, 2019. Unneeded or expired medications are some of the most-potent vectors through which opioids are abused.

[Click here](#) to find a collection site near you!

The logo for the DEA National Rx Take Back event. It features the text "DEA NATIONAL" in blue, "Rx" in red, and "TAKE BACK" in white on a red and blue background.

**Saturday, October 26 | 10 a.m. – 2 p.m.**

**DEATakeBack.com**

## 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 do not 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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### Attachments

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 <a href="#">Friendly Visiting Opportunities (October).pdf</a>	1K
 <a href="#">ProHealth Care Classes &amp; Events - October 2019.pdf</a>	1K

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