

September 2019



# Volunteer Newsletter

## Volunteer Opportunities

Dear Volunteer,

September means the start of many new things. School is back in session and so are many of our volunteer opportunities. A huge thank you to all of our volunteers who work to engage students in and out of the classroom. You contribute so much to this community and we are grateful for all the work that you do.

## 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.

Alex Smith  
Julene Smith

Michael Lambert  
Lucy Bloedorn

Stacy Bader



## Volunteer Needs

**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).

**Gutter Cleaning in Brookfield:** A client in Brookfield is looking for help cleaning her gutters. As she does not own a ladder, the volunteer would need to provide their own. If anyone is able to help, please contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org).

**Weeding in Wales:** A client in Wales is looking for help with some weeding in her yard. If anyone is able to help, please contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org).

**Friendly Visiting Opportunities:** We currently have three 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).

**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).

**Ceiling Vents Cleaned:** A client in Pewaukee is looking for assistance cleaning the vents in her ceiling. She has a ladder that the volunteer can use. If you are interested in this project, contact Spring at (262) 522-2407 or [SpringK@ErasWaukesha.org](mailto:SpringK@ErasWaukesha.org).

**Dryer Vent Cleaned:** A client in Waukesha is looking for help cleaning out her dryer vent. 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).



## Eras Receptionists Needed

Eras Staff members are looking for volunteers interested in helping with reception work. Volunteer receptionists are responsible for answering phone calls, recording ride requests, and transferring calls to appropriate staff members. We are looking for someone who is comfortable on the phone, likes talking to people, and is looking for an ongoing volunteer placement. If you are interested in this opportunity, contact Marisa at (262) 522-2402 or [MarisaS@ErasWaukesha.org](mailto:MarisaS@ErasWaukesha.org).

## New Driving Opportunity

Eras is reaching out to all volunteer drivers about an exciting opportunity to drive our new van. This van is part of the Find-A-Ride Network Initiative. Volunteer drivers interested in this opportunity must be willing to commit to weekly morning or afternoon shifts. Rides will be provided to seniors & adults with disabilities. Driver orientation will be provided. If you or any of your friends might be interested in this exciting new opportunity, please contact Jennifer at (262) 522-2414 or [JennS@eraswaukesha.org](mailto:JennS@eraswaukesha.org) or Sarah at (262) 522-2408 or [SarahH@eraswaukesha.org](mailto:SarahH@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. 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.



## 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

## Mommy & Me Storytime Program

The Waukesha County Historical Society & Museum is working to start a new Mommy & Me Storytime Program. They are looking for volunteers interested in dressing up to tell engaging stories to children 5 years old and younger. Volunteers can choose books from the Education Center or bring their own. The program will take place once a month, typically on a weekday morning. The program would also include an activity of some sort (all materials provided by the museum).

If you are interested in learning more about this program, please contact Lauren for more details at (262) 521-2859 x224 or [kiesewetter@wchsm.org](mailto:kiesewetter@wchsm.org).

## 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](#).



2607 N Grandview Blvd, Suite 150, Waukesha, WI 53188 • [ErasWaukesha.org](http://ErasWaukesha.org) • (262) 549-3348



## Attachments

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 [Friendly Visiting Opportunities \(September\).pdf](#)

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