



Hello!

The year 2022 has been an exciting, momentum-building year for us. With things returning to some normalcy in society, we've been moving forward as well. We hosted our first in-person client and volunteer gatherings since 2019: a summer client luncheon, a fall volunteer training and a holiday gathering for our clients and volunteers in December. Clients are requesting more rides than ever and we have seen a boom in our client numbers, service units and volunteer enrollments. Because of the continued increase in services, we needed to expand our team and hired Bill, a third part-time staff member to assist with ride coordination.

We also resumed our holiday gift delivery to clients after pausing in 2019 and organized a documentary viewing of *All the Lonely People* in the fall. A lot has been happening!

We received a Bader Foundation grant to help implement an exciting new project called "Neighbors Helping Neighbors" which consists of us literally going door to door, letting others know about our services in hopes of linking volunteers with clients who live in very close proximity to one another. UW-Milwaukee intern Elena is helping with this project. We have another intern named Alma from Marquette who is collecting stories from volunteers and compiling them to share our story a little more to others.

We have become members of the *Wisconsin Interfaith in Action Network* this year, which allows us to collaborate, share ideas and support other similar agencies throughout the state. Strength is in numbers, and partnerships like this are so beneficial to the health of our agency!

We are continuing these efforts in 2023 and I look forward to seeing the connections in the community grow and to serving the Eastside of Milwaukee, Shorewood and Riverwest in the best way we can. We also are beyond excited to be approaching our **50 year anniversary** in 2024 as an agency and are beginning to explore ways that we can celebrate this milestone.

We have a lot to explore and look forward to! Thank you for your continued partnership.

Sincerely,
Melissa Meier, Executive Director
Eastside Senior Services



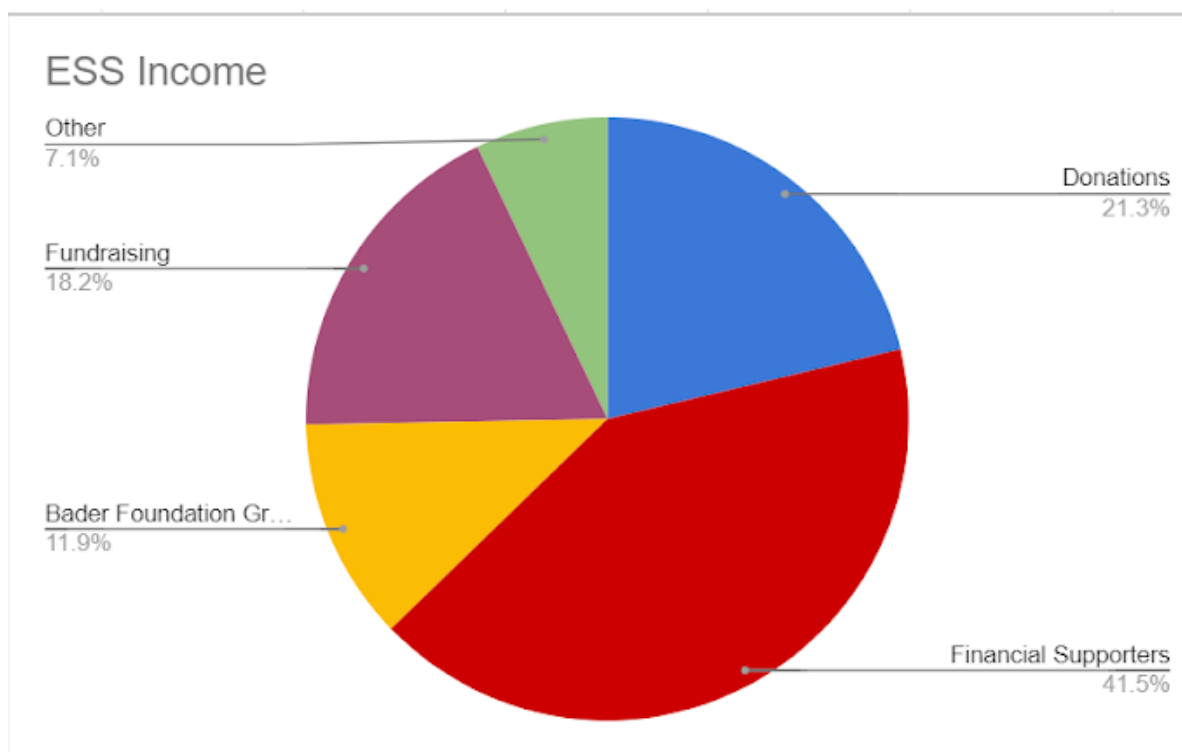
Pictured Above: Elena, Intern; Melissa, Executive Director; Kelly Glostott, Service Coordinator

Our mission is to *“help adults aged 60 and older live independently and stay connected to their community on the east side and Shorewood.”* With three part-time staff and 111 volunteers, we’ve served 209 clients in 2022. All services are FREE, but donations are always welcome. We operate on 100% donations, with 12 primary supporters listed at the end of this newsletter. The majority of tasks are provided by our volunteers. Staff help with advocacy, information/referral, and coordination of services. Our loan closet offers gently used medical equipment such as wheelchairs, shower chairs, and walkers for FREE to those who need it, either temporary or permanent. We are always looking for selected donated items that you may have around your home that you no longer use.

In 2022, we provided:

3408 rides to appointments and errands
244 shopping trips
379 light home chores, repairs, and outdoor cleaning
731 home and telephone visits
Hundreds of information, assistance and advocacy services
Over 400 birthday cards sent to area older adults
Dozens of medical equipment loan closet items

In 2022, we received \$83,708 of income the following ways:



Our Office Has Moved!

St. Mark's Episcopal Church has provided free office space to us for a number of years. St. Mark's plans to demolish and rebuild part of the building, so we have temporarily vacated our space. We recently moved to Saint John's On The Lake, who graciously offered us free space for our office and medical equipment. Our new address is:

Eastside Senior Services
c/o Saint John's On The Lake
1840 N Prospect Avenue, Box 216
Milwaukee, WI 53202

Partnership Spotlight: Saint John's On The Lake

Saint John's On The Lake has provided much support to Eastside Senior Services over the years, giving of their time and finances. This year, they have extended their outreach to include sponsoring a public screening of a documentary, hosting a client and volunteer holiday party, and offering an in-kind donation of office space during our transitional time.

In October 2022, we partnered with five area nonprofits; Riverwest Elders, Shorewood Dementia Awareness Workgroup, Shorewood Senior Resource Center, LGBT Center, and Older Wiser Local (OWL) to present a screening of *All The Lonely People*. As a funding sponsor of this documentary, Saint John's was granted the rights to share the movie locally in 2022.

Shorewood Recreation Department provided us access to the Shorewood High School Auditorium and we enjoyed refreshments and energetic small group discussions following the viewing. We learned tangible ways that we can help reduce isolation and loneliness both in our lives and for those around us. To learn more about this documentary, visit

<https://www.allthelonelypeoplefilm.com/>





In December, our clients and volunteers enjoyed a lovely holiday luncheon in Saint John's North Cultural Arts Center, including conversation and music provided by a UW Milwaukee Jazz musician band called *Fashionably Late*. Rides were provided by Eastside Senior Services' volunteers and by Saint John's bus to anyone who needed one. Santa visited with greetings and flowers, and each guest left with a small parting gift. Many Saint John's volunteers and staff were on

hand to ensure everyone enjoyed themselves. The food and setting were simply amazing and festive, an event that will be hard to beat!

Lastly, Saint John's On The Lake has donated a beautiful office space that will allow us to work seamlessly while construction happens in our usual setting. We moved there in February 2023 and everyone has been so welcoming and hospitable.

"Saint John's is committed to making a difference by giving back to the community that we have been a part of for over 154 years", comments Renée Anderson, President and CEO of Saint John's. "In 2021, we redirected our community impact efforts to focus on building capacity of organizations in the wider Milwaukee community supporting the creation of lasting solutions to the negative consequences of poverty, discrimination and chronic health conditions among older adults. It's our honor to partner with ESS as we embrace their mission of helping older adults live independently and stay connected to their community."

Neighbors Helping Neighbors - A Pilot Program Funded by Bader Foundation

Most adults desire to remain in their homes as they age but in reality this could lead to a poor quality of life, with little social connections or support. If neighbors could help someone nearby, developing trusting relationships with one another and nurturing organic social connections, we would be helping someone remain in their own home, decrease isolation/loneliness, and reduce the financial burden of long term care. At Eastside Senior Services, our mission is to help with these issues for older adults to remain independent in the community. On average however, the



volunteers who help our clients live about ten minutes away from one another. What if we were able to match volunteers and clients in closer proximity to one another, perhaps even within the same block? We wanted to explore this possibility, and thanks to a grant provided by the Bader Foundation, we were able to begin this journey.

In September 2022, we began to intensively work within the Murray Hill neighborhood and actively engage residents to help one another. We met with the Neighborhood Association to discuss this pilot program and began making door to door visits to let the neighborhood know about the program. We visited area businesses and soon we will be sending a mailer out to the Murray Hill Neighborhood about this initiative. We also began a targeted marketing approach throughout our entire service area for client requests that we could not find a volunteer for, such as shoveling snow. When an unmatched service request occurs, we ask the client for permission to seek a volunteer within a block radius. All potential volunteers must undergo an application process, background check and orientation.



We continue to explore the potential of this program, and encourage you to engage with us should you have any further ideas to make this project a success! We welcome your thoughts.

A Passion for Community Building

My name is Elena and I am a UWM student, graduating with a Bachelor's in Social Work fall of 2023. I have been interning at ESS since September 2022 and primarily working on a new pilot program, Neighbors Helping Neighbors.



When I was speaking to my field liaison about what I wanted out of an internship, I expressed my passion for community building. My field liaison brought up Eastside Senior Services right away because of the Neighbors Helping Neighbors pilot project.

I was excited to be working in my own neighborhood on a community-building project. In my four years of living on the Eastside, I have volunteered in many places but I have never seen volunteers receive as much praise as ESS volunteers do. It feels amazing to work with people that really care about the work and the clients just as much as I do, if not more! With the Neighbors Helping Neighbors pilot program, I see people that care about their community and want to

help make it a strong and safe place for others around them. This gives me hope for the future of community building and neighborhoods all over the Eastside and Milwaukee county. I feel blessed to have been matched up with ESS at such an awesome time.

“They’ve Been a Life Saver” – Ellie Moseley

The story of Ellie Moseley highlights the compassion that Eastside Senior Services (ESS) has for its clients. Ellie is a client of ESS who has been with the organization since 2020. She describes her overall experience as highly positive because “they have been excellent in service [and] rides, and it’s easy to stay in my own home” independently, which “means a lot to me.”

Along with the value of maintaining independence for clients, ESS provides the opportunity to be a support system. When unexpected life events occur, ESS has been there to offer unconditional support. Ellie mentions, “they stick by me and [don’t] abandon me.”



This is a statement that came to life for Ellie when she experienced an unfortunate moment where she needed further assistance. On this day she was with Ashley Whitacre (*pictured here*), a volunteer who did not hesitate to help in a stressful situation. In addition, she immediately offered her time and compassion.

Ashley has not been a volunteer with ESS for a long time, yet she has made a huge impact on Ellie’s life and will continue to do so for others. She shows a great sense of care and is willing to spend her time helping others. In her interview, she mentioned that she is a Nurse and that on her time off she enjoys volunteering. She likes to give back to the community as this is something she is able to do.

During the unexpected incident, Ashley stood by Ellie’s side the whole time. Ashley mentioned how she was glad to be there for Ellie, and Ellie described how she is eternally grateful for having someone stick with her through this experience. “They’ve been a life saver,” she emphasizes. The generosity of Ashley as well as many other Eastside Senior Services volunteers highlights the importance of being there for others and how this builds trust in the community.

Note: As a Story Exchange Fellow working with ESS, it has been so valuable to listen to the stories of clients. Especially when clients like Ellie share a great sense of gratitude and enthusiasm for this organization. Stories like these say a lot about the people at Eastside Senior Services who have the best interest at the heart of clients and the community.

– Alma Sandoval Garcia

Alma, Story Experience Fellow at Marquette University Shares Her Experience

To say I gained a valuable experience with Eastside Senior Services would be an understatement. As a Story Experience Fellow, I came in with a positive and open mindset to learn about the organization. I was intrigued to learn about the history of ESS. I dived into the background information about it and soon began meeting the staff, volunteers, and clients. Shortly, I recognized that all who are involved in ESS are some of the most passionate and lovely people.



One of my first encounters with others was at a volunteer gathering. Here, I was surprised to see the numerous people who were attending. It was astonishing to see the love of the volunteers present, with energy full of excitement and joy. My favorite part of this event was listening to volunteers introduce themselves and tell a story that they've experienced with ESS.

One story was about a volunteer going along with a client to the grocery store. The client was specific in wanting to follow the order on their shopping list, in order not to miss anything. This story resonated with me as it shows that the volunteers are willing to support the client's independence by allowing them to make their own choices.

On my first ride with a volunteer and a client, I was amazed by the interaction between them because it was their first time meeting one another. The volunteer mentioned that they always made sure the client was comfortable and aimed to make their day better in any way possible.

I enjoyed learning about the client's personal life, and I loved that they were also curious to learn more about me and my educational aspirations. In our conversation, something along the lines of, "Don't worry too much about the future", and "Stress will make you get older sooner" were mentioned. Comments like these stood out to me as it was genuine advice that reflected that the client cared to get to know me. It also allowed for personal reflection that grounded me at the moment. Even though it was a short amount of time, I soon realized how impactful an experience like this can be with a client when it is approached with openness, humor, and wholeheartedness.

Throughout the year I have continued to listen to and document ESS experiences. What I love most about being a Story Fellow is gaining experience with this organization and being present in the remarkable volunteer-client relationship. It is powerful to witness this and to share these stories with others – it promotes volunteering and connection within the east side of the Milwaukee community.

A Story of Thankfulness to her Volunteer Helper

Written by Elizabeth Casper Rolfs, client of ESS

We had never met, but we had so much to talk about. I don't remember her name, but I'll always remember that afternoon.

She waited patiently while sitting in her car. I kept my doctor's appointment, then met her there in the parking lot. I had a favor to ask and I was hoping she would say yes. "Would you be

willing to drive me to my friend's house, so I could drop off this crock pot?" She asked where it was and finding out it wasn't far, she agreed. When we got there, she offered to take it up to the door for me. Because I had my walker and a brace on my foot - I gratefully accepted her kindness.

She carried the heavy crock pot, in a plastic bag, up to the front door, my friend directed her to the back door and then yelled to come around to the front. I watched my driver, trudging around from door to door, carrying the plastic bag with a heavy crock pot in it. I thought "Oh no, this is not going well! I should have done it."

When my driver got back into the car I apologized profusely. I had been embarrassed by my friend's behavior and felt some guilt that I hadn't taken on this awful errand myself. But this warm-hearted driver tried to put me at ease, her generosity really touched me. She had gone way beyond the simple description and I will always think fondly of this special ESS volunteer.

Current Fundraisers and Events



**Support Eastside Senior Services -
Purchase a Garden Gift Card!**

Order a Bayside Garden Center gift card from Eastside Senior Services and 15% of the proceeds goes toward us:

- Order at Eastside Senior Services, 414-210-5881 or essmilw@gmail.com. Indicate the amount - \$25, \$50, or \$100
- Pay via check, mail to Eastside Senior Services, 1840 N Prospect, Box 216 Milwaukee WI 53202. Or go to <https://essmilw.org/ess-donations/> and purchase via Paypal
- Orders and payment due to by **May 2**
- Gift cards will be received in time for Mother's Day, **May 14**
- Use your gift card to purchase anything at Bayside Garden Center, 400 E Brown Deer Road. Gift cards do not expire or decrease in value. Visit www.baysidegardencenter.com for more information.

We help adults 60 and older living on the Eastside and Shorewood remain independent in their own homes through offering free services such as transportation, companionship, shopping, light chores, minor home repairs, yard work, and more. All of this is done through the generosity of volunteers. For more information, visit us at www.essmilw.org or visit our Facebook page.



Eastside
Senior
Services
serving seniors since 1974

DINE-IN OR TAKE OUT!

Eastside Senior Services 2023

LOBSTER BOIL



Enjoy a Whole Maine Lobster Dinner at St. Paul Fish Company
at Milwaukee Public Market or at their Mequon Restaurant
While Supporting Eastside Senior Services!

Purchase \$50 certificates today which are good through June 30, 2023. Dinner includes a one pound steamed Maine lobster served with potatoes, coleslaw and drawn butter.

– Eastside Senior Services will receive a donation for each certificate purchased! –

Purchase your vouchers today online at www.essmilw.org, call 414.210.5881 for information.



EASTSIDE SENIOR SERVICES | 1840 N. PROSPECT AVENUE | MILWAUKEE, WI | 414.210.5881 | ESSMILW.ORG



ARE YOU A TRANSIT RIDER?

Looking for senior citizens who are 65 and older interested in participating in interviews about their travel experiences with public transit or paratransit.

What is this study about?

This study seeks to understand older adults' travel satisfaction and experiences with public transit or paratransit in Milwaukee County

Who can participate?

- Adults who are 65 and older living in Milwaukee County
- Have used the MCTS buses or paratransit services in the past 30 days

How to participate?

- If you are eligible and interested in participating in this study, please contact Eastside Senior Services to sign up for participation
- I will interview you at facilities affiliated with Eastside Senior Services or other public locations that are convenient for you
- Each interview will take about 30 minutes
- You will receive a \$15 Pick 'N Save gift card for participating in this study



THANK YOU to Financial Supporters

Eastside Senior Services wouldn't be able to do what we do without the incredible support of our partnering supporters. Because we are 100% donation based, every dollar counts. Aside from monetary donations, these partners champion us, help us find volunteers, allow us to represent ESS in ministry events, provide space in church communications, and more. Our office space at St. Mark's Episcopal and now Saint John's On The Lake is generously donated as well. We are so abundantly blessed by community organizations that believe in our mission, and for that we cannot say thank you enough. The following are our primary supporters:

Cathedral of St. John the Evangelist
Immanuel Presbyterian Church
Lake Park Lutheran Church
Old St. Mary Catholic Church
Our Lady of Divine Providence Catholic Parish
Plymouth United Church of Christ
Saint John's On The Lake
St. Mark's Episcopal Church
SS Peter and Paul Catholic Church
Shorewood Senior Resource Center
Suminski Family Funeral Homes
Three Holy Women Catholic Parish

Thank you to our Board!

Our board is a working board, actively helping with fundraising, spreading the word about our agency, volunteer recruiting, and providing professional opinions. Sponsoring organizations are highly encouraged to participate in the board. Members serving in 2022 include Carol Eschner (President), Pat Suminski (Treasurer, Three Holy Women), Connie Goggin (Immanuel Presbyterian), Ron Zingler (St. Mark's Episcopal), Bob Titley (Cathedral of St. John the Evangelist), Chris Hanks (Member at Large), Margaret Wittig (Old St. Mary Catholic Church), John Jacobs (Three Holy Women), and Deanna Marciniak (Member at Large).

Facebook

Like us on Facebook where we provide the latest on agency and area interests for older adults.



Lastly, a Final Request...

If Eastside Senior Services has resonated with you in some way and you would like to be considered a partner with us, please consider offering a donation. No offering is too small. We also encourage you to consider an end of life donation to our agency to help generations to come. We appreciate all your support!