



SeniorHelp

DECEMBER SENIORHELP VOLUNTEER ANNIVERSARIES

ONE TO TWO YEARS

DAVID PORTER
WHITNEY SHIPLEY

THREE TO SIX YEARS

JOSEPH GLIME
TERRY PAROLEK
KEVIN WILLS

EIGHT TO NINE YEARS

JIM DALE
BARBARA KASH
MANDY WINTERSTEIN

TEN TO TWELVE YEARS

JANE THURSTON

FOURTEEN YEARS

TOM HELLER
ANDREW LAMBRECHT
PAM LEWIS

We are Grateful!

Thank you to the many volunteers who participated in our Holiday Programs this season. We feel so fortunate to have volunteers who have stepped up in the past three months with our special projects aimed at helping those older adults in our community who are in special need.

Dozens of you helped make the season brighter by:

- ✂ Donating turkeys and hams
- ✂ Donating funds for hams, turkeys, meals and gifts
- ✂ Delivering meals
- ✂ Delivering holiday gifts
- ✂ Adopting clients for our Holiday Gift project

Your commitment to our volunteer efforts touches many lives at this time of year. In our January issue we will have more data so that you can see, by the numbers, your impact on these deserving members of our community.



Client Confidentiality

The SeniorHelp Program is committed to providing confidentiality for both our volunteers and the older adults who need our help. By law (HIPAA) and agency policy, volunteers are required to protect the clients' confidentiality: names, addresses, phone numbers, health information, etc.

No identifying information about a client should ever be shared with anyone except staff or with staff permission. This includes:

- ◆ Full names
- ◆ Phone Numbers
- ◆ Addresses
- ◆ Email addresses
- ◆ Anything that would identify a client to another person
- ◆ Health information

Please report your volunteer hours to Melissa each month:
seniorhelp.program@enoa.org, call (402) 561-2299 or text (402) 590-8934

Kindness is like
snow—it beautifies
everything it covers.

KAHLIL GIBRAN



Homemade Hot Cocoa

Ingredients:

- 1/2 c sugar
- 1/4 c baking cocoa
- Dash salt
- 1/3 c hot water
- 4 cups whole milk

In a saucepan, combine sugar, cocoa and salt. Add water. Bring to a boil. Cook and stir for 2 minutes. Stir in milk. Heat to serving temperature (do not boil). Remove from heat, stir in vanilla. Whisk until frothy. Garnish with marshmallows or whipped cream.



Notes of Appreciation...

A recent note from client *Mary L.* thanked **Blake M.** for his help, "**Blake** did a great job cleaning the gutters. Turns out they really needed it. You know how much I want to stay in my home. **Blake** told me this really helped to avoid future damage from the snow and ice....Thanks to **Blake** for being so generous with his time and hard work!"

David P. recently added new house numbers to the outside of a client's home. *Ora P.* called to say, "I just wanted to call and thank the volunteer who put my address numbers up." Her home is now more safe by having an identifiable address.

SeniorHelp volunteers help our clients remain longer in their homes, while improving their quality of life. Our gratitude to all of you!



**We would love to see your volunteer project pictures
and share your stories! Send your photos and/or stories:
Seniorhelp.program@enoa.org**

Meals on Wheels Corner

A note from the Director of Home Delivered Meals, Katelyn York:

Thank you to all for your continued support to
the Meals on Wheels program this year.

Because of the volunteer support we have been
able to deliver **169,590** meals to **1,521**
participants so far this year!



THE SENIORHELP PROGRAM

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OFFICE ON AGING

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*SeniorHelp is sponsored by the
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Office on Aging*