

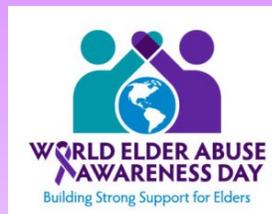


SeniorHelp



Elder Abuse Awareness and Reporting

Volunteers for the SeniorHelp Program are in a unique position to see older adults in our community in their own environment. Because of that, our volunteers are a good extra pair of eyes and ears on this vulnerable population. June 15 each year is World Elder Abuse Awareness Day. All year-round it is important to know the signs and the steps to take to prevent this abuse.



What is Elder Abuse?

The mistreatment or harming of an older person is an injustice we all need to prevent and address. Elder abuse can take many forms, including: physical, emotional/psychological, sexual, financial and neglect. Multiple forms of abuse can occur at the same time.

What are Signs of Elder Abuse?

Emotional & Behavioral Signs:

- ◆ Increased fear or anxiety
- ◆ Unusual changes in behavior or sleep
- ◆ Isolation from friends or family
- ◆ Withdrawal from normal activities

Physical Signs:

- ◆ Dehydration or unusual weight loss
- ◆ Missing daily living aids (glasses, walker, medication)
- ◆ Unexplained injuries, bruises, cuts or sores
- ◆ Unsanitary living conditions, poor hygiene, unattended medical needs, torn, stained or bloody underclothing; sexually transmitted diseases without clear explanation

Financial Signs:

- ◆ Fraudulent signatures on financial documents
- ◆ Unpaid Bills
- ◆ Unusual or sudden changes in spending patterns, will, or other financial documents.

Reporting:

Call SeniorHelp: (402) 561-2238

Serious and immediate emergencies, or after business hours, call 9-1-1.

Nebraska Adult Protective Services (24 Hour): 1-800-652-1999

Local Long Term Care Ombudsman Office: 402-561-2239

JUNE SENIORHELP VOLUNTEER ANNIVERSARIES

ONE YEAR

Laura B.
Steve C.
Colleen H.
David S.

THREE TO FIVE YEARS

Jim B.
Bob F.
John H.
Susan N.
John P.
Kim R.

SIX TO SEVEN YEARS

Reggie C.
Everett H.
Tim S.

TEN TO TWELVE YEARS

Bob A.
Debby K.
Laura K.
Daniel W.

EIGHTEEN TO TWENTY-ONE YEARS

Arlene L.
Roger F.
Mike Z.

Notes of Appreciation...

In May, client *Mary L.* was helped by four SeniorHelp volunteers. She sent thank you messages: "Please thank *Charles* and *Karen* for their kindness and hard work. *Charles* pulled three big bags of weeds...*Karen* vacuumed which was so needed. They were both such nice people...I always feel safe and confident that your choices are good people. I sincerely appreciate the help. Mary also added, "I also want to thank *Pam*. I look forward to seeing her to help with mail and trash each week. She is a real delight." She added, "I would like to thank you for your kind and generous help. *Jim* put my bench together, and I love it. It was so helpful and nice. Please send my thanks to them."



Volunteer *Debby K.* is an example of how you are all so important to their lives. *Debby* told us of one client, "She is a dear. I spent two hours with her Saturday morning and will go back this Wednesday. She told me she is depressed so I will take her a treat Wednesday!" In little and big ways, as with *Debby's* consideration of her client's feelings, you are helping our clients both physically and emotionally. We are extremely grateful for all that you do!

Mask Requirement Lifted for Meals on Wheels Drivers

The Meals on Wheels program has decided to lift the mask requirement for deliveries. We will still be doing contactless deliveries for the safety of our drivers and participants. Please review these guidelines, and **never leave a meal if you do not see or hear the client.**

- ◆ Meals must be delivered in plastic bags and either hung on client's door, set on a chair, or other convenient location for the client.
- ◆ Delivery staff must knock or ring the client's door for response.
- ◆ A 6-foot distance must be kept between the delivery staff and clients.



Easy Peach Cobbler

Ingredients:

- ◆ 1/2 cup butter
- ◆ 1 cup all-purpose flour
- ◆ 2 cups sugar, divided
- ◆ 1 Tblsp baking powder
- ◆ Pinch of salt
- ◆ 1 cup milk
- ◆ 4 cups fresh peach slices
- ◆ 1 Tblsp lemon juice
- ◆ Ground cinnamon or nutmeg (optional)



Directions:

1. Melt butter in a 13" x 9" baking dish.
2. Combine flour, 1 c sugar, baking powder + salt. Add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir).
3. Bring remaining 1 c. sugar, peach slices + lemon juice to a boil, stirring constantly. Pour over batter (do not stir). Sprinkle w/cinnamon.
4. Bake at 375° for 40-45 mins. or until golden brown. Serve warm or cool.

THE SENIORHELP PROGRAM

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Please remember to report your time to Melissa (seniorhelp.program@enoa.org) every month, even if your monthly total is 0 hours. Thanks!