

A QUARTERLY UPDATE
FROM THE MOW TEAM

**A FRIENDLY REMINDER:
YOU MUST BE HOME FOR YOUR MEAL!**

Under NO circumstance can we leave your meal when you are not home.

- Call us as soon as you have scheduled an appointment if it is during the meal delivery time, to cancel your meal for that day.
- You may call us anytime, but you must call **before 9am** on the day of.
- If you forget to call by the deadline, please contact us anyway so we can avoid sending the driver with your meal.

Things to remember:

- Be home **between 11am-1:30pm** each weekday.
- Listen for the driver to knock or ring your doorbell.

Too many last-minute cancellations or not being home during meal delivery WILL result in your meals being put on hold.



UPCOMING HOLIDAYS

The Meals on Wheels program will be closed, and we will not deliver meals the following days:

Memorial Day 5/25

**Independence Day
7/3**

Labor Day 9/7

A flyer to sign up for a frozen meal will be sent out prior to the holiday.

WHAT DOES MEALS ON WHEELS MEAN TO YOU?

We are gathering stories on how Meals on Wheels has impacted our participants' lives. If you have a story to share, please send us a letter to: Meals on Wheels 4780 S. 131 Street
Omaha, NE 68136

Or you can email us at mealsonwheels@enoa.org.

We are also hoping to get some participants on video. If you would like to be a superstar, please give us a call at 402-444-6766!



ENOA **Eastern Nebraska** **Office on Aging**

4780 South 131st Street | Omaha, NE 68137
402-444-6444 | Toll Free: **1-888-554-2711**
enoa.org

Serving Cass, Dodge, Douglas,
Sarpy and Washington counties

ENOA's mission is to promote choice and enhance the wellbeing and dignity of aging adults, caregivers, adults with disabilities, and those with the greatest economic need so they may live independently.

SERVICES AVAILABLE:

- Information & Assistance
- Care Management
- Medicaid Waiver
- Service Coordination
- Personal Care Assistance
- Personal Emergency Response
- Caregiver Support
- Meals on Wheels
- Senior Centers
- Volunteer Services
- Aging and Disability Resource Center

PREPARING FOR DISASTER OR SEVERE WEATHER

Before an emergency

- Make a plan for what you will do if disaster strikes.
- Have medications, other essential items, and doctor's numbers in a "grab and go" location.
- Know where and how to shut off water, gas, and electric valves.
- Keep vital records in a safety deposit box or other safe location.
- Prepare for home medical needs (CPAP, oxygen, lift chairs, etc.) in case of power outage.

What you can do now!

- Create a list of phone numbers for family and friends to contact for assistance.
- In case of evacuation, plan how you will get away and where you will stay or go. Have a back-up plan as well.
- For fire safety, plan two ways to get out of every room.
- Share your plans with family and friends.
- Make a plan for your pets (if applicable).

