



# SeniorHelp



## SeniorHelp Volunteer Transforms Yard in an Afternoon

The work you do as a SeniorHelp volunteer really does make a difference in the lives of those whom we serve. Our mission is to provide volunteer assistance to older Nebraskans that will help them remain independent and in their own homes and improve the quality of their lives.

This yardwork project, completed by volunteer **Brad B.**, fulfilled all of these objectives to client **Mary W.** Besides having a nice yard to look upon, the client avoids conflict with neighbors and the city by having a neat and trimmed lawn and yard. These before and after photos of Mary's yard show the volunteer's hard work.



Before



After

**We would love to see your volunteer project pictures and share your stories!**

**Send your photos and/or stories to: [Seniorhelp.program@enoa.org](mailto:Seniorhelp.program@enoa.org)**

## VOLUNTEER ANNIVERSARIES

### ONE YEAR

Sandra Ash  
Veska Doloto  
Jacob Klein  
Karen Klusaw  
Blake McCreedy  
Jon Nelson

### FIVE TO EIGHT YEARS

Judith Benjamin  
Rhonda Boger  
Ronald Bousquet  
Tammy Thomas  
Cheryl Vacek

### TWO TO FOUR YEARS

Brad Birkholtz  
Pam Birnie  
Dave Ciaccio  
Magee Kopecky  
Karen Leibman  
Jeri Petersen  
Alex Pinkleton  
Jackie Rapier

### EIGHT TO TEN YEARS

Cortney Stanislav  
Bill Waters  
Katherine Waters

### FOURTEEN YEARS

Gene Rhodman  
Kris Rhodman



## Providing Transportation

One issue our SeniorHelp clients face is the inability to drive themselves. They are also often unable to find rides to keep appointments and shop for themselves. The help you provide makes a big difference in their independence. Here is a reminder from our Orientation Handbook:

- ♦ All clients who request transportation are required to be able to get in and out of a vehicle on their own.
- ♦ Volunteers must use their own vehicles to provide transportation. Do not drive the client's car under any circumstances.
- ♦ Please keep us up-to-date on changes to your automobile insurance.

Thank you for your continued help, time and use of your vehicle for transporting clients!

**Please report your volunteer hours to Melissa each month.**

**Email [seniorhelp.program@enoa.org](mailto:seniorhelp.program@enoa.org), call (402) 561-2299 or text (402) 590-8934**



## Spiced Apple Pie Cider



### Ingredients:

- 1 1/4 quarts apple cider
- 3 Tbsp firmly packed light brown sugar
- 7 whole cinnamon sticks (6 for garnish)
- 1 tsp ground allspice
- 1/2 tsp ground ginger
- Ground cloves
- Freshly grated nutmeg
- Salt

### Directions:

In a medium saucepan, whisk together cider, sugar, spices, and salt. Bring to a simmer over medium-low heat. Remove from heat. Strain into a pitcher. Discard solids. Serve in mugs, garnished with cinnamon sticks.

## Notes of Appreciation...

Recently we received a message from client *Carl L.* in appreciation of volunteer **Brad B.**'s for him, "You sent **Brad** to clean my gutters. He did a fantastic job and had a fantastic, excellent personality. I'm very happy. I'm very relieved, and I'm very, very pleased. Thank you, thank you, thank you."

Happily we bask in  
this warm  
September sun,  
Which illuminates all  
creatures

-Henry David Thoreau

## THE SENIORHELP PROGRAM

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SeniorHelp is sponsored by the  
Eastern Nebraska  
Office on Aging

www.enoa.org

## Meals on Wheels Corner

SeniorHelp received a letter from longtime Meals on Wheels volunteer driver, **Sheila Bell**. We'd like to share her words about her many years of volunteer service in meal delivery:

"My introduction to the Meals on Wheels program began in England in the 70's. I would pick up food containers at a village diner and deliver a meal to an elderly gentleman. We would visit and I would listen to fascinating stories of Air Ships at the RAF College where my husband was stationed during that time.

Later, when we were settled in our home in Papillion, Ada Max Brookover put out a request to the Bellevue local churches for volunteers for the Meals on Wheels program. My Aldersgate friend Myrt Moore and I volunteered to take Route 3 on Tuesdays along with my grandson, Andrew, who I carried in an infant seat. We were trained by Ada Max and thus started an adventure that has gone on for 30-plus years! Twenty-nine of those years were in the Bellevue area going to individual homes. I am presently delivering at the Trinity Court complex in Papillion, closer to my home. I do this once a week or sometimes more if needed to fill in for someone.

The joy I have experienced during these years of delivering meals and meeting so many wonderful people, many of whom became close friends is priceless. There have been challenges; the weather, COVID, and three occasions calling 9-1-1, but there are also many rewards. I had the privilege of participating at the funeral of one of my dear friends on Route 3. A widow of one of my previous clients has remained a friend for over 15 years. I'm in my 80's now, and God has blessed me with good health. I guess I'll be delivering Meals on Wheels as long as I can, until I need them for myself.

It's more than a meal. Sometimes you are the only personal contact these folks see that day, so it also a *mission*."



MOW Volunteer Sheila Bell with grandson, Andrew