



SeniorHelp



Thank You from the SeniorHelp Staff!

We appreciate how all of you have been so flexible and so understanding as we have changed our method of collecting your hours from one that was so familiar, to one that is new for all of us.

Thank you so much, all SeniorHelp volunteers, for making this transition so easy to execute. We are very grateful for you letting us know how much time you have at the beginning of each month, for the previous month.

We know that this has been an adjustment, and that we have been persistent (and maybe a little annoying) with our time collection emails. Your responsiveness has been outstanding!

We ask for your continued cooperation and patience with us. This time you report translates to how dedicated you all are to affecting the lives of our clients for the better! For that, we are most appreciative!



Protecting Yourself and Your Clients from Scams

According to AARP, older adults lose billions of dollars a year to scammers. In many scams, older adults are targeted more than any other age groups, and fall victim more often as well. These scams happen by mail, over the phone, and by email.

Here are some things you can use to protect yourself, your loved ones, and your clients from email scams:

- 1) Don't promise to wire money, or pay with a gift card
- 2) When in doubt, call the sender to verify that their email address has not been hacked.
- 3) If it sounds too good to be true: it is.
- 4) Change your email password often.

You can report any scams to the state attorney general's office at <https://www.nebraska.gov/apps-ago-complaints/> and [ReportFraud.ftc.gov](https://www.ftc.gov) to protect more older adults from this type of fraud.

SENIORHELP VOLUNTEER ANNIVERSARIES

ONE TO TWO YEARS

Patricia Dunn
Thomas Dunn
Sydney Enokawa
Trisha Funk
Liz Herriot
Marilee Kelly
Tessa Miner
Duane Prorok
Karen Rossman
Susan Witherell

THREE TO FOUR YEARS

Joseph Doherty
Gail Houghton
Bonnie Kratina
Lawrence Marvin
Cathleen Morrison
Sue Rice

FIVE TO SEVEN YEARS

Leigh Chaves
Jacob Crnkovich
Heidi Fostvedt
Rosalie Hunter
Mary Lykke
Susan Scholl

TEN TO THIRTEEN YEARS

Doug Halbur
Lonnie Newkirk
Jennifer Wellendorf

Please report your volunteer hours to Melissa each month.

Email seniorhelp.program@enoa.org, call (402) 561-2299 or text (402) 590-8934

Notes of Appreciation...

We appreciate every one of you. The clients you serve are especially grateful. Not every client expresses their gratitude in a message; but we like to share those that we receive.

Recently **David P.** trimmed bushes and cleaned gutters for client **Otis B.** The client's daughter left this message:

"I just wanted to let you know the wonderful job **David** did...It looks very nice now around the front...Thank you once again for sending him our way."

Client **Lynette B.** left this message after **Bill S.** accepted an opportunity to help her with yard work:

"I wanted to let you know how wonderful **Bill** did my flower beds and also my gutters... I just wanted to commend him on the wonderful job he did for me.."

You are all providing assistance that help our clients remain independent and improve the quality of their lives. For that you deserve loads of thanks!

Fresh Corn Salad

Ingredients:

- ◆ 4 ears fresh corn, shucked
- ◆ 8 cherry tomatoes, halved or quartered
- ◆ 1/2 sm. Red onion, diced
- ◆ 2 ozs. Feta cheese, crumbled
- ◆ 1/4 cup torn fresh basil leaves
- ◆ 3 Tblsp apple cider vinegar, whisked with 2 Tblsp olive oil, 1/2 tsp kosher salt and 1/4 tsp freshly ground black pepper

Directions:

Cut the kernels off the cobs into a large bowl. You should have about 3 cups kernels. Add the tomatoes, onion, feta, basil, vinegar, oil, salt & pepper, and stir. Cover/refrigerate for 30 minutes before serving.



Are You Concerned with the Rights of Residents in Care?

A primary fear of older adults is having to leave their homes to live in assisted living or long-term care. Are you interested in helping these vulnerable elders by protecting their rights while in care?

The Eastern Nebraska Office on Aging is looking for volunteers to join its Long-term Care Ombudsman Program.

Volunteers must be 21+, and be able to commit 2 hours per week to visiting a facility. You decide the day and time of week that fits your schedule. Training is provided.

Please consider helping to protect the rights, well-being and quality of life of those in assisted living and long-term care facilities.

Call (531) 466-6624 for more information.

THE SENIORHELP PROGRAM

EASTERN NEBRASKA OFFICE ON AGING

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SeniorHelp is sponsored by the
Eastern Nebraska
Office on Aging

www.enoa.org

Introducing: Meals on Wheels Corner



We'd like to introduce you to our new Meals on Wheels corner. This space will be dedicated to recognizing those volunteers who help to deliver the 600+ meals per day, year-round and in all types of weather, to our clients' homes in the counties that ENOA serves.

It is no small task for volunteers to take this time out of their day to make sure these older adults are given a smile, a meal, and a well-check every week day of the year. We appreciate each one of you — whether you deliver many routes a week, or once in awhile. Thank you!

Please share your stories and photos in this space. You can email them to us at seniorhelp.program@enoa.org; or call us at (402) 561-2238 and let us know you'd like to contribute.