



SeniorHelp



MASK REQUIREMENT FOR CLIENT CONTACT

Because of the rapid spread of the new COVID-19 variant and rates of infection going up considerably, SeniorHelp will now require all volunteers to wear a mask anytime there is contact with a client. We must take any measures we can to protect these most vulnerable adults.

If you are providing any service where you enter a client's home, even if you're not in direct contact, you must wear a mask. It is difficult, with escort transportation, to maintain distance. Please do your best to ride as far apart as possible, and you (and preferably your client as well) must wear a mask.

We are seeing infection rates higher than ever anticipated, so these measures are in place to protect both you and your client.

Meals on Wheels Volunteers are reminded to continue using your masked and no-contact meal delivery procedures.

We wish you a safe, and healthy, New Year!

Procedures for Meal Delivery When a Client is Not Home

There are many reasons a Home Delivered Meals client may not be answering when you are delivering their lunch. It is possible they have had an unexpected visitor take them to lunch, a forgotten medical appointment, or perhaps there is some emergency.

Volunteers are reminded to **never leave a meal when a client is not home or not answering**. This is not only helpful for food safety, but is also a safety net for our clients. Call the Meals on Wheels office—**402-444-6766**. The office will call the clients and/or their emergency contact to make sure everything is okay.



JANUARY VOLUNTEER ANNIVERSARIES ONE to TWO YEARS

Kristen D.

Julie D.

Bennie J.

Jay K.

Warren N.

Anna O.

Makenna P.

Joe Q.

Vickie Q.

Matthew S.

Darlene T.

Francy V.

THREE TO FIVE YEARS

Colin A.

Janice J.

Brad K.

Bill L.

Ruth L.

Frank O.

Karla S.

EIGHT TO ELEVEN YEARS

Kim B.

Becky B.

Rebekah C.

Jimmy H.

Arnold K.

Carol P.

Pam S.

14-19 YEARS

Dave C.

Jason C.

Ellen L.

Ken L.

Bob L.

Jim S.

Thomas W.

23 Years

Dave and Rita P.

Notes of Appreciation..

SeniorHelp clients are very appreciative of their snow removal volunteers after the recent snowfall. We've received calls expressing their gratitude.

Our volunteers not only drove through the snowy streets, but braved arctic cold conditions to help their clients remove snow from their driveways and walks.



Thank you to all volunteers who have taken care of their clients' needs even in the recent cold and snow.

Conversation Starters

Visiting with our SeniorHelp clients has truly been a lifeline for them during a time of isolation and loneliness. Here are a few conversation starters that may enrich these visits, for both of you:

- ♦ What was the best advice your parents gave you? Did you listen?
- ♦ What do you think the best age is?
- ♦ How did you choose your children's (or pets') names?
- ♦ What moment in history do you most vividly remember?



Ravioli Lasagna

Ingredients:

- 1 lb ground beef or ground turkey
- 1 jar (28 oz) spaghetti sauce
- 1 package frozen ravioli—any kind
- 1 1/2 cups shredded mozzarella
- Minced fresh basil, optional



Directions:

1. In a large skillet, brown beef/turkey over med. heat until no longer pink. Drain. In a greased, 2.5 qt. baking dish, layer a third of the spaghetti sauce, half the ravioli and beef, and 1/2 cup cheese. Repeat layers. Top with remaining sauce and cheese.
2. Cover and bake at 400° F until heated through, 40-45 minutes. If desired, top with basil.

Recipe: Taste of Home

THE SENIORHELP PROGRAM

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OFFICE ON AGING**

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**SeniorHelp is sponsored by the
Eastern Nebraska
Office on Aging**

www.enoa.org

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