



SENIORHELP



MARCH VOLUNTEER ANNIVERSARIES

ONE TO THREE YEARS

Laura E.
Caitlin E.
Andy E.
Alex M.
Donna S.

FOUR YEARS

James H.
Sarah L.
Sherry R.
Brenda Z.
David Z.

FIVE TO EIGHT YEARS

Rick B.
Jim B.

NINE YEARS

Linda H.
Mary K.
Mike K.

Notes of Appreciation...

A bonus to being a part of the SeniorHelp Volunteer program is that we hear the appreciation shown by our clients for the selfless job so well done by our volunteers.

This past month we heard from client Beverly C., who was grateful for the companionship match she has with

volunteers **Ally** and **Dann M.** She told us that "it is a privilege" to be matched with this couple. She also remarked, "I always wish I had more time with them when they visit. They are wonderful people."

She is happy that the couple is from her generation, so they have a lot to talk about.

"I always wish I had more time with them..."

-Client Beverly C. 

"He's just a wonderful, wonderful human being altogether"

-Client Maureen G. 

Client Maureen G. left us a voicemail message praising the handyman work that volunteer **Mitch M.** did for her over a recent weekend. Among her words of praise for the volunteer, she felt that Mitch was, "...more than professional, more than affable. He was very kind, very thoughtful, just a wonderful, wonderful human being altogether."

Thank you to all of our volunteers! Your time and dedication to the SeniorHelp Program is noticed and appreciated!



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

Send your photos and/or stories to:

Dhhs.SeniorHelpVolunteerProgram@nebraska.gov

Dear SeniorHelp Program Volunteers,

We are all aware, from the media and from local and national health organizations, that the Coronavirus (COVID-19) is a concern for our communities. While our program does not want to cause any panic, we do feel that it is our responsibility to provide proactive information. Because our volunteers have contact with those most vulnerable, the aging population, we want to assure you that we have both your health and the health of our clients in mind in communicating this information about the prevention of the virus.

Many of our clients depend on our volunteers for assistance, so we want to be careful not to overreact. It is okay to continue services at this time. Some clients may be wary of having anyone come in their home from the outside. We ask that you contact your client in advance to make sure they are okay with you coming over. Understandably, some volunteers may prefer not to see clients during this time as well. Please inform staff if that is your preference or if you would like to discuss other options for your client. Please do not see your client if you have any symptoms of illness at all.

Meals on Wheels volunteers: This only pertains to you if you are also helping, or plan to help, an individual client with SeniorHelp. Information regarding any updates/changes to Meals on Wheels delivery will be provided to you by Meals on Wheels staff.

Our state department of Health and Human services refers to the protocol published by The University of Nebraska Medical Center, which follows. This information was taken from their website (nebraskamed.com):

How can I avoid getting COVID-19?

The best advice is to practice good hygiene and common sense measures like you would with the seasonal flu. Those things include:

- Wash your hands often with soap and warm water for at least 20 seconds – hand sanitizer is a second option.
- Don't touch your mouth, nose, or eyes, especially with unwashed hands.
- Avoid contact with people who are sick.
- If you are sick, stay at home.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing – DON'T cough or sneeze into your hands.
- Frequently clean and disinfect frequently touched objects in your home, car and workplace.
- If you are traveling overseas, make sure to follow CDC guidelines at wwwnc.cdc.gov/travel.



*"The most
wasted of all
days
is one
without
laughter."
- e.e.cummings*



SPOTLIGHT ON AN OPPORTUNITY

Organizing Apt; Hang Clothing, Rearrange Items for 70-year-Old	49th & Q	#3194222
Clean Gutters on One-Story Home for 72-Year-Old	52nd & Kansas	#3167816
Repair Two Holes in Wall for 70-Year-Old	36th & Ames	#3046154

THE SENIORHELP PROGRAM

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*SeniorHelp is sponsored by the
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Office on Aging*

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