Home Delivered Meals Safety Protocol

Thank you to those who have stepped up to substitute, and to those who have been delivering Home Delivered Meals throughout the pandemic. Your time and care with our clients is greatly appreciated. Please review these directives and call us with any questions or concerns.

♦ Make sure the van driver includes bags to put the meals in and ask for them if not included.
♦ Masks are required, if you need one the van driver will have one on board for you.
♦ Put all meals and extras in bags (provided) and place them on the inside or outside door handle and then ring bell or knock.
♦ Step back and wait for the person to answer the door keeping our recommended social distance of 6 feet.
♦ Please let the office know if someone doesn’t answer their door. Do not leave the meal unattended!!

More Safety Protocol Reminders:

If there is any necessary contact with client, both client and volunteer are required to wear a mask and maintain social distance of at least 6 feet.

Remember: All transportation for clients is still on hold.

When shopping by list:

· Clients must plan to make their lists complete for what they will need for the time period.
· If volunteers are asked to pay for their clients’ needs, they will submit receipts for reimbursement to ENOA. (See next page regarding EBT/SNAP benefit cards)

For Reimbursement:
1. Take a picture of the receipt with your phone or scan receipt and email to our program email: dhhs.seniorhelpvolunteerprogram@nebraska.gov or
2. Write KAREN KELLY on the envelope, and mail the original receipt to:
   ENOA – Karen Kelly
   4780 S 131st St
   Omaha NE 68137

Remember our email address has changed:

seniorhelp.program@enoa.org

SeniorHelp Services We Are Providing with No Contact

♦ Grocery Shop by List
♦ Telephone Reassurance
♦ Telephone Companionship
♦ Yardwork
♦ Lawn Mowing
♦ No Contact Handyman
Watermelon Slushie

10 cups Seedless Watermelon Cubes, frozen for at least 24 hours
2–4 tbsp Maple Syrup (or your favorite sweetener)
Juice of 1 large Lime
1/4 cup Fresh Mint or Basil leaves, loosely packed (Optional, but recommended)
1 1/2 cup Filtered Water

1. First, let the Frozen Watermelon chunks sit at room temperature for 5-10 minutes to defrost some. Then, add the Watermelon, 2 tbsp Maple Syrup, Lime Juice, Mint, and Water to a high-speed blender.

2. Pulse the blender until the Watermelon starts to break up some, then blend to form a thick, slushie consistency. Adjust the Maple Syrup to taste, adding more if necessary. If the mixture is too thick for your liking, you can also add in extra water. For a fun fizzy alternative, substitute the Filtered Water with a flavored Sparkling Water of your choice!

3. Divide equally into 4 glasses, serve, and enjoy!

Reminiscing: Conversation Starters for Seniors

Telephone Visiting is one activity the SeniorHelp Program is able to provide during this time of pandemic. It can prove difficult to bring up new subjects with each conversation. Studies have proven that reminiscing benefits seniors on both a cognitive and an emotional level. Here are a few conversation-starter ideas:

- Who were your friends while you were growing up?
- What is the best job you’ve ever had?
- Did you grow up with pets? What was your favorite?
- What is your best advice you would give yourself at age 20?
- What new technology has helped your life? Which do you find most annoying?