



# SENIORHELP



## Keeping in Contact with Your Clients

SeniorHelp Program volunteers have been active in serving our senior clients throughout the pandemic. Our governing board is interested in knowing what kinds of things our program is doing to help and to care for them.

What types of things are you doing, or are you interested in doing, for your clients? Have you been making telephone calls instead of in-person visiting? Maybe you've sent cards or letters to your clients during this time. Please let us know.

If you're concerned about your SeniorHelp clients, and want to do something to keep your connection, just send us an email at [seniorhelp.program@enoa.org](mailto:seniorhelp.program@enoa.org), or give us a call at **(402) 561-2238**. We can help you set up an opportunity to keep in contact.

As always, we appreciate your care and time!

## Notes of Appreciation...

SeniorHelp client, Mildred B., was very appreciative of some recent yard-work done by **Kevin W.** She left us this message: *"...Kevin did a wonderful job. He is the best worker and he pulled all those weeds by the root. I can look at the backyard and I can see the wonderful flowers in my bushes. I thank him and I sure appreciate him. He's a fast worker and a good worker. And thank you and thank you and thank you."*

Volunteers **Jim B.** and **Bob B.** received thanks from a client, Robert V. **Jim** and **Bob** removed undergrowth and volunteer trees, as well as installing a soaker hose. Robert said he was very grateful for, and impressed by, his volunteers' talent and hard work.

## AUGUST VOLUNTEER ANNIVERSARIES

### ONE YEAR

Lara C.  
Gail H.

### TWO YEARS

Joseph D.  
Bonnie K.  
Lawrence M.  
Cathleen M.  
Sue R.  
Susan T.

### THREE TO FIVE YEARS

Jon B.  
Jacob C.  
Heidi F.  
Rosalie H.  
Mary L.  
Susan S.

### SEVEN TO NINEYEARS

Calem W.  
Jennifer W.

### TEN YEARS

Lonnie N.

### ELEVEN YEARS

Doug H.

**Remember our email address has changed:**

**[seniorhelp.program@enoa.org](mailto: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

## Grilled Peach Salad

There's nothing quite like a ripe peach in summer. Here's a recipe from *foodnetwork.com*, with a twist, to enjoy summer peaches at their peak.

### Peaches:

Remove pit and slice 3 peaches into wedges. Place the peaches in a bowl and drizzle with olive oil. Sprinkle with salt and toss well. Place on the grill and cook for 1 to 2 minutes on each side.

### Salad Ingredients:

5 cups mesclun greens mix  
1/2 cup chopped pecans  
1/3 cup crumbled feta cheese

### Dressing:

3 tablespoons rice wine vinegar  
1 tablespoon Dijon mustard  
1/3 cup olive oil  
1/2 teaspoon salt

Place the mesclun mix in a large bowl. Add chopped pecans, feta and cooked peaches. Whisk together dressing ingredients. Drizzle salad with dressing and toss to coat. Enjoy!



### Shopping for a Client with an EBT Card

We are now able to assist those clients who use SNAP/EBT benefit cards for food purchases with grocery shopping by list. If you have a client who wants to use these funds for their groceries, please call us. We will set up the guidelines between the volunteer and the client.

### Common Scams Targeting the Elderly

#### The Grandparent Scam

There has been an uptick in seniors receiving phone calls from someone posing as a grandchild. The person answering typically is asked to wire money or gift cards to get a grandchild out of a perilous situation or to post bail. Sometimes the scammer uses information read on a real grandchild's social media to convince the senior.

#### The Prize Scam

A sweepstakes or lottery scam promises the senior winnings if they send money for taxes, administration fees, or any number of false payments. A very real-looking check may be sent, which when deposited, bounces a few days later. By then the scam artist has already collected the fees sent to them as "taxes".

#### Funeral or Cemetery Scam

A funeral or cemetery scam is pulled off by a letter or phone call to a grieving widow or widower. The letter or script is used to convince the victim that there are outstanding debts owed by the deceased. Small to large amounts of funds are then extorted by the scammer.

#### How to Report Scams

If a senior you are helping reports any of the above scams, or any other suspicious phone calls or letters, they can be reported to local police and/or the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116.

Sources: AARP, NCOA, fbi.gov

### THE SENIORHELP PROGRAM

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SeniorHelp is sponsored by the  
Eastern Nebraska  
Office on Aging