



SENIORHELP



SeniorHelp Snow Removal

With autumn upon us, believe it or not, it is time to start thinking about snow removal opportunities. We're in the process of collecting names of volunteers who are willing to provide this important service for our senior clients.

Our guidelines for snow removal are to shovel or blow the snow:

- **From those areas necessary for clients to access the home**
- **When there are 2" or more of snow, and**
- **Within 24-48 hours of snow ending.**

We prefer to match volunteers to clients 1:1, but we do keep a list of volunteers who are willing to do removal "on call".

If you would like to be considered, either to be matched for the season with a specific client/clients; or to be on the on call list, please let us know. You may contact us by email at seniorhelp.program@enoa.org, or call us at (402) 444-6536.



Helping Our Clients through the Pandemic

Even with social distancing and other health-securing guidelines, the SeniorHelp Program volunteers have been able to help with many important services so that our clients can remain safely at home.

These are the services we are now providing using safety protocol and not entering clients' homes:

- * Grocery Shop by List
- * Telephone Reassurance
- * Telephone Companionship
- * Yardwork
- * Lawn Mowing
- * No Contact Handyman
- * Outdoor Painting
- * Leaf Raking

SeniorHelp is looking at ways our volunteers can safely provide brief in-home services soon.

Keeping gardens, lawns and home exteriors looking their best is a great boost to our clients' self-esteem. It also provides them with a sense that we truly care for them during this very tough time.

Volunteering Has its Benefits

How many benefits have you gained from volunteering? An article published last December by The United Way Fund described these four benefits that lead the list:

- Growth
- Enrichment
- Learning
- Friendship

Let us know how your life has been enhanced by sharing your time and care!

Notes of Appreciation...

Client Mary L. was so grateful for yardwork help from volunteer father and daughter, **Dave B.** and **Alexis B.**, that she left us a message. She said, *"It makes me feel so appreciative to know they care so much. I no longer have to look at all the mulch sitting in my driveway."*

Thanks to all SeniorHelp volunteers for all you do to help our clients!

**AUGUST
VOLUNTEER
ANNIVERSARIES**

ONE TO THREE YEARS

Pam B.
Rhonda B.
Ron B.
Dave C.
Magee K.
Jamie M.
Jeri P.
Kelli Y.

FOUR TO EIGHT YEARS

Judith B.
Cortney S.
Jamie S.
Tammy T.
Cheryl V.
Bill W.
Katie W.

TWELVE YEARS

Gene R.
Kris R.

QUICK & EASY APPLE TART

Using frozen puff pastry and harvest-fresh apples, this yummy tart comes together in a snap! Use:

- 1 Whole Sheet Puff pastry, cut in half
- Nonstick cooking spray
- 1 cup brown sugar
- ¼ tsp salt
- Juice of ½ a lemon
- 3 whole apples – cored, halved & sliced (not peeled)
- Caramel sauce & pecans for serving



1. Preheat oven to 425 F. Spray baking pan w/cooking spray
2. Place the puff pastry rectangles on pan. Add sugar, salt & juice to apples.
3. Stir apples & let sit for a few minutes.
4. Arrange apple slices on pastry, overlapping as you go.
5. Bake until pastry is puffed & golden – about 20 mins
6. Remove from pan, cool, serve with caramel sauce & pecans



By all

these

lovely tokens

September days

are **HERE**

Wish summer's

best of weather

and autumn's

best of **cheer**

THE SENIORHELP PROGRAM

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

www.enoa.org

**Remember our email address has changed:
seniorhelp.program@enoa.org**

