



# SENIORHELP



## Holiday Gift Delivery Changes for 2020

It goes without saying that this year is different in many ways. Because our agency's clients are in one of the most vulnerable populations in the pandemic, there will be changes in the way we perform Holiday Gift Delivery.

We know that this is a popular project with many of our volunteers, and we regret that you may not be able to participate in the way you have in past years. The changes are, of course, all in the interest of the health of both clients and volunteers.

SeniorHelp volunteers will not be delivering gifts directly to clients' homes this year, as we have done in the past. All gifts will be delivered by ENOA staff.

We will have a very limited number of clients for our volunteers to "adopt" - around 20. We will send out requests when we know exact numbers and details.

Thank you for all the time and care you have shared with our Holiday Gift Delivery program in the past, and for your generosity with the program now and in future holiday seasons!



## Grateful Thanks to our SeniorHelp Volunteers

We were overwhelmed with the turkeys, delivery time, donations and legwork you offered in helping to gather holiday meals and deliver them to senior clients served by ENOA's nutrition program in November!

Number of turkeys

donated: **39**

Number of SeniorHelp volunteers who offered to help delivery: **30**

Total cash donations:

**\$215**

Our sincere thanks to all those participating in this important holiday project!



## Alleviating Loneliness in Seniors

Loneliness in seniors doesn't only affect their mental health. Loneliness can also present as negative physical changes. Blood pressure, heart rate, and the immune system are affected.

Some ideas, prompted by an article on agingcare.com, can enhance relationships between those volunteers who provide telephone reassurance and telephone visiting to our SeniorHelp clients. Here are a few of those ideas:

- **Listen and Observe**
  - Say, "Tell me more". Encourage clients to dig deep about their memories and experiences.
- **Let Them Teach You**
  - Recognize the expertise your senior client has in any one area and ask them to explain how you can learn.
  - Ask about fun times, jokes, and memories that made the client laugh. Humor stimulates the mind.

SeniorHelp Services We Are Providing with No Contact

- ◆ Grocery Shop by List
- ◆ Telephone Reassurance
- ◆ Telephone Companionship

- ◆ Yardwork
- ◆ Lawn Mowing
- ◆ No Contact Handyman

## NOVEMBER VOLUNTEER ANNIVERSARIES

### ONE TO THREE YEARS

Mina B.K.  
Melanie L.  
Kara M.  
Ashley M.  
Larry S.  
Steven S.  
Richard W.

### FOUR YEARS

Laura H.  
Antoniette L.  
Rebecca M.  
Cherie M.  
Barbara P.

### SIX TO SEVEN YEARS

Dwight C.  
Barbara M.  
Randy S.  
Sheradan S.  
Raef S.

### TEN YEARS

Jenn A.  
Greg A.  
Jeff C.  
Melissa N.

### ELEVEN TO FOURTEEN YEARS

Diane H.  
Kobey L.  
Kathy W.

## Happy November!

*~ November is the  
month to remind us to  
be thankful for the  
many positive things  
happening in our life. ~*



## Butternut Squash Soup

This soup is a warm, comforting bowl-full of a fall favorite vegetable. It is full of vitamin E, potassium and antioxidants.

### Ingredients:

- 4 Tblsp salted butter
- 1/2 onion, chopped
- 2 lbs butternut squash, peeled, cut into 1/2-in. chunks
- 3 cups chicken or vegetable broth
- 1/2 tsp ea. salt and pepper
- 1/4 tsp cayenne pepper
- 8 oz cream cheese



1. Heat the butter in a large skillet or Dutch oven over medium heat. Sauté onions until soft. Add squash, broth and seasonings. Bring to a boil. Reduce heat to simmer. Cook 30 minutes, stirring occasionally, until squash is soft.
2. Remove the pan from heat and add cream cheese. Stir until cheese is melted. Let cool for 10 mins. Add mixture to a blender and puree until smooth and creamy. Pour back into pan and heat until warmed through. Top with sour cream if desired.

## THE SENIORHELP PROGRAM

### EASTERN NEBRASKA OFFICE ON AGING

4780 S. 131st Street  
Omaha NE 68137  
Phone: 402-444-6536  
Fax: 402-444-6503

### Program Coordinator

Karen Kelly  
karen.kelly@enoa.org

### Program Specialist

Melissa Mahoney  
melissa.mahoney@enoa.org

### Program Assistant

Lisa Haley  
lisa.haley@enoa.org

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

[www.enoa.org](http://www.enoa.org)