Weaver Wonderings:  

**Operation Loneliness** – During the last several months we have talked about ways to combat loneliness with our seniors. The research shows that loneliness is a very real factor in aging and health. In September we kept our own data about our clients and we learned that you were having some type of “interaction” (mask and social distancing) with 86% of our clients. Kelly was able to have a phone conversation with the remaining 14% the first week of October. They were so appreciative of our connection with them. Additional measures we are taking include: (some old practices and some new)

1. Birthday cards on their special day
2. Gifts to keep in their home from our friend Bridgett (i.e. Welcome to Fall magnets)
3. Stickers on the meals on special days (Halloween is our next one)
4. Love notes or cards from the community
5. Data collection, like we did in Sept., every 3-4 months – December will be our next critical month

Thank you for keeping them engaged (from a distance) and helping them know they are cared for! This will be critical as we head into the winter months.

**Traveling in October?** Please send me an email if you need to be gone. Since I send out the request for volunteers on Thursday, it is best to send in your changes BEFORE Thursday. That prevents me from individually calling volunteers who may or may not be available. THANKS!

**Drivers Needed: (please call 886-7554 or email if you can help)**

- Monday, Oct. 12 – OK
- Tuesday, Oct. 13 – OK
- Wednesday, Oct. 14 – OK
- **Thursday, Oct. 15** – Need 1 packer
- **Friday, Oct. 16** – Need 2 drivers
- Monday, Oct. 19 – OK
- **Tuesday, Oct. 20** – Need 2 drivers
- **Wednesday, Oct. 21** – Need 1 driver and 1 Packer
- **Thursday, Oct. 22** – Need 1 driver
- **Friday, Oct. 23** – Need 1 driver

**Quote of the Week:** “Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”

Lauren Destefano

Check out the Meals on Wheels Facebook page.