

### What is Rural Senior Adult Services (RSAS)

RSAS is a charitable organization that gives cost-free in home assistance to home-bound or vulnerable senior adults in Sanpete County age 65 and older. Services include companion care to build self-esteem, light housework, creative activities such as art, crafts, knitting, crocheting, etc., socialization, reading books, computer training or repair. No health services are provided. Care workers visit at least twice a month and in most cases every week. We have 4 volunteers who are also helping out.

If you would like to make a referral or donation, write:

Rural Senior Adult Services P O Box 261 Fairview, UT 84629

or email us at: rsaservices21@gmail.com

Website: rsaservices.org

#### **BOARD MEMBERS**

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# Rural Senior Adult Services

# Fall Newsletter 2022

### How is RSAS helping during COVID-19 & the COVID Variants?

Because our care workers are now allowed to go into participants residences with COVID-19 restrictions (masks), we are able to increase our services to the elderly. We try to dispel their isolation, loneliness and depression. We find out what their needs are (go for groceries, pick up mail, etc) and visit with them to help them feel special. We hand paint personal cards and also send flowers or gift baskets. Most of our participants are holding their own, but feeling lonely and isolated.

#### People Helping People—Donors

Sanpete Steel - Rocky Mountain Power Foundation - Dominion Energy Foundation—Larry H Miller Charities—Walmart Community—Terrel's Foods—CentraCom—MKJ Construction—Fairview City—LICT Corp.--Jorgensen Chevrolet-Cache Valley Bank

#### **Meet our Care Workers**







**Claudia Scutt** 

## **Organizational Funding**

