



Connection



4780 South 131st Street, Omaha, NE 68137 (402) 444-6536 Ext. 1045

A connection is something that joins or links two or more things. The goal of the Eastern Nebraska Office on Aging (ENOA) Volunteer Connect (EVC) is to share and connect volunteer opportunities with older adults within organizations in their community.

Individuals must ask to receive. When we give, we build and maintain relationships increasing value and our self worth.

Volunteer Opportunities Currently Available

Methodist Fremont Health Gift Shop M-F 9:00 am-3:00 pm.

Methodist Fremont Health Home Health/Hospice department is also in desperate need of volunteers.

Partnership 4 Kids is looking for volunteers to serve as Goal Buddies (5th grade) and Group Mentors (6-12th grade).

Fremont Area Habitat for Humanity construction projects and the Homestore could always use volunteers help

Siena Francis House, volunteers to assist with serving breakfast and lunch.

To write a greeting card of encouragement to residents in skilled care and assisted living facilities.

Royal Oaks Assisted Living is looking for volunteers to do a variety of things including book clubs, gardening, and the arts.

Intercultural Senior Center needs volunteers to teach the craft of tating

Intercultural Senior Center's Early English / English teachers from 10:20 AM-11:20 AM. M-F.

Volunteers Assisting Seniors (VAS) Volunteers are needed to provide nonbiased Medicare Counselling and Homestead Exemption Application Assistance through Volunteers Assisting Seniors. Free training is provided.

Volunteers willing to make cards of encouragement that are given to residents in skilled care and assisted living facilities, and Meals on

Wheels clients.

Quilters to create 'Busy Lap Blankets' for individuals in skilled care and assisted living facilities.

Tip Top Thrift Shop volunteers on Thursday, Friday, or Saturday from 10:00 a.m. to 1:00 p.m. or 1:00 to 4:00 p.m.



Do Good Days

is Wednesday, April 19th through Saturday, April 22nd.

Take time to volunteer and honor what doing good means to you, in the spirit of National Volunteer Week.

Tia,
what's the story on these quilts?



Volunteer
Connect

Do you have spare time, a skill to share, or wish to contribute to your community?

If you do, please call the **Volunteer Connect program coordinator, Tia Schoenfeld, 402-444-6536 Ext 1045,** for more information about volunteer opportunities.



Spotlight on a Volunteer Organization



Partnership 4 Kids

Kitt Wilhelm Communications Coordinator

Fostering Hope for Over 33 Years

Partnership 4 Kids (P4K) has been serving Omaha's most vulnerable youth for over 33 years. P4K programs offer a continuum of support designed to steward them through critical academic transitions beginning in elementary school, and continuing through postsecondary education.

All children possess the innate potential to succeed, but not all children are granted the opportunities, resources, and supports necessary to graduate and secure a career that will offer financial stability. P4K ensures that, no matter their socioeconomic status, every program participant receives the supports, skills, and resources they need to achieve scholastic and professional success.

P4K bridges the opportunity gap for youth in under-resourced communities, enabling them to overcome their circumstances and become Omaha's next generation of leaders.

P4K's programming is designed to grow with its students, building upon the lessons and experiences of the previous year to create an accessible pathway from pre-kindergarten to careers.

The uniqueness of this programming continuum ensures that participating students will receive consistent and long-term support for lifelong success. P4K can boast unparalleled student outcomes including a 95% high school graduation rate, and an 86% college persistence rate.

P4K prioritize youth because their future, their education, and their sense of community will impact us all.



Spotlight on a Volunteer: Delores Wolsleben

Thank You Delores and Goodbye!

Delores Wolsleben faithfully reads the New Horizons and answered the request for Busy Blankets by providing over a half a dozen colourful cover up. The Busy Blankets are distributed to residents in assisted living and skilled care facilities by the Eastern Nebraska Office on Aging's (ENOA) Ombudsman staff.

Because she moved to Texas in October 2022, she wanted to donate bags of material. "I do not watch much television and sewing keeps my mind and hands busy," she stated.

She also shared her great granddaughter, who lives in Texas, wants Delores to teach her how to sew.

Before leaving she handed Tia Schoenfeld an envelope that contain a donation and a request which read, "Please discontinue sending New Horizon, I have enjoyed reading it."

Busy Blanket/Sleeves Benefits

Marsha Peters, Long Term Care Ombudsman Advocate Program Coordinator

I have witnessed the benefits of busy blankets and fidget sleeves in facilities.

I had the opportunity to visit a facility recently, and would like to share this story.

There is a resident we will call 'Mom'. Mom was the mother of the facility who was responsible to make sure all the "kids" got up and ready for school and the men went off to work.

Whenever I would visit this facility, I would see 'Mom' with a baby doll across

her lap, meddling with laundry carts, med carts, and she had a small ball of thread between her fingers.

Each time I saw her, I would ask if she would like me to throw the string away and she would decline. After a few visits I realized she always had a small ball of thread because that is what she fidgets with throughout the day.

The next week I took Mom a Fidget Sleeve. At first, she did not know what

to do with it and was not interested in the sleeve. The following week, when I returned to the facility, I couldn't find 'Mom'. She was not in the hallways taking towels from the laundry cart or messing with the med cart.

I went into her room. She was talking to her baby doll and fidgeting with her fidget sleeve. The fidget sleeve allowed her something to keep her hands busy. This kept her happy, content, and out of places she shouldn't be.

Aging Well Tips



TIPS to Aging Well: A series of tips to age well will appear in the Connection newsletter. In the winter edition, two tips will appear. Additional tips will appear in later editions.

Authors: Melinda Smith, M.A., Jeanne Segal, Ph.D., and Monika White, Ph.D.

Stay connected

One of the greatest challenges of aging is maintaining your support network. Staying connected is not always easy as you grow older—even for those who have always had an active social life. Career changes, retirement, illness, and moving out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network.

It is important to find ways to reach out and connect to others, regardless of whether you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people, you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

The good news is that there are lots of ways to be with other people. It does not matter what you do, so long as you find ways to get out of the house (if possible) and socialize:

Connect regularly with friends and family. Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend,

shopping with your children, or playing with your grandkids. Even if you are not close by calling or email frequently to keep relationships fresh.

Try to make new friends. As you lose people in your circle, it is vital to make new connections, so your social life does not decline. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective.

Spend time with at least one person every day. Whatever you are living or work situation, you should not be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive.

Volunteer. Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

Find support groups in times of change. If you or a loved one is coping with a serious illness or recent loss, it can be helpful to participate in a support group with others undergoing the same challenges.



Did You Know

Stefan Campbell

The Small Business Blog

- Zoom was founded: April 21, 2011, San Jose, CA.
- Jan 2013, Zoom 1.0 became available to the public.
- Within five months, Zoom had been used by one million different users.
- 2020, had 300 million daily meeting participants.
- Zoom's video conferencing competition is Microsoft Teams, Goggle Meet Face book