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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.

National Volunteer Week is April 21-27!

Consider volunteering.

Volunteer Opportunities:

- **American Cancer Society Hope Lodge in Omaha** is looking for volunteers to provide food or volunteering in Hope Lodge Nebraska.
- **Library Volunteer** at Ralston's Hollis & Helen Baright Public Library.
- **The Sarpy County Museum** needs volunteers to be a tour guide or docent for 3rd or 4th grade public school tours. Tours will take place in March and April of 2024, from 9:00 am to 12:00 Noon. For more information, contact: Kori at 402-292-1880 or museum@sarpymuseum.org.
- **Food Bank for the Heartland** needs volunteers to pack, sort, and stock food items, on Saturday mornings.
- **QLI** is looking for volunteers to assist residents with fishing when the weather permits. To become a Fishing Buddy please contact Jen Karolski 402-573-3738 or email jkarolski@qliomaha.com.
- **Volunteers Assisting Seniors (VAS)** volunteers are needed to provide nonbiased Medicare Counseling and Homestead Exemption Application Assistance through this agency. Free training is provided.
- **Washington County Recycling Association (WCRA)** located at 440 S.3rd St., Blair, NE, needs volunteers 8:00 a.m.-12:00 noon Saturday mornings. Volunteers are needed 1:00-4:00 pm Tuesday afternoons, also. People don't have to sign up.
- **Quilters** to create quilts and 'Busy Lap Blankets'. Interested parties can contact Tia Schoenfeld.

Spotlight on Volunteers:

Saint Luke United Methodist Church

Alveda Garey responded to the request, in the New Horizons Volunteer Connect, asking volunteers to make busy blankets.



Alveda is a member of Saint Luke United Methodist Church. She shared the busy blanket request with the quilting group members of the church. Alveda and two other quilt group members, Silvia Sample and Julie Robinson, met with Tia Schoenfeld, Volunteer Connect Coordinator, to deliver the busy blankets.

Alveda illustrates the truism; one only simply needs to ask to receive.

"Initially, our focus was examination of the busy blankets, and critiquing the items selected for placement on the blankets. The group wanted to know if their creations were appropriate for children as well as adults with dementia. Safety, simplicity in design, and engaging interaction were key takeaways from our discussion," commented Alveda.

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Saint Luke United Methodist Church *continued from page one.*

When asked why they were interested in this project? Julie responded, "They are fun to make. They are not as time consuming as a full-size quilt. It gives me a goal each day to accomplish." Silvia also stated the group enjoys the fellowship the activity provides. This group is a perfect example of sharing their time and talent with the community.

A church member was asked, how long has the Saint Luke United Methodist Church Quilt Group been quilting? "Let's see, my wife joined to learn how to make a baby quilt for our daughter and she now is 16 years old," responded the individual.

A graphic of a spotlight with a yellow beam of light shining down on the text.

Spotlight on a Volunteer Organization

The Danish American Archive and Library

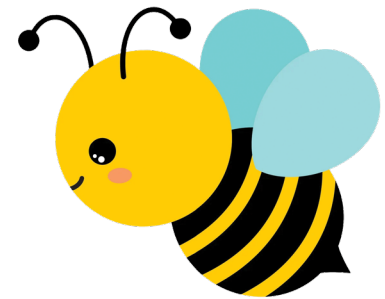


The Danish American Archive and Library (DAAL) operates a combined archive and library to collect, preserve, interpret, and make available material documenting the experiences and contributions to American life by Danish immigrants and their descendants.

Originally an archive which focused on documents from Dana College and the United Danish Evangelical Lutheran Church, it grew to include materials describing the adventures of the brave pioneers that immigrated from Denmark to America, their families, occupations, daily lives, and the various institutions they founded.

The DAAL's collections consist of over 3500 archival boxes and numerous file cabinets of unpublished written materials ranging from personal letters, diaries, and photos to the business papers of high-level executives, independent business owners and successful farmers.

The library contains more than 14,000 books in Danish and English dating from the 1500's to the present. The DAAL has been located at 1738 Washington Street in Blair, Nebraska since 2010. The DAAL is open weekdays from 8:00 a.m. to 3:00 p.m.



**BE THE
DIFFERENCE**

Honey. it's worth it!



**Report Abuse and
Neglect of the Elderly
or
Vulnerable Adults**

**Call 1-800-652-1999
Nebraska Adult
Protective Services**

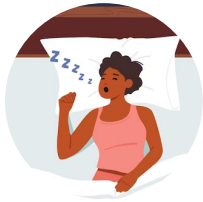


***Calls can be made anonymously**

SLEEP & HEALTH

Part Two

Aging Well Tips



Interesting facts about sleep to help you catch zzz's!

One-third of your life is spent sleeping, hopefully. The 7-9 hours we should spend catching z's each night help the body heal itself, activate the immune system, and give your heart a break. Beyond that, sleep experts are still trying to learn more about what happens once we fall asleep. Like, why do you dream in color some nights and black and white in others?

The most important sleep fact: Sleep is SO important. Get the Zzz's your body needs every night.

Below are some interesting facts about sleep.

1. The longest someone has gone without sleep is 11 days, 25 minutes.

While still in high school, a student went 264.4 hours without sleep, for which he won first place in the 10th Annual Greater San Diego Science Fair in 1964. When asked if he would do it again, he gave a resounding "no."

Others claim to have beaten this record, but none of their attempts were done under strict observation, so there is no way to know if they are legitimate.

Remember pulling all-nighters back in the day? Hopefully, you can't remember, but if you do, make these times a thing of the past. If you still

stay up from time to time completing projects; sleep deprivation can negatively impact your body and mind.

2. Elephants sleep less than any other animal.

You may have heard that an elephant never forgets, but scientists are not sure why. It is thought that humans process memories during REM sleep. Elephants, on the other hand, have been observed to only go into REM sleep every three to four days, and they only sleep for about three hours.

3. Tigers and infants sleep the same amount of time.

Most human infants need about 16 hours of sleep a day, about the same as a full-grown tiger! The sleepest animal in the world is the koala, which spends about 18-22 hours a day snoozing.

4. Daylight savings can be a killer.

Why does the one hour of daylight savings throw your sleep schedule off so drastically?

When the clock springs forward, we lose an hour of sleep, and the number of fatal heart attacks rises. When the clock falls back, we gain an hour of sleep, and the risk of heart attacks lowers. Just goes to show that losing just an

hour of sleep can have a drastic impact on your health.

5. Ten minutes is key to falling asleep.

It is normal to fall asleep between 10-20 minutes after going to bed. If it takes you less than five minutes to fall asleep, you are exhausted, and sleep deprived. Practice good sleep hygiene to help your body fall asleep fast every night so it can get those much-needed z's. That means setting a sleep schedule, putting phones and other bright technology away 30 minutes before bedtime, and more. If you spend quite a bit longer than 20 minutes trying to fall asleep on a regular basis, consider trying a sleep supplement with melatonin, ZzzQuil, and Pure Zzzs works naturally with your body to help you fall asleep with no next-day grogginess.

6. Think you do not dream? Think again.

Humans usually have between four to six dreams a night. Many sleep scientists believe dreams help your brain process the events of the day, so dreams are incredibly important! If you think you do not dream each night, it just means you have forgotten your dreams by the time you wake.

Source www.zzzquil.com/en-us/article/12-fun-facts-about-sleep