



Volunteer Connect

Connection

April 2022 | Volume Two



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

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.

Volunteers Needed

- Volunteers to write greeting cards of encouragement to residents in skilled care and assisted living facilities.
- Bi-lingual volunteers to translate the Eastern Nebraska Office on Aging's (ENOA) training materials and flyers.
- Quilters to create 'Busy Lap Blankets' for individuals in long-term care facilities.

Spotlight on a Volunteer Organization

The Bennington 'Flower Posse'

Since 2014, this organization in collaboration with the Bennington Historical Society and the Bennington Public Works Department, has tended and cared for numerous varieties of the irises in the Bennington area.

The Sass iris was hybridized in the Bennington area in the early part of the last century by Hans and Jacob Sass.

In 2021, the group volunteered approximately 1,000 hours tending to the legacy of the Sass iris. Over 1,000 iris starters, or rhizomes, were distributed to the public at Bennington Daze and the Douglas County Fair.

Ellen Dahlestet, the organization's 'Sheriff' shared, "Needless to say the posse is always on the lookout for volunteers to join in and enjoy the everyday tasks in preparation of 2022 Bennington Daze and the 2022 Douglas County Fair."

Spotlight on a Volunteer

Ethel, a contributor to the Busy Hands program, shared why she volunteered. "I responded to the New Horizon's

ad asking for volunteers to knit because I enjoy knitting. I have the time and I enjoy being able to do things for the community."

She did more than responded to the request in the New Horizons. Ethel shared the request with her friend, Jodi. Jodi shared the request with her sister-in-law, Rhonda. Now more than three individuals are involved in the Busy Hands program. The items knitted have been distributed to Youth Emergency Services (YES) Maternity Group Home and Visiting Nurse Association (VNA) Family Services.

*Busy Hands are
Happy Hands!*



Healthy Aging-An Argument For Volunteering



“Age is just a number. It’s totally irrelevant unless, of course, you happen to be a bottle of wine.”

This is a quote from actress Joan Collins

We often associate a particular stage in life with numbers. Here are a few examples:

- Gestate before birth, hopefully is 9 months.
- States usually mandate 12 years in school unless there are plans for college or trade school.
- Baby Boomers will probably remember at age 18, registering for the draft.
- Individuals usually work 40 years, if careers are started at age 22.
- Individuals usually retire at age 62. The age to collect full Social Security benefits is 66 years and two months and will gradually increase to 67 for those born in 1960 or after.
- Life expectancy at birth, in the United States, is 77.3 years.
 - 74.5 years for men, 12.5 years remaining after retirement.
 - 80.2 years for women, 18.2 years remaining after retirement.

The United Nations General Assembly declared 2021–2030 ‘The Decade of Healthy Aging’. By 2030, 1 in 5 Americans is projected to be 65 years old and over.

The World Health Organization (WHO) reports 1 in 6 people in the world will be 60 years of age or older by 2030.

At the conclusion of this declaration period, the sheer numbers will only intensify the need for global recognition of our aging world.

The WHO describes an ‘Age Friendly World’ as a world meeting these basic needs:

- Maintaining mobility.
- Insuring the decision making process.
- Changing how we think and feel about age and building community.
- Changing the concept of volunteerism and how we view the aging process.
- Expressing gratitude creates a community and places value on what is given.

The last two of five components for an ‘Age Friendly World’ are less challenging than the first three listed. This can begin with one person, you, choosing to give.

Any person 55 years of age who is willing to give of their time and knows the value of any small act can volunteer through ENOA Volunteer Connect program in their community.

The knowledge that older adults are a positive volunteer force will only grow because of the demographics. We must tap into this resource and make it work.

Take a risk; ask yourself how I can age friendly? Abraham Lincoln’s thought was

“...it’s not the years in your life that count. It’s the life in your years.”

Volunteer Connect Focus Group

The Volunteer Connect program is seeking volunteers from Douglas, Sarpy, Cass, Dodge, and Washington counties willing to participate in a focus group. The group will focus on providing support to ENOA's Volunteer Connect Program establishing goals and helping with the implementation of these goals.

Did You Know???

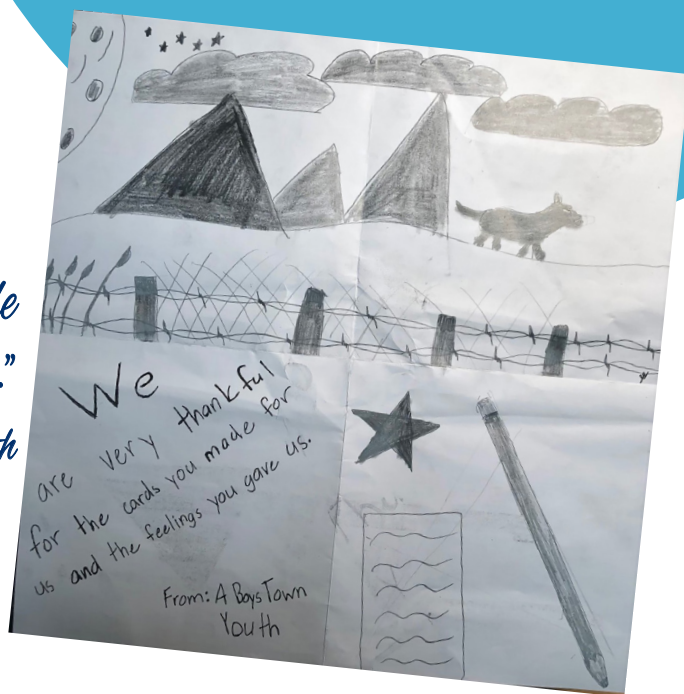
Laughing until you cry can easily burn up to 120 calories (about 10 minutes of running) as well as toning your abs, and improving cardiovascular health. Nothing is more healthful than real "belly laughter"!

*"We are very thankful for the cards you made for us and the feelings you gave us."
from a Boys Town Youth*

Your Opinion Counts!

The Connections newsletter will be emailed once a quarter. Please share information concerning your organization, your volunteers, or a special story/picture illustrating their contributions.

Your volunteer input is invaluable and appreciated so send in your quotes, humorous or touching stories and or pictures to Tia Schoenfeld at the address below.



For more information
contact

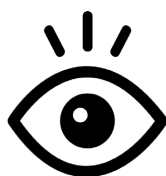
Tia Schoenfeld

Volunteer Connect Program Coordinator

402-444-6536 Ext. 1045

or

tia.schoenfeld@enoa.org



BEWARE

Abuse can happen
anywhere!



*Calls can be made anonymously

Call APS and
Make a Report

1-800-652-1999

Nebraska Adult
Protective Services

Report Abuse and
Neglect of the Elderly
or
Vulnerable Adults