



Volunteer Connect

Jan. 2023 | Volume Five

# Connection



4780 South 131<sup>st</sup> 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

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

**American Cancer Society** is looking for individuals to provide food or volunteer at Hope Lodge Nebraska.

**Boys Town** is looking for individuals to help at their Visitors Center and Hall of History Museum.

**Catholic Charities St. Martin de Porres Center** is looking for individuals to volunteer at the Center.

**Fremont Area Habitat for Humanity** is looking for individuals to help at their construction projects and the Home Store

**No More Empty Pots** volunteers to pack produce into boxes for distribution to the community

**Siena Francis House** is looking for individuals to assist with serving breakfast and lunch

### ENOA Volunteer Connect

- Knit/prayer shawls knit/sew baby caps/clothing,
- Write greeting cards of encouragement to residents in skilled care and assisted living facilities

**Washington County Recycling Association WCRA 440 S.3rd St., Blair, NE** is looking for individuals to help from:

- 8:00 a.m. to 12:00 noon  
Saturday mornings,
- 1:00-4:00 pm Tuesday  
afternoons.

*People do not have to sign up to volunteer.*

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: *Patricia Bentsen*

For 50 years, Blair resident and Volunteer Connect volunteer, Patricia Bentsen, has spent her time as a nurse and missionary in several parts of Madagascar. Conquering the language and travelling to different parts of the country were challenges for Patricia. She was able to master both challenges. Though she has not returned to Madagascar she does stay in touch.

"They're just like a second family to me. I even do Zoom with them, and we send emails back and forth. I still have a connection with them in Madagascar," she states.

Patricia extended her outreach to include the Volunteer Connect Senior Smiles program. She writes cards of encouragement to Boys Town youth.

Her multi-continental connections are expansive and valued from Africa to North American.

Thank you, Patricia!!

Volunteer Connect Program Coordinator,

**Tia Schoenfeld**

402-444-6536, Ext 1045



# Spotlight on a Volunteer Organization



**Strategic Air Command  
& Aerospace Museum**



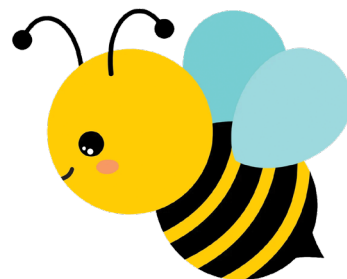
Want to be a part of the next aircraft restoration project? You might want to volunteer at the Strategic Air Command & Aerospace Museum with the Restoration Crew. The Museum's Restoration Department is currently served by approximately 30 volunteers who provide 8,000 volunteer hours in restoration annually.

While many of the restoration volunteers have no previous experience working with aircraft restoration, each brings skills to

help bring the aircraft from disrepair to original condition.

**Contact Andy Beemer  
402-944-3100 ext. 231**

or visit the  
SAC Museum web page  
<https://www.sacmuseum.org>



**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

# 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.

## Tip 1: Learn to cope with change

This ability will help you make the most of the good times and keep your perspective when times are tough.

- Focus on the things you are grateful for. When you stop taking things for granted, you appreciate and enjoy what you have even more.
- Acknowledge and express your feelings. Find healthy ways to process your feelings, by talking with a close friend or writing in a journal.
- Accept things you cannot change and focus on the things you can manage such as the way you choose to respond to difficulties.
- With life's challenges, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

## Staying healthy through humour, laughter, and play.

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

## Tip 2: Find meaning and joy

A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change, and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

Everyone has diverse ways of experiencing meaning and joy, and the activities you enjoy may change over time. Either way, taking time to explore what supports joy is a valuable investment and is not misspent time.

## Some following suggestions:

- Try a new hobby pursuing a hobby can expand your social network at the same time.
- Learn something new such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life but can also help to support your brain health and prevent mental decline.

- Get involved in your community. Try attending a local event or volunteering for a cause that is important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a fantastic way of using and passing on the skills you honed in your career—without the commitment or stress of regular employment.
- Travel somewhere new or go on a weekend trip to a place you have never visited.
- Spend time in nature. Take a scenic hike, go fishing or camping, enjoy a ski trip, or walk a dog in the park.
- Enjoy the arts. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class.
- Write your memoirs or a play about your life experiences.
- The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.





# Special Delivery!

For 25 years, Sarpy County Head Start has provided services for children ages 3-5 in the Sarpy County community through their early childhood services .

The Foster Grandparent Program (FGP) and Sarpy County Head Start have partnered programs since 2004.

Jill French, Program Assistant (right), and Megan Klanderud, Administrative Specialist, (left) from the Sarpy County Head Start Program received the gift of ten cozies delivered by FGP Program Specialist, Kailey Edelman.

In addition, Elmwood Towers volunteers generously provided hand-made items to Eastern Nebraska Office on Aging Volunteer Connect program (EVC).

Both programs, FGP and EVC, keep mature adults active and engaged with their community by volunteering.



## Did You Know

The tallest known snowman was higher than a 12-story building.

A snowflake can take up to two hours to fall from a cloud to the ground and comes in all sizes. In the Guinness World Records, on January 28, 1887, a snowflake 15 inches wide and 8 inches thick fell in Fort Keogh, Montana, making it the largest snowflake ever observed.

The North Pole is warmer than the South Pole.

Almost 90 percent of snow is air.

Winter lasts 21 years on the planet Uranus and while it seems counter intuitive, earth is closest to the sun in December. Even though winter solstice is the shortest day of the year be thankful winter does not last 21 years.