



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

### The American Cancer Society

- Provide food to families.
- Volunteer at Hope Lodge, Nebraska.

### ENOA Volunteer Connect

- Volunteers to write greeting cards of encouragement to residents in skilled care and assisted living facilities.
- Quilters to create 'Busy Lap Blankets' for individuals in long-term care and assisted living facilities.

### Creighton University Medical Center-Bergan Mercy

- Volunteers to take dessert cart to share with new Moms after delivery
- Volunteers to assist in hospital mail room.

### Boys Town

- Volunteers to help at their Visitor Center and Hall of History Museum.

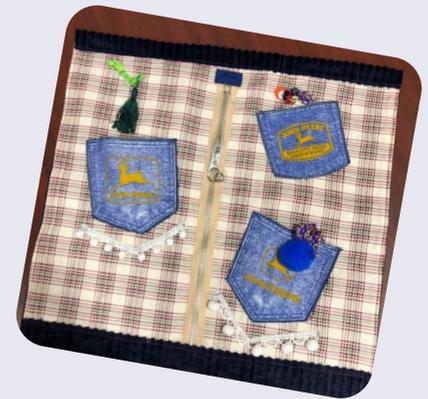
### Catholic Charities.

- Arts and crafts,
- Music classes,
- Computer classes,
- Food preparation, serving meals, and clean up,
- Teaching exercise class,
- Writing letters to seniors,
- Stuffing the care-package.

### Heartland Family Service

- Provide Childcare Tues and Thurs evenings 5:45 PM – 7:30 PM

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: Nancy Schmid, Quilter

In February of this year, Nancy called the Eastern Nebraska Office on Aging (ENOA) curious about the post she had read in the New Horizons asking for volunteers willing to sew or knit baby clothes. She is a quilter who has donated quilts and busy blankets in the past.

The busy blankets and fidget sleeves are given to ENOA's Ombudsman volunteers who visit skilled nursing facilities. The volunteers visit weekly to the nursing facilities, so they are the front line to know who would benefit from these items.

Thank you, Nancy!

Volunteer Connect Program Coordinator,

# Tia Schoenfeld

402-444-6536, Ext 1045



# Spotlight on a Volunteer Organization



Tom Lynch-Director of Community

## A Century of Healing and Hope

In 1917, a young Irish priest named Father Edward J. Flanagan had grown discouraged in his work with homeless men in Omaha, Nebraska. He decided he could do so much more to prevent the damage he saw in these men if he started helping boys, he saw living on the streets.

On December 12, 1917, Father Flanagan opened his first home for boys in a rented boarding house in downtown Omaha. All children were welcome regardless of their race or religion.

Today, the Village of Boys Town is home to the national headquarters and a family style residential program. Boys Town also has locations throughout the United States.

As one of the largest non-profit child and family care organizations in the country, Boys Town provides compassionate treatment through services that touch the lives of more than 2 million people nationwide every year.

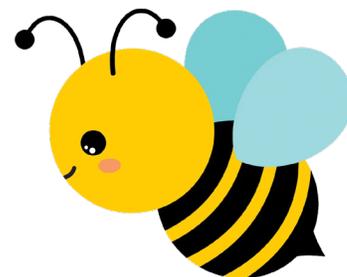
To learn more about Boys Town programs you can go to the website [www.boystown.org](http://www.boystown.org).

Boys Town is looking for volunteers to help at the Visitors Center and Hall of History Museum. If you are interested, please contact Thomas Lynch at [thomas.lynch@boystown.org](mailto:thomas.lynch@boystown.org)

### Little Known Facts about Boys Town

- Father Flanagan purchased the Overlook Farm in 1921.
- Boys Town became an official village of the State of Nebraska in 1936, electing its own government and operating its own post office.
- The Boys Town choir recorded an album with the Everly Brothers in 1962.
- Boys Town was named a National Historic Landmark in 1985.

A summary of the volumes of records (called the Postito) was presented to the Congregation for the Causes of Saints in January 2019 by Archbishop George Lucas. There are three additional phases to go through before Father Flanagan is declared a saint.



## 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

# Myths about Aging and Facts for Healthy Aging

Misconceptions and myths only hinder the fact that aging healthy is a choice and begins at any age. We are learning facts about the human body mind experience that were unknown or unheard of during the past decade. What will the next decade bring? A greater understanding of ageing on a molecular level, biogerontology is giving rise to techniques that will allow researchers to measure age-related biological changes in human cells. This knowledge will ultimately be a myth buster to declining health and increase understanding.

**Myth: Aging means declining health and/or disability.**

**Fact:** There are some diseases that become more common as we age. However, getting older does not automatically mean poor health or that you will be confined to a walker or wheelchair. Plenty of older adults enjoy vigorous health, often better than many younger people. Preventive measures like healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life.

**Myth: Memory loss is an inevitable part of aging.**

**Fact:** As you age, you may eventually notice you do not remember things as easily as in the past, or memories may start to take a little longer to retrieve. However, significant memory loss is not an inevitable result of aging. Brain training and learning new skills can be done at any age and there are many things you can do to keep your memory sharp. The sooner you start, the sooner you will reap the benefits. You should see your doctor when you or a loved one notice signs of memory loss affecting quality of life or activities of daily living.

**Myth: You cannot teach an old dog new trick.**

**Fact:** One of the more damaging myths of aging is that after a certain age, you just will not be able to try anything new or contribute to things anymore. The opposite is true. Middle-aged and older adults are just as capable of learning new things and thriving in new environments, plus they have the wisdom that comes with life experience. If you believe in and have confidence in yourself, you are setting up a positive environment for change no matter what your age. The fact is older adults have the time to invest their insight

