



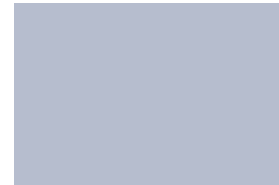
*"If wrinkles must be written
upon our brows, let them not be
written upon our heart.*

The spirit should never grow old."

James A. Garfield



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www.enoa.org



Volunteer Services

**Serving Cass, Dodge, Douglas,
Sarpy and Washington counties**

Eastern Nebraska Office on Aging
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enoa.org

VOLUNTEER SERVICES

Sharing a lifetime of experience



ENOA

More than 600 men, women, and young people answer ENOA's call to volunteer. They provide services worth at least \$4 million per year by donating a staggering 200,000 hours, helping people. While our volunteers come from all walks of life and range in age from 12 to 98, they share a common bond: the need to help people. Meaningful volunteer opportunities are available through the Eastern Nebraska Office on Aging's volunteer programs.

Our Mission:

To help older Nebraskans live independently, live with dignity, and remain for as long as possible in their own homes.

Ombudsman advocates help ensure that Assisted and Long Term Care facility residents enjoy the best possible quality of life by promoting the rights of residents and serving as a liaison between residents and staff. The role of the Ombudsman is to listen to residents' concerns, inform residents about their rights, and to serve as a resource person and a problem-solver. Volunteers must be age 19 and older, are enrolled through an application and screening process. Pre-service and on-going training is provided. A minimum of two hours per week is required, based on the volunteer's schedule.

SeniorHelp Program works with volunteers of all ages to provide assistance to older adults that help them remain in their homes and improve their quality of life. Volunteers provide such help as: Companionship, Escort/Transportation, Handyman, Holiday Gift Delivery, Lawn Mowing, Meals on Wheels Delivery, Personal/Household Assistance, One-time Clean-ups, Painting, Snow Removal, Telephone Reassurance, Telephone Visiting and Yard Care. Scheduling is flexible. Volunteers are enrolled through an application and screening process. They receive a brief orientation prior to service.



For more information, call

402-444-6536

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ENOA Volunteer Connect: Provides resources for older adults who wish to volunteer with community-based organizations including non-profit and public agencies.



**AmeriCorps
Seniors**

Foster Grandparents (FGP) volunteer in schools, hospitals, Head Start Programs, and child development centers. Foster Grandparents (FGP) are volunteers age 55 and older that assist children needing special attention in education, healthcare and social development. Prospective volunteers must be able to serve a minimum of 10 hours per week in return for an hourly tax-free stipend, transportation reimbursement and other benefits. Volunteers meet an income guideline.

Senior Companion (SCP) volunteers give support and friendship to frail older adults who are struggling to stay independent. SCP volunteers are age 55 and older and visit the homes of older individuals who can benefit from the company of another older adult. Prospective volunteers must be able to serve a minimum of 15 hours per week in return for an hourly tax-free stipend, transportation reimbursement and other benefits. Volunteers meet an income guideline.