



Volunteer Connect

Connection

Fall 2023 | Volume 8



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:

Quilters to create 'Busy Lap Blankets' for Duet residents, at their Winter Extravaganza.

Knitter to create knit prayer shawls, hats, and mittens, for Duet residents at their Winter Extravaganza.

Volunteers to write greeting cards of encouragement to residents in skilled care and assisted living facilities, and Meal of Wheels recipients.

The Bellevue Senior Center is desperately looking for one/two Bingo Callers on Monday, Wednesday, and Friday 12:30 - 2:30.

The Bellevue Senior Center is looking for volunteers for occasional assistance with Lunch service 11am - 1pm.

The Fremont Area Habitat for Humanity needs volunteers for construction projects and the Home store.

The Intercultural Center Early English/English needs volunteer teachers from 10:20 AM-11:20 AM M-F.

Royal Oaks Assisted Living is looking for volunteers to do a variety of things which include book clubs, gardening, and arts.

Siena Francis House needs volunteers to assist with serving breakfast and lunch.

Tip Top Thrift Shop needs volunteers on Thursday, Friday, or Saturday from 10:00 a.m. to 1:00 p.m. or 1:00 to 4:00 p.m. Tip Top is located at 5910 Maple Street in downtown Benson. The volunteers would be stocking the Shop and waiting on customers.

Volunteers Assisting Seniors (VAS) needs volunteers to provide non-biased Medicare Counselling and Homestead Exemption application assistance. Free training is provided by VAS.

Individuals can visit the Share Omaha web page (shareomaha.org) for volunteer opportunities.

Spotlight on a Volunteer Organization:

Tip Top Thrift Shop

Tip Top Thrift Shop is located at 5910 Maple Street in the heart of downtown Benson.



This unique shop supports **Youth Emergency Services (YES)** through financial contributions, volunteerism, advocacy, and community outreach.

The shop is a volunteer run organization and governed by a Board of Directors. Over the years, the shop has become an established part of the Benson community.

Featured in the shop is a large assortment of men's, women's and children's clothing and shoes, house wares, and small furniture items.

Totally staffed by volunteers, the shop is open Thursday, Friday, and Saturday from 10:00 a.m. to 4:00 p.m.

The shop is always looking for volunteers to work on the above times. Anyone interested in more information on the shop can contact Carol Feelhaver at Feelhaver@centurylink.net or 402-680-2842.

Everyone is welcome to stop by, browse in the shop and help support **YES** in your community.

Volunteer Connect



Spotlight on a Volunteer Projects



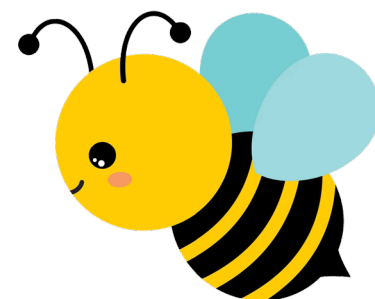
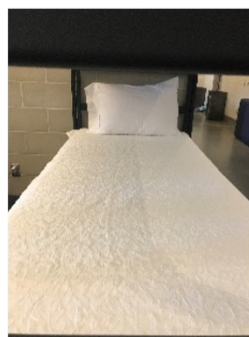
The email below was received on May 17, 2023 from Volunteer Services Manager, Silvia Rodriguez.

"We have a very particular need that I'm hoping some of your volunteers might be able to help us with. We received a donation of 96 duvets that are too big for our twin size beds. We are in great need of bedding, so we really want to find a way to use them. We think it will be nice, if we are able to cut the duvets to fit a twin-size bed and sew the edges."

Volunteer Connect volunteers, Ethel Owens, quickly said she would help, and Alveda Garey provided the name to contact at the Omaha Quilters Guild.

Checking back to hear if duvet project was completed and useful, Silvia responded, "The duvet project was a success! We received the re-sized duvets, and our guests are already using them!!"

Volunteer efforts are making a difference, sometimes it is simply knowing who to ask.



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**

Did You Know



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. Daylight savings can be a killer.

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.

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.

Aging Well Tips



Clock Shock

Brain & Life American Academy of Neurology



Changing the clocks twice a year is better than making daylight-saving time permanent, says Karin Johnson, MD, FAAN a sleep specialist at Baystate Medical Center in Springfield, MA.

While the debate continues whether to keep the switch of standard time and daylight-saving time or eliminate, neurologists and sleep specialists point out our bodies' natural clocks are out of sync and more consideration and research is needed on the long-time consequences. Sleep experts call this misalignment social jet lag that can lead to sleep deprivation which contributes to obesity, heart disease, and diabetes, among other health risks.

Presently about half of Americans support keeping daylight-saving time year-round may simply be an emotional attachment to the time

of year associated with it. Spring and summer bring longer daylight more activities outdoors.

Smart Ways to Stay Healthy During Time Changes:

- Establish good sleep habits by keeping regular sleep and wake times. Create a bedroom environment, cool and dark with no electronics that allows for uninterrupted continuous sleep.
- Shift sleep times; gradually adjust the time you go to bed by 15-minute increments for a series of nights. "It's always best to be well rested before going into a time change," says Raman Malhotra, MD, FAAN professor of neurology at Washington University in St. Louis.
- Adjust your schedule in your daily routine by possibly moving mealtimes, changing exercise hours, and revising evening plans. CDC recommends eating a little earlier each night, exercising earlier in morning, and schedule social events 15-minutes earlier? so you can go to bed at the usual time.

- Limit light exposure late at night. Darkness is a signal to the body to slow down. Blue-light blocking is helpful with the wavelengths of light. The blue light filtering decreases the amount of blue light displayed on the screen of the device. Blue light can suppress the production of melatonin (sleep-inducing hormone), so filtering it out can help you sleep better.

Ask your doctor about sleep supplements if you're having trouble falling or staying asleep.

Stay alert, particularly driving during morning hours. A 2020 article in *Current Biology*, concluded that at least 28 fatal car accidents could be prevented annually if the switch to daylight saving time were discontinued.

S.623 - Sunshine Protection Act of 2021 passed by the Senate is now with the House of Representatives. If signed into law daylight-saving time becomes permanent. However, November 2023 seems unlikely. The House is not rushing to vote and for now we will be springing forward and falling back, except for Arizona and Hawaii who established year-round standard time in the 1960's.