



Volunteer Connect

Summer 2023 | Volume 7

# 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:

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

**Royal Oaks Assisted Living** looking for volunteers to do a variety of things book clubs, gardening, arts.

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

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

**(ENOA) Volunteer Connect (EVC)**

**Tip Top Thrift Shop** always 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**  
Volunteers are needed to provide nonbiased Medicare Counseling and Homestead Exemption Application Assistance through Volunteers Assisting Seniors. Free training is provided.

**Volunteers** willing to make cards of encouragement that are given to residents in skilled care and assisted living facilities, meals on wheels clients.

## Spotlight on a Volunteer: Ethel Owens



Ethel Owens read the request in the **New Horizon** for busy blankets/quilts to be given to individuals in assisted living and skilled care facilities.

She called the office with a question. "What is a busy blanket?" Once the question was explained she reported she had a donation of quilts. She not only donated four beautiful quilts, but an assortment of cards was well.

**Thank you, Ethel,  
for your thoughtfulness.**



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 Organization



Sarah Sadler, Volunteer Coordinator



Alan Lindahl's journey with Food Bank for the Heartland started in April of 2020 when he was looking for somewhere to volunteer during the COVID-19 pandemic. "I was helping a local favorite non-profit of mine, The Life House. My first event was to help them unload a shipment from the Food Bank for their pantry. I heard volunteers could sign up online. I did and the rest is history."

Alan—who goes by Al at the Food Bank's volunteer center, has made a lasting impression on the staff and his fellow volunteers. He goes out of his way during his shifts connecting with new volunteers to ensure it's a positive experience for everyone.

"I try to be a good example. I purposely connect with them to make their first time memorable. When the shift ends, I ask them if they had fun. If yes, I ask if they are going to come back and consider bringing a friend. I think of my shift as 90% working and 10% cheerleading and encouraging," said Alan.

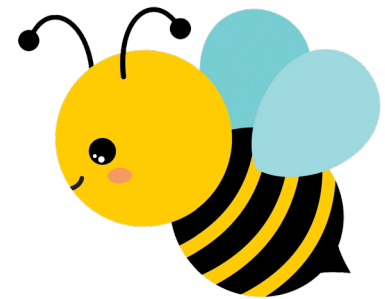
And while he enjoys chatting with everyone, Alan relishes connecting with students. "I love when school kids and college folks come in to earn service hours. It is eye opening for them when they hear how many people they've helped by investing just a few hours—hundreds or even thousands depending on the activity." Alan says it's neat to see the realization of their accomplishments.

Alan currently volunteers at the Food Bank four to five times a week. While this may seem like a large time commitment to many, Alan thinks nothing of it. "I know that at this point in my life, this is what I've been called to do," said Alan. "I have so much fun here. I intend to keep volunteering as much as I can for as long as I can."

Alan's generous spirit shines through in everything he does. Even when volunteering, he continuously looks for opportunities to do more. "When I volunteer at Together—which is a network partner of the Food Bank's—I collect their empty food boxes and return them to the Food Bank to help save them money. To date I've returned 2,300 boxes to the Food Bank to repurpose."

In total, Alan consistently volunteers with seven local non-profits and has already tracked more than 100 hours at the Food Bank this year. He does not view himself as an extraordinary volunteer. For Alan, the ability to work with others to make a difference, is what fills his soul.

"This is a crazy world we live in today. And we get people from all walks of life and all seasons of life in the volunteer center," said Alan. "But when we start volunteering, all that melts away. We just become humans helping other humans, and we all work together to get the job done."



## 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**

**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.

Authors: Melinda Smith, M.A., Jeanne Segal, Ph.D., and Monika White, Ph.D.

# Aging Well Tips



## Get active and boost vitality

Do not fall for the myth that growing older automatically means you are not going to feel good anymore. It is true that aging involves physical changes, but it does not have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

And it is never too late to start! No matter how old you are or how unhealthy you have been in the past, caring for your body has enormous benefits that will help you stay active, sharpen your memory, boost your immune system, manage health problems, and increase your energy. In fact, adults who take up exercise later in life, for example, often show greater physical and mental improvements than their younger counterparts—because they are not encumbered by the same sports injuries that many regular exercisers experience as they age. Similarly, many older adults report feeling better than ever because they are making more of an effort to be healthy than they did when they were younger.



## Earlycoke.com



Coca-Cola was not originally green as rumoured, only the bottles. The color was a natural result of the copper and minerals found in the sand that made the glass bottle.



The cocoa pod was inspiration for the bottle shape.



Root Glass Company quarried some 20,000 tons of sandstone a year from 160 acres in the Fern Cliffs area of Putnam County, Indiana.