

## **The Power of Volunteering**

By: Amy Sobrino, MSW

Some of my most meaningful life experiences have been as a volunteer. One of my favorites, of course, has been starting Effingham Area Alzheimer's Awareness (EAAA) with my mom, Shannon. Our non-profit was founded by our own experience as caregivers for my grandma Anna Mae, and our passion to help other families who were caring for a loved one with Alzheimer's disease or related dementia. Since we founded EAAA in 2013, I have seen the power of volunteering throughout our organization's partners. We have a very strong Leadership Council and Board of Directors that help guide our efforts to support our community. Each of them brings a unique expertise, skill, and passion to the group, and when combined, create a beautiful vision and plan for EAAA. Below is a list of members of our Board of Directors and Leadership Council. If you happen to see them out and about, please take a minute to thank them for all they do for our community. Without them, we would not be able to provide all of the education programs, Forget-Me-Not Resource Centers, training events, and articles just like this one.

Volunteering often resonates with the clients I work with who are living with dementia. Everyone needs to have meaning and purpose in their lives, and Alzheimer's/related dementia does not take that need away. Often introducing services like adult day care can be very positive if presented within the framework of volunteering.

For people who are not living with dementia, volunteering is a great way to engage and socialize with others in the community and have regular, meaningful activity. This is a great way to keep the brain active and healthy. There are many wonderful non-profit and charitable organizations in our area that, largely, draw support from volunteers. At Effingham Area Alzheimer's Awareness, we are always looking for people to join our Leadership Council and Board of Directors. Whether you bring a certain skill or expertise, have been affected by dementia in your life, or if the topic of Alzheimer's and dementia is simply interesting to you, there is a place for everyone to join together within our organization. Consider the contributions you can bring to our community by volunteering for EAAA or another non-profit. I promise that you won't regret the experience!

### **Board of Directors**

Shannon Nosbisch

Amy Sobrino

Linda Althoff

\*past member Lenora Drees

### **Leadership Council**

Kelly Willenborg

Trisha Katt

Johnna Schultz

Linus Nosbisch

Terri Simpson

Jo Waldo

*For more information about Memory Moment articles & Effingham Area Alzheimer's Awareness, check out their website at [www.effinghamalz.org](http://www.effinghamalz.org). If you are a caregiver & have specific questions or situations you would like information on, please feel free to call Shannon Nosbisch at 217-663-0010 or Amy Sobrino at 618-363-8372.*



