



## Volunteer Opportunities with our Partners!

**For More Information Call  
302-515-3020**

**OR Visit us at**

**<https://volunteer.delaware.gov/volunteer-delaware50>**

**Volunteer Delaware 50+ is a statewide program offered through the State Office of Volunteerism within the Division of State Service Centers. The mission is to engage persons 50 and older in volunteer service, to meet critical community needs and to provide a high quality experience that will enrich the lives of Volunteers.**

A New Year! Let's be joyous and happy! The future looks wonderful so, pop open the champagne!

I would be overlooking a few things to be this naïve. Our world is not in great shape. We are all pandemic weary and sick of words like *supply chain issues—high gas prices—inflation—microchip shortage* and on and on... The toll this takes on our most vulnerable citizens is especially high. People dealing with depression and anxiety are at all time highs. Isolation is causing many children to suffer mental health issues. Homeless individuals have a high rate of Covid and food insecurity. Agencies caring for folks with special needs experience difficulties staying open to offer services due to health requirements.

**These** issues can be overwhelming, so what can **we** do!? There are so many ways to help and we are here to talk about it with you. If volunteering in-person doesn't work for you, we can suggest a number of virtual opportunities for you. Many community needs at this time do not require face to face contact. Consider one of the most important and pressing needs, meal delivery. This requires driving meals to very vulnerable seniors in the community. Perhaps you can make some knitted, crocheted or sewn items for Nimble Fingers! Many agencies are now asking for volunteers to make phone calls, to write notes and to do other paper-work at home. **Please give blood** if you are able to as our area has a critical shortage, with one day of supply in hand.

**You** see, there is too much to do to let our woes and negative words beat down the resolve to make our world a better place. So think of you in '22. VOLUNTEER and make a change!

*Ann Gorrin*

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Preparing youth, adults, and their families  
for successful lives.

## PATHWAYS TO SUCCESS SPOTLIGHT

**Founded in 2006, Pathways to Success serves 9<sup>th</sup> through 12<sup>th</sup> graders that are at risk for not graduating high school. These youth attend Cape Henlopen High School, Milford High School, Seaford High School and Sussex Technical High School. The graduation rate is at 98% with 96% of the youth attending college, entering the military or finding a full-time job.**

**Consider volunteering with Pathways to Success and help make a difference!**

**Contact Sarah Gilmour at 302-858-4861 if you have any questions.**

### community volunteer & mentorship program

- Volunteer for an Event, Fundraiser, Field Trip, or Youth Summit
- Mentor students in an After-School Program
- Tutor students in a subject area of your expertise
- Provide professional or cultural experiences for students in your area of expertise



More info at [www.pathways-2-success.org/volunteer](http://www.pathways-2-success.org/volunteer)

# Serving in 2022

**JOIN US**

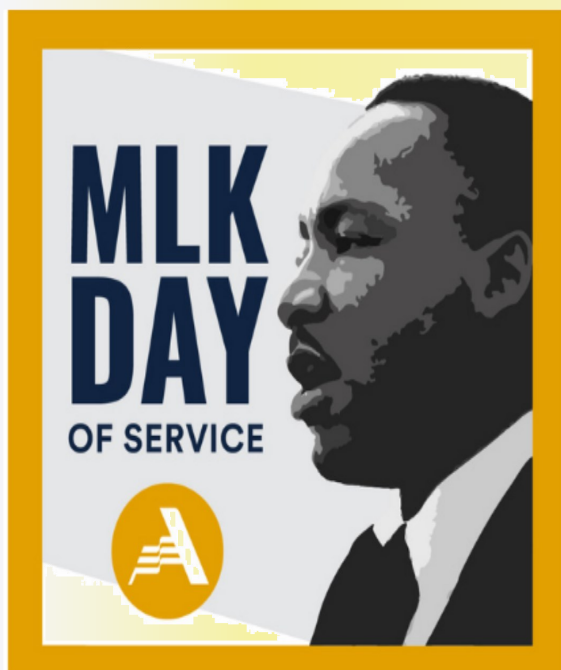
We are holding a special drive and **we need  
YOUR HELP!**

To celebrate the New Year and honor Dr. Martin Luther King Jr.'s legacy, we are holding a drive to benefit one of our community partners.

**Please help us serve by dropping by the curb with a small contribution!**

**We are collecting toiletries for the Duffle Bag Project!**

**Volunteers make lovely duffle bags and case workers with Delaware Division of Family Services give the bags to children as they enter or move through the foster care system.**



Items can be hotel or full size:

- ◆ Toothbrushes: child and adult
- ◆ Toothpaste: child and adult
- ◆ Body wash (preferred over bars of soap)
  - ◆ Shampoo and conditioner
- ◆ Three-in-one body wash for men (shampoo, conditioner, and wash)
- ◆ Deodorant: male and female
- ◆ Feminine hygiene items
- ◆ Baby shampoo, baby wash, wipes, diapers

## Drive thru collection

January 24 - 12 PM to 2PM

546 South Bedford Street

Georgetown De 19947

(Adam's State Service Building) 1st entrance from 113.

*Call our office, 302-515-3020 for more information*

**NEW OPPORTUNITY**

## Volunteers Needed!

Homebound Meals Program is hoping to expand! We need drivers in the Seaford, Laurel, and Bridgeville area.

Join us in the New Year!

There is a crucial need for meal delivery drivers. To find out more information on this opportunity please call Danielle Briggs at 302-515-3029.



### Georgetown Public Library

Is in search of a volunteer who would like to help upkeep the grounds. This is a great way to get outside, enjoy the fresh air while helping our library stay beautiful!

If you are interested in this volunteer opportunity, call

Danielle Briggs at Volunteer Delaware 50+ at

302-515-3029.



The Ark Education Resource Center is in need of both English and Spanish speaking tutors for all levels of Math and English. Also, recruiting a member of the Latino community to serve on our board of directors. Interested parties may forward a resume to [thearkadvantage@comcast.net](mailto:thearkadvantage@comcast.net).

If you have any questions, contact our office and speak with Danielle Briggs 302-515-3020.

**SAFETY. GUIDANCE. GROWTH**

208 East Front Street Laurel DE 19956

(302-)715-5318 PHONE

(302) 715-5319 FAX

[thearkvantage@comcast.net](mailto:thearkvantage@comcast.net)

[arkeducation.org](http://arkeducation.org)

Are you interested in volunteering with, OR are you currently volunteering with any of our new partners? We would love to hear from *you!*



Contact our office, Volunteer Delaware 50+ at 302-515-3020



*Are you a Volunteer  
Delaware 50+ Member?*

- *Do you enjoy meeting with others?*
- *Have skills with business, grants, management or creating events?*
- *Are you creative and enjoy making the world a better place through volunteerism?*
- ***You** may be our next Sussex County Volunteer Delaware 50+ Advisory Council member.*

*We are looking for a few good volunteers and / or community partners to help our Advisory Council grow!*

*\*Please contact Ann Gorrin at 302-515-3026 if interested.\**



**ONGOING OPPORTUNITIES****Patient Care Volunteers**

At Delaware Hospice we have a wonderful team of volunteers who provide companionship to patients, respite caregivers, assist with shopping and errands, and so much more!

**Patient Care Volunteers opportunities:**

- Patient check-in calls
- Care calls – provide a listening ear for patients
- Visit with a patient (read to a patient, share stories, play cards or board games)
- Provide transportation to a doctor appointment, store, or pharmacy.
- Walk with a patient
- Run an errand
- Provide vigil support as a patient nears death
- Give haircuts to patients
- Assemble and deliver care gifts to patients
- Pet Therapy visits
- Music Therapy visits

**Vet-to-Vet Volunteer opportunities:**

- Volunteers who are military veterans visit patients who are veterans and talk about the patient's military experiences

**RN Volunteers**

- Medication disposal after a patient has passed or is discharged
- Assist Delaware Hospice clinical staff with vaccination clinics
- Assist with clinical staff education

If you are interested in providing support to Delaware Hospice patients and families in your community, and would like to learn about our online training program, please contact the Volunteer Department at (302) 856-7717, [volunteer@delawarehospice.org](mailto:volunteer@delawarehospice.org) or visit our website at <https://www.delawarehospice.org/volunteer/>



During the COVID-19 pandemic, Delaware Hospice is taking every precaution to keep our volunteers, staff, patients, and families safe. PPE will be provided free of charge upon request.



## **Needed: Committee Members & Strong Event Day Support**

**It's never too early to start planning!**

**Wings of Hope - June 2022**

**Pink Affair - October 2022**

*Locations and dates TBD - will be in Eastern Sussex Co.*

### **Committee members:**

- Collaborate on event details
- Solicit local businesses
- Collect raffle items around area
- Meet monthly w/ committee via zoom
- And more!

### **Event day support:**

- Help set-up and breakdown
- Heavy, bulky lifting including tables and supplies
- Ideally teams/groups of people to help 1-2 hours

***If you or anyone you know that could help,  
please contact us today!***

**In benefit of Cancer Support Community Delaware  
Sussex County programs.**

**EMAIL: MMALLON@CSCDE.ORG**

**OFFICE: 302.645.9150**

# DO YOU HAVE **concerns** **about falling?**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**COACHES NEEDED**  
to teach this program to vulnerable adults. This is an evidence-based course, designed to help increase activity and prevent falls. If interested, **PLEASE CALL 302-515-3020** and speak to Danielle Briggs or Ann Gorrin.

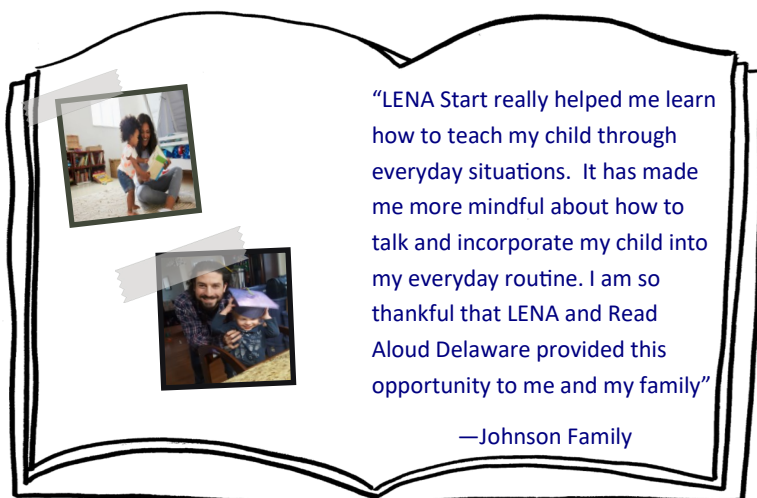
**Free Program  
Presented by  
Sussex County**

**VOLUNTEER  
DELAWARE 50+**



## **Volunteers Wanted!**

**Read Aloud Delaware needs more volunteers interested in reading to one child at a time in elementary schools, preschools, or childcare centers. Applying is easy; call Bobbi Jo Tice at 302-515-3024 and find out today!**



**Read Aloud would love your support in their mission to ensure that each child in Delaware has a strong literacy foundation by the time they start school. We know this will set them up for success! You Can Help! Volunteer with Read Aloud!**

LENA  
START



**LENA START IS NOW OFFERING A FREE PROGRAM. Know any parents of young children in Sussex County? If so, be sure to tell them about Lena Start– a free parent empowerment program for those with children 0-3. They will receive tips, weekly age appropriate books, weekly reports, and incentive cards throughout the program. New cohorts start Thursday, January 13, 2022, from 12-1:00 for ten weeks.**

**Click on the link below to read more and/or register.**

[https://us02web.zoom.us/meeting/register/tZMvcO-rqzgvGtXckFEX63\\_ZI46t3Ck018j](https://us02web.zoom.us/meeting/register/tZMvcO-rqzgvGtXckFEX63_ZI46t3Ck018j)



# **BACK BAY**

## *Strummers*



*Sussex County Non-Profit String Band*

**The Back Bay Strummers**

*Looking For*

*New Director and New Acoustic Players*

*Practice 1st and 3rd Thursday's @ 1:00 PM*

**ALL ARE WELCOME!**

*For More Info Call*

*Danielle Briggs at 302-515-3029 or*

*George Bell at 443-220-5161*





CULINARY MENTOR

**VOLUNTEERS  
NEEDED!**

**Interested in  
joining us?**



Contact Michelle Cephas  
(302) 424-3301 ext 107  
mcephas@fbd.org

WHAT TO EXPECT:

- Help students review material that they missed on quizzes
- Help students prepare for upcoming quizzes and tests
- Volunteers are needed Monday-Thursday from 11AM - 12PM



## ONGOING OPPORTUNITIES

### LOOKING FOR VOLUNTEERS AT TWO LOCATIONS!

#### **VOLUNTEERS *Needed!***

Are you in the Greenwood area and looking for a way to volunteer? Greenwood CHEER is looking for volunteers to deliver meals for their WEST route, Monday-Thursday. Drivers pick up meals at 10 AM and delivery takes place approximately 1.5 hours from start to finish. Let us know which day best works for your schedule. Call Volunteer Delaware 50+ for more information! 302-515-3020.



#### **Greenwood CHEER Center**

**41 Schulze Road  
Greenwood, DE**



**Do you have a few hours a week to help your neighbor?**



#### **CHEER Volunteer Meal Packer Needed**

Assist Kitchen Staff in all aspects of packing meals

**Available Monday thru Friday 8:00-11:00 AM**

**Location Milton CHEER Activity Center 24855 Broadkill Road, Milton, Delaware 19947**

Kitchen Volunteers assist with packaging meals into delivery trays and other tasks such as wrapping or packaging side items such as rolls or muffins. If you want to volunteer in a fun and collaborative environment and get a first hand look at how the meals are made at CHEER, this is a great opportunity for you!

If you would like more information please call Danielle Briggs at Volunteer Delaware 50+ at 302-515-3029 or email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov)

## UPCOMING EVENTS

## TEA Party

Come one, Come all!

An Advisory Council

Fund/Friend Raiser

March 24, 2022



2:00 to 3:00 PM Virtually via zoom

Grab a tea bag and listen to a gifted speaker motivate us toward self-care and mindfulness. We will then become a group to talk about our experiences in a light and relaxed way over your favorite tea in the comfort and safety of your own home. Oh!, please wear your favorite hat for tea! Judges will choose a winner and send a prize! Please join us for this fun day when donations to Volunteer Delaware 50+ will be appreciated.

To Donate to Volunteer Delaware 50+ please send a check to:



Volunteer Delaware 50+  
Advisory Council

546 South Bedford Street  
Georgetown, DE 19947

## UPCOMING EVENTS

Special Olympics Delaware

# 2022 LEWES POLAR BEAR Plunge

VOLUNTEER  
WITH US AT THE  
IN-PERSON  
SUNDAY, FEB. 6  
REHOBOTH BEACH

PRESENTED BY  
**DISCOVER Wawa**

REGISTER TODAY!  
[HTTPS://BIT.LY/3DVOIFG](https://bit.ly/3DVOIFG)

FOR MORE INFORMATION ABOUT  
THE PLUNGE VISIT:  
[WWW.PLUNGEDE.ORG](http://WWW.PLUNGEDE.ORG)



BE A PART OF THE PLUNGE  
WEEKEND FESTIVAL  
FEB. 4-6, 2022




 @SODELAWARE  
@PLUNGEDE











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- anyone who has restricted activities because of falling concerns

**(must be a member of OLLI)**

**Classes once a week for 8 weeks**

**Starting:**

**Thursday, February 24, 2022**

**Thru**

**Thursday, April 14, 2022**

**Time: 10:00 AM to 12:00 PM**

**Osher Lifelong Learning Institute**

**Trinity Faith Christian Center**

**15516 New Road**

**Lewes, DE 19958**

**To Register:**

**(1/5/22-1/12/22)**

**CALL: 302-645-4111**

**Presented by  
Sussex County**

**VOLUNTEER  
DELAWARE 50+**

**RESOURCES****AROUND-THE-CLOCK  
INFORMATION AND  
SUPPORT****ALZHEIMER'S ASSOCIATION  
24/7 HELPLINE: 800.272.3900**

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

**alzheimer's  association®****800.272.3900 | alz.org®**

Elizabeth Phillips, Coordinator Programs (Kent & Sussex Counties)  
ecphillips@alz.org or (215) 399-9207

Alzheimer's Association 24/7 Helpline 1-800-272-3900



## Curbside Meals To Go

**\$7.00**

1001 W. Locust St.  
Seaford, DE 19973

Looking for a delicious home cooked meal?  
Drive Thru Meals are Open to the Community.

You do not need to be a member.

Jan. 5<sup>th</sup> – Stuffed Peppers, Rice, Carrots

Jan. 12<sup>th</sup> – Grilled Chicken Salad with Crackers

Jan. 19<sup>th</sup> – BBQ Chicken, Roasted Potatoes, Green Beans

Jan. 26<sup>th</sup> – Goulash, Green Beans, Garlic Bread

**\*\*All Meals Come with Dessert too\*\***

**Every Wednesday**  
**11:30 a.m. – 12:30 p.m.**

Check website for menu  
[www.nanticokeseniorcenter.com](http://www.nanticokeseniorcenter.com)





## ONGOING OPPORTUNITIES

**Introducing our Partners!**  
**Let us help you make the**  
**connection in 2022!**

AGAPE Senior Center	Fellowship Health Resources, Inc	Milton CHEER Center
Alzheimer's Association	Food Bank of Delmarva	Nanticoke Senior Center
American Legion Aux. #17	Georgetown CHEER Center	Nanticoke Watershed Alliance Creekwatchers
American Legion Aux. Unit #28	Georgetown Elementary	New Life Thrift Shop
American Veterans Thrift Store	Georgetown Public Library	Nimble Fingers
Atlantic Shores Rehab & Health Care	Georgetown VA Clinic	Ocean View Volunteers
Autism Delaware	GFWC Women's Club of Indian River	Office of the Public Guardian
Auxiliary of Stockley Center	God's Way Thrift Shop-Rehoboth	Ombudsman Program
Back Bay Strummers	Good Samaritan Aide Shop	Overfalls Foundation
Barbara K. Brooks Transition House	Greenwood CHEER Center	Pathways to Success, Inc.
Bay Health Medical Center	Greenwood Public Library	PAWS for People
Beebe Healthcare	H.O. Brittingham Elementary School	Philip C. Showell Elementary School
Big Brothers/Big Sisters	Habitat for Humanity	Possum Point Players
Blood Bank of Delmarva	Habitat ReStore	Prime Hook National Wildlife Refuge
Brandywine Living	Harbor Health Care Center	Read-Aloud Delaware
Brandywine Valley SPCA- Georgetown	Harbor Lights CHEER Center	Rehoboth Elementary School
Bridgeville Senior Center	Indian River Senior Center	Renaissance Health Care
Cancer Support Community	iTN Southern Delaware	Robin Hood Thrift Shop
Cape Henlopen Senior Center	John M. Clayton Elementary School	Ronald McDonald House of Delaware
CASA Program	Laurel Senior Center	Roxana CHEER Center
Casa San Francisco	Lewes Senior Center	Seasons Hospice & Palliative Care
CHEER Coastal Leisure Center	Lighthouse Christian School	South Coastal Library
CHEERful Notes Glee Club	Little Grace Kids	Special Olympics Delaware
Children & Families First	Long Neck CHEER Center	The ARK Educational Consulting, Inc.
Citizen's Climate Education	Long Neck Elementary School	The First Tee of Delaware
Coastal Concerts, Inc.	Lord Baltimore Elementary School	The Way Home
Community Resource Center	Love, Inc.	Thresholds
Contact Lifeline	Mason-Dixon Woodworking Club	TidalHealth-Nanticoke
DCRAC (DE Community Reinvestment Action Council)	Matter of Balance	Village Volunteers
Delaware Hospice/South Division	Meals on Wheels	Volunteer Delaware 50+
Delaware Senior Medicare Patrol	Manor House	Advisory Council, Inc.
Delaware Veterans Home	Milford Wellness Village	Volunteer Delaware 50+
Delmar Public Library	Millsboro Public Library	Technical Assistance
East Millsboro Elementary School	Millville Volunteer Group	Woman's Club of Milton
Easter Seals		Zwaanendael Club