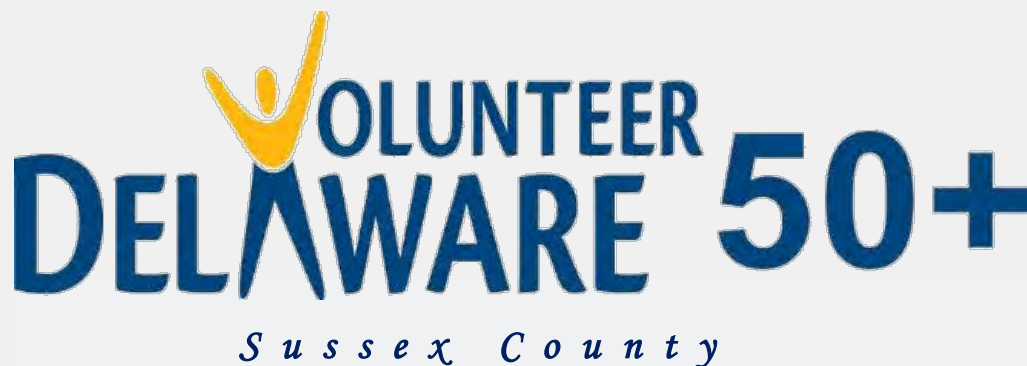


Volunteer Delaware 50+ is a statewide program offered through the State Office of Volunteerism within the Division of Social Services. The mission is to engage persons 50 and older in volunteer service, to meet critical community needs and to provide a high quality experience that will enrich the lives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



For More Information
Call 302-515-3020

<https://Volunteer.Delaware.gov/Volunteer-Delaware50>

VOLUNTEER OPPORTUNITIES & COMMUNITY EVENTS

Volunteer Opportunities:

Pages: 3-10

Community Events:

Pages: 11-15

Community Partners:

Page: 16

May is Trauma informed month and I thought I would share our recent newsletter from our Trauma Informed Team at the Division of Social Services with you.

Below are 5 Mindfulness Exercises to Relieve Caregiver Stress:

1. **Take deep breaths** – Take 5 minutes, breathe deeply, feel your lungs fill with air, let it go easily, and repeat.
2. **Practice gratitude** – Perhaps a gratitude journal, writing notes to loved ones, smile!
3. **Connect to others** – Don't do this alone. Check-in with friends and family.
4. **Give yourself a break** – What do you love to do for yourself that is healthy? Walk? Listen to music?
5. **Be present** – Do one thing at a time.

I'll add that volunteering always helps us feel good and connect with others in our community. If you're not connecting with a community partner, call us! We can help!

Pass it on!

Ann Gorrin



Volunteer Delaware 50+ focuses on helping individuals 50 years of age and older, use the skills and talents learned over the years, or develop new ones while serving in a variety of volunteer activities within the community. Volunteer Delaware 50+ volunteers determine their preferred level of commitment. Come join the more than 2,500 Volunteer Delaware 50+ members and start making a difference today!

What are the benefits of becoming a Volunteer Delaware 50+ member?

- All members receive supplemental insurance protection in case anything happens **while** they are volunteering with one of our community partners (excess volunteer liability insurance & excess automobile liability insurance)
- Opportunity for outstanding volunteers to attend a free recognition luncheon and enter to win door prizes (must meet required hours)
- Opportunity to receive a monthly listing of one-time volunteer projects, upcoming events and ongoing volunteer opportunities (sent via email or mail)
- Invitation to attend free educational workshops on topics pertaining to the 50+ community (sent via email)
- Tracking of hours and years of service

Why do you collect my volunteer hours?

- Helps us to qualify for grants and places us in a better position to advocate for continued funding, not only for our program but also for our community partners
- Helps us to quantify all the amazing volunteer work Delawareans are doing for our state/in our communities
- Helps us to identify and recognize our outstanding volunteers through our annual Volunteer Recognition Luncheon.

Are you already a volunteer with one of our community partners and would like to also be a member of Volunteer Delaware 50+?

We are always looking-for and inviting non-profit organizations to join us and become a community partner in order to offer even more opportunities to our members. If you are already a volunteer with one or more of our community partners and would like to also become a member of Volunteer Delaware 50+ please contact your local office

Sussex County: please call 302-515-3020
Or email Bobbi.Tice@delaware.gov or
Danielle.Briggs@delaware.gov

New Castle county: please call 302-255-9101
Or email Guadalupe.Murphy@delaware.gov
or Arundhati.Ghosh@delaware.gov



VOLUNTEER DELAWARE 50+ ADVISORY COUNCIL

JOIN US

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

Advisory Roles and Responsibilities

- Meet 6 times per year 12:00PM-2:00PM (centrally located)
- All members shall strive to exhibit personal, moral and ethical standards which reflect highly on Volunteer Delaware 50+ programs.
- Assist with fundraising and in-kind resources.
- Provide information and advice concerning strategies to effectively use volunteers.
- Offer advice and support coordination of community partner programs.
- Promote constructive relationships with key community individuals and agencies.
- Help plan, implement, and participate in volunteer recognition events.
- Provide ideas and/or contacts for developing new community partners or programs.
- Provide ideas and/or contacts for recruiting prospective hard-to-reach volunteers.

🎯 Why the Advisory Council Matters

The Advisory Council helps:

- Strengthen program direction and sustainability
- Expand community partnerships
- Support special initiatives and recognition events
- Ensure the program continues meeting real community needs

Join Us

WE'RE GROWING!

Volunteer Delaware 50+ Advisory Council

Committee Opportunities

- Membership
- Nominations
- Communications
- Marketing

Members:

Christine Bauer
 Victoria Burrier
 Randi Cohen
 Maribeth Dockety
 Tricia Fleming
 Mindy Goss
 Janet Laws
 Al Liebeskind
 Patricia Reilly-Butcher
 Shelby Weilepp

APPLY TODAY
 For more information please contact
 Danielle Briggs at 302-515-3029 or
 danielle.briggs@delaware.gov



May Observances

- May 1– National Pet Day
- May 3—World Press Freedom Day
- May 8—Red Cross / Red Crescent Day
- May 9– Older American Month
- May 10—Mother’s Day
- May 28– World Hunger Day

VOLUNTEER Opportunities



BECOME A VOLUNTEER ADULT LITERACY TUTOR!

No experience required

Attend an online information session to learn more about becoming an adult literacy tutor

Contact Danielle Briggs
At 302-515-3020



Please visit our website to register

FOR MORE INFO

www.literacydelaware.org/tutors
volunteer@literacydelaware.org
302.658.5624



VOLUNTEER OPPORTUNITY! Events Coordinator

Are you someone who:

- ✓ Has strong organizational skills?
- ✓ Proactively communicates and follows up?
- ✓ Has prior experience with event planning
- ✓ Loves logistics
- ✓ Comfortable working in Google Suite

mah@milfordadvocacyforthehomeless.org
302-217-3106 Option 8

We're Growing Our Outreach Team!

Milford Advocacy for the Homeless is looking for a dedicated Events Coordinator Volunteer to help us bring connection, compassion, and support directly into our community.

This role is at the heart of our outreach efforts—helping coordinate our information table and free handouts at local events like First Fridays and festivals along Walnut Street.

We're looking for someone who:

- Enjoys connecting with people and building relationships
- Is strong in organization and logistics
- Communicates clearly and warmly
- Brings energy, smiles, and a welcoming presence
- Can commit 5–10 hours per month
- Is available for First Fridays (June through October) and select local festivals

At MAH, everything we do is rooted in dignity, compassion, and service. Through Passion, Service, Humanity, and Impact, we meet people where they are and walk alongside them as they rebuild their lives. This role is an opportunity to be part of that mission in a visible and meaningful way.

If you feel called to serve and connect, we would love to hear from you.

📞 Call: 302-217-3106 (Option 8)

✉ Email: mah@milfordadvocacyforthehomeless.org

Join us. Be part of something that truly makes a difference.

Looking for a FUN way to volunteer in the community one evening a month?



WE NEED VOLUNTEERS FOR BINGO!



BINGO will be presented from 5-8 PM on the 2nd Tuesday of each month. This is a perfect volunteer opportunity for an individual, couple, organization or group of friends who want to help.

Contact Danielle Briggs at 302-515-3020 if you are interested in this Bingo opportunity.

SUSSEX COUNTY HABITAT FOR HUMANITY



ANNUAL *WALT JONES MEMORIAL*
GOLF
OUTING 2026

FRIDAY
MAY 15TH
AT MIDWAY PAR 3 IN
LEWES, DELAWARE

**VOLUNTEERS
NEEDED**
Outdoor rain or shine event!

Multiple volunteer time slots available!
Opportunities from 6:30am
-- 4:30pm!

Help make our annual Golf Outing a success! We're looking for friendly, reliable volunteers to assist with check-in, contests, player support, and more throughout the day. It's a fun way to give back, meet new people, and support affordable housing in Sussex County - no golf experience required! Sign up today and be part of a great day for an even greater cause.



Interested in volunteering contact
Bobbi Jo Tice at 302-515-3020



Want to learn a new skill? Have a group that loves to volunteer?

Habitat for Humanity Sussex County has many opportunities for you to get involved!

From **demolition and construction to new builds and beyond**, there's something for everyone. Building hope in our community begins with **you**—whether you're picking up a hammer or giving your time in other meaningful ways.

As we continue to serve more households throughout Sussex County each year, the need for volunteers continues to grow. And Habitat volunteers do so much more than build houses!

Not interested in construction? No problem!

There are plenty of other ways to help, including:

- Serving on a committee
- Providing morning refreshments or lunch on a construction site
- Office and administrative support
- Public relations and fundraising

Contact Bobbi Jo Tice 302-515-3020
Bobbi.Tice@delaware.gov

Kindness Calls

Friendly calls to seniors who may be lonely or isolated. A simple check-in, a friendly voice, a reminder that someone cares.

Sign up to receive a call from a volunteer caller.



Sign up to make a call to a senior.



Contact Danielle Briggs at Danielle.Briggs@delaware.gov or call 302-515-3029 so that our office can connect you with CHEER.



VOLUNTEERS NEEDED

Enhance the lives of older adults and improve quality of life in your community through services, programs, and advocacy.

WHY VOLUNTEER?

- Change lives, including your own.
- Build meaningful connections.
- Flexible schedules—your time, your skills, your way.

GET INVOLVED.

There are several ways to help: driving, home visits, shopping, tech support, repairs, office work, board positions, marketing, and more!
We need volunteers with every skillset.



Apply Now!

Call 302-703-2568
 Visit: www.villagevolunteer.org
 Follow us: facebook.com/VillageVolunteersSussexDE



Ronald McDonald House Charities of Greater Delaware



Volunteers Needed for Lewes 5K

Hustle for House 5K Run/Walk

Registration Closes May 1st, 2026

- 📅 Saturday, May 16, 2026
- 🕒 Starting from 7:30AM - 10:30AM
- 📍 1007 Kings Hwy., Lewes, DE 19958

Register – link in post



Volunteer Opportunity! Community Outreach Director Needed in Delaware

We're looking for a passionate, outgoing volunteer to help increase our outreach efforts in Delaware!



- ✓ Enjoys interacting with people.
- ✓ Skilled at building relationships.
- ✓ Passionate about supporting outreach efforts.
- ✓ Able to work in a startup environment.

mah@milfordadvocacyforthehomeless.org | 302-217-3106 Option 8

We're Expanding Our Reach Across Delaware

Milford Advocacy for the Homeless is seeking a Volunteer Community Outreach Director to help grow our outreach into communities across the state. This is a hands-on, startup-style role focused on connection, impact, and expansion.

We're looking for someone who:

- Loves engaging with communities
- Builds and leads volunteers
- Is passionate about growing outreach across Delaware.

This role will help guide outreach efforts while supporting Helping Hands, First Fridays, and Festival Outreach.

Rooted in dignity, compassion, and service, MAH meets people where they are and walks alongside them as they rebuild their lives.

📞 302-217-3106 (Option 8)
 ✉ mah@milfordadvocacyforthehomeless.org

Be part of something that reaches further and serves deeper.

Support runners and walkers in a fun, high-energy event
 Give back to the community
 Enjoy a lively morning outdoors
 Be part of what makes this 5K possible!

📌 Important:
 Register by: May 1, 2026
 Link: <https://getconnected.delaware.gov/need/detail/...>

Whether you're helping with setup, cheering participants on, or assisting along the course, your support makes a difference.



★ ★ ★ ★ ★
MEMORIAL DAY
 HONORING ALL WHO SERVED



The mission of the Overfalls Foundation is to preserve and manage this historic ship, and to educate people about the lightship service and the maritime history of our community. Overfalls was first launched in 1938. She served continuously as a floating lighthouse until 1972 when she was decommissioned by the Coast Guard. The Coast Guard donated her to Lewes in 1973 where she became a floating museum. She was designated a National Historic Landmark in 2011. <https://overfalls.org>

The Overfalls (the big Red Ship docked in Lewes!) Needs Volunteers!

NO PRIOR KNOWLEDGE OF SHIPS IS NECESSARY.

We'd love to teach you!

And we need help with all that goes into keeping an all-volunteer, small nonprofit, "afloat!"

Enjoy interacting with people? We need Lightship Tour Guides and staff for our Museum Store!

Enjoy tinkering? We need help with Ship Maintenance!

Enjoy nonprofit development? Volunteer for event planning and fundraising! We welcome your technology skills in Social Media, Networking, MS365 and Website Design.

Enjoy having fun and meeting new friends? Join us at our monthly Volunteer Socials throughout the year!

Become a **Memory Bear Volunteer**

Volunteer your sewing skills to create unforgettable personalized keepsakes that families and loved ones will truly cherish.

What are Memory Bears?

Created in loving memory by skilled volunteers like you, Memory Bears are handmade teddy bears crafted from clothing (or a favorite blanket or other special fabric item) that belonged to patients who have died while on service with AccentCare®.

How are they made?

Our skilled Memory Bear volunteers receive all the supplies necessary to create Memory Bears. This kit includes stuffing, eyes, noses, interfacing, and our Memory Bear pattern. Once the volunteer has been onboarded and signed our patient confidentiality agreement, you'll receive clothing and information about the patient who has died and the family who will be receiving your completed treasure.

How can you help?

Our volunteers are a pivotal part of this program. They are truly the creators of these special family legacies and heirlooms! If you feel comfortable following a pattern, own a sewing machine, and want to help create unforgettable keepsakes families will treasure, please come join our Memory Bear Volunteer Program!

FOR MORE INFORMATION, PLEASE CONTACT OUR

Danielle Briggs at 302-515-3020 or email Danielle.Briggs@delaware.gov



Use your **compassion** and talents to **make a difference.** Volunteer with AccentCare® Hospice today.



You can support our local patients and families by becoming a:

Ambassador Volunteer

- Community outreach, volunteer recruitment

Legacy Volunteer

- Create legacies: books, journals, CDs, memory bears, crafts

Office Volunteer

- Administrative assistance

Social & Companionship Volunteer

- Reading, walking, caregiver relief

Music Companionship Volunteer

- Play, sing and share music with patients, families and friends

Children's Bereavement Camp Volunteer

- Work with camp staff and children

Bereavement Volunteer

- Emotional support for patient family and friends

Spiritual Presence Volunteer

- Support patient's faith related requests

Vigil Volunteer

- Companionship during patient's last hours

Pet Visitation Volunteer

- Patient visits with certified Pet Partners or Therapy Dogs

Special Projects Volunteer

- Volunteer support for special groups or events like We Honor Veterans

For more information, please scan the QR code or contact our volunteer service coordinator at: RebekahWelch@AccentCare.com or 302-533-3800



Scan me to learn more!

For more information contact Danielle Briggs at 302-515-3020 Danielle.Briggs@delaware.gov



Save Your Buttons & Fabric
FOR CAREWEAR

Donate your spare buttons
 & fabric
 to help us create items for
 those in need.

Drop off buttons at:
 Adams State Service Center
 546 South Bedford Street
 Georgetown, DE 19947

Questions? Call Bobbi Jo Tice
 302-515-3020 or email
 Bobbi.Tice@delaware.gov

CareWear



MEMORIAL
 ★★ ★ DAY ★★ ★
 REMEMBER AND HONOR



Bags 2 Mats
 for the Homeless

UPCOMING WORKSHOPS
 May 7th- 1 pm to 3 pm - Milford Public Library
 May 14th, 1 pm to 3 pm- Sussex West
 May 21st- 1 pm to 3 pm - Georgetown Public Library

LOCATION

MILFORD PUBLIC LIBRARY -
 11 SE FRONT STREET MILFORD, DE 19963

GEORGETOWN PUBLIC LIBRARY-
 123 W PINE ST, GEORGETOWN, DE 19947

SUSSEX WEST-
 14 MANOR HOUSE LANE, LEWES, DE 19958

FOR MORE INFORMATION CONTACT
 BOBBI JO TICE 302-515-3020 OR EMAIL
 BOBBI.TICE@DELAWARE.GOV

CHECK OUT OUR FACEBOOK-
 BAG2MATS FOR THE HOMELESS- DELAWARE FOR MORE
 INFORMATION

HELP US TURN PLASTIC BAGS INTO PLASTIC MATS

**Friends of Prime Hook NWR
Rain cancels all outdoor events**

12322 Turkle Pond Road, Milton, DE 19968

For more information: info@friendsofprimehook.org

First Saturday Guided Bird Walk

Saturday, May 2 from 8-9:30 am ~ Meet in parking lot at the end of Turkle Pond Road

Join members of the Sussex Bird Club for a 90+ minute guided bird walk on the Dike and Boardwalk Trails. For your comfort, insect repellent, long pants, and long sleeves are appropriate. The group leaders will have a scope for long-distance viewing, but feel free to bring your own scope, binoculars, and camera. It's biting bug season – Feel free to bring binoculars, scopes, and cameras.

No registration requirements

Spring Migration Walk Series ~ Beginner Birding Wednesdays 8:30-10 am

May 6: Dike Trail (meet in parking lot at the end of Turkle Pond Road)

May 13: Pine Grove Trail (meet at Turkle Pond)

May 20: Dike Trail (meet in parking lot at the end of Turkle Pond Road)

May 27: Boardwalk Trail plus: (meet in parking lot at the end of Turkle Pond Road)

The 1-mile Pine Grove Trail winds through pine & hardwood forest adjacent to both ponds. The 1-mile Dike Trail is crushed-gravel that's wheelchair, stroller, and walker accessible. The ½ mile Boardwalk Trail loop is wheelchair, stroller, and walker accessible and winds through wooded canopies and out over the marshes.

It's biting bug season – insect repellent, long pants, and long sleeves are appropriate. Feel free to bring binoculars, scopes, and cameras.

Registration is required: <https://forms.gle/CDeQB1yY8StD7loy6>

Wandering Refuge Ambassador ~ 11:00 am to 1:00 pm

Saturdays: May 9, May 23

Look for John Knapp on either the Dike Trail or Boardwalk Trail, where he will be available to help you with bird identification, refuge information, instruction, and more. John has been enjoying birds for over 35 years, both here and abroad. For many years, he led beginner bird walks for New Jersey Audubon, National Audubon, and New Jersey Fish & Wildlife. He has participated in numerous Christmas bird counts, bird nesting surveys, and hawk watches in his home state of New Jersey. No registration requirements.

Protect Delaware's Future—One Pollinator at a Time!

Saturday, May 16, from 1 – 2 pm ~ Multipurpose Room

Join us for a fun and lively journey into the world of pollinator habitats. Discover how planting native blooms can turn your backyard into a buzzing oasis. Learn clever ways to reduce pesticides and become a guardian of Delaware's natural wonders. Whether you're a seasoned gardener or just love nature, you'll leave with practical tips, a smile, and the power to make a difference. Let's grow a healthier, more colorful Delaware — one buzzing habitat at a time.

Registration is required: <https://tinyurl.com/hrnubbk9>

Birds of Prime Hook with Carol Knapp

Sunday, May 17, from 1 – 2 pm ~ Multipurpose Room

Let Carol take you on a guided video tour of the refuge trails and learn about the birds you can expect to find. The refuge is home too, or an important migratory stop, for up to 347 species across 10,000 acres. You will not, of course, see all of these on the trails at one time, but come and learn just what is possible. We will cover a few refuge locations just to whet your appetite. Identification tips will be discussed as well.

Registration is required: <https://tinyurl.com/hrnubbk9>



Mondays at 2:00 pm

**Cape Henlopen Senior Center,
11 Christian Street, Rehoboth.**

\$7 per class

Experience LaBlast Fitness, a fun, dance-based program that blends ballroom dance with full body conditioning. LaBlast is an energizing class that moves your body, builds muscle memory and coordination, all in a fun-filled atmosphere.

To register call 302-227-2055.



CHAIR YOGA

**Cape Henlopen Senior Center,
11 Christian Street, Rehoboth.**

Tuesdays at 11:45 am

\$5 per class

Chair yoga increases flexibility, strength, and body awareness. Chair yoga also includes breathing techniques and meditation to improve focus, mental clarity, and relaxation.

To register call 302-227-2055.



Woodcarving

**Cape Henlopen Senior Center,
11 Christian Street, Rehoboth**

Tuesdays: 8:00 am to 11:00 am.

Our Woodcarving group is more than just a place to carve – it's a place to connect, create, and unwind. Whether you're a seasoned carver or have an interest in carving, you'll find a welcoming space filled with encouragement, shared knowledge, and plenty of laughter. Members enjoy learning techniques, sharing ideas, and turning a simple block of wood into a beautiful works of art.

If interested, call 302-227-2055.

Tai Chi for Health

**Cape Henlopen Senior Center
11 Christian Street, Rehoboth**

Wednesdays at 9:00 am

\$6 per class

Tai Chi can improve your health! Practicing Tai Chi helps your health in so many ways. It's a mindful practice by staying in the moment and building your awareness of yourself, the environment, and any situation you find yourself in. It builds memory, physical strength, balance, and can lower your blood pressure. In this class you will be learning the Tai Chi for Arthritis (TCA) form. You do not have to have arthritis to benefit.

Sharon's teaching supports all levels of abilities of her students. Repetition and paying attention of her student's needs is her specialty. Come and join her on the journey of improving your health.



Food Bank OF DELAWARE

SPRING PLANT SALE

Milford: May 2

SPRING HAS SPRUNG!

It's time to plant those summer vegetable gardens, so join the Food Bank of Delaware for our annual plant sales! The plant sales will feature vegetable, herb and flower starts and native perennials. The cafe will be open, too!

Saturday, May 2
10am – 2pm

9:30 a.m. - Parking Lot Opens
10:00 a.m. - Plant Sale and Café Open

Where: Food Bank of Delaware Garden
102 Delaware Veterans Blvd., Milford



The Women's Club of Milton

Invites you to Join Us for

BINGO!

Tuesday, May 5, 2026

Milton Fire House
116 Front St.

Doors and Kitchen open at 5:30
Games start at 7:00



Eat, Play, Win!
Great Food!
Great Prizes!!

\$25 for 20 Games
Call 732-718-5993 to Reserve your Ticket!
\$30 at the Door

Must be 18 years or older to attend.

"Making A Difference!!" in the Milton Community

Free Nutrition Class!
(Learn about nourishing yourself and your family!)



Healthy in a SNAP

Join us for food demo, eat, de-stress, and learn with each other. Gather with other caregivers and parents (or parents-to-be) to explore realistic ways to care for yourself and your family through nourishing our mind, body, and spirit.

All participants will receive:
A UD bag with measuring cups and spoons.

Date: May 6, 13, 20, 27, 2026
Where: Georgetown Public Library
123 W Pine Street
Georgetown DE 19947
Time: 10:00am - 11:30am

To Register: 




Cape Henlopen Senior Center



Wednesday:
May 6
June 3

Doors open at 11:30 am
Games start at 1:00 pm

Admission \$20

Includes: 1-Game Pack, Specials, 1-Quickie Card. Does not include: 50/50. Additional games sold.

Open to the public! Bring a friend with you.

Tavern Talk: In Common

Cause:

Delaware's Homefront in the Revolutionary War

Despite its small size, Delaware made significant contributions to the cause of American independence, far more than a single battle or a midnight ride. During the Revolutionary War, Delaware evolved from being part of a larger colony into an independent state, a transformation driven by the sacrifices and efforts of its citizens and civic leaders. These individuals gave their time, resources, and even their personal safety to support the common cause of American freedom.

May 6th, 2026, at 5:30 pm

Registration is required. Sign up online at georgetown.lib.de.us



Senior Medicare Workshop

May 7, 2026

10:30 am to 2:30 pm

**Dover Public Library,
35 Lockerman Plaza,
Dover, DE 19901**

For more information contact Lysa Reid
302-424-8657 T,W,TH
Lysa.Reid@delaware.gov

**Beebe Healthcare
Boosting Memory and
Cognitive Skills as You Age**

Speaker: Stephen Israel, MSN, AGACNP-BC

Thursday, May 7 at 9:00 am

Cape Henlopen Senior Center,
11 Christian Street, Rehoboth

Did you know?

According to the Centers for Disease Control and Prevention (CDC), twice as many Americans fear the loss of mental capability more than they do diminish physical ability.

Topics Covered:

- How the brain changes as you age
- Everyday habits that strengthen brain health
- Nutrition for brain health
- When to seek help

Register by Friday, May 1 by calling 302-227-2055.



Confused by Medicare?



We'll help you learn the basics

You're invited to a Medicare Made Clear® educational seminar. Join us to learn all about your Medicare choices. We'll also share tools and resources to help you understand the coverage that may be right for you, including a free educational guide.

Join us for a Medicare education seminar near you

Whether you're just getting started with Medicare or simply looking to learn more, we're here to help.

5/11/2026, 3:00 PM
Georgetown Public Library
123 W Pine St.
Georgetown, DE 19947

Learn more at medicaremadeclear.com

Tawanna Croom
Licensed Sales Agent
302-853-0633, TTY 711
tcroom.insurance@gmail.com

Medicare Made Clear is brought to you by UnitedHealthcare®

Events will follow applicable public health safety guidelines. For accommodations of persons with special needs, at meetings call 302-853-0633, TTY 711.
YD06L_23MCMCMetingFlyer_C
SP/LJ785



SUSSEX DEMENTIA CAREGIVER SYMPOSIUM

Tuesday, May 12 | 10 a.m. to 12:30 p.m.

Lewes Public Library | 111 Adams Avenue | Lewes, DE 19958

Join us for a Dementia Caregiver Symposium designed to support and empower those caring for loved ones. This event will feature expert speakers, valuable community resources, and a caregiver panel that will share real-life experiences and practical advice.

Caregivers will:

- Gain helpful information that can be put into use right away
- Connect with other caregivers and professionals
- Learn strategies for navigating the caregiver journey with confidence

Save the date! To register, call 800.272.3900 or visit <https://tinyurl.com/SussexCaregiverSymposium>.





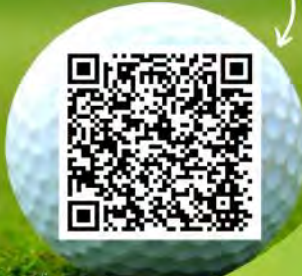
SUSSEX COUNTY HABITAT FOR HUMANITY
ANNUAL WALT JONES MEMORIAL GOLF OUTING 2026

FRIDAY
 AT MIDWAY PAR 3 IN
 LEWES, DELAWARE
MAY 15TH

NEW THIS YEAR!
MORNING + AFTERNOON TEE TIMES

\$85 - Per Player
 \$320 - Per Foursome
Sponsorships available!

Scan here to purchase tickets!



Early bird warm-ups welcome. Lunch is included with ticket. All proceeds go to support Sussex County Habitat for Humanity.
Morning Tee-Off: Registration at 7:30am, pre tee-off putting contest, light breakfast, lunch, and awards. Tee-off at 9am.
Afternoon Tee-Off: Registration at 11am, pre tee-off putting contest, lunch, afternoon refreshments, and awards. Tee-off at 12:30pm.

Register now!
www.sussexcountyhabitat.org

Join us at
TOAST THE NANTICOKE

Because the Nanticoke deserves a Toast!



Friday May 15, 2026
6:30 - 9:00pm



Layton's Chance Vineyard Winery
 4225 New Bridge Road
 Vienna, MD

Tickets:
 \$70.00 in advance
 \$80.00 at the door

- Live Music by Fog After Midnight
- Vineyard Hayride Tours
- Open Wine Bar
- Great Local Food
- Yard Games
- Auction Items

SPONSORED BY:

Register at: www.nanticokevalley.org
 All proceeds support the Nanticoke Watershed Alliance's

FRIDAY MAY 15TH
 AT MIDWAY PAR 3 IN
 LEWES, DELAWARE

SUSSEX COUNTY HABITAT FOR HUMANITY
ANNUAL GOLF OUTING SPONSORSHIPS
TITLE SPONSOR - \$10,000

Premier signage + logo featured in all promotional materials. Website and social media recognition. Acknowledgement at the event along with an opportunity to speak at the awards ceremony. Includes two teams of four in the outing.

HABITAT SPONSOR - \$5,000

Signage and logo featured in all promotional materials, website, and social media recognition. Includes two teams of four in the outing.

GOLD SPONSOR - \$2,500

Company logo and website linked on SCHFH's website. Recognition on tournament banners and at the awards ceremony. Includes one team of four during the outing.

BEVERAGE SPONSOR - \$1,000

Signage on beverage cart and beverage station along with recognition in promotional materials.

BREAKFAST SPONSOR - \$750

Signage at breakfast and recognition in promotional materials.

REGISTRATION/SWAG BAG - \$500

Signage at registration and recognition in promotional materials.

TEE SPONSOR - \$200

Signage at tee and branded materials in goodie bags.

HOLE SPONSOR - \$200

Signage at the assigned hole and recognition in promotional materials.

Register now!
www.sussexcountyhabitat.org

Scan here to become a sponsor today!



HUSTLE FOR THE HOUSE



Lace up to support families.

Run or walk for RMHC Greater Delaware's run/walk series and help keep families together during their child's hospital stay.



rmhcdelaware.org/events



<p>April 11 Wilmington</p> <p>8 A.M. Registration 9 A.M. Start</p> <p>Catherine Rooney's</p>	<p>May 16 Lewes</p> <p>8 A.M. Registration 9 A.M. Start</p> <p>Big Oyster Brewery</p>	<p>June 11 Middletown</p> <p>5 P.M. Registration 6 P.M. Start</p> <p>Town of Whitehall</p>
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DEMENTIA SUPPORT GROUP

You are not alone.



Join a welcoming and supportive space for caregivers and family members navigating the early stages of a dementia diagnosis.

Village Clubhouse - 16686 Kings Highway #B, Lewes
April 13 & 27, May 18, June 8
10:00 am - 11:30 am

What to Expect:

- ✓ A safe place to share experiences
- ✓ Resources and guidance from a trained facilitator
- ✓ Peer support from others on a similar journey
- ✓ Conversations focused on caregiving, coping and connection

Facilitator: Deborah Ann Mikiten
 Certified Senior Advisor,
 Aging Life Care Manager
 Wayfinder Senior Solutions

Open to: Caregivers, family members, and friends of those living with dementia

Free to attend
To RSVP or Learn More:
 302-703-2568
 info@villagevolunteer.org

Together, we can navigate the dementia journey with compassion, understanding, and strength.




Dine & Donate

Bethany Blues

Tuesday, May 19, 2026



Bethany Blues Lewes
18385 Coastal Hwy, Lewes, DE 19958
Dine In or Carry Out

15% of Your Check will be Donated to CHEER



Present This Coupon or
Show Your Phone to Your Server!

Welcome to






Dine and Donate Featuring: CHEER on Tuesday May 19, 2026

Join us from 4pm- 9pm at the Lewes Location for Dine-In or Carry out and 15% of your check will help benefit the non-profit CHEER centers!


Please present this coupon to your server.

Bethany Blues Lewes - 302.644.2500- 18385 Coastal Hwy, Lewes, De 19958

LET'S TALK THE "D" WORD

with Bob Russo, Certified Death Doula



APRIL 16, MAY 21, JUNE 10

10 AM - 16686 KINGS HWY.
 11:30 AM - #B LEWES, DE

PRE-REGISTRATION IS REQUESTED
 CALL 302-703-2568 OR EMAIL INFO@VILLAGEVOLUNTEER.ORG

Decrease your concerns. Live more fully.

Death Cafe is an opportunity to gain a greater understanding and awareness of death in a relaxed, informal setting.

Death Cafe is a global movement 'to increase' awareness of death in order to help people make the most of their (finite) lives'. Death Cafe is not a bereavement support or grief counseling setting. It is a discussion group.

Join us for A Day of Honor and Remembrance

Sunday, May 24, 2026 @ 12pm noon
Millsboro Veterans Cemetery
26669 Patriots Way, Millsboro DE

This is a rain or shine event, chairs are welcome.

Organized by the William T Spooner
Post 17 American Legion Family

Save The Date



Cruise-In
CHEER

<p>June 10th Wednesday 4:30 - 7:30 pm</p> <p>Milton CHEER Activity Center 24855 Broadkill Road Milton, DE 19968</p>	<p>June 25th Thursday 4:30 - 7:30 pm</p> <p>Greenwood CHEER Activity Center 41 Schulze Road Greenwood, DE 19950</p>
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FREE to Participate and Sightsee. Bring Your Car!
Model Car Show in Activity Center! *Donations Accepted*



For Information:
(302) 515-0001 ext. 1162
cheerde.com/cruise-in

JUMBO Hot Dog, Baked Beans, Chips & Drink \$5



Indian River Senior Center
Strawberry Festival
2026

June 13th
10am to 2pm
Rain or Shine!

Say 'hey' to summer at our indoor craft show with fresh strawberries, raffles, and artisanal goods.

For more information and vendor applications, reach out to Kellie at 302-934-8839 x 1 or Indian2015River@gmail.com

IRSC
SOAR...
INDIAN RIVER SENIOR CENTER

214 Irons Ave
Millsboro, DE 19966



COASTAL CONCERTS
WORLD-CLASS CLASSICAL MUSIC

An All-American Night Of Jazz
Celebrating the 250th anniversary of Delaware and Lewes

Featuring Delmarva Big Band
with Narrator Trina Brown-Hicks, and
Vocalist Jackie Johnson, Cape High Grad

JUNE 16, 2026 | 7 P.M.
STANGO PARK, LEWES

In case of rain, the event will move to Cape Henlopen High School Auditorium. This free event has been made possible in part by a grant from Delaware 250. Coastal Concerts, in collaboration with the City of Lewes, Lewes250 and DE250, is presenting a jazz event with Big Band music, dancing, narration and a jazz soloist, that will transport attendees back to Lewes in the dynamic and transformative era spanning the 1920s through the 1940s.

A Creative Dance Class for Everyone!

Moving the Moment

Tuesdays, beginning September 15 at 10:30 am

Cape Henlopen Senior Center, 11 Christian Street, Rehoboth

\$5 per class

Moving the Moment sessions are designed to relieve physical tension, increase vitality, flexibility, coordination, grace, and creative confidence in a supportive setting.

The instructor, Janaea Rose Lyn, is a dance artist and educator who has directed professional companies, college programs, and is the author of *Choreographing Your Dance Career*.

Call 302-227-2055 to register.

Community Partners

Alzheimer's Disease & Related Disorders Association, Inc.	Delaware Hospice/South Division	Milford Public Library
American Legion Auxiliary Unit #17	Delaware Senior Medicare Patrol Program	Milford Wellness Village
American Red Cross of Delmarva	Delaware Veterans Home	Milton CHEER Center
American Veterans Thrift Store	Easter Seals	Nanticoke Senior Center
Autism Delaware	First Tee-Delaware	Nanticoke Watershed Alliance Creek Watchers
Auxiliary of Stockley Center	Food Bank of Delaware	New Life Thrift Shop
Back Bay Strummers	Georgetown CHEER Center	Ocean View Volunteers
Bayhealth Medical Center Kent & Sussex	Georgetown Public Library	Ombudsman Program
Beebe Healthcare	GFWC Women's Club of Indian River	Overfalls Foundation
Big Brothers/Big Sisters of Delaware	GFWC Zwaanendael Women's Club	Pathways to Success, Inc.
Blood Bank of Delmarva	Good Samaritan Aide Organization, Inc	PAWS for People
Boys & Girls Clubs of Delaware	Greenwood CHEER Center	Possum Point Players
Brandywine Living at Seaside Pointe	Habitat for Humanity	Prime Hook National Wildlife Refuge
Brandywine Valley SPCA	Habitat ReStore	Read-Aloud Delaware
Bridgeville Senior Center	Harbor Health Care Center	Robin Hood Thrift Shop
Cancer Support Community Delaware	Harbour Lights CHEER Center	Ronald McDonald House of Delaware
Cape Henlopen School District (K-12)	Indian River School District (K-12)	Roxana CHEER Center
Cape Henlopen Senior Center	Indian River Senior Center	Shoes That Fit
CareWear Project	Laurel Senior Center	South Coastal Library
CASA Program	Lewes Senior Activity Center	South Coastal Village Volunteers
Casa San Francisco	Literacy Delaware	Special Olympics Delaware
CHEER Coastal Leisure Center	Little Grace Kids	The ARK Educational Consulting, Inc.
ChristianaCare Hospice in collaboration with Delaware AccentCare	Long Neck CHEER Center	Thresholds, Sussex Correctional Institute
Coastal Concerts, Inc.	Love INC of Mid-Delmarva	TidalHealth-Nanticoke
Community Resource Center Delaware	Manor House	Village Volunteers
Connecting Generations	Mason-Dixon Woodworkers	VITAS Healthcare
Contact Lifeline	Matter of Balance	Volunteer Delaware 50+ Advisory Council, Inc.
DCRAC (DE Community Reinvestment Action Council)	Meals on Wheels Lewes-Rehoboth	Volunteer Delaware 50+ Technical Assistance
Delaware Botanic Gardens	Milford Advocacy for the Homeless	Women's Club of Milton