



VOLUNTEER DELAWARE 50+

S u s s e x C o u n t y



Volunteer Opportunities

For more information: 302-515-3020
Or

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

There is always talk about the weather. I have heard many say, "It sure has been a mild winter, not that much cold, no snow and the bulbs are up and blooming!" How can I argue, now with March looming it clearly looks as if we are going to see an early spring. March is the transition month. In Vermont we call it mud season. Snow melting leaves mud everywhere and the need for boots becomes for mud, not snow! With this newsletter, we hesitated to welcome spring, we'll leave that to next month, it's not the month for a snow or frosty window picture, we are stuck in the transition.

In our volunteer lives we sometimes get stuck in our roles as volunteers. If you have been in the same role for a long time, you may feel as though you want to try something in addition. A great way to do this is to try a one-time opportunity. We have a few of those in the next few pages. Think about the Cancer Support Network's Wings of Hope or our Nimble Fingers Plarn Workshop. It's a good time to see the kind of people who organize events, folks that you may volunteer with and know more about the organization for which you are considering volunteering.

No matter what kind of transition we face, a personal one, a volunteer type, or even one with weather, know that movement is positive and trying new opportunities will leave you with a sense of fulfillment. If you would like to try any of the opportunities listed in the pages that follow, call us! We are here to help you take the next step!!

Ann Gorrin

Volunteer Delaware 50+ is a statewide program offered through the State Office of Volunteerism within the Division of State Service Centers. Our 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.



Maddison Staniszewski is our new **Administrative Assistant**. Please greet her with a smile in your voice!
We are so happy to have her on our team!

Volunteer Opportunities

Looking for a reoccurring opportunity, or a one-day special event where you can help? Whether you want to get your feet wet as a new volunteer, are looking for more to do, or want to learn about a new organization while giving back to your community, one of these opportunities may be the one for you!

Page 02

Announcements

Upcoming events and Information from our Community Partners.

Page 08



Bayhealth Sussex Campus needs donations of handmade lap blankets for patients, baby blankets for newborns, and especially stuffed bears (without small pieces due to choking hazard) for children being seen or with a family member in the Emergency Department. The patients are so thankful to receive these items at a time when they truly need a bit of comfort. Thank you for helping make a difference to the patients of Bayhealth.

A photograph of four women standing outdoors at a "Walk for Autism" event. They are wearing yellow hats and jackets. One woman is wearing a blue t-shirt with "VOLUNTEER" written on it. In the background, there are trees and a red truck.

WALK FOR AUTISM

Volunteers Needed!

4/4/20
8AM - 1PM
Cape Henlopen State Park

Call or Email
Community Engagement Specialist
Louise Doe 302 224 6020
Louise.DOE@DELAUTISM.ORG



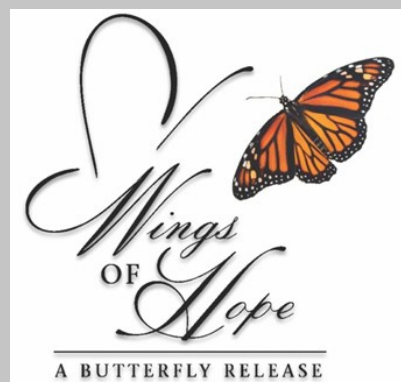
Can you lend us a hand?

Our signature event, **Wings of Hope** (WOH) will be held on June 6th. It is a wonderful event that requires many helping hands. Would you be willing to join our volunteer crew?

Some of the ways you can help below:

- planning committee
- curtain sponsor solicitors
- delivery volunteers for curtains
- spokespeople in local communities
- event day (to what capacity)
- post event clean-up

If you belong to a church, other service organization or local business, would you be willing to kick off WOH by selling our seeded butterflies?



Love Inc.

Code Purple



**Providing emergency night time
Shelter for our homeless neighbors
During the winter months**

**Code Purple in the Bethany Beach area
needs a volunteer to coordinate and or-
ganize the volunteers to help them regis-
ter volunteers and report their volunteer
hours.**



1040 Mattlind Way | Milford, DE 19963

The Southern Branch of the Food Bank needs clerical volunteers in their Healthy Pantry Center. The duties would primarily be organizing files and data entry for their client base. Times are flexible between 9am and 3:30pm any day between Monday through Friday. They would like the volunteer to commit to a semi-regular schedule; one day a week (or more). The training would be at the Milford location.



The Blood Bank of Delmarva (BBD) need volunteers for the following positions:

Refreshment Center

Do you enjoy being with people? Enjoy seeing people you know? (It IS DE after all!) The Blood Bank of Delmarva wants people who enjoy people to assist in the refreshment area on mobile drives throughout the state. Become a Canteen Refreshment volunteer for BBD and help our donors with drinks, snacks, and feeling well after a donation. Opportunities 7 days a week. Flexible schedule.

BBD Ambassador

Do you enjoy talking with people? Enjoy being in the community and seeing people you know? (It IS DE after all!) The Blood Bank of Delmarva wants people who enjoy people to help spread the news of the need for life saving donors! Become an Ambassador for BBD and attend health fairs, community events, and other opportunities with a bag of tricks and educational information to share at a table. These are one on one conversations, not presentations. Flexible schedule.



VOLUNTEER ORIENTATIONS

Wednesday, March 11TH
5:00pm - 6:30pm

Wednesday, April 1ST
5:00pm - 6:30pm



UPCOMING EVENTS

Beers for Barks

Thursday, March 5th
5:00PM - 8:00PM
Crooked Hammock Brewery
Lewes

COMMUNITY OUTREACH

Henry's Cupboard

Saturdays, March 7th & 21st
9am-12pm
Georgetown Campus



22918 Dupont Boulevard
Georgetown, DE 19947
302.856.6361 | bvspca.org

GIVE HOMELESS PETS YOUR LOVE WHILE THEY WAIT

DOG VOLUNTEER

- Walk dogs
- Counsel adopters
- Help with daily cleaning, feeding and enrichment

CAT VOLUNTEER

- Socialize and groom kittens and cats
- Counsel adopters
- Help with daily cleaning, feeding and enrichment

ADMIN VOLUNTEER

- Help with office functions like answering phones, copying data entry, etc.
- Assist with processing adoptions

VET CLINIC VOLUNTEER

- Monitor animals in the surgery recovery room
- Assist with veterinary and surgical functions

OTHER OPPORTUNITIES

- Foster pets in need of a bridge to reach adoption
- Assist with humane education

Questions about
volunteering or
want to know more?
Call 302.307.9736

Sign up today
for a volunteer orientation!
bvspca.org/volunteer





Sleeping Mats & Plarn Workshops

Adams State Service Center
Public Health Conference Room
544 South Bedford Street
Georgetown, DE 19947
RSVP 302-515-3020

Wednesday	March 11, 2020	12:30 – 3:30
Wednesday	June 10, 2020	12:30 – 3:30

Lewes Senior Activity Center
32083 Janice Road
Lewes, DE 19958

“CENTER MEMBERS ONLY”

The workshop will be held the third Monday of each month at the center from 12:00 to 2:00.

The Supplies you can bring

- Plastic bags (Walmart, Giant, etc.)
- Scissors or rotary cutter w/mat
 - Yard stick or tape measure
- “N” crochet hook, only if you crochet (metal works)





Volunteers Needed

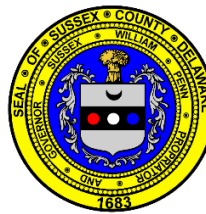
As the leading nonprofit hospice agency in the state, they are always looking for a few special volunteers.

If you are able to donate just a few hours a week, or month, please consider volunteering.



**"THANK YOU TO ALL THE VOLUNTEER
DELAWARE 50+ STAFF
AND VOLUNTEERS WHO MADE OUR
CHICKS FOR CHARITY
FUNDRAISER A HUGE SUCCESS!!"**

The Lower Delaware Duffle Bag Project



Advisory Committee on Aging & Adults with Physical Disabilities for Sussex County

This committee serves as a liaison to the Sussex County Council. Regularly scheduled meetings are held six times per year. The next meeting will be:

Monday, March 16th

10:00 a.m.

22215 DuPont Boulevard, Georgetown

The guest speaker will be Janis Hanwell ITN Southern Delaware; Dignified Transportation for seniors 55+ and adults with visual impairments.

For more information about any of these volunteer opportunities, please call Danielle Briggs or Linda Rogers: 302-515-3020.

Announcements



Cape Henlopen Senior Center Jackpot Bingo

Wednesday, March 4

Doors open at 11:30 a.m. Games start at 1:30 p.m.

Admission: \$15 per person

(Does not include your food)

Anyone 18 and older may come.

(Address: 11 Christian Street, Rehoboth, DE)

Cape Henlopen Senior Center Jackpot Bingo

Saturday, March 14, 2020

Doors open at 11:30 a.m. Games start at 1:30 p.m.

Admission: \$20 per person.

(Includes your food, beverage and dessert)

Anyone 18 and older may come.

(Address: 11 Christian Street, Rehoboth, DE)

DE Breast Cancer Coalition Program to be held

at Cape Henlopen Senior Center on

Tuesdays, beginning March 3 - 1:00 p.m. to 2:30 p.m.

It's a 12-Week Yes2Health Program

Making commitment is the first step towards
changing your health for the better.

Leader: Meridith L. Rothstein (Survivorship Specialist)

To register for this class, call 302-227-2055.



YARD SALE



BAKE SALE

SOUP SALE



LEWES SENIOR ACTIVITY CENTER

SATURDAY, MARCH 7TH

7AM-11AM

32083 JANICE RD

LEWES, DE 19958

645-9293

All proceeds benefit LSAC member programs.

Saving the Monarch Butterfly

Sponsored by DNREC Division of Watershed Stewardship's Reclaim Our River program in partnership with the Delaware Nature Society and the Nanticoke Watershed Alliance.

**Monday, March 2
6:00-7:00 PM**

Attendees will receive free milkweed seeds while supplies last.



101 East 4th Street | Laurel, DE 19956 | (302) 875-3184 | Laurel.lib.de.us



*Be Part of the Solution!
and join us for our 5th annual*

Communities That Care

May 14th, 8:30am to 3:30pm

Crossroad Community Church, Georgetown, DE

2020 Theme:

YOU are the next step!
To Bridging Recovery In Delaware

A special visit from the DEA, Lt. Governor Bethany Long Hall and leaders investing in the prevention and recovery efforts in Delaware! Breakout sessions will include Community Navigator, Family Supports, Community Resources, Networking and Development, Church Response, Community Education and Advocacy and The B.R.I.D.G.E.S. "Not My Kid" mobile educational exhibit, in partnership with DSP Community Outreach, will be onsite for tours. Excellent vendors will be available to provide information throughout the conference. Light morning refreshments and lunch provided.

REGISTRATION is required at Eventbrite:

<https://www.eventbrite.com/e/communities-that-care-5th-annual-conference-tickets>
-93104970473



For more information,
please email
bridges.sussex@gmail.com
or call
Love INC of
Mid-Delmarva
at 302.629.7050



2020 Nanticoke Creekwatchers Training

Saturday, March 21, 2020



Why Nanticoke Creekwatchers?

- *Learn to use water quality equipment.***
- *Help us track the health of waterways.***
- *Become part of an award-winning team.***
- *Discover new places and meet new friends.***
- *Spend more time outside.***

Minors aged 13 and older are welcome to participate with a parent or guardian.

Contact Beth Wasden for more info.

BethWasden@NanticokeRiver.org | 443.944.1175

**Register today at
NanticokeRiver.org/2020creekwatchers/**

The GFWC Zwaanendael Women's Club
presents a
Victorian Tea

Wednesday, March 25

12:00 pm - 3:00 pm

Lutheran Church of our Savior
20276 Bay Vista Road, Rehoboth Beach

\$30

Join us for tea, scones, savory & sweet delights.

Karen Jessee will present

"Those Alluring Accessories - Yesterday's Necessities;
Today's Treasures."

For tickets, send your check, made payable to "Z Club", to Vickie Burrier,
33753 Caddie's Way, Millsboro, DE 19966. Please include the name of all
guests and your contact information. You will receive an Email
confirmation. Email Vickie with questions at VMBurrier@gmail.com.
Please submit payment by March 6.

gfwcZwaanendael.org

Public Spirited Women Serving and Improving our Community.



U.S. Fish & Wildlife Service

News Release

*National Wildlife
Refuge System*

FOR IMMEDIATE RELEASE

Art Coppola (302) 684-8419

Portions of Fowler Beach to Close for 2020 Beach-nesting Season

Portions of the Fowler Beach area of Prime Hook National Wildlife Refuge which includes the bay beach, dunes and back-barrier portions will close beginning March 1st for the benefit of federally and state protected beach-nesting and migratory shorebirds, including red knot, piping plovers, oystercatchers, least terns and other species.

When visiting Prime Hook NWR beaches during beach-nesting bird season, please remember to obey all posted signs and barriers, keep your pets at home, and remain at the water's edge unless otherwise indicated via symbolic fencing.

- Dog walking is prohibited
- Entering the closed area for horseshoe crab flipping is prohibited
- These areas are subject to change and/or modification at any time
- The beach nesting habitat will re-open on October 1st for full use by wildlife dependent visitors
- Prime Hook is a carry-in/carry-out National Wildlife Refuge – please place all litter in trash receptacles

For more information, please call (302) 684-8419 or visit Prime Hook's website: http://www.fws.gov/refuge/Prime_Hook/. Prime Hook National Wildlife Refuge is located just off Route 16 near Broadkill Beach at 11978 Turtle Pond Road, Milton, DE.

The mission of the U.S. Fish and Wildlife Service is working with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. We are both a leader and trusted partner in fish and wildlife conservation, known for our scientific excellence, stewardship of lands and natural resources, dedicated professionals and commitment to public service. For more information on our work and the people who make it happen, visit www.fws.gov.

ITN Southern Delaware
Dignified transportation for seniors

501(c)(3)



EXPANDING SERVICES – DRIVERS NEEDED ALL AREAS

EARN CREDITS FOR SERVICE TIME AND/OR MILES DRIVEN

We open much more than car doors!



ITN Southern Delaware is a non-profit co-op that provides community-based transportation services in private vehicles for seniors 55+ and adults with visual impairments. ITN is safe, affordable, and convenient. Members can schedule rides for any time of day, any day, anywhere in the ITN service area.

Ride services for older adults are badly needed throughout Sussex County. ITN cannot expand without **YOUR HELP!**

- **Driver:** Transport seniors 55+ and adults with visual impairments, select your area, provide outstanding customer service, give arm-through-arm, door-through-door service. Flex schedule. Seasonal drivers welcome! *Must have e-mail account and mobile phone for communication while on the road.
- **Dispatcher:** Work one or more four hour shifts to schedule rides, communicate with members, assign drivers, data entry, provide outstanding customer service. Flex schedule. *Must have ability/interest in learning ITNRides® software.
- **Office Aide:** Light office duties, mailings, schedule meetings, disseminate information, provide outstanding customer service. Flex schedule. *Ability to learn ITNRides® software preferred, proficient in use of e-mail.

SUPPORT individuals in Southern Delaware that can no longer drive. ITN provides great opportunities to give back to your community while earning credits for when you may prefer not to drive or have to give up the keys.

HELP IMPROVE *QUALITY OF LIFE* IN SOUTHERN DELAWARE!

For more information, call **(302) 448-8486** or visit www.itsouthern Delaware.org.

ITN pays for background checks - Required for all positions.

In 2016, Section 1. § 2304, Title 18 of the Delaware (Insurance) Code was amended to include: (29) No insurance carrier shall take any negative underwriting action against a policyholder... based solely on a person covered by the policy driving for no monetary compensation for a non-profit transportation entity, including Independent Transportation Network of America (ITN America) and its affiliates.

10 Warning Signs of Alzheimer's

Friday, MARCH 13, 2020

Milford Public Library

2:00-3:30pm

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others. Also find out about the services provided by the Alzheimer's Association and how they can help. To register for this free program. Please call the Alzheimer's Association Help-line (800-272-3900).



BOOK US FOR YOUR NEXT CATERED FUNCTION!

Need catering for your next meeting or function?

We cater statewide through the Discover Cafe and our Delaware Food Works workforce development initiative! Choose from a variety of menu items or customize a menu with our team of chefs! Proceeds from the catering business benefit student scholarships to The Culinary School!

WINTER SPECIAL: With every 3 catered lunch orders, get a free small platter of cookies!



Please join us at our

8th annual "Whoop It Up: Baseball is Back"

being held on Thursday, March 26, 2020 at Crooked Hammock Brewery, Lewes, Delaware.

Proceeds from this event supports CSCDE's critical work in Sussex County, providing support services to cancer patients, caregivers, and their families at no cost to the families.





THIS EVENT INCLUDES:

-  **LIVE BROADCASTS OF THE MLB OPENING GAMES**
-  **50/50**
-  **CORN-HOLE & MORE GAMES**
-  **GOOD TIMES WITH GOOD FRIENDS**



CROOKED HAMMOCK IS ALSO DONATING 10% OF ALL RESTAURANT SALES FROM 4 P.M. - 8 P.M.

TICKETS ARE ON SALE NOW!



\$20 PER TICKET

YOUR TICKET PURCHASE INCLUDES:

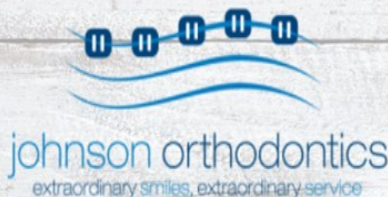


**LIGHT APPETIZERS &
ONE ALCOHOLIC DRINK**



**Serving limited appetizers*

**THANK YOU TO OUR
SPONSORS!**



**To find out how you can become a sponsor
please click below:**

For more
information, please
contact Marcia
Esposito at
mespsto@cscde.org
or call
(302) 645-9150.