



Sussex County



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.

Why reserve this spot for me to ramble and write about the change of seasons, time and other pertinent topics of the day? It became clear to me when I was reading a magazine where the editor was doing the same thing! She spoke about the importance of writing, not texting or phoning a friend but the old fashioned art of the written word. While I do journal from time to time, and read voraciously, I like to **communicate** with you! Writing to explore thoughts and feelings is important, and research has shown that if we write things down we remember them.

If you like to write, consider the amount of volunteer opportunities that are in store for you. Many nonprofit organizations are currently recruiting Board or Advisory Council members. Their duties would most likely entail writing communications, minutes, grants and other important documents. Hospice agencies have an opportunity that asks volunteers to check on patients at home via a phone call. A brief narrative report may be required after the call. Other opportunities with Office of the Child Advocate, Delaware Community Reinvestment Action Council or Senior Medicare Patrol also require writing skills.

At Volunteer Delaware 50+ the door is open for you to start volunteering! You may be a writer, a reader or a person who works with their hands! There are many opportunities for you that are not a part of this newsletter. Ask us and we will find you just the right one! Danielle and Bobbie Jo are here to match your skills and talents with the needs of our community partners. Give us a call, or **write us a note!** But don't hesitate to get involved! *You are needed!*

Ann Gorrin

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Spotlight

Overfalls Foundation



The Overfalls Foundation (the big red ship docked in Lewes) needs volunteers to help with all phases of our operations. A little about the ship itself:

The Overfalls Lightship was launched in East Boothbay, Maine in 1938. She served continuously as a floating lighthouse until 1972 when she was decommissioned by the Coast Guard and arrived in Delaware to become a floating museum. In 2011 she was designated a National Historic Landmark. The mission of the Overfalls Foundation is to preserve the ship and teach about the lightship service and the maritime history of our community. The Foundation (an all volunteer organization) now manages the ship and of course, there is much to do. We are closed in the winter months but when the weather gets warmer, our volunteers offer tours and staff a small welcome center, museum and ship's store. A crew called the "Dirty Hands Gang" maintains the ship itself. Volunteers are also needed for the many other support activities that help keep the ship and the Foundation running.

Interested in volunteering? First of all, no prior knowledge of ships is necessary. If you are interested in becoming a guide, staffing the Ship's Store, or working with the Dirty Hands Gang, we will teach you everything you need to know!

Want to learn more? The Overfalls will be holding a volunteer orientation on March 28th. Contact John Bolster @ jfbolster@gmail.com for more information.



Find more information at <https://www.overfalls.org/>

Join Us For A 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 break into small groups to talk about our experiences in a light and relaxed way, play fun games, sip some 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 needed to access the link to the party!

To Donate Here are the Suggested Amounts

| | | | | | |
|---------------|---|---------|----------------|---|-------------|
| Cube of sugar |  | \$3.00 | Slice of lemon |  | \$5.00 |
| Honey |  | \$7.00 | tea cup |  | \$10.00 |
| Pot of tea |  | \$15.00 | tea sampler |  | \$20.00 |
| Shop Owner |  | \$25.00 | Boston Harbor |  | \$25 and up |

Send a check to: Sussex County Volunteer Delaware 50+Advisory Council
546 South Bedford Street Georgetown, DE 19947 **OR** venmo@scac-50

☐ I cant attend but I wish to donate \$_____. Please send or venmo.



Bridgeville Senior Center is looking for volunteers

NEW OPPORTUNITY

who are interested in serving in the following
roles:

*Board of Directors *Vice President *Treasurer *Assistant
Secretary *Board Members. Office help and meal delivery*

414 Market Street Bridgeville DE
19933

**Volunteers
Needed!**

Bridgeville Senior Center

Please Contact Danielle Briggs at 515-3029 for more information/referral

alzheimer's 
association

Alzheimer's Association Faith Outreach Representatives are community engagers that raise awareness of Alzheimer's Association programs, provide basic disease information, and link consumers to Alzheimer's Association services. Faith Outreach Representatives:

- Represent the Alzheimer's Association at a target of 12 faith events per year and distribute Alzheimer's literature at events or appearances in your faith community.
- Offer 20-minute *Introduction to Alzheimer's* presentations within your faith community or neighboring faith communities, congregations and denominations.
- Promote support groups, education programs, Alzheimer & Brain Awareness Month, Walk to End Alzheimer's, or The Longest Day using your local connections, bulletin boards, social media and physical displays in your community.
- Connect the Alzheimer's Association to new community organizations and connect people with additional Association services and volunteer opportunities.

The Association is seeking individuals who are self motivated, and comfortable reaching out to individuals, organizations, and families in need and connecting them to the Alzheimer's Association. If you are passionate about this organizations mission, please contact your coordinator at Volunteer Delaware 50+ Bobbi Jo Tice 302-515-3024 for more information.

Volunteers who want to work with kids in our Life Skills sessions on the golf course, will have a short interview process/conversation with one of our current coaches or staff members. Afterwards, you will receive information on how to proceed with a criminal background check, and our Safe Sports Training. Combined, the background check and Safe Sports Training takes approximately 2 hours. This online training and can be done at your convenience.

Once you complete the two steps above, our business manager will set you up with a DOCEBO account. Through DOCEBO, you will complete the Assistant Coach Training as well as any further training modules needed for higher level coaching. The Assistant Coach Training (ACT) is a 2-hour training, where you can also stop and start back at the point you left, and you can do it at your convenience as well.

As an Assistant Coach, you will be able to assist at any of our programs.

Here is a brief video showing why becoming a Fist Tee Coach can be so special: <https://fisttee.org/get-involved/coach-volunteer>

For those who are interested in being able to Lead Sessions at a program site, you are required to attend a Live, Training hosted by our Program Directors and Certified Level Coaches. The training is a 4-5 hour in-person training that is schedule at various times and locations thru the year.

It would be ideal if you could do all the online training so you can work with participants right away. The Live Training is an excellent way to help you become more comfortable with the Fist Tee Curriculum. Since we have several Certified Level Coaches at each site, we all learn form one another and share the organizational duties of running a full program.



If you are interested in getting started, please contact Volunteer Delaware 50 + and ask for Bobbi Jo Tice at 302-515-3024.

- Full Name
- Address
- Date of Birth
- Mobile & Home Phone
- Email Address
- Male/Female
- Ethnicity



40TH ANNIVERSARY
DELAWARE
HOSPICE



Spiritual Care Support Volunteers Needed

Apply Today!

The Delaware Hospice Center in Milford, DE is looking for
volunteer chaplains to join our team.

Volunteer Chaplains Provide:

- Spiritual support for patients and families.
- Pray and read with patients.
- Offer a listening ear or a quiet presence.



Interested in becoming a volunteer chaplain at the Delaware Hospice Center?

Please contact the Volunteer Department at (302) 856-7717,

volunteer@delawarehospice.org, or

visit 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.



CHILD ADVOCATES NEEDED

The Office of the Child Advocate- Court Appointed Special Advocate Program (CASA) of Delaware is expanding its efforts to represent the interests of abused and neglected children. The program is seeking qualified adults to serve as CASA volunteers.

CASA volunteers are trained members of the community who are appointed by a Family Court Judge to be a voice for Delaware's abused and neglected children in court proceedings. The CASA volunteer conducts an independent investigation into the child's life and provides information and recommendations to the Judge. CASA volunteers work with attorneys, social workers, and family members to attain a safe and permanent home for each child.

CASA volunteers have varied professional, educational and ethnic backgrounds. They are selected on the basis of their objectivity, competence and commitment. Each volunteer accepted into the program must complete 30 hours of initial training. Casework supervision is provided by full time Program Coordinators.

We are a member of the National CASA/GAL Association for Children. To learn more about National CASA please visit <https://nationalcasagal.org/>.

*The problems of child abuse and neglect belong to all of us.
Be part of the solution. Be a CASA volunteer.*

Statewide Training Classes are forming now!

Contact Lauren Brueckner at (302) 245-1895 or email her at lauren.brueckner@delaware.gov
OR
[Click here](#) to apply online TODAY or scan the QR code below!



Sign up for a CASA Delaware virtual information session to learn more about our program.

FOLLOW us!

Facebook: [Office of the Child Advocate](#)

Instagram: [OCADelaware](#)

Join us for *Special Olympic* *Delaware's* largest sport season!

Volunteers needed
throughout the state for:

- Powerlifting
- Tennis
- Track + Field
- Bocce
- Swimming
- Softball

Time requirement - Weekly, 1 hour+
practices, April through June.

Roles and need vary depending on
location.

For more information about volunteering
with the Special Olympics please contact
Volunteer Delaware 50+, Danielle Briggs
302-515-3029.



Special Olympics
Delaware



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+**

UPCOMING EVENTS

DO MORE | 24

Delaware's Giving Day

March 3rd - March 4th
6 pm - 6 pm

Support Pathways to Success,

TO DONATE to [Pathways to Success | Do More 24 Delaware 2022](#)

a non-profit whose mission is
to prepare youth, adults
and their families for
successful lives.



UPCOMING EVENTS

Read with Animals!



Georgetown Public Library

**Read to a trained therapy
animal with the PAWS
organization.**

**Twice a Month
1st and 3rd Thursday
4:00 pm**



Call for information (302) 856-7958



March 15 - April 15

Spring Geranium Sale



Pink, White,
Red, and Salmon



\$7 for a 6" pot

Proceeds benefit
GFWC Zwaanendael Women's Club
Community Service Programs

Ordering

- Email orders to Mary Anne at mRocksRN@comcast.net
- Place order by April 15
- Make checks payable to: "Z Club"
- Mail checks to: PO Box 100, Lewes, 19958

Pick Up

- Pick up date: Saturday, April 30
- Pick up time: 9:00 am - 12:00 pm
- Pick up location:
Lewes In Bloom Warehouse
81 Schley Ave, Lewes

Public Spirited Women Serving and Improving our Community

gfwcZwaanendael.org





Quarter Auction

At Nanticoke Senior Center

Friday, March 25th, 2022

Doors Open at 5:30 p.m.

Auction begins at 6:30 p.m.

Tickets \$10 each, includes 1 paddle

Additional Paddles: \$5 each OR 3 for \$10

Food & Drinks Available to Purchase

Vendors Onsite

Door Prizes, Mystery Bags, 50/50

Limited Seating, Be On Time



**Enjoy the auction in our
newly renovated hall!**



1001 Locust Street
Seaford, DE

302-629-4939

www.nanticokeseniorcenter.com

Accepting new members!



FREE SHOTS

FOR DOGS AND CATS
– Rabies, Distemper, FVRCP –

PLUS PET FOOD PANTRY!

shotz
tho?

SATURDAY, MARCH 12

10:00AM to 2:00PM

Delaware State Fair

18500 S Dupont Hwy

Harrington, DE 19952

free
noms?



Brandywine Valley

SPCA

FINDING THE HEART IN HUMANITY



PET VACCINATION MONTH

Give pets their best shot!

LEWES SENIOR ACTIVITY CENTER

CRAFT FAIR & PANCAKE BREAKFAST

Saturday, April 2nd
8am-12pm

Pancake & Sausage Breakfast \$5

Lewes Senior Activity Center

32083 Janice Rd., Lewes, DE 19958

Proceeds benefit

LSAC Member Programs

March, 2022

LEWES REHOBOTH ASSOCIATION OF
CHURCHES Assisting Individuals &
Organizations in Lewes & Rehoboth

Sales Event

STORE HOURS:

Monday thru Saturday 10:00 am – 4:00 pm

Donations Accepted:

Monday through Friday 10:00 a.m. – 2:00 p.m.

Saturday 10:00 a.m. – 1:00 p.m.

Call us to Schedule a Furniture Pick Up:

302-644-0171

New Life Thrift Shop

Manager – Andrea Carwell

Address: 34686 JIFFY WAY, LEWES, DE 19958

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|--|
| St. Patrick's Day - Decorations on Sale March 1st thru 17 th . Easter items will go on Sale March 18 th . | | 1 Mardi Gra Items 50% OFF | 2 All Sweaters 50% OFF | 3 Senior Discount Day 55+ with ID: 10% Off | 4 Books, DVDs, & Albums 50% OFF CD'S 5/\$1.00 | 5 Framed Artwork & Picture Frames 50% OFF |
| 6 CLOSED | 7 CHINA SETS 50 PIECES OR MORE 50% OFF | 8 All SHOES 50% OFF | 9 Warehouse Furniture 50% OFF (Must Go) | 10 Senior Discount Day 55+ with ID: 10% Off | 11 Books, DVDs, & Albums 50% OFF CD'S 5/\$1.00 | 12 Luggage 50% OFF |
| 13 CLOSED Daylight Saving Time Begins | 14 CHRISTMAS ITEMS 50% OFF | 15 Candles, & Candle Holders 50% OFF | 16 Purses & Wallet's 50% OFF | 17 St. Patrick's Day Senior Discount Day 55+ with ID: 10% Off | 18 Books, DVDs, & Albums 50% OFF CD'S 5/\$1.00 | 19 Framed Artwork & Picture Frames 50% OFF |
| 20 CLOSED First Day of Spring | 21 SILK FLOWERS 50% OFF | 22 All SHOES 50% OFF | 23 Warehouse Furniture 50% OFF (Must Go) | 24 Senior Discount Day 55+ with ID: 10% Off | 25 Books, DVDs, & Albums 50% OFF CD'S 5/\$1.00 | 26 MIRRORS 50% OFF |
| 27 CLOSED | 28 LAMPS 50% OFF | 29 WAREHOUSE CHAIRS & HEADBOARDS 50% OFF | 30 Purses & Wallet's 50% OFF | 31 Senior Discount Day 55+ with ID: 10% Off | Reduced \$1.00 Clothing Specials Every Day! Dolls 50% OFF the entire Month | |

ALL MONTH LONG - WINTER COATS - 50% OFF EVERY WEDNESDAY & FRIDAY

* Excludes - Leather Jackets, Vest, Rain Jackets, Light Weight Jackets and Windbreakers *

ALL WINTER BOOTS 50% OFF THE ENTIRE MONTH OF MARCH

+ON GOOD DAYS WE WILL HAVE TABLES FULL OF FABRIC FOR SALE+

Join our Team of
Volunteers. Please
ask the Manager for
more information

Don't Forget to visit
our 2nd Building -
It's full of Furniture
& Christmas Items

Please like us on
Facebook Just
search for "New
Life Thrift Shop

Visit our Website!
www.newlifeofdelaware.org

If you have a certain
item, you are
looking for let us
know.

All proceeds go to
help those in need in
the Lewes,
Rehoboth Area



Monthly Caregiver Workshop

Virtual Option



WHEN:
Thursday
March 17
1:00 pm

This program is **free** however registration is required. To register and receive the meeting link, please email resources@esdel.org or call 302-221-2087 for more information.

Understanding and Responding to Dementia-Related Behavior

Lead by, Elizabeth Phillips, Coordinator of Programs from the Alzheimer's Association, the session will guide participants through topics such as:

- Identifying common triggers for behaviors associated with dementia
- Explaining the process for assessing and identifying challenging behaviors
- Listing strategies to address common dementia-related behaviors



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

EAT & SUPPORT LOCAL

Lewes Senior Activity Center
32083 Janice Rd
Lewes, DE 19958

**SOUP & BAKE SALE**

Saturday, March 5th, 2022

8am-11am

Homemade Soups

\$7.00/quart

Homemade Baked Goods

priced as marked.



*All proceeds benefit
LSAC member programs*

www.lewesseniorcenter.org

302-645-9293

Like us on Facebook

Looking for a delicious home cooked meal?

Drive Thru Meals are Open to the Community.



March 2nd - Ham, Cabbage, Potatoes

March 9th - Liver & Onions, Mashed Potatoes, Peas

March 16th - Chef's Salad with crackers

March 23rd - Chicken Cordon Bleu, Potatoes, Mixed Vegetables

March 30th - Chicken & Dumplings, Mashed Potatoes, Peas

\$7.00

Every Wednesday
11:30 a.m. – Sold Out

You do not need to be a member.

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

1001 W. Locust St.
Seaford, DE 19973

Partners of Volunteer Delaware 50+

ONGOING OPPORTUNITIES

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

