

# VOLUNTEER DELAWARE 50+



## Volunteer Opportunities With Our Community 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.

I told my son this morning that you can only really appreciate the warm weather of spring if winter has brought the chill. Then I thought I sounded very old, but it's true that age does bring perspective! In many cultures the wisdom coming from age is respected and people of age are revered. They are listened to intently for lessons. Certainly the lesson of seasons changing is not a major class in life learning however perspective IS, especially closing in on the one year mark in this pandemic.

Many of you have not joined us for your regular volunteer work in a year, maybe more. It is proven that volunteering brings joy and purpose to people and without this and so many other opportunities people have given up in the last year, many of us have struggled with mental and physical health problems. It is no wonder, as isolation, less human contact can bring us down. Even a simple interaction at the grocery store can be a highlight! The nice neighbor that chats with you in line, or the friendly checkout person. Going about your day, you may stop at several shops and restaurants in your town. All the "normalcy" stopped a year ago and many folks have been isolated since. So when do we get back to "normal"? Well, I'm not Dr. Fauci, but I do see signs, and I am pulling out my old sense of perspective.

Let's take it little by little. The door slammed quickly in the beginning of the pandemic, however I think the ending will be slow. There are already some glimmers of hope. There are vaccines and they are leading to lower numbers! There is relief and easing of restrictions on the way in the few states that surround ours. These are hopeful signs.

The crocus have bloomed and the daffodils must be next! It will be sweeter and warmer as we near the end of this! Let's stay safe together.

-Ann Gorrin



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Big Brothers Big Sisters of Delaware has been defending the potential of youth since 1964 by creating and supporting one-to-one mentoring relationships for at risk youth throughout Delaware.

Youth enrolled with BBBSDE are provided a volunteer mentor (Big) who serves as a positive role model, guiding them to achieve academic improvements, in addition to supporting them to be better versions of themselves. Bigs are consistently engaged with their mentee (Little) in order to provide support outside of the family unit. A majority of youth enrolled in the program are from single parent/guardian households, often being raised by a grandparent, or are experiencing life without their incarcerated parent. With many of our youth facing chaotic environments, we seek to provide mentorship rooted in encouragement and stability, assisting them in making healthy decisions, leading to a more positively developed and fulfilled life.

WE NEED YOU to empower the potential of Delaware youth. We are not looking for saviors, we are looking for allies. All of our training and match introductions are currently being conducted virtually. Matches are professionally guided by a case manager. In person meetings are determined on a case by case basis.



[www.bbbsde.org](http://www.bbbsde.org)

Andrea R. Finn ~ [afinn@bbbsde.org](mailto:afinn@bbbsde.org)



JOIN US



# Volunteer Opportunity

Join the staff of Volunteer Delaware 50+ as we:

## MARCH FOR MEALS

March 31, 2021 from 9am to 12pm

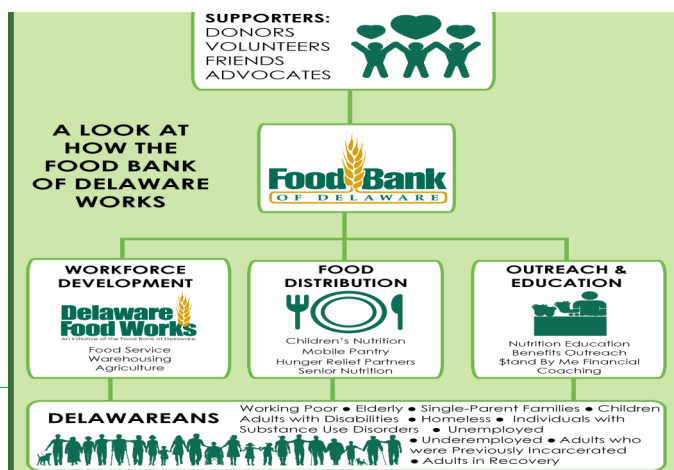
at the Milford Food Bank 1040 Mattlind Way Milford!

A limited number of volunteers will be accepted due to COVID 19 restrictions. **MASK AND SOCIAL DISTANCING REQUIRED**

**Volunteer with us!**

**Please call by 3/24/21 302-515-3020**

**VOLUNTEER  
DELAWARE 50+**






**NEW OPPORTUNITY**

## Pathways To Success ISO

### RETIRED TEACHERS FOR ONLINE TUTORING

Pathways to Success supports students who are at risk of not graduating at Cape Henlopen High School, Milford High School, Seaford High School, and Sussex Technical High School. Since the onset of Covid-19 we have found that there is a need for more tutors in Math, Science, Spanish, English Second Language, English (Language Arts), and MORE.

*TUTORING WILL BE THROUGH ZOOM, OR OTHER APPLICATIONS,*

Allowing tutors to reach students attending any of these four schools. Please contact Bobbi Jo Tice at 302-515-3024 or [Bobbi.Tice@delaware.gov](mailto:Bobbi.Tice@delaware.gov) if you are interested in helping our local high school students!

[Next Path to Success | Do More 24 Delaware 2021](#)

☒ Remind me to donate

**Mission:** Pathways to Success's mission is to prepare youth, adults, and their families for successful lives. We utilize innovative and creative approaches in mentoring and education to help individuals develop to be healthy, productive, contributing

and responsible citizens. Working in service to the at-risk communities in a spirit of offering hope through education and information, creating positive systemic change through empowerment.

### SUPPORT A FAVORITE NON-PROFIT

**ON MARCH 4, 2021 @ DO MORE 24, Delaware's Giving Day**



**VOLUNTEER  
DELAWARE 50+**



## Cape Henlopen

### Senior Center

*is looking for a Virtual Art*

*Instructor*

- Mondays: 9:30 to 11:30  
(virtually)
- Tuesdays: 10:30 to 1:30  
(in person when Covid 19 restrictions lift)
- Art teacher can teach virtually from home or at the center

Contact Bobbi Jo Tice at

302-515-3024

OR

[Bobbi.Tice@delaware.gov](mailto:Bobbi.Tice@delaware.gov)

11 Christian Street, Rehoboth Beach, DE 19971



*The mission of the Cape Henlopen Senior Center, Inc. is to enhance the quality of life of our senior citizens by adding life to years and years to life.*

## NEW OPPORTUNITY



### VOLUNTEERS WANTED

Help us help others.

CHOOSE THE DAYS AND  
HOURS THAT FIT *YOUR*  
SCHEDULE.

We would love to have you as part of our team! We'll find a job for you that you will enjoy, you can volunteer as few or as many hours or days as you like! We need volunteers in these areas: Clothing, Receiving Donations, Shoes, Art, Linens, Crafts and Fabric, Truck deliveries and Pick Ups, Cleaning, Purses, Toys, Organizing, Cashier, Testing Appliances, Glassware and Dishes, Merchandise Display and Pricing, Sporting Goods, Hardware.

For more information on how to get involved in your community please contact Bobbi Jo Tice at 302-515-3020 or email at

[Bobbi.Tice@delaware.gov](mailto:Bobbi.Tice@delaware.gov)

New Life Thrift Shop | <http://www.newlifeofdelaware.org>

# 2021 NANTICOKE CREEKWATCHERS TRAINING

NANTICOKERIVER.ORG/CREEKWATCHERS2021

**SATURDAY, MARCH 20**

**10A-4P**

**BALDCYPRESS NATURE  
CENTER**

Training specifics TBD according to conditions in March.

- Help us collect valuable water quality data in our fourteenth full season!
- Learn water quality monitoring protocol and how to use monitoring equipment.
- Meet new friends and enjoy new experiences.
- Get outside and get your Vitamin D!

**Volunteers 13 and older welcome  
(parent/guardian participation  
required for minors).**



We are now recruiting for 2021 Nanticoke Creekwatchers! We currently need new Creekwatchers to adopt designated sites in the Bridgeville, Seaford, and Woodland areas in DE and for MD-based volunteers to adopt sites in Quantico and elsewhere.

Creekwatchers will visit their adopted sites every other Sunday or Monday (their choice) from March 28/29 to November 7/8. We ask that Creekwatchers be available for 14 out of 17 sampling periods during the season. Creekwatchers make observations about their sites, take measurements directly in the water, and also collect water samples for lab analysis. Nanticoke Watershed Alliance provides all equipment needed, along with training and on-going support.

Data are reported to the Chesapeake Data Explorer, which in turn is accessible to state and federal agencies, residents and visitors, and partners who need high-quality water quality data. The States of DE and MD use Creekwatchers data for Clean Water Act Reports. Lastly, NWA uses data to create an annual Nanticoke River Report Card.

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

**Our annual training will be held on Saturday, March 20 at the Trap Pond Baldcypress Nature Center from 10AM-4PM. (Training specifics will be determined by COVID and may necessitate a hybrid online and in-person training schedule.) Veteran Creekwatchers who have volunteered for at least three full seasons will be able to attend a brief refresher and kit pick-up event the week of training. Full details will be determined in March.**

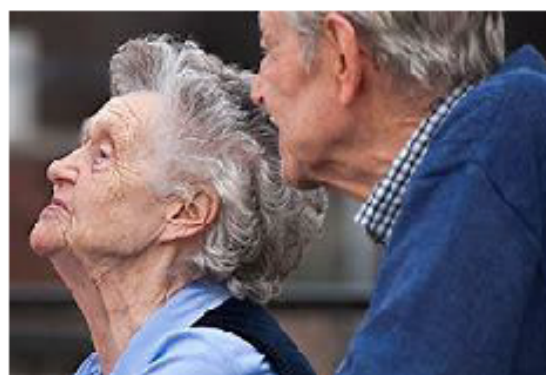
If you have questions about the program, please contact Danielle Briggs at 302-515-3020  
[Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov) OR  
[BethWasden@NanticokeRiver.org](mailto:BethWasden@NanticokeRiver.org).



**ONGOING OPPORTUNITES**

**They were there for us,  
they need us to be there for them!**

**5 VOLUNTEERS NEEDED  
TO DELIVER MEALS TO SENIORS  
IN GEORGETOWN AREA**



Please consider joining in this very important community effort. Meals are picked up at Georgetown Activity Center located in the Thurman Adams Service Center, 546 South Bedford Street, Georgetown, Delaware 19947. Delivery of meals by the volunteer takes approximately 1-½ hours from 10:30 a.m.-12:30 p.m. Training and a tour of the meal route provided by qualified staff.

If you have a few hours to spare and are interested in volunteering your time, please contact Elizabeth Walls, CHEER Volunteer Program Director, at 302-515-3040 or email, [ewalls@cheerde.com](mailto:ewalls@cheerde.com).

	Monday	Tuesday	Wednesday	Thursday	Friday
Route 1B		4th Tuesday of every month			
Route 1B				First 2 Thursdays of the month	
Route 2B			Every Wednesday		
Route 4&6				Every Thursday	
Route 5			Every Wednesday		

**SENIORS NEED US!    \*    WE NEED YOU!**





Who can resist interacting with the youngest children and delighting in the giggles and coos elicited in response? In the study of language development, that exchange is called a conversation turn, and it is vital to the development of a child's brain structure and function.

Read Aloud Delaware, a statewide organization dedicated to early childhood literacy for over 35 years, is pleased to announce a partnership with a national nonprofit, [LENA](#). Designed to help parents and caregivers measure and improve their verbal connections with young children, Read Aloud Delaware is pleased to launch the LENA Start program.

LENA Start uses current technology to count the adult words, conversation turns, and ambient noise, like televisions and other electronic devices, that a child hears in a day. The technology, dubbed a "talk pedometer" and worn by the child, provides vital feedback to parents and professionals to help close the language, learning, and opportunity gaps for children.



**Read Aloud Delaware is in search of a native, or near native Spanish speaker who would be willing to facilitate our Lena Start Program to Spanish speaking parents of children aged 0-33 months. Lena Start is a Parent Engagement Program dedicated to helping caregivers weave more talk and reading aloud into their daily routines. This volunteer Spanish Program Facilitator would receive necessary training after which he/she would conduct a one-hour, weekly**

**Zoom session with parents over the course of 10 weeks. This is a program that is totally free to families and Read Aloud Delaware is anxious to make it available to the Spanish speaking community statewide.**

*If you would like any additional information on this opportunity please contact Bobbi Jo Tice at 302-515-3024, or email at [Bobbi.Tice@delaware.gov](mailto:Bobbi.Tice@delaware.gov)*





### Coastal Leisure, Ocean View

Since its inception in 1971, CHEER has relied on volunteers to carry out its mission of providing a variety of services to people in need. CHEER employees and volunteers serve over 30,000 senior citizens living throughout Sussex County every year. Our volunteers provide homebound meals, transportation to and from medical appointments, companionship for those who have few friends or relatives living nearby, and assistance with the daily operations of our seven CHEER Activity Centers and the Community Center. Without the generosity of our volunteers, we would be unable to continue many of the programs and services that bring comfort and joy to those in need. **CHEER Coastal Leisure, Ocean View DE will be looking for help in the following areas:**

**\*Kitchen Duties; Screening and Serving as well as dishwashers  
Mondays & Fridays 10:30 am - 12:30/1:00 pm**

**\*Bingo Callers Wednesdays 11 am-1:30 pm  
(now thru the duration of Covid)**

**\*ALSO looking to HIRE a PAID Kitchen Manager  
8 or 8:30 - 1 or 1:30 pm**

If you would like to volunteer or have questions, please contact Volunteer Delaware 50+ at 302-515-3020 or email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov)



CHEER Coastal Leisure  
30637 Cedar Neck Road  
Ocean View, DE 19970

## ONGOING OPPORTUNITES

## LOOKING FOR VOLUNTEERS AT TWO OTHER LOCATIONS

### VOLUNTEERS Needed!

#### Milton CHEER Activity Center

A few hours of your time can help our Senior Community in Sussex County get back to their active lifestyle after the COVID quarantine.

#### CHEER ACTIVITY CENTER

24855 Broadkill Road

Milton, DE 19968

Center opens at 10:30 a.m.

LUNCH SERVED 11:00a.m-12:15p.m

- **Food & Beverage Servers**
- **Meal Clean-up and Sanitizers**
- **Reception Area Check-In**



&



# Blood Bank of Delmarva

ONGOING OPPORTUNITIES

Volunteer with us!

Blood Bank of Delmarva is  
EXCITED to announce the opening  
of the New Dagsboro Center in  
March/April (construction depend-  
ent) Join the volunteer team now!

[Delmarvablood.org/volunteer](http://Delmarvablood.org/volunteer).

Share the need for volunteers in the  
Dagsboro Center! Volunteers in  
the center will greet donors, take



temperatures, sanitize tablets, serve  
snacks and drinks to donors, watch  
donors for reactions, among other  
tasks. Serve your community, be with  
your community, and enjoy time with  
people, all while saving lives! For ques-  
tions call Volunteer Delaware 50+ at:  
302-515-3020!

## Donate Blood!

As a dedicated BBD  
volunteer your invaluable  
contribution will make a life  
long impact in your com-  
munity. By giving your time  
you help BBD recruit,  
educate, and assist blood  
donors to roll up their  
sleeves to give life, and you  
will help ensure we have  
enough blood on the  
shelves to support the  
many hospitals we work  
with throughout the Del-  
marva area.

*SUBJECT TO CHANGE			
Mobile Canteen Milford Elks Lodge	3/01/2021	1:00 PM	6:00 PM
Mobile Canteen American Legion Post 24 Dagsboro	3/02/2021	9:30 AM	3:00 PM
Mobile Canteen Lewes Senior Center	3/03/2021	12:00 PM	6:00 PM
Mobile Canteen Lutheran Church of Our Savior	3/08/2021	12:00 PM	6:00 PM
Mobile Long Neck United Methodist Church	3/09/2021	9:00 AM	2:00 PM
Mobile Canteen Georgetown CHEER	3/17/2021	12:00 PM	6:00 PM
Mobile Canteen Seaford Volunteer Fire Dept	3/18/2021	1:00 PM	6:00 PM
Mobile Canteen Plantation Lakes	3/23/2021	9:00 AM	3:00 PM

Special Thanks to the Blood Bank of Delmarva Volunteers! You have been with us during and in spite of Covid. You bring your smiles, your love, and care for people and the mission of saving lives. Thank you for enabling the Blood Bank of Delmarva to continue to safely and positively collect, process, and deliver blood during this pandemic. You bring heart and soul and the donors and the staff appreciate you! I appreciate you! Angela Williamson, Community & Volunteer Relations Specialist



To schedule your appointment to donate please visit: <https://donate.bbd.org/donor/schedules/zip>

to volunteer contact Bobbi Jo Tice @ 302-515-3020 or [bobbi.tice@delaware.gov](mailto:bobbi.tice@delaware.gov)

**VOLUNTEER  
DELAWARE 50+**

# Caring for a loved one? We can help!

Whether you are caring for a parent, spouse, sibling, child or adult with disabilities or veteran, we are here for you! Our Community Outreach Program is there for caregivers when they need us the most!

## Our Caregiver Services Include:

- Case Managers available
- Respite Grant Programs so you can take a break
- Assistive Technology to help your loved one live independently at home
- Free resources in our Caregiver Resource Center
- Adult Day Services



**easterseals**  
Delaware & Maryland's  
Eastern Shore

Contact us today

302-221-2087

[resources@esdel.org](mailto:resources@esdel.org)



[de.easterseals.com/caregiver](http://de.easterseals.com/caregiver)

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



## Easterseals Virtual Caregiver Support Groups

Now more than ever, it's important to connect with others! If you are caring for an adult with a disability or aging condition, join one of our Caregiver Support Groups to share experiences, learn about resources, and provide support for one another.

We offer different dates and times so you have options!

### **Second and Fourth Tuesday of the Month**

10:00am-11:00am

### **New-Starting February 2021!!**

#### **Support Group for working Caregivers:**

3rd Thursday of the Month:

5:30pm-6:30pm

#### **Support Group for Caregivers caring for loved ones with Alzheimer's or Dementia**

1st Wednesday of the Month:

1:00pm-2:00pm

For more information on the support groups, please contact:  
[resources@esdel.org](mailto:resources@esdel.org)

Or call one of our case managers  
Sharnell Darby at 302-221-2076  
Christine Santy 302-253-1129

"One of the greatest gifts a person can give another is support. Anything is possible when you have the right people there to support you."



**easterseals**  
Delaware & Maryland's  
Eastern Shore



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



## ONGOING OPPORTUNITIES

WE NEED  
YOUR HELP @

## @ Code Purple Shelters in Sussex County

- Transportation (Am & Pm), Intake Team, Reset Team.
- Hospitality Support, Mentors, Case Management, Prayer Warriors.
- There are over 100 volunteer positions available each day at 9 sites across the county.

POSITIONS MUST BE FILLED NOW THRU MARCH 15th

For more information contact Bobbi Jo Tice at 302-515-3024 or

Bobbi.Tice@delaware.gov



Seasons Hospice & Palliative Care of Delaware is seeking friendly visitor volunteers to share their time and provide friendly volunteer visits to terminally ill patients and their families. There is no medical or personal care involved-just caring from the heart! Volunteer visits are flexible, based on your availability and are always close to your home. We provide professional and comprehensive training that prepares our volunteers to visit patients in homes. YOU can make a difference in their lives, just by being with them. What sounds like simple daily activities brings so much value and hope to our patients and their families!



- ♦ Provide companionship with conversation.
- ♦ Reading & listening to music together.
- ♦ Looking at photos, sharing memories.
- ♦ Crafting/projects
- ♦ Sitting with a patient to alleviate a caregiver, so they can run errands.
- ♦ Journaling to help/encourage a patient record their history.
- ♦ Watching movies or television.
- ♦ Taking them for a walk in a wheelchair.
- ♦ Providing a supportive presence.

For more information call Danielle Briggs at 302-515-3020 email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov) OR  
Rebekah Welch 302-533-3800 [rwelch@seasons.org](mailto:rwelch@seasons.org)



**ONGOING OPPORTUNITES****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.

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

**Classes are forming now for Training statewide!**

Contact Danielle Briggs at (302) 515-3020 or email her at [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov) with any questions

Apply online TODAY!

<https://courts.delaware.gov/childadvocate/casa/application.aspx>

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](#)

Twitter: [OCADelaware](#)



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of State Service Centers  
State Office of Volunteerism

**Become A CASA Volunteer**

**NEW OPPORTUNITY**

A yellow speech bubble with a black outline, containing the text "hey there!" in a blue, lowercase, sans-serif font.

## Friendly Greetings Needed!

Many of our Easterseal participants (age 30-80) are still at home, missing each other & the positive daily routine at our Adult Day Program! If you would like to write a note or a card with a friendly “hello”, it would mean so much!

It's your choice, you can use your notecards or we will supply the cards and/or paper. We will mail them.

Many Thanks and Much Appreciation!

🍀 If your interested please call Danielle Briggs at 302-515-3020 to find out more, or email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov)

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## Volunteer with us!



## VOLUNTEER PROGRAMS



BVSPCA Sussex County.  
Brandywine Valley SPCA has  
may volunteer opportunities  
available. Call Us at Volunteer  
Delaware 50+ to learn more!  
302-515-3020



### Brandywine Valley SPCA

#### | Photographer Volunteer

Help us capture all of our shelter pet's unique quirks through photography! Your photographs will be used to update our website and social media accounts. Photographers are expected to bring their own supplies.

The Brandywine Valley SPCA has not stopped operations, never did, and volunteers are welcome in all departments. Orientation classes are smaller to assure social distancing, but beyond that, not much has changed. There

is still a great need for donations and volunteers. We've been busier than ever, and saved more lives in 2020 than any year prior, in our 91 year history.

If you are interested in supporting us but would like to do so remotely, please give us a call at 302-856-6361 or visit us at

<https://bvspca.org/get-involved/volunteer>



For questions on how to begin volunteering with the SPCA, Contact Danielle Briggs at 302-515-3020, or email at [Danielle.Briggs@Delaware.gov](mailto:Danielle.Briggs@Delaware.gov)

## Sometimes a little company makes all the difference.

*Volunteers make each day brighter for our patients.*

At Delaware Hospice, we believe in making time for others. We work to make each day the best it can be, so that you can enjoy each moment spent volunteering with us.



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

We offer a self-paced, online volunteer training program, as well as hands on training for specialized volunteer roles.




If you are able to donate just a few hours a week or month, please call for more information 302-478-5707 or visit [www.delawarehospice.org](http://www.delawarehospice.org).

DELAWARE  
TRANSITIONS  
A Service of Delaware Hospice

choice  
care  
comfort  
DELAWARE  
HOSPICE  
Since 1982

DELAWARE  
PALLIATIVE  
A Program of Delaware Hospice

**ONGOING OPPORTUNITIES**

## *New Community Partner*

### Milford Wellness Village

(located at the former Bayhealth Hospital building)

**An innovative, multi-use development initiative that provides integrated health, education, and other services to the City of Milford and Kent and Sussex Counties.**

**Library Volunteer**-Looking for a volunteer to set up and maintain a new onsite library. This can be done on your own schedule.

**Information Desk Volunteer**-Looking for volunteers to help with greeting and directing visitors. Help is needed M-F daily from 9:00 a.m.-1:00 p.m.

All COVID 19 safety measures and protocols are being followed.

For More Information on volunteering at Milford Community Wellness Village Contact Volunteer Delaware 50+ 302-515-3020 or email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov)





March 15 - April 15

# Spring Geranium Sale



Pink, White,  
Red, and Salmon



\$6.00 per 6" pot

Proceeds benefit  
GFWC Zwaanendael Women's Club  
Community Service Programs

## Ordering

- Email orders to:  
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, May 1
- Pick up time: 9:00 am - 12:00 pm
- Pick up location:  
Lewes In Bloom Warehouse  
217 Schley Ave, Lewes

*Public Spirited Women Serving and Improving our Community*

gfwcZwaanendael.org



Lewes Senior Activity Center

32083 Janice Rd

Lewes, DE 19958



**Support Lewes  
Senior Center!!!**

## **SOUP & BAKE SALE**

Saturday, March 6th, 2021

8am-11am

Homemade Soups

\$7.00/quart

Homemade Baked Goods

priced as marked.



*All proceeds benefit*

*LSAC member programs*

**RESOURCES**

## Healthy Eating and Living Classes

The Food Bank of Delaware's Nutrition Educators offer a variety of **FREE** classes for adults, children and families to help them establish healthy eating habits on a limited budget.

### MyPlate for My Family

Four 1 Hour Sessions via Zoom

This program supports low-income individuals and families by offering tips and tools for making better food choices and being more physically active.



### Eat Smart, Live Strong

Four 1 Hour Sessions + Cooking Demo via Zoom

Targeting older adults (60yo+) this interactive program includes four sessions that focus on increasing physical activity and fruit & vegetable consumption.



### Healthy Childhood Project for Preschool Age Children

13 Modules Provided to Early Childhood Education Centers

Each module introduces children ages 3-5 to a target fruit or vegetable through lesson plans and activities to be presented in their classroom. All of the materials and ingredients that are part of each lesson will be delivered to sites by Nutrition Educators to assist site staff that will be responsible for teaching each lesson. Centers can choose to offer a single module or all thirteen.



### Cooking Demonstrations via Zoom

These sessions can help participants identify how to prepare a variety of foods in healthy and tasty ways. The theme for each is tailored to the needs and interests of the target audience.

#### New Castle County

**Alisha Beckford**

(302) 292-1305 ext. 268

[abeckford@fbd.org](mailto:abeckford@fbd.org)

**Jaime Sherman**

(302) 292-1305 ext. 273

[jsherman@fbd.org](mailto:jsherman@fbd.org)



#### Kent & Sussex Counties

**Alicia Vogel**

(302) 424-3301 ext. 119

[avogel@fbd.org](mailto:avogel@fbd.org)

**Chong Yi**

(302) 424-3301 ext. 118

[cyi@fbd.org](mailto:cyi@fbd.org)

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.

This institution is an equal opportunity provider.



## RESOURCES

# EATING SMART & MOVING MORE— ONLINE!



★ Six weekly sessions

Classes start Thursday, March 4 at 12 pm

Register here: <http://bit.ly/030421EFNEP>

Can you eat healthier and be more active even when you're on a tight budget?

YES! Join our FREE six-session course.

Receive a certificate and calendar with recipes for completing the series.

You will learn about:

- healthy eating and cooking for less,
- saving money at the grocery store,
- keeping food safe,
- being active,
- preparing tasty foods, and
- planning meals!



DELAWARE HEALTH AND SOCIAL SERVICES



Learn more at  
[udel.edu/extension/EFNEP](http://udel.edu/extension/EFNEP)

This program is brought to you in part by the University of Delaware Cooperative Extension, a service of the UD College of Agriculture and Natural Resources—a land-grant institution. This institution is an equal opportunity provider. If you have special needs that need to be accommodated, please contact the office two weeks prior to the event.



## NOTE FROM OUR PARTNER



# NO ONE EATS ALONE PROGRAM

YOU ARE INVITED TO  
JOIN US ONLINE FOR  
LUNCH AND  
CONVERSATION.

JUST LOG ON TO  
ZOOM USING YOUR  
COMPUTER OR CELL  
PHONE. TAKE A  
BREAK TO ENJOY  
LUNCH AND  
FELLOWSHIP WITH  
OLD AND NEW  
FRIENDS.



This is an **ONLINE** event **ONLY**  
Sponsored by Delaware Senior Medicare Patrol in  
partnership with Volunteer Delaware 50+



**MARCH 23, 2021 at 12:00pm**

**TO REGISTER**

Email: Joanne Friend

Ask for a Zoom invite at:

[joanne.friend@delaware.gov](mailto:joanne.friend@delaware.gov)



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Social Services



This project was supported, in part by grant number 2001000028-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

## NOTE FROM OUR PARTNER

## News and Notes From



**Hidden Hero Revealed**

**Date:** FEBRUARY 1, 2021  
**Identity:** ED SCARBOROUGH

**Superpower Identified:** Ed Scarborough is a longtime volunteer who is always looking for a way to help. Since moving to Delaware, Ed has been an active volunteer with the American Red Cross. There have been years when Ed is deployed to help victims of disaster across North America more days than he is at home. During his travels, you will always see Ed with his sidekick Eddie the Red Cross teddy and the pair bring smiles everywhere they go. When COVID-19 struck in the spring of 2020, Ed had to take a break from deploying but he didn't let the pandemic sideline him from helping. Ed began working to ensure that his neighbors had plenty to eat and made regular visits to the various food pantries to pick up food that he could deliver to those in need. Ed's superpower is finding ways to fill the needs of others and Delaware is lucky that Ed is one of our Hidden Heroes.


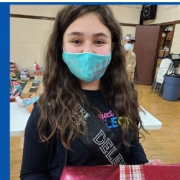
**Hidden Heroes**  
Everyone has a Superpower




**Date:** FEBRUARY 8, 2021  
**Identity:** DUPONT NATURE CENTER LIVE CAM TEAM

**Superpower Identified:** In her nomination, Lynne Pussey wrote: "This passionate group of volunteers has spent over 1,000 volunteer hours working at home, in the marsh and in the harbor (in heat, rain and frigid temperatures) to ensure that the cameras and equipment are functional and can provide our visitors and staff with two incredible environmental and educational resources. The team has created innovative ways to engage the public and provide a safe and non-disruptive way to view the species in the Mispillion Harbor. This group is versatile, skilled, and resourceful and they work hard. They come out to the harbor multiple times a year to provide necessary maintenance to the cameras and equipment. They have an amazing dedication to the cameras, the nature center and Delaware's natural resources." This team's superpower is finding ways to

**Hidden Heroes**  
Everyone has a Superpower

**Date:** FEBRUARY 15, 2021  
**Identity:** LAYLA GAINER

**Superpower Identified:** According to her nominator "Layla leaves a little sparkle wherever she goes!! Whether it's inspiring someone to do more, helping others achieve their goals, or achieving her own goals... Layla has become quite the advocate for youth volunteerism. What started almost 3 years ago as simple acts of kindnesses has led her to be the founder of her own organization Project Sparkle On, Inc. This organization is an outreach program to inspire the kids in our communities to give back thru kindness and community service. Layla has made an impact, individually or through group projects on hundreds of people in just the last couple of years. From feeding and clothing the less fortunate, helping foster children, adopting nursing homes, raising money for hospitalized children, or simply just making others smile, no task has become to great for this kiddo! She hasn't quite reached the 1000 hour

We have unmasked our next three Hidden Heroes!

A Hidden Hero is an individual or group of volunteers in Delaware whose service is impacting others and throughout 2021, we plan to unmask as many as possible! Each Hidden Hero will receive a Certificate as well as a Volunteer Delaware Service Superhero Mask and Cape. Nominate a Hidden Hero today by visiting our website <https://volunteer.delaware.gov>

## Looking for an At Home Project?

You can make toys, snugglies and treats for homeless animals with simple supplies that you might already have.

If you would like more information or project guides, reach out to [Suzanne.Farris@Delaware.gov](mailto:Suzanne.Farris@Delaware.gov)

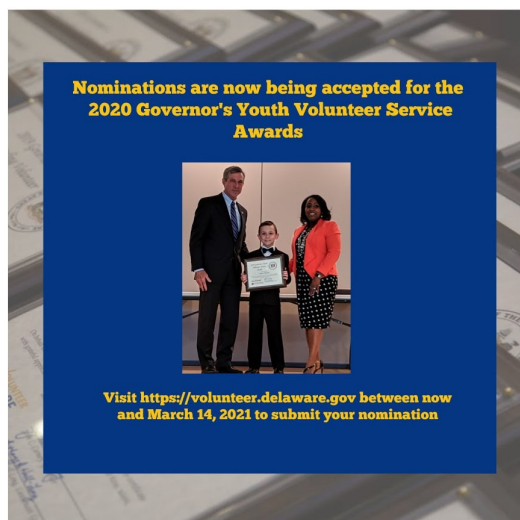


Don't forget to follow Volunteer Delaware on Facebook and Instagram  
#VolunteerDelaware #VolDE50plus





## News and Notes From



**Nominations for the Governor's Youth Volunteer Service Awards are being accepted by the State Office of Volunteerism through Sunday, March 14, 2021. These awards recognize the important contributions made by Delaware's youth volunteers to their communities. Award recipients will be announced in late April.**

**To be eligible, the nominated individuals and group members must be 17 or younger during the time of service. Individual nominees must have volunteered a minimum of 100 hours and groups a minimum of 250 hours between January and December of 2020, although additional volunteer activity can also be highlighted to show long-term commitment.**

**Volunteers will be honored in the following categories:**

- **Individual: An exceptional individual 17 or under who volunteers.**
- **Team/Group: Two or more individuals who worked on the same project.**
- **Emerging Volunteer Leader: An individual under 17 who has demonstrated exceptional leadership abilities.**

**The nomination form is available online at  
<https://volunteer.delaware.gov>**

**Nominators may also request a form by emailing  
[Tina.Gary@Delaware.gov](mailto:Tina.Gary@Delaware.gov) or calling 302-857-5014.**



# Our Community Partners

You'll be lucky if you volunteer  
with one of the following!



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