

# VOLUNTEER DELAWARE 50+



## Volunteer Opportunities

For more information:

302-515-3020

or <http://volunteer.delaware.gov/volunteer-delaware50>

September already?

It looks as if time flies even in the time of COVID. We do have some opportunities for folks looking to volunteer as we see things open a bit. So give us a ring and venture out, safely!

We are very pleased to announce that Volunteer Delaware 50+ has a new coordinator!

Our Volunteer Delaware 50+ team is very pleased to welcome Bobbi Jo Tice! Bobbi Jo recently worked for Nanticoke Senior Center 5 years as the Outreach Coordinator, then as Director of Membership Services. She was well known there as an innovator, starting new projects such as their golf tournament and a "ladies' night out" to benefit the Center. She is very involved in her hometown of Blades, where she serves as Councilwoman and a Church leader. In her spare time, she is involved in all the activities of her husband, 4-year-old son and teenage daughter.)

You can reach Bobbi Jo by emailing her at [bobbi.tice@delaware.gov](mailto:bobbi.tice@delaware.gov) or calling her at 302-515-3024. Please leave a message that we can return as we are only in the office 3 days per week and teleworking the other days from home.

Please join us and welcome Bobbi Jo to Volunteer Delaware 50+ in Sussex County!

As our office enjoys the addition of Bobbi Jo, we are wishing Maddison good luck in her new position. She is currently working in a new job as an emergency service specialist with our same Division. We see her everyday and are happy for her promotion.

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.



**Bobbi Jo Tice is our new Volunteer Coordinator! We are so happy to have her on our team!**

**Community Partner Spotlight:**

**Page 2**

**Opportunities: : page 2**

**Announcements: Page 11**

## *Focus on the Community*



### ***Village Volunteers find new ways to meet needs during a pandemic***

**By JERRY HAMES**

When Gov. John Carney issued Delaware's State of Emergency in mid-March, it brought a critical challenge unprecedented in the seven-year history of Village Volunteers, whose mission it is to help older adults lead independent lives for as long as possible.

"Inaction was never an option," said Executive Director Jackie Sullivan. "Instead, we focused on how we could help our members, who needed us now more than ever. At the same time, we needed to be creative, dedicated and safety-conscious in serving them."

Sullivan, aided by Deb Dobranksy, member services manager, and her soon-to-be successor, Anne Canan, worked the telephones, responding to members' calls for assistance. "Even in the midst of a pandemic, our volunteers continued providing essential services," said Sullivan.

The nonprofit, known to members and volunteers as the Village, is devoted to providing assistance and social support to older adults in the Lewes, Milton and Rehoboth areas. Its volunteers commit more than 10,000 hours each year to senior care, household assistance and transportation.

Masked volunteers deemed less susceptible to the virus provided transportation to members' critical medical appointments. Others, instead of escorting members grocery shopping or to pharmacies for prescriptions, performed those tasks and delivered the food and medicines to members' homes. And volunteers continued to pick up mail and take out trash for those unable to leave their homes.

Home visits that had to be curtailed were replaced by regular friendly phone check-ins, as well as card and letter writing. Books and puzzles delivered to members' homes helped to replace the loss of social programs and outings offered by the Village in normal times.

Such efforts have not been lost on Village members who have expressed gratitude with a flow of appreciative messages by phone and mail. "Thank you for your kindness in these troubled times," one card reads.

“Times of struggle often bring out the very best in us,” Sullivan said. “Our members are so strong in their ability to persevere, and our volunteers have been amazing in their capacity to give and adapt to all the changes in our lives. There’s a lot we still don’t know, but we know that these challenges have made us stronger and closer.”

Even as the Village rallied in response to the COVID crisis, it continued to work behind the scenes on a long-discussed expansion. Negotiations continued through the spring and summer with leading citizens in southern Sussex County who had expressed a desire to establish a South Coastal Village Volunteers group. As a result of a collaborative agreement signed on July 29, Village Volunteers will extend its reach to serve the needs of seniors in Bethany Beach, Millville and Ocean View.

“I am impressed with the leadership and dedication of the South Coastal steering committee, which has championed this initiative to better serve the citizens in their communities,” said Bennett Connelly, president of Village Volunteers, at the ceremony in Lewes. “This new partnership will allow us to expand our resources to meet growing needs. We welcome them to our family.

Ron Kerchner of Bethany Beach, co-chair of the South Coastal group, said the agreement will create a strong new network of support for seniors in southern Sussex (ZIP codes 19930, 19970 and 19967), who will be assisted by local volunteers.

“We expect to start offering services in the fall,” he said. “We will not have to reinvent the wheel and can build on best practices and the success” of Village Volunteers.



**For more information, contact Village Volunteers, serving the Lewes, Milton and Rehoboth Beach areas, at 302-703-2568, or go to [villagevolunteer.org](http://villagevolunteer.org). Contact South Coastal Village Volunteers, serving Bethany Beach, Millville and Ocean View, at [southcoastalvillage@gmail.com](mailto:southcoastalvillage@gmail.com)**

*Village member Bob Cahill receives a grocery delivery from volunteer Suzanne Hain.*

# NEW LIFE THRIFT SHOP

34680 JIFFY WAY, LEWES, DE 19958

## **Store Hours:**

Mon. thru Sat. 10:00 a.m. – 4:00 p.m.

## **Donations Accepted:**

Mon. thru Fri. 10:00 a.m. – 2:00 p.m.

Saturday 10:0 a.m. – 1:00 p.m.

THE NEW LIFE THRIFT SHOP IS A MAJOR SOURCE OF FUNDING FOR THE LEWES REHOBOTH ASSOCIATION OF CHURCHES (L.R.A.C.), A CHARITABLE ORGANIZATION THAT GIVES 100% BACK TO THE COMMUNITY. L.R.A.C. IS A VOLUNTARY COLLABORATION OF CHURCHES IN AND AROUND REHOBOTH BEACH AND LEWES, DELAWARE.

## **Lewes Rehoboth Association of Churches (L.R.A.C.)**

### **MEMBER CHURCHES**

- ✝ All Saint's Episcopal
- ✝ Bethel United Methodist
- ✝ Conley's United Methodist
- ✝ Cool Spring Presbyterian
- ✝ Epworth United Methodist
- ✝ Faith United Methodist
- ✝ Groome United Methodist
- ✝ Lewes Presbyterian
- ✝ Lutheran Church of Our Savior
- ✝ Metropolitan Community Church of Rehoboth
- ✝ Safe Harbor U.C.C.
- ✝ St. Edmond's Catholic Church
- ✝ St. George's Chapel (Episcopal)
- ✝ St. Jude the Apostle Catholic Church
- ✝ Westminster Presbyterian
- ✝ St. Peter's Episcopal

For more information on Volunteering

Call: Andrea Caswell

(NLTS - Manager) @ 302-644-0171

or email: [newlifethriftshopaa@gmail.com](mailto:newlifethriftshopaa@gmail.com)

## START VOLUNTEERING TODAY

### **We Need VOLUNTEERS**

#### **Do you have any Free Time?**

We're looking for help in the following departments:

- Artwork & Picture Frames**
- Carpentry/Handyman**
- Cashiers**
- Cleaning/Sweeping**
- Display Merchandise, Hardware**
- Linen Department**
- Moving Heavy Items**
- Pick-up and Deliveries**
- Pricing Clothing**
- Pricing Misc. Items**
- Receiving Donations**
- Shoe Department**
- Sorting Items**
- Sporting Goods**
- Testing Appliances  
& Truck Driver/Helper**

### **LOCAL CHARITIES**

#### **SUPPORTED BY LRAC**

- Community Resource Center
- Cape Henlopen Food Basket
- Immanuel Shelter & Code Purple
- International Student Outreach Program
  - Jusst Sooup Ministry
- Lewes After-School Program
  - LRAC Prison Ministry
- St. Vincent DePaul - Lewes
- St. Vincent DePaul - Rehoboth
  - The Way Home
- West Side New Beginnings Work Projects
  - Lewes Volunteer Fire Department
  - Rehoboth Fire Department
- And more...



**LIFE IS BETTER**

**WHEN YOU MAKE A DIFFERENCE**



**BVSPCA VOLUNTEERS**

are integral to our organization, playing a hands-on role in providing enrichment for our homeless pets and helping them find their forever homes.

**WAYS TO MAKE A DIFFERENCE**

- ♥ Walk and train dogs
- ♥ Socialize and groom cats
- ♥ Help with adoptions
- ♥ Give a homeless pet an outing
- ♥ Represent us at events
- ♥ Foster a pet who needs time and TLC
- ♥ Provide administrative support
- ♥ Assist in the veterinary clinic
- ♥ Participate in humane education
- ♥ Assist with the pet food pantry

**GEORGETOWN: (302) 856-6361**



**ORIENTATION**

SIGN UP NOW:  
[BVSPCA.org/volunteer](http://BVSPCA.org/volunteer)



**MORE!**

**NEED HELP WITH PET FOOD?**

Struggling during these difficult times? We offer FREE dog/cat food during shelter hours: Tue-Fri 12PM-7PM, Sat-Sun 11AM-5PM.

**HAVE EXTRA TIME TO FOSTER?**

Home more than usual? You can help save a life by fostering. We match the pet and timeline to your family! [BVSPCA.org/foster](http://BVSPCA.org/foster)

**ONLINE MEETINGS LOST THEIR LUSTER?**

Surprise your contacts with a Zoomies Puppy Pop-in or Kitty Cameo! [BVSPCA.org/zoomies](http://BVSPCA.org/zoomies)



Share your time and talents with the Blood Bank of Delmarva on our Mobile drives! Located in a variety of sites throughout Delmarva.

Apply here: <https://www.delmarvablood.org/get-involved/volunteer/> Email: [awilliamson@bbd.org](mailto:awilliamson@bbd.org) or Call: 302-737-8405 ext. 819 Angela Williamson

1. **Refreshment Giver (Age 18+):** Make a positive difference in your community! Be the friendly person we need to serve snacks and drinks to our blood donors after they donate. You serve a very important role in watching the donors during 15 minute snack time, making sure they are doing well and calling for assistance if needed. You interact with people, making them feel comfortable and good about their donation and time given to save lives! Volunteer your time with Blood Bank of Delmarva and make a difference in your life, the lives of the donors, and the patients getting the lifesaving blood they need! Mobile sites throughout Delmarva. Centers located in Salisbury MD, Dover, DE and Dagsboro DE in spring 2021. All COVID precautions are being taken.
2. **Greeter (Age 17+):** Make a difference and help our donors feel great as they enter the mobile. Direct donors to the next station as needed. You may be helping donors get a drink/snack prior to donation, taking temperatures, and/or sanitizing the tablets and laminated FDA reading materials. Interact with people, and help Blood Bank of Delmarva give excellent service. Mobile sites throughout Delmarva. Centers located in Salisbury MD, Dover, DE and Dagsboro DE in spring 2021. All COVID precautions are being taken.

## ATTENTION: Materials Needed

Between March and June, the Volunteer Delaware 50+ Face Mask Project sewed approximately 7,000 masks for Beebe and Nanticoke Hospitals, Sussex County EMS and for other essential workers. We took a break in June but are starting to sew again as schools reopen. **We NEED donations of 100% quilting type cotton or linens and elastic less than 1/4"**



**wide.** For information please contact Jan Semuel at [settlein02@aol.com](mailto:settlein02@aol.com) or Hilda Chaski Adams at [keepmailhca@gmail.com](mailto:keepmailhca@gmail.com). Check out our Facebook page "Vol. DE Face Mask Project" and see the beautiful masks we created.



## **National POW/MIA Day**

**Sept 18, 2020**

**American Legion Post 28**

**12:00 p.m.**

The American Legion Auxiliary will be unveiling a permanent Chair of Honor at a dedication ceremony to be held at the Post. All are invited to attend - with masks - at the entrance to the building (beside the tank).



## **CHEER Coastal Leisure Center**

**30637 Cedar Neck Rd.**

**Ocean View, DE 19970**

**302-539-2671**

Looking for more volunteers to help with “new” jobs since they are partially reopened.

- Screeners (taking temperatures with forehead scanner and asking the 5 questions)
- Servers at lunch (members cannot get up and get anything themselves anymore)
- Sanitizers to wipe down hot spot areas and the bathrooms (right now once daily, as the cleaners then do it in the afternoon, but as we open more we’ll need it done 2 – 3 x per day).

**Please let Danielle Briggs (515-3029),** know if you are available to help in any of the volunteer roles.



***SAFETY. GUIDANCE. GROWTH.***  
208 East Front Street Laurel, DE 19956  
(302) 715-5318 (PH) (302) 715-5319 (FAX)  
[thearkvantage@comcast.net](mailto:thearkvantage@comcast.net)  
[arkeducation.org](http://arkeducation.org)



***The ARK Educational Resource Center After-School Tutoring Program***

Volunteer Math and Reading Tutors Needed in the Sussex County school districts:  
2 hours per week (one hour each of 2 days) - (Mon./Wed. or Tues./Thurs.)  
TRAINING PROVIDED. September through June. Application and Interview  
required.

Volunteer Office Assistant Needed – general office duties (minimum of 2 days per  
week for a minimum of 2 hours) in an after-school program setting. Ongoing as  
needed. Application and interview required.

If interested, contact Joyce Sessoms, Executive Director/Founder @ 302-382-9904



BECOME A BIG  
NOW AT [BBBSDE.ORG](http://BBBSDE.ORG)  Big Brothers  
Big Sisters.

Help put the MEN back in mentoring!  
Join us for a virtual information session



**September Dates**  
 Tuesday, 9/8 at 5:00  
 Wednesday, 9/16 at 4:00  
 Thursday, 9/24 at 5:00  
 Tuesday, 9/29 at 3:00

For more information, contact:  
 Tiyona McCollister at  
[tmccollister@bbbsde.org](mailto:tmccollister@bbbsde.org)

**Stockings for Soldiers is COMING!**

September 11 is the date when we are kicking off our drive for Stockings for Soldiers and we need your **HELP!**

Come to the **Georgetown Library Entrance (outside)**

We will have the following items that you will need:

- **Buckets** for collections  
(limited, please call 302-515-3020 if needed)
  - **Boxes** for collection
  - Collection item **lists**
    - Full **flyer** lists
    - **Support**
- **Social Distancing and masks are required.**
  - **SEE NEXT PAGE FOR DETAILS**





# 17<sup>th</sup> Annual Stockings for Soldiers



**FROM:** October 5<sup>th</sup>, 2020 **TO:** December 4<sup>th</sup>, 2020

Please Help Send Some Holiday Cheer to Our Troops.

Our brave Troops in Harm's Way would love to receive stockings for the holidays. Over the past 16 years, our project has sent almost 120,000 stockings to our deployed troops. We want to continue to let them know we are thinking of them while they are away from home and their families. We need your help to fill their stockings with Holiday Cheer and Goodies that remind them of home.

**New Covid-19 2020 GOAL - 5,000 Stockings with the following items in each stocking.**

**Suggested Donation Items** (*Donations Accepted from Oct. 5<sup>th</sup> to Nov. 19<sup>th</sup>, 2020*)

- **Small Individually Packages Meals:**  
TUNA, Lasagna, Beef-A-Roni Smaller package (8 oz or less)
- **Crew Socks, Mole Skin**
- **Slim Jims/ Beef Jerky**
- **Toothbrushes & Small Toothpastes**
- **Small Candy, chocolate is great.**  
Mini-candy bars  
Candy: Christmas/  
**Halloween**
- **Letters of Appreciation from children**
- **Granola/Fruit/Break fast Bars**
- **Cookies/Nuts/ Pretzels/Trail Mix**  
Less than 12 oz. size
- **Flavored drink mixes** (Single Packets)  
Lemonade, teas,  
**hot cocoa, coffee**
- **Paperback Books**  
(no romance novels)
- **Ramen Noodle Soup**
- Single packs preferred
- **Fruit roll-Ups/ Gushers/Cracker Jacks**
- **Chewing gum**
- **ChapStick & Lip balms**
- **Razors** (individual or packs)
- **Toiletries & lotions** (small package)
- **Baby Wipes, Foot powder, sun block**
- **DVD Movies & Music CDs**
- **Pocket games & puzzles**
- **Hand/Foot Warmers/ Fly Swatters**
- **Crossword, Sudoku Puzzles**
- **Beanie Babies**
- **A Few Dog Items** for our K9 Heroes

We only need a few **Holiday Greeting Cards!!!** Please Limit your Cards this year.

**No aerosol cans or Bars of Soap or Hand Sanitizer please.**

**#1. LOCATION for Volunteers in the Stocking Store – BRANDYWINE TOWN CENTER 🎵**



5131 Brandywine Parkway, (**\*\*\*NO mail is rec'd there\*\*\***)

(Near Target, between Kirkland's & the Guitar Center in North Wilmington, Delaware)

**#2. Mailing Address: Donations, Boxes & Letters: 1911 Foulk Road, Wilmington, DE 19810**

**\$\$\$ Financial Donations are needed to Help with the Costs \$\$\$**

501.c.3 Tax ID # 27-0604668

**Deadline to receive donations: November 19<sup>th</sup> so all boxes can be mailed by December 4<sup>th</sup>, 2020**

**Volunteers Start: Oct. 5<sup>th</sup> – Dec. 4<sup>th</sup>, 2020. Monday thru Thursday Evenings, 6:30-8:30 PM**



**NEW Daytime Donation Drop Off Hours: Tuesdays and Thursdays from 1PM to 3 PM**



See [www.StockingsForSoldiers.org](http://www.StockingsForSoldiers.org) for more Covid changes.

**"Sending Stockings Filled With Joy To Our Soldiers In Harm's Way."**

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



### COVID-19 and Caregiving

Tues., Sept. 1 | 10-11:30 a.m. | [Register](#)

Tues., Sept. 8 | 10-11:30 a.m. | [Register](#)

### Understanding and Responding to Dementia-Related Behavior

Wed., Sept. 2 | 2-3:30 p.m. | [Register](#)

Wed., Sept. 30 | 12-1 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

Wed., Sept. 9 | 2-3:30 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia

Tues., Sept. 15 | 10-11:30 a.m. | [Register](#)

### Dementia and Alzheimer's: Diagnosis, Treatment and Ongoing Care

Wed., Sept. 16 | 12-1 p.m. | [Register](#)

### Effective Communication Strategies

Tues., Sept. 22 | 10-11:30 a.m. | [Register](#)

Wed., Sept. 23 | 2-3:30 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Tues., Sept. 29 | 10-11:30 a.m. | [Register](#)

Get empowered and educated. Take advantage of September VIRTUAL webinars that are free and provided to the public, offered by the Alzheimer's Association Greater Pennsylvania, Greater New Jersey and Delaware Valley Chapters.

Registration is required. Click a "register" link, visit [alz.org/crf](http://alz.org/crf) or call the Alzheimer's Association Helpline at 800.272.3900.

For information about other Alzheimer's Association programs and services, visit [alz.org](http://alz.org).



TO REGISTER, CALL 800.272.3900 OR  
VISIT US ONLINE AT ALZ.ORG/CRF.

alzheimer's  association®

# LABOR DAY

You must have internet and also the "Zoom" App. Information to do download Zoom is:  
Type in browser box <https://zoom.us/support/download> Then follow direction

### Cape Henlopen Senior Center Weekly Virtual Activity Schedule

Activities	Day	Time	Instructor
Arthritis Exercise	Wednesday	9:00 a.m. – 10:00 a.m.	Ellen Coven
Bingo Fun (If you need a bingo pack, call 302-227-2055 and they will mail it to you.	Wednesday	11:00 a.m. – 1:00 p.m.	
Line Dancing	Monday	11:00 a.m. – 11:45 a.m.	Marian Fetherolf
Soothe and relax yourself with Reiki	Thursday	10:30 a.m. – 11:30 a.m.	Sheri Jones
Sit and Get Fit	Monday	9:00 a.m. – 10:00 a.m.	Iris Mancuso
Sit and Get Fit	Friday	9:00 a.m. – 10:00 a.m.	Iris Mancuso
Tai Chi	Friday	11:00 a.m. – 11:45 a.m.	Sharon Downs
Yoga	Thursday	9:00 a.m. – 10:00 a.m.	Iris Mancuso
Chair Yoga	Thursday	1:00 p.m. – 2:00 p.m.	Ellen Coven

### Food for Thought Programs

Zoom with "Coach" Kap – 2<sup>nd</sup> Tuesday - Stimulating Your Thinking at 11:00 a.m.  
4<sup>th</sup> Tuesday - Various Topics at 11:00 a.m.

Many of you have participated in Richard "Coach" Kap's presentations. Now in today's new norm; see him on zoom. He has a multitude of topics to inform, inspire, entertain, and enable you to see humanity at its best.

**These virtual classes are FREE!**  
**And, you do not need to be a member of CHSC to participate in our Virtual Exercise Classes or "Food for Thought" Programs.**

**CHSC -302-227-2055**



VIRTUAL DEMENTIA SYMPOSIUM

# CONNECTING THE COMMUNITY

Thursday, October 1, 2020

8:30 a.m. — 12:00 p.m. | Hosted through Zoom

Register Today: <https://action.alz.org/MTG/71118944>

Join the Alzheimer's Association Delaware Valley Chapter for a free, half-day Virtual Dementia Symposium featuring local speakers and four short presentations:

Living with the New Normal

Managing Dementia-Related Behaviors

Engagement through Activity

Dealing with Compassion Fatigue

This event is appropriate for family and professional caregivers, community providers and seniors. A 15-minute break is scheduled for 10:25 a.m.

Register at <https://action.alz.org/MTG/71118944> or 800.272.3900.

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THANK YOU TO OUR SPONSORS



Aleph Home Care \* Jefferson Health New Jersey \* Lions Gate \* Senior Store \* Summit Place Senior Living



# Art from the Heart

Art Show/Online Auction  
presented by PAWS for People

Online auction – [www.PAWSforPeople.org/art](http://www.PAWSforPeople.org/art)

Monday, Sept. 28<sup>th</sup> @ 8:00 am – October 4<sup>th</sup> @ 11:59 pm

In-person show – PAWS for People Office (Newark, DE)

Reservations & Social Distancing Practices Required

Saturday, October 3<sup>rd</sup>..... 10:00 am – noon

Sunday, October 4<sup>th</sup>..... 1:00 pm – 3:00 pm

Please come, bid, and enjoy the beauty – it's free!

25 local artists donating over 50 works of art  
available for your enjoyment via in-person show or online.

Reservations for 30 minute viewing times are required for the in-person show.  
To make a reservation visit [www.PAWSforPeople.org/art](http://www.PAWSforPeople.org/art) beginning September 14.

Questions – contact the PAWS office at 302-351-5622

Sponsored by:



[JerrysArtarama.com](http://JerrysArtarama.com)



703 Dawson Dr., Newark, DE 19713

**Delaware Veterans Home thanks volunteers as well as the community for their continued support. They are looking forward to the day when DVH volunteers can return to volunteering.**

**THANK YOU!  
NONE OF THIS WOULD  
BE POSSIBLE WITHOUT  
OUR COMMUNITY!**

**COVID-19 RELIEF EFFORTS  
IN DELAWARE**

*March 16, 2020 - August 14, 2020*



**7,829,263 pounds  
of food distributed  
to the community**

**7,667,243 pounds  
of food donated**



**15,244 visits to the  
Healthy Pantry Center  
on site at the Food Bank  
in Newark and Milford**

**8,921 meal boxes  
distributed to seniors**



**55,759 weekend meal  
bags distributed to  
children in need**

**23,978 donated  
volunteer hours  
in Newark and Milford**



**20,376 households  
served at 15  
mass drive-thru  
distributions**

**108,094 meals and  
snacks served to  
homeless individuals**



**www.fbd.org**

**Due to COVID, mobile blood bank drives may change or be cancelled. Please check before attending. All volunteers must apply to volunteer online and complete training.**

**9/11— Dover Downs**

**9/12— Hacks Point Fire Co., MD**

**9/14—Milford Public Library**

**9/16—Federalsburg Vol Fire Co., MD**

**9/17—Georgetown CHEER Center**

**9/21—Bethany Beach**

**9/24—Bayside Institute**

**9/30—Worcester Co Rec Center, MD**



# 800.272.3900

for information and support

24/7 helpline

The Alzheimer's Association's **24/7 Helpline** is available 365 days a year with translation services in more than 160 languages. Trained specialists will provide...



- Support and Coping Strategies
- Information and Resources
- Research Updates
- Access to Education Programs

## Turn to us...

The leading authority in dementia education, support and research for more than 35 years!

alzheimer's  association®

**Delaware Valley Chapter Headquarters**  
399 Market Street, Suite 250  
Philadelphia, PA 19106  
[alz.org/delval](http://alz.org/delval)



*Masks Save Lives  
Which Ones Are Best*

Of all the mask studies, the latest by Duke University researchers affirming the fitted N95 as king in the fight against COVID-19, the most important remains the study of all studies by the University of Washington's Institute for Health Metrics and Evaluation.

The IHME, a research center that has provided projections on hospitalizations and deaths during the COVID-19 pandemic, performed a meta-analysis earlier this summer of mask studies from the United States, China and Germany that confirmed what most medical experts have advocated for months:

If 95 percent of people wear cloth masks when within 6 feet of other people in public, it will reduce COVID-19 transmission by at least 30 percent. So if every infected person transmits the virus to 30 percent fewer people, it improves the chances of subduing COVID-19's spread in the United States.

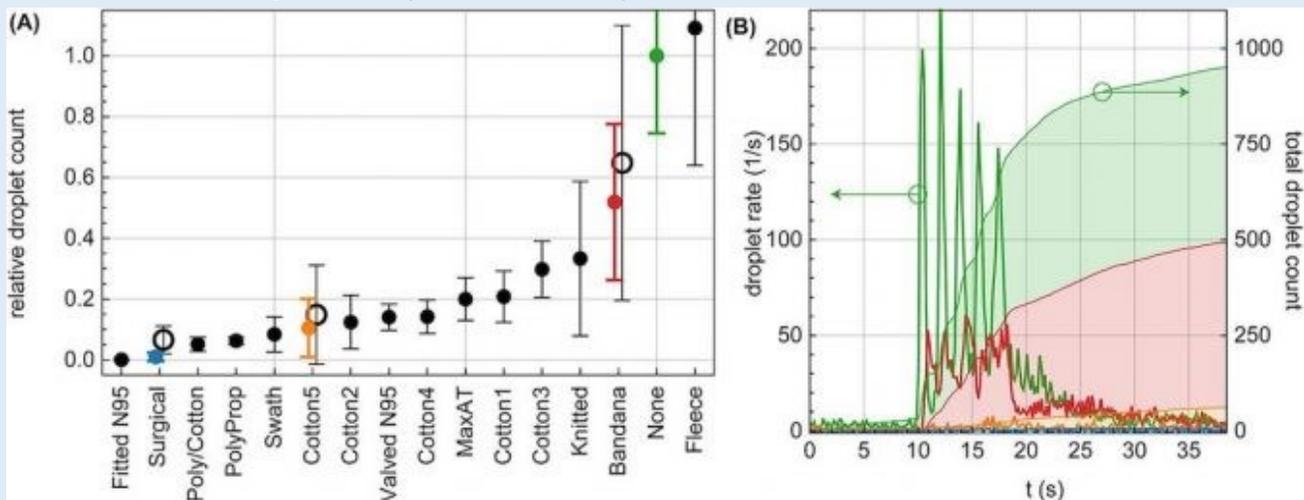
"It's as important as ever to wash your hands, wear a mask and don't touch your face," said Keith Grant, APRN, head of infectious disease for Hartford HealthCare. "Those are still the basic ways to avoid COVID-19 infection."

Masks work. The meta-analysis assumed all masks in public use are cloth, not the even more effective N95 respirators worn by healthcare professionals. The new Duke study, published Aug. 7 in the journal *Science Advances*, rated a fitted N95 and a three-layer surgical mask as the top two protectors in simple tests using a cardboard box with a lens, a laser and a phone's camera to track particles released from a person's mouth when speaking. (Do not use an N95 mask with a valve. Here's **why**.) Three of the next four top performers in the test included cotton.

Here's the full list, with each mask identified by a number in parenthesis corresponding to the photo above:

1. Fitted N95, no valve (14 in photo)
2. 3-layer surgical mask (1)
3. Cotton-polypropylene-cotton mask (5)
4. 2-layer polypropylene apron mask (4)
5. 2-layer cotton, pleated style mask (13)
6. 2-layer cotton, pleated style mask (7)
7. Valved N95 mask (2)
8. 2-layer cotton, Olson style mask (8)
9. 1-layer Maxima AT mask (6)
10. 1-layer cotton, pleated style mask (10)
11. 2-layer cotton, pleated style mask (9)
12. Knitted mask (3)
13. Double-layer bandana (12)
14. Gaiter-style neck fleece (11)

Here are the results, provided by Duke University:



The study's big loser, the neck gaiter, is too thin to offer much protection, the researchers concluded.

It's possible the fabric breaks up bigger particles into smaller particles that can remain airborne longer. Bandanas and knitted masks were similarly ineffective.

But the conclusions, as in so many other studies, have left little doubt that wearing a mask is our best defense against the spread of COVID-19.

***Not feeling well? Call your healthcare provider for guidance and try to avoid going directly to an emergency department or urgent care center, as this could increase the chances of the disease spreading. Click [here](#) to schedule a virtual visit with a Hartford HealthCare-GoHealth Urgent Care provider.***

***Stay with Hartford HealthCare for everything you need to know about the coronavirus threat. Click [here](#) for information updated daily.***



CANCER SUPPORT  
COMMUNITY

DELAWARE

*We are gladly accepting  
boutique donations for  
The Pink Affair*

Please donate your new or gently used clothing for our  
Pink Affair Boutique to our Sussex County Office  
Monday - Thursday from 10am - 3pm

Donations Appreciated:

Fall Clothing  
Better quality jewelry  
Casual/Dressy Blouses  
Coats  
Dresses (no formal wear)  
Fur coats  
Jackets  
Purses  
Scarves  
High Quality Sweaters  
Tunics  
Vests  
Wallets

We are not accepting:

Belts  
Boots  
Formal Wear  
Household items of any kind  
including bedding  
Lingerie  
Men's Clothing  
Pants  
Shoes  
Suits of any kind  
Skirts  
Hats  
Sunglasses

18947 John J. Williams Highway Suite 312, Rehoboth Beach, DE 19971  
Tel: (302) 645-9150

To help with Volunteer Delaware 50+ opportunities in Sussex Counties, **please call**  
Danielle Briggs or Bobbi Jo Tice at 302-515-3020. We want to hear from you!

**Volunteer today!**