

# VOLUNTEER DELAWARE 50+

## Sussex County

**ENROLL TODAY!**



**Volunteer Opportunities with our Partners!**

**For More Information Call 302-515-3020**

**OR Visit us at**

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

September already! With Labor Day only a few days away how can we be staring down our last days of summer! It can only mean one thing; routine. Routine was always the word used in my house at the end of summer. Everyone needed to get up earlier, eat healthier, we needed to plan meals better and pencil in our days clearly. No more messing around. We needed our routine. What was always included was our volunteer jobs. The end of summer and just after Labor Day is the perfect time to set some reminders for back to volunteering! Did you give volunteering a break for the last couple years during the pandemic? Did you lose your intention to make the world a better place? If so, we'll share some needs with you that may bring back your motivation. There are many folks in our community that did not fare well during the pandemic. Many people did not find permanent housing and homelessness and addiction are on the rise. Food insecurity continues to be an issue. With fall and cold weather approaching a need for warm clothing is right around the corner. After a year of remote learning teachers will need help with some students who will struggle to get back to their routines. YOU can help. Basic needs abound just around the corner from where you live. Thrift stores, meal delivery agencies, Read Aloud and tutoring agencies. We are supporting Stockings for Soldiers, HELP US by starting a drive in your community (p, 3)! For more ideas, call us. You will be glad you did!

*Ann Gorrin*

**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.**



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# COMMUNITY SPOTLIGHT



## Become a Coach or Volunteer and Make a Difference



Volunteers who want to work with kids in our Life Skills sessions on the golf course, will have a short interview/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 can be done at your convenience.

Once you complete the two steps above, our business manager will set you up with a LITMOS account.

Through LITMOS, 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 online 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 also a brief video showing why becoming a First Tee Coach can be so special:

<https://firsttee.org/get-involved/coach-volunteer/>

For those who are interested in being able to Lead Sessions at a golf course, you are required to attend a PLAYer Level Training. The PLAYer Level training is a 4-5 hour in-person training that is scheduled at various times and locations during the year.

It would be ideal if you could do all the online training so you can work with our participants right away. The PLAYer Level training is excellent and would help you become more comfortable with the entire Life Skills Curriculum. Since we will have several PLAYer Level Coaches at each site, we are hoping we can learn from one another and share the organizational duties of running a full program.

If you are interested in getting started, I would need you to provide me with the following information:

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

Please contact me if you have any further questions.

Best,

Rich Kapolka,  
First Tee – Delaware Board Member  
Chair, Southern Delaware Committee  
302-270-1895  
rkapolka@msn.com



First Tee – Delaware • PO Box 419 • Rockland, DE 19732 • 302-384-8757 • [www.firstteedelaware.org](http://www.firstteedelaware.org)






## JOIN US

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

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 17 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 2021 GOAL - 5,000 Stockings with the following items in each stocking.**

### Suggested Donation Items

- **Small Individually Packages Meals:**  
TUNA, Lasagna, Beef-A-Roni Smaller package (8 oz or less)
- **Crew Socks, Mole Skin**
- **Slim Jim's/ 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**
- **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.**

SUSSEX COUNTY VOLUNTEER DELAWARE 50+

## KICK OFF THE ANNUAL STOCKING FOR SOLDIERS 2021

*Join US!* 



9-10-2021 FROM 12-2PM  
FRANKFORD LIBRARY




COLLECTION BOXES | SHOPPING LIST | SUPPORT OUR TROOPS



8 Main Street, Frankford DE 19945

Contact our office, Volunteer Delaware 50+ at 302-515-3020 for info


**ONGOING OPPORTUNITIES**
**LOOKING FOR VOLUNTEERS  
AT TWO LOCATIONS!**
**VOLUNTEERS *Needed!***

Are you in the Greenwood area and looking for a way to volunteer? Greenwood CHEER is looking for volunteers to deliver meals for their WEST route, Monday-Thursday. Drivers pick up meals at 10 AM and delivery takes place approximately 1.5 hours from start to finish. Let us know which day best works for your schedule. Call Volunteer Delaware 50+ for more information! 302-515-3020.


**Greenwood CHEER Center**

***41 Schulze Road  
Greenwood, DE***



**Do you have a few hours a week to help your neighbor?**


**CHEER Volunteer Meal Packer Needed**

Assist Kitchen Staff in all aspects of packing meals

**Available Monday thru Friday 8:00-11:00 AM**

**Location Milton CHEER Activity Center 24855 Broadkill Road, Milton, Delaware 19947**

Kitchen Volunteers assist with packaging meals into delivery trays and other tasks such as wrapping or packaging side items such as rolls or muffins. If you want to volunteer in a fun and collaborative environment and get a first hand look at how the meals are made at CHEER, this is a great opportunity for you!

If you would like more information please call Danielle Briggs at Volunteer Delaware 50+ at 302-515-3029 or email [Danielle.Briggs@delaware.gov](mailto:Danielle.Briggs@delaware.gov)



## 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 Lauren Brueckner at (302) 245-1895 or email her at [lauren.brueckner@delaware.gov](mailto:lauren.brueckner@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](#)

**For more details or inquires regarding this volunteer opportunity please call Danielle Briggs at Volunteer Delaware 50+ 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 are now offering online volunteer training!

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



Donate blood at the nearest location

MAKE AN APPOINTMENT:

<https://donate.bbd.org/donor/schedules/geo>

Or Call 1-800-8BLOOD8

(1-888-825-6638)

 **Blood Bank**  
of Delmarva  
*Remembrance of 9-11*



# BACK ON THE ROAD

RELIABLE \* SAFE \* CONVENIENT

Call Volunteer Delaware 50+ with any questions! 302-515-3020

ITN Southern Delaware, Inc.

## VOLUNTEERS NEEDED

LIKE TO DRIVE?



OUR SENIORS NEED YOU!

### MAKE A REAL DIFFERENCE IN SOMEONE'S LIFE

- Help older people who no longer drive remain independent and active by getting them to medical appointments, shopping, worship services, social and recreational activities, and much more.
- Give caregivers and loved ones peace of mind.
- Help make the roads safer for everyone.
- Meet other community-minded people.
- Receive a free annual membership and accrue credits for your miles driven.
- Save credits for your own use or gift them to a loved one or to low income riders.
- Commit to one afternoon a week or a few hours a month around *your* schedule.

Select any hours and preferred radius of travel.

**RECEIVE \$5.00 CREDIT IN YOUR ACCOUNT PER RIDER OR VOLUNTEER YOU RECRUIT TO JOIN ITN**

Be an important part of providing arm-through-arm, door-through-door, community-based and community supported transportation services for seniors 55+ and adults with visual impairments throughout Sussex County by helping us build a transportation cooperative network and promoting lifelong safety and mobility.

**CURRENTLY SERVING EASTERN & MID-SUSSEX COUNTY - 7 days per week**

### **DRIVERS NEEDED IN ALL ZONES**

minimum preferred - 3 hours per month

(Seasonal drivers accepted)

ORIENTATION PROVIDED!

CALL NOW: 302-448-8486 or E-MAIL: [info@itnsoutherndelaware.org](mailto:info@itnsoutherndelaware.org)

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

ITNSouthernDelaware is a 501(c)(3) non-profit organization

CONTRIBUTE  
WHILE YOU  
SHOP!

Shop with a Smile at Amazon



The Advisory Council of Volunteer Delaware 50+ asks you to support us! People are encouraged to stay home, and shopping on Amazon is at an all-time high. So when you do shop on Amazon, be sure to start at [smile.amazon.com](https://smile.amazon.com), choose Sussex County Volunteer Delaware 50+ Advisory Council as your designee and a donation will be made directly to our Advisory Council which supports the many benefits donated back to you! It's a simple way to support fellow volunteers and doesn't cost anything!

Click on this link, look us up at **Sussex County Volunteer Delaware 50+ Advisory Council**

[Smile.amazon.com](https://smile.amazon.com)

**VOLUNTEER  
DELAWARE-50+**



**Please Call  
Danielle  
Briggs if in-  
terested in  
delivering  
meals at  
302-515-  
3029.**



## UPCOMING EVENTS

A MATTER OF  
BALANCE

&amp;



MANAGING CONCERNS ABOUT FALLS

The University of Delaware's Osher Lifelong Institute, "OLLI" and Volunteer Delaware 50+ invite you to participate in *A Matter of Balance* Course, designed to stop the fear of falling and improve levels of activity among adults. Learn PRACTICAL coping strategies to reduce the risk and fear of falling. Join them in group discussions and mutual problem solving. We cover exercises to improve strength, coordination and balance, as well as home safety evaluation.

★ Classes begin  
Sept 7th.

★ Weekly 2 Hour  
Sessions; Eight  
weeks.

*Classes will be  
held at Trinity  
Church 15516  
New Road, Lewes,  
D.E.*

VOLUNTEER  
DELAWARE 50+

**Call us at Volunteer Delaware  
50+ for information regarding  
registration.  
302-515-3020.**



**Volunteer at Walk With Me & 5K Fun Run Delmarva 2021**

**Help Easterseals Create Solutions and Change Lives**



Besides participating as a walker, we're always looking for volunteers to help us in coordinating the event itself -- as course marshals, registration and prize tent workers, and in a variety of other ways. following form if you can assist by sharing your time, someone from Easterseals will contact you shortly.



## EVENT DETAILS

### EVENT DETAILS

**Date:** 10/17/20201

**Location:** Baywood Greens Golf Course/  
Club 32267 Clubhouse Way, Longneck DE.

**Schedule:** 3:00 pm Check In/Registration,  
3:45 p.m. 5K Fun Run Start, 4:00 p.m. Walk  
Start

**Course Route:** 1st 9 holes of Golf Course,  
3.2 mile Walk and 5K Fun Run

**Interested in this event? Call us at Volunteer Delaware 50+ with questions about this years, Walk With Me Event.**  
**302-515-3020**



Take a step in making a difference in your community.

**Ellendale, DE**



## Dog Training



**PAWS Dog Training Classes**  
**are now enrolling in Newark & Ellendale, DE**

### PAWS Puppy

Beginning Tuesday, September 14, 9:00-10:00 AM

### Obedience 1 (for dogs over 6 month old)

Beginning Tuesday, September 14, 10:15-11:15 AM

### Attention & Focus

Beginning Tuesday, September 14, 5:30-6:30 PM

### Therapy Dog Prep

Beginning Tuesday, September 14, 7:00-8:00 PM

# Learn how to prevent falls

## Falls Prevention Bingo and Resource Fair

September 22, 2021

11:00 a.m. to 1:00 p.m.

Modern Maturity Center

1121 Forrest Avenue, Dover, DE

Visit [www.modern-maturity.org](http://www.modern-maturity.org)



### FALLS PREVENTION CLASSES OFFERED:

1

**A Matter of Balance<sup>®</sup>**

302-255-9882  
(New Castle County)

302-515-3020  
(Kent and Sussex  
counties)

2

**BingoCize**

(Bingo and exercise)  
virtually and in person

[injuryprevention@christianacare.org](mailto:injuryprevention@christianacare.org)

3

**ThinkFirst to Prevent Falls<sup>®</sup>**

virtually and in person

[injuryprevention@christianacare.org](mailto:injuryprevention@christianacare.org)

**Falls Prevention Awareness Week  
September 20-24, 2021**

DELAWARE COALITION ON INJURY PREVENTION  
FALLS PREVENTION TEAM



# Falls prevention tips

- 1 Ensure proper fit of your cane or walker.
- 2 Get regular checkups, including vision and hearing exams.
- 3 Stay hydrated and consume nutritious foods and beverages.
- 4 Be active to keep muscles strong.
- 5 Wear shoes that fit well and are in good condition.
- 6 Remove clutter and maintain walkways.
- 7 Use motion-activated lights and night lights.

Learn more at the Center for Disease Control and Prevention's Stopping Elderly Accidents, Deaths, and Injuries (STEADI) program at <https://www.cdc.gov/steady/index.html> and the National Council on Aging at <https://www.ncoa.org/>.

**Milton**  
**GARDEN CLUB**  
*Presents:*



**20TH ANNUAL  
GARDEN TOUR  
SUNDAY  
SEPTEMBER 19  
10 AM - 3 PM**

No Rain Date – But  
Hurricane/Nor'easter Date:  
Saturday, September 25

The Tour includes 6 gardens, a raised veggie garden, plant sale, craft vendors, bake sale, artists painting and live music in the gardens, and so much more.

**Tickets: \$15 in Advance • \$20 Day of Tour**

Advance Tickets are available at:

**Hillside Florist • Lewes Printing • Pepper's Greenhouse • Salon Milton**

Day of Tour Ticket Booth: 210 Union Street

*Thank you to our Tour Sponsors:*

**Al Frantic Band • Frantic Frets Music & Antiques • Irish Eyes •  
Lavender Fields • Salon Milton • Women's Club of Milton**

**For more info call 302-684-1628 or 267-475-4466**



## A PINK AFFAIR



The Cancer Support Community Delaware announces the return of 2021's **Pink Affair** to be held on Friday, October 29 at the Dewey Hyatt. The annual luncheon and boutique shopping event will begin at 12 noon and conclude at 3:00pm. Tickets for the Luncheon and Boutique Shopping opportunity are \$60. Raffles, silent auction and 50/50 chances are also available at the **Pink Affair** Luncheon.

**Boutique shopping slots:** New this year, are Boutique shopping slots for \$10.00 each from 3:30pm until 6:00pm on October 29th, in half-hour increments. Come out and shop to benefit critical programming for cancer patients and their families in Sussex County by supporting Cancer Support Community Delaware's annual **Pink Affair**.

**Donations:** The final donations for very gently used fashion accessories will be accepted at the CSCDE office from August 30 through September 2 from 9:00am – 5:00pm. We especially need better quality jewelry, coats and furs, dresses, jackets, purses, scarves, high quality sweaters, tunics, vests and wallets.

**Volunteers:** Volunteers are also needed for the October 29 event. Shifts are from 8:00am until 3:30pm and 3:00pm until clean up, ending at 8:00pm. If you are interested in helping by selling tickets or assisting in the boutique, please call our office at 302-645-9150 or contact [kwebb@cscde.org](mailto:kwebb@cscde.org).

**Luncheon registration will open at 9:00am on Monday, September 20, 2021.**





# SAVE THE DATE!

*Ladies Tea  
&  
Fashion Show*  
Sponsored by:  
*Blooming Boutique*

**Saturday, September 11, 2021**  
**Lewes Senior Activity Center**



**Ronald McDonald House<sup>®</sup>  
of Delaware**



  
**wine  
women & shoes<sup>®</sup>**  
Benefitting  
Ronald McDonald House<sup>®</sup> of Delaware

*Save the Date!*

**THURSDAY, OCTOBER 28, 2021**  
**5:30 PM - 8:30 PM at DUPONT COUNTRY CLUB**

Wine Tasting • Designer Shopping • Delicious Bites  
Incredible Auction Lots • Charming Shoe Guys  
Entertainment • Best in Shoe Awards

*and more!*





20<sup>th</sup> Anniversary  
 September 11<sup>th</sup>  
*remember &*  
 honor



**THE AMERICAN LEGION AUXILIARY UNIT 28  
 WILL PAUSE TO REMEMBER THE VICTIMS OF 9/11  
 AT A SPECIAL 20<sup>th</sup> ANNIVERSARY  
 CANDLELIGHT CEREMONY  
 SEPTEMBER 11, 2021 STARTING AT 6:30 PM  
 AL POST 28 PAVILION, 31768 LEGION RD., MILLSBORO, DE**

**LUMINARY BAGS AVAILABLE \$1 DONATION TO SPONSOR A HERO  
 WHO LOST THEIR LIFE THAT FATEFUL DAY IN AMERICA'S  
 HISTORY!**

**ALL BAGS WILL BE LABELED & PLACED IN THE POST 28 FIELD  
 BEFORE THE CEREMONY FOR REVIEW AND REMEMBRANCE.**

**For more info, contact Beth @ 302-381-3897 beth1011@msn.com  
 Tina 302-858-8399 ladytina44@comcast.net.  
 To Donate, mail checks to: ALA 28, 31768 Legion Rd., Millsboro, DE 19966**

**To Volunteer contact June @ 484-571-9214 or  
 Linda @ 302-569-8699**

**JOIN US AS WE REMEMBER, HONOR & RESPECT!  
 SPONSOR A 9/11 HERO!**

**ALL WELCOME! OPEN TO THE PUBLIC!**

## **DELAWARE 2021 VETERANS' STAND DOWN**

**SAVE the DATE  
 Friday  
 17 September 2021**

**Schutte Park  
 10 Electric Avenue  
 Dover, DE 19904**



### **VETERANS' STAND DOWN**

**Community & VA Services for ALL Veterans**  
 Housing - Medical - Flu Shots - Behavioral Health - VA Eligibility & Benefits  
 Hair Cuts - Legal Service - Hot Lunch - Warm Clothing  
 Transportation Provided at key pick up locations.

**Donations may be sent to the "Delaware Veterans' Stand Down" at  
 12385 Sussex Highway - Greenwood, DE 19950**

**For more information contact:  
 302-349-4898 or Lbjnavcret@hotmail.com**



## You're Invited! Toast the Nanticoke Tickets now on sale.

Join us on September 23 from 6:30 to 9 p.m. to enjoy a casual fun-filled evening at Layton's Chance Winery, located at 4225 New Bridge Rd, Vienna, MD. Tickets cost \$50 in advance or \$60 at the door. Tickets include hayride vineyard tours, an open wine bar, live music, great local food, yard games and a silent auction! To see more information about Toast the Nanticoke, [click here](#) to visit our website.



Please note, you will not receive a physical ticket. Once you have registered and pre-paid, your name will go on a list at the door and you will be checked in at arrival. Tickets are non-refundable but can be transferred to another person for use if you cannot make it to the event. [Click here](#) or on the button below to purchase your ticket. We hope to see you there!

**Purchase your 2021 Toast Tickets Here!**

**I cannot attend, but would like to donate.**







## Curbside Meals To Go

### Drive Thru Meals

Every Wednesday

11:30 a.m.– 12:30 p.m.

Nanticoke Senior Center

1001 W. Locust Street

Seaford, DE 19973

**\$5.00**

Looking for a delicious home cooked meal?

Drive Thru Meals are Open to the Community.

You do not need to be a member.

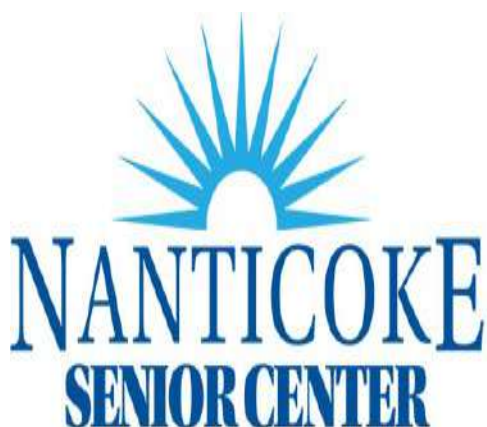
September 1st—Liver & Onions, Mashed Potatoes, Peas

September 8th— BBQ Ribs, Mac & Cheese, Glazed Carrots

September 15th— Chicken Cold Plate Salad

September 22nd— BBQ Chicken, Rice Pilaf, Mixed Vegetables

September 29th— Fried Chicken, Cheese Potatoes, Mixed Vege



*GFWC Zwaanendael Women's Club*

*Public Spirited Women Serving and Improving Our Community for Over 100 Years*

- *Whether you are a lifelong Lewes resident or new to the area, there are volunteer opportunities that can fit your interests and needs.*
- *You can contribute to the quality of life in your community, gain fulfillment and satisfaction in doing good, build lifelong friendships, and have fun.*
- *Refreshments will be served.*
- *You may wish to visit our website before the meeting  
gfwcZwaanendael.org*
- *It would be nice to know if you are coming, but not required.  
ZClubLewes@gmail.com*

*gfwcZwaanendael.org*

### *Prospective Member Information Meeting*

*Wednesday,  
September 15*

*10:00 am*

*Lewes Public Library*



# The GFWC Zwaanendael Women's Club Invites You to **DONATE and EARN**

Make a \$5 donation to Z Club  
and earn a 25% off discount shopping pass  
to be used at ANY Boscov's store on  
Boscov's biggest discount day, Wednesday, October 20.

HELP SUPPORT GFWC Zwaanendael Women's Club  
(Non-Profit Organization)



**Boscov's**  
FRIENDS  
**HELPING**  
FRIENDS  
25<sup>TH</sup> ANNIVERSARY

ONE DAY ONLY - OCTOBER 20, 2021  
SHOP 8AM - 11PM

**DONATE \$5 AND ENJOY:**

- 25% OFF DISCOUNT SHOPPING PASS
- REGISTER TO WIN A \$100 BOSCOV'S GIFT CARD  
At every Boscov's store

100% OF YOUR DONATION GOES TO OUR ORGANIZATION

For Shopping Passes or information, contact:

Vickie Burrier: [vmurrier@gmail.com](mailto:vmurrier@gmail.com) 717-209-4739

For more details visit [boscovs.com/friendshelpingfriends](https://boscovs.com/friendshelpingfriends)



*Z Club president Vickie Burrier explains the  
Boscov's discount program to Judy Pagani.*

**To make your donation and receive your discount coupon  
contact Vickie at [vmurrier@gmail.com](mailto:vmurrier@gmail.com) - 717-309-4739**



[gfwcZwaanendael.org](https://gfwcZwaanendael.org)

Public Spirited Women Serving and Improving Our Community



## News and Notes From



## NOTE FROM OUR PARTNER



**Join us for Fall Into Service 2021**

**Log your hours on the Volunteer Delaware website to earn badges. Trade your badges for fun Volunteer Delaware swag!**

**Visit [volunteer.delaware.gov](https://volunteer.delaware.gov) for more information**

The September 11 National Day of Service and Remembrance (9/11 Day), is a chance to help others in tribute to those killed and injured on September 11, 2001, first responders, and the countless others who serve to defend the nation's freedom at home and around the globe.



September 11, 2021, is the 20th Anniversary of that tragic day. Join Volunteer Delaware on 9/11 Day— step forward to serve in a remarkable spirit of unity, honor, and compassion.

**Remember, even a small act of service is a giant act of patriotism.**

**"Service is a fitting way to start to heal, unite, and rebuild this country we love."  
- President Joe Biden**

**Volunteer Delaware has partnered with organizations across Delaware to support their 9/11 Day of Service projects.**

**For more information on how you can get involved, visit  
<https://volunteer.delaware.gov/911dayofservice>**





# FIRST ALERT

## How to Avoid Overmedication

On average, people over age 65 take over 14 prescription medications a year, which does not include the many over-the-counter (OTC) drugs, vitamins, or supplements an older person may take. The sheer number of medications alone puts older people at risk of negative drug side effects, not to mention that older bodies process medications differently. As a result, older individuals are at a higher risk of harmful drug reactions and hospitalizations. In fact, the CDC (Centers for Disease Control and Prevention) says people over age 65 are twice as likely to go to the emergency room due to a harmful drug reaction, and seven times more likely to be hospitalized. The good news is that many adverse drug reactions can be prevented. Here are some tips for safely managing your medication intake:



**Make a List.** Always keep an updated list of all the medications you take, the doses, and when they're taken. Be sure to include any OTC drugs, vitamins, supplements, and herbal or other remedies. Keep a copy yourself and share the list and updates with all their doctors and caregivers. Take the list to all medical appointments and keep it on hand in case of emergencies. Organize medications.

**Consider using a pill organizer or ask the pharmacist for tips on keeping track of medications.** If you have vision limitations, ask the pharmacist for large print labels on medication bottles. Ask before taking over-the-counter medications. Always check with the doctor or pharmacist before taking any OTC drug, vitamin, or supplement because they could interact with prescription medications. OTC medications could also cause serious side effects in older adults or lead to accidental overdoses.

# FIRST ALERT

**Review your medications.** At least once or twice per year, ask your primary doctor to review the entire list of medications, supplements, and vitamins you take. Some may no longer be needed, or the dose could be lowered, so ask if each one is still needed at the current dose. Often, if you've been hospitalized, there may be medications on the list for conditions that occurred in the hospital but are no longer present. The orders for drugs given in the hospital tend to carry over after discharge. You should ask whether these drugs are still needed because there is a strong tendency to continue anything prescribed at any time regardless of necessity going forward. Ask questions. You should also do the following:

- \* Whenever a new medication is prescribed or the dosage is changed, ask why.
- \* Check new medications for potential drug interactions with existing medications, especially if you are taking more than five medications.
- \* Ask about the purpose of the medication and how you will know if it's working.
- \* Ask what side effects you should watch for.
- \* Ask when and how the medication should be taken.
- \* Ask whether it can affect any other medical conditions you have.



**Follow directions.** Be sure to take medicines exactly as your doctor has prescribed. Make sure you understand how, when, and for how long the medication should be taken. Fill prescriptions at the same pharmacy so it has a record of all the medications that are being taken. Let the pharmacy know if there were any bad reactions so they can keep that on file. Report problems. If you develop new health problems after starting a new medication, it may be a negative reaction. Tell the doctor immediately. If the reaction causes a serious issue, like difficulty breathing or swelling in the throat, call 911 and go to the emergency room right away.

**TO CONTACT DE SMP  
CALL: 1-800-223-9074**



DELAWARE  
HEALTH AND  
SOCIAL  
SERVICES

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## ONGOING OPPORTUNITIES

**Choose From Our Community  
Partners &**

***JOIN YOUR Community in  
Service***

**We can find a volunteer opportunity  
that works for you!**

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