

VOLUNTEER DELAWARE 50+

April 2018
Volunteer Opportunities

Please contact Danielle Briggs or Linda Rogers at (302) 515-3020 to inquire about any of the wonderful volunteer opportunities listed below.



Good day Volunteers,

I think I can say welcome to spring, at least we can say welcome April this weekend. To those of us who suffer from allergies it means swapping one trouble for another but it is always a wonder to see the seasons change.

April is also National Volunteer Month! There are reasons that spring and a celebration of volunteers coincide. As winter leaves us we have been inside, huddled under our coats, blankets, reading books. We have opportunities in spring to shed those layers and see what is out there to do!

If you volunteer, we would like to thank you for giving your time to others in need. We thank you for providing a helping hand to those most vulnerable. Many who give time call it their passion. Whether you bring the hungry a meal, read a child a book, mentor children in school, or build the homeless a home; when passion meets a purpose volunteer spirit starts.

How is your volunteer spirit? Are you serving now or are you in need of a more purposeful opportunity? This publication has a snapshot of opportunities available to volunteers in our area. They are needs of just a few of the community partners we serve. There are many other opportunities that our community partners offer. We are sure there is something for you. Give us a call at 302-515-3020 and work on your volunteer spirit! We look forward to hearing from you!

Ann Gorrin
Program Manager



Autism Delaware

Autism Delaware is in need of volunteers for "Walk for Autism" in April. There are volunteer opportunities to sell raffle tickets or to be course monitors. Please consider helping Autism Delaware raise awareness and resources for their program. Give them the support they need.



Cape Henlopen Senior Center

The senior center, located in downtown Rehoboth, needs interested volunteers to help with the following:

- Teach a sewing class
- Bingo Night: bingo callers and a Penny Bingo cashier needed

Delaware Hospice

As the only nonprofit hospice agency in the state of Delaware, they are always looking for special volunteers:

- Patient Care Volunteers
- Vet to Vet Volunteers
- Fundraising Volunteers
- Office Volunteers
- Memory Bear Seamstresses

Please let us know if you are interested in volunteering for a few hours a week, month, or year.

Overfalls Foundation

The Overfalls Foundation is seeking one (or more) volunteer(s) to help restore two lightship models to their former glory.



Ideally the person(s) will have model ship building or related experience, but most importantly attention to detail and the ability to work with minimal supervision. The restoration work is self-paced and can be accomplished in your own home.

Prime Hook National Wildlife Refuge

Prime Hook National Wildlife Refuge, established in 1963, is an inviolate sanctuary expressly for migratory birds, located east of Milton, Delaware, United States. It was established in 1963 on 10,000 acres along the western shore of Delaware Bay. The refuge contains a variety of habitats, including freshwater and salt marshes, woodlands, grasslands, ponds, and forested areas, supporting 267 species of birds and a variety of reptiles, amphibians and mammals.

Check out their website: www.fws.gov/refuge/prime_hook/

They need volunteers in their visitor center/gift shop. Volunteer for either of two shifts; 9:00 to 12:30, and 12:30 to 4:00, 7 days a week. They also welcome volunteers to be substitutes. Training is provided, and you are given guidelines to follow.



The Way Home

Located at 7 South King Street (2nd Floor), Georgetown, DE, The Way Home, Inc. is seeking volunteers with strong data entry skills who would like an opportunity to use those skills to benefit a non-profit. The Data Entry Assistant will assist The Way Home staff with compiling and entering data into their case management system.

Hours are flexible, Monday through Friday, during normal business hours.

This volunteer position could be a great resume builder for those looking to get back into the job market.

News Release

National Wildlife Refuge System



2018 Events

Prime Hook National Wildlife Refuge

To connect you and your family with nature, many activities, programs, and special events are planned this year. But remember that anytime is a good time to visit the Refuge, which is open every day from one-half hour before sunrise to one-half hour after sunset in designated areas! The Visitor Center is open daily year round from 9:00 a.m. to 4:00 p.m.

Below is a list of events we have scheduled. Visit the refuge's website at http://www.fws.gov/refuge/Prime_Hook/ or call the refuge office at (302) 684-8419 to learn more about other events and programs throughout the year.

Tuesday, April 10 - An Evening at the Hook Lecture Series- Osprey- 7:00p.m. – 8:00p.m. Steve Cardano a career marine science educator with an in depth understanding of coastal ecology will talk about his experiences with Osprey. Cardano who has banded over 5,000 osprey, will share his knowledge about the species as well as the importance of nesting sites. Since 1978, Steve has studied the nesting success and banded ospreys in the Chesapeake Bay and Inland Bays of Delaware.

Thursday, April 19- Tree ID Classroom Session- 7:00p.m. 8:30p.m. & Saturday, April 21 Celebrating Earth Day, Celebrating Spring Tree Walk- - 9:30 a.m. - 12:30 p.m. Three Seasons of Trees at Prime Hook National Wildlife Refuge Join former environmental educator, tree identification instructor, and certified naturalist Elizabeth Rives for a series of seasonal walks (April 21, June 16, October 20) in the woods at Prime Hook National Wildlife Refuge. Elizabeth will teach you her popular tricks to learning tree identification in a holistic way and share with you the fascinating ecology of this magnificent wetlands complex. During the spring tree walk, we will examine the fresh new flowers and unfolding leaves of the refuge's wooded swamps and upland forest trees and shrubs as we look and listen for spring migratory songbirds and the chorus of leopard frogs and spring peepers. We will also look for spring wildflowers in bloom and try to identify them together.

All walks are FREE, but space is limited to 18 adults (no children or pets, please). Please register by emailing Elizabeth at elizabeth_rives@hotmail.com and indicate whether you will be attending the classroom session on Thursday, April 19 at 7 pm at the Refuge headquarters (attendance is recommended but not required). An afternoon session will be added if there is high-enough demand. The walks will cover about 1-2 miles at a slow "naturalist's shuffle" on natural surface trails. Meet at the Refuge Center parking lot.

Sunday, April 22 - Birding Field Trip - 8:00 a.m. - 11:00 a.m. Led by volunteer birding guides, beginner and experienced bird watchers will enjoy observing and learning about the bird species frequenting the refuge at this time of year. Come prepared for the weather and expect to walk up to a mile. Bring your binoculars, a field guide, and spotting scope (the leader will have spotting scopes also). Binoculars will be available to borrow. Meet at the refuge office. Trips are free, open to the public, and last approximately three hours. **Pre-registration is required by calling the refuge office at (302) 684-8419.**

Tuesday, May 8 - Birding Field Trip - 8:00 a.m. - 11:00 a.m. Led by volunteer birding guides, beginner and experienced bird watchers will enjoy observing and learning about the bird species frequenting the refuge at this time of year. Come prepared for the weather and expect to walk up to a mile. Bring your binoculars, a field guide, and spotting scope (the leader will have spotting scopes also). Binoculars will be available to borrow. Meet at the refuge office. Trips are free, open to the public, and last approximately three hours. **Pre-registration is required by calling the refuge office at (302) 684-8419.**



HARRINGTON CASINO!!



**Upcoming Bus
Trips Schedule**
(Trips are always on a
Thursday)

Jan 25th

Feb 22nd

March 22nd

April 26th

May 24th

June 21st

\$15.00 for Members /\$25.00 for Non Members

**You receive \$15 FREE PLAY AND \$7 towards the "All
You Can Eat" Buffet**

Seating on the bus is limited—Reserve Early

For more information and reservations Contact Maggie Smith 302-947-2274



Located At:
214 Irons Avenue,
Millsboro, DE 19966
302-934-8839



Indianriverseniorcenterde.com

Find us on
Facebook

Free Tax Preparation Service at the Indian River Senior Center

Who We Are

- The nation's largest **Free** non-profit tax preparation service.
- Over 50 million taxpayers have been helped by AARP Tax-Aide since 1968.
- Last year AARP Tax-Aide helped 2.7 million US taxpayers, including 14,469 Delaware residents.

What We Do

- Free, confidential, in-person tax preparation service.
- We complete and electronically file Federal and State Tax returns at no cost to you.
- All tax returns are done by IRS certified preparers who volunteer their time to help taxpayers.
- **Tax preparation services are available for anyone, particularly those 50 and older who cannot afford paid tax services.**
- AARP or other memberships are not required.
- There are no fees or sales pitches for other services.

When /Where We Prepare Taxes

- Every Tuesday, from February 6 through April 10 at the **Indian River Senior Center**.
- Please call **302.934.8839** or visit the senior center to make an appointment.



Indian River Senior Center
214 Irons Avenue
Millsboro, DE 19966
Indianriverseniorcenterde.com

AARP Foundation®



The Cancer: Thriving & Surviving Program

FREE Cancer Classes

Tunnell Cancer Center

1897 John J. Williams Highway, Suite 101
Rehoboth Beach, DE 19971

When: March 21 – May 2, 2018

Every Wednesday from 9 am– 11:30 am

(03/21, 03/29, 04/4, 04/18, 04/25, and 05/02) (no class 04/11)

More knowledge about living with cancer can:

- Help prevent and/or delay health complications
- Support techniques to deal with frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- Help evaluate and make decisions about treatment and complementary therapies
- Help with communicating effectively with family, friends and health professionals

More knowledge about cancer can improve your life!



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Diabetes and Heart Disease Prevention and Control Program

Call today and sign up for free classes!

For more information or to sign up contact:

Tiffany Pearson at 302-744-1020

VOLUNTEERS NEEDED

APRIL 14

Cape Henlopen State Park
Lewes

APRIL 21

Fox Point State Park
Wilmington

Volunteers needed to sell raffle tickets and to be course monitors at the Walk.

For more information, call 302-224-6020 or email volunteers@delautism.org.



**RAISE
AWARENESS
AND
RESOURCES!**



CALL 302-224-6020 OR EMAIL VOLUNTEERS@DELAUTISM.ORG

Three Seasons of Trees at Prime Hook National Wildlife Refuge



A. Celebrating Earth Day, Celebrating Spring, Saturday, April 21 (9:30 am -12:30 pm) & Tree ID Classroom Session Thursday, April 19 (7:00 pm – 8:30 pm) at Refuge Headquarters

Join former environmental educator, tree identification instructor, and certified naturalist Elizabeth Rives for a series of seasonal walks (April 21, June 16, October 20) in the woods at Prime Hook National Wildlife Refuge. Elizabeth will teach you her popular tricks to learning tree identification in a holistic way and share with you the fascinating ecology of this magnificent wetlands complex.

During the spring tree walk, we will examine the fresh new flowers and unfolding leaves of the refuge's wooded swamps and upland forest trees and shrubs as we look and listen for spring migratory songbirds and the chorus of leopard frogs and spring peepers. We will also look for spring wildflowers in bloom and try to identify them together.

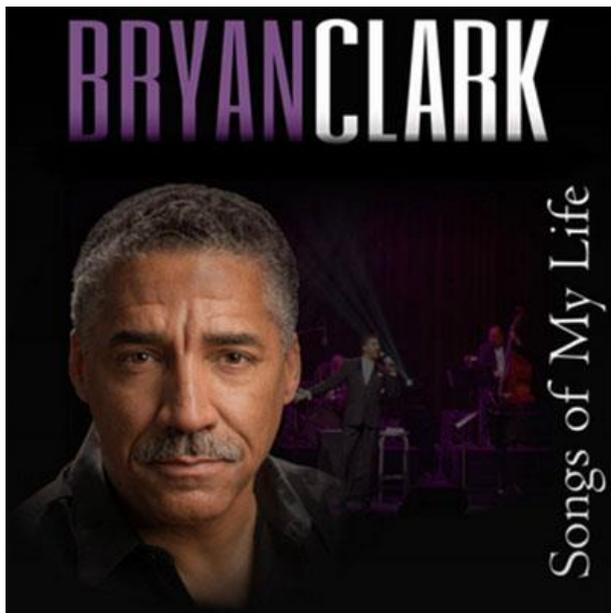
All walks are FREE, but space is limited to 18 adults (no children or pets, please). Please register by emailing Elizabeth at elizabeth_rives@hotmail.com and indicate whether you will be attending the classroom session on Thursday, April 19 at 7 pm at the Refuge headquarters (attendance is recommended but not required). An afternoon session will be added if there is high-enough demand. The walks will cover about 1-2 miles at a slow "naturalist's shuffle" on natural surface trails. Meet at the Refuge Center parking lot.

Details about the upcoming walks will be provided closer to the date (see below for description).

B. A Solstice Stroll Through the Woods, Saturday, June 16 (9:30 am -12:30 pm)

C. Admiring the Autumnal Foliage, Saturday, October 20 (9:30 am -12:30 pm)

NOTE: Rain dates will be the following day.



Nanticoke Senior Center will host Bryan Clark on Thursday, April 26th. After a lovely meal, Bryan Clark will take the stage with his soulful vocal stylings and great impersonations. He'll be doing hits from such people as Frank Sinatra and Sammy Davis Jr.

- Doors Open at 5:00 pm
- Dinner Served at 5:30 pm
- Show Starts at 7:00 pm

Dinner Menu includes: Nanticoke Meatballs, Fried Chicken, Au Gratin Potatoes, Green Beans, Pretzel Salad, Rolls and Butter and Assorted Desserts plus Coffee & Tea.

\$40.00 PER PERSON

Tickets are General Admission with no reserved seating. Your tickets will be held at the Senior Center for pick-up or entry to the event.



Women's Club of Milton

Tuesday, May 1, 2018

at the Milton Fire Hall

Doors Open @ 5:30pm—Games @7:00pm

Tickets: \$20 in advance, \$25 at the door

Refreshments, Cake Sale, Door Prizes!

Reserve tickets: Paula 302-329-9738

You must be 18 years of age to attend



10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



Senior Medicare Patrol



Message from Social Security

If you receive calls, emails or mail, requesting personal information or representing themselves as a government agency, PLEASE report it, by calling Delaware Senior Medicare Patrol (SMP) at 302-255-9362. They are looking for trends in Delaware to report to the Office of the Inspector General for investigation.

SATURDAY ^{4-8PM} May 5 2018

Kentucky Derby Cancer Fundraiser

*& Derby Day Fashion Contest
\$500 in Prizes for Best Dressed & Best Hat*

\$10 Ticket

Live Music

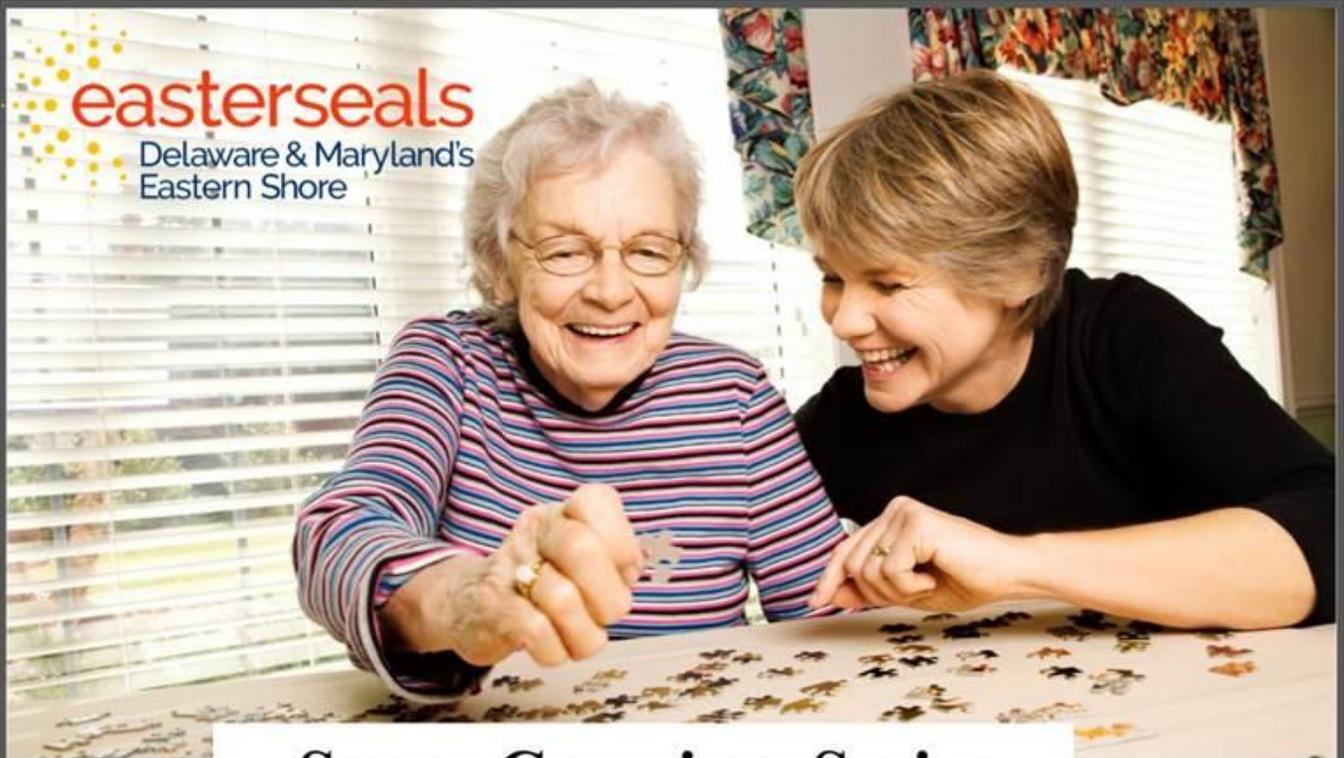
Food Stations

Silent Auction

Raw Bar



easterseals
Delaware & Maryland's
Eastern Shore



Savvy Caregiver Series

Easterseals is partnering with The Lewes Public Library to once again bring you the **Savvy Caregiver Series**. The classes, which provide knowledge and skills essential to those who are caring for a loved one living with Alzheimer's or dementia, help guide caregivers toward the goal of creating a more fulfilling life for their loved one(s) and maintain a healthy balance in their own life. A recent graduate of the **Savvy Caregiver Series** said; *"Sometimes I get frustrated with my mom for asking the same question repeatedly, but the Savvy Caregiver class taught me how to handle it and not to overwhelm Mom with too many tasks."*

The series will be held four consecutive Wednesdays;

5/2, 5/9, 5/16, 5/23

2:00pm to 4:30pm

The Lewes Public Library

111 Adams Avenue Lewes, DE 19958

Registration is required. Please call Christine at 302-253-1129 or register at the front desk of The Lewes Public Library.

If your Caregiving responsibilities limit you from attending, please call us at 302-221-2087 to find out about respite opportunities.



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities



Presents
The 13th Annual Golf Outing
in Memory of Walt Jones

Friday, May 11, 2018
Midway Par 3, Lewes



Sign Up Now at www.sussexcountyhabitat.org
For more info, call (302) 855-1153 ext. 210

Times:
8:00 am Registration
12:30 pm Registration

Fees:
\$70 Per Person
Register 1 to 5 Players



Includes:
Greens Fee
Prizes & Giveaways
Lunch - 11:00 am to 2:00 pm
Beverages

Please join these generous Habitat Sponsors!



BE A PART OF IT!



Thurs, May 24 - Sat, May 26

Be a part of one of the Cape's premier events, attracting thousands to Milton from throughout the Mid-Atlantic region! The event stretches from downtown Milton to Prime Hook National Wildlife Refuge.

New this year: events on Thursday & Friday!

We invite you or your organization to participate:

- Plan a project, event or program that relates to nature and the environment, for adults or children.
- Volunteer for Saturday's main event.
- Give your business more exposure by sponsoring a program ad, live entertainment at the gazebo or other event.
- Apply to be a vendor for Saturday's main event if you have a nature- or environment-themed offering.
- Tie in your existing event to the festival.



To participate, float an idea, or for more information, contact chamber@historicismilton.com.

Your Chamber... at work for Milton!



STOP

flushing your old medications!

Safely dispose of unused, expired, or unwanted medications at collection sites across Delaware.

Visit www.DelawareHealthyHomes.org



Permanent Collection Site Locations

New Castle County

Newark Police Dept.
220 S. Main St.
Newark, DE 19711
302-366-7111

New Castle County Police Dept.
3601 N. DuPont Hwy.
New Castle, DE 19720
302-573-2800

Wilmington Police Dept.
300 N. Walnut St.
Wilmington, DE 19801
302-576-3670

Walgreens
1120 Pulaski Hwy.
Bear, DE 19701
302-832-2300

Walgreens
6317 Limestone Road
Hockessin, DE 19707
302-234-5440

Walgreens
2119 Concord Pike
Wilmington, DE 19803
302-656-4333

Kent County

Dover Police Dept.
400 S. Queen St.
Dover, DE 19904
302-736-7111

Smyrna Police Dept.
325 W. Glenwood Ave.
Smyrna, DE 19977
302-653-9217

Felton Police Dept.
24 E. Sewell St.
Felton, DE 19943
302-284-8441

Camden Police Dept.
1783 Friends Way
Camden, DE 19934
302-698-9232

Harrington Police Dept.
20 Mechanic St.
Harrington, DE 19952
302-398-4493

Milford Police Dept.
400 NE Front St.
Milford, DE 19963
302-422-8081

Walgreens
1001 Forrest Ave.
Dover, DE 19904
302-678-9820

Sussex County

Selbyville Police Dept.
68 W. Church St.
Selbyville, DE 19975
302-436-5085

Greenwood Police Dept.
100 W. Market St.
Greenwood, DE 19950
302-349-4822

Ocean View Police Dept.
201 Central Ave.
Ocean View, DE 19970
302-539-1111

Georgetown Police Dept.
335 N. Race St.
Georgetown, DE 19947
302-856-6613

Laurel Police Dept.
205 Mechanic St.
Laurel, DE 19956
302-875-2244

Delmar Police Dept.
400 S. Pennsylvania Ave.
Delmar, MD 21875
302-846-2320

Walgreens
17239 Five Points Square
Lewes, DE 19958
302-644-7840

Walgreens
22898 Sussex Hwy.
Seaford, DE 19973
302-628-6100



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health