

VOLUNTEER DELAWARE 50+

January

Volunteer Opportunities

For more information:

302-515-3020

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

When the holiday hype is over, where does that leave you? Is the first response exhausted. Even in pandemic holiday, our minds still allowed many of us to at least overthink gifts, run out for last minute wrapping paper, or make one too many casseroles for a holiday table having 6 fewer guests! So after exhaustion wears off and cabin and virus fever wears off, what is there to do?

First, take a minute to make sure you are well. Check in with yourselves and others. Schedule the well visit with your doctor and with your dentist to ensure that your health which may have put off last year, takes priority this year!

Another thing “they” say boosts your overall wellness is getting outside. Even the chilly temperatures invigorate us and a short walk allows us to burn the calories of the season away!

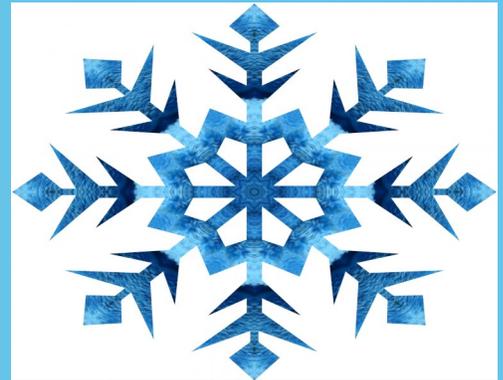
Finally, according to helpguide.org volunteering is good for your mind and body! It counteracts the effects of stress, anger and anxiety. Connecting with others, improves mood and combats depression. Proving that we are here to help others, studies show volunteering makes people happy.

So when your mind and body feel it, call 302-515-3020. Say hi to Laura, our new administrative specialist and begin your journey of volunteering. You’ll be a happier you!

Happy New Year!

Ann Gorrin

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.



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Community Spotlight



208 East Front Street. Laurel, DE 19956
 (302) 715-5318 PH (302) 715-5319 FAX

thearkadvantage@comcast.net arkeducation.org

Partnerships Create Opportunity for Enhanced Service Delivery

Quality service provision in rural communities is challenging. Service providers are continually searching for creative solutions to ensuring availability and accessibility of services to the people who need them.

The ARK Educational Resource Center in Laurel, DE provides K-12 after-school tutoring (Math & English) services to Sussex County families. Founder and executive Director of the non-profit, Joyce Sessoms identified this urgent need as a result of her professional social work and education background. Understanding the importance of including the family in the growth and educational development of all students, The ARK developed a program parent information and resource group to address concerns and resource needs. Teen youth groups offered by The ARK also serve to provide guidance and resources for students.

Navigating barriers to providing services in a rural community where transportation, poverty, and language crossroads are a constant, partnerships and collaborative efforts take on a more -meaningful value. Hence, the rewarding seven- year partnership forged between The ARK and Volunteer Delaware 50+.

Retired teachers and volunteers who join this dynamic organization has served as tutors and mentors for the students who enroll in The ARK after-school program. The hours donated through this program are invaluable to us, as we would be unable to meet the demand for tutors were we not involved in this partnership. The relationship between these tutors and tutees includes positive role modeling, mentorship, and friendship that lasts well past high school graduation for many.

The ARK Educational Resource Center is honored to partner with Volunteer Delaware 50+ and look forward to many more fruitful years of service to our communities.



Plarn Balls

Volunteers are busy making sleeping mats for the homeless population in Sussex County . We need **your** help in making plarn balls which are plastic balls of material made from cutting shopping bags from Giant, Walmart, Food Lion, etc. The plarn is then crocheted into a 3 foot by 6 foot sleeping mat. This fun, and wonderful volunteer (individual or group opportunity) you can do from home. Visit this YouTube link for more information .

<https://m.youtube.com/watch?v=ar0OYTd-eC4&feature=share>

Want more information? Contact our office! 515-3020



For over 20 years, The Way Home has been helping previously incarcerated citizens transition back into the community. As a non-profit agency, TWH relies on donors who provide, clothing, money and services. To show our appreciation we want to communicate our activities and successes via a newsletter. We are looking for a person who can convert basic content into a comprehensive and graphically appealing design. Background in web page design a plus! If interested please contact Bobbi Jo Tice at 302-515-3024 today!!

**Remember to practice social distancing
and wear your mask !**



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 advocate for the best interests of 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.

To **help** Volunteer Delaware 50+ with this opportunity, **please call** Danielle Briggs at 302-515-3029. We want to hear from you!

Volunteer today!



1040 Mattlind Way , Milford DE 19963

Monday Thru Friday

9am- 12pm

- Volunteers will help with all aspects of the Milford Organization , Including Volunteer Room, Kitchen, Warehouse, and Healthy Pantry Center.
- Volunteers should be prepared to work in areas that are not climate controlled.
- Volunteers must wear closed-toed shoes.

More information Contact :

Bobbi Jo Tice ~ 302-515-3024 or

bobbi.tice@delaware.gov



WE NEED YOUR HELP



Love INC Volunteer at Code Purple Shelters in Sussex County

- ◆ Overnight Volunteer, Transportation (mornings and evenings), Intake (check-in), Reset Team.
- ◆ There are also these ways to serve as well , contact Love INC to sign up for these spots:
- ◆ Hospitality Support, Mentors, Verification and Case Management, Extra Hands, Prayer Warrior,
- ◆ There are 108 volunteer positions available each day at 9 sites across the county. **We need to fill these spots each day from December 1st through March 15th.**

For more information reach out to : BOBBI JO TICE @302-515-3024
or email bobbi.tice@delaware.gov

Home-bound Meal Drivers



Roxana CHEER Center
34314 Pyle Center Road
Frankford, DE 19945



Share your time and talents with the Blood Bank of Delmarva in Sussex, especially Georgetown, Lewes, Rehoboth Beach, Bethany Beach, and Milford.

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 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 Sussex County. All COVID precautions are being taken in all BBD centers and mobiles.

**NEW LOCATION
COMING TO
DAGSBORO THIS SPRING!!!
STAY TUNED FOR MORE DETAILS**



To help Volunteer Delaware 50+ with this this opportunity, please call **Bobbi Jo Tice** at 302-515-3024.

We want to hear from you!

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.



DELAWARE TRANSITIONS
A Service of Delaware Hospice

DELAWARE HOSPICE
Since 1982

DELAWARE PALLIATIVE
A Program of Delaware Hospice



Thrift store Opportunities

New Life Thrift Store

34686 Jiffy Way

Lewes, DE 19958

The Robin Hood Thrift Shop

200 Margaret Street

Georgetown, DE 19947

Thursdays :

1 pm to 4 pm Register

Mondays, Tuesdays,

Fridays, and Sat. :

1 pm to 4 pm

Receiving Donations

Monday, Tuesday, Thursday

from 12 pm to 3 pm

Saturday

from 9 am to 12 pm

Volunteers are needed

*To help Volunteer Delaware 50+ with opportunities in Sussex County,
please call Danielle Briggs or Bobbi Jo Tice at 302-515-3020.*

We want to hear from you!

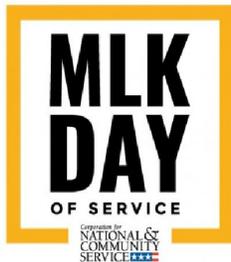
VOLUNTEER TODAY

News and Notes From



Have you seen our new website?

Visit <https://volunteer.delaware.gov> to find new service opportunities, download the monthly newsletter or explore topics related to volunteerism on our resources page.



January 18, 2021

Turn your day off into a day of service.

Visit volunteer.delaware.gov/mlkdayofservice for more information about opportunities to serve

Twenty-one individuals, 7 groups and 2 will be honored with the 2020 Governor's Outstanding Volunteer Award during a virtual ceremony to be held on January 18, 2020, at 7:00pm.

Register to attend at volunteer.delaware.gov

As we move into a new year, Volunteer Delaware will be highlighting the Hidden Heroes in our communities and helping to show that #EveryoneHasASuperpower

Join us throughout 2021 for fun and exciting ways to find your superpower and put it to good use!



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



Welcome

When you call us you will notice a new voice on the phone! Please **welcome** Laura Goepfert to our Volunteer Delaware 50+ office. Laura joins us from her previous work at the Laurel State Service Center in the Social Services Division. She is our new Administrative Specialist 1 and we are thrilled to have her with us. Laura resides in Millsboro with her husband and 3 daughters.

*ITN is back on the ROAD * Join ITN today * Transportation you can TRUST*

ITN *Southern Delaware*
Dignified transportation for seniors



VOLUNTEER NOW
All CDC and DMV requirements and guidelines are in place for you to safely provide ride services to ITN Members

Our Members Need You Today!



Be the Difference in Your Neighborhood!

- DRIVE** once a week or a few hours during the month
- DISPATCH** once or twice a week or a few days per month
- BOOKEEPING** four to six hours per month
- COMMITTEE MEMBER** varies around your schedule



*Our riders really need us, especially NOW.
They truly appreciate all we do! S.P., Lewes*

CALL (302) 448-8486

www.itsouthern Delaware.org

What's Happening Locally



Presents:

"Warm for the Winter"

Blanket "Drive-By"
50+ Senior Community
Limited Supply, One per Senior.

Location:

Nanticoke Senior Center
1001 West Locust St.
Seaford, Delaware 19973

Date/Time:

January 14, 2021
Between 2pm-6pm

Donations:

Drop off

MUST BE NEW.



501 Health Services Dr.
Seaford, DE 19973
OR
Nanticoke Senior Center



AMAZON SMILE

KEEP SHOPPING AND
SUPPORTING US!

Sussex County Volunteer
Delaware



50Plus Advisory Council Inc by shopping at :

smile.amazon.com/ch/80-0474794



MAKE A DIFFERENCE: VOLUNTEER WITH THE ALZHEIMER'S ASSOCIATION



Millions of Americans are impacted by Alzheimer's disease, and you can do something to help by becoming an Alzheimer's Association® volunteer. Our ability to reach and support those affected depends on people like you who are dedicated to the fight against this disease.

As an Association volunteer, you can use your unique talents to make a meaningful impact in your community while connecting with others who share your passion. Find the role that's the best fit for you!

Are you interested in:

-  Connecting with a variety of people in your area?
-  Teaching caregivers about Alzheimer's?
-  Organizing fun social activities for people living with Alzheimer's?
-  Helping community members find programs and services?
-  Creating a safe environment where people can share feelings and experiences?
-  Advocating for people affected by Alzheimer's?
-  Inviting others to join the cause?
-  Raising funds to advance the fight to end Alzheimer's?

Getting started is easy! Sign up today at alz.org/volunteer.

Questions?



VIRTUAL DEMENTIA SYMPOSIUM
CONNECTING THE COMMUNITY
 Tuesday, January 12, 2021
 8:30 a.m. — 12:00 p.m. | Hosted through Zoom
 Register Today: <https://action.alz.org/MTG/71119290>

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

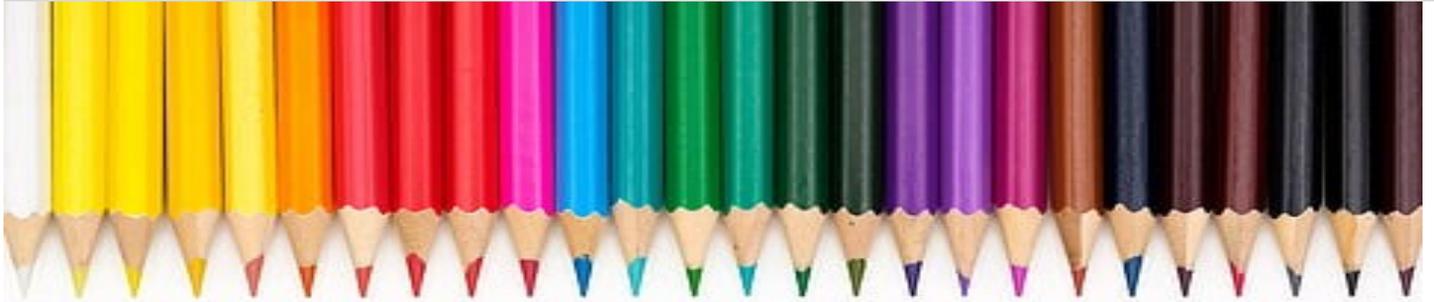
- Effective Communication
- Stigma
- End of Life

Strategies for Activities of Daily Living

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/71119290> or 800.272.3900.





Read Aloud Delaware- has online virtual reading opportunities that you can do in the comfort of your house. Grab a book, record your reading and self-report your hours to our office. Do you need more information on how to record a video or need books? Contact Bobbi Jo Tice at bobbi.Tice@delaware.gov or 302-515-3024 today for information.

Read Aloud Delaware Video website: <https://www.readalouddelaware.org/videos>



Curbside Meals To Go

Drive Thru Meals

Looking for a delicious home-cooked meal? Drive Thru Meals are open to the community. You do not need to be a member. Each meal includes a dessert for only \$5.00.



Nanticoke Senior Center
1001 W. Locust Street
Seaford, DE 19973
302-629-4939

\$5.00

Every Wednesday
11:30 a.m. – 12:30 p.m.

1/6 hot turkey, mashed potatoes, succotash

1/13 liver & onions, mashed potatoes, vegetables

1/20 bbq ribs, mac & cheese, green beans

1/27 chicken alfredo, spinach, garlic bread



PUPARAZZI NEEDED

THE SPACE BETWEEN A SHELTER AND A FOREVER HOME IS BRIDGED BY AN AMAZING PHOTO

-  Most adopters make a decision to visit a shelter from our website or social media. That means the best chance a homeless pet has to find a family is an amazing photo.
-  We're looking for professional photographers or serious hobbyists to capture the personalities of our wonderful cats and dogs.
-  We need help at our New Castle, Georgetown and Dover Campuses.

GETTING STARTED IS AS EASY AS ATTENDING AN ORIENTATION SESSION, AND THE COMMITMENT STARTS AT JUST FOUR HOURS A MONTH. **SIGNUP TODAY AT: BVSPCA.ORG/VOLUNTEER**



NEW CASTLE
600 South Street
New Castle, DE 19720
(302) 516-1000



GEORGETOWN
22918 Dupont Boulevard
Georgetown, DE 19947
(302) 856-6361



DOVER
1757 Horsepond Rd.
Dover, DE 19901
(302) 601-7000



New Years Day January 1st— The First day of the New Year ! New Year's marks the start of a new year according to the Gregorian calendar. The day is a Federal holiday in the United States with government offices, schools and most businesses closed. Many will reflect on their past year accomplishments and set new goals for the New Year ! Let's set awesome GOALS for 2021!

MLK Day (Martin Luther King Jr, Day) January 18th— In 1983, President Ronald Reagan signed MLK Day into law and 3 years later it was first observed. By the year 2000, all fifty states officially observed the day. Martin Luther King Day also called MLK Day, King Day, and Reverend Dr. Martin Luther King Day is observed on the third Monday of January, which is close to King's actual birthday on January 15. The earliest Monday the holiday will ever be celebrated is January 15th and the latest is January 21st. The day is a federal United States holiday with all government and most business offices closed. Check your local community for events to help celebrate this wonderful date in history .

Inauguration Day January 20th —On Inauguration Day the candidates, who won the elections in the previous year, are sworn into office as president and vice-president of the United States. The swearing-in ceremony takes place at the U.S. Capitol and is organized by the Joint Congressional Committee on Inaugural Ceremonies. It is usually followed by a parade along Pennsylvania Avenue.

The new president watches the parade from the presidential viewing stand in front of the White House. The route of the parade is often lined by thousands of people. However, many Americans watch the ceremony on television or listen to it on the radio

National Pie Day January 23rd -National Pie Day is a celebration of pies that occurs annually in the United States .It started in the mid-1970s by Boulder, Colorado nuclear engineer, brewer and teacher Charlie Papazian after he declared his own birthday, January 23, to be National Pie Day. Since 1986, National Pie Day is sponsored by the American Pie Council. Eat delicious Pie , Learn to bake Pie, Share a Pie !

May 2021 be an extraordinary one!

COVID-19 VACCINE FRAUD ALERT



Tips to avoid Covid-19 Vaccine Scams

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, **STOP**. That's a scam. Contact the Delaware Senior Medicare Patrol at 1-800-223-9074.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Social Services

This project was supported, in part by Grant Number 90NPPG0028-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



Our Community Partners

Start the New Year Volunteering with our

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

The Drive-Thru Elves



December 4, Nimble Finger volunteers held a recognition drive-thru event at the Crossroads Community Church parking lot. Fifty-five people attended including our staff, Mrs. Kathryn Alban from Salvation Army and Mrs. Renee Hickman from The Boys and Girls Club of Georgetown. Our guests thanked and waved to volunteers all while meeting social distance guidelines! As the volunteers cruised through, they were greeted with a wonderful goodie bag, cheered for, then were able to select skeins of yarn right from their car! This Nimble Finger event sure was different than past but we still had a great time seeing each other! COVID tried to ruin an annual tradition, but our great Nimble Fingers found a way to celebrate the great work they do for others.

December 7, Danielle Briggs, Ann Gorin and Bobbi Jo Tice selected the items requested from the order forms for 25 non-profit agencies, totaling 3,690 items collected; although the requests were 4,587. Most agencies came to pick up their finished orders, while the staff rotated delivery to agencies who found it difficult to pick up. All the organizations expressed that they were very grateful for items, especially during this pandemic.

Thank you, Nimble Finger Volunteers



stationerytree.com

Danielle

Ann



Bobbi Jo

Laura