

# VOLUNTEER DELAWARE 50+



## Volunteer Opportunities

For more information:

302-515-3020

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

This portion of our newsletter recognizes the accomplishments of our long-time coordinator **Linda Booth Rogers**. She retires this month! Congratulations to Linda!! I can't tell you when I first met Linda, because when I met her, I felt like I knew her forever. Her open, fun personality tells all and makes no one a stranger. In Sussex County, I don't think there are too many folks that don't know her or aren't related to her. This is a great qualification for working with volunteers! She started working with the State of Delaware 22 years ago, working at Adopt A Family before settling into RSVP, (which became Volunteer Delaware 50+) 17 years ago. Always working with volunteers, Linda takes special care to ensure volunteers are matched with a volunteer opportunity that works with their interests, schedule and abilities. You may call her a volunteer matchmaker! She had organized countless events, large and small, and served many Boards of Directors. During her tenure she has been awarded numerous certificates and awards, including a Delaware Association of Volunteer Administrator's, Outstanding Coordinator Award and The State of Delaware's Governor's Award.

Linda has led her group of needle workers "Nimble Fingers" from a small group to a mighty force of nearly 100 strong that donate nearly 4000 items to vulnerable causes during the December holidays. She then adapted the group to include the Duffle Bag Project, The Sleeping Mat Project and the new Face Mask Project to the Group, adapting Nimble Fingers to Social needs.

To most of us Linda is our friend, always there to answer our call, take care of a problem, and help us! Please join us in wishing Linda a very **Happy Retirement!**

**All the best!**

*Ann, Danielle and Maddison*

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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# Farewell!

How lucky I am  
to have some-  
thing that makes  
saying goodbye  
so hard.

~Winnie the Pooh~

It is a bittersweet time to say “Goodbye” until we meet again! The last 19 years (22 with the state) I have had the pleasure of working with volunteers and community partners to make a positive impact for the residents in Sussex County and Delaware. I have seen a lot of changes and it has always amazed me how dedicated, and committed volunteers are. Thank you for what you do, you all are awesome! I will miss all of you as I start the next chapter of my life and look out at a new horizon. Bless you and never forget what a difference you are making in others lives. Continue giving of your time and compassion for others, the rewards will be returned!

*Linda* 😊





## **BLOOD BANK OF DELAMARVA ISSUES AN URGENT CALL FOR HEALTHY DONORS AS BLOOD SUPPLY DROPS TO DANGEROUSLY LOW LEVELS**

As Delmarva begins to slowly reopen and hospitals anticipate the return of elective surgeries, Blood Bank of Delmarva (BBD) is issuing an urgent call for healthy blood donors. The need for red blood cells has rebounded to pre-COVID-19 levels, but the blood supply is dangerously low.

Before COVID-19, mobile blood drives hosted by schools, organizations, and businesses made up around 40 percent of the region's incoming blood supply, but all drives had to be cancelled during the past several months. BBD will begin holding a limited number of mobile blood drives each week, but they are far from the 50 drives per month that would be required to meet the growing need at area hospitals. Donors are encouraged to schedule an appointment at a one of these mobile drives or one of BBD's three donor centers in Delaware and Maryland, but walk-ins will be allowed when space permits.

At this unprecedented time, this is one thing you can do to help someone who desperately needs it. We're encouraging donors to schedule an appointment to visit one of these controlled, safe environments.

Donating blood is safe and it only takes one hour. We are taking extra precautions to help prevent the person-to-person spread of COVID-19. BBD staff are also practicing health self-assessments prior to presenting at work. As always, people are not eligible to donate if they're experiencing a cold, sore throat, respiratory infection or flu-like symptoms. Additional information on donor eligibility and COVID-19 precautions is available online or ask when you call.

**Donors can schedule appointments by calling 1-888-8-BLOOD-8 or visiting [www.delmarvablood.org](http://www.delmarvablood.org).**



### **Our older neighbors need your time, your skills, your way**

The ongoing risk of COVID-19 makes the mission of Village Volunteers — to help older adults live independent lives for as long as possible — more important than ever.

Through Phase I of the state's recovery and for the near future, it has also changed the way we approach that mission.

Because our members are especially vulnerable, Village Volunteers continues to provide our most crucial services: medical transports. We drive our members to doctor visits, medical tests and treatments, physical therapy and rehab.

Yet our volunteers are vulnerable as well. Our commitment to serve the aging communities in and around Lewes, Milton, and Rehoboth Beach is unabated, but we continue to do so as safely as possible:

? Rather than driving members to the store for groceries, we are doing their shopping, picking up their prescriptions, and running other essential errands for them.

? Rather than offering friendly home visits, we are staying in close contact by phone and in writing.

? As Phase I of the state's reopening unfolds in June, we are adding contact-free services such as gardening and minor outdoor repairs. We will continue to add services through the summer, as safety and the state's guidelines permit.

Until this threat has passed, our Village Volunteers are following the science and serving by adapting. Without them, many members might go without assistance, living in isolation and fear. Will you join us as we continue to build a community of support and engagement?



### **Volunteer *your* time, *your* skills, *your* way!**

Call us at 302-703-2568 or email us at [LewesVillage@gmail.com](mailto:LewesVillage@gmail.com)

Sally Powell turns out protective masks for Village Volunteers at her home in Lewes. Powell and Sarah Pavlik crafted 50 masks for use by volunteers who transport Village members to medical appointments. They are two of several Village Volunteers who have crafted masks, including N95 masks for front-line health care workers as well as protective masks with filters for volunteers and members.

**For more information about any of these volunteer opportunities, please call Danielle Briggs or Linda Rogers: 302-515-3020.**



# New Dates & Upcoming Events In Sussex County

*We'd love to see you there!*

For more information on us and our events please visit us at: [www.cancersupportdelaware.org](http://www.cancersupportdelaware.org)  
To volunteer and help with our events please contact us at [kwebb@cscde.org](mailto:kwebb@cscde.org)



*August 1st @ 9:00 am*  
The 10th Annual Wings of Hope: A Butterfly Release, is very special and unique celebration of life that has become an inspiration for many in the community who have been touched by cancer. Live and seeded butterflies are available for purchase in honor and memory of loved ones affected by cancer.

*October 30th @ 11:00 am - 2:00 pm*  
The Pink Affair is back and larger than ever! The event is a luncheon featuring a fashion show, boutique, silent auction, Chinese auction, and 50/50 raffle.



## Nimble Fingers Plarn Workshop

On June 10<sup>th</sup>, unfortunately due to Covid-19



### Bayhealth Sussex Campus: lap blankets are needed

Thank you to those that are continuing to make lap blankets during this time for the patients of Bayhealth. We are at the end of our supply and are in need! When patients, who have recovered from Covid-19 are discharged from the hospital we celebrate their recovery by gathering and cheering to the "Rocky" theme music, celebrating them having beat this devastating virus. Volunteer Services provides a Discharge Bag as they head home, which includes a handmade lap blanket, adult coloring book, cloth face masks, snacks, and other comfort items for patients to enjoy at home. If you have lap blankets to donate you may drop them off at the front entrance with the valet, and they will get them to us. Please include your name on them so we can send a note of thanks. Thank you for your help and take care!

## FOOD DELIVERY VOLUNTEERS NEEDED

CHEER, Inc. is proud to be the first non-profit agency in Delaware to partner with the USDA in the Coronavirus Farm Assistance Program in which the USDA is exercising authority under the Families First Coronavirus Response Act to purchase and distribute agriculture products to those in need. CHEER will package *Farmers to Families* Food Boxes, then deliver them to Sussex County seniors in need on **Saturday, June 6**. The boxes will include assorted fresh produce, pork products, cheese products, and milk.

Volunteers are needed to accomplish the distribution of 300 food boxes in Sussex County. **We invite you to be part of this very important activity on June 6 that will take place at the CHEER Community Center in Georgetown.** We are in need of volunteers who will deliver these food boxes to private homes starting at 10 a.m. and continuing until approximately noon.

Volunteers will come to the Georgetown CHEER Community Center on Sand Hill Road between 10 a.m. -12 noon and drive to the check-in area. Please stay in your car and the boxes will be placed in your trunk or back seat of your vehicle. You will be given a route sheet with the names of 4 different seniors to whom you will deliver the food boxes, along with their address, phone number and directions to their home. There will also be a CHEER contact number to call if you have any questions.

Masks, sanitizers and gloves will be available if needed.

Volunteers will leave the check-in point and drive to each designated senior's home. We recommend you call the client on your way to their home so they know the food boxes are coming. This will allow your delivery to go smoother since they will be anticipating your arrival.

*Following COVID-19 pandemic protocol, you will place the boxes at the door, knock on the door, and move back 6 ft., wave to the client and wish them well, then proceed to the next address you were given on your list.*

If you are willing to help deliver food boxes to seniors in the Sussex County area on Saturday, June 6, 2020 please call Elizabeth Walls at 302-515-3040 or email [Biffy@cheerde.com](mailto:Biffy@cheerde.com)

**Please don't forget to let us know if you  
volunteer for this event so we can capture your hours.**

**Thank you, Vol DE 50+ staff**

## The Volunteer Delaware Face Mask Project



During these unusual times, the Volunteer Delaware 50+ Lower Delaware Duffle Bag Project transitioned into making face masks for health care workers. In mid-March, VolDE50+ member Jan Semmel saw a story on Good Morning America about a group in Georgia making face masks for their local hospital. A few phone calls and emails to our hospitals and we were in business making N95 covers and face masks. We've sewn thousands of masks for Beebe Hospital, Nanticoke Hospital, Sussex County EMS, nursing homes, home health care and hospice nurses along with the Salvation Army and agencies serving the homeless. In addition to duffle bag stitchers, we were joined by many others who wanted to support and protect our health care heroes. Non sewing volunteers have helped tremendously with cutting fabric and elastic. We are excited to be part of this critical need at this time in our nation's history.

A day later Anna Shine, a long time Nimble Fingers member called to say that Sussex County EMS needed masks and asked whether the Duffle Bag project could help. Anna's son is a Shift Commander with EMS and graciously obtained muslin and elastic for us.

We've managed to maintain social distancing by using Jan's and my porches for supply pickups and mask drop offs.

This could not have happened without the generosity of volunteers who opened their sewing closets to share fabric, elastic and thread. Whenever we called for donations from the general public, we were met with open wallets and more fabric and thread.

We have met the immediate need. However, the masks do not last forever, especially since industrial washers and dryers are hard on the masks and elastic. In order to make replacement masks, **we are in need of 100% quilting type cotton or 100% cotton sheets**. If you have any to spare we can arrange a porch pick up or drop off. You can call Hilda Chaski Adams at 314 420 2172 or 302 291 2922 or email [keepmailhca@gmail.com](mailto:keepmailhca@gmail.com)

Please check out our Facebook page to see the beautiful masks we've sewn and the EMTs picking them up! Vol. DE Face Mask Project. <https://www.facebook.com/groups/835240296990063/>

THANK YOU to everyone for all the hours already spent making thousands of masks and covers, helping in any way and for your donations.

Jan Semmel and Hilda Chaski Adams

## Prime Hook Wildlife Refuge



**Congratulations to Prime Hook National Wildlife Refuge** announces the receipt of the **2019 Recovery Champions Award** - staff and their partners worked to advance the recovery of the federally threatened piping plover. The refuge's trails and grounds are open from sunrise to sunset, and the visitor center and administration offices are closed until further notice.



The Prime Hook National Wildlife Refuge Piping Plover Team has worked tirelessly to conserve piping plovers on the ground, and the efforts of Team members have resulted in establishment of a productive population of plovers and a new nesting location for the species on the Refuge. The Team has implemented several critical recovery actions, including the restoration of 1.5 miles of beach on the Delaware Bay shoreline as part of a tidal wetland restoration project on the Refuge that, upon completion in 2016, a pair of plovers immediately established a nest. Ever since, the number of nesting plovers has increased yearly. In 2019, the Team's efforts resulted in 15 nesting pairs fledging 44 chicks, at a productivity rate of 2.93 chicks per pair, exceeding the 1.5 chicks per pair target outlined in the recovery plan for the species.

(Left to right) Matt Bailey, Kevin Bronson, Art Coppola, Dale Hudson, Annabella Larsen, Julie McCall, Jeffrey Newcomer, Hollis Provins, Stormy Vandeplass, and Stephanie Warshawsky.

The ARK Educational Resource Center After-School tutoring program is recruiting Math and Language Arts (Reading) volunteer tutors to serve 2 hours per week in their summer school program, and next school year. The ARK serves Sussex County, so they need tutors from all school districts. Please contact Joyce Sessoms, ARK Director, at 302-382-9904. Please help them to help students succeed.



Dear Habitat volunteers, partner families, friends and supporters,

I can't believe eight weeks have passed since our last build day, ReStore shopping trip, or day with everyone in the office. While we are ready to get back to some sense of normalcy, the situation in Sussex County makes it hard for us to open operations right away. As you know, Sussex County has been identified as a hot-spot for COVID-19 cases, and new cases continue to increase. We have been following the local, state, federal and Habitat International's recommendations closely to make informed decisions about how we can do our part to slow the spread of the Coronavirus and keep our volunteers, staff, and partner families safe.

At this time, SCHFH is aligning with the Governor's new timeline and targeting June 1 for Phase 1 of our reopening.

What does this mean?

### Office

The office will remain closed to volunteers and the public until June 1. Office staff will continue to work remotely, and on June 1 begin to come back to the office with new cleaning protocols while promoting social distancing. If this date changes, we will let you know.

### ReStore

ReStore has gone virtual! ReStore is now doing online sales and no-contact scheduled pick-ups of purchases. Check out the new online ReStore at <https://lewesrestore.square.site/>

ReStore is developing their phased reopening plan now, but does not expect to have volunteers in the store before June 1.

### Construction Sites

All construction sites continue to be closed to volunteers and partner families until June 1. If anything changes, we will let you know.

Our construction staff, classified as essential workers, continues to build while keeping a safe physical distance. Additionally, we secured emergency grant funding to contract out necessary work to keep our projects moving forward, this includes getting two homes in Milton under roof. But rest assured that there will be plenty of volunteer work when we can safely return. We have 12 partner families to build homes with over the next 12 months.

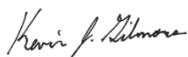
Our construction volunteer program will start phasing in operations on June 1. There will be limited volunteers on site, more volunteer days on the schedule, required signup, daily waivers, and new safety and COVID-19 prevention practices on site. These are small changes that will have a big impact on keeping everyone safe. In the beginning, slots will only open internally to regular volunteers, Women Build volunteers and Partner Families.

### Partner Families and Homeowners

Most of our partner families and homeowners are doing well. However, others have been laid off, lost hours at work, or tested positive for COVID-19. We are helping connect them with resources in the community to get assistance. Please keep them in your prayers.

Thank you for your patience during this hard time. Remember, this too shall pass. But until then, we want to make sure that Habitat is a safe place for everyone involved.

In faith and service,



Kevin J. Gilmore  
Executive Director  
Sussex County Habitat for Humanity



*The Leadership Team and Staff, of the Delaware Veterans Home, would like to thank all our Community Volunteers for your generous and kind donation of cloth masks.*

*We understand the time, talent and cost of material for making these coverings and we want you to know how much we appreciate your thoughtfulness.*

*The cloth masks went to the staff who are not working in direct contact with our residents so that we can utilize the PPE for those who are. With your help, we can continue to keep our Veterans safe as well as our staff. Thank you and stay well!*



**New Life  
Thrift Shop  
Re-opens June 1<sup>st</sup>  
Masks are required**

Hours M-Sat

10 – 4

Donations M – F

10 – 2

Saturday

10- 1

**WHEN IS THE SUMMER SOLSTICE?**  
In 2020, the June solstice is **Saturday, June 20, at 5:44 P.M. EDT.** This date marks the official beginning of summer in the Northern Hemisphere, occurring when Earth arrives at the point in its orbit where the North Pole is at its maximum tilt (about 23.5 degrees) toward the Sun, resulting in the longest day and shortest night of the calendar year. (By longest “day,” we mean the longest period of sunlight.) At the June solstice, the Northern Hemisphere receives sunlight at the most direct angle of the year.

# Trauma Informed Approach is our GOAL!



## May is Trauma Awareness Month SPECIAL EDITION e-BLAST

### Mental Health and COVID-19

Living through this pandemic is challenging for everyone. The trauma of this event has impacted all of us on some level. Anxiety and depression are common issues that can arise or become exacerbated by the stress of living through this pandemic.

Tips from the CDC and SAMHSA can be found below.

### Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

Call 911.

Call the National Disaster Distress Helpline at 1-800-985-5990, or text TalkWithUs to 66746.

Visit the national domestic violence hotline at [www.thehotline.org](http://www.thehotline.org); or call 1-800-799-7233 and TTY 1-800-787-3224.

### Outbreaks can be stressful

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Find ways you and your family can reduce stress.**

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.

# THANK YOU!

NONE OF THIS WOULD BE POSSIBLE  
WITHOUT OUR COMMUNITY!

## COVID-19 RELIEF EFFORTS IN DELAWARE

March 16, 2020 - May 8, 2020



3,239,609 pounds  
of food distributed  
to the community

2,549,255 pounds  
of food donated



6,293 visits to the  
Healthy Pantry Center  
on site at the Food Bank  
in Newark and Milford

4,294 meal boxes  
distributed to seniors



19,171 weekend meal  
bags distributed to  
children in need

5,707 donated  
volunteer hours  
in Newark and Milford

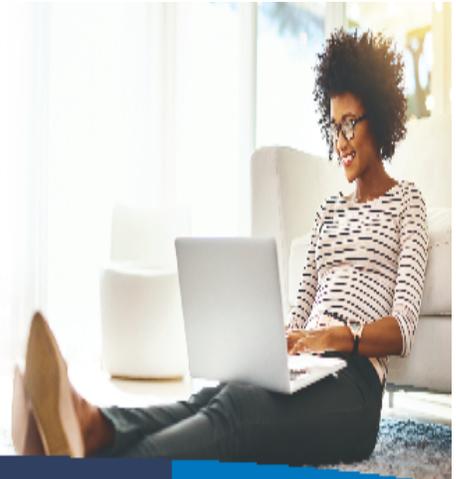


10,955 households  
served at 6  
mass drive-thru  
distributions



## TELEHEALTH CONSULTATIONS

Compassionate care on your terms



With SUN, take the first step on a path back to wellness from the comfort of your home with a telehealth consultation. Schedule one today to video chat with a behavioral health specialist who will provide a **no-cost assessment**.

### FIVE SIMPLE STEPS TO A NO-COST VIDEO CONSULTATION

- 1 Visit [sundelaware.com](http://sundelaware.com) and click "Schedule a telehealth consultation" at the top of the site
- 2 Fill out and submit a brief patient information form
- 3 Select and request your preferred date/time to talk with a specialist along with a note describing your situation — check for a confirmation email that we received your request
- 4 A SUN representative will call to confirm your appointment soon after we receive your information
- 5 One of our specialists will reach out to you at the scheduled time for a private, HIPAA-compliant video chat\* and consultation

SUN's telehealth consultations will most benefit patients experiencing the following:

- Severe depression
- Post-traumatic stress disorders
- Anxiety
- Stress (unable to cope with life)
- Substance use disorders/relapse

Telehealth consultations are not meant for mental health crises or for patients who are a threat to themselves — in those cases, patients should bypass the emergency department and come directly to SUN.

\*IMPORTANT: You will need to have a camera. This will be a video chat and not a phone call.

### GUIDING YOU ON YOUR JOURNEY TO RECOVERY

Our continuum of care focuses on meeting patients wherever they are in their journey for improved mental health. We work to achieve a level of functioning that is stable so each patient can return to their family, employer and community as a contributing partner.

#### Mental Health Services

Help when it's needed most

#### Co-Occurring/Substance Use Disorder Program

Reclaiming your sense of self

#### Integrity Program

Helping older adults cope and thrive

#### Adolescent Program

Helping young people through the struggle

#### Outpatient Program

A path to recovery and wellness

It's time to reclaim your life. Schedule your **NO-COST** telehealth consultation at [sundelaware.com](http://sundelaware.com)



**Have you ever found yourself unprepared for a life changing event?  
This webinar will review areas surrounding preparation for special needs in the legal realm. A sample of topics to be discussed include: estate planning for persons with disabilities, long-term care Medicaid, and resources for caregivers to name a few.**

**CALL (302) 346-2083 TO REGISTER  
FREE TO ATTEND. MUST REGISTER**

