

VOLUNTEER DELAWARE 50+

New Castle County



MARCH & APRIL OPPORTUNITIES WITH OUR COMMUNITY PARTNERS

For more information about any of the opportunities please contact one of our Volunteer Coordinators, Susan Fox or Guadalupe Murphy at 302-255-9882.

Meet Kanani H. Munford - New leader of the State Office of Volunteerism



"Service is the rent we pay for being. It is the very purpose of life, and not something you do in your spare time." Marian Wright Edelman. This quote illustrates my philosophy on embodying a lifestyle of service. Thank you to each one of you for your passion, dedication, and sacrifice of time to give back in significant ways to make a difference in our community. Delaware is a better place because of each of your efforts. I am excited about this new role to serve and look forward to meeting and working with each one of you.

To share a little about myself, I am the new Social Services Senior Administrator for the State Office of Volunteerism. My recent work history is from United Way Delaware where I last served as the Assistant Director, Community Relations, where I managed workplace giving campaigns for the Financial Sector. I have many years of experience on both sides of volunteerism as well as a wide reach into the various communities in Delaware. I served on the Governor's Commission on Community and Volunteer Service for the past six years and most recently as the Vice Chair of National Service. In my new role, I will serve as the Executive Director for the Commission. I was recognized by the Delaware Commission for Women with the 2015 She's On Her Way Award and in 2016 received the YWCA Genevieve Gore Young Woman's Leadership Award. I am a University of Delaware graduate with a Bachelor of Science in Business Administration. I reside in Smyrna, DE with my husband Dan A. Munford.

Volunteer Delaware 50+ is a statewide program offered through the State Office of Volunteerism within the Division of State Service Centers. Their 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.

For More Information Visit:
www.VolunteerDelaware.org



Volunteer and Station Spotlights

We love our volunteers and community partners! Thank you for all that you do!

Page 2

Just A Little Reminder

News and announcements

Page 3

One-Time Volunteer Opportunities

Looking for a one-day special event to kick off your volunteer journey or learn about a new organization?

Page 4

Ongoing Volunteer Opportunities

Looking for a reoccurring opportunity where you can help and build great relationships?

Page 7



Ms. Paula Furtado & Ms. Harriet Porter, NAMI Volunteers

In the
Spotlight

nami | **Delaware**
National Alliance on Mental Illness | *Join the Movement!*

"I wanted to give back to the community that helped me when I was the most fragile, when I was at the worst part of my life."

Ms. Harriet Porter
Volunteer Delaware 50+ Volunteer with NAMI Delaware

Ms. Paula Furtado & Ms. Harriet Porter

Submitted by Annie Slease, M.Ed. - Director of Advocacy & Education

Paula Furtado and Harriet Porter may never have met had it not been for NAMI (National Alliance on Mental Illness) Delaware. Each has a loved one affected by serious and persistent mental illness, and each received education and support through NAMI Delaware's free programs. They both chose to give back by becoming volunteers and met in training for their current volunteer positions. Since 2014, Paula and Harriet have co-facilitated a monthly Family Support Group in New Castle County serving loved ones of individuals affected by mental illness.

When asked why they chose this volunteer path, Paula responded, "I wanted to give back to the community that helped me when I was the most fragile, when I was at the worst part of my life." Harriet added that she'd attended another NAMI Family Support Group while she and her family were in need of guidance and support. She had thought, "I can do this" so when she was invited to become a facilitator herself, she said yes.

Through their monthly group, Paula and Harriet offer support and information to those who attend. They circulate flyers for other NAMI Programs as well as handouts providing up-to-date resources. They are determined to help end the stigma of mental illness through information and open dialog. "It's a medical disease," said Harriet, "People are still hiding it because of the stigma."

Paula and Harriet feel like their empathy and compassion for participants is well-received, but they feel like they benefit, too. Harriet admitted, "I can honestly say that I get something in return when I facilitate the NAMI group. Someone comes into the meeting crying and they leave with a smile on their face."

According to Paula, the work they do "is essential, and it just takes someone willing to learn and willing to listen and willing to empathize without judgment." It's a commitment both Paula and Harriet take very seriously. The group operates on a drop-in, anonymous basis, but over the years, there have been some participants who attend regularly. This has created a sense of community for those who otherwise may feel quite isolated in the challenges they face caring for their loved one.

Both Paula and Harriet are grateful to have been paired up together as volunteers. "It's about team work," Paula said.

NAMI Delaware provides education and support programs for individuals and loved ones affected by mental illness throughout the state. If you'd like to become involved, please call Volunteer Delaware 50+ at 302-255-59982.

JUST A LITTLE *Reminder*

From Social Security:

If you hear of anyone receiving calls, emails or mail requesting personal information or representing themselves as a government agency please let the Delaware Senior Medicare Patrol (SMP) know by calling 302-255-9362. We are looking for trends in Delaware to report to the Office of the Inspector General for investigation.

Save the Date

Tuesday, June 12, 2018

*Volunteer Delaware 50+
New Castle County
Volunteer Recognition*

CONSUMER PROTECTION WEEK

It's Coming... the NEW Medicare Card!

Join us for the *Medicare Roadshow*

**Thursday, March 8, 2018
9:00 - 11:30 am
Newark Senior Center**

Information for consumers, caregivers and the community will be provided by:

- Centers for Medicare and Medicaid Services (CMS)
- Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) Delaware Senior Medicare Patrol and Adults Protective Services
- KEPRO
- Quality Insights
- Department of Insurance Delaware Medicare Assistance Bureau (DMAB)
- Social Security Administration
- Wilmington VA Medical Center
- Delaware Department of Justice Fraud and Consumer Protection Division
- Delaware Long-Term Care Ombudsman Program
- Office of U.S. Congresswoman Lisa Blunt Rochester
- Office of U.S. Senator Thomas R. Carper
- Office of U.S. Senator Christopher Coons

DELAWARE WEEK OF SERVICE

April 15 - 21, 2018

The Delaware Week of Service is a time to celebrate volunteerism by coming together to serve our communities. Join the thousands of volunteers celebrating the National Volunteer Week by participating in service projects and special events scheduled throughout the week. If you plan on attending an event please let us know. We would love to inspire others through your story and experience! You can reach Volunteer Delaware 50+ by calling 302-255-9882.

ONE-TIME OPPORTUNITIES

Delaware Center for Horticulture

Farmer HG Haskell is a long-time supporter of DCH's Urban Agriculture programs, and as we do every year, it's time to thank HG for all he does! Please join us at HG's Farm this spring when we can turn our thoughts of fresh fruits and vegetables while we help to clean high tunnels, plant onions, transplant seedlings, adjust row covers, and more.

There will be plenty of hard work! Bring your gloves and plan to get dirty, while you meet new friends, enjoy a beautiful setting, and get some exercise- all while making a valuable contribution. Please note you'll be able to volunteer on two separate days this year!

**Saturday, March 31, 2018: 8:30am to 12pm
and / or**

**Saturday, April 28, 2018; 8:30am to 12pm
Lunch provided both days by "Junto Restaurant"**

**Location: HG Haskell's Farm (aka SIW Vegetables)
Chadds Ford, PA 19317**

Approximately 2 miles south of Rt. 1 on Creek Road, or approx. 2 miles north of the Smithsbridge/Montchanin Rd. intersection. Montchanin Rd. is Rt. 100 in DE and is the same road as Creek Road in PA. We'll meet at the Farm, which can be reached from Cossart Rd., 0.1 mile south of the SIW Vegetable Stand.

Space is limited, so sign up now! For more information on any of the opportunities contact Volunteer Delaware 50+ at 302-255-9882.



E. D. Robinson Urban Farm Spring Clean Up

We need 10 to 15 volunteers to spread and turn compost on raised garden beds and on blackberry and apple orchards, clean up debris in and around the garden, and remove all dead matter and weeds. Wear comfortable clothes and sturdy closed-toed shoes. Dress for the weather in layers. Bring your own gloves if you have them.

Date & Time: Thursday, March 15th – 9:30 a.m. - 1 p.m. (Rain date: 3/16)

Location: E.D. Robinson Urban Farm & Community Garden, 1116 East Brandywine St., Wilmington

Arbor Day Activities

Delaware Center for Horticulture

Volunteers would help with the training of high school students to lead this year's Arbor Day Event. The event has 4 stations the attending students rotate through. Volunteers will learn about how the Arbor Day event is run and help teach the high school students how to run the event for the younger students.

Thursday, April 12 is the Arbor Day Celebration for students to participate in from Mt. Pleasant High School. Volunteers will oversee the day's activities and help the groups of children rotate through each station effectively.

First date and time: **Tuesday, March 27, 1 - 2 p.m.**

Location: **Mt. Pleasant High School, 5201 Washington Street Ext. Wilmington DE 19809**

Second date and time: **Wednesday, April 11, 1 - 2 p.m.**

Location: **Rockwood Park, 4651 Washington Street Ext., Wilmington, DE 19809**

Third date and time: **Thursday, April 12, 8 - 11:30 a.m.**

Location: **Rockwood Park, 4651 Washington Street Ext., Wilmington, DE 19809**



ONE-TIME OPPORTUNITIES

Sound the Alarm



Every day, seven people die in home fires, most in homes that lack working smoke alarms. Sadly, children and the elderly disproportionately lose their lives. The American Red Cross wants to improve the odds and save lives. That's why we launched our Home Fire Campaign in 2014. A critical part of the campaign is *Sound the Alarm*, a series of home fire safety and smoke alarm installation events across the country.

Red Cross volunteers, along with fire departments and other partners canvass at-risk neighborhoods, installing free smoke alarms, replacing batteries in existing alarms, and providing fire prevention and safety education. In just three years, we've accomplished so much, including the installation of more than 1 million smoke alarms and prepared more than 1 million people against home fires through our home visits.

Event Date & Time:

Delaware Sound the Alarm campaign event will be in Dover on **May 12, 2018** starting at **9:00am**. Volunteers will meet at the **Air Mobility Command Museum** before dispersing in teams to neighborhoods in and around Dover.

For more information on any of the opportunities contact Volunteer Delaware 50+ at 302-255-9882.



At Hagley, we invite people of all ages to investigate and experience the unfolding history of American business, technology, and innovation, and its impact on the world, from our home at the historic DuPont powder yards on the banks of the Brandywine. Our vision is to be a place where innovation inspires and imaginations run wild. But we need your help!

April 8 – Sunday Strolls – we need trail assistants to be in certain trail locations directing the correct way.

April 15 – Trail Assistants - we will be hosting a 5K run benefiting school scholarship fund at Hagley. We need trail assistants to be in certain trail locations directing the correct way.

April 28 – Maker Fest – we need help with greeting people, moving carts of the vendors, or other roles! Fun creative event with inventors/creators of all kinds. For more information please contact Volunteer Delaware 50+ at 302-255-9882.

Color for Caring

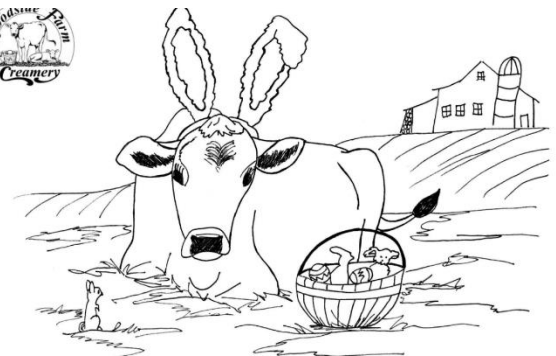
Join Woodside Farm Creamery between February 12, 2018 and April 1 in spreading some sunshine by participating in "Color for Caring." Print out the picture and put your "artists" to work! For every colored picture that is returned to the Creamery before Easter (1310 Little Baltimore Road Hockessin, DE 19707), Woodside Farm will make a donation to The Ministry of Caring Inc. One picture per person at a time must be submitted in person.

No one is too old or too young to color & we hope that **EVERYONE** will participate!

If you would like the link to download the coloring page please contact Volunteer Delaware 50+ at 302-255-9882.



THE MINISTRY OF CARING INC.



ONE-TIME OPPORTUNITIES**NAMI Ambassador Volunteer**

The National Alliance for Mental Illness in Delaware is looking to add volunteers to its NAMI Ambassador program. Trained volunteers help spread the word about what NAMI Delaware does and how it serves people impacted by mental illness.

When volunteers give a presentation or exhibit for NAMI, they are helping to reduce stigma and connect people with free resources they had not known about otherwise. Volunteers give the audience a glimpse of universal experiences surrounding mental illness while making it personal. NAMI volunteers are most effective when they speak first from personal, lived experience.



namiWalks

National Alliance on Mental Illness

#StigmaFree

Saturday, May 5, 2018 • Newark, Delaware



2018



Join the NAMI Delaware mental health walk to raise funds and awareness to help change perceptions about mental illness.

Register and Donate Today!

www.namiwalks.org/delaware

For more information about this event or NAMI Delaware, please contact Volunteer Delaware 50+ at 302-255-9882.

Check-in at 9:00am
Walk at 10:15am

Glasgow Park
2275 Pulaski Hwy, Newark, DE

#NAMIWalksDelaware

ONGOING OPPORTUNITIES

THE MINISTRY OF CARING INC.



"The poor should never be treated poorly."

The Ministry of Caring Inc., through its network of safety-net, medical and employment programs, is dedicated to helping people rise above economic hardship.

The Ministry of Caring's extensive experience in providing needed services has been applied to the Distribution Center. This experience ensures that the Distribution Center is sensitive to the needs of people and able to provide unsurpassed service.



2018 International Night dinner events.

We need 13-15 volunteers to help serve guests at our 2018 Ministry of Caring/International Night dinner events. We are especially in need of volunteers who have restaurant, bartending and/or food service experience.

All proceeds obtained from this fundraiser, help the Emmanuel Dining Room feed men, women and children in need, every day. Without the support of volunteers, community events such as International Night would not be able to help those who enter our doors every day. Ministry of Caring/International Night upcoming dinner events are scheduled for:

- March 25** – Irish Night
- April 22** – French Night
- May 20** – Mexican Night
- June 24** – Tuscan Night
- July 22** – Taste of the Chesapeake
- August 26** – Buckley's Favorites
- September 23** – Filipino Night
- October 28** – Oktoberfest

Time & Location: Francis X. Norton Center (917 N. Madison Street, Wilmington, DE 19801). Doors open at 5:00pm and normally the event ends around 7:30 or 8: pm.

Distribution Center Volunteers

Many people who leave emergency shelters for more permanent housing, often start their new lives with little more than the clothes on their backs. To help meet these needs, the Distribution Center was established in 1989 as a collection, storage and distribution point for donated goods. Located in Wilmington's East Side, the Center offers clothing and household items for anyone in need.

We need volunteers to help sort, fold, or display donated clothes or organize donated household items. If you are unable to volunteer please do consider donating any new or gently used clothing, furniture, toiletries or any other household item.

Time: Flexible – based on your availability – Center is open from Monday – Friday, 8am to 3pm

Location: 1410 N. Claymont Street, Wilmington DE 19802

For more information about this opportunity please contact Volunteer Delaware 50+ at 302-255-9882.

ONGOING OPPORTUNITIES

Delaware Health and Social Services Division for the Visually Impaired

The Mission of DVI is to provide educational, vocational, and technical support to empower and foster independence for Delawareans with visual impairments.

Instructional Materials and Resource Center Aid- This center is responsible for creating Braille, Large Print, Audio, and Accessible PDF formats for school age students. Volunteers will help by printing and binding books, checking in/out equipment for the schools, and creating audio recordings of student novels. There will also be some light typing and proofing projects as well. The volunteer will also have the opportunity to work with other volunteers in the center. Braille certification is not required for this opportunity. If you have a passion to learn new things while working in a relaxed and friendly environment this is a great opportunity for you. Training will be provided by the volunteer coordinator. The Materials Center operates from 8:00am-4:30pm Monday-Friday. This position is flexible to meet the needs of the volunteer.

Vocational Rehabilitation Team Aid- volunteer will be asked to do some light administrative duties which would include sorting and filing of client documents. There may also be the chance to work with some of our counselors and other staff members by attending department meetings, community outreach events, and some trainings as well. In addition, volunteers may get the opportunity to learn how the division counselors conduct the proper assessments with our clients. Training will be providing and availability is flexible, as long as it is within the Mon-Friday business day range (8:00 am 4:30pm). This opportunity will occur at the Biggs Building on the Herman Holloway Campus for a specified period.

Communications Department Assistant- volunteer will be asked to help promote the agency through various social media platforms. They may also be asked to assist in the creation of newsletters, flyers, and other agency wide documents. A strong social media and Microsoft Suite background is required for this opportunity. The location for this volunteer assignment will be at the Biggs Building on the Herman Holloway Campus. Day and time may be flexible, while some work can be done remotely.

Volunteer Readers- needed to assist one of our clients. The volunteer would be asked to read mail and other correspondences to the client on a weekly basis. The position is located in the city of Wilmington at the client's home. Day and time can be flexible to meet the needs of the client and volunteer. A meeting between the client, volunteer, and volunteer administrator will take place prior to accepting the opportunity. Also, a criminal background check is required for this assignment.



We offer a wide variety of opportunities at Hagley Museum & Library for all interests, talents, and ages, plus flexible scheduling to meet your availability. Volunteers are needed to nurture our gardens, interact with our visitors, work behind the scenes, and support special events.

Some opportunities include **greeter positions** – in the Powder Yard and/or the Workers' Hill! If you enjoy people, these are for you! Training session on March 12, but can be done individually as well.

Other include **assisting visitors** on Science Saturdays as they discover solutions to science and engineering challenges.

Science Saturdays – 2nd and 4th Saturdays of every month.

For more information about the opportunities with Hagley please contact Volunteer Delaware 50+ at 302-255-9882.

Children & Families First Delaware**ONGOING OPPORTUNITIES**

After School Club Assistant-We are looking for volunteers to assist with running after-school clubs for small groups of 4th and 5th graders at Mount Pleasant Elementary School. The volunteer would help with planning and implementing the club once a week from 3:30-5:00 on Wednesdays. Some club topics that students have shown an interest in are chess and tennis, but we are open to other ideas.

Bayard Middle School Volunteer-We are also seeking volunteers to assist with running a Marker Space/ Art, Science, Math Club during school hours at Bayard. Volunteers should be able to commit to approx. 1 hour per week. The day of the week has not been set.

Bilingual (Spanish/English) Volunteer- to assist in our Family Education Program. Seeking volunteers to help translate verbal communications. Translate written communications as needed so that the consumer can accurately understand and complete written forms or documents. The class runs from Feb. 26th - June 4th, 5:00-7:00 p.m., each Monday evening. Location – New Castle, DE.

**Paw Pals Pet Team**

Opportunity: Make a 'Dog-Gone' Difference in a Hospice Patient's Life. VITAS invites friendly and well-behaved pets to join the

Paw PalsSM program, in which animals and their humans learn how to visit patients at the end of life. A registered VITAS Paw PalsSM visitor can offer comfort, bring back memories, encourage activity and provide unconditional love to VITAS patients. Your visits leave behind memories of you and your pet, and rekindle thoughts of other pets. All kinds of pets are invited to join VITAS' Paw Pals Club. Pet visits can sometimes reach a patient when no one else can. Paw PalsSM must be well-groomed, at least one- year old, and have up-to-date health records.

For more information on any of the volunteer opportunities please contact Volunteer Delaware 50+ at 302-255-9882.

VITAS® Healthcare

Hair Stylist

Opportunity: Be a Cut Above...Pamper a Hospice Patient. Help a hospice patient look good and feel better by providing a bit of style at the end of life. VITAS Healthcare is looking for kind and caring professional stylist to pamper hospice patients living at home, in the hospital or in long term care facilities. Pampering can include: polishing and buffing nails; gentle shampoo, set and style; haircut; helping with makeup. Patients have very sensitive skin therefore no curlers/curling irons or chemicals will be used. A current Cosmetology License is required.

Veteran Volunteer

Opportunity: VITAS wants to enlist your services to care for terminally ill veterans living at home and in nursing homes, assisted living communities and medical centers. VITAS Veteran Volunteers may or may not be U.S. military veterans themselves. They are trained to meet the specific needs of terminally ill veterans living in their own homes, nursing homes, assisted living communities and veterans' medical centers.

Our Veteran Volunteers visit terminally ill veterans; drive and/or accompany a veteran to appointments, shopping and other events; help a veteran apply for benefits or learn about available assistance; help replace lost or stolen military medals by contacting appropriate agencies; listen to life stories or record or videotape a veteran's reminiscences; telephone veterans to ask how they are doing; attend or help plan activities celebrating Memorial Day and Veteran's Day; educate veteran's groups about hospice services by speaking at their meetings. Join us in showing a veteran that he or she is not forgotten.

ONGOING OPPORTUNITIES

**Disaster Action Team Member:**

On average, the American Red Cross responds to a home fire every eight minutes. Disaster Action Team members are local volunteers helping local families to recover by meeting with them immediately after the fire and assisting with their immediate needs. If you have reliable transportation, are able to commit to at least three on-call shifts per month and have a desire to work with people please consider becoming a

Services to the Armed Forces Volunteer:

The American Red Cross provides critical services with a caring touch to men and women in all branches of the United States military, active duty personnel, reservists and members of the National Guard, and their families. Through our Service to the Armed Forces (SAF) program, service men and women are eligible for three types of assistance beginning on the first day of enlistment: Emergency Services, Service to Military Families and Service to Military and Veterans Hospitals. Volunteers are needed for positions including:

- **Outreach Volunteers** – educating service members and their families about Red Cross assistance programs
- **Medical Treatment Facility Volunteers** – medically licensed and non-licensed volunteers to work at military clinics providing support to patients
- **VA Volunteers** – provide support to veterans through volunteer opportunities at local VA Hospitals and Clinics
- **Casework** – work with service members and their families to follow up on emergencies and assist with recovery



Without the compassion and commitment of our volunteers and fosters, we would barely be able to scratch the surface on animal welfare needs within our community. Your time means everything to our four-legged friends. Will you join us?

- Administration
- Adoption Counselor
- Dog and Cat Volunteer Program
- Dogs and Cats on Tour
- Photography Program
- Animal Health Center
- Kong Stuffing Party
- Baking for the Pups
- Homemade Toys for Cats
- Children Programs
- Henry's Cupboard (food pantry)



PAWS for People is looking for volunteers with gentle, affectionate pets who are interested in becoming certified to provide pet therapy services. PAWS provides pet visitation services in assisted living facilities, hospitals, schools, libraries, and many more.

Learn more please contact
Volunteer Delaware 50+
at 302-255-9882.

ONGOING OPPORTUNITIES

Can you hear a heart? A whisper? A prayer?



VITAS® Healthcare is looking for people who can listen carefully to the hearts and feelings of terminally ill patients and their loved ones.

VITAS Spiritual Care Volunteers offer comfort by:

- Listening
- Prayers
- Devotional readings
- Music
- Life review and reminiscence
- Joining in religious services
- Arranging for clergy visits

To learn more about this and other VITAS

Volunteer opportunities, contact:

Andrea Hobson

Volunteer Manager

Andrea.Hobson@Vitas.com

302-451-4026

VITAS
Healthcare

800.723.3233 • VITAS.com



All VITAS Volunteers receive training in end-of-life care, and Spiritual Care Volunteers also learn bereavement support techniques and how to differentiate between spiritual and religious care.

If you have the heart to listen to a soul in need, there is a place for you with VITAS.