

Volunteer Delaware 50+ is a statewide program offered through the State Office of Volunteerism within the Division of Social Services. The mission is to engage persons 50 and older in volunteer service, to meet critical community needs and to provide a high quality experience that will enrich the lives of Volunteers.

ENROLL TODAY!

VOLUNTEER OPPORTUNITIES & COMMUNITY RESOURCES

Volunteer.Delaware.gov /Volunteer-Delaware50



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News From Our Partners, Volunteer Opportunities & Community Resources Pages 10 – 26



New Castle County Community Partners

A Matter of Balance

302-255-9101

Alzheimer's Association

215-561-2919

Amanecer Counseling & Resource Cnt

302-576-4136

American Cancer Society

1-800-227-2345

American Red Cross of Delmarva

302-656-6620

Blood Bank of Delmarva

302-737-8405

Brandywine Valley SPCA

302-858-4202

CareWear Project

Knitters and Crocheters

Bags2Mats for the Homeless

302-255-9746

Patches of Love

CASA (Office of Child Advocate)

Count Appnt. Spec. Advo.

302-255-1730

Channie P. Bradley Senior Services

215-520-7525

Child, Inc.

302-762-8989

Children & Families First

302-777-9757

Children Empowered by Love, Inc.

children empowered by love @comcast.net

ChristianaCare

302-733-1284

Wilmington Hospital

302-428-2206

ChristianaCare in Collaboration

with AccentCare (formerly

known as Seasons Hospice)

302-533-3800

Connecting Generations

302-656-2122 x0013

ContactLifeline

302-761-9800 ex. 1002

Delaware Center for Horticulture

302-658-6262 ext. 108

DE Ecumenical Council on Children and

Families - 302-225-1040

Delaware Hospice

302-478-5707

Delaware Museum of Nature and Science

302-658-9111X 324

DE Senior Medicare Patrol

302-255-9510

Delaware Theatre Company

302-594-1100

Easterseals Delaware

302-324-4444

Family Promise of Northern NCC

302-998-2222

Food Bank of Delaware

302-292-1305 ext 254

Forget Me Not Families

302-416-2897

Grand Opera House

302-658-7897

Habitat for Humanity of NCC

Construction Site: 302-652-0365 ReStore Wilmington: 302-652-5181 ReStore Middletown: 302-449-1414

Hagley Museum & Library

302-658-2400 X257

Literacy Delaware

302-658-5624

Lutheran Community Services

302-654-8886

MOT Jean Birch Senior Center

302-378-4758

NAMI DE (National Alliance on Mental III-

ness- 302-427-0787

New Castle County

Depart. of Community Services

302-395-5640

New Castle County Libraries

302-395-5617

NCC Senior Roll Call Lifeline

(302) 395-8159

Nemours Children Hospital

302-651-6096

Newark Senior Center

302-737-2336

Meeting of the Minds

Newark Meals on Wheels

Senior Surfers

Osher Lifelong Learning Institute (OLLI)

302-573-4417

PAWS for People

302-351-5622

People to People: Delaware Chapter

info@ptpde.org

Phoenix Family Resources

302-593-7532

Read Aloud Delaware

302-656-5256

Shoes That Fit: Delaware Chapter

302-234-9319

Special Olympics Delaware

302-831-4653

St. Anthony's Community Center

302-421-3721

City Fare Meals on Wheels

302-421-3734

St. Anthony's Senior Center

302-421-3735

Stockings for Soldiers Delaware Inc.

info@StockingsForSoldiers.org

Supporting Kidds Inc.

302-235-5544

Thomas Edison Charter School

302-778-1101

Tri-State Bird Rescue & Research Inc.

302-737-9543 x102

United Way of Delaware

302-573-3705

Volunteer Delaware

302-381-3594

Volunteer Delaware 50+ NCC

Advisory Council

302-255-9746

Wilmington Senior Center

302-651-3400

Winterthur Museum, Garden & Lib.

1-800-448-3883

VITAS Healthcare

302-451-4000



Volunteer Delaware 50+ focuses on helping individuals 50 years of age and older, use the skills and talents learned over the years, or develop new ones while serving in a variety of volunteer activities within the community. Volunteer Delaware 50+ volunteers determine their preferred level of commitment. Come join the more than 2,500 Volunteer Delaware 50+ members and start making a difference today!

What are the benefits of becoming a Volunteer Delaware 50+ member?

- All members receive supplemental insurance protection in case anything happens while they are volunteering with one of our community partners (excess volunteer liability insurance & excess automobile liability insurance)
- Opportunity for outstanding volunteers to attend a free recognition luncheon and enter to win door prizes (must meet required hours)
- Opportunity to receive a monthly listing of onetime volunteer projects, upcoming events and ongoing volunteer opportunities (sent via email)
- Invitation to attend free educational workshops on topics pertaining to the 50+ community (sent via email)
- Tracking of hours and years of service

Why do you collect my volunteer hours?

- Helps us to qualify for grants and places us in a better position to advocate for continued funding, not only for our program but also for our community partners
- Helps us to quantify all the amazing volunteer work
 Delawareans are doing for our state/in our communities
- Helps us to identify and recognize our outstanding volunteers through our

Are you already a volunteer with one of our community partners and would like to also be a member of Volunteer Delaware 50+?

We are always looking-for and inviting non-profit organizations to join us and become a community partner in order to offer even more opportunities to our members. If you are already a volunteer with one or more of our community partner and would like to also become a member of Volunteer Delaware 50+ please contact your local office.

New Castle County: please call 302-255-9101 or email Guadalupe.Murphy@delaware.gov or Arundhati.Ghosh@delaware.gov.

For more information please visit Volunteer.Delaware.gov/Volunteer-Delaware50









Arundhati Ghosh is our newest Volunteer Services
Coordinator with Volunteer Delaware 50+!!
Arundhati serves in NCC, alongside Guadalupe, to foster
established partnerships and support our volunteers.
Additionally, Arundhati serves as the NCC Coordinator for the
A Matter of Balance program, where she focuses on growing
the number of new coaches, identifying new class locations
and providing direct support to coaches
and class participants.

Focused on empowering New Castle County's active adults, Arundhati is dedicated to expanding programs that will help individuals stay engaged and healthy in their retirement years. With a background in community engagement and volunteer management, Arundhati is committed to fostering impactful initiatives that benefit both volunteers and the communities they serve.

Arundhati can be reached at 302-255-9101 or Arundhati. Ghosh @delaware.gov.





MANAGING CONCERNS ABOUT FALLS

A Matter of Balance (MOB) is specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults.

The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches. The program enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance.

The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Volunteer.Delaware.gov /Matter-of-Balance



Marlene Bennett Veronica Birmingham Stephen Bruchery Kathleen Butler **Karen Carmody Robin Cecconi** Hiromi Cheeseman **Linda Crane Doris Delong Arnold Drescher** Oriana Figueroa Raymonde Fils-Aime Robert Fusco Sue Getman **Christine Giglio-Nanni**

Lucille G. Harley

Janice Jolly
Edie Kereszi
Sharon Lewis
Jennifer Lloyd



Monica Lopes
Angela Massey
Maureen Maxwell
Hilna Moskowitz
Margaret Mussoni

Antoinette Naturale Anuoluward Oklandeji Aileen H. Parrish **Leslie Patrick Ed Racis Sherrye Ransburg Charisse Rodgers Esther Schmerling** Sandra Schriever **Rosemarie Shepherd Jerrie Silfies Sherryl Slade Debragh Smith Linda Smith** Tre Sullivan **Mary Thurman Donald Tunstall** Cam Vu **Denise Zoladkiewicz**





2024 Volunteer Recognition



THANK YOU FOR YOUR SUPPORT!!!













Jean Stofa
Pré Belardo
Tracy Channel
Judith Gupton-Wiley
Jim Kerrigan
David Myers
Clare Garrison
Barbara Zeigler

2024 Volunteer Recognition 82 • Volunteer. Delaware. RE 50 nteer.Delawar

Chester C. Gambert Legacy Award

Nominated by: Nora Lockhart

Ms. Tasmania Wootson is a great mentor to her peers and participates in many different types of volunteer events in her community. Ms. Wootson always exhibits strong leadership and team building qualities while remaining professional during her volunteer placements.

In 2023, Ms. Wootson served more than 2,000 hours with several community organizations to include but not limited to, several Volunteer Delaware 50+ Community Partners. These include, Stockings for Soldiers, Food Bank of Delaware, and West Center City Senior Center.

Additionally, Ms. Wootson donated goods and volunteered her time this year with cancer awareness and domestic violence programs, Girls Can Do Anything, YMCA Against Racism and the Wilmington Library.

2024 Award Recipient

Tasmania Wootson



This only captures a fraction of Tasmania's volunteer work, this is why I believe Tasmania Wootson is deserving of the Chester C. Gambert Legacy Award.

Nominations

Elenore Carter

Nominated by: Cecile Williams Wilmington Senior Center

"Elenore's service at the Wilmington Senior Center is exemplary. Her impact at the center can be measured by her kindness toward all the seniors at the center as well as guests. Elenore has volunteered a total of 350 hours this year at the center alone."

Richard Phillips

Nominated by: Scott Martin A Matter of Balance

"Rich Phillips goes above and beyond as A Matter of Balance Coach. For thirteen years he has contributed thousands of hours to the Matter of Balance program. He truly conducts himself as a leader by not only training volunteers but also provides mentorship to new and existing coaches. He is respected by other coaches. He is kind and caring to participants, helping them over come their fears. He has also acted as an ambassador for Volunteer Delaware 50+ representing the organization on the Fall Prevention Task Force, by actively recruiting coaches when he has classes. He is the most favorite coach by volunteers, based on their feedback surveys."

Cel M. Strecker

Nominated by: Connie Mangano Blood Bank of Delmarva

"Cel is an exceptional Café Host at the Blood Bank of Delmarva and a dedicated caregiver to many. Her commitment goes far beyond the typical volunteer role, with over a thousand hours of service, including 260 hours just this year—and she's still going strong. Cel is not only friendly and approachable but also incredibly knowledgeable and always willing to lend a helping hand."

2025 Volunteer Recognition

Join us in Celebrating!

Years of Service

30 Years Erika Schirm

25 Years Vivian Limmina Thelma O Queen

20 YearsPearl Carlton

15 Years

Lois Barth
Mary Cella
Olga Crowther
Ann Follette
Brenda Harris
Claudia Hughes
George Levine
Rebecca Pernol
Ethel Schepe
Esther Schmerling
Doris Simpson

Sandra Slowik Chris Stranahan



An **Ageless Advocate** is a distinguished individual who is 90 years of age or older and continues to contribute and volunteer their time, talents, and expertise to better their communities. Members of this elite group are recognized for their unwavering dedication while demonstrating that age is no barrier to making a difference.

Dorothy Cheyney
MOT Senior center

Beatrice Colatriano MOT Senior Center

Helene Johnson Blood Bank of Delmarya

George Levine B'nai B'rith House

Dorena Morris

St. Anthony Senior Center

Margaret Mussoni Grand Opera House

Mary Nicoletti
CareWear/
Patches of Love

Doris Simpson

CareWear/
Patches of love

Mayford Sloan MOT Senior Center

Mary Thurman Grand Opera House

Mary Lou Vaughan
CareWear Project/
N. Wilmington









We all know that you volunteer and give back so much simply out of the kindness of your heart and not for recognition. However, receiving your hours regularly is the main method of keeping an active status with the Volunteer Delaware 50+ program and maintaining insurance coverage while volunteering. Additionally, receiving your hours allows us to better capture volunteerism across the State of Delaware. Receiving your hours from the non-profit organization where you serve, also helps us when planning the annual Volunteer Recognition and ensuring you don't miss an invitation to this wonderful and deserving celebration.

Should you have any questions about whether Volunteer Delaware is receiving your hours for any of the locations where you serve, please call is at 302-255-9882.



Nominate a Volunteer Delaware 50+ Volunteer TODAY!!!

Nominations are open for the 2025 Governor's Volunteer Service Awards.
Submit your nomination by January 19, 2025, at
Volunteer.Delaware.gov.

2025 Governor's Outstanding Volunteer Service Awards

https://bit.ly/3ZgFPTp

2025 Governor's Youth Volunteer Service Awards http://bit.ly/4flWW63

2024 CareWear Holiday Drive

We cannot wait to welcome our volunteers who love to create winter items, to our first ever CareWear Holiday Drive in New Castle County. The day will be filled with volunteers turning in the items that they



have been working on all year round. Items will include handcrafted hats, scarves and gloves/mittens for children and adults, blankets and plastic mats. Donated items will be sorted packed for participating non-profits who will then distribute and gift to families and individuals in need.

It's not too late to join us!

If you have made items and would like to donate,
please give us a call to learn more about the CareWear Project.

Please call 302-255-9746 or email Guadalupe.Murphy@delaware.gov.

NEW CASTLE COUNTY VOLUNTEERS NEEDED!!!

2024 Holiday Open House at Rockwood Park

- Elves
- Greeters
- Guest Counters

2024 Holiday Decorating at Glasgow Park

- · Holiday Decorating and Tree Lighting
- Directing Cars to Parking Area and Greeting Guests

For more information, call 302-255-9746 or email Guadalupe.Murphy@delaware.gov.







Powered By





DISC®VER

Volunteer Delaware 50+ 302-255-9101 Arundhati.Ghosh@delaware.gov

New Castle Campus
290 Churchmans Road, New Castle DE 19720

Saturday, December 14, 2024 11:00am to Sunday, December 15, 2024 5:00pm



Volunteer

Hundreds of Adoptable Animals!

The largest adoption event in the country is back! On December 14th and 15th, the Brandywine Valley SPCA will be hosting our Mega Adoption Event. Hundreds of wonderful furry companions will be looking for their forever home – big dogs, small dogs, senior pets, puppies, and kittens.

The adoption fee is \$35 (credit card only), and all pets are spayed/neutered, microchipped, vaccinated, and ready to be adopted. Plan to join the fun and find your new furry companion, or if you have a full house, help spread the word to your family and friends!



One of the greatest gifts you can give is your time.

Volunteers Urgently Needed for the Following Positions in Your Community:

Disaster Deployment Volunteer: Support the day-to-day activities within a shelter

For those able to travel outside of their local area, a commitment of at least 14 consecutive days.

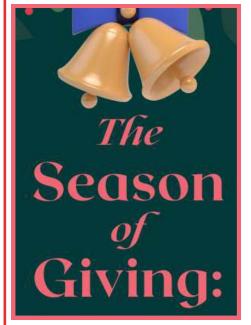
Blood Donor Ambassador: Help Save lives in your community by supporting blood collection at a local blood drive.

Preferred commitment: 1 shift (4-5 hour shift) per month.

Disaster Action Team Specialist: Assist individuals and families who have been impacted by a home fire or local other disaster.

Preferred commitment: monthly on-call shift.

For more information, please contact Volunteer Delaware 50+ at 302-255-9101 or email Arundhati.Ghosh@ delaware.gov





We're looking for a few good board members!



Why join CFFs Board? Because you'll:

- Contribute to a cause you care about;
- Develop or enhance valuable skills, like leadership and strategic planning;
- Connect with like-minded individuals and professionals; and
- Help shape the direction of CFF!

We'd love to meet you!







Brandywine Valley SPCA (BVSPCA) is thrilled to announce a new partnership with DC Health aimed at enhancing and modernizing animal services in the nation's capital. Effective January 1, 2025, BVSPCA will take over all animal control, care, field, medical, and stray services, as well as adoptions for Washington DC. BVSPCA's expertise in animal care, and control will be instrumental in ushering in ensuring compassionate service for animals in DC.

Read the full article at bvspca.org

A NOTE FROM OUR PARTNER



Board Member Volunteer Opportunity



A recent reading at St. Peter Cathedral School in Wilmington.

Children Empowered by Love, Inc (CEBL) has been a Volunteer Delaware 50+ Community Partner for many years. Judith Gupton-Wiley, Director and lead volunteer of CEBL wrote a children's book entitled "You Are Loved" which the organization donates to young children who are considered "at risk" because of their living environments, physical challenges, and/or other factors that might be impediments to them reaching their full potential to thrive. In addition to CEBL donating the book, Director Gupton-Wiley also gives readings to children groups.

Children Empowered by Love, Inc. is currently taking applications for new Board members.

Also, if you know of a school or children's organization that might like to have a book reading,
please contact Volunteer Delaware 50+ at 302-255-9882.



Shoes That Fits tackles one of the most visible signs of poverty in America by giving children in need new athletic shoes to attend school with dignity and joy, prepared to learn, play and thrive.

In DELAWARE Shoes That Fit partners with Title 1 schools, school service centers, and strategic non-profit partners to focus on children in the state that could most benefit from our services, e.g. homeless students.



Will you join is supporting local students with new school shoes?



COACHES NEEDED STATEWIDE

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE

is an award-winning program designed to help seniors manage falls and increase their activity levels.

> Become a Coach Join us for free training!

January 29th and 30th

April 30th and May 1st

10:00 a.m. - 2:30 p.m. Williams State Service Center 805 River Road Dover, DE

For more information or to register contact Volunteer Delaware 50+

Danielle.Briggs@delaware.gov 302-515-3020

Sussex County

Arundhati.Ghosh@delaware.gov 302-255-9101

New Castle County

COACHES WANTED

THANK YOU FROM OUR FAMILY TO YOURS!!

This season we pause to reflect on the countless blessings and the incredible support that surrounds us every day. This year, we are especially grateful for:

- Our resilient community To the individuals and families we serve, your strength and courage inspire us to continue our mission of hope and healing.
- Our dedicated volunteers Your time, compassion, and energy make a profound difference in the lives of thousands.
- Our generous donors and partners Your contributions allow us to provide essential items and life-changing resources to those in need across Delaware.
- Our team Your hard work, passion, and unwavering commitment drive us to serve with purpose and heart.

Because of you, Phoenix Family Resources has been able to provide over 45,000 Delawareans with clothing, hygiene products, food, harm reduction kits, and workforce development opportunities this year alone.

Together, we are making a difference, one step at a time.

From our family to yours, we wish you a Holiday Season filled with love, gratitude, and togetherness. Thank you for being part of our journey and helping us build a stronger, more compassionate community.

With gratitude,
The Phoenix Family Resources Team



HELP KEEP DELAWARE WARM THIS WINTER

HELP KEEP

HELP KEEP

HELP KEEP

HELP KEEP

WARM THIS WINTER

HELP KEEP

WHITE WEATE

PHOENIX FAMILY RESEOURCES

— EVERY CONTRBUTION COUNTS!

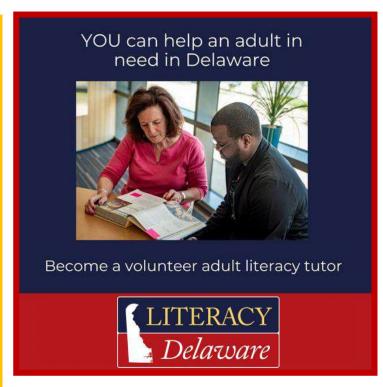
For a listing of donation bin locations in NCC, please visit: phoenixusedclothing.online/locations

For more information, contact Volunteer Delaware 50+ at 302-255-9882 or email

Guadalupe.Murphy@delaware.gov



ONGOING OPPORTUNITIES





You can help to:

- · Promote donating blood and recruit volunteers at community events
- · Enhance the donor experience by greeting and welcoming our donors, sanitizing donor areas, helping donors through the donation journey, restocking supplies in donation area, or serving them in the refreshment area after they saved a life in a center or at mobile drives
- · Administrative support (office, video,
- · Create smiles in the mascot Bloodhound
- · Let us know what skills you bring! Let's start something new!

Scan the QR code for more information or to join our lifesaving team:



REQUIREMENTS

- Complete an online volunteer
- Attend an online orientation Attend specific training Online and/or in person
- Ages 14-15 must have parent/adult actively volunteering with them 16-17 can volunteer alone in a
- eeter role Other roles may be available if part of a school HOSA or Allied Health

) delmarvablood.org/volunteer | 🖎 awilliamson@bbd.org 🕒 302.737.8405 ext 819

Use your compassion and talents to make a difference. Volunteer with AccentCare® Hospice today.

You can support our local patients and families by becoming a:

Ambassador Volunteer

Community outreach, volunteer recruitment

Legacy Volunteer

Create legacles, books, journals, CDs, memory bears, crafts

Office Volunteer

strative assistance Social & Companionship Volunteer
+ Reading, walking, caregiver relief

Music Companionship

Volunteer

• Play, sing and share music with patients, families and friends

Children's Bereavement Camp Volunteer Work with camp staff and children

Bereavement Volunteer

Emotional support for patient family and friends

Spiritual Presence

Support patient's faith related requests

Viail Volunteer

Companionship during patient's last hours

Pet Visitation Volunteer

Patient visits with certified Pet Partners or Therapy Dogs

Special Projects Volunteer

Volunteer support for special groups or events like We Honor Veterans



VeronicaFlemmings@AccentCare.com or 302.533.3800

accent**Care.**

accentcare.com/volunteer

Accent/Care welcomes all persons in need of its services and dose not discriminate on the basis of age, disability, race, color, national origin, ancessy, neighor, gender, gender identify and/or general resources, seculal orientation, or source of polymer.





Shelter Skip Day Program is now available at all Brandywine Valley SPCA Campuses.

Studies have shown that shelter dogs who were able to take field trips off campus were 5x more likely to be adopted than dogs who did not go on outings. These field trips offer beneficial mental stimulation with meeting new people and enjoying different environments, where our dogs can exert pent up energy and reduce their stress levels. These experiences also allow for the dogs to gain useful social and life skills that improve their mental stability and make them better adoption candidates.

This program provides a super fun and rewarding day for Community Service Groups that want to participate in Pack Walks, as well as those who love the company of a dog, but are unable to have their own. By taking a dog off campus for the day, that animal is able to connect with the community with a broader reach, which in turn increases

ONGOING OPPORTUNITIES



the chance of adoption and potentially reduces the length of stay in the shelter. Brandywine Valley SPCA will provide specific Backpacks with all of the necessary supplies for an outing in addition to suggested destination locations. Skip the Shelter Day Participants will also have the opportunity to Foster the animal overnight, as well as the ability to adopt if they find their forever love during a field trip!

We are so thrilled for this program and the benefits for our dogs, especially those that tend to be overlooked on campus, as well as those who have been in the shelter for an extended length of stay! We would love to be able to share the news with more members of the community. So far this has been very successful and the dogs are LOVING their days out.

For more information, contact Volunteer Delaware 50+ at 302-255-9746 or email Guadalupe.Murphy@delaware.gov

ONGOING OPPORTUNITIES



CareWear Meeting Locations

Claymont: N. Wilmington CareWear at B'nai B'rith House

Group Leader: Anna Marie Adams

Date/Time: Third Friday of every month from 10am-11:00am

Location: 8000 Society Drive, Claymont 19730

Newark: Sit N Stitch at the Newark Senior Center

Group Leader: Kathleen Robinson

Date/Time: Second and Fourth Wednesday/month from 10am-12pm

Location: 200 White Chapel Drive, Newark 19713

Hockessin: Must Love Yarn Fiber Group at the Hockessin Library

Group Leader: Cheryl Clem

Date/Time: Wednesdays at 1:00pm

Location: 1023 Valley Road, Hockessin 19707

Newark: Crochet Club Plus at the VFW Post 475 in Newark

Group Leader: E. Talley Brown

Date/Time: Third and Fourth Tuesdays/month 5:30 pm- 7:30pm

Location: 100 Veterans Dr, Newark 19711

For more information, call 302-255-9746 or email Guadalupe.Murphy@delaware.gov





ONGOING OPPORTUNITIES

Volunteers

We need your help.

Delaware Transitions by Delaware Hospice offers free, non-medical support for individuals and their families struggling with all aspects of a serious illness.

Join our volunteer team to help by:

- Running errands for clients
- · Providing transportation
- Visiting clients

Contact us today!

Sussex County, DE

- 💄 Melody Cline
- **** 302-746-4756
- mcline@delawarehospice.org

Kent & New Castle Counties, DE Chester & Delaware Counties, PA

- Rolonda Sutton-Greene
- **302-478-5707**
- rgreene@delawarehospice.org





You Can Make a Difference with PAWS

Our Mission

PAWS for People is a nonprofit organization committed to improving the lives of people in our community by lovingly providing individualized, therapeutic visits with our specially trained volunteers and their certified gentle, affectionate pets.



We Need You to Make it Happen!

Do you have a sweet, people-friendly, gentle, dog, cat or bunny? Would you like to give back to your community? PAWS needs volunteers with their own gentle, affectionate pets to help us spread hope and healing throughout our community.

PAWS volunteers visit hospitals, nursing homes, cancer centers, schools, libraries and anywhere people can benefit from interaction with a pet.

Volunteer Opportunities

PAWS offers specialized training which includes an evaluation of the person/pet team, an introduction to pet therapy, and instruction on best practices for visits.

Our volunteer teams are supported by PAWS staff throughout their training and visiting, including a guided first visit and ongoing assistance with visit placements. PAWS volunteers are the heart of our organization and are valued and celebrated!

Our greatest need is for volunteers with weekday, daytime availability. For more information on volunteering or to make a contribution, please visit our website:





Each new season brings new possibilities.





When you donate your gently used clothing to Forget Me Not Families, they become someone else's new garments. Because of YOUR generosity, we are able to bless individuals and families regularly and provide decent clothing and other donated items to those in our community facing difficult times. Please help us to continue to bless even more families by donating items you no longer need.

In addition to accepting gently used adult and children clothing, we also accept personal care items, underwear and socks, shoes, blankets and all things children such as toys, children's furniture, diapers, wipes and care items.

VOLUNTEER - SPREAD THE WORD

Drop off location:

132 Sandy Drive, Newark, 10713 501 W. Main Street, Middletown 1183 S. DuPont Highway, New Castle 1458 Bear Corbitt Rd, Bear 220 Casho Mill Rd, Newark 2410 Newport Gap Pike, Wilmington 1000 Old Lancaster Pike, Hockessin



ONGOING OPPORTUNITIES



A School-Based Mentoring Program That Works!





BECOME A MENTOR TODAY!

- Mentors meet with their students for an hour once a week during the school year.
- Mentors come from all walks of life: retirees, high school students, office workers, church members, community volunteers, etc. Anyone with a passion for helping children and an ability to accept kids "where they are" can be a successful mentor.
- Mentoring allows adults to give something of themselves in a way that's both selfless and deeply fulfilling.
- Mentors have the privilege of watching their mentees' lives improve as a result of the help, friendship, and guidance they provide.

For more information, please contact Volunteer

Delaware 50+ at 302-255-9746 or email

Guadalupe.Murphy@delaware.gov

ONGOING OPPORTUNITIES



Apply Today!



Seamstress and Crafter Volunteers Needed

Delaware Hospice is looking for crafty volunteers who would like to share their skills with our patients and families.



Memory Bears are crafted at no charge for families of patients in one of our Delaware Hospice programs. Bear patterns and supplies are provided for all orders and made possible through program donations.





Twiddle Muffs are knitted and crocheted muffs which help to alleviate agitation and restlessness in patients with Alzheimer's disease and Dementia. Patients and families benefit from the calming sensory objects.

Patient Care Volunteers Needed

At Delaware Hospice, our team of volunteers provide companionship to patients, respite for caregivers, assist with shopping and errands, and so much more!

RN Volunteers

Patient Care Volunteers

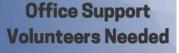
- · Check-in calls with patients.
- · Care calls: provide a listening ear to patients.
- · Visit with a patient (read, share stories, play cards or board games).
- · Provide transportation to doctor appointments, store or pharmacy.
- · Walk with a patient.
- · Run an errand.
- Provide vigil support as a patient nears death.
- Give haircuts to patients.
- · Assemble and deliver care gifts to patients.
- · Pet Therapy Visits.
- · Music Therapy Visits.

· Medication disposal after a patient has passed or is discharged.

- Assist staff with vaccination clinics.
- · Assist with clinical staff education.

Vet-to-Vet Volunteers

· Veterans visit patients who are also veterans and talk about the patient's military experiences.



At Delaware Hospice, our team of volunteers offer a wide range of talents to support our patients, families and

> Office Support Volunteers may assist with:

- File documents
- Assemble patients information packets
- Assist with mailings
- Provide clerical support
- Run errands
- Assist with medical records
- Answer telephones





For more information, contact Volunteer Delaware 50+ at 302-255-9746 or email Guadalupe.Murphy@delaware.gov

VITAS[®] Healthcare

For more information, contact Volunteer Delaware 50+ at 302-255-9746 or email Guadalupe.Murphy@delaware.gov

Fetch a friend to join the VITAS

"I like being tickled by my friends at the nursing home. I give them big kisses to say thank you! Don't just lie around feeling bored ... become a VITAS Paw Pak volunteer, and get a whiff of the good life!"



Registered Paw Pals bring joy to hospice patients by visiting them at home, in nursing homes and assisted living communities, as well as in hospitals.

VITAS Paw Pals treat hospice patients and their families to ...

- Unconditional love and friendship.
- Entertainment and amusement
- Companionship
- Happy memories of past pets
- Comfort during times of loss, pain and stress
- Activity and motion

ONGOING OPPORTUNITIES



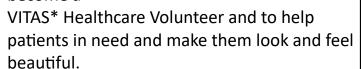
Will You Provide Comfort and Care to the Most Vulnerable?

Join us! Our hospice volunteers become part of our team, building careers and lifelong friendships

VITAS* Healthcare volunteers add to hospice patients' quality of life during their remaining months, weeks, and days. By providing companionship, volunteers ensure patients and their loved ones have the support they need. As a VITAS volunteer, you'll receive comprehensive training and potentially earn rewards of your service. You'll become part of our professional team of doctors, nurses, aides, chaplains and social workers—and forge alliances that you'll carry with you, possibly for like.

These Tools Can Change a Life

Do you enjoy doing hair or pampering people or have cosmetology experience? Join us and become a



Bring joy and comfort to hospice patients.

Be Their Voice, Tell Their Story

Help a hospice patient turn their memories into a memoir as a VITAS LifeBio volunteer.



Even after death, the story of a life lives on by those who are willing to tell it. Join our team as a VITAS* Healthcare LifeBio Volunteer. Leverage your listening and writing skills to help hospice patients tell their stories, creating keepsake biographies for their loved ones to cherish for years to come.

Bring joy and comfort to hospice patients and families.

ONGOING OPPORTUNITIES

Meet diverse people and have fun while engaging in cross cultural activities in Delaware!



www.ptpde.org

Promoting Peace through Understanding by fostering crosscultural exchange and experiences.

info@ptpde.org

Bring your computer skills and volunteer from home to make an impact in our community on one of our many exciting committees.

Public Relations Committee

Create fliers and social posts, assist with mailing list and announcements

Skills: Canva and Mail Chimp

Brainstorm ideas for virtual and in person exchange programs, support tech in online meetings

Fundraising Committee

Assist grant research & writing, foster philanthropic relations

Skills: Word, Excel, Google Docs/Sheets

Membership Committee

Increase public awareness, encourage partnerships, new membership and volunteers

Skills: Excel/Google Sheets

New Castle County Center



Hope Center Volunteer Job Opportunit

- Front Desk Hospitality Liaison
- Greeter & Kindness Spreader
- · General Hospitality Liaison

New Castle County

Hope Center

- Meal Server
- Help Desk/Computer Search Guru

- Morning, afternoon & evening
- Minimum age 18, unless part of a school or organization providing chaperones
- On-going positions (single day also available)
- Background check & orientation are required



TODAY!

365 Airport Rd., New Castle



Facilities and Landscaping

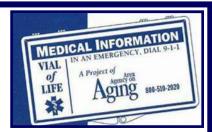
Help create and maintain habitats for our wild bird patients!

JOIN US

For more information, please contact **Volunteer Delaware 50+ at** 302-255-9101 or email

Arundhati.Ghosh@delaware.gov.

The Vial of L.I.F.E program, offered free by New Castle County Emergency Medical



Services, assists seniors and disabled residents by providing vital medical information during emergencies. Simply fill out a medical form, place it in a labeled bottle in your refrigerator, and attach the provided magnet to signal EMS. This ensures that essential details are quickly accessible when you need help. To get your Vial of L.I.F.E, contact 302.395.8184 or email vialoflife@newcastlede.gov. Stay safe and prepared!

RESOURCES

CHARITY Crossing's

Giveaway Items: Household items, Pet Items, Packaged Foods, Toys, Clothing, etc

UPCOMING BIVEALUAY

Please DO NOT SELL Donated Items Respect our Volunteers. Follow Guest Guidelines. Violators will not be allowed.



Helping Our Community and Environment Recycle | Reuse | Reclaim | Restore | Repurpose





For an updated listing of giveaway dates and locations, visit: charitycrossing.org/cc-giveaway



To view a pdf version online, visit: dhss.delaware.gov/dhss/dsaapd

The Delaware ADRC is your onestop access point for information, assistance and referral to resources that support older Delawareans, adults with disabilities and caregivers.

CONTACT DELAWARE ADRC Phone: 1-800-223-9074 Email:

Delaware ADRC @ delaware.gov





loved ones from Medicare fraud.

Preventing Medicare Fraud

Senior Medicare Patrols (SMPs) empower and

Protect Yourself and

assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse.

Delaware Senior Medicare Patrol 1-800-223-9074 barbara.jackson@delaware.gov



Senior Roll Call Lifeline is a free program provided by New Castle County, Division of Police, that makes daily calls to the homes of our elderly or disabled members to ensure they are doing well and do not

require emergency assistance. If after several attempts the calls are unsuccessful, emergency help is sent to the home to check on the well-being of the member. For more information call 302-255-9878.

RESOURCES

Decluttering. One step at a time.

By: Kim Mazewski, Owner of Consciously Cleared and Contained LLC Kim is a certified professional organizer (and licensed OT) serving New Castle County, DE, & surrounding areas.

Helping a friend pare down? Here are some helpful tips for you and your friend. Remember, never toss things without their consent. Don't assume that they want the clutter or chaos, maybe they are like most of us and just see this mess and feel overwhelm.

As an OT, it's all about modifying the activity to maximize participation, client-centered goals, and ensuring accessibility and functionality for most-used items!

Here's some strategies I used to knock out this office while conserving energy and keeping pain at bay in my client, Ms. B.

- Ms. B sat in the doorway while we talked about goals, reviewed which furniture could be donated, and made plans for what papers to be trashed/recycled (yellow pages from 2007!) v which need to be checked. This let me make a huge dent independently while I gave her seated tasks like looking through recipes she's collected.
- ❤ We did FaceTime for the books: I held it up and read the title, she said keep or donate.

- ▶ I corralled anything not-office-related and set up piles on the dining room table for her to peruse. She kept less than 25% and most of it was relocated.
- ▶ I gathered all the papers and divided into categories: suggested trash/recycling, unopened mail, cards/pictures, notebooks with handwritten notes etc., and brought them to her one pile at a time, so it was manageable and not overwhelming.
- Checking in...decision fatigue is real so I'm watching for signs that she is done. Making sure I see her stop to eat, drink, stretch, take breaks etc (so many clients need reminders to do these things, I do too sometimes!)

For more tips, follow Consciously Cleared and Contained LLC on Facebook or visit her blog at www.consciouslyclearedandcontained.com













