

COMMUNITY VOLUNTEER OPPORTUNITIES & EVENTS

For More Information Call 302-515-3020

OR Visit us at

<https://volunteer.delaware.gov/volunteer-delaware50>

Aww, pumpkin spice, that incredible flavor that tickles your senses only at this time of year. How much I enjoy the fall season! Apple cider, pumpkins, mums and seeing children dressed in their Halloween finery. The weather gets cooler, then switches to give one last gasp of summer before turning into the real fall/winter season.

I worry when the darkness arrives ushering in the very cold, about the rise in people that are not sheltered. There seems to be more and more homeless individuals on the streets. Georgetown is launching a new initiative that will serve as a test for other towns in the First State. Forty tiny modular "shelters" are completed and scheduled to be open now. Later, a building housing communal showers and dining will be constructed. The tiny homes were placed on land behind First State Community Action, put together by volunteers by Dogfish Brewing Co. and received plumbing services by Horizon Services. The funding sources include ARPA (American Rescue Plan Act) funds, the State of Delaware and the Longwood Foundation. Some people will have a small, but warm place to be in the next few months of darkness and cold. I'll be following along to see how this village system works for towns looking to keep folks warm and safe. I hope you'll join us in our efforts **to help ALL of those who are vulnerable well** this holiday season and share what you have with others. *Best wishes, Ann Gorrin*

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

Do you want to recognize one of our partners or volunteers for an exceptional act of service, contact our office and see if we can spotlight them!



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November is National Alzheimer's Disease Awareness and Family Caregivers Month

In 1997, President Bill Clinton named the week of Thanksgiving as a time to honor caregivers, and that has since expanded to National Family Caregivers Month.

November is also National Alzheimer's Disease Awareness Month (NADAM). Signed into proclamation by President Ronald Reagan in 1983, NADAM remains a great opportunity to raise public concern of the disease with a particular focus on caregivers.

To mark these events, the Alzheimer's Association Delaware Valley Chapter is encouraging people to lend a helping hand to more than 55,000 Delaware family members and friends serving as Alzheimer's and dementia caregivers.

About the Alzheimer's Association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia*. Visit alz.org or call 800.272.3900.

8 Ways to Support an Alzheimer's Caregiver

Learn: Educate yourself about Alzheimer's disease – its symptoms, its progression and the common challenges facing caregivers. The more you know, the easier it will be to find ways to help.

Build a Team: Organize family and friends who want to help with caregiving. The Alzheimer's Association offers [links](#) to several free, online care calendar resources that families can use to build their care team, share tasks and coordinate helpers.

Give Caregivers a Break: Make a standing appointment to give the caregiver a break. Spend time with the person living with dementia and allow the caregiver a chance to run errands, go to their own doctor's appointment, participate in a support group or engage in an activity that helps them recharge. Even one hour could make a big difference in providing the caregiver some relief.

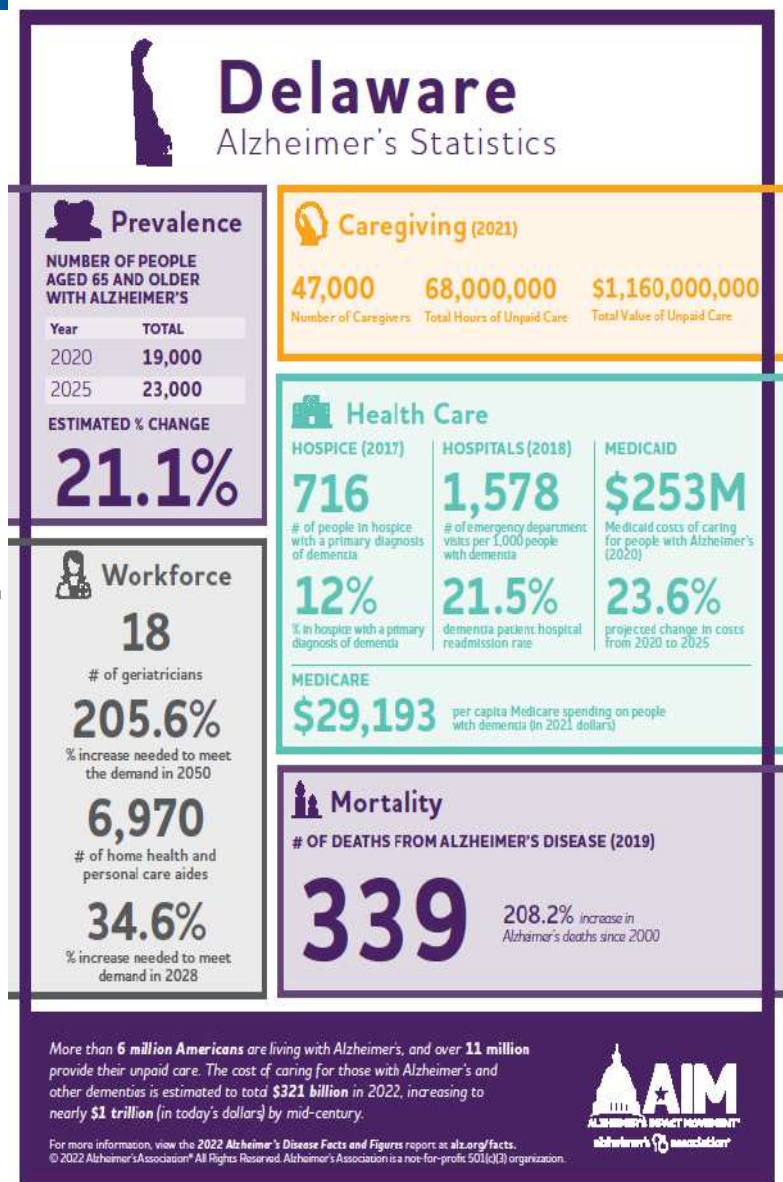
Check In: Many Alzheimer's and dementia caregivers report feeling isolated or alone. So, start the conversation – a phone call to check in, sending a note, or stopping by for a visit can make a big difference in a caregiver's day and help them feel supported.

Tackle the To-Do List: Ask for a list of errands that need to be run – such as picking up groceries or prescriptions. Offer to do yard work or other household chores. It can be hard for a caregiver to find time to complete these simple tasks that we often take for granted.

Be Specific and Be Flexible: Open-ended offers of support ("call me if you need anything" or "let me know if I can help") may be well-intended, but are often dismissed. Be specific in your offer ("I'm going to the store, what do you need?"). Continue to let the caregiver know that you are there and ready to help.

Help for the Holidays: Holiday celebrations are often joyous occasions, but they can be challenging and stressful for families facing Alzheimer's. Help caregivers around the holidays by offering to help with cooking, cleaning or gift shopping. If a caregiver has traditionally hosted family celebrations, offer your home instead.

Join the Fight: Honor a person living with the disease and their caregiver by joining the fight against Alzheimer's. You can volunteer with your local Alzheimer's Association chapter volunteer.alz.org, participate in fundraising events such as [Walk to End Alzheimer's](#) and [The Longest Day](#), advocate for more research funding alz.org/advocate, or sign up to participate in a clinical study through the Alzheimer's Association's [Trial Match](#).





ChristianaCare

IN COLLABORATION WITH **accentCare.**

ChristianaCare Hospice in Collaboration with Delaware AccentCare (formerly Seasons Hospice & Palliative Care of Delaware) is seeking Friendly Visitor Volunteers to share their time and provide friendly volunteer visits to terminally ill patients and their families. There is no medical or personal care involved - just caring from the heart! Volunteer visits are flexible, based on your availability and are always close to your home. We provide professional and comprehensive training that prepares our volunteers to visit patients in homes. *YOU* can make a difference by...

- Providing companionship and conversation
- Reading aloud to a patient or listening to music
- Looking at photos together & sharing memories
- Working on a craft project together
- Sitting with the patient; caregiver can run errands or go to a doctor appointment
- Journaling to help a patient record their history
- Watching movies or television together
- Playing cards or games
- Taking a patient for a walk in a wheelchair
- Providing a supportive presence

For more information please call Danielle Briggs at 302-515-3029

NEW OPPORTUNITY

Prime Hook National Wildlife Refuge Volunteers Wanted!

Do you love the outdoors and talking
with friendly people about nature?

So Do We!

The Coastal Delaware National Wildlife
Refuge Complex is looking for volunteers
to staff our visitor centers.

Both Bombay Hook in Smyrna and Prime
Hook National in Milton are looking for
friendly people to help welcome and
orient visitors to the refuges.

Most volunteers work a 4 hour shift
once a week. Even if you can only give
one day a month we'd be happy
to have help.

We also have a need for lawn and trail
maintenance volunteers.

For more information email or call:

Bobbi Jo Tice at 302-515-3024



American Red Cross
National Capital & Greater
Chesapeake Region



EVENT DATES

9/10/22 10AM - 11AM

10/15/22 10AM - 11AM

11/9/22 12PM - 1PM

11/19/22 10AM - 11AM

12/8/22 12PM - 1PM

JOIN THE RED CROSS!

NOW is the perfect time to JOIN US...
GET TRAINED...and BE
PREPARED to help your local
community! Learn about positions
with blood donation centers, disaster
action teams, and much more. Come
listen, learn and ask your questions!

Learn first-hand from our volunteers
and staff what it means to be a Red
Cross Volunteer! The Open House
will be conducted via Microsoft
Teams. You can join with or without
video through your phone or
computer!

Please Contact Danielle Briggs at

Volunteer Delaware 50+ at 302-515-3029



Duffle Bag Project
Sew In November 17th: Can you help?

Villages of Five
 Points Community
 Center
 17339 N Village Blvd
 Lewes DE

Join us at Five Points Community Center November 17 from 9am –3pm

Make Duffle Bags , Ditty Bags, and sew elephants and dogs
 for the Foster Care Program.

Don't know how to sew? ***That's ok*** all hands are welcome!

We need help cutting fabric, Velcro, and marking fabric!

All new volunteers are welcome! Stop by to learn more about the Project .

Email Hilda Adams for more details, what do bring and **RSVP.** Keepmailhca@gmail.com

DUFFLE BAG PROJECT

Hope to see you there !

YOU Are Loved



Mid-Delmarva

"Our mission is to mobilize local churches to transform lives and communities In the Name of Christ."

For more information on these or
 any other opportunity in this
 newsletter please contact the
 office of Volunteer Delaware 50+
 302-515-3020.



As we are nearing Code Purple season, we are looking to put together a team of volunteers to assist in caring for our homeless neighbors at our multiple shelters this winter. This is a critical need for us, both for daytime and over-night help. For those considering volunteering, we will be hosting informational meetings/trainings at the following locations:

Nov 1st @7pm - Avenue UMC Church 20 Church St, Milford

Nov 5th @10am - Love INC Cross Building 703 E King St, Seaford

Nov 10th @7pm- Lewes St. Jude The Apostle Church 152 Tulip Dri #1689, Lewes

Nov 15th @7pm - Milford Nazarene 11 Salevan Pl, Milford

Nov 17th @7pm - Georgetown Presbyterian 203 N Bedford St, Georgetown

**VOLUNTEERS
NEEDED!**

40 TH ANNIVERSARY
**DELAWARE
HOSPICE**

VOLUNTEER ORIENTATION

**Join us for a one-day, in-person session at
the Delaware Hospice Center!**

Date: Tuesday, January 17

Time: 9 a.m. to 2 p.m.

Location: Delaware Hospice Center
100 Patriots Way, Milford, DE 19963



Space is limited, RSVP today!

**Contact Danielle Briggs for more information regarding the Hos-
pice Orientation please contact Danielle Briggs. Email:**

Danielle.Briggs@delaware.gov or call 302-515-3029.

**MILFORD
WELLNESS
VILLAGE**



**Milford Wellness Village is looking for
Front Desk volunteers.**

- Welcoming visitors to the center.
- No Phones. (will not have to answer phones)
- Free WiFi and access to the campus café.

21 West Clark Avenue * Suite 1030 * Milford * DE * 19963

Questions or Interest Please Contact Danielle Briggs at 302-515-3029

Volunteers Needed!

Blood Bank of Delmarva



**What Helping Hand
will you lend to help
Blood Bank of
Delmarva?**

Call the office today at
302-515-3020 to learn
more about Volunteer
Opportunities at a local
Canteen or Mobile
Location in Sussex County!

Volunteer | Blood Bank of Delmarva (delmarvablood.org)



CHANGE THE WORLD ONE CHILD AT A TIME



BECOME A MENTOR

Help unlock a child's potential
in just 30 minutes a week.

Become a mentor in the
Cape Henlopen School District.
(Elementary, Middle, or
High School)

**CONTACT BOBBI JO TICE AT VOLUNTEER DELAWARE 50+ FOR MORE INFORMATION. 302-515-3024 OR
EMAIL BOBBI.TICE@DELAWARE.GOV**



Volunteers Needed

At our Rehoboth Beach store.

Do you have 8 hours a week to help sort clothing,
price items, work on the salesfloor? If so, we offer
a great work environment, 50% off after 30 days.

**Come join our team and help our
veterans in need.**



EVENTS

You Are Invited!

Senior Financial Crimes and Prevention

Presented by Master Cpl/3 Lewis W. Briggs III

of the Delaware State Police Community

Outreach Unit

Cpl/3 Briggs will present the Delaware State Police Community Engagement Unit Presentation on Senior Financial Crimes and Prevention. Inter-net scams, identity theft, and current fraudulent trends will be discussed.

November 21, 2022

10:00 a.m.

Sussex County Administrative Offices —West Complex

22215 N. DuPont Blvd.

Georgetown, DE 19947

The Sussex County Advisory Committee on Aging and Adults with Physical Disabilities is an 11-member panel established by the Sussex County Council to be an advocate for programs and policies that benefit older and disabled residents of the county.

The committee meets bi-monthly beginning in January on the third Monday of each meeting month at 10:00 a.m.



FRAUD AND ABUSE AND ERRORS, OH MY!

Have you ever been awake at 2 am, watching TV and the advertisement for knee braces comes on? The announcer lets you know that they'll do all the work and even bill Medicare for you, worry-free. Before you hit that "place in cart" button, think twice.

This scenario has the potential for being a set-up for Medicare fraud. Why? In many instances, you'll be sent a sub-standard piece of equipment while the company charges Medicare for a higher-end product.

Yes, there are thousands of legitimate durable equipment companies. They understand the need for having a licensed provider's order, and that this equipment needs to be top of the line to endure daily use. Sadly, not all durable medical equipment companies are the same.

This is just one small example of how Medicare and we as beneficiaries, are seeing upwards of \$80 billion dollars lost to Medicare fraud and abuse annually. These losses have a long-term effect on the Medicare Trust Fund, resulting in potential lack of funds to current and fu-

ture generations.

Who and what is Senior Medicare Patrol (SMP)? SMPs were authorized in 1997 under Titles II and IV of the Older Americans Act, the Omnibus Consolidated Appropriation Act of 1997 and the Health Insurance Portability and Accountability Act of 1996. Since 2003, SMP has been supported by funding from the Administration for Community Living (ACL). Through community outreach, our mission is to educate Medicare beneficiaries, families, and caregivers on protecting, detecting, and reporting potential or suspected Medicare fraud, errors, and abuse. Our staff provides one on one consultations, group and community outreach and presentations, including 55+ communities, senior centers, and service clubs. We'll even join you for an hour of MEDICARE BINGO while educating the group on Medicare fraud, abuse, and errors.. If you are interested in setting up a thirty-minute presentation or learning more about how to put a dent in that \$80 billion loss or even volunteering with Senior Medicare Patrol, please call Bobbi Jo Tice at 302-515-3024.

**Need a quest speaker? Contact Bobbi Jo Tice 302-515-3024 to
get more information on SMP**

EVENTS


**LEWES SENIOR
Activity Center**

Holiday Craft Fair

Saturday, November 5th

8:00 am—1:00 pm

**Over 30 craft vendors, LSAC ceramics,
books & puzzles, food concessions**

Join us!

Lewes Senior Activity Center

32083 Janice Rd, Lewes

Two Ahhhmazing Holiday Events that'll have you Fa La La La La'ing

CHRISTMAS CRAFT BAZAAR 2022

Our hall will be full of beautiful, handmade
crafts just in time for the holidays!

November 12th, 2022

8:30am - 1:00pm



214 Irons Avenue
Millsboro, DE 19966
302-934-8839 x 1



6th Annual Delaware Resorts 55+ EXPO



November 5 ~ 9am to 4pm

Cape Henlopen High School

The 55+ Expo will feature over 80 of the resort area's top health, wellness and home products and service companies. Beebe Healthcare, our Lead Sponsor, will be sharing information and offering FREE health screening as well as flu shots.

Shop and SAVE as many Exhibitors offer Expo Specials!
The 55+ Expo benefits Lewes/Rehoboth Meals on Wheels.

Free Admission! Free Parking! Gifts & Prizes!

Please contact Kathy@deexpos.com,
call 302.236.0857 or www.deexpos.com



www.deexpos.com

Sponsors:



Your invited to our Annual Holiday Event



Cape Henlopen Senior Center

**11 Christian Street, Rehoboth Beach, DE
(302) 227-2055**



When

**Saturday, November 19th,
2022**

9:00 a.m. to 2:00 p.m.

Craft Vendors

Artwork Crafts

Avon

BeCause Cosmetic

Homemade Baked Goods Color

Street Nail Polish Strips Doll Clothes

Handcrafted Items

Home-made Scented Jar Candles

Home-made Baked Goods

Jams and Jellies

Jewelry for all ages

Kiln Formed Glass Dishes, Ornaments, etc.

Knitting & Crochet Items

NFL Throws & Pillows and Gift Baskets Purse, Place Mats, etc.,

Scrap Booking and Photo Albums
Watercolor Prints

.....And more!

JOIN US FOR IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



Join us for a November "Dementia 101: Educational Program Series"

An Introduction to Alzheimer's Disease
Wed., November 2 | 1:30-2:30 p.m.
<https://action.alz.org/mtg/87008031>

10 Warning Signs of Alzheimer's Disease
Wed., November 9 | 1:30-2:30 p.m.
<https://action.alz.org/mtg/86908412>

Understanding Alzheimer's and Dementia
Wed., November 9 | 1:30-2:30 p.m.
<https://action.alz.org/mtg/86908412>

Hosted by

Laurel Public Library
101 E. 4th Street
Laurel, DE 19956



Brought to you by



Registration is preferred. Click a link, visit alz.org/crf or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

Walk-ins are welcome!

For information about other Alzheimer's Association Delaware Valley Chapter programs and services, visit alz.org/dehval.



TO REGISTER, CALL 800.272.3900 OR
VISIT US ONLINE AT ALZ.ORG/CRF.

ALZHEIMER'S  ASSOCIATION®



Overdose Prevention Training

The Sussex County Community Response Team with Beebe Healthcare and Epworth United Methodist Church will provide overdose prevention training during the free drive through food Pantry.

Thursday, December 22, 2022
10:00am-12:00pm
19285 Holland Glade Road
Rehoboth Beach, DE 19971

LEARN HOW TO
REVERSE AN OVERDOSE

Training takes about 5 minutes complete. You will then receive a free Narcan kit provided by the Division of Public Health.



EPWORTH
REHOBOTH BEACH
a United Methodist Church



DELAWARE
Community Response Team



Art from the Heart

[Click Here To Get
Additional Details
& Submit Art](#)

[Join Us for our Online Art Auction](#)

Monday, November 14th @ 9:00 am

to

Sunday, November 20th @ 5:00 pm

[ARTISTS](#), You are cordially invited to contribute 1-3 pieces for
this fundraiser to benefit PAWS for People

Browse, bid, and enjoy the beauty!
Local Artists donating over 75
works of art



WOMEN'S CLUB OF
MILTON

HOLIDAY BAKE SALE

& QUILT RAFFLE DRAWING
DECEMBER 10 ~ 9 AM - 3 PM
AT THE MILTON
HOLLY FESTIVAL

Milton Fire House ~ 110 Front St





Partners of Volunteer Delaware 50+

VOLUNTEER OPPORTUNITIES

AGAPE Senior Center	Easter Seals	Milton CHEER Center
Alzheimer's Association	Food Bank of Delmarva	Nanticoke Senior Center
American Red Cross of Delmarva	Georgetown CHEER Center	Nanticoke Watershed Alliance
American Legion Aux. #17	Georgetown Elementary	Creek watchers
American Legion Aux. Unit #28	Georgetown Public Library	New Life Thrift Shop
American Veterans Thrift Store	Georgetown VA Clinic	Ocean View Volunteers
Atlantic Shores Rehab & Health Care	GFWC Women's Club of Indian River	Office of the Public Guardian
Autism Delaware	Good Samaritan Aide Shop	Ombudsman Program
Auxiliary of Stockley Center	Greenwood CHEER Center	Overfalls Foundation
Back Bay Strummers	Greenwood Public Library	Pathways to Success, Inc.
Barbara K. Brooks Transition House	H.O. Brittingham Elementary School	PAWS for People
Bay Health Medical Center	Habitat for Humanity	Philip C. Showell Elementary School
Beebe Healthcare	Habitat ReStore	Possum Point Players
Big Brothers/Big Sisters	Harbor Health Care Center	Prime Hook National Wildlife Refuge
Blood Bank of Delmarva	Harbor Lights CHEER Center	Read-Aloud Delaware
Brandywine Living	Indian River Senior Center	Rehoboth Elementary School
Brandywine Valley SPCA- Georgetown	iTN Southern Delaware	Renaissance Health Care
Bridgeville Senior Center	John M. Clayton Elementary School	Robin Hood Thrift Shop
Cancer Support Community	Laurel Senior Center	Ronald McDonald House of Delaware
Cape Henlopen Senior Center	Lewes Senior Center	Roxana CHEER Center
CareWear Project	Lighthouse Christian School	South Coastal Library
CASA Program	Little Grace Kids	Special Olympics Delaware
Casa San Francisco	Long Neck CHEER Center	The ARK Educational Consulting, Inc.
CHEER Coastal Leisure Center	Long Neck Elementary School	The First Tee of Delaware
CHEERful Notes Glee Club	Lord Baltimore Elementary School	The Way Home
Children & Families First	Love INC of Mid-Delmarva	Thresholds
ChrisianaCare in collaboration with Delaware	Mason-Dixon Woodworking Club	TidalHealth-Nanticoke
AccentCare formally known as Seasons Hospice	Matter of Balance	Village Volunteers
Coastal Concerts, Inc.	Meals on Wheels	Volunteer Delaware 50+
Community Resource Center	Manor House	Advisory Council, Inc.
Contact Lifeline	Milford Wellness Village	Volunteer Delaware 50+
DCRAC (DE Community Reinvestment Action Council)	Millsboro Public Library	Technical Assistance
Delaware Hospice/South Division	Millville Volunteer Group	Woman's Club of Milton
Delaware Senior Medicare Patrol		Zwaanendael Club
Delaware Veterans Home		
Delmar Public Library		
East Millsboro Elementary School		