

NCC VOLUNTEER OPPORTUNITIES

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!



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VOLUNTEER DELAWARE 50+



Volunteer Delaware 50+ can serve as a strong recruitment pipeline for your organization. Our program focuses on engaging experienced individuals who actively choose to serve—bringing professional skills, reliable availability, and a strong commitment to long-term volunteerism.



AS A COMMUNITY PARTNER, YOUR OPPORTUNITIES WILL BE:



Promoted directly to prospective volunteers



Highlighted during outreach events



Featured in our monthly newsletter (including ongoing and one-time opportunities)



BENEFITS FOR YOUR VOLUNTEERS:



Connect with Volunteer Delaware 50+ staff for recognition and storytelling opportunities



Track and centralize volunteer hours across multiple organizations



Participate in our annual Volunteer Recognition Luncheon



Receive supplemental insurance coverage (Excess Volunteer Liability & Excess Automobile Liability)



IMPORTANT TO KNOW

Your existing volunteers must provide consent to enroll in Volunteer Delaware 50+ to receive full program benefits. Participation is **free** and will not affect their role within your organization.



STEPS TO BECOME A COMMUNITY PARTNER:

- 1 Meet with the Volunteer Delaware 50+ team
- 2 Share your volunteer recruitment needs
- 3 Participate in a mutual review process (Program focus: volunteers age 50+)
- 4 Establish a formal Memorandum of Understanding (MOU) with the State of Delaware

Know an organization in New Castle County that could use support?



**CONTACT OUR
NEW CASTLE OFFICE:**

302-255-9882

Because every hour tells the story of community impact.

You volunteer because you care about your community—not for recognition or statistics. But when your volunteer hours are reported through **Volunteer Delaware 50+**, they help tell an important story about the value of volunteer service across Delaware.



YOUR HOURS HELP:



DEMONSTRATE COMMUNITY IMPACT

Volunteer hours show how much work is being accomplished by nonprofit organizations through the dedication of volunteers like you.



INFORM STATE LEADERS

Volunteer Delaware shares statewide volunteer data with policymakers and state leaders to highlight the critical role volunteers play in addressing community needs.



SHOW THE ECONOMIC VALUE OF SERVICE

Volunteer hours can be translated into a dollar value, helping demonstrate the significant contribution volunteers make to Delaware's communities.



SUPPORT NONPROFIT ORGANIZATIONS

Accurate volunteer data helps us better understand volunteer engagement and advocate for the organizations that depend on volunteer support.



AMPLIFY VOLUNTEER VOICES

Your participation helps us share volunteer stories, inspire others to serve, and raise awareness about the causes and organizations making a difference.

WHAT INFORMATION IS NEEDED?

To be part of Volunteer Delaware 50+, we only need:

- Name
- Phone Number
- Date of Birth (to verify age eligibility)

This information helps ensure volunteer hours are counted accurately and not reported twice.

Your service matters.
Your story matters.
Your hours matter.



By sharing your volunteer hours, you help make volunteer service **VISIBLE, MEASURABLE, and IMPACTFUL.**

**VOLUNTEER
DELAWARE 50+**
New Castle County Advisory Council Inc.

Your Story Inspires! 



Share Your Volunteer Story

Help us celebrate the heart of our community by sharing how volunteering has made a difference—for you and for others!

- ♥ Your story can inspire others.
- ♥ Your impact deserves to be recognized.
- ♥ Your voice helps us honor the power of service.



Ready to share?
Email your story to:
Tija.Hopkins@delaware.gov

Stories may be featured at our Annual Volunteer Recognition!

SAVE *the* DATE



ANNUAL VOLUNTEER RECOGNITION



Tuesday, November 12, 2026

Thank You
For Making a
Difference!

*Honoring Our Volunteers.
Celebrating Our Impact.* 



Richard Alexander
Jane S. Barfield
Carmilla Barnhart
Pre' Belardo
Rebecca Bennett
Hyacinth Boissiere
E. Talley Brown
Susan Burkhard
Mary Cella
Charlotte Clark
Martina Connell
Janet Cornwell
Rick Croswell
Faith Davidson
Roland Dey
Janet Dixon
Michele Dudley
Patricia Flanigan
Zenaida Gephardt
Janice Gilbert
Judith Gupton-Wiley
Shriley Harrison
Pat (Patricia) Hiles
Amy Holmquist
Deborah Howard
Nancy Johnson



Wanda Johnson
Dennis Lane
Linda Leggett
Margaret Love
Debbie Marinelli
Gerald McLynn
Rosemary Silvestro
Ruth Smith
Bryanne Souders
Susan Staniszewski
Cecilia Strecker
Eric Venema
Eva Walton
Carol Winkler



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS



A Matter of Balance: Volunteer Coaches Making a Difference



In communities across New Castle County, A Matter of Balance classes bring older adults together for something simple but powerful—learning how to move with more confidence and less fear of falling. The conversations are often just as important as the exercises. People share stories, laugh, and realize they're not alone in their concerns or experiences.

What truly makes the program work, though, are the volunteer coaches who lead each class. They are community members who choose to show up, week after week, to encourage, guide, and support participants. They don't need a clinical background—just patience, compassion, and a willingness to help others feel more confident in their daily lives.

For many participants, those familiar faces make all the difference. A bit of encouragement from a coach can turn hesitation into progress, and progress into renewed independence.

As the program grows in New Castle County, so does the need for new volunteer coaches. Without them, we cannot open additional classes or continue meeting the demand in our communities. With them, more older adults can experience the confidence and stability that A Matter of Balance is designed to build. Training is provided, and the impact is immediate and meaningful. Many coaches say they get just as much out of the experience as the participants they support.



If you've wanted a way to give back that truly changes lives in your own community, becoming a coach might be the right step. Sometimes, all it takes is someone willing to stand beside you to help you move forward.

For more information please call Volunteer Delaware 50+ at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.

Service has no age limit.

This summer, lifelong learners from the **University of Delaware Osher Lifelong Learning Institute (OLLI)** and students from **Odyssey Charter School Summer Camp**, and **ASPIRA Academy Summer Camp**, came together for one shared purpose—transforming recycled plastic bags into sleeping mats for individuals experiencing homelessness.

Together, they learned that small actions can create a lasting impact. Every strip of plarn, every knot, and every woven row represents compassion, teamwork, and hope. Different ages. Shared purpose. Stronger communities.

Stay tuned for more to come as we conclude our summer workshops!



**UNIVERSITY OF DELAWARE
OSHER LIFELONG
LEARNING INSTITUTE
(OLLI)**

MULTI-GENERATIONAL. ONE MISSION.

Creating sleeping mats from recycled plastic bags
for our neighbors experiencing homelessness.

**ASPIRA ACADEMY
SUMMER CAMP**

**ODYSSEY CHARTER SCHOOL
SUMMER CAMP**

**VOLUNTEER
DELAWARE 50+**

 Multi-generational
volunteers.
One mission.
One community
making a difference.

**DELAWARE 50+
Bags & Mats
for the Homeless**

For more information, please contact Volunteer Delaware 50+ at 302-255-9882 or emailing Guadalupe.Murphy@delaware.gov

THANK YOU

READ ACROSS DELAWARE

VOLUNTEERS



*Celebrating the volunteers
who make Read Across Delaware possible.*



THANK YOU FOR YOUR TIME, HEART, AND SERVICE.

State Office of Volunteerism



AmeriCorps



DELAWARE
HEALTH AND
SOCIAL SERVICES

VOLUNTEER DELAWARE 50+

WEDNESDAY, AUGUST 19
FRIDAY, AUGUST 21

READ ACROSS DELAWARE BOOK SORTING PARTY!

HELP GET BOOKS
INTO THE HANDS
OF YOUNG READERS!

50+
VOLUNTEERS

& HIGH SCHOOL
STUDENTS
WANTED!

Join us to sort and organize
books that will be shared
with children across
Delaware.



DATES:
AUGUST 19 & 21, 2026
10:00 AM – 1:00 PM



LOCATION:
DEBNAM BUILDING
HERMAN HOLLOWAY CAMPUS
1901 N DUPONT HIGHWAY
NEW CASTLE, DE 19720



WHAT YOU CAN BRING TO DONATE

- Children's books (Pre K-12)
- Picture books
- Educational materials
- Young adult novels



FOR MORE INFORMATION, CONTACT:
Arundhati Ghosh
302-255-9101
arundhati.ghosh@delaware.gov

STATE OFFICE OF VOLUNTEERISM
**VOLUNTEER
DELAWARE**
volunteer.delaware.gov



THURSDAY, AUGUST 20

STATEWIDE BOOK DRIVE READ ACROSS DELAWARE



Help spread the joy of reading!



Attention Volunteer Delaware 50+ Volunteers!

Help spread the joy of reading by donating new and gently used
books to support literacy throughout Delaware.

*This project is in conjunction with the
9/11 Remembrance / National Day of Service Project.*



**THURSDAY,
AUGUST 20TH**



1:00 PM – 3:00 PM



BEAR LIBRARY

101 Governor's Pl
Bear, DE 19701

WHAT YOU CAN DONATE



Children's
books
(Pre K-12)



Picture
books



Educational
materials



Young adult
novels

Your donation helps build stronger readers and brighter futures!



FOR MORE INFORMATION, CALL
302-255-9101

CONTACT: Arundhati Ghosh: arundhati.ghosh@delaware.gov

State Office of Volunteerism
**VOLUNTEER
DELAWARE**
volunteer.delaware.gov



PROGRAM TIMELINE 2019–2025

A volunteer-driven initiative by Volunteer Delaware 50+ providing sleeping mats and pillows for individuals experiencing homelessness.



2019	2020	2021	2022	2023	2024	2025
 Sleeping Mat Project Begins in Sussex County Lead Volunteer: Linda Mason 29 mats made and distributed - Distributed through 9 community organizations	 72 mats made and distributed - Distributed through 8 community organizations	 109 mats made and distributed - Distributed through 7 community organizations	Bags2Mats Expands to New Castle County  NEW CASTLE COUNTY 22 mats made and distributed SUSSEX COUNTY 134 mats made and distributed through 12 organizations	 NEW CASTLE COUNTY 76 mats 38 pillows 3,040 volunteer hours 45,600 plastic bags recycled 603+ pounds of plastic repurposed 9 community partners SUSSEX COUNTY 112 mats	 NEW CASTLE COUNTY 40 mats 28 pillows 2,065 volunteer hours (\$77,003 value) 24,200 plastic bags recycled 920+ pounds of plastic diverted 10 community partners 30 workshops & events SUSSEX COUNTY 60 mats	 NEW CASTLE COUNTY 61 mats 40 pillows 2,067 volunteer hours (\$68,955 value) 45,750 plastic bags recycled 1,600+ pounds of plastic diverted 15 community partners 30 workshops & events SUSSEX COUNTY 78 mats
CUMULATIVE SUSSEX COUNTY 29 MATS	CUMULATIVE SUSSEX COUNTY 101 MATS (29 + 72)	CUMULATIVE SUSSEX COUNTY 210 MATS (101 + 109)	CUMULATIVE TOTALS NCC: 22 MATS SC: 344 MATS (201 + 109)	CUMULATIVE TOTALS NCC: 98 MATS (22 + 76) SC: 456 MATS (344 + 112)	CUMULATIVE TOTALS NCC: 138 MATS (98 + 40) SC: 516 MATS (456 + 60)	CUMULATIVE TOTALS NCC: 199 MATS (138 + 61) SC: 594 MATS (516 + 78)

STATEWIDE TOTALS



As of December 2025, more than **793 mats** and **98 pillows** have been made and gifted by our dedicated Bags2Mats volunteers statewide.

366 MATS

As of Dec. 2022
(344 + 22)

554 MATS

+ **38 PILLOWS**
As of Dec. 2023
(98 + 456)

654 MATS

+ **58 PILLOWS**
As of Dec. 2024
(138 + 516)

793 MATS

+ **98 PILLOWS**
As of Dec. 2025
(199 + 594)

OUR 2019–2025 IMPACT AT A GLANCE



793 MATS

DISTRIBUTED
STATEWIDE



98 PILLOWS

DISTRIBUTED
STATEWIDE



115,550+ PLASTIC BAGS RECYCLED
(NCC 2023–2025)



3,123+ POUNDS
OF PLASTIC KEPT
OUT OF LANDFILLS
(NCC 2023–2025)



96+ VOLUNTEERS
ACROSS BOTH
COUNTIES



7,712+ VOLUNTEER HOURS*
(NCC 2023–2025)

*Value: \$145,958+
(Based on 2025 rate)

COUNTY TOTALS (2019–2025)

SUSSEX COUNTY

594 MATS DISTRIBUTED
(2019–2025)

78 MATS IN 2025

NEW CASTLE COUNTY

199 MATS DISTRIBUTED
(2022–2025)

61 MATS IN 2025

STATEWIDE TOTAL: 793 MATS + 98 PILLOWS

OUR MISSION

We transform donated plastic bags into durable sleeping mats and pillows—providing comfort, dignity, and protection from the elements for neighbors experiencing homelessness while reducing plastic waste in our communities.

Thank you to our volunteers, community partners, and supporters who make this impact possible!



A NOTE FROM OUR PARTNER



WAG & PAWSathon

The Wag & PAWSathon is 30 days of Connecting, Supporting, and Celebrating PAWS pet therapy!

As our largest annual fundraiser, the Wag & PAWSathon supports PAWS pet therapy programs throughout our region, all year long.

Registration is now open to community members of all ages to register as a team or an individual and choose how to participate throughout the 30-days. Starting on **September 17, 2026**, you can begin tracking and earning points by connecting through contests and walks; supporting by building a team and raising funds, and celebrating at PAWS events.



THE WALKATHON

Everyone's favorite virtual, cumulative marathon returns as part of the 2026 Wag & PAWSathon. The cumulative format allows you to log your 26.2 miles over 30 days and walk anytime, at your own pace – on your own, with a pet, or with friends.

You can track your mileage, collect donations, and earn points toward prizes.



PAWS FURRY FALL FESTIVAL

Join us on Saturday, October 17th to celebrate the finale of the Wag & PAWSathon! Family-friendly fun, entertainment, food, vendors, children's activities, and doggie games and contests will be featured.

This event is open to everyone; bring friends and family.

Well behaved, licensed dogs are welcome to attend!



VOLUNTEERS NEEDED!!!

If you, or your group are interested in volunteering at Furry Fall Festival Event on October 17, please email Kate Rosenthal at events@PAWSforPeople.org.



EVENT DATE: Saturday, October 17, 2026
10:00 AM – 1:00 PM



LOCATION: Delcastle Park
2920 Duncan Rd., Wilmington, DE 19808



LEARN MORE & REGISTER AT: PAWSforPeople.org/WagPAWSathon



For more information, please contact Volunteer Delaware 50+ at 302-255-9882 or email Guadalupe.Murphy@delaware.gov

A NOTE FROM OUR PARTNER

Middletown Odessa Townsend
Jean Birch
Senior Center

VOLUNTEERS NEEDED *for the* M.O.T. PEACH FESTIVAL!

Help prepare hundreds of delicious peach
pies & cobblers for our community tradition!

PEACH PEELING VOLUNTEERS NEEDED



TUESDAY, AUGUST 12 &
WEDNESDAY, AUGUST 13



9:00 AM – 3:00 PM



M.O.T. SENIOR CENTER

- ✓ We will peel **70 cases** of peaches to bake nearly **300** pies & cobblers!
- ✓ **Lunch provided** each day
- ✓ Bring an apron & a paring knife (if available)
- ✓ Don't have a knife? We have a few to provide.



**15 VOLUNTEERS
NEEDED EACH DAY**

FESTIVAL DAY LUNCH SERVICE VOLUNTEERS NEEDED



SATURDAY, AUGUST 15



ARRIVE AT 10:45 AM



M.O.T. SENIOR CENTER

*Help keep the lunch service
running smoothly by:*

- Clearing tables as guests finish eating
- Assisting with trash removal as needed
- Supporting festival guests during lunch service



**4 VOLUNTEERS
NEEDED**



PLEASE CONTACT:
**MOT JEAN BIRCH
SENIOR CENTER**

302-378-4758

For more information, please contact
Volunteer Delaware 50+ at 302-255-9882 or
email Guadalupe.Murphy@delaware.gov

A NOTE FROM OUR PARTNER



WE'RE COLLECTING SHOES!

Help Us Prepare for Our Annual

EMPTY SHOE PROJECT



Earle VanBlarcom III

December 29, 1990 - December 4, 2023

We are beginning to collect gently used shoes—**PREFERABLY SNEAKERS**— for our upcoming *Empty Shoe Project*, which will be held in **SEPTEMBER** (date to be determined).



These shoes will be **donated back** to those in need in our community once the event is over.



WE ARE LOOKING FOR:



- ♥ Gently used sneakers
- ♥ Clean, wearable shoes
- ♥ All sizes welcome
- ♥ Adult shoes only

DROP OFF AT:

 **432 SALEM CHURCH RD.
NEWARK, DE 19702**

AT OUR DONATION SHEDS

24/7



For more information please call Volunteer Delaware 50+ at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.

VOLUNTEERS NEEDED!!!!

Literacy Delaware is in need of up to 3 volunteers on Wednesday September 16th from 1:30pm – 4:00pm to help prepare for the fundraising event. Role would involve unloading baskets and displaying them on tables. Volunteer time will conclude before start of the event.

For more information please call Volunteer Delaware 50+ at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.

A NOTE FROM OUR PARTNER



★ *Gals That Give*
Have fun & #dogood!
JOIN US FOR A NIGHT OUT TO SUPPORT

LITERACY
Delaware

SEPTEMBER
16
5:30PM

Bally's
DOVER
DOVER, DE
\$45 PER TICKET

TO PURCHASE TICKETS
Scan Me



TO SPONSOR OR DONATE TO THE AUCTION, EMAIL
GALSTHATGIVECHARITY@GMAIL.COM

"I feel I'm making a positive impact on their lives"
Literacy Delaware Volunteer Tutor

YOU can make a positive impact too!

volunteer@literacydelaware.org
302.658.5144
www.literacydelaware.org



Improved literacy and English language skills help adults successfully navigate the healthcare system leading to better outcomes.



LITERACY
Delaware

Since I started studying with Literacy Delaware, I feel great and much more confident when trying to speak English; I can communicate more fluently about everyday matters.



LITERACY
Delaware

A NOTE FROM OUR PARTNER



A Tiny Baby Needs OUR COMMUNITY'S LOVE

We are asking for your help to welcome
a precious newborn preemie baby boy
home.

WE NEED BABY ITEMS!

EVERY DONATION MAKES A DIFFERENCE.



PREEMIE & NEWBORN CLOTHING

Onesies, sleepers, pants, etc.



DIAPERS

Preemie & Newborn sizes



BOTTLES & FEEDING SUPPLIES

Bottles, nipples, formula, etc.



BLANKETS, SLEEPERS & MORE

Hats, mittens, socks, swaddles,
pacifiers & other baby essentials



NEW OR GENTLY USED ITEMS

ALL DONATIONS ARE GREATLY APPRECIATED!



Let's surround
this little boy
with love and
help bring him
home.



DROP OFF DONATIONS AT:

PHOENIX FAMILY RESOURCES

6 Church Dr., Newcastle, DE 19720 | (302) 593-7532

Thank you

for helping give this
little one a warm,
loving start!



phoenixfamilyresourcesde.org

COMPASSION • DIGNITY • HOPE



TOGETHER, WE CAN SURROUND THIS LITTLE BOY WITH LOVE. Thank you for being part of our community!



For more information, please contact
Volunteer Delaware 50+ at
302-255-9882 or email
Guadalupe.Murphy@delaware.gov

A NOTE FROM OUR PARTNER



WILDLIFE HOTLINE OPERATOR

VOLUNTEERS NEEDED



Looking for volunteers who:



Are willing
to answer
hotline calls
to help wild
birds



Enjoy talking
with people
& educating
the public
about wildlife



Are
comfortable
operating a
multi-line
phone
system



Are kind &
compassionate
during all
conversations
and
interactions

For more information, please contact Volunteer Delaware 50+
at 302-255-9882 or email Guadalupe.Murphy@delaware.gov

A NOTE FROM OUR PARTNER

MENTORS NEEDED



Application period for the
2026-2027
Academic Year will open on
AUGUST 26, 2026

STATE OF DELAWARE

STUDENT MENTORING PROGRAM

Having a supportive adult increases educational and social outcomes for young people. **Help our students succeed through these five easy steps:**

- 1 Apply:** Complete an online application.
- 2 Screen:** Mentors must complete a background check.
- 3 Train:** Complete a two-hour, guided virtual training.
- 4 Coordinate:** Mentors will be connected with a school.
- 5 Mentor:** Start making a difference in the life of a student.

Get started and learn more at

de.gov/mentoring



One caring adult can make a lasting difference in a student's life. Through the State of Delaware Student Mentoring Program, volunteers help students strengthen their literacy skills while encouraging confidence, curiosity, and a sense of belonging.

Supporting public education is a shared responsibility, and mentoring is one meaningful way to be part of that work. Make a difference. Become a mentor.

Steps to Mentor:

1. Apply: de.gov/mentoring
2. Screen: once approved state will assist with fingerprinted background check
3. Train: facilitated by Connecting Generations
4. Coordinate: qualified mentors will be connected with district/charter
5. MENTOR: mentor begins supporting students for the academic year



**For more information,
please call
Volunteer Delaware 50+
at 302-255-9882 or email
Arundhati.Ghosh@delaware.gov.**

A NOTE FROM OUR PARTNER



Attention Literacy Delaware Volunteers!



Did you know if you are a registered volunteer with Literacy Delaware, you are eligible to join the **largest network of volunteers in Delaware?**



If you are 50 years young and volunteer with Literacy Delaware, please send an email to **Arundhati.Ghosh@delaware.gov** to receive your welcome gift.



Literacy Delaware volunteers are eligible for **self-reporting** of hours.



For more information,
please call **302-255-9882**

For more information please call Volunteer Delaware 50+ at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.

A NOTE FROM OUR PARTNER

VOLUNTEERS NEEDED!




500,000
MEALS DELIVERED
ANNUALLY


1,500
HOMEBOUND SENIORS
SERVED DAILY


500
CONGREGATE MEALS
SERVED DAILY AT
SENIOR CENTERS

HEAR FROM OUR AMAZING VOLUNTEERS

“ I have been a volunteer for the City Fare Meals on Wheels program for about one year. I got involved after I retired and wanted to do something actionable that helps people in New Castle County. I am now familiar with my route and all the homes along the way. I enjoy delivering the meals because it is not a huge time commitment (one day every other week), but it means so much to the people who receive the meals. I keep coming back because it is a very valued service, is a defined bi-weekly commitment and provides me with the satisfaction that I have supported fellow Delawareans .

– David B.



“ As a registered dietitian for many years, I witnessed the positive impact Meals on Wheels had in the lives of my patients and clients. Since retiring, I have volunteered with several different organizations. I must say my time delivering meals this past year has been the most rewarding. The recipients are so grateful to receive this food, every person thanks me every week.

I would highly recommend getting involved in The Meals on Wheels program. It only takes about 2 hours a week. Your time will be well spent!

– Mary S.



MAKE A DIFFERENCE IN YOUR COMMUNITY!

-  Flexible Schedules
-  Every Other Week
-  Meaningful Connections
-  Volunteer. Make an Impact.

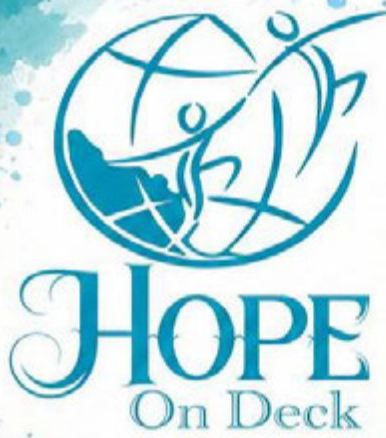
We need you! 

For more information, please
contact Volunteer Delaware 50+
at 302-255-9882 or email
Guadalupe.Murphy@delaware.gov .

| VOLUNTEER TODAY!



A NOTE FROM OUR PARTNER



Earle's Legacy

RESOURCE CENTER

Providing hope, dignity and essential resources
for individuals and families in our community.

No Judgment. Just Support. You Are Not Alone.

WE OFFER:



FOOD

Nutritious food
items for
individuals and
families in need.



CLOTHING

Gently used
clothing for
all ages and
seasons.



HOUSEHOLD ITEMS

Essentials to
help make a
house a home.



FREE NOTARY SERVICES

Professional
notary services
at no cost.



NARCAN TRAINING

Free Narcan
training to help
save lives and build
a safer community.



OTHER RESOURCES

Referrals and
connections to
additional services
to support your
journey.

Here to Help. Here to Hope. Here for You.



HOURS



MONDAY
10:00 AM – 2:00 PM



TUESDAY
2:00 PM – 5:00 PM



WEDNESDAY
10:00 AM – 2:00 PM



54 Albe Dr. Unit F
Newark, DE 19702



hopeondeck.org



HONORING EARLE.
SERVING OTHERS.
BUILDING STRONGER TOMORROWS.

Together, we can make a difference—one life at a time.

A NOTE FROM OUR PARTNER

3 ways to save lives

Make a difference
in your community.



Donate blood

There is no substitute for blood, and only eligible donors can meet the need.



Make a financial gift

Can't give blood? Make a one-time gift or pledge ongoing support.



Volunteer your time

Volunteers play a crucial role in helping save lives every day.

Ready to become a VOLUNTEER?

Please call Volunteer Delaware 50+
at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.



888.8.BLOOD.8 • delmarvablood.org

ONGOING OPPORTUNITIES



**HELP US TURN
PLASTIC BAGS
INTO MATS FOR
THE HOMELESS**



**2026
BAGS2MATS
WORKSHOPS**

Second and Fourth Thursday
of each month.

Time: 9:30 AM - 11:30 AM

Newark Senior Center
200 Whitechapel Dr. Newark

Volunteer Delaware 50+

Volunteers collect, cut, loop then crochet or weave the plastic material into a mat. Mats create a barrier between the wet, dirty, and cold ground, as well as help retain body heat. One mat = 600 bags.

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

Bags2Mats
for the Homeless



Bags2MatsDE

Bags2Mats
for the Homeless

**Stay Connected.
Make an Impact.**

f
FOLLOW US
ON
FACEBOOK!

Bags2Mats for the Homeless – Delaware turns plastic bags into durable sleeping mats for individuals experiencing homelessness—thanks to volunteers like you!



SEE PROJECTS IN ACTION
Photos, stories, and updates from events.



LEARN THE PROCESS
See how plastic bags become life-changing sleeping mats.



FIND EVENTS & WORKSHOPS
Discover ways to volunteer and get involved.



MEET OUR VOLUNTEERS
Connect with caring people across Delaware.



SEE THE IMPACT
Follow the difference your support helps make in our communities.

VISIT OUR FACEBOOK PAGE!

facebook.com/Bags2MatsDE



Scan to
visit our
page!

Every Mat Makes a Difference. ♥

LITERACY
Delaware

BECOME A VOLUNTEER ADULT LITERACY TUTOR!

No experience required

Attend an online information
session to learn more about
becoming an adult literacy
tutor



www.literacydelaware.org

*"You can make a difference in
someone's life allowing them to
succeed."*

**Please visit
our website to
register**



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
call Volunteer Delaware 50+
at 302-255-9882 or email
Arundhati.Ghosh@delaware.gov.

ONGOING OPPORTUNITIES

OFFICE OF THE CHILD ADVOCATE
DELAWARE

**Our Mission:**

A voice for Delaware's abused and neglected children through skilled volunteers, community collaboration, and quality representation, instilling a need for safe and permanent relationships that will build healthy and resilient children.

What is a CASA?

A CASA (Court Appointed Special Advocate) is a specially trained volunteer from the community who is appointed by a Family Court Judge to advocate for the best interest of a child experiencing foster care, in the courtroom and in the community.

What do CASAs do?

- Advocate for children experiencing foster care due to abuse and neglect.
- Establish strong, stable connections with their assigned youth.
- Advocate to ensure the child receives needed services such as medical, mental health, education, housing and career services.
- Attend meetings and gather information from parties involved in the child's life.
- CASAs work with the Child Attorney and CASA Coordinator to make recommendations of what's best for the child, and the wishes of the child in the courtroom.
- Remains involved in the case until the child is reunified with their family or when that is not possible, works to find a safe and permanent home.
- A CASA is required to meet with the child face-to-face at least once a month.
- A CASA is a party to the case and is required to attend all court hearings to testify to their findings and recommendations as the child's advocate.



For more information please call
Volunteer Delaware 50+ at 302-255-9882
or email Arundhati.Ghosh@delaware.gov.



ONGOING OPPORTUNITIES

**VOLUNTEERS
NEEDED!**

APPLY ONLINE



- Bear/Newark
- Claymont
- Brandywine
- Delaware City
- Middletown
- New Castle
- Wilmington

Looking for volunteers in New Castle County who have reliable transportation to deliver meals to the homebound and elderly.

Pickup time: Weekdays between 10:30am-11:15am
Only takes about 1.5 hours!

If Interested, please contact:

Volunteer Delaware 50+ at

302-255-9882 or email

Guadalupe.Murphy@delaware.gov

How often you deliver is up to you!



For more information please call
Volunteer Delaware 50+
at 302-255-9882 or email
Arundhati.Ghosh@delaware.gov.



Phoenix Family Resources
Phoenix Community Resource & Reuse Hub

Essential Resources for Stability, Dignity, and Recovery

YOU ARE WELCOME HERE
A safe place for support and connection.



Community Resources Available

- Clothing & seasonal essentials
- Hygiene supplies & personal care
- Food support
- Peer recovery support
- Harm reduction & recovery support
- Workforce readiness assistance

Bring This Card When You Visit Phoenix

- Clothing
- Food
- Hygiene supplies
- Harm reduction resources
- Peer recovery support

Scan to learn more or get connected.

6 Church Dr., New Castle, DE | 302-487-5351

Phoenix, We Rise Up.

ONGOING OPPORTUNITIES



Join the ReStore Volunteer Team!

Passionate about affordable housing?
The ReStore Team needs volunteers to sort, price, and organize donations to help build homes in New Castle County. Volunteer shifts are available at Prices Corner and Middletown.

Store Hours:

Prices Corner: Tue – Sat, 10 AM – 5 PM

Middletown: Wed – Sat, 10 AM – 5 PM

Volunteer Duties Include:

- Sorting and pricing home goods, tools, appliances, and more
- Answering customer and donor questions
- Testing and preparing electronics, power tools, and appliances
- Light cleaning and organizing

Help make a meaningful impact! Become a ReStore Team Volunteer today!

Contact us to get started

302-255-9101

302-255-9756



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



Promoting Peace through Understanding by fostering cross-cultural 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

Program Committee

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

Skills: Zoom

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



Ninety percent of the American Red Cross workforce are volunteers and our work is only possible because of people like you. Discover the role that's right for you today.

- **Blood Drives and Blood Delivery:** Help staff the registration/sign-in desk, monitor the hospitality/snack area and deliver blood to our processing centers and community hospitals.
- **Disaster Preparedness and Response:** Help families and communities prepare for emergencies, from home fires to natural disasters, before they happen. Volunteers provide care and comfort, and access to necessities like food, clothing, and shelter. In addition, our recovery services help people get back to their lives as quickly as possible.
- **Servicing our Armed Forces:** Provide 24-hour communications and resource support to members, veterans and families at home, in military hospitals, and military installations around the world.
- **More Opportunities:** Explore a wide range of positions based on your interests and time commitment - from Training Services and teaching community classes like CPR, First Aid and water safety, to Youth Education, Community Outreach, to supporting Fundraising and Special Events.

Communities across the country count on the Red Cross every day and we can't do it without you.

ONGOING OPPORTUNITIES

VOLUNTEERS NEEDED

Grief affects everyone at some point in their life. Our volunteers help us create a safe environment around death and dying while our families cope and heal.

Training is provided and required to support our community of children ages 5-18 coping with the loss of a loved one.

BENEFIT

- Build a sense of community
- Create meaningful relationships
- Make a lasting impact



supporting **kidds**
The center for grieving children and their families



We believe...
No Child Should Ever Grieve Alone.

JOIN US

For More Info
Scan the QR Code or
Visit Our Website
supportingkidds.org/volunteer



Brandywine Valley SPCA

EXPRESS PET HEALTH

wellness in two shakes of a tail

- LOW-COST VACCINES
- HEARTWORM PREVENTION
- FLEA/TICK PREVENTION

WALK-UP CLINICS | NO APPOINTMENT NECESSARY

For more information, please contact
Volunteer Delaware 50+ at
302-255-9882 or email
Arundhati.Ghosh@delaware.gov.



Sit-n-Stitch
Newark Senior Center

SECOND & FOURTH WEDNESDAY
of the month

Newark Senior Center
200 Whitechapel Dr.
10:00 AM

Group's emphasis is on producing donations to various community groups. Members are welcome to work on their own projects, share pattern ideas, or attend to learn new skills. For additional information, please visit the reception desk.



For a listing of CareWear affiliated groups with times and locations, please email Volunteer Delaware 50+ at Guadalupe.Murphy@delaware.gov or call 302-255-9746.

The CareWear Project

CareWear is a volunteer group in Delaware that knits, crochets, and sews handmade cold-weather items like hats, scarves, and blankets for vulnerable community members. Items are distributed through local nonprofits, churches, hospitals, and service agencies, and volunteers can choose their own projects while staying connected with other crafters.

ONGOING OPPORTUNITIES



CareWear
Project

VOLUNTEER DELAWARE 50+
NCC: 302-255-9746
Sussex: 302-515-3020

Knot Your Average Fiber Group

EVERY WEDNESDAY
Hockessin Public Library
1023 Valley Rd
Hockessin, 19707
1:00 - 2:00 PM



THANK YOU
volunteers

Crochet Club Plus

Meeting Time:
5:30 PM

Meeting Locations:
FIRST & SECOND TUESDAY/ MONTH
Newark Wesleyan Church
708 W Church Rd. Newark

THIRD AND FOURTH TUESDAY/ MONTH
VFW Post 475
100 Veterans Dr. Newark




Ask us about addition CareWear locations, to include Hockessin, N. Wilmington & New Castle.

CareWear
N. WILMINGTON

THIRD FRIDAY
of the month

10:00 AM
B'nai B'rith House
8000 Society Dr.
Claymont 19703



2026 Meeting Dates

1/16	5/15	9/18
2/20	6/19	10/16
3/20	7/17	11/20
4/17	8/21	12/18

Addition dates and locations include Hockessin, New Castle & Newark.

For more information, visit Volunteer.Delaware.gov/CareWear-Project or email Volunteer Delaware 50+ at Guadalupe.Murphy@delaware.gov.

For more information, please
contact Volunteer Delaware 50+ at
302-255-9882 or email
Guadalupe.Murphy@delaware.gov

The Newark Senior Center

Song Birds

Thursdays 10:00 AM

Do you enjoy singing and sharing music?
Come join the Newark Senior Center
SongBirds - no audition required. Male
voices are especially needed Group
meeting every Thursday from 10:00 AM -
11:30 AM. There is a \$4 monthly fee.

ONGOING OPPORTUNITIES



What do these birds have in common?



They all need a ride!

How can you help them?

BECOME A TRANSPORTER

**VOLUNTEERS
NEEDED!**

HELP US SORT DONATIONS!



Lend a Hand, Make a Difference!

**HELP US SORT & ORGANIZE
CLOTHING, FOOD, & SUPPLIES
FOR THOSE IN NEED!**

**VOLUNTEERS
NEEDED!**
No Experience Needed

Sign Up Today!

mavanhopeondeck@gmail.com



Earle's Legacy Resource Center
54 Albe Drive, Unit F
Newark, DE 19702

HopeOnDeck.org

**YOU CAN HELP
PRISONERS LEARN
HOW TO MAKE
BETTER DECISIONS
FOR THEIR LIVES.**



**As a trained VOLUNTEER,
you will can help an inmate to:**

- Eliminate reactive behavior
- Learn decision making skill to be able to make good decisions.
- Replace victim image thoughts with confidence and self-worth
- Develop goal-setting skills

WHY VOLUNTEER?



Your experience, encouragement, and leadership can have a lasting impact on someone working to rebuild their life and become a productive member of the community.



**VOLUNTEERS
ARE NEEDED**

TO FACILITATE EVENING CLASSES IN
**WILMINGTON & SMYRNA,
DELAWARE**



**EVENING CLASSES
6:00 PM - 8:00 PM**

Your time and guidance can help individuals build confidence, improve decision-making skills, and create a better future.



**ONE CONVERSATION
CAN INSPIRE CHANGE.
ONE VOLUNTEER
CAN MAKE A DIFFERENCE.**

— THRESHOLDS OF THE STATE OF DELAWARE, INC. —

CONTACT INFORMATION

NCC Team:
302-745-1758
 302-781-0750

MiltChaski@gmail.com
 PorterDallas646@gmail.com

*Be the
change.
VOLUNTEER
TODAY!*

Helping individuals make better decisions for a brighter tomorrow.

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 legacies: books, journals, CDs, memory bears, crafts

Office Volunteer

- Administrative 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 Volunteer

- Support patient's faith related requests

Vigil 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

For more information, please scan the QR code or contact our volunteer service coordinator at: VeronicaFlemmings@AccentCare.com or 302.633.3800

For more information, please contact Volunteer Delaware 50+ at 302-255-9882 or email Arundhati.Ghosh@delaware.gov.



ONGOING OPPORTUNITIES

For more information, please contact Volunteer Delaware 50+ at 302-255-9882 or email Guadalupe.Murphy@delaware.gov

DELAWARE HOSPICE

Since 1982

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

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.

RN Volunteers

- 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.

**Patient Care
Volunteers Needed**

Volunteer Opportunities Across Delaware

Make a Difference This Summer



Special Olympics Delaware Cycling Classic



Sandsweeper at Delaware Seashore State Park



Building Books Across Delaware



Habitat for Humanity of New Castle County



Mamie A. Warren Senior Center



Newark Bike Project

EXPLORE MORE OPPORTUNITIES AT getconnected.delaware.gov

★ Find ways to give back in communities across our state. ★

DELAWARE

VOLUNTEER WITH US



The Grand Opera House
The baby grand
The Playhouse

Show Corps Volunteer:

Bartender (licensed)
Ticket Check
Usher
Coat Check

Grand Marshals:

Administrative Support
Welcome Visitors
Special Events / Tours

Enjoy wonderful performances while volunteering!!!

www.thegrandwilmington.org/support-us/ways-volunteer



Healthy Heart Ambassador Blood Pressure Self-Monitoring Program

Do you want to better manage your blood pressure (BP)? We are here to help!
Join the **Healthy Heart Ambassador** program to lower your BP through behavior change and support.

In this four-month program, you will get:

- ✓ **A FREE BP Monitor** for those who qualify.
- ✓ **Easy Training** on how to track your BP at home.
- ✓ **Personal Support:** Two virtual sessions per month with a Healthy Heart Ambassador.
- ✓ **Healthy Eating Tips:** Monthly online nutrition seminars and "Simple Cooking with Heart" demo.



To Join, You Must:

- Be a Delaware resident
- Be 18 years or older
- Have a high BP diagnosis
- Not have had a cardiac event in the last year (heart attack or stroke)
- Not have an irregular heartbeat (atrial fibrillation or other arrhythmias)
- Not have lymphedema (swelling in the limbs)

Get More Info and Sign Up:

- Call: 302-208-9097
- Email: DHSS_DPH_HHA@delaware.gov
- Scan this QR Code:



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health



Quality
Insights

This publication was supported by Cooperative Agreement Number 14206P007420 from the Centers for Disease Control and Prevention as part of the National Cardiovascular Health Program (CDC DE AOR-23-0008). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEOPH-CV20004

RESOURCES

NEW CASTLE
COUNTY

4TH FRIDAYS

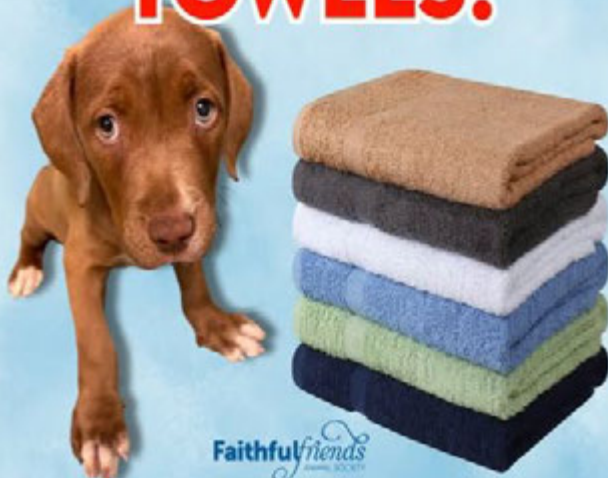
"connecting people from place to place"

1-888-323-HOPP (4677)
WWW.THEHOPP.ORG

FOOD GIVEAWAY SITES

ASBURY AFRESH UMC // 10:00AM 300 E. BASIN RD., NEW CASTLE WILMINGTON MANOR LIONS CLUB // 10:30AM WESTERN SENIOR CENTER 11 BASSETT, NEW CASTLE PENIEL UMC // 11:00AM 115 E MARKET ST NEWPORT WILMINGTON UNITED LIONS CLUB // 11:00AM CONSCIOUS CONNECTIONS 22 E 23 RD. WILMINGTON RICHARDSON PARK UMC // 11:00AM 11 N MARYLAND AVE. WILMINGTON TREE OF LIFE // 11:30AM 109 GLASGOW DR, NEWARK, DE 19702 UNION UMC // 10:00AM 345 SCHOOL BELL RD, BEAR, DE	BETHESDA UMC // 12:00PM 116 E. MAIN ST. MIDDLETOWN DALE LEE HAVEN UMC // 12:00PM 143 E LAKE ST. MIDDLETOWN BUTTONWOOD UMC // 12:00PM 1700 WILMINGTON RD NEW CASTLE ALDERSGATE UMC // 12:30PM 2313 CONCORD PIKE, WILMINGTON SIMPSON UMC // 12:30PM DELIVERY ONLY, WILMINGTON LINDA'S ANGELS CHILDCARE // 1:00PM 6 PARKWAY CT NEW CASTLE INTERFAITH COMMUNITY HOUSING // 2:00PM 613 N WASHINGTON, WILMINGTON
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WE NEED BATH TOWELS!



Faithful Friends
Animal Society

Donations can be dropped at Faithful Friends,
located at 165 Airport Rd, New Castle, DE 19720.
Please call (302) 427-8514 for more information.

FREE NOTARY SERVICES

At **EARLE'S LEGACY
RESOURCE CENTER**

**WE OFFER NOTARY SERVICES
FREE OF CHARGE**
to the community.

FAST & SIMPLE
Quick, convenient
service you can trust.

100% FREE
No fees. No hidden
costs. Completely free!

OPEN TO EVERYONE
Available to all
members of the community.

NEED DOCUMENTS NOTARIZED?
STOP BY OUR CENTER FOR ASSISTANCE.

EARLE'S LEGACY RESOURCE CENTER
54 Albe Dr.
Newark, DE 19702

Providing resources with compassion, support, and care.

RESOURCES



CAREGIVER CORNER
SAVE THIS NUMBER!

DELAWARE 211 IS A FREE STATEWIDE RESOURCE THAT CONNECTS RESIDENTS WITH:

- CAREGIVER SUPPORT
- FOOD ASSISTANCE
- HOUSING HELP
- TRANSPORTATION
- MENTAL HEALTH SERVICES
- RESPITE RESOURCES
- DISABILITY SERVICES
- CRISIS SUPPORT

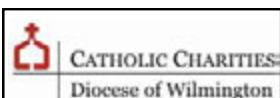
YOU DO NOT HAVE TO FIGURE EVERYTHING OUT ALONE.
SOMETIMES ONE PHONE CALL CAN CONNECT YOU TO PROGRAMS YOU DIDN'T EVEN KNOW EXISTED.

CALL 211
TEXT YOUR ZIP CODE TO 898-211
[HTTPS://DELAWARE211.ORG](https://delaware211.org)



- **United Way of Delaware (Delmarva Power Customer Relief Fund):** uwde.org/utilityassisted
 - This is a one-time fund, and customers who have already received Customer Relief Fund assistance, including through Energize Delaware, are not eligible to apply again.
- **Energize Delaware (Delaware Sustainable Energy Utility /SEU):** EnergizeDelaware.org
 - Customers are only eligible to participate in one program and may not participate in both programs. Eligible Delmarva Power customers will participate in the Delmarva Power Customer Relief Fund and all other utility customers may be eligible for the Delaware Energy Fund. When the Delmarva Power Customer Relief Fund has been expended, Delmarva Power customers may qualify for the Delaware Energy Fund so long as they meet program qualifications. or Delmarva.com
 - **Home Energy Checkup and Counseling (HEC2)**
 - **Delaware Energy Fund**
- **LIHEAP:** DHSS.Delaware.GOV/DSS/LIHEAP
 - **Catholic Charities:** 302-655-9624 (New Castle County)
 - Winter Heating Fuel Assistance
 - Crisis Assistance
 - Catholic Charities Basic Needs
 - **First State Community Action Agency (FSCAA) - HELP Program:** 800-372-2240
 - **Summer Cooling Assistance Program (SCAP):** provides room-sized air conditioners to qualified recipients.
 - **Energy Coordinating Agency (ECA):** 302-504-6111, 215-609-1000 or email DEAPDocs@ecasys.org
 - **Weatherization Assistance Program (WAP)** (partnership with DNREC- Department of Natural Resources and Environmental Control)
 - **Repairing Replacing Heaters and Conserving Energy (RRHACE)**(partnership with FSCAA): assists eligible households with the repair or replacement of inefficient or inoperable HVAC systems.

Challenged with
rising energy costs?



RESOURCES



Already this summer has been a scorcher, so take the extra steps to **make sure your furry family members stay cool all summer long**. Check out our tips for keeping those tails wagging and purrs going strong!

- ☛ Limit outdoor activity to cooler times of the day, and keep potty walks brief during the hottest days.
- ☛ Be especially careful in the heat with senior pets, young pets like kittens and puppies, and dogs with "flat" faces like pugs and bulldogs, as they cannot cool as efficiently as others.
- ☛ Use caution on hot pavement, asphalt, and sand, using booties, cooling the pavement down with water, or staying on cooler grass.
- ☛ When outdoors, make sure there's access to shade and ample fresh, cool water.
- ☛ Watch for signs of heat stroke: rapid panting, weakness, bright tongue color, thick saliva, possible vomiting. If observed, apply cool, not ice water over the body, give small drinks of cool water, take to the vet.
- ☛ Never leave your pet in your car unattended without the A/C running.

For more information on any of the YMCA's Community Health Programs, please call 302-572-9622, email communityhealth@ymcade.org or visit www.ymcade.org/programs/community-health-programs.



- **Blood Pressure Self-Monitoring:** A 16-week program design to support adults with hypertension in lowering blood pressure. For more information, visit YMCA of Delaware Health and Fitness Exercise Classes. New sessions starting in September.
- **BrainSavers:** Experience a research-backed, holistic approach to vibrant aging. This instructor-led program boosts both your physical and cognitive health, promoting vitality, resilience, and independent living. New sessions start in September. A 12-week program. Visit www.ymcade.org/brainsavers.
- **YMCA's Diabetes Prevention Program:** A year-long lifestyle change program meant for people with pre-diabetes or who are at risk for developing type 2 diabetes. Covered by most insurances and grant available. Visit www.ymcaDE.org/preventdiabetes.
- **LEAN (Lifelong Essentials of Activity and Nutrition):** A 14-week weight management program that focuses on building healthy habits into your lifestyle. Membership required. New sessions start in September. Visit www.ymcaDE.org/programs/lean.
- **LIVESTRONG at the YMCA:** A 12-week fitness program for cancer survivors. Next session starts in SEPTEMBER so get registered. Free and open to non-members. Visit www.ymcaDE.org/livestrong.
- **YMCA Wellness Exchange:** A welcoming community health hub located at the Central YMCA. Designed to address some of the most pressing health challenges our community faces, the Wellness Exchange connects neighbors with education, support, and resources that promote long-term health and wellness. Visit YMCade.org/ymca-wellness-exchange.

- **SAFE STEPS—Fall Prevention Program:** Safe Steps was created to help seniors walk safely and confidently as they age. Most falls by seniors are due to balance, gait and vision problems; medications; and issues in the home, such as clutter and poor lighting. Muscle weakness and health conditions that affect joints, feet and legs may also contribute. We address each of these factors to reduce patients' risk of falls so they can live safely in their own homes and avoid serious injuries and long stays in the hospital. To learn more, visit ChristianaCare.org/safesteps or call 302-320-6475.
- **The Strong Bones Program:** Join ANY Tuesday or Thursday at 11am ChristianaCare Strong Bones program presents Bone Health and Fracture Prevention—a free one-session education class via zoom. Program includes free education and a nurse navigator to help you design an effective treatment plan to prevent another break. To learn more visit ChristianaCare.org/StrongBones or call 302-733-5683.



RESOURCES

- **Adult Protective Services** : With one simple (anonymous) phone call, concerned individuals and those experiencing harm can connect with free, voluntary services and resources that could save a life. For more information visit dhss.delaware.gov/dsaapd/MakeTheCall or call 1-888-277-4302. Report abuse, neglect, exploitation or abandonment.



- **Delaware Aging & Disability Resource Center**: The ADRC is your one-stop access point for information, assistance and referral to resources that support older Delawareans, adults with disabilities and caregivers. For more information, visit dhss.delaware.gov/dsaapd or call 1-800-223-9074.



- **Meals on Wheels**: If you, or a family member, are in need of help with a balanced home-delivered meal contact the Meals On Wheels program which delivers in your local area.
 - City Fare Meals On Wheels: 302-421-3734; CityFare.org
 - Newark Senior Center: 302-737-5747; NewarkSeniorCenter.com



- **Meeting of the Minds at the Newark Senior Center**: This is a guided group experience for adults in their early stages of dementia, Alzheimer's or other cognitive impairment. Through diverse social, physical, mental and creative activities, participants gain improved self-esteem, socialization and a sense of belonging. Monday-Friday from 10am-2pm. \$32/day to include lunch and transportation. For more information call the center at 302-737-2336.



- **Musical Memories Care (MMC)**: Easterseals provides music-based therapy and therapeutic arts programming designed for individuals with Alzheimer's, dementia, and cognitive or physical disabilities. These programs allow caregivers and clients to connect through sing-alongs, percussion instruments, and live performances. MMC gathers every 3rd Wednesday of the month, 11:30 AM – 2:00 PM at the The Smyrna Opera House. For more information, visit smyrnaoperahouse.org/event/musical or call 302-653-4236.



- **Senior Medicare Patrol**: The Senior Medicare Patrol (SMP) empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect, and report health care fraud, errors and abuse. For more information, call SMP at 1-800-223-9074.



- **Senior Roll Call Lifeline**: 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.



- **Smart 911**: Be prepared for any emergency by giving public safety the information they need to better help and communicate with you. Smart911 is a free national service brought to you by the New Castle County Department of Public Safety.



- **State Service Centers Food Pantry**: All service centers now have open to the public food pantries. Must bring valid ID to show Delaware residency. For a list of food resources visit FBD.org or call 211.

- **Vial of L.I.F.E**: A program, offered FREE by NCC Emergency Medical Services, assists seniors and disabled residents by providing vital medical information during emergencies. To get your Vial of L.I.F.E, contact 302.395.8184 or email vialoflife@newcastlede.gov.





New Castle County Community Partners by Interest

• Animals

- * Brandywine Valley SPCA, 302-858-4202
- * PAWS for People, 302-351-5622
- * Tri-State Bird Rescue and Research, 302-737-9543

• Community Development / Engagement

- * Children and Families First (champion children and families; school), 302-777-9757
- * DE Ecumenical Council on Children and Families, 302-225-1040
- * Hagley Museum & Library, 302-658-2400
- * New Castle County Dept of Community Services (Festivals), 302-395-5640
- * Osher Lifelong Learning Institute (OLLI), 302-573-4417
- * Volunteer Delaware 50+ NCC Advisory Council Inc.
- * Western YMCA

• Computer Skills

- * Senior Surfers (Newark Senior Center), 302-737-2336

• Culture

- * People to People: Delaware Chapter info@ptpde.org

• Economic Support Services

- * Family Promise of Northern NCC (homelessness), 302-998-2222
- * Habitat for Humanity NCC (construction), 302-998-2222
- * Lutheran Community Services, 302-654-8886
- * Shoes That Fit, 302-234-9319

• Environment / Nature

- * Bags2Mats for the Homeless, 302-255-9882
- * Delaware Museum of Nature and Science, 302-658-9111

• Food / Nutrition

- * Meals on Wheels, 302-737-2336
- * St. Anthony's- City Fare Meals on Wheels, 302-421-3734
- * Newark Senior Center Meals on Wheels, 302-737-2336
- * Food Bank of Delaware, 302-292-1305

• Health

- * A Matter of Balance, 302-255-9101
- * Autism Delaware
- * Alzheimer's Association, 215-561-2919
- * American Cancer Society, 1-800-227-2345
- * American Red Cross, 302-656-6620
- * Blood Bank of Delmarva, 302-737-8405
- * Special Olympics Delaware, 302-831-4653

• Hospital

- * Christina Care Hospital, 302-733-1284
- * Wilmington Hospital, 302-428-2206
- * Nemours Children Hospital, 302-651-6096

• Hospice / Palliative / Respite

- * Christiana Care in Collaboration with Accent Care (Seasons), 302-533-3800

- * Delaware Hospice, 302-478-5707

- * VITAS Healthcare, 302-451-4000

• Knit / Sew

- CareWear Project (N. Wilmington, Newark (Crochet Club Plus, Hockessin (Must Love Yarn) (Patches of Love) 302-255-9746

• Legal / Advocacy / Ombudsman

- * CASA (Court Appointed Special Advocate) (Child Advocate), 302-255-1730
- * CHILD Inc. (domestic violence services), 302-762-8989
- * Long-Term Care Ombudsman Program, 302-255-9108

• Library

- * Appoquinimink Library / Bear Library
- * Brandywine Hundred Library (19803)
- * Claymont Library / Elsmere Library
- * Hockessin Library / Kirkwood Library
- * Newark Free Library / Route 9 Library (19720)
- * Woodlawn Library (19805)

• Mental Health

- * Amanecer Counseling & Resource Center, 302-576-4136
- * Contact Lifeline (suicide prevention), 302-761-9800
- * Supporting Kidds Inc. (grieving children), 302-235-5544

• Mentoring / Tutoring

- * Connecting Generations 302-656-2122 x0013
- * Literacy Delaware, 302-658-5624
- * Thomas Edison Charter School, 302- 778-1101
- * Thresholds of the State of Delaware, 302-478-3053

• Performing Arts / Music / Singing / Ushering

- Delaware Theatre Company, 302-594-1100
- Grand Opera House, 302-658-7897

• Reading to Children

- * Children Empowered by Love childrenempoweredbylove@comcast.net
- * Read Aloud Delaware, 302-656-5256

• Senior Centers / Services

- * Absalom Jones Senior Center, 302-995-7636
- * Channie P. Bradley Senior Services
- * MOT Jean Birch Senior Center, 302-378-4758
- * NCC Senior Roll Call Lifeline, 302-395-8159
- * Newark Senior Center, 302-737-2336

• Thrift

- * Habitat for Humanity ReStore (Wilmington: 302-652-5181; Middletown: 302-449-1414)
- * Earle's Legacy Resource Center, Hope On Deck, info@hopeondeck.org
- * Phoenix Family Resources (clothing), 302-593-7532

• Veterans / Military

- * Stockings for Soldiers, info@StockingsForSoldiers.org