

VOLUNTEER DELAWARE 50+

New Castle County



AUGUST VOLUNTEER OPPORTUNITIES & COMMUNITY RESOURCES

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.

ENROLL TODAY!

Volunteer.Delaware.gov/Volunteer-Delaware50

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By Pam Covarrubias / www.ncoa.org



Simple Ways to Check In and Show Up for Yourself

Can you actually show up for yourself like you show up for others? The Rose of Jericho is a plant used differently in cultures all over the world. At first look, the plant appears gray and dry, as if nearing death. However, the power of the plant shows up the moment it is submerged in water, springing back to life. As we navigate these difficult times, you might feel depleted and tired like the Rose of Jericho—but you, too, can spring back.

In these trying times, it can be easy to wear ourselves out when trying to support those around us. Take 5 minutes to check in on yourself with these questions:

- **Am I thirsty or hungry?** Hydration and food are important to our physical well-being, which affects our mental health, too.
- **Do I feel safe?** Safety is a fundamental need we all have. Once safety is compromised, we may feel unbalanced without realizing it.
- **Do I need rest?** We are in a global crisis affecting everyone in different ways. Sleep restores our energy and is an oft-overlooked option for helping us manage our days.
- **Do I need to breathe?** Allow yourself to take three deep breaths—make them the deepest you've taken all day. Remind yourself we inhale life and exhale exhaustion.

Checking on these basic parts of life will help you meet your cognitive needs. In order for you to show up as a caregiver, friend, or spouse for someone else, self-care is necessary for avoiding burnout and exhaustion. With these simple questions, you can build resilience and strength, like the Rose of Jericho after touching water.

Self-care is not about self-indulgence, it's about self-preservation.

- Audrey Lorde

www.facebook.com/twuhealthstudies



2020 NEW CASTLE COUNTY COMMUNITY PARTNERS

A Matter of Balance
 A. I. duPont Hospital for Children
 Adopt-A-Family
 American Cancer Society
 American Red Cross of Delmarva
 Art Therapy Express Program Inc.
 B'nai B'rith House
 Big Brothers Big Sisters of Delaware
 BlindSight Delaware, Inc.
 Blood Bank of Delmarva
 Brandywine Valley SPCA
 CareWear Project for Knitters and Crocheters
 Center for the Creative Arts
 Child, Inc.
 Domestic Violence Advocacy Program
 Children Empowered by Love
 Children & Families First
 Christiana Care Health System
 Christiana Hospital
 The Evergreen Center
 Wilmington Hospital
 Churchman Village
 Connecting Generations
 ContactLifeline
 Court Appointed Special Advocate (CASA)
 Delaware Alliance for Nonprofit Advancement
 Delaware Center for Horticulture
 Delaware Hospice
 Delaware Museum of Natural History
 Delaware Senior Medicare Patrol
 Delaware Theatre Company
 Division for the Visually Impaired
 Instructional Material Resource Center
 Easterseals Delaware
 Exceptional Care for Children
 Family Promise of Northern NCC
 FISH of Northern Delaware
 Food Bank of Delaware
 Generations Home Care, Inc.
 Golden Ages Senior Center
 Grand Opera House
 Greenbank Mills & Phillips Farm
 Habitat for Humanity of New Castle County
 ReStore – Wilmington & Middletown

Hagley Museum & Library
 Healthy Foods for Healthy Kids
 Jewish Family Services of Delaware
 Literacy Delaware
 Little Sisters of the Poor
 Long-Term Care Ombudsman Program
 Lutheran Community Services
 Lutheran Senior Services Inc.
 Luther Towers Aides
 Mary Campbell Center
 MOT Jean Birch Senior Center
 National Alliance on Mental Illness (NAMI) DE
 National Veterans Assistance Coalition
 Victory Village
New Castle County
 Absalom Jones Senior Center
 Department of Community Services
 Friends of Iron Hill Park
 Iron Hill Science Center
 New Castle County Libraries
 Rockwood Park & Museum
 Rockwood Park Preservation Society
New Castle Senior Center
Newark Senior Center
 Newark Mail Group
 Newark Meals on Wheels
 Old Swedes Foundation Inc.
 Patches of Love
 Paws for People
 People to People: Delaware
 Read Aloud Delaware
 Ronald McDonald House of Delaware
 St. Anthony's Community Center
 City Fare Meals on Wheels
 St. Anthony's Senior Center
 Stockings for Soldiers Delaware Inc.
 Tai Ji Quan: Moving for Better Balance
 The First Tee of Delaware
 The Kutz Home
 The Ministry of Caring
 Distribution Center
 Emmanuel Dining Room E. S. & W.
 Francis X. Norton Center
 The Salvation Army Senior Center
 Thomas Edison Charter School
 Tri-State Bird Rescue & Research Inc.

United Way of Delaware
 VITAS Healthcare
 Warriors Helping Warriors
 West Center City Senior Center
 Wilmington Drama League
 Wilmington Senior Center
 DuPont Grandparent Resource Center
 Wilmington VA Medical Center
 Winterthur Museum, Garden & Library
 Year Up Wilmington



Volunteer Delaware 50+
 New Castle County has over 95
 community partners that offer over
 500+ opportunities.

**Some of our opportunities
 HAVE BEEN SUSPENDED.
 However a few partners continue
 to recruit volunteers.**

For a complete guide of the
 volunteer opportunities with our
 community partners please visit
[volunteer.delaware.gov/
 volunteer-delaware50](http://volunteer.delaware.gov/volunteer-delaware50)

or email:
Guadalupe.Murphy@delaware.gov
Erica.Holmes@delaware.gov
 or call 302-255-9882.



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 one-time 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 annual Volunteer Recognition Luncheon

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 302-255-9882 or email Guadalupe.Murphy@delaware.gov

Our complete list of community partners for New Castle County can be found on page 38 of this document or at volunteer.delaware.gov/volunteer-delaware50.

Kent/Sussex County: please call 515-3020 or email Maddison.Staniszewski@delaware.gov

How can I support the Volunteer Delaware 50+ program?

New Castle County:

- ⇒ We would love to hear more of your volunteer stories. These could be stories of recognition and appreciation or personal accounts that could really inspire others who are thinking about getting involved in volunteerism to make that first step and get involved in their own way and help local organizations in need.
- ⇒ Volunteer to provide office support or assist with one or more of our programs:
 - Volunteer Delaware 50+ Office Support / Special Events Volunteer: assist with day-to-day operations– may include data entry, filing, assembling packets, sorting/inventory, helping with marketing & outreach initiatives or writing cards
 - CareWear Project: volunteer to make winter items for those in need
 - A Matter of Balance: volunteer to become a certified coach
 - Tai Ji Quan: Moving for Better Balance: become a certified instructor
- ⇒ Provide support and/or encouragement to the Volunteer Coordinator at your site to submit your volunteer hours to our program on the 10th of every month. Past due hours may not be accepted due to reporting guidelines from our funders.

Kent/ Sussex County : call 515-3020 or email Maddison.Staniszewski@delaware.gov

For more information about Volunteer Delaware 50+ in New Castle County please call 302-255-9882 or visit us at



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

www.facebook.com/VolunteerDelaware (don't forget to like us on Facebook)





Middletown, Delaware resident Shelli Smith joined CASA Delaware in the fall of 2017. As her nest began to empty and her three children began to fly, she tried out a variety of hobbies. Shelli tried her hand at Beekeeping, Riflery, and Yoga Instructing. She immersed herself in these hobbies and in her role as a Court Appointed Special Advocate for Children (CASA), all while working as a dental hygienist and in her home quilting business. Shelli and her family have also hosted a youth from the Fresh Air Foundation for a number of summers. To say she is active and involved in her community is an understatement.

In her time with CASA Delaware, Shelli has accepted multiple challenging teen cases. She has handled four cases simultaneously. Her clients are spread across hundreds of miles. Some have required specialized care in out of state placements. Shelli manages to forge strong working relationships with everyone on the team that serves each of her youths.

Shelli has grown as an advocate in her three years as a CASA. In some of her initial interactions, she wondered how she was making an impact when she could not even get her first teen client to come out from under her blanket to talk. She is able to look back on that now and see that her relationship with each client is very different.

Despite the occasional reluctance of a client to engage, Shelli is able to highlight all the positive attributes the youth possesses when she testifies in court. Her ability to be there for her youths and for the rest of the team makes her invaluable.

CASA Delaware is grateful for the role Shelli has played in the lives of each of her child clients.



Shelli Smith, CASA Volunteer

What is a Court Appointed Special Advocates (CASA)?

CASA Volunteers are Court Appointed Special Advocates who are appointed by a Family Court judge to represent the best interests of abused and neglected children in the court system. A CASA volunteer acts as the “eyes and ears” of children in court proceedings, and offers judges a critical perspective of what is in the best interests of each child, based on information gathered first-hand through research, interviews and interactions.



CHILD ADVOCATES NEEDED!

ACCEPTING APPLICATIONS

The Office of the Child Advocate- Court Appointed Special Advocate Program (CASA) of Delaware is expanding its efforts to represent the interests of abused and neglected children. The program is seeking qualified adults to serve as CASA volunteers.

CASA volunteers are trained members of the community who are appointed by a Family Court Judge to be a voice for Delaware's abused and neglected children in court proceedings. The CASA volunteer conducts an independent investigation into the child's life and provides information and recommendations to the Judge. CASA volunteers work with attorneys, social workers, and family members to attain a safe and permanent home for each child.

CASA volunteers have varied professional, educational and ethnic backgrounds. They are selected on the basis of their objectivity, competence and commitment. Each volunteer accepted into the program must complete 30 hours of initial training. Casework supervision is provided by full time Program Coordinators.



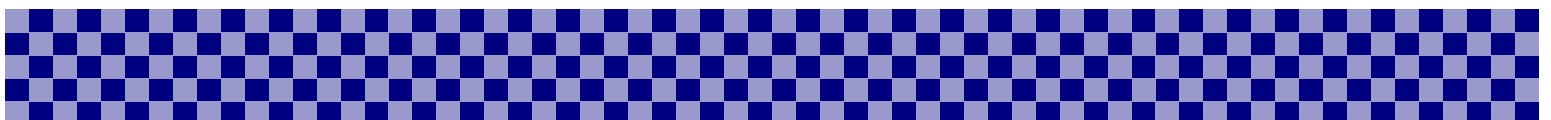
Classes are forming now for Training statewide!

Apply online TODAY! <https://courts.delaware.gov/childadvocate/casa/application.aspx>

For more information please contact Lauren Brueckner at (302) 245-1895 or email lauren.brueckner@delaware.gov.



***The problems of child abuse and neglect belong to all of us.
Be part of the solution. Be a CASA volunteer.***





Lutheran Community Services (LCS)

LCS has been serving low-income families in Wilmington and New Castle County with emergency food, housing, and other services since 1959. Originally founded to help senior citizens with their independent living needs, we have evolved into a multi-faceted social service agency with many different programs and locations for low-income people of all ages.

At this time we are in need of healthy volunteers to help in our food pantry.

Note: All volunteers must pass Covid-19 screening questionnaire and wear mask onsite during volunteer time.

Responsibilities may include:

- Arrive ½ hour early to prep for pantry time
- Welcome clients and answer their questions
- Pre-pack food bags for clients based on their family size
- Stock shelves with items from Food Bank deliveries or donations
- Clean up the Choice Pantry after clients leave

Requirements:

- Ability to work with clients showing compassion and respect
- Ability to maintain confidentiality
- Ability to work with staff and other volunteers on the team

Education:

- Must be working on high school diploma or its equivalent

For more information please contact Lyn Budd at lbudd@lcsde.org or call 302 654-8886 Ext. 107.

ACCEPTING APPLICATIONS



Volunteer Receptionist 2020

If you are looking for a way to gain experience that is resume worthy, this may be the volunteer opportunity for you.

Responsibilities:

- ♦ Answer telephone, taking messages and/or routing calls to appropriate staff member.
- ♦ Review and input calls for the Homelessness Prevention Program.
- ♦ Other responsibilities that relate to the office as needed.

Job Requirements:

- ♦ Ability to communicate clearly over the phone.
- ♦ Ability to work with clients showing compassion and respect.
- ♦ Ability to maintain confidentiality.
- ♦ Ability to work with staff and other volunteers on the team.

Education:

- ♦ Must be working on high school diploma or its equivalent

ACCEPTING APPLICATIONS

THE BIG DRAFT



It's time.....

Time to inspire change
Time to be #BiggerTogether.
Time to Defend Potential

100 Delaware kids are without a Big—a caring adult mentor like you—to call their own. You can be a difference maker. In just a few hours a month, you can help inspire a child to believe in themselves. But inspiration takes action. So take action.

Join us and help find Bigs for kids here in YOUR community.

BECOME A BIG TODAY!

www.bbbsde.org

info@bbbsde.org

(302) 998-3577



**Big Brothers
Big Sisters.**

OF DELAWARE

DEFEND POTENTIAL

ACCEPTING APPLICATIONS



BVSPCA VOLUNTEERS

are integral to our organization, playing a hands-on role in providing enrichment for our homeless pets and helping them find their forever homes.

WAYS TO MAKE A DIFFERENCE

- ♥ Walk and train dogs
- ♥ Socialize and groom cats
- ♥ Help with adoptions
- ♥ Give a homeless pet an outing
- ♥ Represent us at events
- ♥ Foster a pet who needs time and TLC
- ♥ Provide administrative support
- ♥ Assist in the veterinary clinic
- ♥ Participate in humane education
- ♥ Assist with the pet food pantry

NEWCASTLE: (302) 516-1000

WHEN YOU MAKE A DIFFERENCE



ORIENTATION

SIGN UP NOW:
BVSPCA.org/volunteer



MORE!

NEED HELP WITH PET FOOD?

Struggling during these difficult times? We offer FREE dog/cat food during shelter hours:
Tue-Fri 12PM-7PM, Sat-Sun 11AM-5PM.

HAVE EXTRA TIME TO FOSTER?

Home more than usual? You can help save a life by fostering. We match the pet and timeline to your family! BVSPCA.org/foster

ONLINE MEETINGS LOST THEIR LUSTER?

Surprise your contacts with a Zoomies Puppy Pop-in or Kitty Cameo! BVSPCA.org/zoomies



We are in need of **healthy volunteers** to help pack emergency meal boxes in both our Newark and Milford facilities. Health and safety measures have been taken to protect our volunteers.

To register to volunteer with the Food Bank please visit fbd.volunteerhub.com

- Tasks will vary depending on the needs of the Food Bank.
- Tasks may include: sorting and packing food/meals, sorting & bagging produce, shelving food, and cleaning coolers.
- Volunteers must be at least 16 years old to volunteer independently. Younger volunteers (ages 7-15) accepted when volunteering with a parent/guardian (please email volunteer@fbd.org).

- Volunteers will be on their feet for the majority of the time
- Some volunteers may be asked to lift and/or move boxes of food weighing up to 50 lbs.

If you are experiencing

- *Flu-like symptoms (defined by coughing, fever, respiratory symptoms or stomach virus symptoms)*
- *Have traveled to China, South Korea, Iran, Italy or Japan within the past 14 days*
- *Have knowingly had contact with a traveler who recently visited China, South Korean, Iran, Italy or Japan within the past 14 days*

Those who answer yes to any of these questions will NOT be allowed to volunteer until 14 days after and reporting no symptoms.

ONGOING OPPORTUNITIES



Refreshment Giver

(Age 18+):

Make a positive difference in your life and your community! Be the friendly person we need to serve snacks and drinks to our blood donors after they donate. You serve a very important role in watching the donors during snack time, making sure they are doing well and calling for assistance if needed. You interact with people, making them feel comfortable and good about their donation and time given to save lives! Volunteer your time with the Blood Bank of Delmarva and make a difference in your life, the lives of the donors, and the patients getting the lifesaving blood they need! Centers are located in Concord Rt. 202 near PA/DE border; Newark, DE; Dover, DE; and Salisbury, MD. All COVID precautions are being taken in all BBD centers and mobiles.

Greeter (Age 17+):

Make a difference and help our donors feel great as they enter the Center. Direct donors to the registration desk. You may be helping donors get a drink/snack prior to donation, taking temperatures, and/or sanitizing the tablets and laminated FDA reading materials. Interact with people, and help Blood Bank of Delmarva give excellent service. Centers are located in Concord Rt. 202 near PA/DE border; Newark, DE; Dover, DE; and Salisbury, MD. All COVID precautions are being taken in all BBD centers and mobiles.

If you would like to become a Blood Bank of Delmarva Volunteer, please visit

<https://www.delmarvablood.org/get-involved/volunteer/>

or email Angela Williamson at awilliamson@bbd.org or call 302-737-8405 ext. 819.

ONGOING OPPORTUNITIES



The **CareWear Project** consists of many dedicated members who knit and crochet year round beautifully crafted cold weather clothing and blankets for our county's most neediest people. CareWear members meet to turn in their completed items and pick up yarn. Completed items may include adult/children/toddler/baby – hats/ scarves/ mittens/ gloves/ booties/ sweaters – lap robes/blankets/ afghans (M-XL) & chemo caps. Items are then sorted and stored awaiting the yearly distribution which takes place on the last Friday of October and coincides with Make a Difference Day.

- * **Knitter / Crocheter** – will volunteer to make knitted or crochet items for those in need according to program guidelines/requests
- * **CareWear Support** – assist staff in the coordination of program meetings, organizing of inventory in preparation for annual distribution and/or entering hours into an electronic database.

Before



After



In Need of Organizers!

CareWear recently moved their storage location and we are in need of a few volunteers to help with the sorting and counting of items. Volunteers can sit and sort at their own table.

Time: own schedule/ commitment

Location: New Castle

For more information about the CareWear Project please contact
Guadalupe.Murphy@delaware.gov or call
302-255-9746.



City Fare Meals on Wheels, a program of Saint Anthony's Community Center, has operated in Wilmington since 1986. We provide hot, nourishing meals to homebound elderly and disabled persons in New Castle County who are unable to prepare meals for themselves and who

have no one to do so for them. City Fare Meals on Wheels is essential for Social Assistance, Community Food and Housing for our seniors.

We are in need of volunteers to deliver meals to seniors in New Castle County. If you are **healthy** and are looking to help please call 302-421-3734 or visit:
<http://cityfare.org/volunteer/become-volunteer.php>

VIRTUAL VOLUNTEER OPPORTUNITIES**American Red Cross**
National Capital & Greater
Chesapeake Region**Volunteer Recruitment****Virtual Open House****August 20, 2020:10:00am - 11:00am**

Help local families cope with emergencies by volunteering with the **Red Cross** in the National Capital and Greater Chesapeake Region!

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!

The Open House will be conducted via Microsoft Teams. You can join with or without video through your phone or computer! An event link will be provided by email upon completion of the registration form below.

Click here to register:

https://volunteerconnection.redcross.org/?nd=vms_public_form&form_id=8209

Virtual Volunteer Trainings/Opportunities

- Disaster Cycle Service: Disaster Action Team (DAT) member (mostly performed virtually, also requires the ability to be computer proficient)
- Service to the Armed Forces: Regional Casework Lead
- Service to the Armed Forces: Caseworker
- Greater Chesapeake Volunteer Services Team: Recognition and Appreciation Lead
- Greater Chesapeake Volunteer Services Team: Screening and Placement Volunteer
- Delmarva Volunteer Services Team: Northern and Southern Recruitment Volunteer

Please visit www.redcross.org/volunteer and scroll down to find "FIND OPPORTUNITIES".

Click to apply to a local volunteer opportunity in your area.

Governor Carney Signs 24th Modification to State of Emergency Declaration

*Updated order allows driver's education
services, senior centers to resume safely*

de.gov/coronavirus

Senior Center Community Partners

Absalom Jones Senior Center
B'nai B'rith House
Francis X. Norton Senior Center
Golden Ages Senior Center
MOT Senior Center
New Castle Senior Center
Newark Senior Center
Salvation Army Senior Center
St. Anthony's Senior Center
West Center City Senior Center
Wilmington Senior Center

Thank You For Your Patience as We Work Through This TOGETHER!

3. Effective immediately, with respect to the following business categories, maximum occupancy means thirty percent (30%) of stated fire occupancy requirements, excluding employees, provided that the business must ensure social distancing of six (6) feet between individuals throughout the business' location and compliance with cloth face coverings as required by the Thirteenth Modification and applicable amendments.

a. *Senior centers, adult day centers and senior congregate nutrition programs.* Senior centers, adult day centers and senior congregate nutrition programs may reopen, provided, however, that the total number of guests (excluding staff) permitted in a facility at any one time shall not exceed thirty percent (30%) of that facility's stated fire occupancy requirements. Senior centers, adult day centers and senior congregate nutrition programs are strongly encouraged to develop a plan to support contact tracing if a positive case is associated with the business location, including to request that customers provide contact information (name, email address, and telephone numbers) and to record the date of service. In addition to the responsibilities for all businesses, senior centers, adult day centers and senior congregate nutrition programs must also:

(i) Identify a staff member who will serve as the Pandemic Response Person for the program, responsible for communicating and implementing COVID-19 mitigation efforts.

(ii) **Prior to beginning operations**, senior centers must develop a written plan to address all applicable guidance and restrictions for operation. The plan must be available upon request for review by DPH. The plan should include new policies on senior center operations due to COVID-19 and senior centers should communicate those policies to participants prior to reopening. These policies include, but are not limited to:

a. Operational policies to address social distancing, the number of participants attending at any one time, changes in programming, and communicating with participants.

b. Meal service policies that allow for social distancing, any changes in meal service such as how meals will be served, use of a reservation system, and how the senior center will manage meal service if it must serve fewer participants due to social distancing. Refer to FDA Best Practices guidance for reopening food establishments.

c. Sanitation and cleaning policies.

d. Staff and participant testing policies.

e. Staff and participant screening policy – Routinely use the State of Delaware's standardized health screening tool.

f. Masks and Personal Protective Equipment (PPE) requirement policies.

(iii) Additional best practices can be found in the Department of Health and Social Services Guidance.

2020 Conference



A CAN'T MISS VIRTUAL CONFERENCE EXPERIENCE FOR THOSE
INVOLVED IN SERVICE AND VOLUNTEERISM

August 13, 2020

Register to attend this FREE Virtual Event
<https://tinyurl.com/reimaginingvolunteerism>

The Volunteer Delaware conference is an opportunity to engage, equip and empower our community for civic engagement by convening government, nonprofit, business and civic leaders. This one-day event provides participants with the knowledge and connections necessary to promote efforts to serve their communities, to share best practices for real world challenges and collaborate with peers to build capacity through partnerships.

For the first time, the Volunteer Delaware conference is being held in a virtual meeting space and will be offered FREE to everyone who pre-registers for the event. We invite you to settle into a comfy spot, relax, and prepare for an inspirational day of "Reimagining Volunteerism."



A NOTE FROM OUR PARTNER

Warriors Helping Warriors

The Brian Conley Veterans Resiliency Center in Middletown on Monday, June 8th assisted our 12th previously homeless veteran in his move into independent living apartment. We have been open 9 months and are so excited we can offer these fine men a place to temporarily live as they rebuild their lives. Our case manager, Debra Matthew's and our veterans consultant, Mindy Bacchus both have worked tirelessly thru the pandemic ,supporting Delaware's veterans.

Executive Director Kevin Conley and House Manager Dylan Conley assisted a total of 5 vets who found independent housing during the challenges of the massive shutdown.

To learn more about Warriors Helping Warriors or see how you can help our veterans, please call 302-696-2320 or visit www.whwonline.org.

easterseals

Hello Easterseals Volunteers,

Easterseals made the difficult decision to not hold an in-person event at the 76er's Fieldhouse in August this year for our Volleyball Challenge. We made this decision with the safety of our

participants, volunteers, and all attendees at the forefront of our minds. We have transformed the event to a virtual "Easterseals CAI VolleyBACK from COVID" because now more than ever, it is important for Easterseals to raise the urgently needed funds to bounce back from the challenges that COVID has caused. You can still support Easterseals and our important mission in others ways this year. I've attached a way to get involved remotely by sending a short video to us about Easterseals and what your mission means to you.

Virtual fundraising for the VolleyBACK from COVID event will run through July and August, with a finale celebration on the morning of August 22, 2020 at Easterseals headquarters at 61 Corporate Circle, in New Castle, DE. You can drive through and show your support for Easterseals or stay for a while with a mask and being social distant friendly ☺

The virtual challenge will feature a "limited edition" VolleyBACK from COVID t-shirt for donations of \$25 and over, additional prizes and incentives for fundraising and more. Top individual and top team fundraising prizes will be awarded.

To join the fundraising efforts or to donate to the Easterseals/CAI VolleyBACK from COVID event, visit www.volleyballchallenge.com.

Thank you all for being wonderful Easterseals volunteers! We look forward to hosting an event at the 76er's Fieldhouse at a time when it is safe to do so!



A NOTE FROM OUR PARTNER


**EASTERSEALS ANNUAL
CAREGIVER CONFERENCE**

CELEBRATING 10 YEARS!



CAREGIVING: THRIVING NOT JUST SURVIVING

Please join us as we celebrate 10 years of hosting the only conference in Delaware focused on family caregivers! This year, we are doing not just one day but a whole week of virtual events! There are also multiple times to fit your busy schedule.

Week of August 24th-27th

Sessions at 10:00 am and repeated at 1:00 pm

Friday, August 28th - Pick up your conference bag

We may not be able to see each other in person, but there will still be opportunities to connect with other caregivers, ask our speakers questions, and get resources from community partners! Click here for the full conference agenda: <https://tinyurl.com/2020CGAgenda>.

Our conference is free however registration is required. Please register at <https://tinyurl.com/2020CGCon> in order to receive the webinar link.

Keynote speaker sponsored by:



Caregiver Book Sponsor:



In partnership with:



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

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

A NOTE FROM OUR PARTNER



FREE monthly food is available to Delaware seniors!

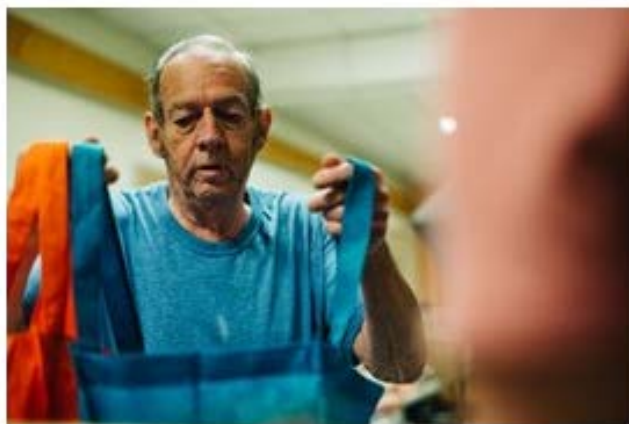
Convenient statewide pick-up locations are available

If you are a **Delaware resident over the age of 60** and have a **qualifying income**, you may be eligible for the Senior Nutrition Program at the Food Bank of Delaware! Food for the program is provided by the United States Department of Agriculture.

Participating seniors pick up their meal box each month at locations throughout the state.

What's in the meal box?

- Canned vegetables
- Juice
- Canned fruit
- Protein item
- Cereal
- Milk product
- Carbohydrate
- Cheese



CLICK FOR MORE INFORMATION

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

A NOTE FROM OUR PARTNER

Delaware Neighbors Network

WE NEED YOUR SUPPORT TO FIGHT THE
NOVEL CORONAVIRUS (COVID-19)

NEIGHBORS NEEDED!

Contact 2-1-1 to be a neighbor and help fellow Delawareans.

SAFETY CONSIDERATIONS

Our goal is to keep all neighbors and recipients of services healthy and safe.

If you are 65 or older; have underlying health conditions; are pregnant or nursing; have traveled outside of the State in the last 14 days; or are not feeling well or have a fever, you may only be eligible to volunteer virtually for your safety and that of your neighbors.

2-1-1 will screen all neighbors to assess if they are eligible for in-person duties.



State Office of Volunteerism
VOLUNTEER
DELAWARE
volunteer.delaware.gov



SIGN UP IF:

You are between the ages of 18-59

You have reliable transportation*

You can pass a background check

*Some duties, but not all, will require transportation.

SIGN UP ONLINE:

Visit <https://www.uwde.org/volunteer4covid> and select the Delaware Neighbors Network in your county

NEIGHBORS WILL HELP OLDER ADULTS AND FAMILIES IN THEIR COMMUNITY:

Secure food, medication, and other household supplies

Stay healthy and connected through virtual wellness checks

Access other resources they need while staying home

For the latest Delaware updates, visit: de.gov/coronavirus

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

A NOTE FROM OUR PARTNER



June 29, 2020

For Immediate Release

Media Contact:

Jenni Brand

VP, Marketing & Communications

jbrand@delawarenonprofit.org

Mobile: 202-714-0071

Annual Delaware Conference Goes Virtual; Focuses on Nonprofits Connecting to Overcome COVID Crisis

Wilmington, DE – Each weekday from August 17-21, DANA – Delaware Alliance for Nonprofit Advancement will bring together philanthropy, business, government, nonprofit leaders and staff from across the region in a virtual format to engage and learn about emerging from a crisis stronger and more resilient through building collaboratives and leveraging challenging times into transformative opportunities for social change. Hosted by DANA, Delaware Alliance for Nonprofit Advancement, conference participants will learn from two nationally-recognized authors and speakers, Leslie Crutchfield and Tom Sheridan, as well as three breakout session speakers, and a moderated panel of local Philanthropy leaders. Sheila Bravo, DANA's CEO, will also share current trends impacting Delaware nonprofits during the State of the Sector speech.

Opening Keynote speaker, Leslie Crutchfield, has written numerous books on social change and nonprofits. She is also the Executive Director of Business for Impact at Georgetown University's McDonough School for Business. She has authored, *Forces for Good: The Six Practices for High-Impact Nonprofits*, *Do More than Give*, and her latest, *How Change Happens: Why Some Movements Succeed While Others Don't*. Tom Sheridan, President of The Sheridan Group and known inside the Beltway as the "white hat lobbyist," will be featured as the conference Closing Keynote speaker. He recently released *Helping the Good Do Better: How a White Hat Lobbyist Advocates for Social Change*. In addition to learning from these influential change makers, conference attendees will be able to choose from three smaller-group virtual breakout sessions to dive deeper into the concepts presented – breakout session topics and speakers can be found on the DANA website at <https://delawarenonprofit.org/2020-impact-delaware-conference/>

The event will be held daily for up to two hours per day at varying times. Registration for the week-long virtual event is open to the public. DANA members receive discounted admission as part of their membership. Space is still available for sponsors and a limited number of showcase exhibitors – please contact Melissa Hopkins at mhopkins@delawarenonprofit.org for details.

The conference is open to anyone in the nonprofit or business sectors seeking to move toward recovery and resiliency, while creating a stronger impact for greater social change.

###

DANA, founded in 1986, is a 501c3 membership organization serving to advance nonprofit effectiveness and efficiency in and around the state of Delaware. Their mission is to strengthen, advance and enhance the nonprofits through advocacy, training, capacity building, and research. <http://www.delawarenonprofit.org>

Hashtags: #DEnonprofits #DANAImpact2020

Twitter: @DE_Nonprofit

Facebook: @DENonprofit

Instagram: @de_nonprofit



Online Voter Guide for Delaware 2020 Elections

Before each election,

1. Go to www.VOTE411.org
2. Enter your home address
3. Click "Submit"
4. Click "Explore Now" under "Find what's on your ballot".

You can find out...

- Where is your polling place?
- What's on your ballot?
- Who's running in each race?
- The candidates' qualifications and viewpoints

All Delaware voters can vote absentee in 2020;
request your absentee ballots from ivote.de.gov

Delaware Election Dates in 2020

July 7, 2020 – Presidential Primary

Register by June 13, Switch parties by May 8

July 21, 2020 – School Board Elections

Sept. 15, 2020 – State Primaries

Register by Aug. 22, Switch parties by May 29

Nov. 3, 2020 – General Election

Register to vote by October 10

**Be Aware.
VOTE Aware.**

**Check out
VOTE411.org**



Contact: Kim Wells
 Vote411 Coordinator
 302-650-6897
vote411de@gmail.com

FACT SHEET: KEY POINTS FOR DELAWARE VOTERS IN THE 2020 ELECTIONS

July 1, 2020--Concerns about the safety of in-person voting in the face of the coronavirus pandemic have prompted Delaware Gov. John Carney and the state Department of Elections to delay the 2020 presidential primary and school elections dates. In addition, Gov. Carney and the Delaware General Assembly have acted to make absentee and mail-in ballots available to all eligible Delaware voters for the 2020 national and statewide elections. Below are key points that voters need to know in order to cast their ballots.

Delaware Election Dates in 2020

- Presidential primary election: July 7
- School board elections: July 21
- Delaware state primary elections: September 15
- General election: November 3

Voting Options

Absentee ballot

- Voters can use the ivote.de.gov voter portal to request absentee ballots online, or can fill out forms electronically at elections.delaware.gov. Select the "sick" or "physically disabled" reason codes when requesting absentee ballots for quarantine or social distancing reasons.

Mail-in ballot

- The Department of Elections will send out mail-in ballot request forms 60 days ahead to all Delaware residents who are eligible to vote in the Sept 15 and Nov 3 elections. Voters must return them by postal mail; electronic submission is not an option.

Voters may personally turn in (vs. mail) absentee and mail-in ballots to the Department of Elections office any time preceding and up to the day of the election. The Department of Elections has to have the ballot in hand by 8:00 pm on election day for it to be counted.

In-person voting

- Polling places will be open, but there will be fewer of them open in July due to expanded absentee voting. Voters can find a list of open polling places in the absentee request mailing from the Department of Elections or at any of the websites listed on this sheet.
- If you requested an absentee ballot but didn't cast it, you can still vote in person.
- When using Delaware's new voting machines, individual voters should always verify that the printed ballot reflects their intended choice(s) before finalizing their vote. This is an important security measure when any automated ballot-marking device is used.

Additional resources

- Candidate profiles, sample ballots, and the latest election information are available at the vote411.org online voter guide by the League of Women Voters (LWV).
- Presidential primary polling places in all three counties are available at this link: <https://elections.delaware.gov/maps/index.shtml>

DELAWARE HOPE LINE

Life gets messy sometimes. **Let us help, 24/7.**
Always confidential. Never judgmental.

1 (833) 9-HOPEDE
(833) 946-7333

La vida se vuelve complicada a veces. **Permítenos ayudar, 24/7.**
Siempre confidencial. Nunca te juzgamos.

We're All
=IN THIS=
together


If you are in
need of
food
assistance,
please dial
211

or call
1-800-560-3372
or text your
zip code
to 898-211.

Ancillary Emergency Services

Stay Home. Stay Safe.
#StopTheSpread



- • • • •
-  **New Castle County**
Easter Seals
302-324-4444
-  **Kent County**
Modern Maturity Center
302-734-1200
-  **Sussex County**
Cheer
302-515-3040

This DSAAPD service includes pick-up of groceries, prescriptions, or other essential items, as well as delivery of mail, packages or legal documents.

Participants pay for the food, prescriptions or mail and the items are delivered at no cost to the participant.

- Must reside in Delaware
- Must be 60 or older, or
- Have health concerns or a physical disability so that remaining home with limited access to people who may be infected with COVID-19 is beneficial.



IT'S TIME TO GET MOVING!

AARP is improving communities all across Delaware by offering exciting events for people of all ages. Staying active and involved in your community is a great way to increase your overall health and wellbeing. Be inspired!

Do you want to ignite your inner champion? If so, AARP wants to help. A new series of exercise classes will bolster your metabolism, help you to meet your goals, and even help you eat well and sleep better.

Each one-hour session will feature a fitness trainer who will help you find ways to remain physically active at home through a series of exercise routines twice per week for six weeks. Every session will be followed up with a nutrition information segment. You will have the opportunity to take breaks and relax in between bursts of exercise.

AARP is here to help you take on today – and every day with *Real Possibilities*.

Tuesdays and Thursdays
July 21, 2020 – August 20,
2020. 5:30 – 6:30 PM

Please register online at
[GetfitDE2020](https://www.aarp.org/de). Registration is
required.

Follow us on Facebook at
AARP Delaware. Visit our
blog at www.aarp.org/de.

AARP
Real Possibilities





TRIAD & LIMEN HOUSE

FREE COUNSELING

We're here to help you through the crises our community has faced these last months.

How We Can Help

Our community has faced several "critical incidents."

A critical incident is any sudden or unexpected incident or sequence of events that causes trauma in a community.

Recent critical incidents include: the unjust death of George Floyd, the COVID-19 crisis, unemployment, first responder burnout, etc.



We are offering free counseling sessions with licensed & credentialed mental health counselors through generous contributions.

Because of the quarantine, we offer counseling sessions via Telehealth (online counseling)
Call us for an appointment:



TRIAD & Limen House
1104 N. Adams St
Wilmington, DE 19801
Call: (302) 655-1153



**ELDERLY,
SICK,
DISABLED
AND THOSE
WITH FOOD
INSECURITY**

**FREE
FOOD
FOR
ALL**

 
FFFA.DE



**JULY
25TH
4-6PM**

**Delivery can be
made for home
bound folks!
Please
call**

302-753-1994



**HUMBLY
ASSISTING
HUMANITY**

**providing:
fresh food
staple boxes!**

**LOCAL,
PROFESSIONAL,
HALAL COOKED
MEALS!**

**First come first
served.**

**THE VILLAGE
TREE GRADEN**

**214 Delamore Pl, Wilmington, DE
19805**

**"it takes a village to raise a village!"
Volunteers are needed; Drivers, set
up, breakdown and clean up.**

**DONATIONS ARE
WELCOME!**

VENMO: JMEALZ

**CAHSAPP:
JMEALZ**

FOR MORE INFORMATION, CONTACT JAMILAH @ 347-350-3062

To see the most up-to-date information on volunteer needs in our community, please visit our facebook page @VolunteerDelaware

To post information about any organization in need of volunteers or to share news or community resources please email:

dhss_VolunteerDelaware@delaware.gov

