



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
 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

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

VOLUNTEER DELAWARE 50+



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 Lashea.Hetherington@delaware.gov

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



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)



By Susan Stiles, PhD



Staying Connected While Staying Home

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary, and—if we have to go outside—maintain significant physical distance from other people. These restrictions may exacerbate an already growing problem for older adults: social isolation. Social isolation can (but does not have to) lead to loneliness and studies have shown that both isolation and loneliness can put older adults at higher risk for heart disease, dementia, mental health issues, and stroke.

But limiting physical interaction does not have to mean stopping social interaction altogether. Doing a variety of activities online can help you remain connected with, and even expand, your social circles.

We've gathered tips—some high-tech, some low-tech—from our Aging Mastery Program® to help you stay active and involved:

- **E-mail a friend** with whom you haven't been in touch in a while and rekindle your friendship.
- **Read a book** to a grandchild or family friend over the phone or via video chat.
- **Share memories** (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.
- **Do an online workout.** Choose from one of the thousands of fitness routines available on YouTube and work out together, but in separate locations, with your exercise buddy.
- **Volunteer online.** This is a great way to do good for others right from your home. Options include supporting projects at the United Way, assisting local museums and gardens, or helping people in need at a crisis help line
- **Host a virtual get-together.** If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.
- **Teach others your skills.** If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Remember that despite the potential negative effects of social isolation, the COVID-19 outbreak demands we all practice it to protect our health and well-being. Try out some of our tips or come up with creative ideas of your own to use technology to help you stay connected to your social circles.



Marion Andrews	Lydia Dempsey	Mary Jones	Kathy Rosenberger
Barbara Bareford	Arthur Eppihimer	John Kapral	Susan Sander
Carol Basso	Cynthia Evans	Maggie King	Lynn Sanders
Beatrice Beecham	Janet Fender	Walter Kolisz	Ritum Sanghi
Karen Berrie	Florence Feulner	Tom Lagana	Mary Lou Savery
Jean Berry	Betty Jean Gerkens	Lynne Landrey	Lynne Schauder
John R. Bowman	Frances Giegerich	Linda Lawyer	Paula Jean Sheldon
Alice Butcher	Suzanne Grumbacher	Marlene Lichtenstadter	Joyce Showells
Edna Cale	Brenda Harris	Deborah Lopez	Virginia Sladewski
Dorothy T. Cheyney	Richard Hartman	Carol Luttrell	Elizabeth Slippey
Florence Citro	Judith Heap	Jean May	Joe Slowik
Cheryl Colburn	Glenzel Henry	Robert McDonald	Gwen Smith
Michael Connair	Sandi Hicks	Caroline McDonald	Joanne Smith
Sarah Cotton	Kenneth Hoffman	Robert Miller	Camille Spagnolo
Laura Coxe	Beatrice Holloway	Bobby Miller	Joseph Speno
Esther D'Antonio	Claudia Hughes	Diane H. Montague	Theresa Stallings
Henry Daum	Norma Iubatti	Clifton Moody	Eleanor A. Stone
Christine DeAngelo	Diane M. Johnson	Aaron Moore, Jr.	Kathy Tidball
		Dorena Morris	Zeneida Toro
		Margaret Nogan	Lois Underhill
		Christine O'Brien	Deborah Vandiver
		Catherine Offerman	Antoinette Visich
		LaVaida Owens-White	Richard E. Ware Jr.
		Elizabeth Parrish	Andrew Weigel
		Steven P. Patton	Deborah Wharton
		Donna Powell	Arretta Wiley
		Ellen Pringle	Mariana Wilke
		Hattie Pulliam	Mamie Wynn
		Barbara Riegel	Petra Young

News and Notes From



Have you seen our new website?



Visit <https://volunteer.delaware.gov> to find new service opportunities, download the monthly newsletter or explore topics related to volunteerism on our resources page.

Fall Into Service with Volunteer Delaware. Record and submit your service hours to earn Volunteer Delaware gifts. Deadline for submissions is November 23, 2020.



Are you looking for a socially distant service project? Volunteer Delaware is collecting 5,000 cards to send out to service members, veterans and people in long term care facilities this holiday season. You can request a card making kit by emailing Tina.Gary@delaware.gov



International Volunteer Managers Day is November 5. Celebrate with your favorite volunteer manager

Family Volunteer Day is November 21. Find a service project you can share with your family.



Don't forget to follow Volunteer Delaware on Facebook and Instagram
#VolunteerDelaware #VolDE50plus

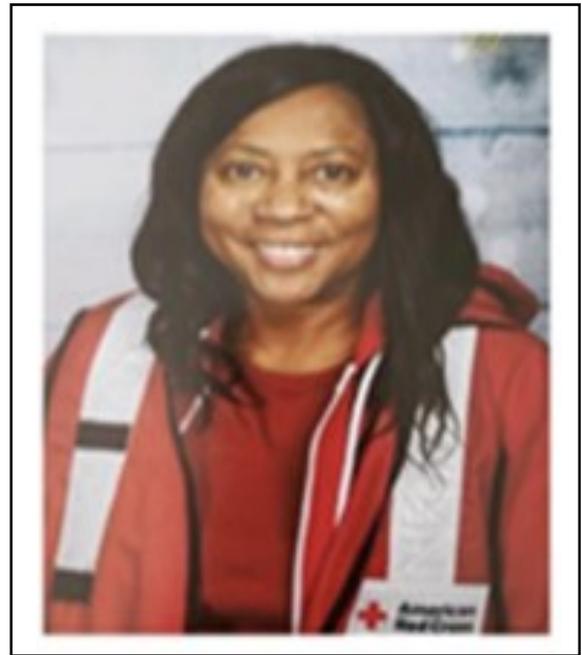




In the Spotlight



**American
Red Cross**



**Vic Parker, Volunteer
American Red Cross of Delmarva**

Vic Parker is one of American Red Cross' Leadership Volunteers for the Delmarva Chapter. But Vic is so much more than Delaware or Delmarva. Vic has traveled far and wide in support of humanitarian efforts for the American Red Cross.

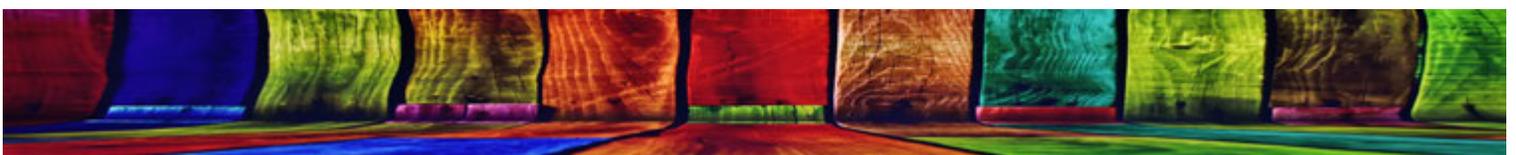
In just the last 6 months, Vic has organized a Blood Drive in June where they were able to collect enough blood to save 70 lives! She is the Regional COVID Shelter Lead for the National Capitol & Greater Chesapeake Region where she manages over 25 volunteers on the team. She holds biweekly meetings to support her team and to review and update on COVID and shelter training. She also has a weekly meeting with all the Regions throughout the country. Vic was also tapped to present during the weekly regional meeting on her "Welcome Video" that was created for new volunteers. Not only is Vic serious about her work, but she likes to add in a bit of fun, as exemplified by her Bingo game she created for team members.

Vic has been a Disaster Action Team runner where she delivers Client Assistance Materials during the pandemic, a position held by only a few to keep minimal staff in the field when able.

For the most recent Tropical Storm Isaias, Vic was the Shelter Lead where she managed 7 non-congregate shelters and over 25 Shelter volunteers. She volunteered to leave the "virtual office" and help with opening a congregate shelter in New Castle County, Delaware, and she supervised the closing of our more complicated non-congregate shelter.

Vic is an amazing volunteer with compassion and leadership and is always ready to serve! Thank you, Vic, for your continuous dedication to the service of others in their time of need!!

For more information on the American Red Cross of Delmarva, please visit www.redcross.org/volopenhouse.



ONGOING OPPORTUNITIES



American Red Cross
National Capital & Greater
Chesapeake Region

Volunteer Recruitment Virtual Open House Event

November 11, 2020 @ 12:30 - 1:30 pm

BECOME AN
AMERICAN RED CROSS
VOLUNTEER



Your time
and talent
can make
a real
difference
in people's
lives.



Turn Compassion Into Action!

The **American Red Cross Volunteer Services** offers monthly virtual open house events for those interested in becoming a Red Cross Volunteer. **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!

Each session is organized by the Volunteer Services team with guest speakers from throughout the Red Cross. Learn first-hand from our volunteers and staff what it means to be a Red Cross Volunteer! The Open House will be conducted via Microsoft Teams. You can join with or without video through your phone or computer! An event link will be provided by email upon completion of your registration.

Register here: <http://www.redcross.org/volopenhouse>

Questions? Contact the Volunteer Services team at NCGCVolRecruitment@redcross.org.

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

People to People Delaware Chapter



People to People Mission is to enhance international understanding and friendship through educational, cultural, and humanitarian activities involving the exchange of ideas and experiences directly among peoples of different countries and diverse cultures.

Contact: Mary Cella at info@ptpde.org

Website: www.ptpde.org

Volunteer Opportunities:

Opportunity 1: Administrative tasks virtually on a as needed basis, based on your schedule. Basic Word/PC skills required

Opportunity 2: Assist Fundraising Committee with researching grants, etc. and philanthropic partnerships

Opportunity 3: Assist Program Committee with coordinating cultural programs on Zoom, etc.



ONGOING OPPORTUNITIES



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>

ONGOING OPPORTUNITIES



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 fdb.volunteerhub.com

- 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@fdb.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.



PREVENT, DETECT & REPORT

Join the New Castle County SMP Volunteer Team by contacting:

302-255-9510/Office

322-518-0246/Mobile

bernice.dunton@delaware.gov

Volunteer & Make a Difference

The Senior Medicare Patrol is a national group of volunteers of all ages who help senior citizens and Medicare recipients identify and report Medicare fraud and abuse.

Becoming a volunteer is a great way to interact with seniors and their care-givers to educate them about how to recognize the various forms of fraudulent practices and abuse and what to do when faced with the reality. Most of all, you'll be making a difference by empowering others to help stop the loss of billions of dollars to Medicare each year.



ONGOING OPPORTUNITIES

You don't need to be a superhero to

DEFEND POTENTIAL

Become a Big Brother or Big Sister Mentor!

Community-Based Mentors are "matched" with youth ages 6-15 and meet with their "Little" 2-4 times per month, outside of school, to do things they both enjoy.



Activities can range from...

- *helping with school work
- *goal setting
- *taking a walk
- *sharing interests
- *playing sports
- *grabbing a bite to eat
- *chatting about life



Whatever the activity, the focus is on providing a positive role model to for Delaware at risk youth giving them a chance to succeed both socially and academically.



Learn more at www.bbbsde.org

NCC County | 302-998-3577

Kent County | 302-674-2486

Sussex County | 302-856-2918



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

ONGOING OPPORTUNITIES

**Serve snacks/drinks and have fun with donors! (Age 18+):**

Make a positive difference in 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 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.



Apply here: <https://www.delmarvablood.org/get-involved/volunteer/> or call Angela at 302-737-8405 Ext. 819 or email awilliamson@bbd.org



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

ONGOING OPPORTUNITIES

Nov. 19 DEADLINE



Stockings for Soldiers

Suggested Donated Items:

- Tuna/Lasagna/Beefaroni 8 oz. or less
- Black or White Crew Socks, Mole Skin
- Slim Jims/Beef Jerky
- Toothbrushes & Small Toothpaste
- Small candy & chewing gum
- Granola/fruit/Breakfast Bars
- Cookies/Nuts/Pretzels & Trail Mix (12 oz. or less)
- Small Single packet drink mix- Lemonade, Teas, Hot Cocoa & Coffee
- Paperback books (no romance novels)
- Ramen Noodles Soup singles
- Fruit Roll ups/Gushers
- Chap Stick & Lip balms
- Razors (individual or packs)
- Small toiletries & lotions
- Hand/foot Warmers/fly swatters
- Baby wipes, foot powder, sun block
- Crossword Puzzles & Sudoku
- Pocket games and puzzles
- DVD Movies/Music/CDs
- Beanie Babies
- Holiday Greeting Cards

Send Some Holiday Cheer to Our Troops!

We are asking all of our volunteers, all our community partners and all of our supporters to please participate in this year's donation drive in your own way. Your drive can be as small as a one or two person group or it can be larger and include those in your extended family, neighborhood, church group, school or workplace.

It has never been more true now when we say **EVERY DONATION COUNTS!** You can host a drive, donate items, donate your time to pick up/drop off items or make a monetary donation online at <https://secure.west-point.org/stockingsforsoldiers/>.

To VOLUNTEER please call Volunteer Delaware 50+ at 302-255-9746 or email Guadalupe.Murphy@delaware.gov.

**Suggested Donation Items (Donations Accepted from Oct. 5th to Nov. 19th, 2020)
Mondays - Thursdays, 6:30– 8:30pm - 5131 Brandywine Parkway, Wil. 19803**

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

ONGOING OPPORTUNITIES**CHILD ADVOCATES NEEDED**

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.

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

Classes are forming now for Training statewide!

Contact Lauren Brueckner at (302) 245-1895 or email her at lauren.brueckner@delaware.gov with any questions

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

FOLLOW us!

Facebook: [Office of the Child Advocate](#)

Instagram: [OCADelaware](#)

Twitter: [OCADelaware](#)

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

A NOTE FROM OUR PARTNER


Clear Path to Falls Prevention



Join the Newark Senior Center and the Delaware Falls Prevention Team for a virtual conversation about reducing fall risks and preventing falls. Hear from a panel of healthcare professionals and subject matter experts about practical tips and valuable resources to help you stay healthy, active and independent.

A Virtual Falls Prevention Event

Tuesday, November 17, 2020

1:00 pm - 2:00 pm



To register, click or copy this link:

<https://zoom.us/meeting/register/tJcqde6orT8uEtwLjhjGSUuZNsvDfnkVcU9j>

Once registered, you will receive a confirmation email containing information about joining the event.

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



For more information about the Commodity Supplemental Food Program (CSFP) contact Dave Weddle at (302) 444-8129 or email dweddle@fbd.org or visit <https://www.fbd.org/program/senior-nutrition>.

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



MANAGING CONCERNS ABOUT FALLS

A NOTE FROM OUR PARTNER

Four Things You Can Do to Prevent Falls:

① **Speak up.**

Talk openly with your healthcare provider about fall risks and prevention. Ask your doctor or pharmacist to review your medicines.

② **Keep moving.**

Begin an exercise program to improve your leg strength and balance.

③ **Get an annual eye exam.**

Replace eyeglasses as needed.

④ **Make your home safer.**

Remove clutter and tripping hazards.

Falls are common

- Falls are the leading cause of both fatal injury and nonfatal trauma-related hospital admissions among older adults.
- One in four Americans aged 65+ falls each year; 20% are injured.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.

Falls are costly

Personal: Serious injuries, significant impact on quality of life,
Financial: In 2015, the total cost of fall injuries was \$50 billion; 75% paid by Medicare and Medicaid. Costs are expected to reach \$101 billion by 2030.

Falls are predictable

Modifiable physical, behavioral, and environmental risk factors

Falls are largely preventable

Everyone has a role to play and can make a difference within their own sphere of influence.

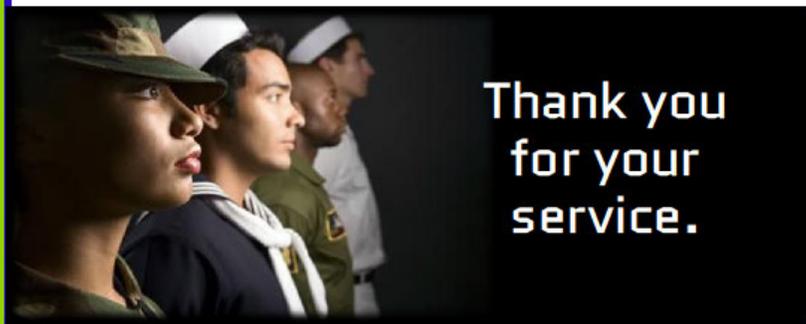
Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total			Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling. Discuss this brochure with your doctor.

RESOURCES

On **Veterans Day, Wednesday, November 11**, DART is offering free rides to Veterans on all Statewide bus services, all day.

Veterans displaying a **Veteran's ID card** (this would also cover spouses and partners) or **DD 214** can ride for free on all DART bus services.



Thank you
for your
service.

DartFirstState.com • 1-800-652-DART



Thank You
VETERANS



FREE

Sat. 11/7/20, 11 am - 1 pm
Faith Victory Christian Center
301 Commonwealth Ave.
Claymont, DE 19703



Call to reserve groceries:
302-333-8981
302-354-0353

Baby food available!



GROCERY GIVE AWAY!



Grocery recipients must be in a vehicle.

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

RESOURCES

DELAWARE DIABETES COALITION



Virtual Diabetes Wellness Expo Education Sessions

Given the disruption of in-person events due to the COVID-19 pandemic, we're putting our Annual Diabetes Wellness Expo online!

Thursday, November 12 • Thursday, November 19
10:00 AM, 12:00 PM, 2:00 PM, 4:00 PM



Virtual Education Sessions presenting topics in optometry, dining with diabetes, healthcare law, diabetic technology, and much more!

Bringing together health care providers, businesses, diabetes-related organizations, and others to promote diabetes self-management and a healthier lifestyle for people with diabetes.

All sessions will be live on Zoom. You must register for the sessions you wish to watch live and can access the sessions you register for on the event page.

All sessions are free. If you can't make the scheduled session time, register for the session and you'll receive the recording after the session ends to watch on your own time.

Visit

<http://bit.ly/DDCOnline>

for complete agenda, session descriptions, speaker and sponsor bios, and registration information!

107 Vollkorn Road • Magnolia, DE 19962 • 302.519.6767 • www.dediabetescoalition.org
director@dediabetescoalition.org • [f dediabetescoalition](https://www.facebook.com/dediabetescoalition)

RESOURCES



An Exelon Company

News Release

Contact: Amber Burruezo
Delmarva Power, Communications
866-655-2237 (media hotline)

FOR IMMEDIATE RELEASE

Delaware Energy Customers Can Save With New Efficiency Programs Offered by Delmarva Power
Programs offer in-store LED lighting discounts at more than 50 locations and \$50 for recycling an old appliance

NEWARK, Del. (Oct. 21, 2020) – New opportunities to save money and energy are now available for Delmarva Power electric customers in Delaware through the company’s newly launched energy efficiency programs. Programs offer LED lighting discounts and cash rebates for recycling old appliances and are now available to help customers take control of their energy use and provide different ways to save money.

“Our new programs are expected to reach more than 200,000 customers across Delaware and can help a customer save up to \$10 per month on their energy bill,” said Morlon Bell-Izzard, vice president of Customer Operations for Pepco Holdings, which includes Delmarva Power. “Customers can easily take advantage of these programs and see real savings month after month during a time when many across the region are facing financial challenges.”

- **The LED lighting in-store discount is now available in more than 50 stores across Delaware, including participating Dollar Tree, Lowe’s, The Home Depot and Walmart locations.** The program helps customers replace outdated light bulbs. For residential customers, Delmarva Power will provide instant in-store discounts on select ENERGY STAR-certified LED bulbs.
- **Customers can receive \$50 for recycling old, inefficient working appliances, including refrigerators and freezers.** Customers can also get an extra \$25 if they recycle a working room air conditioner or dehumidifier at the same time. Due to COVID-19, appliances are collected from designated locations outside of customers’ residences, including garages, outbuildings and porches. This no-contact pickup allows staff to collect and recycle old appliances while the customer remains safely inside of the home. Appliance recycling appointments are now available.
- **Delmarva Power residential Delaware customers can learn about these and other energy saving programs by visiting delmarva.com/wavstosave or calling 888-997-9108.**

Approved in 2019 by the Delaware Public Service Commission, these energy efficiency programs are designed to last three years. In addition to the LED lighting and appliance programs, the company’s behavior-based program began providing personalized energy reports for residential customers in early 2020 to help motivate them to engage in energy savings behavior. The report compares a customer’s energy usage with neighbors in similar homes and provides high-usage alerts

-more-

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

RESOURCES

ENERGY BILL
ASSISTANCE
INFORMATION

HOW TO GET HELP WITH YOUR ENERGY BILLS

Federal and state energy assistance programs are available to eligible Delaware residents who need help paying their bills.

The Low Income Home Energy Assistance Program (LIHEAP) provides critical home heating and cooling assistance to those who qualify. For more information or to apply for LIHEAP assistance, visit assist.dhss.delaware.gov or call 302-654-9295 in New Castle County, 302-674-1782 in Kent County or 302-856-6310 in Sussex County.

DE 211 (dial 2-1-1) offers information and referrals to local agencies and services that can assist with utilities and other necessities, or visit them at delaware211.org.

Good Neighbor Energy Fund offers energy assistance to low-income customers. To see if you are available for assistance, please call:

Salvation Army at 302-472-0750

For more information about energy assistance programs, visit delmarva.com/energyassistance.

Delmarva Power payment options that can help you manage your bills.

Budget Billing: You can avoid seasonal peaks in your electric bills by dividing your payments evenly over the course of the entire year. This plan makes it easier for you to budget and pay your bill each month, because you'll know your regular payment amount.

Payment Arrangements: We offer a variety of individually tailored payment arrangements aimed at bringing the account up-to-date over a mutually agreeable period of time.

Extended Payment Date Plan: If your main source of household income is from government or other low-income entitlement programs, you may qualify for a regular extension of your bill due date without incurring a late charge.

For additional information about payment options and ways to save on your energy bills, visit delmarva.com or call 800-375-7117.

Income eligibility for most programs is based on 30-days prior to application. If you have recently become unemployed or underemployed, your eligibility may have changed.

GROSS INCOME LIMITS

Household Size	Maximum Annual Income
1	\$25,583
2	\$34,566
3	\$43,548
4	\$52,530
5	\$61,513

*Gross Income is income before taxes.

RESOURCES

Frequently Asked Questions

Use Your Phone to Fight COVID-19

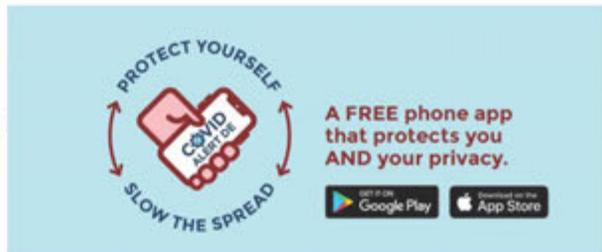
The State of Delaware is pleased to announce COVID Alert DE, Delaware's official COVID-19 exposure notification app, will launch September 15, 2020.



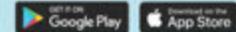
What is COVID Alert DE?

COVID Alert DE is the official Delaware Exposure Notification System (ENS) app developed by NearForm in partnership with the State of Delaware. This free smartphone app will be available to all who live, work or go to college in Delaware in the Google Play Store and the App Store beginning on

Sept. 15. After downloading the app, you will be able to use your phone in the fight against COVID-19 without compromising your privacy or personal information. **COVID Alert DE** uses Bluetooth Low Energy (BLE) technology to quickly alert users if they have been in close contact (within 6 feet for 15 minutes or more) with someone who has tested positive for COVID-19. The app also allows users to log their symptoms daily, so they can check back and review at any time. And it keeps users up to date on the fight against COVID-19 in Delaware.



A FREE phone app that protects you AND your privacy.



Who should use COVID Alert DE?

Everyone 18 and older who lives, works or goes to college in Delaware, and uses an Android or Apple phone is encouraged to download and use **COVID Alert DE**.

Why is COVID Alert DE important?

COVID Alert DE alerts app users of potential exposure, even before they may experience symptoms, so they can act quickly and take the steps needed to protect themselves and others. Knowing about a potential exposure allows you to self-quarantine immediately, get tested, and reduce the potential exposure risk to your family, friends, neighbors, co-workers or fellow students. The more people in Delaware who use **COVID Alert DE**, the greater the likelihood that you will receive timely anonymous exposure alerts that will ultimately lead to slowing the spread of COVID-19 and protecting others.

Is my privacy protected?

Absolutely. The State of Delaware takes privacy seriously. The **COVID Alert DE** app protects your privacy and does not collect or share any personal information that can identify you. The app will not use GPS navigation to collect movement or geographic location of individuals. Instead, this app uses Bluetooth proximity-enabled exposure notification service technology provided by Apple and Google. Therefore, your identity can never be revealed to anyone. At all times, you are in control and remain anonymous. And if a person tests positive for COVID-19, it's up to them whether they share their result anonymously through **COVID Alert DE**. You can delete the app or turn off alerts at any time. You decide.

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

RESOURCES

COVID Alert DE: FAQs p. 2

How does COVID Alert DE work?

COVID Alert DE works by using random Bluetooth keys that change every 10-20 minutes. Phones with the app installed will share these random keys anonymously if they are in close proximity. Positive COVID-19 results submitted by other app users are checked against the list of random keys they have encountered in the past few days. If there is a match, **COVID Alert DE** alerts the individual, taking into account the date and duration of the exposure, and the Bluetooth signal strength, which is used to estimate proximity.

How do I download COVID Alert DE?

The free **COVID Alert DE** app is available for download via the App Store and the Google Play Store.

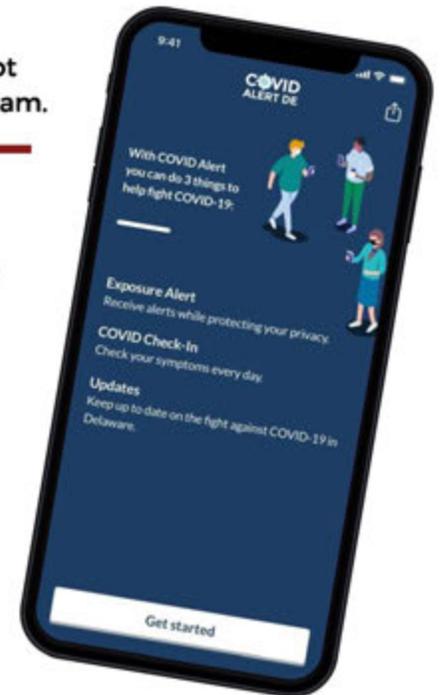


Is it possible to get an app alert and be contacted by a contact tracer?

Yes. This app supports the work of the Division of Public Health's Contact Tracing teams. If someone who tests positive for COVID-19 identifies you as a close contact when speaking to a member of the Contact Tracing team, another member of the team will contact you. However, if you receive an exposure alert through the app, it will not trigger a contact or call back from the Contact Tracing team.

Are other states in our region using a similar app?

Pennsylvania's app - COVID Alert PA - uses the same technology as Delaware's app, which allows for interoperability. We expect additional states in the region to use the same platform. But it is important for you to download the app of the state in which you are currently living and where you expect to be tested if needed.



Is this different than the exposure notification app launched by Google and Apple?

Yes, it is. **COVID Alert DE** is the official exposure notification app of the State of Delaware. In addition to alerting users if they have been in close contact with someone who has tested positive, **COVID Alert DE** allows users to log their symptoms daily and stay up to date on the fight against COVID-19 in Delaware.

How do I get more info about COVID Alert DE?

Additional information is available at de.gov/covidalert. Questions about partnership opportunities should be directed to DHSS_TownHall@delaware.gov. General questions about COVID Alert DE can be directed to DPHCall@delaware.gov.

RESOURCES

**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.

**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.**

**Supportive
Services
FOR VETERAN FAMILIES**



ARE YOU A VETERAN WHO IS HOMELESS OR AT RISK OF BECOMING HOMELESS

Call 1-888-385-1250 now for 24/7 connection to COVID-19 Emergency Assistance



Housing Placement and Past-Due Rent Assistance, Referrals & More are Available

Visit www.VMCenter.org for more information

JFS
DELAWARE
Family Services For All

**WORKSHOP & SUPPORT COMMUNITY
FOR FAMILY & FRIENDS
IMPACTED BY ADDICTION**

www.jfsdelaware.org/family-addiction-support



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

RESOURCES

The Never Alone Project



PROVIDING FRIENDLY SUPPORT TO OUR DELAWARE ELDERLY AND DISABLED NEIGHBORS WHO MAY BE FEELING SOCIALLY ISOLATED DUE TO COVID-19 PANDEMIC AND OTHER LIFE FACTORS.

Social isolation and loneliness have gradually become contributing factors to increased illness among elderly, disabled and chronically ill persons. This has become intensified as we are now facing the COVID-19 pandemic. Through this project, Delaware Ecumenical Council on Children and Families (DECCF) will promote resilience by establishing new, and supporting existing relationships with clients, caregivers, and families.

We seek to do this through establishing weekly (or other frequent) calls as telephone reassurance that someone is there for them should they want to talk about what they are experiencing. The Never Alone Project will



perform a high-level screening for social isolation, and make voluntary referrals to behavioral health professionals should follow-ups be necessary. Also, a "Coping in Times of COVID-19" toolkit for seniors, will be provided to each participant

Let us help you, and/or a loved one through these challenging times.

Register today.

Kent County/Northern Sussex –

- Deborah Killen – (302) 650-8984

New Castle- Brian K. Sanders – (302) 225-1040

- Naa Sackley Huffman – (302) 898-4983

Smyrna/ Clayton/ Middletown/ Odessa/ Townsend -

- Gail LaGasse – (302) 650-8868

- Safe Companionship
- Friendly Check-ins
- Isolation/Loneliness Assessment
- Encouragement
- Inspirational Writings
- Informed Delaware COVID-19 updating
- "Coping in Times of COVID-19" toolkit for seniors



Delaware
Ecumenical
Council on
Children and Families

240 N. James St. Suite 111

Wilmington, DE 19804

www.deccf.org

Sponsored by DECCF and Trauma Matters Delaware

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

RESOURCES



ENERGIZE DELAWARE EMPOWERMENT GRANT

Funded by the Exelon Merger for Delmarva Power Customers



What is the Empowerment Grant Program?

Delaware Sustainable Energy Utility—Energize Delaware was selected to facilitate the Empowerment Grant Program and funded by the merger of Delmarva Power with Exelon. This program will provide funding to organizations, property owners who rent to low-income communities and towns to administer energy efficiency programs that directly benefit Delmarva Power customers, whose households earn 60 percent or below the Delaware State median income.

To date, the Empowerment Grant Program has awarded nearly \$1 million in awards.



The Funds Should be Used for the Following:

- *Increase energy efficiency for low-income Delaware households
- *Engage with and inform households about the benefits of efficiency and strategies available
- *Develop a comprehensive community-based approach to address energy efficiency issues in low-income housing by mobilizing public and private sector resources, including grassroots, community-based, non-profit, and faith-based organizations
- *Ensure to the greatest extent feasible that job training, employment, contracting, and other economic opportunities generated by this grant will be direct to low-income persons in Delmarva's service area.



Habitat for Humanity being awarded \$500,000 for a state-wide Refrigerator Replacement Program.



Available Funds

The Empowerment Program Fund has been awarded \$4 million. It is envisioned that half will be dedicated to the large-scale programs and half to the community-scale programs, these ratios may vary depending on demand for each program. All funds must be directed to Delmarva Power customers in low-income communities.

Large-Scale Programs

The initial amount of funds available for the large-scale programs for this offering is \$1 million. The maximum amount of the Low-Income Energy Efficiency Large-Scale Program funds is not to exceed \$1 million. The minimum award amount is to be no less than \$100,000.

Community-Scale Programs

The initial amount of funds available for the community-scale programs for this offering is \$100,000. The maximum amount of the Low-Income Energy Efficiency Community-Scale Program funds is not to exceed \$100,000.

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