



SENIOR COMMUNITY RESOURCE GUIDE

By: Logan Jarrell, BSN, RN
NICHE- Age Friendly Coordinator





Beebe Healthcare was founded with a mission & vision to encourage healthy living, prevent illness, & restore optimal health within the community. Our vision is that Beebe Healthcare will be the healthcare system of choice for all people in Sussex County.

Beebe Healthcare has many departments, such as Population Health - that facilitate a series of community-based programs and services that aim to reduce health disparities, address the social determinants of health, reduce hospital admissions, & promote equitable access to care for all.

Sussex County is one of the fastest growing counties in the United States. About one in four Delawareans are age sixty and older and by the year 2040, the older population will make up nearly 34% of the state's population (Delaware Department of Health and Social Services, 2020). Beebe Healthcare is recognized as a community-based focused healthcare system that makes outreach & education a priority, based on proven need. It is Beebe Healthcare's commitment to deliver programs & services in-line with what underserved communities & the most vulnerable citizens need in order to get healthy and stay healthy.

The purpose of this guide is to provide our community with local resources and to bring care to the community. Our efforts make a positive difference in people's lives and underscore the value and continued presence of Beebe Healthcare's mission and vision.

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NICHE (Nurses Improving Care for Healthsystem Elders) is a national program based from NYU Rory Myers College of Nursing. Beebe Healthcare has proudly been a NICHE member since 2011 & is recognized as a senior-friendly healthcare organization. Through NICHE, staff have access to resources and tools to implement, achieve, and sustain the NICHE program and to provide excellent care and outcomes for older adult patients. NICHE is designed to help hospitals and healthcare organizations address and improve the specialized needs of older hospitalized adults. NICHE is also an education program that trains staff to be aware of and identify special considerations when caring for the elderly and serve as a resource for their teams.

Logan Jarrell serves as the NICHE (Nurses Improving Care for Healthsystem Elders) Coordinator at Beebe Healthcare. In this role, she is dedicated to enhancing the quality of care for older adults by supporting both patients and their families. Logan provides guidance on local resources that promote aging in place, helping individuals align their healthcare journey with their personal goals and preferences.

In addition to resource coordination, Logan has implemented therapeutic activity kits across all hospital units. These kits are thoughtfully designed for patients living with dementia, offering meaningful activities that foster comfort, engagement, and a sense of purpose during their hospital stay. She has also introduced a doll therapy program to further support this population, recognizing its ability to provide emotional reassurance and connection.

Logan is passionate about ensuring that members of the geriatric community in Sussex County are informed about the services available to them. She is committed to advocating for high-quality, patient-centered care that respects the unique needs and dignity of every older adult.



ljarrell@beebehealthcare.org

Population Health Care Coordination Program

Understanding Care Coordination:

- Care coordination is a healthcare approach that ensures patients receive well-organized, seamless care across multiple providers & settings.
- It involves healthcare professionals working together-such as doctors, nurses, specialists, & social workers -to manage a patient's needs, reduce gaps in care, & improve health outcomes.
- By sharing information, coordinating treatment plans, & addressing both medical and social factors, care coordination helps prevent unnecessary hospital visits, reduces healthcare costs, & enhances the overall patient experience.
- It is especially important for individuals with chronic conditions, complex medical needs, or those transitioning between care settings, such as hospitals & home care.
- The goal of care coordination is simple: to provide the right care, at the right time, with better communication & improved patient support.

Care Coordination at Beebe Healthcare:

There are several programs offered that aim to support high quality care of chronic diseases.

- **Longitudinal Care Coordination** provides ongoing support over an extended period to patients this includes Chronic Care Management which is covered by Medicare part B.
- **Transitional Care Coordination** aims to bridge & optimize transitions of care from different healthcare settings such as the hospital, acute rehab or skilled nursing facility.
- **Care Coordination** focuses on the achievement of successful health outcomes, improving the overall experience, increasing patient & family knowledge for disease self-management. These programs assist patients to manage their medical care and navigate interactions with their healthcare team in the communities where they live.

Our Programs:

- Provide a Patient Centered Care Approach
- Provide Collaboration with patient's provider for care need
- Provide Disease & Medication Education
- Address Social Needs



Population Health Care Coordination Program

To contact, call the Population Health Intake Line 302-645-3337 Ext. 4
Ask your provider to enter a referral in the electronic medical record



Examples of Who We Can Help:

- Patients recently in hospital
- If you have COPD, CHF, Pneumonia, MI, Diabetes, Stroke, Sepsis,
- Those looking for assistance navigating home resources such as transportation
- Those looking for resources for future care needs



Our Team:

- Advanced Care Providers
- RNs Care Coordinators
- Pulmonary Navigator, Respiratory Therapist
- CHW-Community Health workers to address Social Needs
- Diabetes Management-ADA Certified RNs & RDs that provide Diabetes Self-Management
- Education & Support including Medical Nutritional Therapy through individual and group settings



History of Care Coordination:

- Care Coordination has evolved since the 1900s over time to improve patient outcomes by ensuring seamless communication between healthcare providers.
- By the late 20th century, integrated care models emerged, emphasizing teamwork among healthcare professionals. Case management, patient-centered medical homes, & electronic health records (EHRs) became key tools for improving coordination.
- Today, Care Coordination focuses on holistic, patient-centered approaches, using digital technology and multidisciplinary teams to enhance efficiency, reduce costs, & improve quality of care.



Beebe Home Health Services



WHY CHOOSE BEEBE'S HOME HEALTH SERVICES?

Since 1985, our highly skilled home health team has been providing comprehensive in-home medical care in coordination with and as directed by your medical providers. Individuals who have an acute illness, injury, or surgery, as well as those living with chronic medical conditions, may benefit from skilled home health care.

COMPREHENSIVE CARE, AT HOME

Our team provides a comprehensive evaluation and assessment of your care needs. We work with you and your doctor to create an individual treatment plan and establish long-range plans to manage your health and medical conditions. Skilled home health services are usually covered by Medicare, Medicaid, and most private insurance. We'll verify your coverage and guide you every step of the way.

BEEBE HOME HEALTH SERVICES PROVIDES:

- | | |
|------------------------|-------------------------------|
| + Skilled Nursing | + Certified Home Health Aides |
| + Physical Therapy | + Home Safety Assessments |
| + Occupational Therapy | + Telehealth |
| + Speech Therapy | |
| + Medical Social Work | |

We are a not-for-profit organization accredited by the Joint Commission, a nationwide symbol of quality that reflects an organization's commitment to meeting the highest level of performance standards.

Call our team—
available 24/7

302-934-5830

beebehealthcare.org/services/home-health-services

Follow up with your primary care clinician 10 to 14 days after discharge.



beebehealthcare.org
The Best Care is Here.

Cape Pharmacy



PHARMACY SERVICES

Cape Pharmacy provides a full range of pharmacy services, ensuring that our customers receive the best possible care. Our services are designed to make your healthcare experience as easy and convenient as possible.

- Prescription Medications
- Medication Management Services
- Vaccinations & Immunizations
- Health Consultations & Wellness Advice
- Compounding Services
- Free Local Prescription Delivery in Lewes
- Prescription Pet Medications

Cape Pharmacy

17252 North Village Main
Blvd. Lewes, DE 19958

WHY CHOOSE CAPE PHARMACY?

At Cape Pharmacy, we remain committed to the same personalized care and community focus that have made us your trusted community pharmacy. Our pharmacists and dedicated staff will continue to serve you, ensuring the same high level of service you've come to expect.

- Convenient Location
- Community-Focused Service
- Expert Pharmacists
- Comprehensive Care

Monday-Friday 9am to 6pm
Saturdays 9am to 3pm
biz@capepharmacy.com
302-645-0090



PHARMACY BLISTER PACKING SERVICES

Reliable. Organized. Safe for your residents.

Why Assisted Living Staff Love Our Blister Packs

- Clear, easy to read labels
- Organized by time of day (morning, evening, bedtime, etc.)
- Monthly packing
- Helps prevent missed or duplicate doses
- Streamlines medication passes for caregivers

What Our Pharmacy Provides

- Customized packs for each resident
- Coordination with prescribers for refills
- Delivery to your facility

Designed for Resident Safety & Staff Efficiency

We partner with assisted living homes to ensure medications are packaged accurately, consistently, and in a format that supports smooth daily workflows.

Let's Work Together

Set up blister-pack service for your residents today! Fees may apply.

Cape Pharmacy
17252 N Village Main Blvd
Lewes, DE 19958
Phone: 302-645-0090
Fax: 302-645-0096

Email: capepharmacy@beebehealthcare.org

Open Monday to Friday, 9 a.m. - 6 p.m., Saturday, 9 a.m. - 3 p.m., closed Sundays.

Beebe Healthcare Services

Beebe Healthcare and Beebe Medical Group, our employed physician group, have 40 locations throughout Sussex County for everything. Here's a highlight of some of our services. To learn more, visit: beebehealthcare.org/services

CARDIOVASCULAR

Precise heart, lung, and vein care that's close to home
beebehealthcare.org/services/cardiovascular

CENTER FOR WEIGHT LOSS SURGERY

Your partner on your weight loss journey
beebehealthcare.org/services/surgery/bariatric-surgery

CENTER FOR BREAST HEALTH

Accredited Breast Center, trailblazing surgeons
beebehealthcare.org/services/oncology/breast-health

EMERGENCY SERVICES

We've planned for the unexpected. Two emergency departments to serve you.
beebehealthcare.org/services/emergency-department

ONCOLOGY SERVICES

One Beebe Oncology, two comprehensive cancer centers beebehealthcare.org/services/oncology

ORTHOPAEDICS

Getting you back on your feet
beebehealthcare.org/services/orthopaedics

PRIMARY CARE

Providers who care, with 13 locations throughout Sussex County and just one number to call 302-645-3332
beebehealthcare.org/services/primary-care

SURGICAL SERVICES

Advanced surgical procedures, right here
beebehealthcare.org/services/surgery

WALK-IN CARE

When care can't wait, reserve a spot online
beebehealthcare.org/services/walk-care

In case of **EMERGENCY**, Beebe has two convenient locations

LEWES

424 Savannah Road
Lewes, DE 19958

SOUTH COASTAL

32750 Roxana Road
Millville, DE 19945

Ready to care for you, wherever and whenever you need us. With convenient locations throughout the county (including four Walk-In Care Centers and two 24/7 Emergency Departments), the best care is now more accessible than ever before. And as our county grows, you can be confident and proud that we'll continue to grow with it.

With **WALK-IN** services locations throughout the county, the best care is now more accessible than ever before

GEORGETOWN

21635 Biden Avenue
Georgetown, DE 19947
302-856-9729

MILLVILLE

32550 Docs Place
Millville, DE 19967
302-541-4175

MILLSBORO

28538 Dupont Boulevard
Millsboro, DE 19966
302-934-5052

MILTON

23900 Milton Ellendale Hwy
Milton, DE 19968
302-684-5635

REHOBOTH BEACH

19161 Healthy Way
Rehoboth Beach, DE 19971
302-645-3010





FIVE NUMBERS WORTH SAVING

Senior Community Guide

Delaware Aging & Disability Resource Center:
1-800-223-9074

Free Delaware Medicare Counseling (DMAB/SHIP):
1-800-336-9500

Delaware 211:
Dial 2-1-1

DART:
1-800-652-3278

Adult Protective Services:
1-888-277-4302



About

Village Volunteers is a volunteer-based nonprofit organization dedicated to helping older adults age in place through services, support, and community.

Services

Transportation

- Medical appointments
- Shopping
- Errands
- Social activities
- Other appointments (vet, hairdresser, etc.)

Household Support

- Organize pantry and other items
- Assistance with checkbook
- Take out trash
- Change light bulbs, smoke detector batteries, etc.
- Simple repairs
- Help with technology

Friendly Visits & Phone Check-Ins

- Respite for family caregiver
- Conversation and companionship
- Do a puzzle or play a game
- Inquire about well-being and needs.



Eligibility

Village Volunteers provides services to older adults aged 50+ in Lewes, Milton, Rehoboth Beach, Dewey Beach and Nassau allowing them to stay in their homes as vibrant, independent members of our community. Members must be able to stand, pivot, and walk on their own or with the use of canes, walkers, or wheelchairs. Volunteers cannot provide physical assistance such as lifting a member. Individual memberships include up to twenty-five hours of volunteer service per month. Please reach out to us for membership pricing. We work with your budget.

Get Involved

If you are interested in volunteering, visit the volunteering page on our website.



302-703-2568



info@villagevolunteer.org



16686 Kings Highway #B,
Lewes, DE 19958



P.O. Box 25, Nassau, DE 19969



www.villagevolunteer.org



Use the QR code to
visit our website.

South Coastal Village Volunteers

South Coastal Village Volunteers brings together neighbors helping neighbors in a community of support. As we grow older, we can age in place and continue to live independently in our homes and communities.

SCW coordinates volunteers to assist members with services such as transportation to various appointments and shopping, home visits, telephone check-ins, running errands, technology support and small household tasks. Currently we serve residents within the ZIP codes of Bethany Beach, Millville, Ocean View and South Bethany by providing volunteers for support, services and social interaction to enhance the lives of our members.

Contact Information

southcoastalvillagevolunteers.org
info@southcoastalvillagevolunteers.org
PO Box 1453
Bethany Beach, DE 19930
302-500-1281

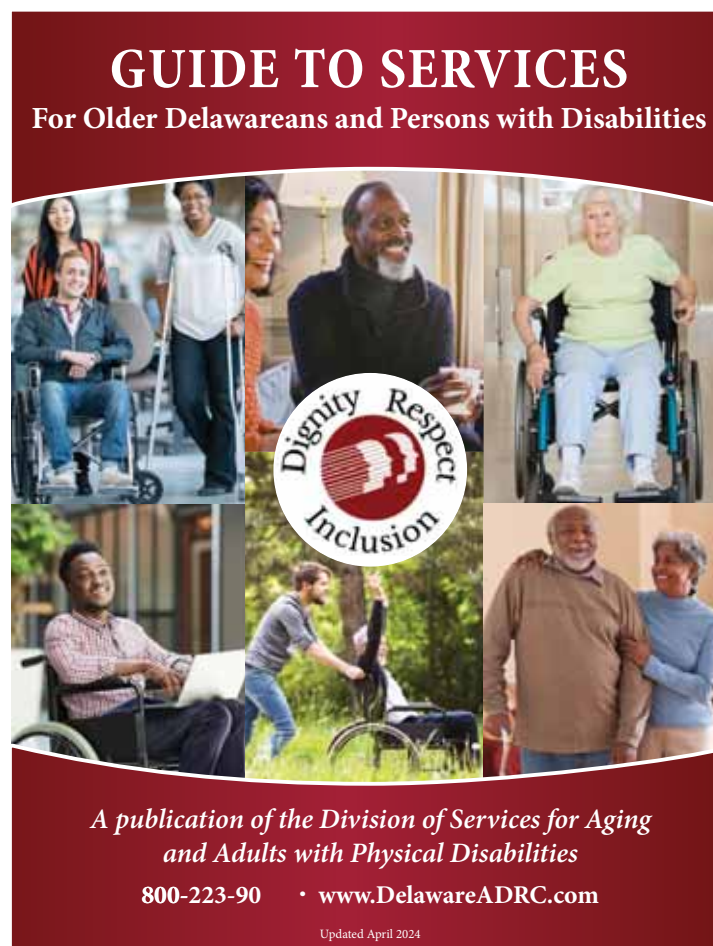


Division Of Services For Aging & Adults With Physical Disabilities (DSAAPD) - Guide To Services For Older Delawareans & Persons With Disabilities

What is the Guide to Services?

Contains a wealth of information about services & programs in our state. The guide is organized into numerous sections (such as in home services, transportation, food programs), each of which provides information on a specific subject, such as a type of service or program.

Available in print format & on the web. The web version is formatted for easy navigation. An advantage of the web version is that you can adjust the size of the print to suit your needs. To access the web version, visit www.dhss.delaware.gov/dsaapd.



Beyond Your Visit

Community Resources for Older Deaf, Deafblind & Hard of Hearing (DDBHH) Patients



Deaf Community & Peer Support

- **Delaware Deaf Senior Citizens (DDSC)** - delawaredeafsc.org
Peer support and social programs
- **Delaware Association for the Deaf (DAD)** - delawaredeaf.org
Advocacy for deaf rights, ASL access, and inclusion



Assistive Technology & VRS

- **Rylo** - rylo.com
Accessible visual communication and sign-based interaction
- **Convo** - convo.io/us/home
VRS connecting ASL users with hearing individuals via interpreters



Rights & Advocacy

- **Delaware office for the deaf & Hard of Hearing (DODHH)** - labor.delaware.gov/dodhh
State agency supporting ADA communication access and interpreter services
- **National Association of the Deaf** - nad.org
Protection and promotion of the civil, human, and linguistic rights of DHH

DB Deafblind Access

- **iCanConnect** - icanconnect.org/
Free communication equipment and training for eligible deafblind individuals
- **Delaware Division for the Visually Impaired** - dhss.delaware.gov/dvi/
Vision rehabilitation and assistive services, including deafblind support

DB Deafblind Access

- **Deaf Counseling Center** - deafcounseling.com
Therapy in ASL by deaf professionals
- **National Deaf Therapy** - nationaldeaftherapy.com
Deaf, feamle-owned company blending psychotheapry and tele-mental health

Disclaimer: The organizations and services listed in this guide are independent community resources and are not affiliated with or endorsed by Beebe Healthcare. They are provided for informational purposes only, and patients may choose to use them at their own discretion. For medical advice, diagnosis, treatment, or questions about your healthcare, please consult your care team.

Delaware Aging & Disability Resource Center (ADRC)

What is the Delaware Aging & Disability Resource Center (ADRC)?

One-stop access point for aging & disability information & resources in Delaware, specifically in your county.

Learn more about resources available in Delaware, decide what services would be best for you or someone you know, get help in finding services that you need, & get a personal emergency response system (Life Alert).

If you need more information or assistance, contact the Delaware ADRC at

www.DelawareADRC.com
DelawareADRC@state.de.us
1-800-223-9074 (24/7 phone service)
Open Monday - Friday 0800 - 1630



WELCOME TO THE DELAWARE AGING & DISABILITY RESOURCE CENTER

We connect Delawareans to aging and disability resources and services throughout the First State.

[Search by Provider Name](#)

Delaware 211

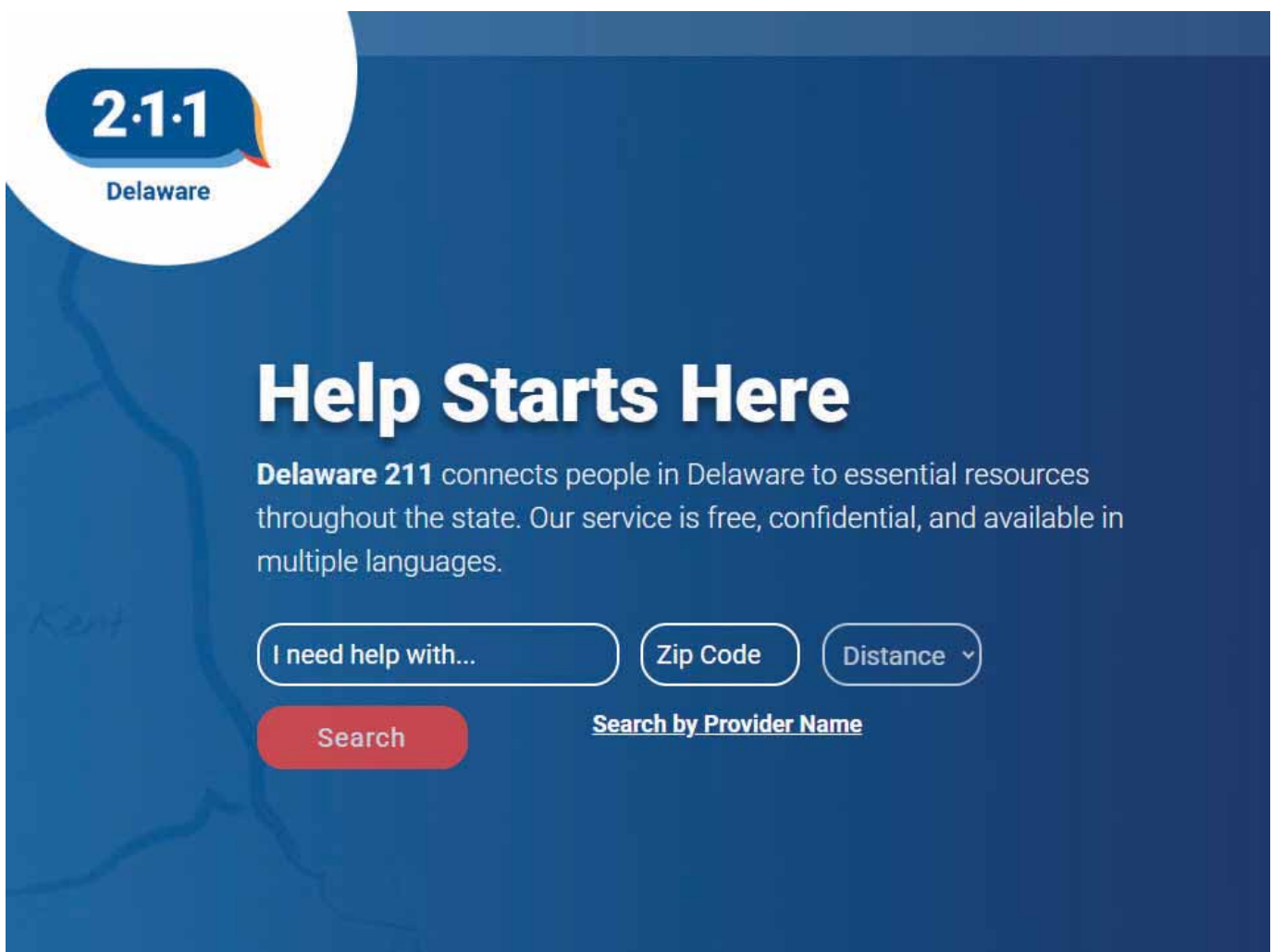
Connects people in Delaware to essential resources throughout the state. Our service is free, confidential, & available in multiple languages.

Live chat Monday-Friday 0800 - 2100

1-00-560-3372

Text your zip code to 898-211

info@delaware211.org



Transportation

- The following agencies provide transportation to their respective senior center.
- Some centers may also offer transportation to local shopping venues and provide volunteer transportation for other needs.
- Please contact the senior center directly for additional information.

Absalom Jones Senior Center

310 Kiamensi Road
Wilmington, DE 19809
Phone: (302) 995-7636

Bethel Caring Hands, Inc

604 N. Walnut Street
Wilmington, DE 19801
Phone: (302) 658-1676

Brandywine Community

3301 Green Street
Claymont, DE 19703
Phone: (302) 792-2757

Cape Henlopen Senior Center

11 Christian Street
Rehoboth Beach, DE 19971
Phone: (302) 227-2055

CHEER Transportation

546 S. Bedford Street
Georgetown, DE 19947
Phone: (302) 856-5187

Frederica Senior Center

P.O. Box 165,
216 S. Market Street
Frederica, DE 19946
Phone: (302) 335-4555

Harrington Senior Center

102 Fleming Street
Harrington, DE 19952
Phone: (302) 398-4224

Harvest Years Senior Center

30 South Street
Camden, DE 19934
Phone: (302) 698-4285

Jewish Community Center

101 Garden of Eden Road
Wilmington, DE 19810
Phone: (302) 478-5660

Laurel Senior Center

113 N. Central Avenue
Laurel, DE 19956
Phone: (302) 875-2536

Lewes Senior Center

32083 Janice Road
Lewes, DE 19958
Phone: (302) 645-9293

Lillian Smith Senior Center

410 Main Street
Clayton, DE 19938
Phone: (302) 653-6119

Lutheran Senior Services

1201 N. Harrison Street
Wilmington, DE 19806
Phone: (302) 652-3737 Ext. 104

Mamie Warren Senior Center

1775 Wheatley's Pond Road
Smyrna, DE 19977
Phone: (302) 653-4078

Mid-County Senior Center

First Regiment Road
Wilmington, DE 19808
Phone: (302) 995-6728

Milford Senior Center

111 Park Avenue
Milford, DE 19963
Phone: (302) 422-3385

Modern Maturity Center

1121 Forrest Avenue
Dover, DE 19904
Phone: (302) 734-1200 Ext. 113

M.O.T Senior Center

300 South Scott Street
Middletown, DE 19709
Phone: (302) 378-4758

Nanticoke Senior Center

1001 West Locust Street
P.O. Box 406
Seaford, DE 19973
Phone: (302) 629-4939
or 629-4940

Newark Senior Center

200 While Chapel Drive
Newark, DE 19713
Phone: (302) 737-2336 Ext. 15

New Castle Senior Center

400 South Street
P.O. Box 30
New Castle, DE 19720
Phone: (302) 326-4209

Peoples Settlement Assoc.

408 East 8th Street
Wilmington, DE 19801
Phone: (302) 658-4133 Ext. 321

Rosehill Community Center

19 Lambson Lane
New Castle, DE 19720
Phone: (302) 656-8513

Sellers Senior Center

500 Duncan Road
Wilmington, DE 19809
Phone: (302) 762-2052

St. Anthony's Community

1703 West 10th Street
Wilmington, DE 19805
Phone: (302) 421-3721

St. Patrick's Senior Center

107 East 14th Street
Wilmington, DE 19801
Phone: (302) 652-6219

West Center City Adult Ctr.

501 N. Madison Street
Wilmington, DE 19801
Phone: (302) 658-5332

Wilmington Senior Center

1901 N. Market Street
Wilmington, DE 19802
Phone: (302) 651-3400

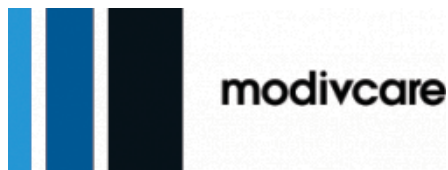
Transportation



CHEER Center
302-515-0001



DART
800-652-DART



ModivCare
1-866-412-3778



Uber
www.uber.com



Lyft
www.lyft.com

Sussex Transport Care

Non-Emergency Medical Transportation

Sussex Transport Care LLC provides reliable, non-emergency medical transportation (NEMT) throughout Sussex County, Delaware. Based in Milton, we specialize in safe and professional ambulatory, wheelchair, and stretcher-accessible transportation. Their services are tailored for medical appointments, dialysis, rehabilitation, hospital discharges, and private-pay clients who seek a higher standard of care.

Tailored to Every Level of Care **Ambulatory**

For passengers who can walk independently and need safe, reliable transportation to medical appointments.

Ideal for doctor visits, physical therapy, and pharmacy trips. Includes door-to-door assistance.

Wheelchair

ADA-compliant vehicles equipped to safely transport standard and motorized wheelchairs.

Includes professional securement using a 4-point system and crash-tested seatbelts, with trained driver assistance.

Stretcher

Specialized transport for non-ambulatory passengers who must remain in a lying position.

Ideal for hospital discharges, rehab transfers, and non-emergency medical visits, with full staff support.

Safety & Professional Excellence

Our safety is backed by professional excellence. We go above and beyond state requirements to ensure a secure journey:

Fully Insured: \$1M+ liability coverage for total peace of mind.

Vetted Drivers: Rigorous background checks, drug testing, and specialized training.

Compliant Fleet: ADA & FMVSS certified vehicles, maintained to the highest standards.



SUSSEX TRANSPORT CARE LLC

Milton, Delaware

Monday–Friday 7:00 AM – 7:00 PM

(Weekend rides upon request)

(302) 614 6116

info@sussextransportcare.com

GoGo | ON-DEMAND Services For Seniors

Our Mission

We make on-demand services accessible and reliable so you can thrive independently and confidentiality at home.

How GoGoGrandparent Works

GoGoGrandparent makes everyday life easier by connecting seniors and people with disabilities to essential services. With just one phone call, you can order rides, groceries, meals, prescriptions, and even home help—without needing a smartphone or app.

Rides



Request a reliable ride, whenever you need one.

Groceries



Get your groceries delivered conveniently to your door

Meals



Order the meals you crave from restaurants easily.

Prescription Delivery With GoGo

Healing well and staying on schedule matter. Our pharmacy delivery for seniors coordinates pickup and drop-off so you never lose time arranging transport.

GoGoGrandparent offers a phone-first senior medication delivery service that works without a prescription delivery app. Our GoGoGuardians monitor requests, relay instructions, and keep you updated from pickup to drop-off.

Home Services:

- Handyman Services
- Furniture Assembly
- Housekeeping
- Dog Walking
- Dog Sitting
- House Cleaning
- House Care
- Landscaping Help
- Companion Care
- Laundry Services
- Personal Shopping & Cooking
- Plumbing Services
- Electrical Services
- Gutter Cleaning
- Snow Shovelling

Contact Us:

 support@gogograndparent.com

 **1-855-464-6872**

 www.gogograndparent.com

 **@ GoGoGrandparent on Facebook, Instagram, YouTube, Twitter, and LinkedIn**

Local Food Assistance Programs

Meals on Wheels

302-656-3257

info@mealsonwheelsde.org

mealsonwheelsde.org

CHEER Center

302-515-0001

cheerde.com

Food Bank of Delaware

302-424-3301

fbd.org

Mom's Meals

1-877-508-6667

mommeals.com

SNAP Food Assistance

Seniors can qualify for SNAP, and eligibility rules can differ depending on household circumstances.

SNAP provides monthly benefits to purchase groceries.

Seniors should not assume that Social Security automatically makes them ineligible.

Apply or complete an eligibility screening through Delaware ASSIST.

Apply online for Delaware Food Supplement Program (SNAP) by phone 1-866-843-7212 or <https://dhss.delaware.gov/dhss/dss/foodstamps.html>



Cheer Mobile Mini-Market

Need Groceries?
Let the CHEER Mini Market bring them to you!



Rotating Schedule throughout Sussex County

Stocked with 100 Staple Grocery Items!

No Application Fee - No Delivery Fee!

Available to Anyone Over 50 Years of Age!

We Accept:

- Debit and Credit Cards, Cash and Checks
- Delivery is on a 2-week Schedule
- Non-Perishable items on the Mini-Market Van



For More Information or to Sign Up - Call 302-856-5187

Cheer Center

Georgetown

20520 Sand Hill Rd
Georgetown, DE 19947
302-854-9500

Greenwood

1 Schulze Rd Greenwood, DE
302-349-5237

Lewes

3421 1 Wroods Edge D
Lewes, DE 19958
302-645-3551

Long Neck

26089 Long Neck Rd
Millsboro, DE 19966
302-945-3551

Milton

24855 Broadkill Rd
Milton, DE 19968
302-684-4819

Ocean View

30637 Cedar Neck
Rd Ocean View, DE
19970
302-539-2671

Roxanna

34314 Pyle Center
Rd Frankford, DE
19945
302-732-3662

Services

- Meal services, home delivery
- Transportation
- Mobile mini mart
- Adult day program
- Memory cafe
- Caregiver resources
- Personal assistance
- Housekeeping
- Companionship



Local Senior Centers

Lewes Senior Activity Center

32083 Janice Road
Lewes, DE 19958
302-645-9293
Lewesseniorcenter.org



Cape Henlopen Senior Center

11 Christian Street
Rehoboth Beach, DE 19971
302-227-2055
Capehenlopeseniorcenter.org



Care Patrol



Provides senior care options based on care needs & quality of life for your loved ones. Our services are at no cost to you. We help families find:

Assisted living | Memory care | Independent living | Nursing homes | In-home care



Contact Amy Feger (local senior care advisor) at 302-321-6800 or visit carepatrol.com/delmarva

LIHEAP/Delaware Energy Assistance Program (DEAP)

Delaware Nation Low Income Home Energy Assistance (LIHEAP) grant program assists with home heating or cooling bills and/or energy assistance twice a year. LIHEAP assists with cooling in the summer and heating in the winter.

Delaware's LIHEAP/Delaware Energy Assistance Program (DEAP) helps eligible households with energy expenses.

Assistance can include:

- Winter heating bills
- Electric bills
- Fuel
- Propane
- Natural gas
- Crisis assistance for shutoff notices
- Summer cooling assistance
- In some circumstances, a window air conditioner

Sussex County assistance: 302-856-6310

Delaware also has a free Weatherization Assistance Program for eligible households that can help make homes more energy efficient.

Weatherization information: 302-735-3480

FREE Medicare Counseling

Delaware Medicare Assistance Bureau

DMAB provides counseling and assistance on questions and problems related to Medicare, Medicaid, Medigap (Medicare supplement insurance), Medicare Part D, long-term care insurance and other types of health insurance. Before paying someone to help you understand Medicare, know that Delaware provides free Medicare counseling.

The Delaware Medicare Assistance Bureau (DMAB/Delaware SHIP) provides unbiased assistance to Medicare beneficiaries.

Call: 1-800-336-9500

Counselors can help with:

- Original Medicare
- Medicare Advantage
- Medicare Part D prescription plans
- Medigap/supplemental insurance
- Enrollment periods
- Comparing coverage
- Understanding Medicare bills
- Prescription drug coverage
- Finding programs that may reduce Medicare expenses

This is particularly valuable during Medicare Open Enrollment.



AARP — FREE RESOURCES WORTH KNOWING ABOUT

You do not have to be an AARP member for every AARP program.

Several valuable resources are available free to the public.

AARP Foundation Tax-Aide — Aide provides free tax preparation assistance, with an emphasis on older adults and people with low to moderate incomes. AARP membership is NOT required. The program normally operates during tax season and uses IRS-certified volunteers.

AARP Fraud Watch Network —The AARP Fraud Watch Network is free and available to everyone, not only AARP members.

It provides:

- Scam alerts
- Fraud education
- Assistance if you've been targeted
- Scam-tracking resources
- Fraud Watch information
- Consumer protection information

This is particularly useful for seniors targeted by telephone, online, investment, romance, Medicare and Social Security scams.

FREE AARP Medicare Education AARP-provides free online Medicare education including:

- Medicare webinars
- Medicare enrollment information
- Medicare tutorials
- Medicare and Social Security courses
- Medicare cost information
- Medicare fraud education
- Guidance for people approaching age 65

AARP also has a Medicare Resource Center and "Ask AARP: Medicare."

AARP offers a variety of educational programs and free online resources, courses and events covering subjects such as:

- Medicare
- Social Security
- Fraud prevention
- Caregiving
- Retirement
- Financial planning
- Healthy aging
- Technology
- Employment after 50

Some AARP benefits require membership, but many educational resources do not

Lions Club

Milton Lions Club

Medical Equipment

The Milton Lions maintain an adequate supply of medical equipment for those in need of such equipment. Equipment will be loaned out to individuals free of charge. We carry hospital beds, wheelchairs, crutches, walkers, etc. We also accept donations of medical equipment that is in good working condition. If you need such equipment or would like to donate equipment, please contact Maurice McGrath at 347-920-6634 for more details.

Eye Exams & Glasses

The Milton Lions offer assistance to individuals who cannot afford the costs of eye care to residents of Milton & Georgetown, Delaware. Please contact Brenda Coverdale at cov4852@comcast.net or 302-684-8737 for further information. We also recycle your old glasses. Find our eyeglass recycle boxes at the following locations: Milton Public Library, Milton Family Practice, Walgreens at Milton Park, & Sterling Optical at Milton Park.

Lord Baltimore Lions Club

Serves Millville, Clarksville, Ocean View, Bethany Beach, Frankford, Dagsboro. Home Medical Equipment Loaner Program, Eyeglasses & ramp building. Karl Gude at 302-539-3498, or email Scott at sbrannan1@yahoo.com.

Rehoboth Beach Lions Club

Contact 302-644-6652 or <https://www.delawarelions.org/> for more information.

We participate with the combined efforts of other Lions Clubs in the area to build wheelchair ramps for families that are unable to provide for them. Food baskets were prepared & delivered to needy families during the Thanksgiving and Christmas holidays. We continue to collect used eyeglasses, & we provide eyeglasses & loans of wheelchairs & other ambulatory equipment to local individuals that can't afford the expense.

Dewey Beach Lions Club

The Dewey Beach Lions Club continues to provide support for needy local families by constructing wheelchair ramps, providing loans of wheelchairs, eyeglasses, hearing aids, and other ambulatory equipment.

If you or someone you know needs one of these services, please feel free to contact us by filling out the form on www.dblions.org/serve/programs. A Lions Club Member will contact you as soon as is possible to discuss the details of your situation & to inform you of how we may be of service. Contact (302) 727-5179.

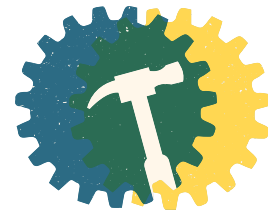
Lewes Lions Club

We purchase eyeglasses or hearing aids for those in need & supply medical equipment as we are able. We support our Zone's effort to build entry ramp for those in need of them for their homes. Vision screening, assist local residents with hospital equipment. Food Baskets are delivered in December to assist those in need; generally, we deliver 50 with Hams or Turkeys. Email leweslionsclub@gmail.com for more information.

Home Repair Services

Habitat For Humanity

Home Repair Program that performs repair services to help low-income homeowners impacted by age, disability & family circumstances reclaim their homes with pride & dignity. Our team will work on floors, decks, ramps, painting, electrical, plumbing, & more! Our goal is to keep you in your home.



www.sussexcountyhabitat.org

kevin@sussexcountyhabitat.org 302-855-1153 206

Academy Street Georgetown, DE 19947

Accessible Solutions

Full-Service Under One Roof

Ramps, bathrooms, lifts, renovations, and durable medical equipment — no subcontractors, no referrals, no runaround. One company for every stage of the journey

Licensed Contractor, Not Just an Installer

We pull permits, pour concrete, and build bathrooms from scratch. Most accessibility companies can only install products — we can renovate your entire home.

Founder-Led, Personal Service

Ray conducts every home assessment personally. You're not handed off to a salesperson. The person who designs your plan is the person who runs the company.

Flexible Payment Options

Private pay, financing, Medicaid, and VA benefits — we walk you through every option and handle all the paperwork so you don't have to.

Reversible Modifications

Needs change. When they do, we come back and reverse or repurpose any modification. Ramp removed, bathroom restored — your home stays yours.

Background-Checked Crews

Every team member is background-checked, insured, and trained. We're working in your loved one's home — trust isn't optional.

Contact Us: (302) 500-0950 | Mon-Fri, 8am - 5pm | office@accessible-solutions.com
37 South Main Street | Middletown, DE 19709

Easterseals Community Outreach Program

Do you need?

- An alternative mouse for your computer
- An inflatable bathtub
- Easy to handle silverware
- Shirts with magnets to avoid buttons
- Electronic pill reminders
- Equipment to ease the physical burden of caregiving

The resource center offers:

- Staff on hand to provide tours & answer questions about equipment
- Virtual tours by appointment
- Hundreds of devices on display for you to try
- Information about local services & stores

de.easterseals.com
resources@esdel.org
302-221-2087



Advanced Directives



You have the right to have your health care priorities and decisions respected, even after you have lost the capacity to make choices because of injury or illness. By creating an Advance Health Care Directive, you are taking an important step in protecting your right, and you are accomplishing two important tasks. An Advance Directive helps doctors to understand your medical goals and preferences, including medical care that you may want to avoid. The directive also relieves your family of the sometimes-difficult burden of decision-making because they can follow the preferences and decisions you have thoughtfully provided.

All adults should complete an Advance Health Care Directive. People who are living with chronic illnesses and who are likely to experience increasing medical needs can find the Advance Directive to be especially helpful and assuring. The newest Advance Directives cover many possible care decisions, including preferences for goals of care, placement in facilities outside of the hospital, and your instructions about the use of invasive life-sustaining treatments at the end of life. You can also designate your agent (Medical Power of Attorney), who coordinates with your medical team to make sure that your preferences and instructions are followed. We recommend that you have meaningful conversations with your agent and other close family or friends to make sure everyone understands your choices.

Beebe Healthcare offers a free Advance Health Care Directive packet that includes a form complying with Delaware law. The packet features a guide to completing the directive and answers many common questions. Copies of your completed advance directive should be given to your agent and other people who may be involved in making decisions: your physician or Advanced Practice Clinician, your lawyer, your clergy, and anyone who would be supporting your agent. Beebe patients can include a copy in their MyChart records for convenient and quick access. Packets are available at many of our facilities and can be downloaded from our Web site: <https://www.beebehealthcare.org/patients-visitors/advance-healthcare-directives>.

What happens if you lose the capacity to make medical decisions and have not completed an Advance Health Care Directive? The attending physician will determine who can make decisions for you. The determination will be based on a list of possible decision-makers defined in Delaware law. The eligible person will then make choices based on what they believe to be your goals and values. For details, please visit Beebe's Advance Directives Web page or read the printed guide. You can also contact Beebe's Chaplains' Office to speak with one of our experienced team members: (302) 645-3759.



To learn more about how to have a meaningful conversation with your loved ones, visit The Conversation Project at: <https://theconversationproject.org/>.



Procino-Wells & Woodland, LLC

When Health Changes, Your Legal Plan Should Change with It

A new diagnosis, a hospital stay, or a shift in a loved one's ability to live independently often becomes the moment a family realizes their legal and financial plans need adjusting. Procino-Wells & Woodland, LLC works with patients and families at exactly this point, helping them understand their options and put a plan in place.

Getting Your Affairs in Order

A **Power of Attorney** and an **Advance Health Care Directive** allow people you trust to make legal, financial, and medical decisions on your behalf if you become unable to make them yourself. Without these documents in place, a family may need to petition a court for guardianship just to access accounts, speak with a physician, or make care decisions during an emergency. **Wills and Trusts** ensure your assets pass according to your wishes and that your family is not left navigating those questions during an already difficult time. We help clients put these documents in place, or review and update ones that no longer reflect their current wishes or circumstances.

Protecting What You Have Worked So Hard to Save

Long-term care is expensive, whether it is provided by a home health agency, in an assisted living community, or in a nursing home. Many families do not realize that planning ahead, or even planning at the time care is needed, can help protect a portion of assets from being depleted on care costs. We help clients understand the planning tools available to them, including **Asset Protection Trusts** and strategies to help qualify for **Medicaid Long-Term Care** and/or other benefits, so that a health care need does not mean spending everything a family has worked for.

When a Loved One Passes Away

Settling a Trust or Estate involves more than distributing belongings. It requires navigating probate, addressing debts and taxes, and carrying out the decedent's wishes, often while a family is grieving. We guide families through this process with clear communication about what to expect and what is required of them at each step.

Additional Services

- **Adult guardianship**, when a loved one can no longer make decisions and has no legal authority in place for someone else to step in
- **Supplemental needs planning** for individuals with disabilities, to protect their eligibility for public benefits while still providing for their care
- Assistance **preserving public benefits** such as Medicaid and Veterans benefits

Why Families Choose an Experienced Elder Law Firm

The laws governing incapacity planning, long-term care, and public benefits are specific and carry nuance. An attorney who focuses exclusively on elder law and estate planning understands how these areas intersect and can help a family avoid costly mistakes, whether they are planning ahead or responding to a crisis that has already begun. The right time to start this conversation is as soon as a health care change occurs, not after the options have narrowed.

Procino-Wells & Woodland, LLC

Delaware Estate Planning & Elder Law | Offices in Lewes and Seaford, and available virtually.
302-628-4140 | www.pwwlaw.com

Hospice Versus Palliative Care

Palliative care and hospice care are similar, but there are some key differences. Both palliative care and hospice care are focused on the needs of the patient and their quality of life. Palliative care focuses on maintaining the highest quality of life while managing treatment and other needs. Hospice care specifically focuses on the period closest to death.

Knowing the specific differences between hospice and palliative care can help someone decide what level of care is best. If your health changes, the kind of care being received can be changed.

Question	Palliative Care	Hospice Care
What is the focus?	Palliative care focuses on easing pain and discomfort, reducing stress, and helping people have the highest quality of life possible.	Hospice care focuses on quality of life when a cure is no longer possible, or the burdens of treatment outweigh the benefits.
Who can receive this type of care?	Palliative care is a resource for anyone living with a serious illness.	People can be enrolled in the hospice Medicare benefit if their doctor thinks they have fewer than six months to live. The benefit may be extended multiple times if a physician certifies. Hospice services are also offered to persons with Medicaid or private insurance. Talk to your doctor if you think a hospice program might be helpful.
Can I still get treatment for my illness?	You can receive palliative care while also receiving curative and therapeutic care for an illness, such as chemotherapy, dialysis, or surgery.	You will not receive curative treatment for your specific illness, but you will receive medicine that enhances quality of life, such as treatment for high blood pressure or anxiety.
What does this type of care include?	Palliative care services may include pain and symptom management, care coordination with your healthcare team, assistance with developing your plan of care, help with insurance forms and options for care and housing, help with advance directives, and spiritual care.	Hospice care includes pain and symptom management, emotional support, medications and medical supplies, coaching for caregivers, grief support, and may include special services like speech and physical therapy when needed. Medicare qualified hospices must provide a 24/7 call service. Hospice care will also make short-term inpatient care available when pain or symptoms become too difficult to manage at home or when caregivers need respite time.

Hospice Versus Palliative Care

Where can I get this type of care?	Palliative care may be provided in any care setting, such as the home, a hospital, nursing homes, and outpatient clinics.	Hospice care can be provided wherever the patient lives, including nursing facilities and long-term care facilities.
Who provides this type of care?	Most palliative care is provided by a specially trained team of doctors, nurses, and other specialists. They will work with your primary care doctor and specialists.	Hospice care is provided by a team that focuses on the patient's needs. The team usually includes clergy, home health aides, hospice physicians, nurses, social workers, trained volunteers, and other specialized therapists if needed. A patient's personal physician may also be included. Although hospice provides a lot of support, if the patient lives at home, the day-to-day care is provided by the inner circle or paid home health aides.
Who pays for this type of care?	Medicare, Medicaid, and many insurance plans will cover the medical portions of palliative care. Veterans may be eligible for palliative care through the VA. Check with your doctor and insurance to see what will be covered in your situation.	Hospice care is most often paid for as a benefit of Medicare. Hospice may also be paid for as part of a Medicare Advantage plan, by state Medicaid plans, or by private insurance. Discuss the source of payment and services covered with your hospice team.
How long can I receive this type of care?	Palliative care can be provided as long as it's needed. Talk to your doctor about what level of care might be best for you as your health changes.	Hospice care can be initiated and continued so long as your doctor believes you likely have fewer than six months to live. Sometimes, people receiving hospice care live longer than six months and the care can be extended. You can get hospice care for two 90-day benefit periods, followed by an unlimited number of 60-day benefit periods. It is also possible to leave hospice care if a patient's condition improves or they decide they wish to resume curative care and return to hospice care later.



Visit <https://www.beebehealthcare.org/services/palliative-care>

Beebe Hospice Resource Guide

Delaware Hospice

1-800.838.9800

www.delawarehospice.org

100 Patriots Way, Milford, DE 19963

302-856-7717

Nonprofit hospice serving Delaware and Pennsylvania's Southern Chester and Delaware Counties

Delaware Hospice/ Delaware Hospice Center

(Milford and Wilmington)

- + Pain Management Home
- + Care Assistance
- + Medication Management
- + Grief Support
- + GIP

Delaware Palliative Care

Focuses on managing your symptoms and improving your quality of life while you continue to pursue treatment options with your own doctors.

Honoring Choices Delaware

Helping people make informed choices about end-of-life care reflects their values and honors their dignity.

Delaware Transition Care

Offers support, education, guidance, and resources at no cost to those living with a serious illness.

Childrens Programs

- + Katybug Pediatric Palliative Care
- + New Hope Childrens Grief Support

Christiana Care-Accent Care

1-866-443-9858

National Leader in home health services, personal care services and hospice care serving all of Delaware

Hospice Care/Inpatient Center

- + Routine
- + Inpatient/GIP (Newark and Wilmington)
- + Respite
- + Continuous Care
- + Grief and Psychosocial Support
- + Music Therapy
- + Namaste Care to promote relaxation

Palliative Care

This specialized care is focused on relief from symptoms while supporting emotional, social and spiritual well-being.

- + Right Path® Palliative Care
- + Telehealth

Open Access

Allows patients currently receiving medical treatments and/or experiencing intense psychosocial issues access to hospice services earlier, a blended model between curative and palliative care.

Vitas Health Care

1-866-647-1523

30265 Commerce Dr.

Millsboro, DE 19966

P-302-451-4000

F-302-451-4050

VITAS hospice team members visit you wherever you call home-whether in a private home, nursing home, assisted living facility or long-term care facility-throughout the state of Delaware. Four Levels of Care:

- + Hospice Homecare
- + 24/7 Telecare Services
 - Continue Home Care Intensive Comfort Care- intensive level of care to include nursing care from 8 to 24 hours a day.
- + Inpatient Care
 - When a patient's needs cannot be managed at home, VITAS inpatient hospice units and special arrangements at other local facilities provide hospice care around the clock until the patient can return home.
- + Respite Care
 - Limited to up to five consecutive days, respite care provides a brief "respite" for the patient's primary caregiver by admitting the home care patient to an institutional setting without meeting the "inpatient" pain and symptom management criteria.

Compassionate Care / Amedisys

302-856-2659

Compassionate Care Hospice joined Amedisys family, which is a Nationwide organization in February 2019 serving all of Delaware.

Hospice Care

- + 24/7 team availability to including skilled nurse and aide services.
- + Pain Management
- + Volunteer Companions
- + Grief Support
- + Social Services

Palliative Care

Dementia Speciality Program Highlights

- + Focus on improving quality of life while managing the symptoms of dementia.
- + Specialized care from a diverse team of professionals who have intensive training in end-stage dementia care.
- + Dementia care is backed by the latest research and goes beyond medications.
- + Personalized hospice and palliative care planning tailored to the older adult's needs and wishes.

Cardiac Connections

- + Heart failure home management

program Pulmonary Connection

- +End stage lung disease home management program

Support Groups

Dementia/Alzheimer's Disease

Alzheimer's Association

108 N Bedford St
Georgetown, DE 19947
302-854-9788
24/7 Hotline: 800-272-3900

Ocean View CHEER Center

30637 Cedar Neck Rd
Ocean View, DE 19970
Every 3rd Thursday from 1:00 - 3:00

Long Neck CHEER Center

26089 Long Neck Rd
Millsboro, DE 19966
302-945-355
Every 1st Tuesday from 1:00 - 3:00

Greenwood CHEER Center

41 Schulze Rd
Greenwood, DE
302-349-5237
Every 1st Thursday from 1:00 - 3:00

Lewes Public Library

111 Adams Ave
Lewes, DE 19958
302-645-2733
Every Tuesday from 10:00 - 12:00

Lofland Park Center

715 East King Street
Seaford, DE 19973
302-628-2000
Every 2nd Tuesday from 1:30 - 3:00

Georgetown Public Library

123 West Pine Street
Georgetown, DE 19947
302-856-7958
Every Tuesday from 2:00 - 4:00

Easter Seals

22317 Dupont Blvd,
Georgetown, DE 19947
302-253-1129 or 203-324-4444

Division of Aging

1-800-223-9074

CHEER Respite Care

302-854-9555

Delaware Hospice

Virtual via Microsoft Teams
<https://delawarehospice.org/patient-caregiver-resources/dementia-support-groups/>
Must register by calling
Melissa Cheshire-Lynch
(302-478-5707) or
supportgroup@delawarehospice.org
Last Wednesday of the
month from 11:00 - 12:00

Virtual via Microsoft Teams
Virtual via Microsoft Teams
<https://delawarehospice.org/patient-caregiver-resources/dementia-support-groups/>
Must register by calling
Melissa Cheshire-Lynch (302-478-5707) or
supportgroup@delawarehospice.org
Every 2nd Tuesday from 2:00 - 3:00



Delaware Hospice Dementia Care Program

DEMENTIA CARE PROGRAM

855-335-4677
delawarehospice.org

Our Dementia Care Program: Support for Living with Dementia

Delaware Hospice, Inc. is participating in the "Guiding an Improved Dementia Experience" (GUIDE) program by the Centers for Medicaid and Medicare Services (CMS), offering specialized services for dementia care and support for caregivers (a relative or unpaid non-relative who helps with activities of daily living). Our GUIDE-approved Dementia Care Program offers comprehensive support, ensuring patients and caregivers receive the care and resources necessary to navigate the challenges of dementia.

Dementia Care Goals



Improve Quality of Life for people living with dementia by providing comprehensive support by addressing their behavioral health and functional needs



Enhance Support for caregivers of people living with dementia through caregiver skills training and referrals to community-based social services and supports



Support Independence by helping people with dementia remain safe in any setting

Program Benefits



Coordination of care for dementia and co-occurring conditions and improving transitions between community, hospital, and post-acute settings



Respite Services can be provided, up to an annual cap so caregivers may take a break when they need to*



Prevent or delay long-term nursing home care for as long as appropriate

*Qualified beneficiaries of Dementia Respite Services will receive support from local partners: in-home respite providers, adult day centers and nursing homes.

Program Eligibility Criteria

To be eligible for the GUIDE-approved Dementia Care Program, beneficiaries must:

- ✓ Have a diagnosis of dementia, as confirmed by clinician attestation
- ✓ Not reside in a long-term nursing home
- ✓ Be enrolled in Medicare Parts A and B (not enrolled in Medicare Advantage, including Special Needs Plans and PACE)
- ✓ Have Medicare as their primary payer
- ✓ Not be enrolled in Medicare hospice benefit

If you do not qualify for this program, alternative support may be available through another Delaware Hospice, Inc. program.

Program Enrollment

Enrollment begins with an initial assessment, where a team member will meet with the patient and caregiver to complete questionnaires. Accurate and thoughtful responses are crucial to ensure proper benefit assignment.

Qualified beneficiaries will be placed into one of five tiers based on disease stage and caregiver status by CMS. Each tier reflects care needs and intensity, with benefits increasing by tier to match the level of support required.



Delaware Hospice is accredited by the Joint Commission and provides care throughout Delaware and southern Chester and Delaware Counties in Pennsylvania. It is state licensed, Medicare/Medicaid certified. As a recipient of Federal financial assistance, Delaware Hospice, Inc. does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of race, color, national origin, disability, sex, or age in admission to, participation in, or receipt of the services and benefits under any of its programs and activities whether carried out by Delaware Hospice directly or through a contractor or any other entity with which Delaware Hospice arranges to carry out its programs and activities. | Tax ID# 51-0258863

©2024 Delaware Hospice, Inc.



Get the support you need. Call us today! 855-335-4677



Visit <https://delawarehospice.org/dementia-care-program/>

Delaware Hospice Dementia Care Program

Additional Support with Palliative Care

If your loved one has been diagnosed with dementia or Alzheimer's, additional support is available through our Delaware Palliative program. If eligible, patients may be able to enroll in both programs to receive enhanced support for serious illness.

Palliative Care

-  Begins as early as the day of diagnosis
-  Available at any stage of dementia
-  Can be provided alongside other treatments
-  Focuses on symptom relief, pain management, and emotional support
-  Dementia Care Program services based on eligibility

Care Delivery Approach

The interdisciplinary care team delivers services by creating and maintaining a **person-centered care plan**, which includes details on patient goals, strengths, and needs; comprehensive assessment results; and recommendations for service providers and community-based social services/supports.

Care Coordination

The care plan will identify the patient's primary care provider and specialists and outline the care coordination services needed to help manage the dementia and co-occurring conditions.



Caregiver Services

Delaware Palliative will assess and address caregiver needs and include the caregiver as part of the care team as appropriate. Caregiver services will include ongoing monitoring and support via 24/7 access to a support line.

Example of how our Dementia Care Program can help

Patient & Family Caregiver: Mildred is an 86-year-old woman living alone with moderate dementia. She has regular appointments with her primary care doctor, dentist, and optometrist, and gets her medications from a local pharmacist. Her caregiver, Anne, is her 35-year-old granddaughter who visits daily to help with housekeeping and personal care tasks. Anne is a mom with a full-time job.

Initial Challenges: Mildred's dementia symptoms were steadily worsening, and her primary care doctor was not equipped to provide the specialized care she needed. As her condition progressed, Mildred found it increasingly difficult to manage her medications and attend appointments on her own. Meanwhile, Anne, who had been her primary caregiver, was feeling overwhelmed and exhausted by the demands of caregiving. Despite wanting to find a suitable nursing home for Mildred, the high costs made it an unfeasible option.



Help & Support Received: Anne contacted Delaware Hospice, Inc. about the Dementia Care Program; they were able to work with Mildred's physician to confirm eligibility for program services. Mildred and Anne began collaborating with an interdisciplinary care team through the Delaware Hospice Dementia Care Program. Our Care Navigators connected her with transportation services, making it easier

for her to attend appointments. Anne received caregiver training through Delaware Hospice, helping her manage Mildred's symptoms and cope with her own stress. Additionally, Mildred qualified for and benefited from Dementia Respite Services, allowing Anne to take much-needed breaks from her caregiving responsibilities. Now, Mildred and Anne are enjoying the time spent together and with family.



**Get the support you need.
Call us today! 855-335-4677**



Visit <https://delawarehospice.org/dementia-care-program/>

Support Groups

Parkinson's Disease

Lewes CHEER Center
34211 Woods Edge Dr
Lewes, DE 19958
302-645-3551
Every 4th Tuesday from 10:00 - 11:00
Virtual option:
mflemingsmith@yahoo.com



Parkinson's Education & Support Group of Sussex County

56 Lewes Ave
Lewes, DE 19958
Visit sussexcountyparkinsons.com for this month's calendar of events
Also provide education sessions, exercise classes (often hosted at RISE Fitness+ Adventure), & more

Parkinson's Disease Delaware
<https://pdde.org/>

Milford support group meeting on the 3rd Tuesday of each month 3-4pm at Milford Place (500 S Dupont Blvd, Milford, DE 19963).

This group is open to persons with Parkinson's disease, caregivers, spouses, partners, family. Contact: Giovanna 302-922-7164

Ocean View support group meeting on the 3rd Wednesday 1-2pm (30637 Cedar Neck Rd, Ocean View, DE 19970).

Lower Shore Parkinson's Support Group

909 Progress Circle Salisbury, MD 21804
(410) 749-3873
r-brown12@comcast.net PDLowerShore@ gmail.com

Modern Maturity Caregiver Resource Center Support group for people with Parkinson's

Location: Dover, DE 19904 - Meeting in-person
For more information, contact Dawn Morris at 302-734-1200, ext 186 or dawn.morris@modern-maturity.org.

Diabetes Mangement/ Medical Nutrition Therapy

Coordinated Care Center
1305 Savannah Road
Lewes, DE 19958
302-645-3100 extension 73293



Support Groups

Stroke

Beebe Healthcare Partnership with Jefferson Health

Virtual via Zoom

Email stroke@jefferson.edu for link

Every 2nd Tuesday at 2:00

Stroke Support Group- Newark Senior Center

200 White Chapel Drive

Newark, DE 19713

302-985-7727

Brain Aneurysm Support Group

Christiana Hospital

4755 Ogletown-Stanton Road Room

1100 Newark, DE 19718

Third Wednesday of every month 5:30-6:30 p.m.

302-733-1487

Milford Stroke Club

Bayhealth Milford Rehabilitation

21 W Clarke Avenue

Milford, DE 19963

Second Thursday of January, March, May, July,
September, November 4-5:30 p.m.

302-430-5962

University of Delaware Aphasia Support Group

University of Delaware - STAR Campus

540 S. College Avenue

Newark, DE 19713

Third Tuesday of the month 10-11 a.m.

302-831-7100

PAM Health

22303 DuPont Blvd

Georgetown, DE 19947

302-440-4866

Every 3rd Tuesday at 3:30

Delaware Stroke Initiative Support Group

Christiana Hospital

4755 Ogletown-Stanton Road

Newark, DE 19718

First Thursday of every month 4-5:30 p.m.

Contact: squiertoysldr@gmail.com

Nanticoke Stroke Support Group

Seaford Library

600 N. Market St Seaford, DE 19973

Third Tuesday of the month 1:30-3:30 p.m.

302-629-6224

Aphasia Support Group

Christiana Hospital

4755 Ogletown-Stanton Road

Newark, DE 19718

First Wednesday of every month 10-11 a.m.

Contact: Mindy Myers,

mmyers@christianacare.org

302-733-1014

Stroke Support Group

Kent General Hospital Outpatient Center

209 E. Main Street

Middletown, DE 19709

Second Thursday of February, April, June,
August, October, December

5:30-7 p.m.

Contact: Kim Holmes 302-744-6638

Springside Plaza Aphasia Book Club

200 Biddle Avenue, #101

Newark, DE 19702

Mondays, 1-2 p.m. 302-838-4700

Support Groups

Stroke Education Group Union Hospital

106 Bow Street
Elkton, MD 21921
Second Wednesday of every month 10:30 a.m.-12 p.m.
Contact: Kpatterson@uhcc.com 410-398-4000
Springside Plaza
200 Biddle Avenue, #101
Newark, DE 19702
Third Friday of every month 12-1 pm
Contact: Julia Santini 302-838-4700



Mid-Shore Stroke Support Group

1st Thursday of every month
12:00 PM - 1:00 PM Eastern
Virtual Zoom
Nicole Leonard
(410) 822-1000
nleonard@umm.edu
Preferred Contact Method: Email

Cancer

Cancer Support Community Delaware

Visit <https://cancersupportdelaware.org/download-this-months-calendar/> Delaware Breast Cancer Coalition
18977 Munchy Branch Rd, Unit 1
Rehoboth Beach, DE 19971
302-212-2947
Visit <https://debrecancer.org/dbcc-events/dbcc-calendar>



REHOBOTH BEACH OSTOMY GROUP



Join us the 2nd Monday of each month, 3:30-5:00PM in the Medical Arts Building
18947 John J Williams Highway
First Floor McCurry Conference Room Rehoboth Beach DE 19971

The Rehoboth Beach Ostomy Group holds monthly meetings. The meetings are informal gatherings of ostomates and individuals who may be contemplating ostomy related procedures. The meeting also involves an informal talk by a physician, ostomy resource specialists or ostomy vendors. Family, friends, and caregivers are always welcomed. For more information and to receive notifications about the group and the meetings email Marty Vitale at marvitabella@verizon.net or text/call 240-460-3613.

For other support groups in Delaware and Maryland visit the United Ostomy Association of America (UOAA) www.ostomy.org

Private Care Medical Nursing

Silver Lining Home Healthcare 110

N. Main St.,
Camden DE 19934
302-264-1021

Christana Care Visiting Nurses

New Castle County (302)327-5200
Kent/Sussex County (302)698-4300
Christiana Care.org/vna

Aveanna Healthcare-Georgetown

Office Circle, Unit 205
Georgetown, DE 19947
302-422-3240

Non-Medical Home Care Providers

Home Instead

17577 Nassau Commons Blvd.
Lewes, DE 19958
(302)645-8270

Visiting Angels

28350 Lewes Georgetown Hwy.
Milton, DE 19968
302-329-9475

Griswold Home Care

16698 Kings Hwy. Ste D,
Lewes, DE 19958
302-644-6990

Comfort Keepers

286 Milford Harrington Hwy.
Milford, DE 19963
302-422-0955

Senior Helping Seniors

Long Neck, DE
Amy McDermott
302-858-7330

Helping Hands Live-In Services

410-833-8368

Homewatch Caregivers

17527 Nassau Commons Blvd.
Lewes, DE 19958
302-644-1888

Home Call

1632 Savannah Rd. #8
Lewes, De 19958
302-703-0800

Acclaim Home Care of Delaware 17527

Nassau Commons Blvd.
#103 Lewes, DE 19958
302-645-7416

CHEER Personal Assistant Services

20520 Sand Hill Rd.
Georgetown, DE 19947
302-515-0001
www.cheerde.com

Griswold Home Care

Griswold is an award-winning pioneer in the home care industry, with over four decades of experience and a storied legacy of compassion and integrity. We believe Care Professionals are the foundation of our success, and people deserve to live where they love as they age. Our commitment to innovation is based on our desire to improve the lives of everyone we touch, right here in our own community.

At Griswold, care is personal, and we'll work with you to create a care plan that best meets your needs, including companionship, homemaking, and personal care. We support those with certain conditions, illnesses, or injuries. We are proud to provide care for Veterans, Respite Care for those who need a break, and Around-the-Clock Care when the need for support is constant. We also embrace innovation, where technology meets home care in a safe and effective way.

Essential Care

- Companionship
- Personal Care
- Homemaking

Companionship

- Shopping & errand assistance
- Writing & sending cards, notes, & emails
- Supporting hobbies & interests
- Providing companionship at social events

Additional Support

- Dementia Care Support
- Post Surgery & Rehabilitation Care Support
- Hospice & Palliative Care Support
- Neuromuscular Care Support
- Fall Prevention & Recovery Support

Other Types of Care

- Respite Care
- Veterans Care
- Around-the-dock Care
- Overnight Care
- Live-In Care

24/7 Virtual Monitoring

Griswold Home Care for Sussex & Kent Counties provides peace of mind with its around-the-clock virtual care agent. This innovative, audio-based AI technology is specially designed for in-home settings, providing continuous insights to ensure the health and safety of your loved one. The state-of-the-art system can detect falls, physical distress, and calls for help, as well as identify early signs of cognitive decline, infection, medication errors, and potential urinary tract infections. This empowers Griswold's caregiving team to intervene early, manage symptoms effectively, and reduce hospitalizations. Live Assured knowing Griswold is committed to using technology in safe and effective ways to enhance your loved one's care.

How Can You Help Support Our Mission & Vision?

Since it was established in 1989, Beebe Medical Foundation has worked to secure philanthropic support to help fulfill Beebe Healthcare's charitable mission to encourage healthy living, prevent illness, & restore optimal health to the people residing-in, working-in, or visiting the communities it serves. As an independent, not-for-profit hospital, Beebe Healthcare relies on local support to continue serving our growing community.

The first major philanthropic gift made to Beebe Healthcare was from Mr. & Mrs. Benjamin F. Shaw in 1921. This gift built & equipped a 35-bed medical facility in Lewes, Delaware. Since that time, the community has continued to support Beebe Healthcare to fund new & ongoing medical programs, purchase lifesaving medical equipment, & for the construction & renovation of medical facilities. Beebe has a proud history of more than 100 years of service & continues to be the primary healthcare provider with multiple locations throughout Sussex County.

The Beebe Medical Foundation raises money to fulfill Beebe Healthcare's mission to encourage healthy living, prevent illness, & restore optimal health with the people residing, working, or visiting the communities we serve. The Foundation team works with donors in a variety of ways to ensure gifts are donated in a way that is important to them - whether restricted to a specific fund or unrestricted & directed towards the areas of greatest need. For more information, contact the Beebe Medical Foundation by calling 302-644-2900 or email foundation@beebehealthcare.org. We thank you for your support!



Do you know of any other resources you would like to share?
Please email ljjarrell@beebehealthcare.org



