



## **August 2020 Special Newsletter**

**MID-COUNTY WILL REOPEN ON  
MONDAY, AUGUST 10, 2020  
NEW HOURS: 8:00 a.m. - 1:00 p.m.**

### **Reopening the Center**

After waiting four months, Mid-County members can enjoy being together again. We've stayed in touch with phone calls, newsletters and emails, but they can't take the place of spending time in person. We're aware more than ever just how much we need each other.

COVID-19 remains a risk for our communities, so Mid-County, along with all senior centers in Delaware, has worked closely with the State to develop and implement guidelines so we can provide activities in a healthy and safe environment.

Our daily schedule will be different when you return. We need to limit the number of people who can participate in various programs and won't be able to offer some of our favorite pastimes. We also need to screen everyone daily to make sure we're well.

We don't like all of these changes and we anticipate that you won't like them either. But with enough patience and cooperation, we'll make this "next normal" work.

### **Reopening Guidelines**

**When we reopen, the following practices will be required of all members, volunteers, employees and visitors:**

- Wear **face coverings** except in private office space. Individuals are asked to supply their own face coverings, but Mid-County will maintain a supply for those who don't have another source.
- Be **screened** upon entrance to the building or bus each day of attendance with temperature check and health screening form.
- Use **hand sanitizer** upon boarding the bus and entering the building.
- Practice **good personal hygiene**, washing hands for at least 20 seconds and avoid touching eyes, nose, face or mouth with unwashed hands.
- **STAY HOME** or go home if ANY symptoms of illness exist.
- Practice **physical distancing** (at least 6 feet from others).

#### **Contact Information**

**Phone:** (302) 995-6728 | **Fax:** (302) 995-6515 | **Email:**  
sencen@midcountyseniorcenter.org

**Website:** midcountyseniorcenter.org | **Facebook page:** facebook.com/midcountycenter

**Our hours:** Monday - Friday, 8 a.m. - 1 p.m.

## In-Person Activity & Program Schedule

The following activities and programs can be offered while maintaining the required 6-foot distance. Others will have to wait until a later date to take place. The maximum number of participants (shown as:  $\geq$ ) is listed with each activity.

**Art Class** - Monday from 10 a.m. - 12 p.m. ( $\geq 3$  participants)

**Bingo** - Monday, Wednesday and Friday from 9:30 a.m. - 11:30 a.m. - ***we will not use pennies*** ( $\geq 20$  participants)

**Bingocize®** - Tuesday and Thursday from 10:30 a.m. - 11:30 a.m. ( $\geq 20$  participants)

**Ceramics** - TBD

**Line Dancing** - will resume in person in September

**Lunch** - bag suppers can be ordered to take home (see page 6)

**Pickleball** - Monday & Wednesday from 11:00 a.m. - 1:00 p.m. for experienced players  
Friday from 11:00 a.m. - 1:00 p.m. for beginning/intermediate players (**must preregister**,  $\geq 4$  per court,  $\geq 8$  per session)

**Pool** - Weekdays from 8:00 a.m. - 9:00 a.m. ( $\geq 4$  participants)

**Quilting** - TBD

**Strength Training** - Monday, Wednesday and Friday from 8:45 a.m. to 9:30 a.m. and 9:45 a.m. to 10:30 a.m. (**must preregister**,  $\geq 15$  per session)

**Stretching & Balance** - Tuesday from 8:40 a.m. to 9:20 a.m.

**Trivia & Games** - Tuesday and Thursday from 9:30 a.m. to 10:30 a.m. ( $\geq 20$  participants)

**Walking in Gym** - Weekdays from 8:00 a.m. to 8:30 a.m.

**Wii Bowling** - Friday from 8 a.m. to 9:00 a.m. ( $\geq 4$  participants per session)

## Reopening Survey Results

Thank you to the more than 150 people who responded to our survey about reopening. From the survey we learned that since Mid-County closed in mid-March, most of our members spent their time staying in touch with family and friends, watched TV, read or did puzzles. Others exercised and many people commented that they cleaned closets and did projects around the house.

The majority of people who responded want to attend fitness and line dancing classes and play Pickleball. A lot want to play cards and games, which we won't be able to offer due to social distancing requirements. 57% said they plan to attend when we reopen, while the remainder won't attend right away. A number of people are interested in virtual programs and activities.

Understandably, a number of our members are concerned about getting sick if they return to the center and wonder about cleanliness. The Center takes the health and well-being of our members very seriously, too. That's why masks will be required at all times, everyone who enters the building will be screened, the number and types of activities will be reduced, we can welcome a VERY limited number of people, and we will do extensive cleaning daily.



## Virtual Activity & Program Schedule

The following activities and programs are or will also soon be available online. If interested, call or email us for details.



**Art Class**

**Bingo**

**Bingocize®**

**Line Dancing** - email Joanne Brady [joebrady1@verizon.net](mailto:joebrady1@verizon.net) for the schedule

**Strength Training**

**Stretching & Balance**

**Trivia & Games**

**Yoga** - email Gale Jones at [zumbawithgale@yahoo.com](mailto:zumbawithgale@yahoo.com) for the schedule

## Other Virtual Programs

### Caring & Sharing Support Group for Caregivers

Tuesday, August 11, 2020 from 10:00 a.m. to 11:00 a.m.

*Margo Woodacre and Sue Getman will facilitate a discussion with caregivers on Zoom.*

#### Access information:

<https://us02web.zoom.us/j/85183033236?pwd=TnlOam5RTEUzRXN2bENyNThtMjZKUT09>

**Meeting ID:** 851 8303 3236

**Passcode:** 535326



### Learning & Earning: Avoiding Scams

Wednesday, August 19, 2020 from 11:00 a.m. to 12:00 p.m.

*Stand By Me 50+ Coach Kathy Rupert will provide information about the latest scams and how to avoid them. The presentation will be available on Zoom.*

#### Access Information:

<https://us02web.zoom.us/j/82475607169?pwd=L3ZuRkNSN3cxRVdxcXZMQTJsME03Zz09>

**Meeting ID:** 824 7560 7169

**Passcode:** 335331

## News from the Board of Directors

At a meeting on July 28, 2020, the Board elected two new Board members. JoAnn Cern, retired from the VA as an operating room nurse, is an active member of Mid-County Senior Center. Jennifer Ritterer is the Director of Christiana Care's Memory Ambassador Program. The Board re-elected officers Lee Margerison, President, Theresa Jones, Vice President, Rick Hynes, Treasurer, and Robert Boyer, Secretary. We welcome and congratulate these Board members and officers and send best wishes to Board member Paul O'Brien and his wife on the birth of a daughter.

## Grants and Donations

The Delaware General Assembly awarded state senior centers with Grant In Aid funding for July 1, 2020 - June 30, 2021 at the same level as the past fiscal year. We're especially grateful for the support of the legislators for the Center's district: Senator Anthony DelCollo and Representative Mike Ramone.

### Thank you to our donors who made contributions in June and July 2020:

Helen Crowley  
Bonnie Episcopo  
Jean & Dan Fong  
Rick Hynes

Matthew Kueny  
Joanne Mandziuk  
Jim McCay  
Madhavi Patel

### Donations made in memory of John Felmev:

John Belusko

Mickey McCurrin

Mary Mensinger

### Donations made in memory of the daughters of Frank Bock & Wayne Satterfield:

Mid-County Pickleball Players

Mid-County Volleyball Players



**We raised \$1,052 through the 2020 virtual Highmark Walk for a Health Community.  
Thank you to everyone who contributed!**

## Mid-County Donation Opportunities

If you'd like to make a contribution to support Mid-County, here are some ways you can do that. Because Mid-County is a charitable, tax-exempt organization under Section 501 (c)(3) of the Internal Revenue Code, contributions are tax deductible to the extent permitted by law.

- Send a check to Mid-County Senior Center, First Regiment Road, Wilmington, DE 19808.
- Use an online giving option:  
[www.midcountyseniorcenter.org/donate/](http://www.midcountyseniorcenter.org/donate/) - make a gift through PayPal
- Make a memorial gift in lieu of sending flowers - we will notify the family.
- Make a bequest or name MCC as the beneficiary of a life insurance policy.
- Donate stocks or property.



Delaware's Democratic and Republican Primaries will be on Sept. 15th, 2020. Due to the COVID-19 pandemic, Delaware residents can vote by mail in the 2020 primary and general elections. This is the safest and easiest way to make your voice heard this year.

You can request a ballot online at <https://ivote.de.gov/voterview> or call the New Castle County Department of Elections at (302) 577-3464 to have one sent to you.

Mail ballots will be sent to those who apply on or around Aug. 17th. Ballots can be returned by mail or at the Department of Elections until the polls close on Sept. 15th.

If you prefer to vote in person, polling places will be open statewide from 7 a.m. until 8 p.m. Please remember to wear a mask, maintain six-feet from others, and stay safe!

## Community Resources



AARP Smart Driver courses are not being offered in person currently. Online classes are available at [www.aarpdriversafety.org](http://www.aarpdriversafety.org). For more information, call 1-800-350-7025.



The Delaware Aging and Disability Resource Center (ADRC) is a one-stop access point for information and services for older persons and adults with physical disabilities throughout the State. The Delaware ADRC can help you learn more about available resources, decide what services would be best for you and find the services that you need. The ADRC has a call center staff available at 1-800-223-9074 and a dedicated website to search for and locate services in your county at [www.DelawareADRC.com](http://www.DelawareADRC.com).



Using volunteer drivers, Meals on Wheels delivers food to the homebound. For information about having meals delivered or volunteering, contact City Fare at 302-421-3734.

## Meals & Menu

Beginning August 17th, Mid-County will provide meals **to be taken home at noon**. Reservations must be made no later than 11:30 a.m. on the day before you want the meal.

- On **Mondays – Thursdays**, the meals may be hot or cold. The suggested donation for these meals is \$2.25, which must be paid by check or with exact change given to Lori in an envelope.

<b>AUGUST 2020 WEEKDAY MENU</b>			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>17</b> Chicken salad on pita Marinated bean salad Pear or apple Yogurt	<b>18</b> Roast beef with cheddar cheese on 12 grain bread Coleslaw Banana or orange Mustard	<b>19 (Hot meal)</b> BBQ chicken Roasted baby bakers Baked beans Peach cup Strawberry cookie	<b>20 (Hot meal)</b> Cheese omelet & sausage Broccoli spears Diced red potatoes with peppers & onion Orange Blueberry muffin
<b>24 (Hot meal)</b> Pulled pork au jus Mashed potatoes Caribbean blend vegetables Apple Cornbread loaf	<b>25</b> Meatloaf on potato bread Potato salad Diced peaches	<b>26 (Hot meal)</b> Meatball sub on roll with mozzarella cheese Carrots Poached pear half	<b>27</b> Chicken salad on pita Marinated bean salad Pear or apple Yogurt
<b>31 (Hot meal)</b> Salisbury steak with gravy Baby lima beans Carrots Pear cup Potato bread slice	<b>1</b> Egg salad on white wheat bread Lettuce & tomato Peaches Chocolate pudding	<b>2 (Hot meal)</b> Pot roast au jus Roasted baby bakers Cooked cabbage Pineapple tidbits Giant Graham Fish	<b>3</b> Roast beef with cheddar cheese on 12 grain bread Coleslaw Banana or orange Mustard

- **On Fridays**, 3 bag suppers can be purchased at \$1.00 each for the weekend. You must buy all 3 meals for a total of \$3.00, which must be paid by check or with exact change given to Lori in an envelope.

<b>AUGUST 2020 WEEKEND BAG SUPPER MENU</b>		
<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>21</b> Tuna salad on roll with lettuce & tomato Marinated vegetable salad Orange or banana	<b>22</b> Ham & Swiss on Kaiser roll with lettuce & tomato Raisins Yogurt Mustard	<b>23</b> Turkey & Swiss on white wheat bread with lettuce & tomato Red skin potato salad Mixed fruit cup Yogurt
<b>28</b> Roast beef with cheddar cheese on 12 grain bread Coleslaw Banana or orange Mustard	<b>29</b> Grilled chicken patty on whole wheat hamburger roll with lettuce & tomato Carrot raisin pineapple salad Rice pudding	<b>30</b> Ham & Swiss on Kaiser roll with lettuce & tomato Raisins Yogurt Mustard
<b>4</b> Meatloaf on potato bread Potato salad Diced peaches Ketchup	<b>5</b> Tuna salad on roll with lettuce & tomato Marinated vegetable salad Orange or banana	<b>6</b> Grilled chicken patty on whole wheat hamburger roll with lettuce & tomato Carrot raisin pineapple salad Rice pudding

## Ice Cream Trivia

*Answers will be in our September newsletter*

- Where was the first ice cream-like food eaten? What were its ingredients?
- Where did the first ice cream parlor open in the U.S.?
- What are the 3 countries with the highest per capita consumption of ice cream?
- What are the top 10 most popular ice cream flavors?
- What is the most popular ice cream brand in America?

## Ice Cream

B W D Z W B W N G U D D Y V I C T V E W X P C R  
 B O X N H K M S Z C L K A B V L H G Z Y Z X Z E  
 X B D R C E D P T B X O F V J R U P P Y C F G D  
 K X N R Q J W U I O R D Q K A C A P Q T E E H Y  
 U Y T P B X Z T E L U F R X B N A J D H D U G P  
 G L D H E X T D S X V J W P Y H I P F V J E F H  
 Q L K J R A G U S Z L O G I Z B U L H U Q M R V  
 W E E E S D F G G V G E O A H C B J L M T W P V  
 O L Y E Q L L K B U O T Q F A W R H J A B I Q U  
 Q G G R B C A J G A M P E F B W B T D Z C B A S  
 T X Y I K Q Q D R T I M U L L E G C Q Z B E F D  
 O O O Q G P W W Z C W P Y Z Y V B R W O H W J W  
 V W P C P V W Y C H R L K B Z P D D E X O I B B  
 X Q T J X R A N I N G L N T E P S A Y E D J F J  
 E R Q M Y S R P D Y U U A B I A U Y S J S V R H  
 U U V T T V C J G Y F W E Q M L R R H N T E G D  
 V B T I S R M X B E G G X R Q Z Q S Y Y O D S F  
 Q Z F U E E X R C H O C O L A T E L E S Y Y D R  
 Y J J A P P G H T I S R R N M R W B S P Z W A U  
 C P M Y R R E H C Y W L X N G E W V Q O N Z U I  
 S E Y O U T L M Y G Q K I T K A T R O V A L F T  
 H S B D F A E K F J C I M C J N J H I G W H K F  
 Y R U M F L A T G F Q D L G B U Y N R B F W G C  
 E R F P O U N E B M X G K M E P H O J V I P E B

sugar	flavor	happy	fruit
gummy bears	reese's	kit kat	cherry
syrup	chocolate	Vanilla	Whip Cream

## **Observations on the Importance of Human Connection / Social Contact**

By Donna (staff member)

While driving into work one morning I came upon two elderly neighbors engaged in conversation, while maintaining adequate distancing from one another.

Suddenly my cognizant wheels began churning. It led me to thinking, how inspiring this was to witness directly the act of human connection during these uncertain times (COVID-19). Witnessing this solidified my faith in the critical need for social connection with others.

So now I want everyone to take a moment to ask yourself, what does human connection mean to you and how does that appear to you? How is it defined?

My findings below adequately gave an accurate description. Here it is:

“Human connection occurs when individuals actively engage with another human being, activity, object, or environment resulting in a sense of well-being.”

After reading this and digesting the definition, it prompted me to ask the following questions. First, what is the important concept of connectedness and secondly, what are the benefits?

In addressing the first question, the concept of social connection emphasizes the critical importance of relationships. By having daily interaction/contact with people, it carves out your validity in society. It also keeps you engaged within the community that fosters respect and the willingness to donate your time among one another in society.

Secondly, the benefits of maintaining social/human connections have a positive impact with yourself and others. These are just some of the positive impacts on the human condition:

Lowers anxiety, depression, regulates emotions, develops self-esteem, empathy for others, improves overall well-being, strengthens the immune system, and answers the core human need for connection.

On the flip side of non-human connection it leads to a shorter life span by about 15 years, decreases self-esteem, triggers early dementia, social isolation, lack of importance, and negative effects on well-being mentally and physically. It is said that negative effects of loneliness can begin within one day of not socializing.

In closing, I'd like to point out that no matter the circumstances human beings are hard wired for social connection and I believe this was created for the survival of our well-being and the human race.