

# 2021 HEALTH FAIR RESOURCE GUIDE

## Co-Sponsored by Doherty Funeral Homes

Mid-County Senior Center

First Regiment Road, Sherwood Park II, Wilmington, DE 19808 302-995-6728

sencen@midcountyseniorcenter.org midcountyseniorcenter.org Facebook.com/midcountycenter

#### Resource Guide Participants

**AFTNA** 

Always Best Care

Cancer Care Connection

Care Patrol

CarpeVITA Home Care

Delaware Community Reinvestment Action Council

**Delaware Council on Gambling Problems** 

Delaware Hospice

**Doherty Funeral Homes (Co-Sponsor)** 

**Fasterseals** 

Eddins & Hanna Real Estate Team

Elite Senior Advisers

**Encompass Health** 

Foulk Manor South Senior Living

Friends Home in Kennett

Griswold Home Care

**HEALTH** for All

Ingleside Homes

JFS Delaware

Kelman Chiropractic Center

The Levinson Firm

Mass Mutual Greater Philadelphia

Medicaid Plus

Oasis Senior Advisors

Patriot Home Care

Stand by Me 50+

Swank Center for Memory Care

Volunteer Delaware 50+



For over 15 years, Mid-County Senior Center has held an annual health fair. This event is an opportunity for health and wellness service providers to showcase their resources to our members and communities.

This Guidebook was started last year as a way to continue our health fair tradition during the pandemic. And even though our 2021 Health Fair is set to be in person this year, we've decided to continue the Guidebook for a second year!

Thanks to the generosity of our supporters - particularly co-sponsor Doherty Funeral Homes - we're pleased to continue our health fair tradition in printed and digital formats to be shared with more than 1,000 households in our communities.

We hope you'll find this guide beneficial. We're grateful to the organizations that supported us by advertising their services. And we wish you good health now and in the days ahead.

# We are committed to our local communities.



At Aetna, we share a common goal with local organizations: to build healthier communities and people. To meet this goal, we team up with a variety of groups to address community needs. This helps ensure access to programs that will help improve individual health and wellness. And it can be especially helpful to those eligible for Medicare.

Let's connect to discuss how we can work with you.

John Weatherbe Community Engagement 860-214-5610 (TTY: 711)

#### We're ready to help you in every way we can.

#### **Educational resources**

We offer support and education on a range of health topics, such as healthy eating, Medicare 101, Medicare Low Income Subsidy (LIS)/Extra Help and BenefitsCheckUp?

#### Community sponsorships

We work in-person or virtually with local groups. These include:

- · Senior centers
- Housing agencies
- Food pantries
- · Faith-based organizations
- Healthcare providers
- · Fitness facilities
- · Social groups





We look forward to working together.

AetnaMedicare.com

**\*aetna**\* medicare solutions



Always Best Care provides quality nonmedical in-home care services to seniors and adults who need help maintaining their independence and aging in place, and can also assist in the process of assisted living placement in situations where staying in one's home is no longer an option.

After seeing unparalleled success in the Philadelphia home care market, Always Best Care Team Greene expanded into northern Delaware in 2017 and the entire state of Delaware in 2018.

Whether you are looking to have one of our seasoned, compassionate caregivers help you or a loved one with personal care (such as light housekeeping, meal prep, bathing, dressing, and other activities of daily living) a few hours a day, or you would like a loved one to get paid to take care of you full time, Always Best Care can help.

Dubbed "the agency that never sleeps," you can call us 24/7, and a live person can discuss how our services can help you. We are dedicated to exceeding your expectations....*Always!* 

#### **Always Best Care Delaware**

1905 N. Market Street, Wilmington, DE 19802 624 Mulberry Street, Milton, DE 19968 302-409-3710 I Alwaysbestcaredelaware.com Hours: Monday – Friday 7am – 5pm\* \*Customer Service Phone Line Available 24/7



### PSYCHO-SOCIAL SUPPORT FOR CANCER PATIENTS

Cancer Care Connection provides practical guidance and emotional support to help those affected by cancer navigate the full range of issues they face, make informed decisions, and take action on their own behalf for the best possible outcome!

#### Services include:

- Referral to cancer resources, information, & care
- Access to CanSurround, a 24/7 online portal
- Counseling in-person, virtual, or by phone
- Coaching and caring for you and your loved ones every step of the way

**CALL TODAY** to get started with an Oncology Social Worker

302-266-8050 www.cancercareconnection.org



- √ CarePatrol assists families in finding Independent Living, Assisted Living, Memory Care and In-Home Care.
- √ CarePatrol is a **FREE** community service for families we are paid by the thousands of providers in our network.
- √ CarePatrol helps families select & prioritize communities based on care needs, location & personal preferences.
- √ CarePatrol reviews and shares the care and state inspection history of each community we work with.
- √ CarePatrol picks up and tours our clients to their chosen communities much like a realtor shows families homes.
- √ CarePatrol facilitates and advises throughout the process while leaving families in control of the final decision.
- √ CarePatrol serves families across the mid-Atlantic states and throughout the U.S.

#### Care Patrol

Office Number: (484) 712-7400
SChester.CarePatrol.com
Theresa Dow, RN, Certified Senior Advisor®
TDow@CarePatrol.com
BJ DiDonato, Senior Care Consultant
BDiDonato@CarePatrol.com



CarpeVITA Home Care is a RN supervised non-medical home health Aide Only Agency.

We pride ourselves in providing flexible & compassionate care to our clients of all ages.

You can use our services as little or as much as you may need, from 1-hour check-in visits to 24-hour support, 365 days a year!

Our personalized Care Plans enable our clients to remain safely in their homes.

Our services include personal care (bathing, grooming, toileting), medication reminders, meal prep, light housekeeping, laundry, errands, and respite care when you need it.

How Can We Make Your Life Easier?

Call us for a no cost consultation!

CarpeVITA Home Care 302-482-4305 CarpeVITAHomeCare.com



# STEPPING S T O N E S

sscreditunion.org
603 North Church Street
Wilmington, Delaware 19801



#### **Transforming Financial Lives**

Visit us at dcrac.org 600 South Harrison Street Wilmington, Delaware 19805 302-298-3251

Money School. Law Firm. Credit Union. Advocacy.

Like us on Facebook @DCRACDelawareCRA



# Delaware Council on Gambling Problems



If left untreated, problem gambling can lead to financial ruin, legal problems, even loss of career and family. Whether you're the loved one of a problem gambler, or a problem gambler looking to get better, we're here to talk—confidentially, compassionately.

24/7 HELPLINE 888-850-8888





Delaware Council on
Gambling Problems
888-850-8888 | DEProblemGambling.org

# DELAWARE® HOSPICE







#### MORE THAN JUST END-OF-LIFE CARE

#### We give you the freedom to focus on what matters most.

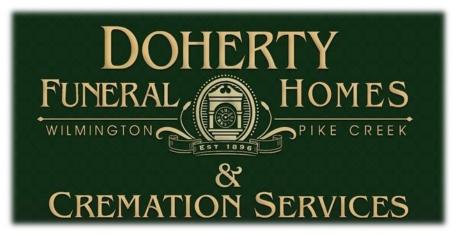
Whether you're seeking comfort for a loved one near the end-of-life's journey, support during treatment for a serious illness, or help connecting with the right resources, you and your family can count on Delaware Hospice.



Our compassionate experts take a holistic approach to helping you manage the symptoms, pain, and practical details that come with a life-limiting illness. By reducing the daily stress and anxiety of coping with the disease, we free you to focus on what matters most. As a community hospice, our mission is to ensure that everyone in our community needing hospice care receives it.

Our services are covered by Medicare, Medicaid, managed care, private health insurance, and private pay. Through the community's generous support to Delaware Hospice, we can help cover care and other essential needs for those having difficulty paying.

302-478-5707 • www.delawarehospice.org





Planning a funeral can become overwhelming; however, please rest assured that we are here to help you every step of the way.

Our professional experience and training, together with our own personal experiences, means that we understand what you are going through and will make the process as smooth as possible.

Here at Doherty Funeral Homes, we believe a funeral is a time to honor the life of the deceased and celebrate the heritage of the family. It is an important time for relatives and friends to gather, tell stories, acknowledge loss, and support each other.

It would be our greatest privilege to help you prepare a respectful, fulfilling experience that meets the individual needs of your family and your loved ones.

We pride ourselves on giving the very best service to the families that we serve.

If you are in immediate need of assistance, or require any further information, then please do not hesitate to call us at 302-652-6811 (Wilmington) or 302-999-8277 (Pike Creek).

## Take a break...



As a caregiver, your health is important too.

Whether you are the parent of child with mental health issues or caring for a parent with dementia – or anyone in between – you need a break from caregiving.

Contact us today to learn how to take a break with Easterseals' Respite Voucher Program





The Eddins & Hanna Real Estate Team is dedicated to helping Seniors Sell Their Homes so they can move on with their lives!

#### With Eddins & Hanna, you can expect:

- Proper Staging & Professional Photography
  - Virtual Tours & Quality Brochures
    - Targeted Internet Marketing
      - Proven Results

We will get you the results *you want* and in the time frame *you need*. We are only one phone call away!



#### Eddins & Hanna Real Estate Team

Patterson-Schwartz Real Estate

Five Star Professional Real Estate Agents

Kathy Eddins Direct: 302-893-4373

Linda Hanna Direct: 302-547-5836

Main Office: 302-239-3000 | Fax: 302-239-3026 | EddinsHanna@psre.com | EddinsHannaRealEstate.com

# ELITE SENIOR ADVISERS

Need Assistance With Finding The Right Senior Living Placement?

How About Eldercare Management?



ELITE Senior Advisers is locally owned and operated by two skilled nurses. We offer FREE senior living placement assistance for seniors looking for Independent Living, Personal Care, Memory Care or Respite Care. Eldercare management is offered to seniors who prefer to reside at home with extra support. These services include but not limited to medication management, coordination of care, vitals signs and nursing visits. The Right Choice program is a similar option for seniors who reside in Independent Living. These two services are private pay only. No matter what service is needed, you will always work with a nurse!





**DeCarla Pearsall BSN, RN, CDP** dpearsall@elitesenioradvisers.com P: 302-409-0455 | F: 302-894-4003 www.elitesenioradvisers.com

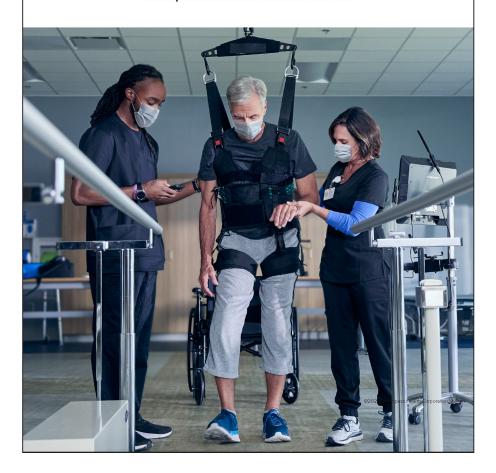
Esther Celamy-Williams LPN, CDP ecelamy@elitesenioradvisers.com P: 302-440-3209 | F: 302-746-7107 www.elitesenioradvisers.com

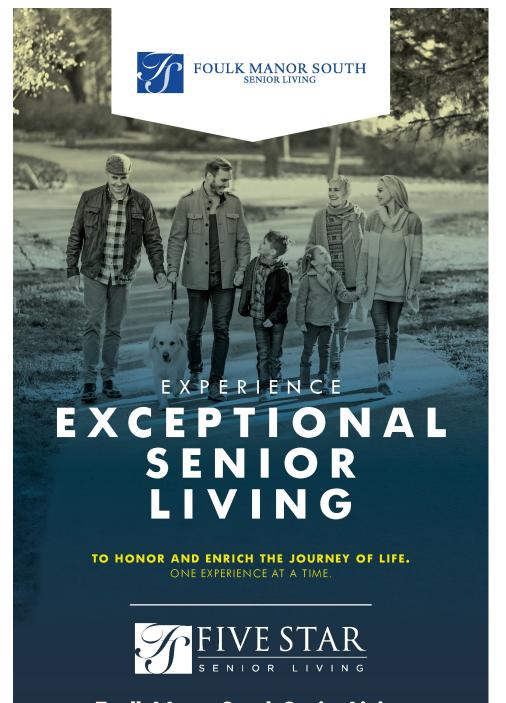
# THE TRUSTED CHOICE

The nation's largest system of rehabilitation hospitals and the trusted choice of medical professionals.



encompasshealth.com/middletownrehab





**Foulk Manor South Senior Living** 407 Foulk Road, Wilmington, DE 19803 Foulkmanorsouth.com | 302-655-6249

# Friends Home in Kennett



Where *friends* become *family*.

#### Supportive Senior Living

Our guiding philosophy is to practice supportive care, givng residents the assistance they need while hon oring their independence.

#### Independent Living, Personal Care, Skilled Nursing

Residents have the comfort of knowing that they can receive personal care without having to move. Care is brought to them. Quality of life, combined with a comfortable setting, makes Friends Home unique. However, it is the residents who fill the community with their vitality and spirit that make this a very special place, indeed.

Call (610) 444-8785 for more information or to schedule a personal tour.

147 West State Street, Kennett Square 610.444.8785 | FHKennett.org





# We give people the help they need to live in the place they love.™

If you have a loved one who needs in-home assistance, we can help. A compassionate caregiver can lend a hand with personal care, homemaking, and companionship so people can stay home and stay independent.



#### Delivered with heart.™

302.456.9904 GriswoldHomeCare.com/New-Castle-County

We are proud to participate in the Mid – County Senior Center 2021 Health & Resource Fair!

# **HEALTH for All**







The HEALTH (Health | Engagement | Access | Learning | Teaching | Humanity) for All program is one of the variety of programs aligning with the Partnership for Healthy Communities' mission to mobilize the university's research, educational and public service capacities in collaboration with community partners to address health inequities.

The HEALTH for All program is a collaboration between the Lieutenant Governor's office, Highmark Blue Cross Blue Shield Delaware, and the University of Delaware's – Partnership for Healthy Communities. The program is funded by Highmark Blue Cross Blue Shield of Delaware.

The program enables faculty, staff and students to support improvements in health outcomes in Wilmington's most vulnerable neighborhoods, through Community Health Services Outreach.

#### **HEALTH** for All

Contact: Christine Sowinski, HEALTH for All Project Coordinator at cgski@udel.edu https://healthforallde.org/



#### EXCEPTIONAL SERVICES YOU DESERVE AT A PRICE YOU CAN AFFORD



- Independent Apartments
  - 1, 2, or 3 Rooms
- Full-Service Assisted Living
  - Semi-Private & Private Rooms



- · Home Health Care Services
  - Personal/ Companion Care
- Supportive Services
  - Meals, Housekeeping, Social Activities, Trips, Social Services & More!



TOURS AVAILABLE - MON - FRI OR SAT BY APPOINTMENT SCHEDULE YOUR TOUR TODAY CALL: 302 - 575- 0250

#### INGLESIDE HOMES CORP. OFFICE

1005 N. FRANKLIN STREET WILMINGTON, DE 19806

302 - 575 - 0250 TTY: 800 - 232 - 5470

EQUAL HOUSING OPPORTUNITY

WWW.INGLESIDEHOMES.ORG



# Personalized Aging Support for Older Adults

JFS Delaware strives to help older adults maintain their independence and age with dignity. We are here to provide access to compassionate, professional, and personalized services to enhance quality of life of older adults and provide their loved ones peace of mind.









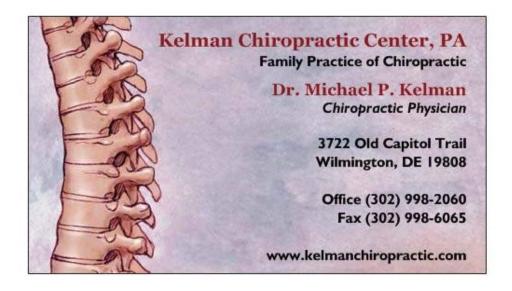




Get the support you and your loved ones need:

302-478-9411
■ abaker@jfsdelaware.org
• www.jfsdelaware.org/olderadults

# KELMAN CHIROPRACTIC CENTER





With a practice devoted solely to Elder Law and Estate Planning, The Levinson Firm works exclusively to protect the life savings of Delaware seniors.

It is our goal to help families navigate the elder law puzzle – nursing homes, assisted living facilities, and other long-term care options AND figure out how to pay for them. For us, this means providing practical, money-saving solutions to challenges faced by seniors.

We have assisted thousands of local families with Medicaid planning, Medicaid applications, Veterans Benefits, and estate planning.

#### The Levinson Firm, LLC

1326 King Street, Wilmington, DE 19801 Phone: 302-656-3393

Fax: 302-656-1993

E-Mail: info@levinsonfirm.com Website: www.levinsonfirm.com

# ... MassMutual

#### Greater Philadelphia



Mike Profit, MBA Financial Planner MassMutual Greater Philadelphia

"Helping you plan for the certainty of uncertainty."

Knowledge is the key to a successful financial future. My background, experience, and commitment to providing you with the resources you need to make financial decisions, can help make your financial future as successful as you need it to be.

I pride myself in getting to know each client so that I can understand their individual needs and what matters most to them. This helps me recommend products and strategies designed to meet their current, and more importantly, future needs.

There is no charge for our initial consultation.

#### Mass Mutual Greater Philadelphia

15 Reads Way, Suite 210
New Castle, DE
Office (302) 325-0700 | Cell (302) 528-3864
mprofit@financialguide.com
Greaterphiladelphia.massmutual.com



#### **Medicaid Planning and Applications**

### Are You Prepared for a \$10,000/mo Nursing Home bill

Medicaid will pay your nursing home costs but the process is difficult and lengthy

We'll do the work for you and get your application approved





Your trusted partner for senior living and resources



#### Struggling with where to live? Confused? Overwhelmed?

- A FREE consultation about your needs
  - Desire to remain independent
  - Financial options
  - Care needs
  - Location
- List of local living options
- Set up and tour communities with you
- Partnered with senior living communities and services
- Make your choice and we ease the transition
- We pride ourselves on matching you or your loved one with the right place

P: 302-366-4200

E: OSADE@YourOasisAdvisor.com W: oasissenioradvisors.com/delaware

# PATRIOT HOME CARE









(302) 492-2424

1225 North King Street Wilmington, DE 19801

www.patriothomecare.org

- · LIGHT HOUSEKEEPING
- MEAL PREPARATION
- FEEDING
- LAUNDRY
- MEDICATION REMINDERS
- · COMPANIONSHIP
- GROCERY SHOPPING
- INCONTINENCE CARE
- RESPITE
- . NON-SKILLED HOSPICE CARE

# STAND 500

Stand By Me 50+ is an economic empowerment and stabilization program that provides integrated financial coaching, benefits access, and retirement planning for people ages 50 and older in Delaware before and after retirement.

Stand By Me is offered through a partnership between United Way of Delaware and the State of Delaware.

Get FREE assistance in reaching your financial goals, banking, repairing or establishing credit, managing and decreasing debt, benefits screening and access, and retirement planning.

Free financial coaching is available. Kathleen Rupert will be at Mid County Center every first Wednesday of the month. Call today and schedule your appointment!

Stand by Me 50+

302-608-2705 standbymede.org/50-plus/



# Swank Center for Memory Care and Geriatric Consultation

Swank Center for Memory Care and Geriatric Consultation at ChristianaCare is Delaware's first and most comprehensive outpatient office for patients with memory disorders and their families.

Our multidisciplinary team allows input from geriatricians (doctors focused on elder care), as well as our geriatric psychiatrist, neurologist, nurse practitioner, medical assistants, and social workers.

The team works together to conduct a comprehensive memory assessment, collaborate with primary care clinicians, refer to appropriate specialists, coordinate care, discuss treatment, caregiving options, and provide necessary follow-up care.

We are here for you and your family with the support you need every step of the way.

For consultations, please call us.

# Swank Center for Memory Care and Geriatric Consultation

501 W. 14th Street, Gateway Building, 5th Floor Wilmington, DE 19801 302-320-2620

Christianacare.org/services/seniors/swankmemorycare



Volunteer Delaware 50+ program involves persons 50 years of age and older in volunteer-based services that meet critical community needs and enrich their lives at the same time.

The program also offers free educational and health-related workshops to improve health conditions among senior populations. Volunteer Delaware 50+ administers and runs two such programs: CareWear and A Matter of Balance.

A Matter of Balance (MOB) is an award-winning program, designed to reduce fear of falling and increase activity levels of older adults who have concerns about falls.

To contact Volunteer Delaware 50+ program, please use one of the methods listed below.

#### A Matter of Balance Volunteer Delaware 50+

1901 N. Dupont Hwy. Debnam Bldg. New Castle, DE 19720 302-255-9878 | Danielle.Briggs@delaware.gov Volunteer.Delaware.gov/volunteer-delaware50



#### Hours:

Monday - Friday, 8 a.m. - 3:30 p.m.

Mid-County Center, a senior center founded in 1979, offers healthy, fun, and nurturing activities to people 50+ that enable them to age well, with purpose and dignity.

With many weekly activities, Mid-County Center provides recreation, enrichment, and friendship. Members enjoy pickleball, bingo, line dancing, a caregiver support group, and much more!

Nestled in the Sherwood Park II neighborhood, Mid-County Center serves members in the Wilmington, Newark, Pike Creek, and Hockessin areas, to name a few.

To contact Mid-County Center, please use one of the methods listed below.

We look forward to welcoming you!

#### Mid-County Center

First Regiment Road, Wilmington, DE 19808 302-995-6728 | sencen@midcountyseniorcenter.org Facebook.com/midcountycenter Midcountyseniorcenter.org

#### Back