

Community Action Agency of Delaware County, Inc.

The Link! December, 2021

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Please call 610-874-8451 or email hparmely@caadc.org
with questions, comments or suggestions.



CAADC is seeking volunteers for its free Volunteer Income Tax Assistance (VITA) sites. CAADC is looking for dedicated, enthusiastic individuals who would like to serve their community by helping low- and moderate-income families in Delaware County complete their taxes. Assistance is needed this year more than ever before. CAADC expects that it will be one of only a few organizations that continues to provide this necessary assistance to low-income families.

No experience is necessary as training, IRS-certification and resources will be provided. Volunteers should be able to commit to at least one 4-hour shift a week during the tax season (late January – April 15th). Positions include tax preparers, volunteer schedulers, screeners, greeters and quality reviewers. For more information, please contact Kyle Robinson, Program Manager, at krobinson@caadc.org or (484) 583-5260.

Hanukkah: November 28-December 6

First day of Winter: December 21

Christmas: December 25

Kwanzaa: December 26th

New Years Eve: December 31



One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame a goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference,
be that *One* today.

inspire *Positive* IP
soul sensations SS

~Unknown



A Special Shout Out To:

Eric Androshick, SSVF Social Worker

Jerry Paldino, SSVF Employment Specialist

Steven Scott, SSVF Healthcare Navigator

Thank you for all you do in providing services to the
Veterans of Delaware County.

Places to Donate this Holiday Season:

CAADC is conducting a Holiday Toy Drive for hundreds of homeless children. With many children in CAADC's emergency shelters and rapid rehousing programs, the need for community help this year is greater than ever; especially during these difficult times due to the Pandemic.

Ed Coleman, CEO, stated "We really depend on the community to help make the holidays a special time for these children who are already going through so much."

There are many ways that the community can help including:

- "Adopting" a child or family – please contact Danita Miller at (610) 874-8451 or dmiller@caadc.org if interested.
- Taking new unwrapped toys to CAADC's Boothwyn Office at 1414 Meetinghouse Road, Boothwyn, PA 19061 (please call (610) 874-8451 before coming).
- Mailing or dropping off gift cards to the Boothwyn Office (address above).
- Sending a monetary donation to the Boothwyn Office (address above).

Thank you for helping CAADC to bring joy to hundreds of children this holiday season.



-Angel Tree: Kids with incarcerated parents get presents "from" the incarcerated parent by people donating the toys

-Make-A-Wish: Helps kids with illnesses get unforgettable experiences by sending them on trips and other cool ideas!

-Pay Away the Layaway– Pay away the layaway someone uses to buy items for their kids. This program identifies the layaways for kids gifts and allows someone to pay it off or donate towards it.

-Christmas Spirit Foundation: Provides free Christmas trees for military families

-Family Giving Tree: Allows for donations of money or buying the children's gifts yourself through Amazon Smile

-Project Linus-: This charity donates blankets to children in need

-Operation Blessing: Offers relief after a disaster. You can volunteer your time, donate money, or purchase Operation Blessing merchandise.

-Meals on Wheels: Meals delivered to seniors homes. You can volunteer to drop off meals to seniors.

-The Wish Project: This charity establishes long-term residency by providing furniture, household goods, clothing and shoes for families in need.

-One Simple Wish: This charity allows for you to buy foster children Christmas gifts. You can purchase someone's gift, make a monthly commitment, volunteer at a Wish Party, or send a LovedBy note.

-Oxfam Unwrapped: This charity uses donated funds for humanitarian work.

-Better World Books: The charity resells books to help fund nonprofit literacy organizations that teach children, build schools, and fill libraries.

Happy Holidays from CAADC!

Background of Hanukkah from Wikipedia:

Hanukkah is a Jewish holiday which celebrates the victory of the Maccabees over the larger Syrian army. It also celebrates a miracle that happened during this time, where just a day's supply of oil allowed the menorah (Hanukkah or Hanukkah Menorah) in the rededicated Temple in Jerusalem to remain lit for eight days.

Background of Christmas from Wikipedia:

Christmas (which means "The Mass of Christ") is a Christian holiday that refers to the birth of Jesus (whom Christians believe is the Son of God), and a cultural holiday for non-Christians.

Background on Kwanzaa:

Kwanzaa is a Swahili word that means "first" and signifies the first fruits of the harvest. ... One of these is the celebration of the harvest. At this time of the year, people of the community/village come together to celebrate and give thanks for their good fortune.



Ways to Give Back this Season



From the usnews.com:

- Bake
- Pack stockings for homeless people
- Donate toys
- Visit a nursing home
- Donate to a food bank



Managing Diabetes and Holiday Tips

Helpful Tips:



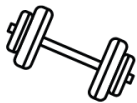
Take **small steps** towards lifestyle and habit changes. Setbacks and normal and don't mean you have failed.



Slowly incorporate physical activity into a daily routine, at least 30 mins per day, 5 days a week.



Choose **healthier food options**. Build a plate that balances vegetables, proteins, and carbohydrates. Drink water.



Lose weight, track it, and keep it off.

Losing 5 to 7 percent of your starting weight helps prevent or delay diabetes.



Make a plan, track your progress, and **seek support** to help with the changes.



Stay up-to-date on **vaccinations**, such as the COVID-19 and flu vaccines.

10 Tips to Navigate the Holidays with Diabetes

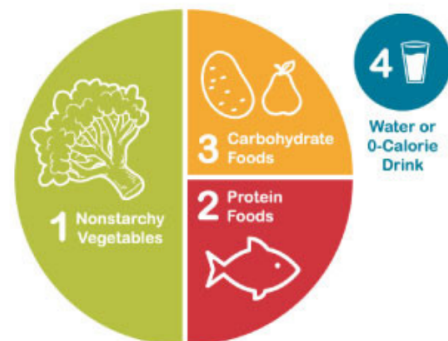
1. Go into the holiday with healthy habits
2. Don't skip breakfast or lunch the day of Thanksgiving
3. Think about lower-carb, lower-sugar alternatives
4. Plan your plate
5. Manage portion control
6. Don't forget about the beverages
7. Eat dessert mindfully
8. Don't forget to keep moving
9. Check your blood sugar on Thanksgiving regularly
10. Focus on the reason for Thanksgiving

Don't Forget to Take care of your emotional and mental well-being

SOURCE:

NAT'L INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES (NIDDK)

[HTTPS://HEALTH.USNEWS.COM/WELLNESS/FOOD/ARTICLES/WAYS-TO-MANAGE-THANKSGIVING-WHEN-YOU-HAVE-DIABETES](https://health.usnews.com/wellness/food/articles/ways-to-manage-thanksgiving-when-you-have-diabetes)



Holiday Self-Care Tips:

- #1. Make time for yourself
- #2. Know your priorities
- #3. Take care of yourself during difficult family interactions
- #4. Make room for grief if you are missing someone who passed away
- #5. Remember what you are grateful for
- #6. Try to understand why you may be feeling negative emotions
- #7. Find reasons to laugh
- #8. Lean on support system



Source: <https://dailycaring.com/10-stress-relief-tips-to-get-you-through-the-holidays-self-care-for-caregivers/>



Ideas to Jump Start your New Year Resolutions:

- | | |
|-------------------|-------------------------|
| -Fitness | -Find a hobby |
| - Being kind | -See family more |
| -Quit a bad habit | -Budget |
| -Clean | -Read more |
| -Get more sleep | -Make time for yourself |