Caregiver Resource Center

August is recognized as National Wellness Month. As a caregiver, it is important to take care of yourself. This means keeping healthy habits, stress management, and prioritizing self-care. That can be difficult to do when caring for a loved one. The Caregiver Resource Center would like to remind you to not neglect your own doctor appointments, exercise, or time for yourself. You cannot pour from an empty cup! Please see the following dates of our upcoming support groups offered:

- **August 4** - Alzheimer's Day Support Group, noon, CRC program room
- **August 7 -** Parkinson's Support Group, 5 p.m., CRC program room
- **August 12 - Modern Maturity Closed due to Construction Grandparents Moved to 8/19**
- **August 19** - Second Time Around Grandparents Support Group, 9 a.m., CRC office and Alzheimer's Night Support Group, 6 p.m., CRC program room
- **September 1 -** Labor Day - MMC Closed
- **September 4 -** Parkinson's Support Group, 5 p.m., CRC program room
- **September 8** - Alzheimer's Day Support Group, noon, CRC program room
- **September 9** - Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **September 16 -** Alzheimer's Night Support Group, 6 p.m., CRC program room

*All are welcome regardless of diagnosis.

The Caregiver Resource Center (CRC) is here to help with your needs as a caregiver to an older adult or if you are caring for a related child or children. Call us on 302-734-1200 ext. 186/192 Dawn Morris and Jenn Mogle, CRC Coordinators. The Caregiver Resource Center at Modern Maturity Center is partially funded by DHSS (Department of Health & Social Services) Division of Aging and Adults with Disabilities through the National Family Caregiver Support Group Program. Title III-3 of Older American Act.

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Aging and Adults with Physical Disabilities

Winners

Del-One Federal Credit Union

Right: Mary Beth Parker was the birthday winner July 10 at MMC. Birthday Winners receive a $25 VISA gift card from Del-One Federal Credit Union. Each month one winner is drawn from all registered birthday celebrants. In order to be eligible for the drawing and your free birthday lunch, you must have a current MMC membership card and proof of birth date. The next birthday celebration is Thursday, Aug. 14.

Left: Mae Bates and Jo Purcell are the cash winners at the July 15 dinner-dance. MMC Ambassador Bill Hufnal and Site Manager Jessica Kerr presented their winnings. The dance entertainment music was by Jen Cox, attended by about 200 guests. Aug 19 is the next dinner-dance.

Senior Community Service Employment Program

by Michael O'Leary

At the Modern Maturity Center, we help older adults find work, develop new skills and talents, and build their financial security by sponsoring the Kent County Senior Community Service Employment Program (SCSEP). SCSEP is an on-the-job training and employment program designed to help those unemployed, age 55 and older, update their jobs skills, build work experience and confidence, and continue to have economic security and well-being.

As of this date, there are no openings in the SCSEP program. The SCSEP program also currently has a waiting list. However, applications are being accepted should openings become available. If eligibility requirements for the program are met and an opening becomes available, participants are placed in a part-time community service assignment with a nonprofit or government agency. These include the Capital School District, Delaware State University, and the Smyrna State Service Center to gain experience and training. Additional training is offered through workshops and/or classes. There are a variety of training assignments including receptionist, maintenance trainee and food service worker. Currently participants can train up to 20 hours per week and are paid $15 an hour.

SCSEP services receive funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities and the U.S. Department of Labor. There is no fee charged for these services.

In addition to on-site job training Kent County SCSEP encourages participants to take advantage of community resources. One resource is the Department of Labor's Employment & Training (DET) which offers a multitude of career services including Basic Computer Training, Interview Strategies, and Career Planning Workshops. Additionally, DET can help cover the cost of a degree, license, and certificate programs for low-income adults and dislocated workers. Programs such as Automotive Technician, Billing and Coding, Certified Nursing Assistant, Dental Assistant, Diesel, EKG Technician, GED - High School Equivalency, Heavy Equipment Maintenance, Medical Assistant, Medical Billing and Coding, Ophthalmic Assistant, Phlebotomy Technician, Practical Nursing, Warehousing/Forklift and more. The steps to accessing DET's training services can be found online at https://labor.delaware.gov/divisions/employment-training/job-seeker-services/ or by calling 302-739-5473 and speaking with an Employment Service Specialist.

Developing a solid, but flexible resume is crucial. The current consensus is that a 1-page resume, highlighting the last 10 years of work experience, is preferred by employers. Additionally, analyze the job posting thoroughly. Tailor your resume and cover letter to the language of the job posting.

If you would like to learn more about the SCSEP program, call me at the SCSEP office at (302) 734 – 1200 x145.

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