

Events & Announcements

New Castle County has a newly created **Police Accountability Board (PAB)**.

Attendance at meetings is open to the public.

The 3rd Tuesday of each month.

Location subject to change

Call **(302) 395-5053** for information or attend virtually by registering at

<https://www.newcastlede.gov/2658/Police-Accountability-Board>

Join us to discuss the community's issues!

Find out more at the **913 Community Meeting**

**November 6th & December 4th
@ 6pm**

Rosehill Community Center in the Senior Center

Christmas Tree Lighting!

December 14 @ 5:00 PM

Coleman Memorial United Methodist Church

465-1/2 Anderson Dr,
Wilmington, DE 19801



Route 9 Maintenance Co-op



Our Route 9 Maintenance Co-op service program is now fully operational, and we've been receiving an incredible number of calls.

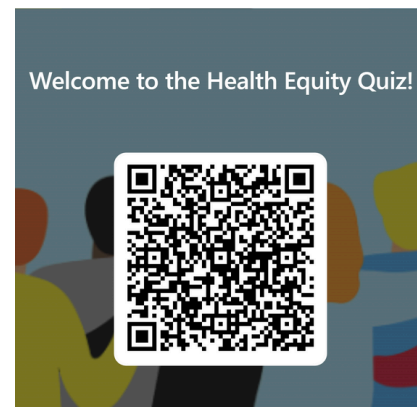
If you need assistance with small home repairs or would like to learn more about the program, please schedule a call back through our website

<https://www.ncpcdel.org/thecorridor>

Test your Knowledge?

"Unnatural Causes: Is Inequality Making Us Sick?"

Take the interactive quiz, which explores the root causes of health inequities in the United States. We will add new questions each newsletter.



**Community Announcement:
New Partnership**

The New Castle County Division of Police would like to announce our partnership with Tyler Technologies and Zensity Integrations.

This partnership is already in effect, and residents who call 9-1-1 for calls for service may receive a follow-up text message with a survey link asking about their experience with our services. Your feedback is valuable and will help us improve how we serve the community.

Please note that this survey is voluntary, and your responses will be kept anonymous. We appreciate your participation, which is instrumental in our continuous efforts to improve our services and better serve New Castle County!

**913 Community Alliance
A note from the President**

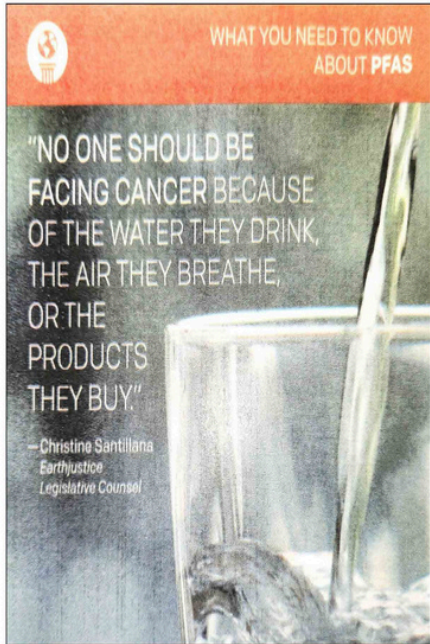
The 913 Community Alliance is an organization that brings together the 13 communities currently in the reach area of the Route 9 CDC and expanding. The environmental justice map identifies 13 historically disinvested communities. We encourage all residents to attend these meetings, which are held on the first Wednesday of each month. We have presentations designed to inform us so that we can properly and strategically address our concerns. We use the Roberts rule of Order to conduct the participation professionally. Your time is respected, and an outcome for the issues or issue at hand is expected.

We encourage the participation of the Civic Association Presidents, the vice presidents, or a community representative to be present. The community's voice or perspective is essential.

Remember, when we stand together, we are a force to be reckoned with. Our unity is our strength, and it's what helps us win.

Thank you,
Rob Bullock

Did You Know?



What are PFAS?

Per- and polyfluoroalkyl substances or PFAS are a class of more than **5,000 substances found in household products** like cookware, clothing like waterproof jackets, and firefighting foam used on military bases and at airports.

Why are PFAS a problem?

Because they don't easily break down, **PFAS can persist in our bodies and the environment for decades.** As a result, more than 95% of the U.S. population has PFAS in their bodies, according to the Centers for Disease Control and Prevention.

What are the effects of PFAS on human health?

PFAS are deadly. Studies have linked them to cancer, immune system dysfunction, impaired fetal development and liver damage.



Do you want to know what is happening in your community and what can be done?

Join our 913 Community Alliance at 6pm on the first Wednesday of every month.

Location: Rose Hill Senior Center
19 Lambson Lane, New Castle DE 19720

What Does your Route 9 CDC Community Health Worker Do?

1. Connect with at-risk individuals within their community and home setting
2. Learn about you to determine your Health risks
3. Coordinate your care using procedures to help you reach a positive outcome/result

Connect with a Community Health Worker

Open Office Hours:
Fridays 10am-6pm

Rosehill Community Center, 19 Lambson Ln
Ste. A-002 New Castle, DE 19720

Contact us:

- Ms. Emma:** 302-276-9920
- Ms. JoAnne:** 302-357-2157
- Ms. Dora:** 302-613-8051

The Delaware Solid Waste Authority is excited to be able to share its Environmental Education Program with teachers, students, scout groups, and other organizations! One of the biggest goals of the education program is to foster a sense of environmental stewardship among students. The education program combines classroom learning with interactive and hands-on activities.

AMERICA RECYCLES DAY WITH DSWA
DELAWARE SOLID WASTE AUTHORITY

AT THE DELAWARE RECYCLING CENTER

Kid's Day at New Castle Education Center

- Saturday, Nov. 16 from 10am - 2pm
- Bring your kids to a community day at our Environmental Education Center in New Castle to play with interactive exhibits, sort items on a live-action conveyor belt, & learn about what happens to their trash & recycling!
- Children must be accompanied by an adult at all times.

Recycling Center Tours (ages 18+)

- Friday, Nov. 15 at 3pm; Saturday, Nov. 16 at 8:30am
- Come tour our Materials Recovery Facility (MRF), where all single-stream recycling from Delaware is sorted & baled.
- Registration required: <https://forms.gle/17ngdcS6yBJwiKbA>

<https://dswaeducation.com> 1101 Lambson Lane, New Castle, DE 19720



What exactly are social determinants of health?

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

These forces and systems encompass economic policies, development agendas, social norms, social policies, racism, climate change, and political structures. **Healthy People 2030** highlights SDOH in its key health indicators.



Here are some key factors that can affect these determinants:

1. Economic Stability: employment, income, expenses, debt, and financial support.
2. Education Access and Quality: Educational opportunities from early childhood through higher education can affect health literacy, employment opportunities.
3. Health Care Access and Quality: Access to quality healthcare services, including preventive care.
4. Neighborhood and Built Environment: The physical environment where people live, including housing quality, access to transportation.
5. Social and Community Context: Social support networks, community engagement.
6. Food Security: Access to sufficient, safe, and nutritious food is essential for maintaining health.
7. Housing Stability: Safe, affordable, and stable housing.

These factors are interconnected and can either strengthen or undermine the health of individuals and communities. Addressing these determinants is crucial for improving public health and reducing health disparities.

The holidays can be a wonderful time for families, but they can also bring stress and challenges. Here are some helpful tips to make the most of the holiday season:

1. **Plan Ahead:** Create a schedule for shopping, cooking, and family activities. This helps manage time and reduces last-minute stress.
2. **Set a Budget:** Decide how much you can afford to spend on gifts, food, and activities. Stick to this budget to avoid financial stress.
3. **Maintain Healthy Habits:** Try to keep up with regular exercise, healthy eating, and adequate sleep. This can help you feel better physically and mentally.
4. **Be Realistic:** Understand that things might not go perfectly, and that's okay. Focus on enjoying the time with your loved ones rather than striving for perfection.
5. **Take Breaks:** Make sure to take some time for yourself. Whether it's a short walk, reading a book, or watching a favorite movie, taking breaks can help you recharge.



Saving Tips

1. **Set Clear Goals:** Define what you're saving for, whether it's an emergency fund, a vacation, or a new gadget. Having a clear goal can keep you motivated.
2. **Automate Savings:** Set up automatic transfers from your checking account to your savings account. This ensures you save consistently without thinking about it.
3. **Cut Unnecessary Expenses:** Review your subscriptions and memberships. Cancel those you don't use regularly.
4. **Save Windfalls:** Whenever you receive unexpected money, like a bonus or tax refund, put a portion of it into savings.

Think saving is impossible? Here are some fun and effective savings challenges that a community can try together!!

1. **No-Spend Challenge:**
 - Choose a day, week, or month where you don't spend money on non-essential items. This can help you save and rethink your spending habits.
2. **Spare Change Jar:**
 - Collect all your spare change in a jar. At the end of the year, deposit it into your savings account.

Printable tables to help you keep track of your progress, are available upon request! Scan below!

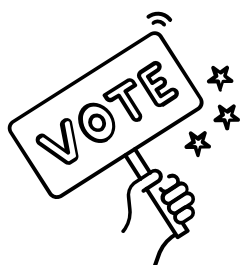


Make Your Voice Heard – Vote in the Upcoming Election!

As we approach the upcoming election, it's crucial to ensure your voice is heard. Voting is a powerful way to influence decisions that shape our community, from local school funding and public safety to community development. Your vote truly makes a difference.

In our last two newsletters, we provided detailed information on the candidates running for office. You can view these archived newsletters on our website. We also encourage all our readers to conduct their own research to make informed decisions.

Thank you for being an engaged member of our community. Together, we can make a positive impact!



The influence of older adults is profound and multifaceted, shaping the future of America in numerous positive ways.

AARP published an article September 2023 about “An aging population is shaking up our country. Why it’s happening and what it means.”

Take a look around. We live in a country that is being transformed — in ways both obvious and hidden — by older Americans. Our growing numbers and enduring vitality ensure that this disruption will continue to roll through the American economy, culture, society and politics — penetrating deep into the very marrow of the nation. We are workers, thinkers, influencers and innovators who can shape markets and exert pressure on corporations and elected leaders. And we must use that power to push for an America that is better prepared for our needs as we — and those who follow us — journey through life to old age.

In September 2024, the **Poor People’s Campaign** emphasized the critical role of poor and low-wage workers, homeless veterans, and those most impacted by economic and social injustices. They highlighted that these groups are essential to the functioning of the country and declared themselves as the “**Swing Vote**” in the upcoming elections.

Need Employment?

Hey Route 9 Newsletter readers! You got a special page in your last newsletter from the Department of Labor. They want to know, "How can they help you?" If you're looking for a new job or want to learn about different career paths, give **Tracy Purnell a call at (302) 761-8080**. She's here to help! Please mention that you are from the Route 9 Corridor.



Justice 40 for Delaware

Did you know? The Justice40 program helps make sure that 40% of federal money for Environmental Justice programs goes to communities that need it the most. This money helps with things like fighting climate change, clean energy, better buses and trains, affordable housing, job training, cleaning up pollution, and clean water.

The Solution for all your Mental Health Concerns

There are some local mental health services on the Route 9 Corridor. Today we highlight.

Affordable Psychotherapy Inc.

Kier A. Berkel, *NCC, LPCMH*
Licensed Psychotherapist

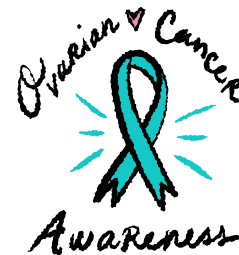
Located at the Rose Hill Community Center.
19 Lambson Ln, New Castle DE 19720

Contact to make an Appointment

Phone: 302-748-8996

Email: Berkluver@gmail.com

**Virtual Sessions are Available*



Ovarian Cancer Awareness

Quick Facts

- **1 in 78** women will develop ovarian cancer in her lifetime
- **5th** leading cause of cancer related deaths in women
- **Risk factors** include *family history, specific genetic mutations, being post-menopausal, being 55+yrs*
- There is **no early detection** Test

To learn more about Ovarian Cancer visits:
www.FaithDeannaJohnson.org



**Route 9 Library & Innovation Ctr
What's New!**

**Teleservice Navigator-Health & Social Service Needs
and ACP Sign-up!**

A Teleservices Navigator is available to assist library patrons with their health and social service needs. The Navigator can assist patrons with applying for food assistance, Medicaid, Long-Term Nursing Care, Childcare, Home Energy Assistance, Employment and Training, referrals to partner organizations, etc.

When: Every Tuesday
Location: Study Room 122
Time: 10:30am - 4:00pm

**Social Workers at the Library
The Delaware Health and Social Services
Community Partner Support Unit helps with:**

- ASSIST application process
- Applying for food benefits
- Medicaid
- Long-Term nursing care
- Childcare
- Home energy assistance
- Referrals to partner organizations
- Employment & training

Date: Every Wednesday
Location: Study Room 138
Time: 2:30pm - 4:30pm

Medicare Made Clear

Get resources to help you understand the coverage that may be right for you, including a free educational guide.

When: Nov 18th
Location: Multipurpose Room A
Time: 1:00pm - 2:00pm

**Route 9 Library & Innovation Ctr
What's New!**

**Health and Wellness Screenings with UD's HEALTH
for All**

Health and wellness screenings offered by University of Delaware's HEALTH for All initiative and their community health partners.

<https://healthforallde.org/>

Date: Dec 3rd
Location: Lobby Table 2
Time: 1:30pm - 3:00pm

Narcarn Training with DSAMH

Public program by Division of Substance Abuse and Mental Health for the proper use and administration of NARCAN, the anti-overdosing drug. The classroom-style training offers an informative presentation with plenty of time for questions and practice.

Registration is required.
<https://www.eventbrite.com/o/delaware-dsamh-39765432063>

Date: Nov 22nd, Dec 27th
Time: 11:00am - 1:00pm



Food Distribution

EVERYDAY!!! at Rose Hill Community Center
11am-12pm 1st come 1st serve.
Also visit our **food closet** Mon. & Tues. from 8am-11am Wed. 5pm-7pm

Bacon's Boutique

Come Shop with no money!
The clothes closet at the Rosehill Community Center open
Monday 8am - 11am/Tuesday 8am - 11am



913 Alliance
Community meeting
1st Wednesday of the month
6pm in person meeting
Location: Rosehill Community Ctr



CIVIC ASSOCIATION MEETINGS

Mayview Manor/Holloway Terrace-Meetings are held the 1st Monday of every month at 7pm.
Holloway Terrace Fire House - 700 West Ave. 2nd Floor, New Castle, Delaware.
For more information contact Robin Bullock @ 302-465-5938

Rosegate-Meetings are held every 2nd Monday of the month. Boardroom at Rosehill Community Center. 19 Lambson Lane. New Castle, Delaware. For more information, contact Carmen Kelley @ (302)652-8826.

Garfield Park/Overview Gardens-Meeting November 16 at 6:30pm. For the meeting place or more information, please contact Mr. Lee Jarmon @ (302)654-4782.

Hamilton Park/Eden - Please contact Elder McDuffy @ (302)658-0724

Mansion Park and Arbor Place -Regrettably, we have no additional information. However, N.C.P.C welcomes all to our 9/13 Alliance meeting. Time and location can be found in this newsletter.

Dunleith-Meetings are held every other month on the 3rd Monday of the month at 7pm. For more information, please contact Sandra Smithers @ (302)275-0829 or Rev. Cecil Simmons @ (302)275-3873.

Simonds Garden-Meetings are held the 2nd Tuesday of every month @Rose Hill Community Center Boardroom at 7pm.

Oakmont- For more information please call Patrick Holland @ (302)561-2155

Rose Hill Gardens-Meetings are held the 2nd Monday of every month @Rose Hill Community Center Boardroom at 7pm. For more information, please call Brenda Timmon-Guntar, President, at (302)588-8826.

New Castle County Council Meetings are held on the 2nd Tuesday and the 4th Tuesday of each month in County Council Chambers. 800 N French Street Wilmington, Delaware

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Thank you