



The Link January 2022

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Start the New Year off making a positive difference in the lives of others.



VITA Volunteer Information Session and Orientation

**Volunteers
Needed!**



Interested in volunteering, but unsure of what VITA is or what is required of you? Want to learn more about how you can support your community through the VITA program?

CAADC is offering an in-person Information Session and Orientation for all who are interested in volunteering for its free Volunteer Income Tax Assistance (VITA) program.

Sessions are scheduled for:

1/13 at 2:00 p.m.

1/19 at 6:00 p.m.

Location:

CAADC, Inc.
1414 Meetinghouse Road
Boothwyn, PA 19061

Register today for the Information and Orientation Session by calling 610-833-4442 or by email to equin@caadc.org or ekemske@caadc.org.



• Positions Available:

- ◊ Tax Preparers
- ◊ Screeners
- ◊ Greeters



New Year, New You

Some Tips on Well-Being for 2022

Crack open a good book

Create a workout playlist

Choose water instead of soda

Avoid work burnout

Avoid slouching

Take 5 minutes during lunch for a walk break

Instead of salty snacks or sugary treats, go for a fruit to round out lunch

Be social safely - spending time with others reduces stress and helps with relaxing

Get that extra serving of fruit and/or vegetable per day

If you go to bed 10 minutes earlier, that's an additional 70 minutes of sleep by the end of the week

Aim for 10 minutes of exercise per day

Add to savings when you get paid instead of waiting until expenses are paid

Take the time to move at work - stand up, take a quick walk

Practice one healthy stress-relieving activity per day

Use your vacation time

For more information:

prevention.com/life/g38392117/happy-new-year-2022
blog.healthadvocate.com/2021/11/22-well-being-tips-for-2022



Be the person who breaks the cycle.

If you were judged, choose understanding.
If you were rejected, choose acceptance. If
you were shamed, choose compassion. Be
the person you needed when you were
hurting, not the person who hurt you. Vow
to be better than what broke you—to heal
instead of becoming bitter so you can act
from your heart, not your pain.

*Strong
Mind*

When a flashlight grows dim or quits
working, do you just throw it away?

Of course not. You change the batteries.

When a person messes up or finds
themselves in a dark place, do you cast
them aside? Of course not! You help them
change their batteries. Some need AA...
attention and affection; some need AAA...
attention, affection, and acceptance; some
need C.... compassion; some need D...
direction. And if they still don't seem to
shine... simply sit with them quietly
and share your light.



TIME TO SET NEW RESOLUTION.
TIME TO TURN YOUR DREAMS INTO ACTION
SHOW AFFECTION FOR EVERYONE.
SHARE YOUR SMILE WITH EVERYONE.
ALWAYS SHINE LIKE SUN.
NEW YEAR IS TIME FOR LOTS OF FUN.
ENJOY NEW YEAR CELEBRATIONS!

Happy New Year

NewYearWiki.Com

HOW TO OBSERVE MARTIN LUTHER KING, JR. DAY

Learn MLK's full history and narrative

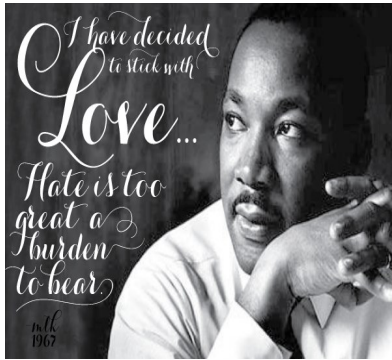
Take the time to learn more about MLK in depth. Read his works as well as those of his family to learn more about this remarkable man and the stories as he told them.

Support the Black community and racial justice

Make Martin Luther King, Jr. Day more than just a day off. Take time to both understand and support civil rights and the issues facing communities of color. MLK and his contemporaries did a lot for the advancement of civil rights, but there is still much to be done.

Have a conversation

Creating dialogue and having discussions about racial injustice is important. Through conversation we educate each other, share experiences, and work to create a brighter future.



WHY MARTIN LUTHER KING, JR. DAY IS IMPORTANT

He worked to advance civil rights

The words, leadership, time, and energy King devoted to civil rights helped end segregation in the United States and worked to eliminate unfair practices throughout the nation that negatively affected the Black community. He helped organize rallies, gave speeches across the country, and mobilized thousands of people to help end racial injustice.

He inspires us

MLK inspired millions of people in his lifetime and continues to inspire us to this day. Across the globe, activists look to King for inspiration and courage. Modern movements for racial equality and justice, such as the Black Lives Matter movement, are extensions of the work that he started.

Delaware County Resources

Skilled Career Pathways for Young Talent

Virtual
Tech & Healthcare

Career Fair

January 19
From 1pm-4pm
Register Today!



Career-Fair Registration

Employers

- CTDI Engineering
- Franklin Apprenticeships
- Inspiritec
- Kelly Education
- PAP Technologies
- TJX/Marshall's
- T-Mobile
- Urban Tech Project
- Vitalyst

LIHWAP

may be able to assist you with overdue water and wastewater bills.

What is LIHWAP?

The Low Income Household Water Assistance Program (LIHWAP) is a temporary emergency program to help low-income families pay overdue water bills. LIHWAP is a grant. You do not have to repay it.

Who is eligible?

You may qualify for a LIHWAP grant if:

- You must have an overdue water bill that you are responsible for paying.
- Your household income meets the following income guidelines:

How does LIHWAP work?

LIHWAP Crisis grants may be available if you have an emergency situation and are in jeopardy of losing your water service. You can receive one Crisis grant for your drinking water service and one Crisis grant for your wastewater service, up to \$2,500 each.

Crisis situations include:

- Past-due water bills.
- Termination of utility service.
- Danger of having utility service terminated (received a notice that service will be shut off within the next 60 days).

How do I apply?

- Apply online at www.compass.state.pa.us.
- Request an application by calling the Statewide Customer Service Center at 877-395-8930 or call PA Relay at 711 for the hearing impaired.
- Applications are available at your local county assistance office.

To apply, you will need:

- Names of people in your household;
- Dates of birth for all household members;
- Social Security numbers for all household members;
- Proof of income for all household members; and
- A recent water bill.

INCOME GUIDELINES

Household Size	Maximum Annual Income
1	\$ 19,320
2	\$ 26,130
3	\$ 32,940
4	\$ 39,750
5	\$ 46,560
6	\$ 53,370
7	\$ 60,180
8	\$ 66,990
9	\$ 73,800
10	\$ 80,610

Each Additional Person
Add \$ 6,810

After your application is processed, you will receive a written notice that will tell you if you qualify. If eligible, it will tell you the amount of your grant.

National Center for PTSD COVID COACH



COVID Coach is a free, easy-to-use mobile application created for everyone, including Veterans and Servicemembers, to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected, and navigate parenting, caregiving, and working at home while social distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions.

LEARN ABOUT COPING DURING THE PANDEMIC

COVID Coach can support you with information to help you stay balanced, connected, safe, and healthy.

- Learn about healthy behaviors to protect yourself during the pandemic
- Find tips to help you with remote working, parenting, and caregiving
- Explore indoor activities to do on your own, with a partner, or with children

MANAGE SELF-CARE AND WELL-BEING

Find tools to help you manage stress during the pandemic. You can also mark the activities that are your favorites and create your own tools.

- Practice relaxation and other stress-management exercises
- Track your mood, anxiety level, well-being, and stress symptoms over time to recognize patterns and figure out what works for you
- Create your own personal support network

SET PERSONAL GOALS AND TRACK GROWTH


Creating a goal for yourself—something you can do on a daily basis to help you take care of yourself—and tracking your growth is a helpful way to focus on the positive.

- Set personal goals: small things to help yourself, a family member, or a friend
- View graphs that show your growth over time
- Set reminders to visit the app each day and work toward your goals

GET SUPPORT

If you're in crisis, there are resources to connect with people who can help. Add contact information for people you trust and reach out when you need support.





Delaware County is being provided with an additional \$30.3 million.

The DELCO Emergency Rental Assistance (DELCO ERA) grant program helps renters who suffered disruption and loss of income during or due to the COVID-19 pandemic with assistance with rent and utilities.

The new funding will help DELCO ERA continue to serve tenants and landlords who are still in need.

In-person events are available by appointment for those that require in-person assistance.

Language translation services are available.

Call 484-729-4200 to schedule.



For more information, visit:
www.ptsd.va.gov/appvid/mobile
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delco-era.com



484-729-4200



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