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

**VITA Volunteer Information Session and Orientation**

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.**

Schedules are scheduled for:
- 1/13 at 2:00 p.m.
- 1/19 at 4:00 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**

<table>
<thead>
<tr>
<th>Action 1</th>
<th>Action 2</th>
<th>Action 3</th>
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<tbody>
<tr>
<td>Crack open a good book</td>
<td>Create a workout playlist</td>
<td>Choose water instead of soda</td>
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<tr>
<td>Avoid work burnout</td>
<td>Avoid slouching</td>
<td>Take 5 minutes during lunch for a walk break</td>
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<td>Instead of salty snacks or sugary treats, go for a fruit to round out lunch</td>
<td>Be social safely - spending time with others reduces stress and helps with relaxing</td>
<td>Get that extra serving of fruit and/or vegetable per day</td>
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<tr>
<td>If you go to bed 10 minutes earlier, that’s an additional 70 minutes of sleep by the end of the week</td>
<td>Aim for 10 minutes of exercise per day</td>
<td>Add to savings when you get paid instead of waiting until expenses are paid</td>
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<tr>
<td>Take the time to move at work - stand up, take a quick walk</td>
<td>Practice one healthy stress-relieving activity per day</td>
<td>Use your vacation time</td>
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For more information:
prevention.com/life/g38392117/happy-new-year-2022
blog.healthadvocate.com/2021/11/22-well-being-tips-for-2022

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**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.

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**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 A... attention and affection; some need A... 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.

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**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
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!

National Center for PTSD
COVID COACH

COVID Coach is a free, easy-to-use mobile application created for everyone, including Veterans and their caregivers, 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 a 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.

For more information, visit:
www.ptsd.va.gov/ptsd/CoachMobile
Date Created: April 23, 2020

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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 federal emergency program to help low-income families pay their water bills. LIHWAP is a grant. You do not have to repay it.

To receive help...
- Apply starting January 4, 2022.
- You don’t have to be on public assistance.
- You need to have an unpaid water bill.
- You can either rent or own your home.

How does LIHWAP work?
LIHWAP Direct grants may be available if you have an emergency situation and are in property 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:
- Failure to pay.
- Termination of utility service.
- Damage or loss of utility service, or a notice that service will be shut off within the next 60 days.

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:

<table>
<thead>
<tr>
<th>INCOME GUIDELINES</th>
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<tr>
<td>Monthly Gross Income</td>
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<td>1</td>
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<td>2</td>
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<table>
<thead>
<tr>
<th>Income of Additional Person</th>
<th>Allowable Income</th>
<th>Allowable Income</th>
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<tbody>
<tr>
<td>1 person</td>
<td>$ 6,400</td>
<td>$ 6,400</td>
</tr>
<tr>
<td>2 persons</td>
<td>$ 12,800</td>
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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.

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The Delaware County 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.

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

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.

delco-era.com  484-729-4200  info@delco-era.com