



2022

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 questions, comments or suggestions.



There are many families in Delco who can't afford to sufficiently provide a healthy and nutritious diet for their children. There are also many seniors that cannot make ends meet anymore during difficult financial times. This is especially the case during the COVID-19 Pandemic with many residents out of work and many families needing help for the first time.

Residents may be eligible for Supplemental Nutritional Assistance Program (SNAP). SNAP is the largest program in the domestic hunger safety net helping put food on the table for low-income residents. CAADC continues to help these families through the SNAP Project. Last year the Project helped nearly 500 families register for assistance.

The Project is an outreach program to assist low-income individuals and families in understanding and applying for participation in the SNAP. Eligible applicants do not even need to go into the County Assistance Office to apply but can do it through CAADC's Program.

CAADC CEO Edward T. Coleman stated "It is really important that all families have access to the help they need. This program can assist families with getting food for their household and to keep children from being hungry." For a confidential screening to find out if you qualify please call Marie Pearson at (610) 874-8451.



NATIONAL NUTRITION MONTH® 2022  
**CELEBRATE A  
 WORLD OF FLAVORS**



**THE MOST POPULAR GLOBAL  
 CUISINES IN AMERICA**

BUILD A HEALTHY PLATE WITH  
 NUTRITIOUS INGREDIENTS  
 FROM THESE GLOBAL CUISINES.

- MEXICO:** beans, corn, avocados, chili peppers, homemade salsa, fresh fruits
- INDIA:** spices, yogurt, leafy greens, pulses, fresh chili peppers, mango
- THAILAND:** grilled lean meat or tofu, curry, papaya, Thai basil, Thai chili, bok choy, rice
- ITALY:** tomatoes, olive oil, beans, fresh fish, eggplant, roasted chicken
- CHINA:** cabbage slaw, steamed or stir-fried vegetables, lettuce wraps, seafood, broccoli
- JAPAN:** edamame, rice, seaweed, miso, tofu, soba noodles
- KOREAN:** kimchi, fermented cabbage, broth-based soups, seafood, rice bowls, tofu stew

Source: <https://www.chefpancic.com/most-popular-ethnic-cuisines-in-america/>



**HEALTHY EATING PLATE**

**HEALTHY OILS:** Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

**WATER:** Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

**VEGETABLES:** The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

**FRUITS:** Eat plenty of fruits of all colors.

**WHOLE GRAINS:** Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

**HEALTHY PROTEIN:** Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

**STAY ACTIVE!**

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Harvard School of Public Health  
 The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)

Harvard Medical School  
 Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)

**Eat Right**  
**Food, Nutrition and Health Tips from**  
**the Academy of Nutrition and Dietetics**  
**20 Health Tips**



- 1. Eat Breakfast:** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
- 2. Make Half Your Plate Fruits and Vegetables:** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- 3. Watch Portion Sizes:** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
- 4. Be Active:** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
- 5. Get to Know Food Labels :** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
- 6. Fix Healthy Snacks:** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
- 7. Consult an RDN:** Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Follow Food Safety Guidelines**  
Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at [www.homefoodsafety.org](http://www.homefoodsafety.org).
- 9. Drink More Water:** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
- 10. Get Cooking :** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
- 11. Order Out without Ditching Goals:** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
- 12. Enact Family Meal Time:** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
- 13. Banish Brown Bag Boredom:** Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.
- 14. Reduce Added Sugars:** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.
- 15. Eat Seafood Twice a Week:** Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
- 16. Explore New Foods and Flavors:** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
- 17. Experiment with Plant-Based Meals:** Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
- 18. Make an Effort to Reduce Food Waste:** Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.
- 19. Slow Down at Mealtime:** Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.
- 20. Supplement with Caution:** Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

# RESOURCES & OPPORTUNITIES



Scholarships are available for Upper Darby Residents between the ages of 10 and 18. There are up to 400 Scholarships available!

Upper Darby Township is offering full tuition to the Summer Stage program for up to 400 students between the ages of 10 to 18 who are residents of Upper Darby Township (regardless of what school the student attends). Please find the application here. More details on the various Summer Stage programs can be found at: [summerstage.udfoundation.org](http://summerstage.udfoundation.org)

Applications can be scanned and emailed to: [mayor@upperdarby.org](mailto:mayor@upperdarby.org), mailed to: Upper Darby Township, 100 Garrett Road, Upper Darby, PA 19082 or dropped off at 100 Garrett Road.



Sign up for free DCLC classes

Adult Basic Literacy  
GED Preparation  
English as a Second Language (ESL)

Online and in-person options available.



can code or visit [www.delcoliteracy.org](http://www.delcoliteracy.org) to fill out an interest form and a student support team member will contact you. Employment services also available (see website).

You may be eligible for

# FREE / REDUCED CHILD CARE

If you are a Delaware County parent/caregiver whose child(ren) attend a DHS licensed Delaware County child care program.

Learn more:

[ccnpa.org/covid-support](http://ccnpa.org/covid-support)

With support from the Delaware County Council, Child Care Professionals

Delaware County Literacy Council  
now offering:

## Back to Work Helping Mature Individuals Return to Work

Why Back To Work?

- No cost to you.
- Professional career counseling to guide you through all steps of your job search.
- Advice on salary negotiations and job-market trends.
- Proven strategies combined with personal attention to help you achieve your career goals

Contact Employment Coach Elaine Herbert  
484-461-2144 ext. 103

# Front Desk & Call Center Customer Service Training w/ Adult Computer Basics



Project HOME Customer Service April 2022 class

This **award winning** two-month training, developed in partnership with Temple University Off-Campus Programs and Training, prepares learners for a front desk customer service job. Included is the support of a personal job coach, to help learners find work that's a good fit for them.

- Schedule
  - April 18 - June 10 (class is 8 weeks)
  - Monday - Friday
  - 9:00 am - 2:00 pm
- One-on-one employment services, job coaching included
- HDI Customer Service Representative (HDI-CSR) Certification prep and testing included
- Free
- Class for adults 18+
- To apply
  - Complete the Google Form <https://forms.gle/qdraNjPrp9W4shkK8>
  - Apply by Wednesday, April 6, 2022
- Topics covered
  - Adult Computer Basics
    - *See topics list later in the email*
  - Customer Service
    - Job readiness
    - Business writing and documentation
    - Emotional intelligence and personal resilience
    - Communication styles
    - Customer service language
    - First impressions
    - Effective teamwork
    - Communicating with empathy
    - Daily procedures
    - Handling emergencies
    - Workload management
    - Problem-solving
    - Trauma-informed care

**TRAINING OPPORTUNITIES**

# TRAINING OPPORTUNITIES



## ServSafe Food Handler Certificate Class



Project HOME ServSafe Food Handler March 2022

- Schedule
  - Section 1 starts March 28
  - Section 2 starts April 4
  - Monday, Tuesday, Wednesday
  - 3:00 pm - 4:30 pm
- Class for adults 18+
- In person at the Honickman Learning Center Comcast Technology Labs, 1936 N Judson St. 19121 <https://g.page/hlcctl?share>
- PDF [flyer](#) for printing and posting
- To Apply
  - Complete the Google Form <https://forms.gle/gHyhmi1qkYKPNa6LA>
  - Apply by Wednesday, March 16, 2022

If someone forwarded you this email, I recommend that you **subscribe** (check the "Adult Education and Employment" box). That way you will hear about upcoming trainings directly.

Only want training updates? Getting too much email? Want to find out about other things going on at Project HOME? Choose what updates you'll get [here](#).



# Computer Internet Email Microsoft Office Class for Beginners



## Project HOME Computer Basics for Adults

- Schedule
  - March 7, 2022 - March 31
  - Monday - Friday
  - 10:00 am - 1:00 pm
- Class for adults 18+
- In person at the Honickman Learning Center Comcast Technology Labs, 1936 N Judson St. 19121 <https://g.page/hlcctl?share>
- PDF [flyer](#) for printing and posting
- To apply
  - Complete the Google Form <https://forms.gle/Av939hrZMZ1bVMQ69>
  - Or this PDF [form](#) can be printed, scanned and emailed back to me
  - Apply by Wednesday, February 23
- Topics covered
  - Typing
  - Email
  - Attachments
  - Calendar
  - Microsoft Word
  - The cloud
  - Video chat
  - Printing
  - Internet search
  - Forms & applications

**TRAINING OPPORTUNITIES**

**RESOURCES & OPPORTUNITIES  
FOR SENIORS**

**THE  
EMPOWERMENTZONE**

*Annual SENIOR Expo*

**THURSDAY**

**MARCH 24, 2022 10AM - 2PM**

**@ COLLINGDALE COMMUNITY CENTER**

**800 MCDADE BLVD.**



- **HEALTH AND WELLNESS DEMONSTRATIONS**
- **SENIOR RESOURCES**
- **SENIOR EXERCISES**
- **LUNCH**

**SOCIAL DISTANCING IS A MUST  
ALSO YOU MUST WEAR YOUR MASK**

**CONTACT MRS. COFFEE  
(215) 760-6780**



## Celebrate Optimism Month in March

Optimism Month can bring many benefits

By Elizabeth Scott, PhD

Although March is Optimism Month, any month can be an opportunity to build your tendency toward grounded optimism, and reap the many benefits that come from this. Optimism is associated with many benefits in life, including increased health, happiness, and longevity. Although a tendency toward optimism is partially due to inborn factors like openness to experience and agreeableness, optimistic thinking patterns can be developed any time during your life and can bring big benefits with them. Focusing on developing these thinking habits may take a little time, so focusing on them over the course of a month can help you to make this a lifelong habit. Let's look a little closer on why it's worth taking the time and effort to do this.

### How Optimism Benefits You

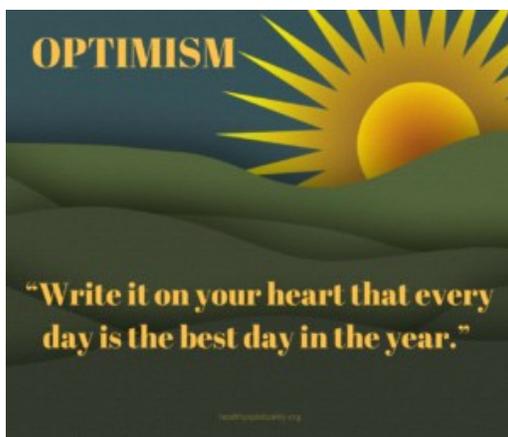
People often wonder if those who are optimistic are only more likely to expect the best because they haven't been disappointed by setbacks in life enough yet. Or perhaps they are happier because they already have more to be happy about. However, research finds that those who are optimistic tend to have more to be happy about *because* of benefits that they gain from their optimism, and not that they are merely more optimistic because they have had easier lives.

This is great news because it opens up the benefits of optimism to anyone who wants to change their perspective. These benefits include greater success, physical and emotional health, and longevity, less stress, and more.

### Why Celebrate Optimism Month?

While you can focus on optimism any time from moment to moment and improve your outer and inner experience, focusing on optimism for a full month can really help you to make it more of an established part of your life. This is true for several reasons:

- Optimism is about more than looking on the bright side. Becoming more of an optimist may involve examining your current thinking patterns, deciding on new perspectives to adopt, developing new habits, and other actions. This can take time.
- Habits take time to develop, whether we're talking about habits of thought or about lifestyle habits. Both types of habits can help you to be more of an optimist, so it helps to give yourself a few weeks to cement these new aspects of your life.
- Some changes may work better for you than others. If you spend a month focusing on making optimism-supporting changes in your life, this gives you time to try and discard a few things before you settle on the changes that will work best for you. (This is true whether you're focusing on optimism, happiness, stress relief, or anything else that requires change.)



# 5 Tips for an Efficient Job Search in 2022

by Maurie Backman

*Want a new job this year? Here's how to look for one effectively.*

You may have reached the point where you're not happy in your current field and want to make a **career change**. Or maybe you're in the right field, but you want to pursue a job opportunity outside of your current company in an effort to boost your pay.

No matter your motivation for wanting a new job, now's a good time to be looking. The U.S. labor market had 10.6 million jobs to fill in November, so there's plenty of opportunity to swap your existing role for a new one.

That said, if you're going to seek out a new job, it pays to do so efficiently. Here are five tips for pulling off an effective job search.

## 1. Start early on in the year

If you're going to aim for a new job in 2022, it pays to start applying early on in the year. Hiring budgets tend to open up in January, so if you get moving soon, you may find more companies have the flexibility to meet your salary requirements.

## 2. Make sure your resume is up to date

If you haven't looked for a job in quite some time, your resume may be outdated. And if so, it won't serve you well. Review your resume thoroughly and make sure it highlights your most recent responsibilities, accomplishments, and skills. Or, to put it another way, if you're 10 years out of college, the fact that you worked part-time at the bookstore during your studies is probably information your resume no longer needs.

## 3. Narrow down the position you're hoping to snag

Maybe you work in marketing and are bored with your current role. For a better job search, figure out what you want your new role to entail.

But don't just seek out a specific title. Rather, make a list of the things you want to spend your days doing. Maybe it's market research. Maybe it's collaborating with advertising agencies. Knowing what you want your next job to look like will help you narrow down your choices.

## 4. Set an income goal

You may want to snag a specific salary from a new job -- one that allows you to easily manage your bills while giving you money left over to put into **savings**. It'll help to set an income goal so you know not to waste your time with lower-paying jobs.

That said, keep total compensation in mind when searching for jobs. It may be that a specific opportunity arises that falls \$2,000 short of your target salary, but whose **workplace benefits** (like free health insurance) are more than enough to make up for that.

## 5. Network as aggressively as possible

For every online job application, you submit, you can bet there are numerous other candidates doing the same. To give yourself an edge, try networking your way into a new role. If there's a company you want to work for, reach out to your contacts on social media or sites like LinkedIn and aim to get connected to a current employee who can potentially put your resume in front of a hiring manager.

Similarly, putting the word out you're seeking a new job could prompt people in your network to inform you of different opportunities. That could spare you countless hours of searching for jobs online.

While looking for a job can be time-consuming and challenging, now's a good time to be doing it based on the number of positions available. Use these tips to make the process of finding a job easier. With any luck, you'll soon be on your way to a great offer -- and a better job.



# Get your taxes filed for free!

## FREE TAX PREPARATION AVAILABLE NOW!

Money doesn't grow on trees...  
So stop paying tax preparation fees!

CALL TODAY!

IRS CERTIFIED  
PREPARERS

Get your Child  
Tax Credit now!

FREE!

Community Action Agency of Delaware County, Inc. is currently accepting appointments at our tax preparation sites in Chester, Boothwyn, Darby, Upper Darby and Media.

For an appointment with an IRS certified tax preparer, call 610-833-4443.

*If you are not filing a tax return this year, but want to take advantage of the Expanded Child Tax Credit call today to see how CAADC can help.*



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. CAADC will utilize PPE equipment at all of its sites as necessary.

No experience is necessary as training, IRS-certification and resources will be provided. Hours are flexible including daytime, evenings and weekends. Sites are located in Upper Darby, Darby, Media, Chester and Boothwyn. 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 Eileen Kemske at (484) 383-8126.