

Nurses & Neighbors Collaborative (NNC) Quarterly

Upcoming Events

Jan - May: CPR for Foot Care

March 5 - 6: Do More 24

March 27, 28 - ESMOM free adult dental clinic

More details

delawareinstitute.org/events



Bet Wong presented “**CPR for Foot Care: Community-Based Prevention for Delaware Neighborhoods**” at the Delaware Diabetes Wellness Expo on Nov 5. An Expo attendee (above) shared a lived experience with his story of losing two toes to diabetic neuropathy.



We’re proud to be sponsoring **Eastern Shore Mission of Mercy (ESMOM) free adult dental clinic** again to help improve access to oral care. This marks our second time sponsoring and teaming up with our Maryland colleagues to volunteer. More details at ESMOM at easternshoremom.org.

The Stars Aligned for the Neighborhood Foot Care Patrol™



Mary Ledva (middle), NP and foot reflexologist, recently retired from the VA, is new to Nurses & Neighbors. She jumped right in without hesitation and has played a key role in the Neighborhood Foot Care Patrol™.

Since our launch in August 2025, the Patrol has educated 97 people, including seniors and unhoused neighbors, on foot care. We have referred 19 individuals for further care and conducted numerous foot screenings. In addition, we have washed feet and provided foot massages—creating space to listen to hopes, fears, and dreams.

Essential items distributed include moisture-wicking socks, nail clippers, emery boards, lamb’s wool, callus cushions, and foot moisturizer. One nurse is now certified in foot care, with training sessions and educational materials already in place. The program is fully booked through May 2026.

Patrol: Nancy Hromack, Jane Kurz, Mary Ledva, Bet Wong, Angelina Pulsifer
Funder: Highmark BCBS Delaware BluePrints Fund @ DCF
Donors: JoAnne & Peter Harrigan, Bet Wong, anonymous
Support: Alexis Savoy, Nancy Alexander, Bethany Adkins, Katrina, Open AI ChatGPT
Partners: Community Resource Center, Cheer Senior Center, Delaware Podiatric Medicine, La Red Health Center, Heathy Delaware Self-Management Programs, Delaware Diabetes Coalition, Delaware Retiree, Laurel Public Library, & VegRehoboth

COFFEE & LEARN: INSIDE THE HYPERBARIC CHAMBER



Join Nurses & Neighbors at Delaware Hyperbaric! This interactive session offers a guided introduction to hyperbaric oxygen therapy, including what it's like to be inside a hyperbaric chamber and why oxygen plays an important role in healing.

Date to be announced.
34444 King St, Row B, Lewes, DE
Interested in participating ...
[email nursesneighbors@gmail.com](mailto:nursesneighbors@gmail.com)

A Nurses & Neighbors program on **Care & Caregiving!**
delawareinstitute.org

Foot Care Patrol Schedule

- **Cheer Senior Center- Milton:**
1/5, 1/26, 2/2, 2/23, 3/9, 3/23, 4/6, 4/27 (10:00 - 12:30)
- **Community Resource Center - Rehoboth Beach** - 1/19, 2/9, 3/2 (10:00 - 12:00)
- **Laurel Public Library, Laurel** - 2/5 (10:30 - 12:30)
- **Unitarian Universalists of Southern Delaware, Lewes** - 5/16 (time TBA)

Neighborhood Health Hubs

- **Debbie Stott** in partnership with Beebe Population Health conducted a friends and family CPR for neighbors in **Windstone**.
- **Penny Catton** and her neighbors in **Stonewater Creek** came together to collect 734 pounds of food, as well as \$250 in cash and gift cards for CASA in Milford.