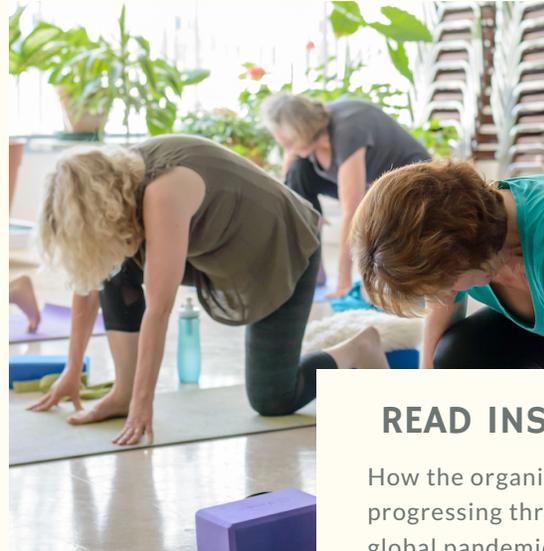


THE MID-COUNTY SENIOR CENTER

Advocating for Wholesome Senior Living Since 1979



READ INSIDE:

How the organization is progressing through the global pandemic, addressing mental health concerns and more

For the Mid-County Senior Center, holistic wellness maintenance subsists in the very essence of its mission as a community organization.

IT BEGAN WITH A PROMISE

The Mid-County Center traces its roots back to 1979, when founder Sally Williams launched a blueprint that would keep numerous Delawarean seniors happy and healthy for forty-one years and counting.

The organization developed out of a church basement in suburban Wilmington. A few years later, when the original space had become too restricting for the expanding community, it resolved to switch locations. The organization currently operates with approximately 500 members in the former Lora Little Elementary School, where the Delaware National Guard has always taken presence.

WEATHERING THE UNCERTAIN TIMES

This year, as the Mid-County Center celebrates its 41st year as an active community organization, it must also confront the many setbacks that descend from the COVID-19 pandemic. The members and personnel of the Mid-County Center have not been able to harmonize in their ordinary ways of doing such since shelter-in-place restrictions have barred a majority of ordinary social gatherings.



Regardless of external conditions, the Mid-County Senior Center strives to create a space that satisfies the mental, physical, emotional, and social wellbeing of senior citizens on and off-site.

"The last four months have been very interesting. They were not what we expected," said Sue Getman, Executive Director of the Mid-County Center. "But we continue to serve and looking forward to a healthier future for our community."

By taking all measures possible, Mid-County staff members have continued to deliver services that encourage members to perpetuate healthy lifestyles during the pandemic. The faculty remains connected to the patrons through communication mediums such as phone calls and mailing letters, and have been providing them with recommendations for activities that ensure physical and mental enrichment while at home.

If you find a place that has what Mid-County offers, you will have many intellectual and physical outlets." - Marion Pollack, Member

LEANING INTO THE STIGMAS SURROUNDING MENTAL HEALTH



The Mid-County Center has refined its agenda to fit the ambiguity of the upcoming months, shifting the focus to bringing mental health awareness to the community. Sue Getman, the Executive Director of the center, supposes that the Mobile Health Initiative may be able to mitigate the ails of people bearing the aftereffects of long periods of isolation.

The Mobile Health Initiative may be able to mitigate the ails of people bearing the aftereffects of quarantine by fostering relationships and promoting self-care.

Sue expressed that for the members, she would, “love to see some engagement with people. Even if it is just talking, having conversations, and developing relationships so that we can have a sense of connection.”

WHAT GOES ON DURING A TYPICAL DAY AT MID-COUNTY?

The activities and programs offered by Mid-County accommodate all people from ages 55 and older, including "Bingocize" which is a research-based activity that blends bingo, health education, and exercise. From art class to line dancing, from Pickleball to Rummikub to yoga. You name it, Mid-County's got it!

CARRYING OUT THE VISION FOR A SUCCESSFUL MID-COUNTY CENTER

The Mid-County Center believes in keeping its members abreast of different salutary practices. On the part of the Mobile Health Initiative, there are an abundance of ways in which these health practices can be promoted and exercised.

The faculty aspires to implement virtual remote programs to their long list of activities to keep members engaged. "Even if we're not producing them, we can hopefully connect them to people and do that effectively," said Sue.



Additionally, the faculty is actively probing different methodologies that can be used to prevent memory loss and would like to work with the mobile health partnership to effectuate these programs.

The Mid-County community suggested some topics that can be brought into light which include, but are not limited to:

- Nutritive eating
- Balance and strength training exercises
- Cognitive exercises and mentally-stimulating activities
- Video chat and pen-pal networking to establish connections

Sue had also mentioned that the health van would appeal to members of their facility on days when they are not necessarily feeling well or when they are looking for a second opinion aside of that of their primary care physicians.

These collaborative undertakings will energize members of the community and satisfy Mid-County's mission, which will result in the graceful aging process of older people.