Economic Security May Not Be Part of the Golden Years
By Kenneth S. Bock

2011 is a monumental year for America’s senior citizen population. The first of the Baby Boomers, those children of our vets returning home from World War II, began turning 65 years of age this year. The baby boomer era ushered in the largest surge in population growth in the history of the United States. Fast forward to today and baby boomers are entering the ranks of senior citizens in record numbers. Those boomer birth rates will explode the number of senior citizens in this country. Pair that up with the fact that people are living longer and you have a growth rate in the number of senior citizens that by far exceeds any other age cohort in the American population. That unprecedented growth will continue for the next 19 years.

What does this mean to each of us; regardless of your current age? One thing it means is that all of us; regardless of your current age, the ranks of senior citizens and draw their benefits.

What are we doing as a nation, a state and as individuals to help prepare for what will be the biggest population shift in the history of our country? Nationwide federal funding to states through the Older Americans’ Act has been growing steadily for the past decade. Federal 2011 and 2012 proposals show declines in that funding. This comes at a time when it is estimated that 1/3 of all older Americans are living at or below the poverty level. Three out of four senior citizens depend on social security to meet some or all of their monthly living expenses. Persons who have lived prudent lifestyles watched retirement nest eggs dwindle as home values plummeted, interest rates declined and investments reduced in value during this recession. It is now estimated that more than one in ten older Americans has a negative

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Classic International Car Show(man)
By Randy Nelson

Walter Koopman has always had a passion for cars and racing. “It’s in my blood,” he said. Koopman will bring that passion for beautiful, classic cars to CHEER for the First Annual Classic International Car Show to be held at the CHEER Community Center in Georgetown, DE, Saturday, June 18 from 10 a.m. to 4 p.m.

Koopman, a Korean War veteran, began racing Grand Tourisme (GT) cars in the mid-50s while stationed in Europe in the U.S. Army. “I racing. “It’s in my blood,” he raced car road racing and includes models like Fiat, Porsche, Jaguar, Mercedes, Aston Martin, Lotus, Renault and Ferrari. “I liked the challenge of having to coordinate straight-aways, turns and elevations at high speeds,” he said. Koopman won several races overseas including the 1957 Prix De Paris, which he won driving a 1955 Aston Martin.

Upon his return to the States, Koopman continued racing, winning at Watkins Glen (raceway) in 1970. Koopman was also the Team Renault driver from 1971-72.

Today Koopman is involved in Vintage Racing. “We’re a lot more careful now because we’re a lot older,” he said laughing. “And because the cars we are driving are worth a fortune.”

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Three Cheers for the Red, White and Blue
By: Kenneth S. Bock

Where were you when the World Trade Center towers fell, when airliners filled with innocent men, woman and children crashed into our nations tallest buildings, into the pentagon and when another civilian airliner diverted toward our nation’s capital was brought down by a band of selfless American heroes who knowingly gave of their lives to save others in a field in Shanksville, Pennsylvania?

Do you remember huddling around a television on the morning of September 11, 2001 watching as thousands of American men, woman and children died in a deliberate and calculated assault? All of us remember watching as we all heard the words, “America is under attack”. On that day many of us struggled unsuccessfully to contact loved ones as phone and cell phone networks failed under unprecedented demands. Many would never speak to loved ones again. America changed forever.

In the days following 9/11 American flags flew in front of homes throughout this nation. Patriotism abounded and so did American rage against such an unspeakable assault. Thousands of miles away, in remote desolate mountains of Afghanistan and Pakistan, the plotters of the 9/11 attack celebrated their efforts that resulted in the deaths of so many American men, women and children. These were our

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Need a good spot to advertise your business? Try CHEER’s News & Views. If you would like an Internet presence, your ad can be on the CHEER website. For more information call 302-856-5187.

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Visit our website http://www.cheerde.com
Keeping Hydrated for Your Good Health

By Tracy Fennemore, CHEER Registered Dietitian

The summer months are already upon us and the warmer temperatures are here, as well. Dehydration can occur at any time of year, but during the hot summer, the risk is even greater.

Water has many important jobs in the body. It helps to keep cells, tissues and organs running smoothly, keeps a constant internal temperature, prevents constipation, cushions joints and protects body organs. Fluids are also important when you are sick and may be losing more water, such as with a fever, diarrhea or vomiting. Fluids do much more than satisfy your body’s thirst.

Your body needs a continuous supply of water. If you wait until your mouth is dry to drink some water, then you may be waiting too long. It’s beneficial to drink water throughout the day, even when you are not feeling thirsty. It is recommended to drink at least eight 8-ounce glasses (two quarts) of fluid every day. If you do any kind of physical activity, or if you are outside in the heat or cold for a long time, your body may need even more water.

In the summertime, when it’s hot and often humid outside, your body will sweat more to keep your body temperature within a normal range. In the winter, having enough water helps to keep your body insulated.

The risk of dehydration increases with age, as the ability to sense thirst can decrease. It’s important to know the early signs of dehydration:

• Chronic pains in joints and muscles
• Lower back pain
• Headaches
• Constipation
• Dark yellow or odorous urine
• Dry, itchy skin

How do you know if you are getting enough fluids? One way to check is by the color of your urine. Darker urine, deep yellow or the color of apple juice may mean that you are not getting enough water; it is better for it to be lighter in color. Be aware, though, that some vitamin supplements or medications can darken your urine even if you are hydrated. Check with your doctor or pharmacist to see if your medications or vitamins might have this side-effect.

Another way to tell whether you are getting enough water is by paying attention to how often you need to go to the bathroom, or how much urine you make. If you only have small amounts of urine, this could be a signal to get more fluids.

Keep a water bottle with you, as a reminder to drink more throughout the day. If you are going to be outside or on a trip, freeze a water bottle with you; as it melts, the cool water will be refreshing and keep you well hydrated.

Water is a calorie-free, thirst-quenching beverage; however, any non-caffeinated liquid contributes to your daily fluid intake. Decaffeinated coffee, tea, juices, even soups add to your daily goal of 2 quarts. Beware of liquid calories found in many beverages, including sodas, fruit juice and Gatorade! Anyone watching their weight or sugar intake should be mindful of what drinks they are choosing to satisfy thirst.

Looking for a simple way to “jazz-up” your drinking water? Try adding sliced citrus fruits; limes, lemons and oranges can add flavor without extra calories. As the warmer temperatures and humidity approach, be sure to drink to your health and enjoy the summer months.

Please remember that if you are following a specialized diet, or taking medication that requires special attention to your fluid needs, always check with your doctor or pharmacist before making any changes in your routine. Diuretics (such as lasix) can increase your risk of dehydration and heat exhaustion. Check with your doctor or pharmacist to know what the right amount for you to stay hydrated is. Impaired kidney function can also affect how much fluid you are able to have daily, follow your doctor or pharmacist’s recommendations to stay healthy.

Water covers 70.9 percent of the Earth’s surface and is vital for all known forms of life!
Easter Seals Saturday Respite

- Are you an elder or person with a disability who is looking for something to do on Saturdays?
- Are you a caregiver with a need for respite services for your loved one on Saturdays?
- Easter Seals of Delaware and Maryland’s Eastern Shore is currently conducting a survey to determine if there is a need for a respite program on Saturdays in Sussex County.

A paper copy of the survey can be obtained by calling 302-253-1100. The survey is also available online via the link below:


The survey is very short and simple; it only takes approximately three minutes to complete. Your opinion is important to us!

Get Medicare Help with ElderInfo

Are you new to Medicare and have questions and concerns about different types of health insurance available?

This is a time in your life when you will have to make important health insurance decisions and the Delaware Department of Insurance ELDERinfo division wants to offer you their assistance. There is much to learn about Medicare and I invite you to turn to the ELDERinfo office for information and support. New and soon-to-be beneficiaries can meet with professional staff and learn about Medicare benefits, supplemental insurance policies, Medicare Advantage plans and prescription drug coverage.

Please call ELDERinfo at 1-800-336-9500 or 302-674-7364.

The CHEERmobile

Mobile Mini-market
“A Grocery Market on Wheels”

Are you having trouble getting to the store or know someone who does?

The CHEERmobile delivers groceries right to your front door. The CHEERmobile is stocked with over 175 staple groceries. Items range from bread, rice, peanut butter, cereal, sugar, flour, canned fruits and vegetables to detergents, cleaning products, milk and cheese. There are even pet foods for your furry friends.

This service is provided by CHEER, Inc.

Call today for more information or to sign up
302-856-5187

Important Info for LIS Recipients

People with Low-Income Subsidy (LIS) who received a letter last fall from the Social Security Administration (SSA) that they are no longer eligible for LIS/Extra Help after 2010 and want to re-apply need to use the paper version of the LIS/Extra Help application Form SSA-1020, available at: http://waystohelp.ncoa.org/site/R?i=5Tooshug8tOJ_pyovnfJQ. Do not use the online application.

This is because the system registers the online application as a duplicate for 2010 and will reject it, whereas SSA staff will assume the paper application is for 2011. You can continue to use the online application with new LIS/Extra Help applicants.

Self-evaluation

To determine the score:
1. Reverse score questions 5 and 15.
2. Total the number of “yes” responses.

To interpret the score
Chances are you are experiencing a high degree of distress:
- If you answered “yes” to either both questions 4 and 11; or
- If your total “yes” score = 10 or more; or
- If your score on question 17 is 6 or higher; or
- If your score on question 18 is 6 or higher.

Next steps
Consider seeing a doctor for a check-up for yourself
Consider having some relief from caregiving (Discuss with the doctor or a social worker the resources available in your community)
Consider joining a support group

Valuable resources for caregivers
Eldercare Locator
(800) 677-1116
www.eldercare.gov

Family Caregiver Alliance
(415) 434-3388

www.caregiver.org

Medicare Helpline
(800) 623-8227

www.medicare.gov

Eligibility Information
(301) 718-8444

www.caregiving.org

National Alliance for Caregiving
(800) 896-3650

www.nfca.org

National Information Center for Children and Youth with Disabilities
(800) 695-0285

www.nichcy.org

Local resources and contacts:
Call will driver since hearing enforcement The know and for Hearing Impaired Drivers Visor Card Available for use

The Delaware Office for the Deaf and Hard of Hearing offers drivers with an informational card for use during traffic stops. The card is a quick and easy way for the drivers to let police officers know of their hearing loss.

The visor card contains several tips to help law enforcement improve their communication with hearing impaired drivers. Without a card there may be failure to cooperate with verbal commands since the driver may not hear the officer speak. A driver may not be able to read lips and at night it will improve communication as well.

Call 1-866-494-8015 to order your card.

Visor Card Available for Hearing Impaired Drivers

The Delaware Office for the Deaf and Hard of Hearing offers drivers with an informational card for use during traffic stops. The card is a quick and easy way for the drivers to let police officers know of their hearing loss.

The visor card contains several tips to help law enforcement improve their communication with hearing impaired drivers. Without a card there may be failure to cooperate with verbal commands since the driver may not hear the officer speak. A driver may not be able to read lips and at night it will improve communication as well.

Call 1-866-494-8015 to order your card.

CHEER Thrift Shop Offers Deals, Savings

By Randy Nelson

George Tribbitt has been managing the CHEER thrift shop since October of 2010. “Everybody loves to save money,” he said. “We get people shopping here from Maryland, Pennsylvania, DC and Virginia as well as people from our local community. There’s something about a thrift shop that’s attractive. People love to bargain shop.”

And on this day, there are quite a few people bargain shopping inside the store. Debbie Hall has been coming to the thrift shop for years. “I’ve bought clothes and books here,” she said. “It’s reasonable prices and there’s some good stuff here,” she said. “You just have to look around a little, but it’s worth it.”

John Grose considers himself a regular. “I come here a lot,” he said. “They have good stuff. I bought the pants I am wearing here a few months ago. You never know what you might find in the store.”

The store sells a little of everything, including clothes for men, women, and children. All clothes are cleaned before going on the racks for sale. “We take a little time going through donated clothes to make sure they are usable before cleaning them and placing them on the rack for sale,” George said.

“People of all ages come in the store,” George said. “We sell a lot of children’s clothing. It makes all of us feel good to be able to provide clothes for children at a reasonable price.”

CHEER partners with First State Community Action Agency to staff the thrift shop. Five women are employed, all of whom take pride in providing a vital service to the public. Mamie has been at the thrift shop since December 2010. “I love people,” she said. “I’m a lucky person. I am doing this because I want to and because we need to support each other in our community.”

Lyn has been working at the thrift store since November 2010. “I like helping people. And I love clothes. I’ve bought a fair amount of clothes here. We have good clothes at great prices,” she said.

The Thrift Shop also sells a variety of household items including vases, glassware, jewelry, candles, books, small furniture, games, and other miscellaneous items as available. The shop does not sell appliances but does sell electronic items like TVs, DVDs and stereo equipment.

The Thrift Shop is constantly looking for new items. “We are always looking for small furniture,” George noted. All donations are tax deductible and all proceeds from the Thrift Shop benefit CHEER and its many public service programs.

The Thrift Shop is open Monday through Friday from 10:00 am to 3:30 pm. It’s located in the back of the CHEER Community Center in Georgetown. The phone number is 302-854-2890.

Drop by one day and check it out. Maybe you’ll find that perfect piece of clothing or an item you can give someone for a gift!

Get Your News & Views

Like to read the CHEER News & Views monthly newspaper, but missed an issue?

You can download each month’s edition (or back issues) by simply visiting www.cheerde.com. Read it online or download to your computer.

You will need the Adobe Reader®, which you can also download free through the CHEER website.

Get those articles you love without having the clutter of newspaper around the house.
Meeting Your Homecare Services Needs

By Rich Taylor

Making the decision to hire a home care service to provide care for your loved one is an important decision and can, at the same time, be very difficult. If an illness or recovery from surgery requires nursing care or physical therapy, a physician may order skilled home care services that require both skilled providers and personal aides. Your decision is then based on the obvious medical determinations made by the doctor. But what if you as the family caregiver must determine the extent of care needed without the help of a doctor?

Each home care situation is unique. In the beginning, family or friends step in to help with simple tasks and support for aging seniors who want to stay in their homes. As long term care needs progress, more time is required to manage those needs. Physical and mental conditions change with aging making usual routine hygiene and daily living activities difficult for an aging individual. Even with the healthiest of seniors, the ability to drive a car, shop for groceries or do general housekeeping eventually needs to be relinquished to the responsibility of another person.

In one example, Karen, would stop by her parent’s home on her way to work every morning and again on her way home from work in the evening. She checked in the morning to see that they were up and ready for the day and Karen would take a shopping list for things they needed. In the evening she delivered the needed items she had purchased during her lunch break and sometimes she fixed a meal when one was not prepared by her mother. This worked well until Karen began to notice her father did not shave or dress during the day and both parents were forgetting their medications. Karen felt more time and supervision was needed in their care but with her own family and job, she could not do it. Non-medical or personal home care services would be a good option for Karen to consider.

Before starting your search for a non-medical or personal home care company, determine what the care needs are and how much time each week will be required for assistance from the company. You may want to consult with the family physician and other family caregivers as well as experienced social workers or care managers to determine needs. Most home care companies, as well, will help you do an assessment at no charge.

With your care needs in hand, you are ready to begin your search. The National Association for Home Care & Hospice (http://www.nahc.org/home.html) gives the following guidelines and checklist in searching for a home care company.

• How long has this provider been serving the community?
• Does this provider supply literature explaining its services, eligibility requirements, fees, and funding sources?
• Many providers furnish their home care clients with a detailed “Patient Bill of Rights” that outlines the rights and responsibilities of the providers, clients, and family caregivers alike.
• How does this provider select and train its employees? Does it protect its workers with written personnel policies and malpractice insurance?
• Does it protect clients from theft or abuse by bonding its employees?
• Does this provider assign supervisors to oversee the quality of care clients are receiving in their homes? If so, how often do these individuals make visits? Who can the client and his or her family members call with questions or complaints? How does the company follow up on and resolve problems?
• What are the financial procedures of this provider? Does the provider furnish written statements explaining all of the costs and payment plan options associated with home care?
• What procedures does this provider have in place to handle emergencies? Are its caregivers available on notice?
• How does this provider ensure client confidentiality?
• If a home care company has not previously been recommended to you, ask for a list of previous clients and call for their experience with this provider.

Following up on these guidelines can help you determine the quality of personal care that is given. Many states license non-medical home care companies and require both legal and health standards to be maintained. Let CHEER take the worries out of choosing a home health agency.

Call us today 302-856-5187.

The Sussex Central Ruritan Club recently presented a donation for the CHEER Nutrition Program. Shown in photo is Randy Betts, club secretary and Florence Mason, CHEER Nutrition Program Director. Not in photo is club president Norman “Buddy” Betts.

Parkinson Support Group
First Monday of every Month
Tunnell Cancer Center • Rt. 24, Rehoboth, DE
2:00 PM Bring your loved one too.

Caregiver Breakfast
Third Monday of month
Cracker Barrel Restaurant • Rehoboth, DE
9 a.m. Bring your loved one too.
302-854-2886 for more information.

Grace of God Lutheran Church
Grace of God Lutheran Church, holding services each Sunday at 10 a.m. in the Long Neck CHEER Center, has a new telephone number - 302-947-1044. You can also get further details at their website www.GOGGLC.org.

Volunteers Needed!

To deliver Nutritious Meals to Homebound Residents of Sussex County. Two hours of your time per week can improve the mental and nutritional health of a homebound neighbor.

For more information or to volunteer, call Elizabeth Walls 302-856-5187 or visit www.cheerde.com.
Throughout history, women have contributed to society, but unfortunately, their accomplishments are not always as well known as their male counterparts. Here's a chance to test your knowledge. You may know some; you may not know many. Answers are on page 14.

1. This Italian doctor and educator inspired a revolutionary shift in education. Children were encouraged to move about the classroom and choose academic activities that often used specially designed materials. This type of school and curriculum still bears her name today.

2. She was a barefoot free spirit who revolutionized the concept of dance. Known for her unconventional interpretations, she succeeded professionally worldwide but suffered much personal tragedy. Here, two children drowned, her marriage failed and she died when the long scarf around her neck caught in the wheel of a care and strangled her at the age of 49.

3. Nicknamed “Bird Woman” and born among the Lemhi Shoshone Indian tribe in western Montana, she was later purchased by French Canadian trader, Toussaint Charbonneau. As the only female in the 40-man Lewis and Clark expedition, she provided expert guidance, helping the elderly remain safe from crime.

4. She was an ambitious business woman who invented “the grown-up doll that would never sell” (as she was told). Of course, this doll is Barbie, whose sales have exceeded $1 billion worldwide. What many people do not know is that she also had her left breast removed due to cancer and went on to invent the “Nearly Me” breast prosthesis, which improved life for thousands of mastectomy patients.

5. In 1935, Albert Einstein called her “the most significant creative mathematical genius since the higher education of women began.” She earned a PhD in Germany and emigrated to the U.S., where she became a professor at Bryn Mawr College and was known for her work in abstract algebra.

6. She was an ambidextrous African-American woman who was an expert in comparing health plans and Medicare prescription drug plans. She was also a spy during the Civil War and an outspoken feminist reformer.

Authors are on page 12.
The Amputee Support Group of Delaware- Sussex County Chapter.

Governor Jack Markell did sign a proclamation declaring that April was Limb Loss Month. The Amputee Support Group of Delaware, both chapters New Castle and Sussex went to Dover Legislative Hall on May 6, Lobbying for House Bill 76; this is the Parity Insurance Bill. We could use your help in letting your House of Representative know that this bill needs to be passed. Representative Brady is the sponsor of the bill. But we need all the Representatives to put their backing to this bill. This Bill will help amputees receive an additional prosthetic appliance because the one they have does not fit any more.

This article will be talking about the first year after Amputation. While people come to limb loss by many different routes, they often face similar problems along the path to healing and rebuilding their lives. Regardless of whether the loss is of an upper or lower limb, and whether it is caused by illness or injury, the experience will undoubtedly change a person’s life.

The first year following an amputation is critical and it can be an especially difficult period, both physically and emotionally. While the loss is felt acutely by the amputee, it is also extremely difficult for the person’s close family members to accept the loss and adjust to new daily routines.

The time needed for healing and rebuilding will vary with each person—often depending on physical health, age, available support systems, emotional outlook and other factors, it is also important that individuals have a roadmap to help them achieve the most successful recovery possible. This is where the Amputee Support Group can help the amputee and the family members, and caregivers.

The Amputees of Delaware and throughout the United States have an opportunity to go to the Annual Conference of the Amputee Coalition. The conference will be held on June 2 through 6. They will be meeting in Kansas City, Missouri. The Amputee Coalition will be celebrating 25 years of existence.

In the month of June the Amputee Support Group of Delaware will be visiting the New Castle Group in New Castle.

Come and join our group. We meet on the fourth Tuesday of each month from 1 p.m. to 3 p.m. at the Easter Seals Building in Georgetown on Rt. 115 in the second floor conference room. Call 436-8348 or 302-258-6148 for more information on the Amputee Support Group of Delaware.

Some portions of this article came from the “In Motion” magazine put out by the Amputee Coalition.
Community Center Calendar

Ongoing Events

Blood Pressure Screening
Is available to fitness center members 8 a.m.

Embroidery Guild of America
Meets the 2nd Monday of each month from 10 a.m. to 2 p.m.

Caregiver Support Group
Meets 2nd Monday of each month 11 a.m. Feel free to visit the Georgia House Café or bring your own lunch.

CHEERful Notes Glee Club
Meets most Tuesdays at 1 p.m. for practice or concerts.

Multiple Sclerosis Support Group
Meets the 2nd Wednesday of the month at 1:30 p.m.

Needlepoint Guild of America-Seaside Chapter
Meets first Monday of each month from 10 a.m. to 2 p.m.

Sea Purls (Knifty Knitters)
Meets first Wednesday of each month from 10 a.m. to 2 p.m.

Seaside Appliqué Club
Meets the 3rd Thursday of each month from 10 a.m. to noon.

S.L.I.C.E. Exercise Group
Meets Tuesdays and Thursdays from 9:30 to 10:30 a.m.

Veterans Administration Mobile Van
Available 1st Wednesday of each month 9:30 a.m. to 12 p.m. to answer your benefit questions.

Women’s Mobile Health Screening Van
Is in the CHEER Community Center parking lot the 2nd Tuesday of each month at 10 a.m. Call 888-672-9647 to make an appointment.

CHEER Home Services
856-5187

We’re here to help - Personal Home Health Care

You will wonder how you went so long without this affordable, quality, in-home health care service.

Designed for those who need some assistance with daily living, PERSONAL HOME HEALTH CARE goes a long way to helping improve the quality of life of the homebound person who is not as active as he or she once was.

Personal assistance activities can include, but are not limited to: bathing, grooming, exercise, meal preparation, etc. Everything necessary for the small but rigorous activities of daily living.

Beauty & Barber Shop
Tuesday, Wednesday, Thursday
8:30 a.m. to 3 p.m.
Call 302-854-2881 for an appointment

Fit ‘N’ Fun Fitness Center
Open Mon to Fri
8 a.m. to 6 p.m.

CHEER Community Center
20520 Sand Hill Road
Georgetown, DE 19947

Winterthur Gardens Tour
Greenwood CHEER Activity Center, located at 41 Schulze Road in Greenwood, DE is offering a motor coach trip to Winterthur Gardens in Winterthur, DE-Wed., June 22, 2011.

Cost is only $41 per person for activity center members or $46 for non-members. Ticket price includes house tour, garden tram tour, exhibits and motor coach transportation. An independent lunch will be enjoyed in the cafeteria-style restaurant in the Visitor Center.

Make your reservation by June 3, 2011.

Bus departs Greenwood CHEER Activity Center 8:45 a.m. and returns 6 p.m.

For more information or to make a reservation call Dixie Carlisle 302-349-5237.

Take a Trip With CHEER
Plan a day-trip or a wonderful vacation with CHEER and 4 Seasons Tours. Transportation for all trips originates in Georgetown, DE.

For complete trip information and to reserve your ticket(s) contact 4 Seasons Tours, 29721 Franklin Roosevelt Lane, Millsboro, DE 19966, 302-945-7700 or 800-458-1030.

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<tr>
<td>Canada/New England Cruise</td>
<td>$1399</td>
<td>September 17 - 24, 2011</td>
<td>8 days / 7 nights</td>
<td>roundtrip transportation from Georgetown and Wilmington to Philadelphia International Airport; roundtrip air flight; hotel accommodations for 7 nights in double occupancy; all meals; entertainment; port taxes; government taxes (subject to change until ticketed); luggage handling of one suitcase per person; sightseeing and train rides; meals include breakfast daily, three (3) lunches and five (5) dinners; taxes and gratuities for hotels and maid service, included meals and local guides; luggage handling of one suitcase per person (not including extra luggage fees at airports that may be imposed); services of a Tour Director from 4 Seasons Tours.</td>
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<tr>
<td>Trains of Majestic Colorado</td>
<td>$2199</td>
<td>July 14 - 21, 2011</td>
<td>8 days / 7 nights</td>
<td>Explore the Rocky Mountains, wildlife and history of Colorado while traveling on four scenic train rides. The Pike’s Peak Cog Railway, Royal Gorge Scenic Railway, Cumbres and Toltec Scenic Railroad and the Durango and Silverton Narrow Gauge Railroad all follow historic routes. You will visit the Colorado Railroad Museum. Includes: roundtrip transportation from Georgetown and Wilmington to Philadelphia International Airport; roundtrip air flight; hotel accommodations for 7 nights in double occupancy; meals include breakfast daily, three (3) lunches and five (5) dinners; taxes and gratuities for hotels and maid service, included meals and local guides; luggage handling of one suitcase per person (not including extra luggage fees at airports that may be imposed); services of a Tour Director from 4 Seasons Tours.</td>
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Mind Game

Think outside the box. The answer is in the next issue of News & Views.

YOU
JUST
ME
**Social Security and You**

**Monthly Social Security Issues**

*George Takei and Patty Duke*  
**Boldly go to S.S. Website**  
By Sherita Deal  
Social Security Manager

Are you ready to set course for retirement? Then follow the advice of entertainment icons George Takei and Patty Duke and *Boldly Go to www.socialsecurity.gov.* The two celebrities have teamed up in a new campaign to help Social Security promote its online services as an easy and secure way for people to apply for retirement, disability, Medicare, and so much more.

Those ready to retire, apply for disability benefits, or delay retirement and apply only for Medicare, can do so from the comfort of their home or from any computer. And don’t forget to sign up for direct deposit so you’ll get your benefits at warp speed.

Already receiving Social Security benefits? Go online to let Social Security know about a change of address or phone number, start or change direct deposit, get a proof of income letter, or replace a lost Medicare card.

As Patty tells George, Social Security’s website “is for everyone.” Workers can get an online estimate of their future retirement benefits and use Social Security’s planners to plan for a secure retirement and “Young people can help their grandparents with retiring online or getting extra help with their Medicare prescription drug costs.” To which George concludes, “Everyone, of all ages, should go to www.socialsecurity.gov.”

So *Boldly Go to www.socialsecurity.gov.* Like George, you may find yourself saying, “Oh my!” Then, in retirement, live long and prosper.

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**“No Check – Go Direct”**  
**George Takei and Patty Duke**  
**Promote Direct Deposit**

In a new video public service announcement, George Takei and Patty Duke are helping Social Security get the word out that the best way to get your benefit payment is to “Go Direct.” To apply for direct deposit or the Direct Express® Debit MasterCard®, visit www.GoDirect.org.

“Getting your Social Security or Supplemental Security Income payment by direct deposit or Direct Express is safer and more reliable,” said Michael J. Astrue, Commissioner of Social Security. “You don’t have to worry about your check being lost or stolen and your money is available immediately on your payment date. There is no need to wait for the mail to arrive. As George says, you’ll get your payment at warp speed.”

The U.S. Department of the Treasury announced a new rule that will extend the safety and convenience of electronic payments to millions of Americans and phase out paper checks for federal benefit and non-tax payments by March 1, 2013. Anyone applying for benefits on or after May 1, 2011, will receive their payments electronically, while those currently receiving paper checks will need to switch to direct deposit by March 1, 2013.

Electronic payments also will provide significant savings to American taxpayers who will no longer incur the $120 million a year price tag associated with paper checks and save $1 billion over the next ten years. Eliminating paper checks also will provide positive benefits to the environment, saving 12 million pounds of paper in the first five years alone.

To learn more about direct deposit or the Direct Express® Debit MasterCard® card or to apply, visit www.GoDirect.org.

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**SEND A SINGING TELEGRAM**

Delivered in costume  
Perfect for  
Birthdays * Anniversaries * Retirement and more  
*Info 302-436-4833 • 302-258-8893*

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**CHANGE A LIFE**

Did you know that YOU can make a significant change in a senior’s life with just a few dollars a month? Please do what you can.

- $50 provides a homebound senior with a midday meal for 7 days
- $125 provides housekeeping for a frail elderly senior for a week
- $175 provides a senior needing assistance with personal care for a month

Enclosed is my donation of $ ________________

Check payable to:  
CHEER  
Attn: Development, 546 S. Bedford St., Extended Georgetown, DE 19947

Name __________________________  
Address __________________________  
Town __________________________  
State __________________________  
Zip __________________________  

Please bill me $ _________ per month to help change a senior’s life.

---

**CHEER NEWS & VIEWS • June 2011 • 9**

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**WHEN INDEPENDENCE IS YOUR GOAL!**

If sitting and standing is a challenge, a little lift goes a long way.  

**F E A T U R I N G:**  
- Full power tilt and recline  
- Available in mini-pets, petite, regular, wide and tall. Different sizes fits almost everyone  
- Simple hand held control for push button operation  
- Comes with side pocket and arm and head covers  
- Great sitting comfort and relaxation

Starting at $799.00  
*The Reliance 2500 Series*  
**MED-LIFT**

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**Scott’s FURNITURE Inc.**  
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**Family Owned & Operated for Over 75 Years**  
RT 13 EAST 1 MILE SOUTH OF 701, SEDRO-WOOLLEY, WA • 1/2 MILE BETWEEN DOOLEY’S AND SEDRO/WHIDBEY
Local physical therapist, Dr. Philip Allen, addressed members at Harbour Lights CHEER Center recently, providing information on how to avoid falls.

Accidents happen all the time and typically, we pick ourselves up and go on our merry way. Not so for our most frail friends and family members, the elderly. Accidental falls are a major health problem among older adults in the United States. One of every three people over the age of 65 years living in our community falls each year. The chance of falling increases to one in two by the age of 80 years.

Fall-related injuries in older adults are often serious enough to result in a hospitalization and increased premature death. The dreaded fractured hip is a serious result of the accidental fall. As our population ages there will be a growing number of hip fractures with estimated medical costs rising to $240 billion by the year 2040.

Current medical research demonstrates that falls can be attributed to one factor but are most likely the result of several factors. Risk factors such as age, poor vision, decreased muscle strength, poor flexibility, decreased sensation, poor balance, number and type of medications and additional medical problems are just several risk factors. The greater the number of risk factors the greater the chance of falling. Health care providers have demonstrated that early identification and treating these full risk factors may reduce falls by up to 30 percent.

Like most potential health risks early intervention and identification of those at risk may well prevent the resulting serious injury or injuries. As with all health problems consult your health care provider starting with your family physician.

These accidents are preventable and the initial steps begin at home. Tackle the environmental stumbling blocks first. Remove all throw rugs, install grab bars around tubs and toilets and insure lights accessible from the bedside are always used for night time bathroom trips. Carrying a cordless or cell phone in a pocket or apron at all times is a smart move. The next preventative steps begin with the healthcare provider of choice. They will perform the necessary evaluations for the referrals to the appropriate professional.

Dr. Allen provided the attendees with written information on safety tips for the home. Emphasis was provided on the most successful healthcare intervention for fall prevention – exercise. Please feel free to contact Dr. Allen directly at: 302-226-2230 for additional information on preventing falls or any physical therapy related concerns.
World War II veteran, Charlie Suydam, stands beside his paver on the Wall of Honor at Fort Miles, Lewes, Delaware. A Navy Quartermaster during the war, Charlie, his daughter and some friends spent a wonderful afternoon recently at the restored facility.

Harbour Lights Activity Center

Members of the CHEER Greenwood Activity Center recently had a very pleasant surprise. Students from the Greenwood Mennonite School visited to perform some center Spring-cleaning as part of their Community Service program. “We were just tickled to have them come and do the inside and outside Spring-cleaning,” said Center Director, Dixie Carlisle. The students have been coming to the Greenwood Center to help for several years and greatly appreciated.

Greenwood Activity Center

Long Neck Cheer and Bayside Travel can Take You Away

The Long Neck CHEER Center has partnered with Bayside Travel to offer the chance for everyone to get away on vacation. You do not have to be a member of the Long Neck CHEER Activity Center to take advantage of any or all of these trips.

Take a look at where you could go:

• June 29 - Philadelphia Belle Paddlewheel Cruise. Enjoy a buffet lunch with entertainment on the Delaware River in Philadelphia. Bus will also stop at the famous Reading Terminal Market. All taxes and gratuities included (except voluntary bus driver gratuity). Cost for this day of fun is only $79 per person.

• Sept. 26 – Oct. 6 – Take a historic trip to the Black Hills of South Dakota. Visit Mount Rushmore. Take a tour of Chicago. Enjoy a Wisconsin Dells cruise. Visit Walls Drug. See the Corn Palace. Witness the Monument - Lighting ceremony. There is also a trip to a Casino and much more. All meals, taxes and gratuities are included (except voluntary bus driver gratuity). Cost for the once-in-a-lifetime vacation trip is only $1,129 per person (double occupancy).

• Dec. 30 - Jan 1 – Celebrate New Year’s Eve at Virginia Beach. You will enjoy Oceanfront hotel accommodations with tours of Virginia Beach light displays, a Colonial Williamsburg tour, the Imax Theater, Planetarium and last, but certainly not least, a gala New Year’s Eve celebration with dinner and entertainment by the Rhondels. Taxes and gratuities are included (except voluntary bus driver gratuity). Cost for this wonderful holiday experience is only $389 per person (double occupancy). A $50 deposit is required with the balance due by Nov. 1. All trips leave from the Long Neck CHEER Activity Center on Long Neck Road in Millsboro and include transportation by Deluxe Motor coach. CHEER membership is not required to participate in these events.

For more information call Rick & Carol Ryan 302-945-0490.
House Passes Bill to Respect People With Disabilities

HB 91 would prevent offensive language in new state laws, regulations and other official publications.

The House unanimously passed legislation preventing the use of offensive language used to describe people with disabilities in new state laws, regulations and other official publications on Tuesday.

Sponsored by Rep. Debra Heffernan, D-Brandywine Hundred South, House Bill 91 would require all new state laws and publications to avoid language that is disrespectful or offensive to individuals with disabilities and to use the more respectful terminology.

The bill does not apply to terms required by federal law or regulation or state statutes.

The legislation is part of People First Language, a national movement to promote dignity and inclusion for people with disabilities. The proposal calls for referencing the person first instead of the disability. For example, a “mentally ill person” would be “a person with a mental illness.”

“This bill is about treating all people with respect. We label people all the time, and we should be looking at them for who they are, not their differences,” said Rep. Heffernan. “We as a state government should set the example of how we treat others, especially those persons with disabilities. They are all people first, and we must remember that.”

The bill has been endorsed by Special Olympics Delaware, Autism Delaware, the Developmental Disabilities Council, the Governor’s Advisory Council for Exceptional Citizens and the state Department of Health and Social Services.

HB 91 now heads to the Senate for consideration.

Red, White and Blue

Complete acceptance and tolerance from all others. History is abundant with examples of how diversity provides strength and respect yields prosperity. History should have also taught us the good ultimately triumphs over evil, but the battles continue to be waged. On May 2nd in the town of Abbottabad, Pakistan, good struck a blow against evil. Brave men and women of our United States military stood facing the evil of 9/11 and judgment was passed. The actions of that day were not taken out of anger or a bloodlust for revenge, but rather they were the actions of professionals sent fourth to rid the world of an evil. Bodies were never drug through the streets as we have seen done to our brave soldiers. Video tapes were never splashed across the internet sensationalizing a death. Rather, trained military personnel did their jobs in a professional and respectful way, a courtesy that had not been extended to many of their fallen comrades.

America and the world have changed since 9/11 and it will never be the same again. We will continue to experience changes in our lives and will need to remain ever vigilant in ways we had not thought of before 9/11. Evil exists and it will continue to try and strike out against innocence. But for the victory of good over evil that occurred on May 2nd, let’s all give thanks to our brave men and women of the United States military for their sacrifices to keep us safe and let’s all stand up and give three cheers for the red white and blue.

With a Medicare Prescription Drug Plan:

Generally, you pay less for your prescriptions.
You will get a plan member card after you enroll. You use this card when you go to the pharmacy to get your prescriptions filled.
You will pay the copayment, coinsurance, and/or deductible, if any.
If you have limited income and resources, you may get extra help to pay for your Medicare drug plan costs.

With a Medicare Prescription Drug Plan, use the Medicare Prescription Drug Plan Finder.
Coffee is Good for More than Waking Up Early

That cup of coffee that gets you going in the morning – or keeps you energetic in the afternoon – may have some positive health benefits. Though no one is recommending massive doses of caffeine, coffee in moderation may be good for more than just keeping you awake and alert.

• Gallstones. Some scientists believe that drinking coffee may reduce a person’s risk of developing gallstones by stimulating gallbladder contractions and lowering concentrations of cholesterol in bile.

• Kidney stones. Studies have suggested that coffee consumption (caffeinated or decaf) cuts a person’s chances of developing kidney stones by as much as 10 percent.

• Diabetes. Research involving more than 450,000 patients indicates that drinking four cups of coffee or tea a day may reduce one’s risk for Type 2 diabetes by 25 – 35 percent.

• Parkinson’s Disease. Men who don’t drink coffee are apparently five times as likely to develop Parkinson’s Disease as those who consume lots of coffee—though the link between coffee and Parkinson’s hasn’t been definitely established. Studies with women have been inconclusive.

Just don’t go overboard. Doctors recommend drinking no more than 24 ounces of coffee a day. That’s four 6-oz. cups.

Your Longevity Depends upon your Lifestyle

Nobody lives forever, but most of us hope to reach a ripe old age and remain active and healthy throughout our lives.

Here are some basic tips for keeping your mind and body in good shape for a long life:

• Stop smoking. This is obvious. But your chances of living for a long time are much better if you don’t smoke – or if you quit.

• Don’t stop working. Retirement can be risky, especially if you just quit and spend your days sitting on the sofa. Keep working in some capacity by volunteering or working part-time. Or have a plan for staying active after your retirement party ends.

The Doctor is Online

In the olden days, people relied on their family doctors for health information or they got their answers from thick books stuffed full of pictures and articles about the body, injuries and diseases. These days, most people go online. Health is the most popular topic of Internet searches. Most people are looking for information on symptoms and treatments, but they are also researching food safety, drug precautions and pregnancy information.

Who is doing the searching? Your doctor is.

• Keep flossing. Flossing every day can prevent bacteria in the mouth from growing and then moving to your bloodstream, where it can cause inflammation and hardening of the arteries, which contributes to heart disease.

• Sleep just the right amount. We need at least six hours of sleep per night for optimum physical and mental health. Less than that – or even more, some doctors say – can be detrimental. In one study of women ages 50 – 81, mortality over 14 years was higher among subjects who reported sleeping less than five hours per night, or more than 6.5 hours.

• Eat the right foods. Avoid saturated fats, eat lots of fiber (especially for breakfast) and try to get your vitamins from foods instead of relying on supplements.

• Pay attention to your health. Stressing about every ache and pain isn’t necessarily productive, but an extreme “Don’t worry, be happy” attitude about your body can be risky as well. Take your health seriously and don’t ignore the warning signs of trouble.

Catering at the CHEER Community Center

20520 Sand Hill Road
Multi-purpose banquet facilities available for public rental.
Wedding Receptions • Banquets
Proms • Company Parties • Much More
Catering available for:
Breakfast • Lunch • Dinner
Dining for up to 420 guests seated
Up to 700 guests concert-style
Bar service available
Schedule your event today 302-854-9500

HEALTHTALK

Flu shots are covered for people with Medicare.

Seasonal flu vaccines are available now.
The vaccine for the 2009 H1N1 flu virus (swine flu) is a separate vaccine. Anyone who wants the 2009 H1N1 vaccine will be able to get it. The first available doses are recommended for those at high risk of infection or complication from the H1N1 virus. People aged 65 and older are at lower risk of H1N1 infection than younger groups. For more information about H1N1 go to www.flu.gov or call 1-800-CDC-INFO (1-800-232-4636).

OBTENGA VACUNA DE GRÍPE, NO LA GRÍPE.

Las vacunas contra la gripe están cubiertas para los beneficiarios de Medicare. Las vacunas contra la gripe de temporada ya están disponibles.

Las vacunas contra la gripe de temporada ya están disponibles. La vacuna contra el influenca H1N1 está formada por un virus por separado. Cualquier persona que quiere recibir la vacuna H1N1 debe contactarla. Las primeras dosis disponibles son recomendables para aquellos con alto riesgo de infección o de complicaciones del virus H1N1. Las personas de 65 años o más tienen menos riesgo de infección por H1N1 que los grupos más jóvenes. Para obtener más información sobre la gripe H1N1 visite www.flu.gov o llame al 1-800-CDC-INFO (1-800-232-4636).

For more information call Volunteer Director Elizabeth Walls 302-856-5187 or visit www.cheerde.com.

Volunteers Needed

Lewes • Rehoboth Beach

By donating just a couple hours a month you could help CHEER by delivering the CHEER News & Views monthly newspaper in either Lewes, Rehoboth Beach or both.

For more information call Volunteer Director Elizabeth Walls 302-856-5187 or visit www.cheerde.com.
The task force says Delaware has the fastest growing senior population in the nation. By 2030, the First State is expected to have the sixth largest ratio of seniors to the general population.

Koopman

But most of what Koopman does today is for charity, raising funds for autism research and other charities and non-profits like CHEER. “If we can raise money and help people doing the things we love to do, then that’s exciting,” he said. “People love to look at these old, beautiful cars. And we have an incredible collection of automobiles that will be here for the show.”

Some of the cars that are scheduled to be presented at the First Annual International Classic Car Show:

• 1958 Jaguar XK150
• 1962 Rene Bonnet D/JET-CGTRB-5 (one of only two ever made)
• 1963 Ford Shelby Cobra
• 1962 Austin Healey 3000
• 1962 Noah SWC Chevy Station Wagon Special
• 1973 Porsche RS (one of ten factory RHD)
• Aston Martin DB-007
• 1985 Rolls Royce Silver Spur
• SECA Auto Cross Spitfire

Many other classic cars will be represented as well. If you have a classic car you would like to show, call Walter Koopman at 302-945-7122.

In addition to the cars, Koopman has an impressive collection of related material that will be on display at the event.

General Admission tickets are just $15 and include indoor and outdoor exhibits. A sit-down champagne brunch is $65 and includes the indoor and outdoor exhibits.

All monies raised will benefit the CHEER Nutrition Program. Florence Mason, Nutrition Program Director for CHEER said, “We have continued to see a tremendous increase in demand for meals for seniors while at the same time a significant decrease in funding. This event will help supply Sussex County seniors with much-needed meals.”

DJ Sky Brady will bring his unique personality and music to the event from 10 am until noon. Bruce Willey and the Gospel Cafe’ Band will perform from noon until 2 pm. Refreshments will also be available at the event.

Rain date: Sunday, June 19.

For advanced tickets, contact Florence Mason at 302-856-5187. Ticket can also be purchased at the door.

Come support CHEER, check out some beautiful cars and have fun!

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Jennifer Cohan, Director of the Division of Motor Vehicles and the task force chairperson, says this raises some concerns. “If a senior driver independently chooses to no longer drive, for whatever reason, and that choice ends up costing the family more for insurance coverage, that will deter some seniors from making that decision - possibly causing a safety issue for seniors and the traveling public. Second, while it is understood that seniors are more likely to be seriously injured in an auto accident, it does not seem equitable to increase the insurance premiums for seniors when they hit a certain age, especially considering there is no direct relationship between senior driving behaviors to vehicle crashes.”

Ms. Cohan also notes that seniors actually travel less as they age, which should decrease risk exposure.

Some motorists who turn 75-years-old, and who have their spouse removed from their vehicle coverage policies, are experiencing premium hikes of 21 percent. The rate increases are being made even in cases where both individuals have good driving histories and there are no claims associated with the policy.

According to the memo, insurance industry officials say that voluntarily removing a spouse from a joint policy is a negative underwriting factor, which is compounded by the primary policy-holder turning 75.

Some of the cars that are among the fixes: superglue to file down chipped teeth and dentures, emery boards to fix broken crowns and many other cases. Ouch!

Among the cars, there are many 70s classics cars that will be on display at the event. Some of the cars that are currently being assembled are:

- 1962 Jaguar XK150
- 1962 Rene Bonnet D/JET-CGTRB-5 (one of only two ever made)
- 1963 Ford Shelby Cobra
- 1962 Austin Healey 3000
- 1962 Noah SWC Chevy Station Wagon Special
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Economic Security

continued from front page

net worth. Almost one in five senior citizens are concerned about having enough to eat on a daily basis. Against this stark reality, community-based non-profit service providers in Delaware and across the nation are trying to fill an ever widening void between need and public policy. While Delaware’s senior citizen population continues to grow at annual rates that exceed the national average, state funding for many essential life sustaining services has declined or at best been held constant. Over the past several years, the modest increases in federal funding through the Older American’s Act to Delaware have been taken up by the State Agency administering those funds with no additional funding going to the community based service providers who actually deliver the services. Critical grant in aide funding that supports many senior citizen programs and services has actually been reduced at a time when the senior citizen population that is growing at a rate faster than any other segment of Delaware’s population. Individuals who have worked all of their lives and done the responsible thing have seen their saving and assets evaporate out from under them, just when they need them most.

Today there is a national One-A-Way Campaign developed by the National Council on Aging to help make people aware of the dire situation many of our nation’s senior citizens find themselves in. An increasing number of Americans and particularly senior citizens are just one event away from a devastating impact on their lifestyle. They may be one illness away from losing their home; one unexpected bill away from being able to keep their utilities on, one new prescription away from being able to buy food; one meal away from starvation.

There are certainly many pressing and important needs for ever scarce taxpayer dollars today, but do we really get the best and most from each of these precious dollars? As we look around our communities at the important programs and projects our taxpayer dollars support, do we see the people who may be just One-A-Way? As ever increasing numbers of our friends and neighbors enter the senior citizen ranks, how many of them will be just One-A-Way?

Maybe we should all take a tip from CHEER Greenwood Activity Center member, Russ Moore. He feels that now and then it is a good thing to just stop and smell the flowers.

Pictured here in front of Discover Bank in Greenwood, he enjoys the moment. If you look closely, you can see the reflection of the Greenwood CHEER bus waiting patiently.

YOUR AD HERE

Advertising in the CHEER News & Views is the best way to let seniors throughout Sussex County know about your business and your services.

Our circulation is throughout the entire county and our rates are inexpensive. For more information call or email Rich Taylor

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20520 Sand Hill Road • Georgetown, DE

Store Hours:
Monday thru Friday • 10 a.m. to 3 p.m.

Now accepting donations of gently used clothing, dishware and small household items, also puzzles and books.

All donations in good condition welcome.
For more information or to donate, call George Tribbitt, 302-854-2890

Economic Security

continued from front page

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Celebrate The First Day of Summer

Summer begins on June 21 with the summer solstice, the day when the Earth’s axis tilts our northern hemisphere most prominently toward the sun. (In the southern hemisphere, the summer solstice will occur on December 22.) On this day, the sun will reach its highest point in the sky and afterward the daylight hours will grow shorter.

The solstice has been a time of celebration and ritual in cultures around the world throughout history.

At Stonehenge, a visitor standing in the center of the stone circle can see the sun rising directly over the Heel Stone, located just outside the ring of tones. The Egyptian Great Pyramids were built in such a way that an observer standing near the Sphinx can watch the sun set directly between two of the Pyramids. Celts and Slavs celebrated the event with bonfires and dancing to help the sun increase in strengths. The Native American Hopi tribe had males dress as dancing spirits of rain and fertility known as Kachinas who were messengers between humanity and the gods who left the villages at midsummer to live in the mountains, where they were said to visit the dead.

The ancient Druids’ belief that the solstice represented the wedding of heaven and Earth is responsible for the tradition of brides planning a lucky June wedding.

This Could Be Your Ad!

Need a great place to advertise your business, items for sale, etc.? Our ad rates are less expensive and reach the people you want throughout the entire Sussex County area.

Get information about putting your business or your special items for sale in front of the public; right here, right now!

Call 302-856-5187 for information.

Walk Delaware With Delaware Senior Olympics

Enthusiasm for this year-round fitness program continues to grow. People realize that the more they walk, the more they want to walk.

The American Diabetes Association has recently joined the American Cancer Society, American Heart Association and Arthritis Foundation as partners with Delaware Senior Olympics in The Delaware Fitness Challenge. For more information visit www.delawareseniorsolympics.org.

Visit the American Foundation for the Blind Web Site for Seniors

It’s no secret that current rates of vision loss from diseases like age-related macular degeneration, glaucoma, and diabetic retinopathy are expected to double as the nation’s 78 million baby boomers reach retirement age.

To help address this growing public health concern, the American Foundation for the Blind (AFB) has launched the AFB Senior Site (http://www.afb.org/seniorsite), designed for seniors losing their vision, their families, and the professionals who serve them.

The site is rich with information-including photos, videos, articles, and resource links-to enhance the independence of older people beginning to experience vision loss.

Visitors will also find inspiring messages from seniors who have been recently diagnosed with eye diseases. Their compelling stories offer a positive outlook and help dispel fears about what living with vision loss means (http://www.afb.org/seniorsite.asp?SectionID=68&DocumentID=3338).

Money Matters

Don’t Go Broke on Vacation

Summer is here and if you haven’t planned your vacation yet, it’s not too late. You don’t even have to spend a lot of money.

• Fly during the week. Airline rates are generally more expensive over the weekend, so plan your trip from Wednesday to Wednesday (for instance) to locate cheaper fares.

• Stay close to home. Distant destinations may call to you, but often you can find worthy locations to visit closer to home – national parks, lively cities and other good places to explore.

• Pack your own snacks for the road. Airline food and gas stations snacks can be expensive (as well as not particularly healthy). Get into the habit of packing some sandwiches and snacks. Bring along a few bottles of water and resist the impulse to buy an overpriced soda.

• Do your research. Before making any reservations, compare prices widely. Check out fees that may not be obvious, like airline fees for checking bags. Look on the Internet for deals and coupons and don’t be afraid to try negotiating for a better rate.

• BYO cocktails. If you plan to have a drink or two – it is vacation, right? – find a nearby package store and buy your own ingredients instead of paying for drinks at the hotel bar or local tavern.

• Plan some down time. An itinerary keeps you organized, which can save money. But don’t pack your trip so full of stops that you end up too rushed and exhausted to enjoy the experience. Give yourself and your family an afternoon off now and then to lie around the pool or go to a movie.

Recycle 4 Charity

Got an old Cell Phone, Empty Inkjet or Toner Cartridge? Recycle it today!

Support CHEER, Inc. by donating these items today. This fundraiser is easy, free and helps you earn hundreds, even thousands of dollars. The more we collect the more we earn. Just ask neighbors, friends, family and coworkers for these items and they will be happy to donate them. Recycling these items today builds a strong future for our kids and ensures a clean environment; it’s up to you to make a difference today.

For more details call 302-856-5187

Sponsored by: wwwrecycle4charity.com

You Cannot Buy Happiness

Learning how to handle stress without spending money is crucial to your financial health. Here are a few questions to ask yourself to assess whether or not you are a compulsive spender:

• Do you hide the things that you buy?

• Do you feel great after you buy something and then feel terrible later?

• Do you fill up one credit card with debt and then move on to the next, with no plan as to how you are going to pay the debt?

• Do you shop to cheer yourself up?

• Do you frequently stray from your shopping list or budget?

• Do you always use up your savings account – or even fail to have one?

Did you know over 400 million printer cartridges are sold in the United States each year, with less than 20% being recycled?

Drop-off locations:

Georgetown CHEER
State Service Center, 346 S. Bedford St., Georgetown

Greenville CHEER
41 Schulz Rd., Greenwood

Melvin Hicks CHEER
34211 Wilmot Dr., Lewes

Long Neck CHEER
20551 Long Neck Blvd., Milford

Did you know over 80 million cell phones are retired in the United States each year, with less than 10% being recycled?

Monroe CHEER
Mr. Joe: 2418 3rd St., Milford

Quaint Vest
20607 Goldie Rock Rd., Ocean View

Rosania CHEER
Pyle State Police Station, Omar/Rosania Rd., Frankford

County Courthouse
203 N. 2nd St., Georgetown

For more details call 302-856-5187

Support CHEER, Inc. by donating these items today. This fundraiser is easy, free and helps you earn hundreds, even thousands of dollars. The m
June’s Warm Weather Potpourri

Across
1 BB association
4 Pop (plr.)
11 Water (Sp.)
15 Government agency
19 Not well cooked
23 The old lady
24 Grow acorns
25 Permit
26 Supports
28 Computer number system
31 Expression of surprise
33 Land unit
36 Peter Piper’s quantity
38 Bacon-lettuce-tomato sandwich
41 Resort hotel
42 Frock
43 Escaped
44 Western state
46 Fencing sword
47 Sideways
48 Public recreation areas
49 Opaque gem
51 Agency (abbr.)
52 Jump
53 Eight
55 Weary
56 Advise
57 Reproach
58 Lingerie
59 Soldier’s profession
60 Type of partnership
61 Not cold
62 Costa
63 Arab’s language
65 Adolescent

Down
1 North by west
2 Life histories
3 A spinning toy (2 wds.)
4 Cycle
5 Deity
6 Spied
7 Not rural
8 Public recreation areas
9 Mined metals
10 Recent
11 Season
12 Rock group instruments
13 Ship initials
14 Also known as (abbr.)
15 Season
16 Bobby
17 Not rural
18 Public recreation areas
19 Supportive
20 Physician
21 Witch’s concoction
22 Permission to enter a foreign country
23 Thwart
24 Grow acorns
25 P ermit
26 Supports
28 Computer number system
30 Affirmative
31 Expression of surprise
32 Pile
33 Land unit
37 Capital of the Ukraine
39 Chopmers
40 Barbershop singing group
43 V eneer
45 60 minutes
47 Cycle
48 Mischief-maker
50 Pickpocket
51 Agency (abbr.)
52 Jump
53 Eight
54 Book by Homer
55 Tree gum
56 Reproach
57 Tree gum
58 Lingerie
59 Soldier’s profession
60 Type of partnership
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All Things Summer - Word Search

Across
1 BB association
4 Pop (plr.)
11 Water (Sp.)
15 Government agency
19 Not well cooked
23 The old lady
24 Grow acorns
25 Permit
26 Supports
28 Computer number system
31 Expression of surprise
33 Land unit
36 Peter Piper’s quantity
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Things related to summer.

AMUSEMENT PARK
BARBEQUE
BASEBALL GAME
BATHING SUIT
BEACH
BEACH TOWELS
BEACH UMBRELLA
BOATING
BUTTERFLIES
CAMPING
CRABBING
DRAGONFLIES
FIREWORKS
FIRST DAY OF SUMMER
FISHING
FLOWERS
FROGS
GARDENING
GRADUATION
HAMMOCK
HONEYBEES
HUMMINGBIRDS
JUNE BRIDE
LEMONADE
MOSQUITOS
OUTDOOR CONCERT
PARADES
PICS
SANDALS
SHORT SHORTS
SUNBATHING
SUNSCREEN
SWIMMING
TANNING
VACATION
WATERMELON
WATER SKIING

“Love is being stupid together”
-Paul Valery
National Senior Games in Texas

Hundreds of Delaware Senior Olympics will be headed to Houston, Texas, from June 16 – 30 to compete in the sports they qualified for last fall in the Delaware Senior Olympics. Hotel reservations and plane tickets purchased and athletes are ready to represent Delaware at the national level. National Senior Games are held every two years in a different city. In 2009 they were in San Francisco and in 2011 they will be in Cleveland, Ohio. To participate in them, athletes must first qualify at the state level during the preceding year. This year the Delaware Senior Olympics Annual Games are not a qualifier, but the 2012 DSO Annual Games will be a qualifier for the National Senior Games in Cleveland. Athletes must turn 50 by December 31 of the year they compete in the state games to qualify.

Delaware Senior Olympics 2011 Annual State Games

Although this is not a qualifying year for going to Nationals, competitions will be held statewide in 30 different sports in the fall. Men and women will compete separately in five-year age groups: 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99 AND 100+. Yes, the older age groups actually have had athletes entered in some sports! You are never too old to participate! DSO is also an Open State, which means our games welcome out-of-state athletes to come join the fun!

DSO Annual Games Registration

Registration forms and the schedule of events should be online at http://www.delawareseniorolympics.org/ in early June. Or you can phone the DSO Office to request registration materials toll-free at 1-888-881-6126. Give it a try this year!

DSO Open House

There will be a DSO Open House at the Modern Maturity Center in Dover on June 8 from 10 a.m. and 2 p.m. Learn how the Delaware Senior Olympics promotes healthy lifestyles and fitness for all Delaware adults ages 50+ through its year-round fitness programs and competitive athletic activities. The DSO office is located in the Modern Maturity Center, at 1121 Forrest Avenue, room #1, in Dover. Enter through the main dining room, turn right and follow the signs.

Long Neck Health Fair

There will be a health fair at the Pelican Cove CHEER Senior Center on Long Neck on June 14th from 10 a.m. – 2 p.m. Visit the DSO table.

Senior Women’s Softball League

The Hot Flashes, Shore Sharks, Alley Cats, Diamonds and Slammin’ 60s have been practicing on the fields at Sports At The Beach since April 19 on Tuesday nights. The actual summer schedule of games started on May 31 and will continue on Tuesday evenings at 6 p.m. through September. Come out and watch the women play ball.

The Olde Tymers Softball League

The Olde Tymers Softball League started its season on May 3, and will continue its summer league through Labor Day. Although most teams are set, membership is still open for those interested in playing. Even though men make up the Olde Tymers Softball League, women are welcome to play, as well. For more information, whether to get involved or sponsor a team, call president Bo Wood at 302-945-1849, vice president Tom Farrah at 302-539-9392 or treasurer Archie Alexander at 302-226-8381, or stop on out to the fields behind Dagsboro Church of God on Route 113 on Tuesday or Thursday mornings.

Eastern Shore Senior Games

Eastern Shore Senior Games were held at Salisbury University continued on back page

DSO Sports News

By Marion Lisehora, mlisehora@mchsi.com

Take Care of your Skin

Summer means warm weather and sunshine. As enjoyable as this may be, sunshine means increased risk of skin damage due to overexposure.

Protect yourself from harmful rays this summer with this common-sense advice:

• Choose your times. When possible, limit your exposure to the sun between 10 a.m. and 4 p.m., when the sun’s rays are strongest.

• Dress appropriately. Wear loose, light clothing covering your body as much as possible, along with a broad-brimmed hat to protect your face and neck.

• Check your medications. Antibiotics and other medications can increase your sensitivity to sunlight. Talk to your doctor about how best to take care of yourself on bright days.

• Drink lots of water. Avoid overheating by staying hydrated during hot weather.

• Use sunscreen liberally. Your best line of defense is a broad-spectrum sunscreen that blocks both UVA and UVB rays. Reapply every four hours, or more if you go swimming or sweating.

• Examine yourself. Regularly check your body and skin for any strange irregular growths that might be caused by sun exposure.

Wash Before You Wear New Clothing

Should you wash that new shirt or sweater before wearing it? Probably, especially if it is clothing for a child.

The recommended caution is that clothes have probably been handled by many different people in factories and stores before reaching store shelves. In addition, clothing may have been sprayed or treated with chemicals to prevent bacteria growth or keep them smelling fresh. Wash new clothes, or at least air them out thoroughly, before letting them get close to any sensitive skin.

On Your Mark, Get Set...

Running may be one of the easiest forms of exercise around:

You don’t need an expensive health club membership or a lot of elaborate equipment, just a good pair of shoes and plenty of room to run. But wherever you are heading, stay safe. Follow some common sense rules.

• Leave your iPod at home.

• Earphones that block out street/road noises can increase your risk of a mishap.

• Run facing traffic. If you must run in the street or on the roadway, head against traffic so cars are easier to see and avoid.

• Plan your route. Avoid areas you are not familiar with.

• Run with a buddy. If possible, enlist a friend to join you for moral support and extra safety.

• Carry ID. If you are injured and unable to communicate, your name and phone number will enable paramedics and good Samaritans to notify your family. (A cell phone is handy, too.)

• Bring a little money. A few dollars for something to eat or drink in a hurry can be very useful in a pinch.

• Yield to cars. Don’t assume drivers can see you or that they will be able to stop if you trip and fall. Let cars go first through intersections and watch for vehicles turning unexpectedly.

• Defend yourself. A whistle or some other kind of noisemaker, or some pepper spray can keep attackers away (both animal and other).

• Don’t just disappear. Tell someone where you are going or leave a note behind.

• Wear sunscreen. In the summer, protecting your skin from sunburn is essential.

Janis Dillard of the Slammin’ 60s softball team took some batting practice in the batting cage at Sports At The Beach on April 26.

For Your Own Safety

Put a link to your website on ours for that special contact with the mature adult population of the state of Delaware.

Cost is only $12 per year.

Call CHEER Marketing

302-856-5187 for more information.

www.yourwebsite.com

Softball First Night. There was a large turnout of senior softball players for the first night of practice on April 19 at Sports At The Beach in Georgetown.
Center Activities

Bridgeville Senior Center
414 Market St. • Bridgeville, DE 19933
Executive Director, Fran Smith, 337-8771
June 6—Trip to Foundation Thrift Shop.
June 10—Harbour Lights CHEER Center visiting for bingo.
June 12—Members meeting.
June 13—Visiting Delmar Nursing Home.
June 14—Trip to Bank, Post Office and Dollar General.
June 15—Wii™ bowling in the morning.
June 16—Shopping at Roses Department Store.
June 17—Bake and Yard Sale.
June 20—Trip to Bank, Post Office and a visit to Lofland Care Center.
June 21—Shopping at Byler’s Market in Dover.
June 22—Trip to the Goodwill Store.
June 24—Visiting Harbour Lights CHEER Center.
June 28—FREE blood pressure screening.
June 30—Trip to Walgreens.

Coastal Leisure Center
30637 Cedar Neck Rd. • Ocean View, DE 19970
Director, Cristina Tunnell, 539-2671
June 2—Trip to Suicide Bridge. Jewelry class. Spanish class.
June 3—Trip to Milford.
June 9—Trip to Dover.
June 10—Trip to Rehoboth Beach.
June 11—Barbershop.
June 15—Elder Abuse seminar at the Community Center.
June 16—Shopping in A.C. Moore and Target.
June 17—Ocean View Beach Bunnies to Trap Pond State Park.
June 23—Trip to Lavender Fields.
June 24—Movies at Midway.
June 28—Nutrition games with Ruth Thomas, CHEER Dietitian.

Georgetown CHEER Center
546 S. Bedford St., Ext. • Georgetown, DE 19947
Director, Hannah Wagamon, 856-5187
June 2—Red Hat luncheon at Pizza King in Millsboro. Trip to Hopkins Dairy Farm.
June 8—Trip to Long Neck Park and King’s Ice Cream Parlor 12:15 p.m. “Oh Summer Nights” dinner and movie event 4:30 p.m.
June 9—Balloon Pop fundraising event 9:30 a.m.
June 10—Shopping at Byler’s Market in Dover with box lunch 9:30 a.m.
June 13—Cape Henlopen Gospel Choir 10:45 a.m.
June 14—Visiting Long Neck CHEER Center for their Health Fair.
June 15—Elder Abuse Awareness Program at the Community Center with boxed lunch 9:30 a.m. AARP Defensive Driving Course 12:30 to 6:30 p.m. You must pre-register.
June 16—Trip to Elm’s Market 10 a.m. June birthday celebration 11:30 a.m.
June 17—Trip to the Chicken Festival in Georgetown 10 a.m.
June 20—Trip to God’s Way Thrift Store in Milford 12:30 p.m.
June 21—Shopping at Peebles, Michaels and Tuesday Morning stores 10:30 a.m.
June 22—Visiting Greenwood CHEER Center for Wii™ bowling.
June 23—Spanish class 9:30 a.m. Trip to Entenmanns Bakery 10 a.m.
June 24—Trip to Cape Henlopen State Park Nature Center Fishing Pier and Dairy Queen 9:30 a.m. Trip includes boxed lunch.
June 28—Shopping in Rehoboth Beach. Lunch at the boardwalk 10 a.m. Bingo and dinner night 4:30 to 7 p.m.

Greenwood CHEER Center
41 Schulze Rd. • Greenwood, DE 19950
Director, Dixie Carlisle, 349-5237
June 1—Trip to T.S. Smith’s Farmers Market 10 a.m.
June 2—Hand & Foot lessons (pre-registration required.)
June 6—FREE blood pressure screening 10 a.m.
June 7—R.E.M.O. (Retired Old Men Eating Out) 9:30 a.m.
June 8—Delaware Hospice Program on Advance Directives 12:30 p.m.
June 11—Home-style breakfast 8 to 10 a.m. Open to the public.
June 14—Flag Day celebration with entertainment provided by singer and acoustic guitarist Nate Johnson. Wear you red, white and blue.
June 15—Trip to CHEER Thrift Shop at the Community Center 10 a.m.
June 17—Life Smatters program presented by the Greenwood Public Library 12:45 p.m.
June 20—AARP Defensive Driving Course. Seating limited.
June 21—Trip to the 12th Annual Chantuaqua Rent Show in Lewes (Free) 5 p.m.
June 23—Annual membership BBQ dinner 5 p.m. Entertainment provided by the Bay Tones.
June 28—CHEERful Notes Glee Club concert at the Community Center 12:30 p.m.
June 29—Trip to the Ladybug Shop in Milford 9:30 a.m.

Harbour Lights CHEER Center
34211 Woods Edge Dr. • Lewes, DE 19956
Director, Nancy Dodg, 645-9239
June 3—Trip to the Rehoboth Beach Boardwalk 10 a.m.
June 6—Visiting Bridgeville Senior Center.
June 10—Shopping at the local produce stand for fresh fruits and vegetables.
June 13—Entertainment day.
June 14—Celebrating Flag Day. Wear patriotic colors. Best dressed individual wins a prize. Group photo at 11 a.m.
June 16—Trip to Fort Delaware and picnic 8 a.m. Cost is only $15 per person and includes entrance fee, box lunch and transportation.
June 21—Celebrating the first day of summer. Prize bingo and an ice cream fundraiser.
June 22—Trip to Nemours and Walmart in Milford 10 a.m. Bowling after.
June 24—Bridgeville Senior Center visiting.
June 29—AARP Defensive Driving Course 12 to 5 p.m.

Laurel Senior Center
13 N. Central Ave. • Laurel, DE 19956
Executive Director, Penny Duncan, 875-2536
June 1—Radio Day celebration 12:30 p.m.
June 3—Shopping at Walmart 9:30 a.m.
June 6—Fruits & Vegetables bingo 12:30 p.m.
June 8—Understanding thunderstorms 10 a.m.
June 9—Summer time activity 10 a.m.
June 10—Shopping at Seaford Points 9:30 a.m.
June 14—All-day trip to Ocean City. Bus leaves 9:30 a.m.
June 15—Covered dish membership meeting 5 p.m.
June 16—“Jazz for Jesus” 12:30 p.m.
June 21—FREE blood pressure screening 9 a.m. Indoor picnic 10 a.m.
June 23—All-day trip to Chincoteague, VA.
June 25—Tea tasting 12:30 p.m.
June 29—“Pennies from Heaven”.
June 30—Chair Exercise 9:30 a.m.

Milton CHEER Center
Mount Zion Holy Church • 308 Front Street • Milton, DE 19968
Director, Frances Scolley, 684-4819
June 7—Shopping at Roses Department Store in Millsboro 10 a.m.
June 10—Shopping at Witt Brothers Market in Camden 9:30 a.m.
June 14—Visiting Long Neck CHEER Center for their Health Fair 9:30 a.m.
June 15—Visiting the CHEER Community Center for a program on elder abuse.
June 16—June birthday party with ice cream and cake.
June 17—Father’s Day luncheon. Gifts to all fathers attending.
June 21—Shopping at Walmart in Rehoboth Beach 9:30 a.m.
June 23—Junieta’s farewell celebration. Call for information. Come see what it’s all about.
June 24—Shopping at Byler’s Market in Dover with box lunch 10 a.m.
June 28—CHEERful Notes Glee Club entertaining 12 p.m.

Pelican Cove CHEER Center
26089 Shoppes at Long Neck, Millsboro, DE 19966
Director, Robin Greene, 945-3551
June 2—Nickel Polish Poker. Center open until 9 p.m. tonight.
June 6—Members appreciation dinner. Free to all members, $7 per person non-members.
June 9—Seminar with Eric Traum of Aqua Care 12:30 p.m.
June 13—Safety Awareness 12:15 p.m.
June 14—Annual Health and Information Fair 10 a.m. to 2 p.m.
June 16—Birthday celebration. Visually Impaired Support Group 1 p.m.
June 17—Annual Health and Information Fair 10 a.m. to 2 p.m. Alzheimer Support Group meeting 1 p.m.
June 20—Walking club to Walmart 9:30 a.m.
June 28—CHEERful Notes Glee Club concert at the Community Center 12:30 p.m.

Roxana CHEER Center
34314 Pyle Center Rd. • Frankford, DE 19945
Director, Eboni Tindley, 732-3662
Every Day- Wii available to all 60+ from 2 to 4 p.m.
Every Monday- Trip to the bank, post office and drug store 9:45 a.m.
Call center for current activities and events.
DSEO News

in Salisbury, Maryland, May 5-7. Competitions were held in aquatics, badminton, bowling, cycling, fitness testing, floor and foil shooting, golf, pickleball, pump and 5K run, table tennis, tennis, truck and field, and volleyball.

• Swimming: Maureen White and Bernadette Antonioli each garnered four gold medals for the women. Charles Donovan received three golds and one silver, Bill Beiser captured three golds, while Craig Moore swam his way to two golds and two silvers.

• Volleyball: The Rough Edges, Quick Chicks and First Staters women’s teams, all from the Senior Lo-Del Volleyball League in Georgetown, came home with gold medals in their age groups. Sussex YMCA Open Women’s Volleyball League

Going into the play-offs for the spring session, Net Access and Team Extreme are the top two seeds. Both teams have several senior women playing on them. Games are played at Beacon Middle School on Wednesday nights.

Carol Thompson of Net Access leaps to spike the volleyball against Team Extreme in a YMCA match played at Beacon Middle School on May 4.

Rough Edges players Patty Jones, Judy Lesher, Becky Simpson and Sue Pierson pose for a picture after winning volleyball gold in the 55+ age group in the Eastern Shore Senior Games at Salisbury University. Team members not in photo were: Janis Dillard, Jackie Shahan and Lucy Strauss.

Women’s Summer Senior Volleyball will be played on Thursdays, 7 - 9 p.m., starting on June 9 at Delmarva Christian High School in Georgetown. Experienced players are welcome to register. Call Marion Lishorn, 934-9512, for more information. Not experienced? Watch for a new RBSD Adult Education Beginner’s Class for Women between 45 and 70+ in September at Georgetown Middle School. Join the fun. Pickleball at the Indian River Senior Center

Learn to play pickleball. Pickleball should be starting soon at the Indian River Senior Center in Millsboro. Check with the Center at 302-934-8839 or Helen Chenoweth at 934-1987. Players are also playing at the Lewes Canal tennis courts and in the gym at the former 9th Grade Campus in Lewes. Call Georgia Billiger at 302-227-9210.

DSEO is accepting sponsors, ads, new members and volunteers for its 2011 Annual Games in the fall. Please contact Dee Carroll at 934-9512.

You’re invited to Welcome to Medicare: 2011

ELDERS is the Delaware State Health Insurance Assistance Program (SHIP). A free service, ELDERSHIP provides unbiased information and counseling to people covered by Medicare. ELDERSHIP and the Department of Insurance host free Welcome to Medicare events throughout the state.

Why? We’ve found that many people who join Medicare have questions and concerns about their new, different type of health insurance. In addition, important deadlines exist for certain new benefits. New and soon-to-be beneficiaries can meet with our professional staff and learn about Medicare benefits, supplemental insurance policies, Medicare Advantage plans and prescription drug coverage. Check our list of upcoming events below. Please call our office at 1-800-336-9500 or 302-672-7364 to register; waiting for Welcome to Medicare events is limited! New Castle County

June 15th, 10:15 a.m. - 12:00 noon
Hockessin Public Library
Hockessin, DE

June 16th, 10:00 a.m. - 12:00 noon
Rockland Place
1519 Rockland Road
Wilmington, DE

*Free lunch provided by Rockland Place

June 29th, 10:00 a.m. - 12:00 noon
Newark Senior Center
200 White Chapel Road
Newark, DE

Kent County

June 14th, 10:00 a.m. - 12:00 noon
Modern Maturity Center
2121 Forrest Avenue
Dover, DE

Sussex County

June 23rd, 10:00 a.m. - 12:00 noon
Georgetown Community CHEER
20520 Sand Hill Road
Georgetown, DE

For more information call: 302-854-9500.

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