Woodbridge H.S. Students Bring Christmas CHEER

Students from the Woodbridge High School in Bridgeville came to CHEER with smiles and youthful exuberance to help fill baskets for seniors. The baskets are for the holiday meal delivered by volunteers to area homebound seniors. These, along with a Christmas gift and poinsettia plant, go to help make the holiday a bit brighter for those who cannot get out and in most cases have no family in the area with whom to celebrate the holiday. Participating students are (not in order): Danielle Briggs, José Casas, Tyler Davis, Brandon Dries, Haley Dries, Charina Good, Justin Gregory, Ana Gutierrez, Coty Hart, Adrian Holt, Martin Hubbard, Paul Nelson, Davey Peterson, Erik Peterson, Morgan Rifenburg, Nycolle Scott, R.C. Short, Kaitlyn Slater, Brandy Totten, Heidi Van Hiet, Taylor Van Vorst, Taylor Walls, Wade Warnick, Jessica Wilkins and Tyler Williamson.

The Sussex County Mobility Consortium

The Sussex County Mobility Consortium began its existence in response to a challenge from CHEER Executive Director Arlene Littleton to find a better way to provide much needed transportation for Sussex County senior citizens. “There are many seniors out there that do not come into CHEER centers and are isolated in their homes. They can’t get to the doctor’s office or even to the grocery store Littleton said. “There has got to be a better way”.

In 2006, a number of private non-profit organizations from throughout Sussex County began voluntarily meeting to find that better way. Less than one year later, the Sussex County Mobility Consortium started transporting its first passengers. The program operated with a very simple set of guidelines focusing on how to serve more than who could or could not be served. Over the past four years, the program has received national recognition as a model local government transportation planning model. Sussex County Mobility Consortium provided in excess of 1,000 passenger trips per month for much of its existence and at a fraction of the cost per trip of many other transportation services.

Funding has been an ongoing struggle for the fledgling program as CHEER struggled to find grants to keep the wheels turning each year. Unfortunately, at the end of this year, the Sussex County Mobility Consortium will come to an end. In the absence of stable and dependable funding, the last Sussex County Mobility Consortium trip will be run December 31, 2010.

CHEER will continue to support its members through its traditional transportation program and network of volunteers. CHEER will also assist non-CHEER members with referrals to other transportation services.

To those who supported and rode with the Sussex County Mobility Consortium, thank you for your patronage and we wish you safe travels.
As we turn over the calendar, entering 2011, we have a unique opportunity to reflect on the events of the past year. It is a great time to set new goals for the year ahead, many will set resolutions. This year, let us all strive to be healthier and more proactive about our health. Here are a few simple suggestions for making, and sticking to, a healthy lifestyle change in 2011:

- Watch liquid calories. Sodas, fruit juices, sweetened teas and coffees can really add up! Water is the best choice for hydrating your body and has 0 calories. Add slices of fresh fruit to give a little flavor.
- Plan ahead. Pack snacks for your day, rather than perusing the snack machines, hitting the drive thru or skipping meals. Granola bars or dry cereal in a bag are easily stored in a car, desk drawer or purse. Fresh fruit can also be packed easily and enjoyed on the go.
- Add veggies to your snack routine. Baby carrots, fresh peppers, cherry tomatoes and broccoli are a much healthier alternative to a bag of chips in the afternoon.
- Sit down to eat your meals. Give yourself time to enjoy a meal. Listening to our body’s natural cues of hunger and fullness, we can eat less and feel more satisfied.
- Increase fiber intake. Choose whole grains when selecting cereals, breads, pastas and crackers. When selecting produce, eat the skin of fruits and vegetables to get their full fiber benefit. Fiber helps to lower cholesterol as well as cleanse the digestive tract.
- Be aware of portion sizes. Read the nutrition facts label to know what is considered a serving size of your favorite foods and measure that amount. Restaurant portions are nearly double that of what our bodies need; so when you eat out, ask for a doggie bag to take half of your meal home.
- Get active. You don’t have to join a gym in order to get the physical activity your body needs. Stretching, walking, dancing, or taking the stairs can all be beneficial for your heart, bones and muscles. Be sure to check with your physician before starting any exercise programs.
- Know your numbers. Get a check-up regularly, to check blood pressure, weight, cholesterol and blood sugar. Be sure to always tell your doctor what medications and over the counter supplements you are taking to avoid any unfavorable interactions.

Keep a list of things that you want to accomplish in 2011 where you can see it regularly and track your progress. Here’s to a healthy and prosperous new year, and new you!
With our current economic challenges, those of us looking forward to retirement need to be well-informed about our financial needs in coming years. And not only pre-retirees, but individuals already in retirement need to be wise to the changing economic environment. The good news is that trained professionals who keep abreast of changes in the current economy, changes in laws and changes in government programs for the elderly. Professionals in this field are equipped to handle everything from help with retirement savings accounts, investment advice, guidance on government programs, estate planning or even new funding options such as reverse mortgages.

A little planning prior to retirement will allow you to maintain your current lifestyle; whereas, a lack of planning may require you to live on an extremely tight budget. For those already retired, taking time right now to deal with financial problems instead of waiting for a crisis to happen is well advised. A large number of retired individuals feel that they have planned well for the future only to find that rising medical costs, damage done to their investment portfolios (by the current economy) and many other factors have caused them to go into debt. According to an article in “USA Today” seniors are racking up debt like never before. Elderly individuals who are in debt live with a constant burden over their heads. Most of these people are on fixed incomes and have no way of paying off credit cards and home equity loans that continue to mount to cover household budget deficits. In order to meet ongoing payments, seniors often forego purchasing medications and skimp on food budgets. They live like hermits -- never going out and pinching every penny -- in order to pay their obligations. A lot of these people worked hard their entire lives and managed their debt. They never anticipated the rising costs of prescriptions, expensive medical care or depletion of savings by living too long. The good news is there is help for these individuals. Here are just a few examples of some relief options that could be available. There are many more besides these.

- **Reverse mortgages** - Home Equity Conversion Mortgages (HECMs), also known as a reverse mortgage, is a risk-free way of tapping into home equity without creating monthly payments and without requiring the money to be paid back during a person’s lifetime. Instead of making payments the cash flow is reversed and the senior receives payments from the bank. Thus the title “reverse mortgage”.

For those seniors who are less fortunate financially but own a home, a reverse mortgage can allow them to remain in the home by creating extra income.

- **Life settlements** - A life settlement enables older individuals, businesses and other organizations to sell life insurance policies they currently own – but no longer want or need – for an amount greater than the cash surrender value. In some cases the value can be two to three times the cash surrender value. Even some term life insurance policies with a conversion option to permanent coverage can qualify for a life settlement.

- **Government Programs** -- Some government programs such as food stamps provide temporary financial help for food. Other programs provide subsidized housing, help with medical expenses and provide tax credits. For veterans there is free health care, inexpensive prescriptions and disability income. Area agencies on aging offer individual counseling, legal help and advice with Medicare costs (National Care Planning Council).

For some living on a fixed income dealing with debt can be an overwhelming burden. There are knowledgeable professionals and debt relief strategies that can assist in easing this burden. The National Care Planning Council keeps a list of financial advisers and attorneys who specialize in this area of planning at www.longtermcarelink.net.

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### Cedar Neck - Ocean View

Millville - Roxana

Need a place to hold that next business meeting, anniversary or birthday party, etc. Coastal Leisure Center could be the answer. Located 30637 Cedar Neck Road, Ocean View.

**Call 302-539-2671**

### The CHEERmobile

“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 this 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.nea.org/site/R?i=5Tooshig3iOJ_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.
**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.

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**CHRISTMAS CONCERT AT GREENWOOD CENTER**

The CHEERful Notes Glee Club held their first Christmas Concert at the Greenwood CHEER Activity Center on Tuesday, November 30.

Club Choir Director, Pat Rust joked it was their first concert or their PRACTICE concert for all others in December.

Great group! The festive mood made it lots of fun for everyone.

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**A BRUSH WITH HONEST ABE**

During the Civil War, a Union soldier was given the assignment of delivering a stack of reports to the War Department. He was in a hurry to finish the job so he wouldn’t miss his train back to camp and running up the stairs he ran straight into a tall, bearded man coming slowly down.

The soldier immediately realized that he had collided with President Abraham Lincoln.

Embarrassed and fearing the president’s anger, he stammered one apology after another until Lincoln finally stopped him with a smile and said, “One apology is sufficient. I wish the whole army would charge like that.”

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**CHEER THANKS DONORS**

We at CHEER wish to thank the many organizations and people who gave from their hearts and helped make the Christmas holiday a bit brighter for the seniors of Sussex County.

Without your help, it could not have happened.

ACTS
Coastal AARP Chapter
Dublin Hill 4-H Club
Gerald Hocker
Greenwood CHEER Center
Honor Society of Sussex Tech High School
KMart Shopping Center in Rehoboth
Long Neck CHEER Center
Long Neck Elementary School
Mid_Del Charitable Foundation
Milton CHEER Center
Mispillion Dog Kennels
Ocean View CHEER Center
Peggy Margaret Breasure
Roxana CHEER Center
Short Funeral Home & Employees
Tina Pipitone & Beta Sigma Fi Alpha Alpha
Vic Drecchio & Wife
Woodbridge Cub Scout Pack #166
Woodbridge High School FFA

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**CHEER'S INDOOR GARAGE SALE**

**WHEN:** Saturday, January 29th, 2011

**WHERE:** CHEER Community Center
20520 Sand Hill Road
Georgetown, DE, 19947
www.cheerde.org

**TIME:** 8:00 AM to 12:00 PM

**ADMISSION:** Donation to CHEER

For additional information or to reserve a table, please contact Stacy at 302-854-9500 or via email at stacy@cheerde.com
January is National Blood Donor Month

By Rich Taylor

To paraphrase the words of Bela Lugosi (Count Dracula) “I want your blood.”

January is National Blood Donors Month and certain times of the year (summer and winter) can pose an increased need for donated blood.

Spearheaded by the American Association of Blood Banks in conjunction with the American Red Cross and America’s Blood Center, the goal of National Blood Donor Month is to ensure that supplies of donated blood remain at safe levels in hospitals and emergency rooms around the country.

Hopefully, we will all stay healthy and fit and not have a need for donated blood. But if something should happen...

More than 4.5 million people in North America need blood transfusions each year due to surgery, accidents, other health problems or just the fact that their bodies cannot produce enough blood.

The Blood Bank of Delmarva (a member of America’s Blood Centers) is a non-profit community service program that provides blood and blood products to the 17 hospitals on the Delmarva Peninsula. Each year, nearly 83,000 blood donations are needed in this area for more than 20,000 patients across the Delmarva Peninsula.

Did you know that one pint of donated blood can save up to three lives? Or that one unit of blood can be separated into several components: red blood cells, plasma, platelets and cryoprecipitate?

If you are at least 17 years old and at least 110 pounds, you may donate about one pint of blood every two months. And what better way to start off the New Year than to help save someone’s life?

Did you know that though about 37 percent of the American population is eligible, less than 10 percent actually donate blood? If only one more percent of all Americans would give blood, blood shortages would disappear for the foreseeable future.

And, in case you are wondering, you CANNOT get AIDS or any other infectious disease by donating blood. Once you have donated, your blood is subjected to 13 tests (11 for infectious diseases). You replenish the fluid (plasma portion) within a few hours. The red blood cells are restored in about four weeks and it takes about eight weeks for the iron lost to be replaced.

Much of today’s medical care depends on a steady supply of blood from healthy donors like you. It’s about an hour of your time. There is no substitute for human blood. It’s about life; maybe the life of someone you know.

A few more ‘Did You Know’ facts:

• Sickle cell disease is an inherited disease that affects more than 80,000 people in the United States, 98 percent of whom are of African descent.
• Red blood cells live about 120 days in the circulatory system.
• Giving blood will not decrease your strength.
• Cancer, transplant and trauma patients, and patients undergoing open-heart surgery may require platelet transfusions to survive.
• The number one reason blood donors say they give is because they “want to help others.”
• Seventeen percent of non-donors cite “never thought about it” as the main reason for not giving, while 15 percent say they are too busy.

Remember: There is no substitute for human blood. The rarest blood type is the one not on the shelf when it’s needed by a patient.
Seniors And Law Enforcement Together

The Sussex County S.A.L.T. Council meets the second Wednesday of each month at 9:30 a.m. in the Sussex County Sheriff’s Office conference room.

The Council is composed of representatives from the sheriff’s office, state police, local police agencies, attorney general’s office, RSVP, service providers, hospitals and other agencies that are interested in helping the elderly remain safe from crime.

S.A.L.T. acts as an advisory group for law enforcement personnel to help reduce the criminal victimization of older persons in Sussex County. The Council discusses programs and makes recommendations to local Triads and appropriate Council Committees which benefit the elderly. The council is also concerned with ways of involving older volunteers in the achievement of its objectives.

For more information call the Sussex County Sheriff’s office at 302-855-7830 or the Attorney General’s Office at 302-856-5352. All interested citizens are welcome.

Guest Speakers

Are you in need of someone to speak at your next civic group, business meeting or other community event? CHEER will be happy to provide a guest speaker for your next function. A working relationship with CHEER can impact your organization or business. For more information, call CHEER’s Marketing Department at 856-5187.

Greenwood Members Take in the Lights

In time for the Christmas holiday members of the Greenwood CHEER Activity Center took a ride to the Martinak State Park to take in the lights of the season. There were lots of laughs; many oohs and ahs; and a lot of friendship; not to mention one good meal on a cold and snowy night.

Real love is more than a physical feeling. If there’s even the slightest doubt in your head about a guy, then forget about it. It’s not real.

- Ethan Embry.

Year In Review

While DAN is a statewide organization, Sussex County Aging Network (SCAN) is our local network. This organization worked equally as hard on public policy issues and with sponsorship from Wilmington Trust, held a legislative breakfast in _______. Planning for the event was a challenge in itself as the winter of 2010 was one for the record books. Who would have thought we could have received that much snow in our normally mild climate. In spite of the weather, our homebound clients did not miss a meal, most of our home services clients were served as CHEER home health aides used their own 4-wheel drive vehicles and those of other family members and friends. For those clients who were not able to be seen, there was contact several times a day as our staff manned the telephones from home for two days. I am happy to report that all CHEER clients, staff and buildings survived, but we did have several falls with broken bones.

continued from front page
HEALTH TALK

PAY ATTENTION TO YOUR EYES AS YOU AGE

HEALTH EATING YOUR VEGETABLES

Mother always said, “Eat your vegetables.” The problem is that too many of us still aren’t listening to her.

According to the Centers for Disease Control and Prevention, only 26 percent of U.S. adults eat three or more servings of vegetables each day, although current recommendations call for four to five servings.

The benefits are significant:
Eating the right kind of vegetables in the appropriate quantities can cut one’s risk of diabetes, heart disease, kidney failure and other serious illnesses.

What kinds of vegetables should you be eating? Well, all kinds, but here is what you’re getting:

• Fiber. Beans and other high-fiber vegetables fill the stomach, reducing your cravings for more food while reducing cholesterol levels and improving digestion and regularity.

• Potassium. Tomatoes, sweet potatoes, spinach and winter squash improve blood pressure. They may also reduce the risk of kidney stones and bone loss.

• Vitamin A. Carrots, pumpkin, kale, collard greens and other veggies enhance the health of eyes and skin. Beta-carotene and other carotenoids cut one’s risk of macular degeneration, cataracts, coronary artery disease and stomach cancer.

• Folates. Asparagus, black-eyed peas, spinach and other folic acid consumed during pregnancy help prevent birth defects, especially to the spinal cord and help the body form red blood cells.

DANGER IN YOUR LAP

The computer age has already spawned a number of ergonomic illnesses. The latest? “Toasted skin syndrome,” which doctors say is caused by laptop computers resting too long on a user’s legs.

As reported on the CBS News website, a 12-year-old boy and a law student have both played computer games every day for months and developed a rash on their legs following a history of extended laptop use. The boy has had his computer on her lap, which led to a mottled discoloration on her leg. The temperature on the bottom of her computer was measured at 125 degrees. Medical journals have recorded 10 causes of laptop-related injuries over the past six years.

Although the injuries appear to be harmless, experts warn that such exposure could conceivably lead to the development of skin cancers.

DON’T GET SAD THIS WINTER

The skies turn gray, days are shorter, cold weather sends us indoors – for most people, the winter months are a long slog, but a manageable one.

For some people, though, it’s a different story. Seasonal Affective Disorder (SAD), a form of depression that typically begins in the fall and lasts until spring, may affect up to five percent of American adults.

Though many of us suffer some form of “winter blues,” the symptoms of SAD are deeper and more serious. They include:

• Depression, including feelings of sadness, anxiety or irritability.

• Fatigue and a need to sleep more than usual.

• Weight gain.

• Increased appetite, particularly for carbohydrates like pasta and bread.

• Loss of interest in familiar activities, including sex.

• Difficulty with concentration and processing information.

Because SAD is associated with diminished sunlight during the fall and winter, therapy includes treatment with bright light. Patients sit in front of a light-emitting box for a half-hour or so, usually in the morning. Antidepressants and counseling are also used to help sufferers control their symptoms.

For more information, see Dr. Norman Rosenthal’s book Winter Blues (Guilford Press), which is recognized as the definitive work on the subject.

CRYPTO-QUOTE

U V O U J L S S L # V W U J Q, G S Z V N X S

U W J F T E F T D F I N Y S O P X S Y A

-M U S D I F V I S D U J F
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.

CHECK 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.

Beauty & Barber Shop
Tue thru Fri
8:30 a.m. to 3 p.m.
Call 302-854-2881 for 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

Bridgeville! Greenwood! Harrington!
Looking for a place to have your next club or business meeting, party, wedding reception, etc.?
Call CHEER, 302-856-5187.
Catering is also available.

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.

Delaware Lifespan Respite Care Network

DO YOU NEED A BREAK?
SUPPORT FOR CAREGIVERS IS AVAILABLE

INFORMATION & REFERRAL
Assistance in finding providers of respite care

FINANCIAL ASSISTANCE
Help in funding care for families currently not eligible for assistance through other programs

888-610-5572 or 302-479-1690
www.delrespite.org

Services provided through the Delaware Lifespan Respite Care Network
Hungry Yet?

Did you know that:

- More than 70 percent of all bagel shops in the United States are found in New York, New Jersey, Florida and California.
- With more than 105 million pounds in 1997, Georgia is the world’s top pecan producer; Texas came in second with 90 million pounds.
- The “Cereal Bowl of America” is in Battle Creek, where the most cereal in the United States is produced.
- A 1991 Gallup survey indicated that 49 percent of Americans didn’t know that white bread is made from wheat.
- Nabisco uses more than 37 million pounds of chocolate a year to make Chips Ahoy! Cookies. Every kid in America could have a solid 8-ounce chocolate bunny for that amount of chocolate.
- The average American’s diet today consists of 55 percent junk food.
Celebrating the holidays is always a fun occasion and this year was no different. From luncheons and parties at the CHEER Activity Centers to parades and dinners in towns and communities all around Sussex County, everyone got into the spirit of the holiday and just had one great time.
Around CHEER
Protect. Prevent. Prevail this Flu season.

Protect yourself from the flu by getting your flu vaccination early, before flu season ramps up. Medicare covers many preventive services including the flu vaccine.

Medicare clients can:
- Get the flu vaccine at no cost.
- There is no coinsurance or copayment applied to this Medicare benefit, and people on Medicare will not have to meet their deductible.
- The flu vaccine can prevent the flu; it does not give people the flu. Getting a flu vaccine is the best thing you can do to keep you from getting sick this flu season. This year, one flu vaccine will protect you from three different types of flu virus, including the 2009 H1N1 virus that caused much illness last season. Additionally, by protecting yourself, you are also protecting those you care about from getting the flu from you.
- All adults age 65 years and older, and people who are under 65 who have chronic illness, including heart disease, lung disease, diabetes or end-stage renal disease should get a flu vaccine.

Helpful tips to follow during flu season:
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

Stay home if you are sick until at least 24 hours after you no longer have a fever (100°Fahrenheit or 37.8°Celsius) or signs of a fever without the use of a fever-reducing medicine.


Original Medicare

The Original Medicare Plan is a fee-for-service plan managed by the Federal Government. In general, with the Original Medicare Plan:
- You use your red, white, and blue Medicare card when you get health care.
- You can go to any doctor or supplier that accepts Medicare and is accepting new Medicare patients, or to any hospital or other facility.
- You pay a set amount for your health care (a deductible) before Medicare pays its part. Then, Medicare pays its share, and you pay your share (your coinsurance or copayment) for covered services and supplies (unless you have a Medigap policy or other supplemental insurance that may pay for these costs.)
- You may have a Medigap policy or other supplemental coverage that may pay deductibles, coinsurance, or other costs that aren’t covered by the Original Medicare Plan.

Some Delmarva Power customers may have difficulty paying their monthly energy bills this holiday season because of the sluggish economy. To help those less-fortunate customers, Delmarva Power offers a Gift of Energy program.

Gift of Energy payments can be made in person, by check or credit card, at one of the company’s participating Delaware Walk-In offices. Additionally, the company offers a mail-in payment option on fliers it is distributing to social service agencies and community-based shelters located throughout its service territory. The program, which is available to both Maryland and Delaware customers, runs through January 15, 2011.

The program works like this:
- Visit a Delmarva Power Walk-In Office in Delaware;
- Provide customer service with the name and address of the person for whom you’re buying the Gift of Energy;
- Make a payment on that person’s account; and
- Receive a FREE holiday greeting card to give to that special someone, compliments of Delmarva Power.

To buy a gift of energy you can simply go to one of the Delmarva Power Walk-In offices. The location and hours of participating Delmarva Power Walk-In offices are:

- Wilmington Walk-In Office 630 Martin Luther King Blvd. Mon. - Fri., 10 a.m. to 6 p.m.
- New Castle Regional Walk-In Office I-95 at Route 273 in Newark Mon. - Fri., 10 a.m. to 6 p.m.
- Millsboro Walk-In Office 700 E. DuPont Highway, Millsboro Mon. - Fri., 9:30 a.m. to 6 p.m.

If you do not pay your energy bill on time, Delmarva Power may disconnect your service; however, the company offers a Gift of Energy program.

The world is a dangerous place. Not because of the people who are evil; but because of the people who don’t do anything about it.

- Albert Einstein
This story has been around for a while passed on by many people as a feel-good tale. It would be nice if we could use this as a sign of our times. Maybe; just maybe one day.

If you read a recent front page story of the San Francisco Chronicle, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines. She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso and a line tugging in her mouth.

A fisherman spotted her just east of the Farallon Islands (outside the Golden Gate) and radioed an environmental group for help. Within a few hours, the rescue team arrived and determined that she was so bad off, the only way to save her was to dive in and untangle her. They worked for hours with curved knives and eventually freed her.

When she was free, the divers say she swam in what seemed like joyous circles. She then came back to each and every diver, one at a time, and nudged them, pushed them gently around as she was thanking them.

Some said it was the most incredibly beautiful experience of their lives. The guy who cut the rope out of her mouth said her eyes were following him the whole time, and he will never be the same.

May you, and all those you love, be so blessed and fortunate to be surrounded by people who will help you get untangled from the things that are binding you. And, may you always know the joy of giving and receiving.

This is passed on to you in the same spirit.

Wishing you a very Happy and Prosperous New Year! CHEER, Inc.

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Make a Joyful Noise on through the impact we have made of the lives of others.

CHEER and other private non-profit service organizations throughout our county and our nation struggle each day to make that all important difference in the lives of our fellow citizens. Maybe it’s a hot meal for someone who hasn’t eaten that day. Perhaps it’s a warm blanket to pull over a shivering body on a cold winter night. Maybe it’s just a kind word to someone who hasn’t had a kind word in a while. Make a joyful noise in the life of someone less fortunate. Each one of us can make a difference.

At the national level, a compromise on tax rates has been brokered and the Senate is frantically trying to pass legislation in the final week of its lame duck session. Across the nation we are hearing of financial troubles for many states and local governments. Here in Delaware, there are questions about government spending. Yet throughout it all, CHEER and other community based private non-profit service organizations quietly go about the business of serving people. Each year in Sussex County, we see more and more the needs of senior citizens reflected in their faces. Federal, state and local governments continue to look to the private non-profit sector to serve some of society’s most vulnerable citizens.

This while they go through the process of trying to live within their fiscal means.

But what happens to those citizens in need and the organizations that try to serve them. At the time of greatest need, government funds and private donations are dwindling. At a time when the benefits and cost effectiveness of the private non-profit sector are needed more than ever to supplement and replace certain governments programs and services, resources are shrinking.

As you contemplate the start of this New Year, resolve to help make a difference in the lives of others. Keep yourself informed of public policy and spending that affects your community. Get involved in the decision making processes that shape the lives of those important to you. Volunteer your time and talents for your fellow man. Make 2012 a year to let your voice is heard in the hearts of our leaders and the lives of our communities. Make a joyful noise.

Happy New Year to all!
**Hold Your Marriage on the Right Course**

Comedian Henny Youngman once said, “The secret of a happy marriage remains a secret.”

Being cynical about marriage is part of a comedian’s job, or course. For the rest of us, the secret isn’t all that elusive. Here’s some common-sense advice for living happily ever after:

- **Commit to the long haul.** Don’t commit to a long-term relationship unless you’re ready to work for it.
- **Be realistic.** All relationships have ups and downs. Expect good days and bad days, not endless bliss.
- **Respect your partner.** You won’t always agree on everything and some days you may be angry with each other. Just keep things civilized so you don’t make things worse.
- **Communicate.** Don’t cut your partner off with the “stonewall” approach. Listen to what your spouse needs to say. Express your own needs – your husband/wife can’t read your mind.
- **Shut up sometimes.** Know when to end an argument. Even if you’re right, winning may not be worth it.
- **Discuss finances openly.** Money problems are one of the most common causes of marital woes. Decide how you’ll handle money early on – who’s responsible for paying bills, how much savings to hold in reserve, etc. – to prevent surprises and disagreements later.
- **Go out on dates.** Just because you’re married doesn’t mean the romance is over. Make time for each other so you keep that feeling of connection that makes your relationship vital.

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**Greenwood CHEER Activity Center**

**FITNESS CENTER**

Open

To Members 50+ years of age

All New Equipment Including Treadmills, Recumbent Bikes, Elliptical Machines and Multi-Station Gym

Hours are Monday-Friday

8:30 a.m.-4:00 p.m.

Call Susan for more information or to join, 349-5237

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**Cryptic Crossword**

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**Last Month’s Puzzle Answers**

Solutions to last month’s puzzles.

**Crypto-Quotes**

(Page 7)

MODERATION IS A FATAL THING. NOTHING SUCCEEDS LIKE EXCESS.

OSCAR WILDE

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**Mind Game Solution**

BLO C USE = See Through Blouse

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**SPE P L _________ SS O J W KS
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Senator Carper to Host Information Forum on New Medicare Benefits

Senator Tom Carper will host an information forum on the new Medicare benefits available to Delaware seniors as a result of the Affordable Care Act on Tue., Jan. 4, 2011 at the CHEER Community Center, 20520 Sand Hill Road in Georgetown. The time is 1 to 2:30 p.m.

Delaware seniors and caregivers will have the opportunity to hear a panel of health care experts discuss what the new Affordable Care Act’s Medicare provisions mean for Delaware’s seniors. Individuals will have the opportunity to pose questions to Sen. Carper and the panel’s experts at the conclusion of the event.

Sen. Carper will be joined by Secretary of Delaware Health and Social Services Rita Landgraf, Centers for Medicare and Medicaid Services Regional Administrator Nancy O’Connor and AARP Delaware Director Brian Posey.

Thanks to the Affordable Care Act, all 140,000 Medicare enrollees in Delaware will now be eligible to receive preventive services, like mammograms and cognitive screenings, to test for health conditions like Alzheimer’s disease, heart disease, and diabetes and an annual wellness visit without copayments, coinsurance, or deductibles.

Seniors who are in the doughnut hole will get a 50 percent discount on brand-name drugs and a seven percent discount on generic drugs. Every year after that, the discount will increase until the doughnut hole is closed for Medicare participants in 2020.

FAST FACTS:

The shoestring was invented in England in 1790. Until then, shoes were fastened with buckles.

The inventor of the shoestring must have been a hard worker; otherwise he would have invented the loafer.

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 us 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.

Reusing 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.

*Please pass on this flyer to your employer, family and friends or anyone that can help.

A Pun In Time

If an Egyptian has a car with a bad horn, would it make a toot uncommon?
Diabetes Self-Management Workshops

Location: Roxana CHEER — Pyle State Service Center 732-3662
Date: Wed., February 9, 2011 at 9:30 — 12:00
Contact: Cindy Mitchell 302-856-5187

Plan to attend this FREE 6-Week class
“A program designed for people living with type 2 diabetes” Learn how to:

- Deal with fatigue, pain, stress and emotions.
- Appropriately use medications
- Eat healthy
- Work more appropriately with health care providers
- Handle low and high blood sugars
- Improve strength and endurance

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their diabetes self-management program

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.delawareseniorolympics.org.

Money Matters

Food Prices Are Always on the Rise

Prices seem to be the one exception to the law of gravity—they go up, but they never come down (or so it would seem).

Inflation is the culprit, of course, but that doesn’t make most people feel much better when comparing prices from years gone by. Here’s a look at how some basic items have risen in price over the past 100 years or so:

- In 1907, a “large size” box of Kellogg’s corn flakes cost 10 cents; in 2008, a 12-oz. box cost $2.99.
- In 1908, a 9/16 oz. Hershey bar cost 2 cents; in 1986, 1.65 oz. bar cost 40 cents.
- In 1922, a 16 oz. package of Oreos cookies cost 32 cents; in 2008, an 18 oz. package cost $4.29.

How to Choose the Right Charity

You don’t have to be rich to be a philanthropist. Most of the money will also find its way to individuals in the United States comes from people with income under $60,000. You should be discerning, though, when you give to charitable organizations. Ask these questions before you write your check:

- Do their actions match your principles? Giving away a lot of money doesn’t automatically mean an organization is making a real impact. Explore where their money goes and how that matches up to what they say they stand for – and what you want to support. 
- Is the organization original and imaginative? Look for ideas and strategies that make you say, “Wow!” – or make you laugh appreciatively. Creativity is a good indication that you’ve found an organization worthy of your support.
- Does the organization back an unpopular cause? If an organization is working for a cause that many people disagree with, it probably needs you support more than others. Look for organizations that work for what you believe in, especially if that truth is unpopular.
- Do they take the long view? Find organizations that take a strategic view of what they want to accomplish in the future, not just how they hope to solve today’s problems.
- Do they keep a low profile? Smaller organizations are good to fund, because they’re less likely to be influenced by other donors who give big money.

Follow the Rules to keep Your Spending in Line

The typical middle-class American’s expenses break down this way:

- Housing 30 percent
- Transportation 20 percent
- Food 15 percent
- Retirement 10 percent
- Utilities 8 percent
- Health Care 7 percent
- Everything else 10 percent

One way to cut your expenses is to adopt what writer Amelia Timbers calls the 500 percent rule. On TheFrisky.com website, Timbers explains that she tries not to pay for anything that costs 500 percent more than she could make on her own.

Using the example of an egg sandwich, Timbers estimates that she might spend about $1.40 on the ingredients (e.g., bagel, cheese, bacon, etc.). Thus, she won’t pay $7 on a similar sandwich at a café or restaurant.

Similarly, if you know you can get a shirt for $30 at one store, don’t pay $150 for the same shirt at a high-level retailer. After a while, you’ll be able to run the calculations quickly in your head and you’ll make better buying decisions as a result.

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/seasonsite.asp?SectionID=68&DocumentID=3338).

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.
It’s Winter Time Again in Sussex County

**January Birthdays**

<table>
<thead>
<tr>
<th>Across</th>
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<td>1 Green seedless plant</td>
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<td>30 Short drama</td>
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<td>31 Buddy</td>
<td>107 Publicity</td>
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<td>32 Attention-Deficit Hyperactive Disorder (abbr.)</td>
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<td>35 McDonald’s “Big __”</td>
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<td>38 Drag</td>
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<td>41 Neither’s partner</td>
<td>5 Skier’s need</td>
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<td>42 Truce</td>
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<td>44 Teaspoon (abbr.)</td>
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<td>8 Slanted letters</td>
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<td>9 Impressionist painter</td>
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<td>48 Won</td>
<td>10 Golf stroke</td>
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<td>49 Was looked at</td>
<td>11 Estimated time of arrival</td>
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<td>12 Body movers</td>
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<td>52 Chinese flavoring</td>
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<td>72 Soda</td>
<td>25 Gliding on snow using runners</td>
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<td>73 Maggot</td>
<td>26 Worshiper</td>
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<td>75 Christmas</td>
<td>27 Anxiety</td>
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<td>76 Wing</td>
<td>29 Robbing tool</td>
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<td>79 Draw</td>
<td>33 H.S. dance</td>
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<td>82 Bench</td>
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DSO Sports News

By Marion Lisehora, mlisehora@mchsi.com

A National Senior Games Registration Forms have been received by all qualifying athletes to compete in Houston, Texas in June. Registration deadline is Feb. 15.

Celebrate Senior Health Day! Dr. A. Markell, Governor, and Matthew Denn, Lieutenant Governor, declared Nov. 29, 2010 Senior Health Day. DSO Board Members attended the signing of the proclamation as advocates who promote senior health and wellness and encourage Delaware senior citizens to become advocates for themselves and others. Regular, moderate exercise contributes to improvements in strength, cardiovascular condition, flexibility, strength, and body composition. To find out more about Delaware Senior Olympics visit http://www.delawareseniorolympics.org.

A Men’s Volleyball Tournament with nine senior teams participating was held at A.I. duPont High School on Dec. 5. In the 45-60+ division Eric Pavel’s Spike Force Blue had the best overall record winning 11 of 12 sets. Bruce Cook’s Outsiders came in second winning nine of 12 sets. In the 60-75+ division Jeff Nye’s Motors was undefeated, while second place went to Denny Moore’s MAC 70s. Similar tournaments are planned for the first Sundays in Feb. and April, leading up to national tournaments in May and June. Contact DSO Men’s Volleyball Coordinator, Phil Klabunde, for more information.

DSO Senior Group Challenge Plaques were presented at the DSO Annual Dinner at the Modern Maturity Center in Dover on Nov. 14. The winner of the Senior Group Challenge for the fourth consecutive year was the Pelican Cove CHEER Center on Long Neck Road. Seventy-four members combined to walk, run, swim and bike close to 48,000 miles – twice around the world! The top teams were: Pelican Cove Runner-up team Petra Gisler’s Delaware Easy Striders Hiking and Sports Club. DSO Board Member and Senior Group Challenge Chairperson, Peggy Olivero, presented Pelican Cove team leader, Jeanette Partilla, with a plaque recognizing the team’s Challenge winners. All of the Long Neck team members will be honored again at a dinner in the spring. Pete Gisler was awarded a plaque for Outstanding Effort in growing Walk Delaware. All together the seniors in the Walk Delaware statewide program walked 77,547 miles this year! Thousands of Senior Delawareans have signed up for Walk Delaware. Its challenge is to walk a distance equal to the combined length and width of Delaware which is 131 miles in one year’s time. Men and women can register for Walk Delaware by calling the DSO Office toll-free at 1-888-881-6128. Pins are awarded to those who complete the distance.

A New Volleyball Class for women 45-75+ will start Tues., Jan. 4 and continue on Tue. nights through May, 2011 at Georgetown Middle School from 7–9 p.m. This class will play games for fun, but will also play by USA Volleyball rules, with correct ball handling skills. Team members using three hits will be taught. The Indian River School District Community Education brochure is posted online. To register for this class, visit http://www.irsd-adulted.com or call 302-436-1010 to have a printed brochure mailed to you. Brochures were not mailed to every household in the state. Call CHEER Marketing Office toll-free at 1-888-881-6128 for more information.

YMCA volleyball registration will be open during the month of Feb. for the Y’s spring leagues. These are open leagues for all adults, with many seniors participating. The co-ed league will play on Mon. nights and the women’s league will play on Wed. nights. For more information contact James Botti at 302-296-9622.

The Senior Women’s Softball League will get underway again in April at Sports At The Beach in Georgetown. Currently there are five teams in the league. New teams are welcome. For more information call Marion Lisehora at 302-934-9512 or by phone at 302-909-7690.

For Your Own Safety

Drive Safely This Winter

The safest place during a snowstorm or freezing rain may be your home, but sometimes you can’t avoid driving in lousy weather. Stay safe on the road with these tips:

• Keep your car in good condition. Regular maintenance and tune-ups will improve your car’s performance in the winter. Make sure your tires are fully inflated – tire pressure tends to decrease in cold weather.

• Clear all snow from your vehicle. Be sure all your windows are clear before you start driving and that your wiper blades are cleaning properly. Get all the snow off your car, including your hood, roof and trunk.

• Test the vehicle’s performance as you head out. Start out slowly so you can check your wipers, steering and brakes.

• Accelerate and decelerate with care. Hitting the gas or stomping on the brake can increase your car’s tendency to skid.

• Don’t use cruise control. You might hit an unexpected icy patch while your foot is away from the pedals.

• Watch out for bridges and exit ramps. Bridges and overpasses freeze more quickly and defrost more slowly than surface roads. Exit ramps may receive less anti-icing treatment.

• Keep a safe distance. Give yourself more room than usual to stop or swerve if the vehicle in front of you encounters an unexpected problem.

Secure your valuables. Before going to the airport, put precious jewelry or important documents in your bank deposit box or some other location that’s secure from burglars, fire and other misfortunes.

Ditch your hidden key. That spare key you keep “hidden” in a flower pot? Take it inside.

While you’re away, would-be thieves will have more time than usual to search for access to your house. Don’t make it easy for them. Lock it up. Don’t forget to lock the front door (of course) but at the same time make sure your back door, windows, attic and any other possible entry points are secure against intruders. Close your blinds so passers-by can’t see that no one’s home. Most burglars don’t want to work very hard to break into a house, so everything you can do to slow them down will help.

Facebook friends and Twitter followers don’t have to know that your house is vacant. Let a few neighbors and family members know where you will be, but otherwise keep your whereabouts private.

Give you house that lived-in look. As a corollary to point No. 1, take steps to give your home the impression that people are inside. Use timers to turn lights on and off in the evenings and set up motion detectors to switch on exterior lights when people walk near. Stop your newspaper; ask a neighbor to pick up any fliers or stray mail that might indicate that the house is empty.

Keep Your Home Safe While Away

You shouldn’t have to worry about coming home to a crime scene when you take a vacation. Here are some simple precautions you can take to ensure that your home stays secure while you are away:

• Don’t broadcast your absence. Resist the temptation to tell the world you’ll be gone for two weeks. Your 500+...
Coastal Leisure Center
30637 Cedar Neck Rd. • Ocean View, DE 19970
Director, Cristina Tunnell, 539-2671

Every Thursday- Sewing class. Dominos/canasta and line dancing.
Every Friday- Bethany Water Color Painting, Crocheting, Scrabble Wii® bowling.
Jan. 6- Trip to Dover.
Jan. 7- Ocean Beach Bunnies meeting.
Jan. 13- Trip to Seaford.
Jan. 14- Trip to Booth’s Corner.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 18- “Protein” presented by Ruth Thomas, CHEER Dietitian. Membership meeting.
Jan. 20- Trip to A.C. Moore for scrap booking materials.
Jan. 27- Trip to Rehoboth Beach.

Jan. 28- Membership meeting 12:45 p.m.
Jan. 27- Winter Nights Dinner with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 19- “Protein” presented by Ruth Thomas, CHEER Dietitian 12:30 p.m.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 21- Laurel Senior Center visiting.
Jan. 24- Trip to Byler’s Market in Dover.
Jan. 26- Computer training.
Jan. 28- Teen Challenge and Manor House in the morning.

Georgetown CHEER Center
546 S. Bedford St., Ext. • Georgetown, DE 19947
Director, Hannah Wagamon, 856-5187

Jan. 3- Chat and snack 9 a.m.
Jan. 4- “Protein” presented by Ruth Thomas, CHEER Dietitian 12:30 p.m.
Jan. 5- Trip to Rehoboth Beach Outlets and Accents 1 p.m.
Jan. 6- Red Hat Luncheon at the Brick Hotel in Georgetown.
Jan. 7- All-day shopping trip to Dover 10 a.m.
Jan. 11- FREE blood pressure screening 9:30 a.m.
Jan. 12- Shopping at Harris Teeter with a trip to Dairy Queen 12:30 p.m. Dinner night with prize bingo.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 18- Rehoboth Art League painting class 9:30 a.m.
Jan. 21- Trip to Community Center Thrift Shop 10 a.m.
Jan. 25- Puppet show and dinner 4:30 to 7 p.m.
Jan. 26- Greenwood Activity Center visiting for a Wii™ bowling tournament.
Jan. 28- Trip to Byler’s Market in Dover 10 a.m.

Jan. 10- “Proteins” presented by Ruth Thomas, CHEER Dietitian 10:30 a.m.
Jan. 15- Birthday party for January 12:30 p.m.
Jan. 25- January birthday party with ice cream and cake.
Jan. 27- “Beat The Winter Blues.” party with entertainment, games, food and fun 10 a.m. Free blood pressure screening 10:30 a.m.

Jan. 3- “The History of Chocolate Covered Cherries” 12:30 p.m.
Jan. 4- Board meeting and covered dish dinner 5 p.m.
Jan. 5- “Protein” presented by Ruth Thomas, CHEER Dietitian 12:30 p.m.
Jan. 6- All-day celebration of “Elvis” for Elvis Presley Day.
Jan. 11- Pizza luncheon 11:30 a.m.
Jan. 13- Slots at Harrington Casino 9:30 a.m.
Jan. 14- Canned food bingo 12:30 p.m.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 18- FREE blood pressure screening 9:30 a.m.
Jan. 20- Birthday party for January 12:30 p.m.
Jan. 23- Visiting Bridgeville Senior Center and shopping in Seaford.
Jan. 24- AARP Defensive Driver Refresher Course 9 a.m.
Jan. 26- Breakfast at the Dutch Inn Restaurant 9:30 a.m.
Jan. 7- Shopping at Harris Teeter 12:30 p.m.
Jan. 6- T.O.P.S. meeting 8:30 a.m.
Jan. 3- Weight Watchers weigh-in and meeting 10:30 a.m.
Jan. 6- T.O.P.S. meeting 8:30 a.m.
Jan. 7- Trip to Byler’s Market in Dover 9:30 a.m.
Jan. 8- New Year’s Celebration with food, entertainment ER Dietitian 10:30 a.m.
Jan. 13- Trip to Ollie’s in Dover 9:30 a.m.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 21- Trip to KMart in Rehoboth Beach 9:30 a.m.
Jan. 25- January birthday party with ice cream and cake.
Jan. 27- “Beat The Winter Blues.” party with entertainment, games, food and fun 10 a.m.
Jan. 10- Trip to the Dover Mall 9:30 a.m. Make your gift returns.
Jan. 11- Breakfast for the Brain 10:30 a.m.
Jan. 15- Saturday morning All You Can Eat Pancake Breakfast 9 a.m.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 19- Trip to Milford Walmart and Nemours 10 a.m.
Jan. 20- Trip to Georgetown Thrift Store 10 a.m. Membership evening dinner. Menu will be announced 5 to 7 p.m.
Jan. 21- “Beat The Winter Blues” party with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 28- All-day prize bingo.

Greenwood CHEER Center
41 Schulze Rd. • Greenwood, DE 19950
Director, Susan Welch, 349-5237

Daily- Coffee & Chat 9:30 a.m. Open Wii® bowling 2 p.m.
Every Wednesday- Wii® Bowling 9:30 a.m.
Every Thursday- Bowling 10 a.m. Grocery shopping 12:45 p.m.
Jan. 3- FREE blood pressure screening 10 a.m.
Jan. 5- Visiting Milford Senior Center for Wii™ bowling.
Jan. 7- Trip to the CHEER Thrift Store 12:45 p.m.
Jan. 11- Hot Tea Social 12:45 p.m.
Jan. 13- Winter Dinner Club 5 to 7 p.m.
Jan. 14- “Protein” presented by Ruth Thomas, CHEER Dietitian 10:30 a.m.
Jan. 17- Center closed for Martin Luther King Day.
Jan. 18- “Beat The Winter Blues” party with entertainment and prize bingo.
Jan. 20- “Brown Bag” program at the CHEER Community Center with Walmart Pharmacy 9:45 a.m.
Jan. 21- Answer Your Cat’s Questions Day 12:45 p.m.
Jan. 25- Celebrating National Puzzle Day 12:45 p.m.
Jan. 26- Visiting Georgetown Activity Center for Wii™ bowling.
Jan. 27- Winter Nights Dinner with entertainment provided by Tony Windsor 5 to 7 p.m.
Jan. 28- Membership meeting 12:45 p.m.

Jan. 28- All-day prize bingo.
Jan. 27- “Beat The Winter Blues” party with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 25- January birthday party with ice cream and cake.
Jan. 27- “Beat The Winter Blues” party with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 10- “Proteins” presented by Ruth Thomas, CHEER Dietitian 10:30 a.m.
Jan. 15- Birthday party for January 12:30 p.m.
Jan. 23- Visiting Bridgeville Senior Center and shopping in Seaford.
Jan. 24- AARP Defensive Driver Refresher Course 9 a.m.
Jan. 26- Breakfast at the Dutch Inn Restaurant 9:30 a.m.

Jan. 28- All-day prize bingo.
Jan. 27- “Beat The Winter Blues” party with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 25- January birthday party with ice cream and cake.
Jan. 27- “Beat The Winter Blues” party with entertainment provided by Cathy Gorman 12:30 p.m.
Jan. 10- “Proteins” presented by Ruth Thomas, CHEER Dietitian 10:30 a.m.
Jan. 15- Birthday party for January 12:30 p.m.
Jan. 23- Visiting Bridgeville Senior Center and shopping in Seaford.
Jan. 24- AARP Defensive Driver Refresher Course 9 a.m.
Jan. 26- Breakfast at the Dutch Inn Restaurant 9:30 a.m.
Celebrate Senior Health Day: DSO Board Members attended the signing of the proclamation for Celebrate Senior Health Day. Seated from left: Marion Lisheora, Lt. Gov. Denn, Paul Gatti - President, Anita Angeny – Secretary. Standing from left: Peggy Olivero, Carolyn Gatti, Barbara Dunn, Robyn Kirby - Vice President, Phil Klabunde - Treasurer, Dee Carroll, Tyrone Jones - AstraZeneca.

Volleyball Passing Drill: Teal Richards of Ocean View, Diane Milam of Georgetown and Judy Stevenson of Georgetown practice passes at a recent Tuesday night class.

Bumping Practice: Judy Stevenson of Georgetown practices her forearm pass (bump) at a recent Tuesday night class.

Delaware House Republicans Select New Leaders

New State House Minority Leader Greg Lavelle (left) and Minority Whip Gerald Hocker say House Republicans will continue to advocate for smaller state government and reduced spending and debt.

Republicans in the Delaware House of Representatives have selected new leadership for the 146th General Assembly.

The House Minority Caucus chose State Rep. Greg Lavelle (R-Sharpyley) to be its Minority Leader. Rep. Lavelle is a 10-year House veteran representing constituents in a portion of northern New Castle County.

State Rep. Gerald Hocker (R-Ocean View) was chosen by his colleagues to be the new Minority Whip. Rep. Hocker, a noted Sussex County entrepreneur and business owner, was first elected to office in 2002 representing southeast Sussex County.

This is the first time either legislator has served in a leadership role.

The selections by the 15-member House Minority Caucus were made tonight (12/7) at a meeting in Legislative Hall – the first time the group has gathered since the General Election.

The House Minority Caucus lost two seats in the fall races, giving House Democrats a super-majority of 26 members.

The new Minority Leader and Minority Whip represent districts at opposite ends of the state, but they say they’re united in their vision of the role their caucus will play in the two-year General Assembly session. Reps. Lavelle and Hocker cited fiscal issues and private sector job creation as the most pressing items for the upcoming legislative session.

“The top concerns I’m hearing from my constituents are the need for more jobs, while reducing the size of state government,” Rep. Hocker said. “They think the government is growing completely out of control.”

Rep. Lavelle says even though they’re in the minority, House Republicans will continue to advocate for smaller government and reduced state spending. “We spend a ton of money in the State of Delaware on a per capita basis – we’re in the top five [states] in the country – and that’s not something that can continue.”

Rep. Lavelle added that House Republicans’ support for state and local government reforms would continue and that his caucus, while ready to work with Democrats, will not shy away from presenting a different perspective. “We will continue to be a loyal opposition, a principled opposition and a cooperative partner – all combined,” he said.

The General Assembly begins its legislative work on January 11th.