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ON THE COVER

The Joys of Senior Day Care



Sand Hill Adult Day Program attendee Mike O'Donnell of Millsboro enjoys the beautiful fall weather during a day trip to the Milton Town Park. For more information about adult day programs, see page 5. (Photo by Dawn Tomeski)

**FOR MORE INFORMATION ON CHEER, INC.,
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CHEERful Living

This magazine is published quarterly by the Delaware State News in partnership with CHEER.

To support healthy and active lifestyles for seniors in Sussex County.

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The CEO's Perspective...



By Kenneth Bock

CHEER Chief Executive Officer

The holiday season is upon us. For many, it is a time to count blessings and give thanks. We get to enjoy family, friends and often too much good food. For CHEER, this past year marked some important milestones; blessings that were only possible because of all the members of the CHEER family, our many friends and too much good food.

I am grateful to all of those who helped make 2019 a truly great year for CHEER and that includes our dedicated Board of Directors, staff, many volunteers, supporters of CHEER and, most especially, the seniors we have the privilege of serving. They are our reason for being, and getting to know so many of them is what helps to make this so much more than just a job for me. I know that this is the same feeling so many of our staff, volunteers and CHEER members get when they are able to help put a smile on the face of one of the thousands of people whose lives we touch each year. It's not what's in anybody's job description; it's what's in your heart. I know

A Time For Reflection; A Time To Give Thanks

if the members of the CHEER team just did what is in their job description, CHEER would not be CHEER, and so many of the good people we serve would not have that little extra CHEER in their lives.

As each of us reflects on the year now ending, I ask that you each take a few minutes from the celebrations of the season to remember and think about those who may have a little less to enjoy. There are far too many senior citizens in communities throughout Sussex County that may not have anyone to wish them a happy holiday. Friends may no longer be with them and family may have long since moved to places far away. For too many, the idea of a holiday meal with all the trimmings is only something to be wished for and reality is that many will not have enough to eat this holiday season. Gifts, cards and well wishes can be too much to expect for some Sussex County seniors who would spend their holidays wrapped up in a blanket, sitting alone in front of an old TV—just one more day.

That is not the holiday we should want for anyone and that is not the holiday we should settle for any senior citizen in any of our communities.

I am fond of saying that everyone could use a little more CHEER in their lives and that has never been truer than when it's time for holiday CHEER. Everyone reading this article can make a difference. Everyone can take a few extra minutes and a few extra dollars out of our busy holiday season to remember what is important, to truly give thanks and really let it show.

If you haven't been in your local CHEER center for a while, now is a good time to check us out in person or on line. If it's been a while since you shared something of yourself or felt like you have made a real difference in the life of someone in your community, maybe even someone you don't even know, what better time than right now. Let your year-end reflections include the knowledge that you gave something to someone less fortunate in your community and that your efforts put a smile on someone's face and made a difference in their lives.

This holiday season please volunteer with CHEER to make that difference. Remember, everyone really can use a little more CHEER in their lives; even you. Happy Holidays.

CHEER, Inc. STAFF

Kenneth Bock,
Chief Executive Officer

Beckett Wheatley,
Chief Operating Officer

Joyce Westen,
Chief Administrative Officer

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MISSION STATEMENT

**CHEER's mission is
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the highest quality of life
and independence by
developing and providing
services that meet the
continuing needs of senior
citizens 50 and over."**

**546 South Bedford St.
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Adult Day Centers Provide Quality of Life for Your Loved One

Tips to Choose a Center

By Carolyn O'Neal

Community Relations

Adult day centers provide a planned program that includes a variety of health, social and support services in a protective setting during day-time hours. It seems more advantageous for individuals to begin attending an adult day center while they can fully enjoy the activities and company of others. As their abilities and needs change, they are then familiar with the setting and feel comfortable and cared for.

The National Adult Day Services Association suggests that use of an adult day center begin when a prospective enrollee needs supervision and:

- Can no longer structure his or her own daily activities;
- Finds it difficult to initiate and focus on an activity (e.g. reading, conversation, watching television);
- Is isolated and lonely or desires peer interaction;
- Cannot be safely left alone;
- Lives with someone who works and is away from the home most of the day;
- Is anxious or depressed and needs social and emotional support;
- Feels uncertain and anxious when left alone; or
- Requires attention that leads to the caregiver's anxiety, frustration, compromised health and/or depression.

Here are some suggestions for choosing the right adult day center for you or your loved one:



Sand Hill Adult Day Program attendees Tom Hansen, Ricky Mansfield and Bill Palmer enjoy a field trip to the 911 Center and explore the State Police helicopter.

Determine your needs – What specific services are important to the person using the center (safety, social activities, assistance, therapies)?

Locate an adult day center – contact the Delaware Division of Aging for area centers or ask at a local senior center.

Make an appointment to visit the center.

Know what to ask – Years of operation, licensure, certification, days and hours of operation, transportation? What assistance is provided? What

activities are provided? Are meals and/or snacks provided? How are families involved? At what point is a person no longer eligible at the center? Staff/participant ratio? Training of staff/volunteers? What is the fee? Is financial assistance available?

After site visit checklist – Did you feel welcome? Were the center services and activities properly explained? Did you witness appropriate and meaningful activities in process? Was the facility easily accessible, clean, odorless

and pleasant to visit? Were you provided information regarding staffing, programming and costs? Is the building and site wheelchair accessible and secure? Is the furniture sturdy and comfortable? Is there a quiet place for relaxing? Did the staff and participants interact with each other, seem cheerful and comfortable?

Check references – Talk to two or three people who have used the center and ask for their opinion.



Sand Hill Adult Day Program clients enjoy a day in Rehoboth and lunch at Grotto's. Back to front are: Ricky Mansfield, Thelma Monroe, Elfie Malone, Mike O'Donnell and Luise Davies. (Photos by Dawn Tomeski)



Gayle Tandy loves making cakes at the Sand Hill Adult Day Center to celebrate her fellow attendees' birthdays.



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Care

Continued From Page 5

Try it out – Give it a try for a few days. Keep in mind that it often takes several visits for a new participant to feel comfortable in a new setting and routine. Staff may have suggestions for making the transition easier both at home and at the center.

Take care of yourself – Relax knowing your loved one is being well cared for. Always feel free to check in with the center and ask questions.

CHEER's Sand Hill Adult Day Program offers a program where "everyone can be successful." CHEER understands how difficult it can be to care

for a loved one while balancing a job and a personal life. The Sand Hill Adult Day program offers caregivers a break from their caregiving duties allowing them to pursue other activities while their loved one is cared for by trained professionals in a secure, friendly environment. This program not only helps to improve the quality of life for seniors with dementia, but also improves the quality of life for their caregivers.

For more information about the Sand Hill Adult Day Program, call 302-854-2882, or 302-854-9500.

Information for this article was obtained from the National Adult Day Services Association website at www.nadsa.org.

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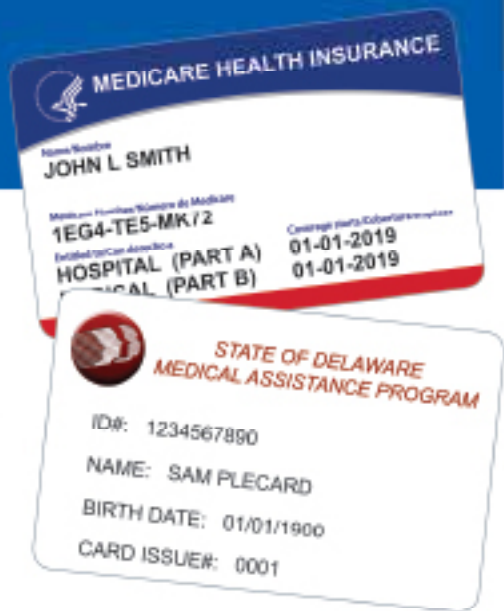


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Federal Grant Helps Establish "We Care" Program

A New Benefit for CHEER Homebound Meal Recipients

By Carolyn O'Neal

Community Relations

CHEER, Inc. was recently awarded a grant by the Administration for Community Living (ACL), U.S. Department of Health and Human Services, for innovative projects that will enhance the quality, effectiveness, and outcomes of nutrition services programs provided by the national aging services network. On Friday, Oct. 25, 2019, U.S. Senators Tom Carper and Chris Coons (D-Del.) were in Milford to announce the \$750,000 grant award. Sussex Coun-



ty's home-bound seniors will benefit from this highly competitive grant award program

which can serve as a model for the rest of the state and country.

U.S. Senator Tom Carper told the gathering at the news conference in Milford that only seven grants in the country were funded by the ACL. He congratulated all involved with CHEER's application for scoring the highest in the nation.

Last summer, CHEER joined in partnership with Nationwide Health Services to develop a grant proposal that would help to bring wellness checks with appropriate medical follow-up to recipients of homebound meals in Sussex County. In September, CHEER was informed that it was one of only seven non-profit organizations across the country to receive funding this year under the Federal Innovations in Nutrition Program. In collaboration with Nationwide Health Services, LaRed Health Services, the University of Delaware, along with the State Division of Services for Aging

and Adults with Physical Disabilities and United Health Care, the three-year project, led by CHEER, will establish what is known as a "medical home for CHEER homebound meal recipients."

"A lot of times we address just the symptoms of the problem," said U.S. Senator Carper. "One of the great things about this grant is the ability to focus more on root causes. Not only if they're just hungry, or not only if they're just lonely, but if they're having some kind of a medical issue that needs some attention. It's just a wonderful, wonderful idea. And we get to kind of pioneer this for the country."

The new program is called "We Care." The medical home service model is a comprehensive patient centered team approach to providing wellness and delivering primary care for individuals. Persons receiving homebound meals through CHEER will be able to get regular and on-going wellness checks at no cost to them with the delivery of their homebound meal. A simple and short medical screening survey is being developed that will allow trained CHEER staff and volunteers to perform a quick couple minutes wellness check right in the homes of each Meals on Wheel recipient.

Seniors will be asked a brief series of yes/no and mul-

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Dynamic Volunteer Duo Enjoys Delivering Meals



Volunteers Fran Hathaway and Ron Stitley were named CHEER's Meals on Wheels Volunteers of the Year.

CHEER's dynamic volunteer duo of Ron Stitley and Fran Hathaway of Georgetown were honored at the annual Meals on Wheels (MOW) Delaware Beach Brunch in Dewey Beach as CHEER's MOW Volunteers of the Year. Ron and Fran have been delivering meals in the Georgetown area every Monday since September 2015.

Ron and Fran not only deliver meals with a smile, but also with compassionate hearts. They are always alerting staff if the health status of a client changes and they never hesitate to ask how the client is doing or if there is anything they can do to make the client's day better. They always do a quick safety check of the client's home and provide them with a connection to the community.

Ron and Fran have been

friends for 38 years. Ron moved to Sussex County 15 years ago after retiring from his career as a salesman in the Baltimore, Md. area. In 2014, Fran joined him in Delaware when she retired from being an elementary school teacher for 31 years. They live at Mulligan's Point and Fran says a person can't live on a golf course without loving the sport. Golf helps to satisfy Fran's passion for walking. Ron also enjoys a game or two of bowling. They also enjoy cruises, especially the one they took to Alaska.

Fran says they enjoy the simple life now of eating breakfast out and helping others. That's why they always spend a little extra time with each MOW client they deliver to and offer much-needed conversation for the homebound.



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Dignitaries on hand at a press conference for the announcing of the awarding of a competitive federal grant to CHEER were, left to right: State Senator Dave Wilson; Milford Wellness Center General Manager Daphney Bumbrey; Nationwide Healthcare Services CEO Meir Gelley; Highmark Delaware CEO Todd Graham; U.S. Senator Tom Carper; CHEER CEO Ken Bock; Milford Mayor Archie Campbell; State Representative Bryan Shupe; U.S. Senator Chris Coons; State Representative Charles Postles, Jr.; LaRed CEO Brian Olsen; and State Representative Ruth Briggs-King.

Grant

Continued From Page 8

multiple choice questions by their meal delivery person. The answers will be tapped into a Smart Phone by the trained meal delivery person. The information will be automatically relayed to a medical practitioner who will review and monitor the information for possible indicators that any adverse health-related issue may be developing. If no medical concerns are evident, the medical practitioner will

just continue to monitor the data and no further action will be taken.

But, in the event that the medical practitioner does detect an indicator of an actual or developing medical concern, that practitioner can contact you directly to make you aware of the concern. The medical practitioner will also be available to communicate with your personal or primary care physician if you wish. If you do not have a primary care physician, the medical practitioner can make referrals for you and help you to set up

an appointment with a qualified medical professional. In addition, participants in this program can receive regular reminders of other medical services which they may be eligible for, such as annual physicals.

U.S. Senator Chris Coons elaborated, "It's not a home health aide, but it's the best eyes and ears that we've got by connecting with hundreds of seniors who want to live at home as long as possible. This program is a remarkable partnership that will help seniors in Sussex County age grace-

fully in healthily, peaceful and respectful ways."

Delaware's senior population is growing both numerically and proportionately through a combination of aging and migration of retirees from other states. In Sussex County – the catchment area for this program – 44 percent of the population is expected to be 55 or older by 2035, particularly in coastal Sussex "a naturally occurring retirement community with limited support for seniors," according

See Grant • Page 12

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CHEER To House Paramedic Station in Milton



As of January 1, 2020, Milton CHEER Center will house Medic Station 111 for Sussex County.

CHEER and the Sussex County Council have entered into a contract to rent the Milton CHEER Center to establish Medic Station 111 in Milton. The agreement permits the county to rent part of the center for \$100 a month.

According to Sussex Emergency Services, the Milton area is currently served by units in Long Neck, Rehoboth Beach, and Lincoln from which the average response time is 16 minutes, which is two times longer than other locations. According to records, paramedic calls in the Milton area have increased 28 percent over the past six years.

The unit will be manned 7 a.m. to 7 p.m., seven days a week. The target date for opening is January 1, 2020.

During weather emergencies, the station will be manned 24 hours a day; and the county will provide snow removal for the CHEER center.

Daily senior activities at CHEER will continue as usual.

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Grant

Continued From Page 10

to an article by Lynn Parks in Delaware Beach Life, April 2019 titled, "No Place Like Home: Area Services and Volunteers Enable Senior Citizens to 'Age in Place'."

The "We Care" program will capitalize on the potential of hundreds of dedicated volunteers who currently provide home delivered meals and friendly visiting services to homebound elderly. These volunteers will be trained and mobilized to serve as the front line "eyes and ears" who can flag crisis before they occur through referrals to a professional medically trained We Care coordinator.

"CHEER is being proactive in offering this free ben-

efit to its Meals on Wheels recipients," said Ken Bock, CHEER Chief Executive Officer. "The 'We Care' Wellness Check will help to minimize illness and health crises and reduce required emergency room visits and more invasive health treatments."

Nationwide Health Services will review the information for any health and red flags or trending that could benefit from medical intervention. The care coordinator will then relay information to appropriate health care professionals for follow-up.

The "We Care" initiative is just one more service CHEER will be providing to help senior citizens maintain their health, wellness and independence while continuing to live out their lives in their own homes and communities. At CHEER, We Care.

We Care Program

By Kenneth S. Bock
CHEER CEO

CHEER is very excited about receiving a federal grant from the Administration of Community Living that will be instrumental in helping us serve the seniors of Sussex County. Considering there were only seven grants awarded in the country, this is a testament to the good reputation our non-profit agency has earned in senior health care by the Federal Innovations in Nutrition Program.

We are also anxious to be working with Nationwide Health Services of Milford. The "We Care" program will be a medical home services model for a patient centered team approach to providing wellness and delivering primary care for individuals.

Instrumental in the success of the "We Care" program will be

our volunteers who will deliver the Meals on Wheels to CHEER recipients. They will be trained in how to administer a simple and short medical screening survey with easy yes/no or multiple choice answers. Actually, this is nothing more than our volunteers already do when they chat with the seniors while delivering their meals. The only difference is it will be written down. These surveys will be used by our Nationwide partner to review and detect any medical concerns that need a medical practitioner's attention.

Therefore, please give of your time to benefit our homebound meal recipients. As little as two hours a month will help to make this three-year program a success. A workable schedule can be developed for your lifestyle and CHEER's needs. If you can help, call Elizabeth Walls at 302-515-3040.

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Provide Christmas CHEER to Homebound Seniors

The CHEER Nutrition Program will once again be conducting its Annual Operation Christmas CHEER on Christmas Day 2019. CHEER has been providing daily Meals on Wheels to seniors 60 years or older in Sussex County for years since it found that many seniors were alone on Christmas Day and did not have family in the immediate area who would be visiting them or who had other commitments and could not be with the senior that day. To address the need, CHEER established a Christmas Day meal delivery for seniors.

A traditional roast turkey dinner with all the trimmings was prepared and volunteers from all over the area came to the Georgetown CHEER Center on Christmas morning to pick up the meal and deliver it to seniors.

As the years have passed, many area businesses and organizations have joined with CHEER to provide a "Merry Christmas" for the seniors. A small fruit basket was added. Non-perishable food items and canned meats are collected so that food baskets could be prepared and delivered to the neediest seniors. Local businesses and volunteers provide the supplies and give their time to assemble the baskets.

Operation Christmas CHEER expanded and new ideas were incorporated. Many volunteers reported that many of the seniors not only did not have family, and if they had not had the meal delivered, they would not see anyone on Christmas Day much less get a present. So the idea of giving a wrapped gift was initiated. Many local businesses and clubs have adopted seniors to give gifts to each year.

It really touched the volunteers' hearts when they saw that



Allen and Lela Beachy have donated their time on Christmas for 25 years to bring gifts and meals to homebound seniors.

the seniors were sharing their Christmas meal with their pets. So pet food is now collected to take to the pets of the seniors getting a meal on Christmas Day. Donators who love animals collect and donate pet foods for the endeavor.

As news spread of what CHEER was doing, both organizational and individual contributions and participation grew. Ladies make lap quilts to take to the seniors. The local college gives poinsettias that they grow that are taken with the meals.

The joy and willingness of people to put aside their own holiday celebrations and share a bit of themselves with the seniors makes this event unique and priceless. Many have been delivering for years. Many fami-

lies come together as a group to help. One family from the Lewes area has been delivering for 22 years. Their children were small when they first volunteered. Now they have graduated from college and continue to come together as a family to deliver the meals. It helps to teach the grandchildren that the giving of time from the heart is the best gift that you can give to someone. Many volunteers bring additional gifts to give to the seniors. They know that the best gift a senior can receive on this day is the one-on-one personal visit and the time that each volunteer spends with them.

If you or your organization would like to help deliver a meal on Christmas Day, donate a wrapped gift, donate non-per-

ishable food items, or donate pet food for Operation Christmas CHEER 2019, please contact Florence Mason at 302-515-3048, or Robin Greene at 302-515-3063.

Remember, Christmas is only one day a year and the need will still be there December 26. If you would like to adopt a senior for a meal to be served anytime during the year, a one-time gift of \$5 will provide that meal. A gift of \$100 will sponsor a meal every day for a month to a homebound senior. A gift of \$300 will sponsor a meal every day for three months. To make your tax exempt contribution, visit CHEER's web site at www.cheerde.com or send your check to CHEER, Inc., 546 S. Bedford Street, Georgetown, DE 19947.

Beach Day is Back in Rehoboth

Hundreds of Seniors Enjoy a Day at the Beach



Above, CHEER's Eleanor Cain Memorial Walk was led by CHEER Board member Walt Koopman and CHEER Chief Operating Officer Beckett Wheatley, followed by members of Ms. Cain's family and CHEER members and supporters.



Left, Janice Weiner (right) of Georgetown accepts the trophy for Most Individual Money Collected for the CHEER Beach Day Eleanor Cain Memorial Walk from Ms. Cain's daughter, Randi Albright, and CHEER Chief Executive Officer Ken Bock.

Carolyn O'Neal
Community Relations

Hundreds of senior citizens converged on Rehoboth Beach on Tuesday, Sept. 24 to celebrate the return of Senior Beach Day in Rehoboth. Coming from senior centers in Wilmington, New Castle, Kent and Sussex counties, as well as neighboring Maryland counties, seniors enjoyed a beautiful, sunny day at the

beach that featured a health vendor fair, stroll through the side streets of Rehoboth, and entertainment at the Bandstand. The event was sponsored by CHEER, Inc., a non-profit senior services agency, with help from supporting partner, WSFS Bank.

The day was dedicated to the memory of Eleanor Cain, former Director of the State Division of Services for Ag-

ing and Physical Disabilities (DSAAPD), and founder of Beach Day. CHEER helped DSAAPD produce Beach Day until taking complete control of the production two decades ago. The event had been in Rehoboth for over 30 continuous years before it was forced to be put on hold three years ago when the Rehoboth Convention Center was closed for remodeling.

But, 2019 saw the return of Beach Day.

"For the past three years, seniors have been asking us when Beach Day was coming back," said Carolyn O'Neal, event chairperson. "CHEER has wanted to bring it back for a long time, and we are very happy to finally be able to do that."

The day began with a special memorial tribute to



CHEER dedicated its return of Beach Day in Rehoboth to the late Eleanor Cain, former director of the State Division of Services for Aging and Physical Disabilities. Family members were on hand to receive several accolades from state government entities, as well as CHEER. In photo are, left to right: Ms. Cain's son-in-law, Camp Albright, nephew John Paradee, daughter Randi Albright, CHEER Chief Executive Officer Ken Bock, and CHEER Chief Administrative Officer Joyce Westen.



CHEER members Evelyn Ingram and Marie Melvin arrive in Rehoboth for a day of fun at Beach Day.



CHEER employees greet seniors at Beach Day and educate them about the services the agency offers. Behind table are, left to right: Nurse Christine McCroble who gave free blood pressure checks, Beautician Ann Gries, and Resource Coordinator Kathy Landis.



Safeway Pharmacy was on hand to give seniors their flu shots at the Beach Day Health Fair.

Ms. Cain who passed away last spring. Her family was on hand to accept accolades from several state government entities, and to lead the annual Beach Day Stroll which, this year, was titled the Eleanor Cain Memorial Walk. Walkers solicit donations from personal supporters which were donated to CHEER's Cooking for Sussex Seniors kitchen capital campaign to build a new cen-

tral kitchen for the agency. Receiving recognition for having the largest group of walkers in the Stroll was the SLICE exercise group from Georgetown, and the walker getting the most donations was Janice Weiner of Georgetown.

Inside the Convention Center were dozens of health care organizations who provided valuable information to the seniors. At the bandstand,

the Sussex Community Gospel Choir and the Hot Sauce Band entertained seniors who relaxed by the ocean. CHEER also supplied a nutritious bag lunch to seniors 60 years and over.

"Beach Day has seen sun shine and hurricanes," said CHEER Chief Executive Officer Ken Bock. "Today couldn't have been more beautiful. Beach Day is back!"

Other Buddy supporters of Beach Day were Delmarva Power (an Exelon Company), Melson Funeral Home, Cadia Healthcare Renaissance, Delaware Electric Cooperative, Harrison House Senior Living, Harbor Healthcare, Springpoint Choice Senior Living, Bayhealth, Bayada at Bayhealth, Herl's Bath & Tile Solutions, and Sussex Tech JROTC Raven Battalion.

CHEER Honors 9-11 Memory



CHEER Board of Directors Vice President and Korean War veteran Walter Koopman (standing) introduces World War II veteran Dan Durso of Rehoboth. Ninety-five-year-old Durso was one of the honored guests at CHEER's 2019 Military Honor and Patriots Day Celebration in Georgetown.

CHEER, Inc. hosted its annual Military Honor and Patriots Day Celebration on September 10 in honor of lives lost during the 9-11 terrorists attack in 2001. Several military exhibits were displayed at the Warren L. and Charles

C. Allen, Jr. CHEER Community Center in Georgetown. Presentation of the colors was done by Sussex Central's JROTC cadets.

Honored guests at the celebration were World War II veteran, 95-year-old Dan

Durso of Rehoboth. Also honored were two Tuskegee Airmen, SMSgt. (Ret.) Henry Smith and MSgt. (Ret.) John Dumas, both of Dover. Hosted by Korean War veteran and CHEER Board of Directors Vice President Walter

Koopman, several attendees reflected upon their feelings and personal events on Sept. 11, 2001. Also, much history about American conflicts during the years was shared.

See Honor • Page 25

Good Nutrition Can Empower the Body and Soul

CHEER's New Nutrition Director Aims to Educate Seniors about Good Eating Choices

By Carolyn M. O'Neal

Community Relations

For over 30 years, Carmel Rickenbach has helped thousands of clients regain and maintain their health by focusing on one philosophy — Educate, Encourage and Empower — to take control of their lives and future health outlook.

Carmel started her career working in hospitals and home care where she developed a strong background in clinical nutrition. She has created and presented numerous corporate wellness programs, taught at the college level, and served as the Director of Nutrition Services for a prominent home health company in Philadelphia. While in private practice for almost 10 years, Carmel coached her clients on weight management, wellness and disease prevention, fitness, cooking, as well as mindful eating and eating disorders. In addition, she authored a health column for two years called Sound Bites which was published in several Chester County (Pa.) newspapers. Because of her vision and innovative style, Carmel was named Emerging Dietitian of the Year by the Pennsylvania Dietetic Association. Before coming to CHEER, Carmel was the clinical dietician and food service manager at Stockley Center in Georgetown, DE.

Bringing her 30 years of experience to CHEER, Carmel is the non-profit agency's new Nutrition Program Director, taking over the program following the retirement of



CHEER welcomes Carmel Rickenbach as its new Nutrition Director.

26-year employee Florence Mason. Her duties include coordinating both the home delivered and congregate meal programs, creating and revising CHEER's menus to make sure they are federally compliant, and managing CHEER's senior activity centers and staff. "After taking my first nutrition class in college, I knew this would be my career," said Carmel. "I really enjoyed learning how food choices can affect our bodies."

Carmel grew up in Belmar, New Jersey — Bruce Springsteen country. She and her family now live full time in their former vacation home in Dewey Beach. Carmel's daughter attends Palm Beach Atlantic University, and her two sons attend Cape Henlopen High School.

"I grew up at the beach (in New Jersey)," said Carmel. "I feel so fortunate to be living at the beach full time again."

Carmel received her Bachelor's degree in Dietetics from

the University of Delaware and her Master's degree from the University of Bridgeport. She completed a dietetic internship at Jackson Memorial Hospital in Miami, Florida. Her first job out of college was in Milford, working as a Nutritionist for the WIC Program. Carmel is also a fitness instructor and personal trainer and continues to work with clients with disordered eating on a part-time basis.

"Every job I have ever had has centered on food and nutrition," Carmel said. "I try to educate people about how food affects you. The body is so fascinating the way it works."

Carmel says her goal at CHEER is to educate the se-

niors about proper nutrition, and help them reduce medications by eating healthier. She is introducing more nutritious foods to the menu and updating it with more popular items.

"I want to help CHEER grow. I know change can be hard," Carmel said, "but change can be good, too, if we give it a chance."

As a businesswoman, volunteer, fitness instructor/personal trainer, mother of three kids and a Jack Russell Terrier named Manny, Carmel knows the value of optimal health, high energy and consistently feeling great. She is a firm believer that what we put in our bodies can help accomplish that feeling.

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Canine Pets Dress Up for CHEER Pet Parade

Cutest Canine – Clover
as Minnie Mouse, owned by

The event was coordinated by Elizabeth Walls, CHEER's Volunteer Program Director. Her Pug dog, Gracie, performed her duties as parade marshal dressed as a Swan Lake Ballerina.



Brownie, owned by Flo Fickes of Georgetown.



Klover, owned by Carolyn O'Neal of Laurel.



From left to right,
Mya, owned by Mary Ann
Fallender of Georgetown.
Chloe, owned by Sandy Roff
of Milford.
Georgie, owned by Kathy
Clausen of Millsboro.



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Parade Marshal Gracie, owned by Elizabeth Walls, the event coordinator.



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Monday, March 2, 2020

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HOLOCAUST MUSEUM, WASHINGTON, D.C.

Spring, 2020 (exact date TBA)

The museum offers a tour of the permanent exhibit known as "The Holocaust." It is divided into three parts -- "Nazi Assault," "Final Solution," and "Last Chapter." Upon entrance, visitors are issued an identity card with the name of a real person who was persecuted by Nazis or their collaborators. You will be guided on a path through the three-level exhibit, which contains photographs, artifacts, and audio and video footage, as well as large-scale installations, including a Polish railcar that was used to transport Jews to concentration camps and that visitors are allowed to board. Throughout the exhibit, visitors are given a chance to learn about the fate of the individual on their assigned identity card. **\$55 per person.**

AFRICAN AMERICAN HISTORY & CULTURE MUSEUM - WASHINGTON, DC

Early Summer, 2020 (Exact Date TBA)

The National Museum of African American History and Culture is a Smithsonian Institution museum located on the National Mall in Washington, D.C. The museum seeks to understand American history through the lens of the African American experience. (Cost TBA)

COLORADO ROCKIES - Sept. 19-27, 2020

Highlights include Denver, Rocky Mountain Nat'l Park, Colorado Nat'l Monument, Grand Junction, Arches Nat'l Park, Canyonlands Nat'l Park, Durango & Silverton Narrow Gauge Railroad, Mesa Verde Nat'l Park, Royal Gorge Route Railroad, Garden of the Gods. **Book Now & Save \$100 Per Person.** Call for Details.

The Public Is Invited

**All reservations are first come, first served.
For more information call Robin at**

302-515-3063

CHEER to Celebrate Black History Culture

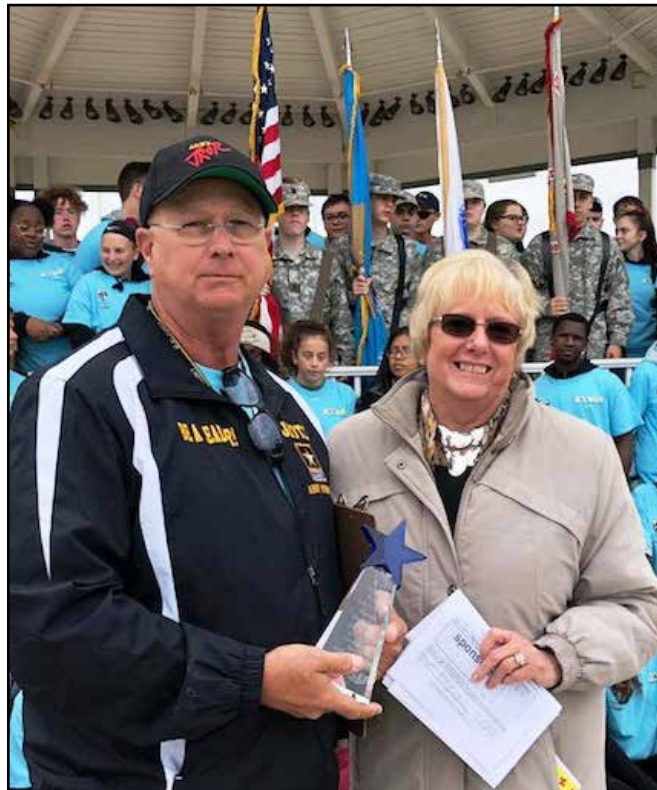
In observance of Black History Month, CHEER is hosting a Black History Culture Day on Saturday, February 29, 2020 in the Warren L. and Charles C. Allen, Jr. CHEER Community Center, located at 20520 Sand Hill Road, east of Georgetown, Del. The event is open to the public, free of charge and will be from 10 a.m. to 2 p.m.

In celebration of the contributions Black History Culture has made to our country and our local communities in Delaware, there will be

displays from local organizations to enjoy. There will also be speakers who will bring Black History Culture to life.

This long-overdue celebration will be informative in helping you understand Black History Culture. It will also provide the recognition for African-American citizens that they deserve.

For more details about the event, contact Sandy Baynard at 302-515-3066 or Walt Koopman at 302-945-7122. Or email sbaynard@cheerde.com.



MAJ Ben Jester, instructor of the JROTC program at Sussex Tech, accepts a thank you award from CHEER Chief Administrative Officer Joyce Westen for the support his cadets have given CHEER for over 15 years.

Raven JROTC Cadets March to Support CHEER



For over 15 years, the Sussex Tech JROTC Raven Battalion has supported CHEER with its fundraising efforts. Each year, the cadets solicit donations from family and friends for the non-profit senior services agency. Then, during their day off from school for a teacher in-service day, they volunteer to do a two-mile walk up and down the Rehoboth Boardwalk before being treated to a pizza lunch at Nicola's Pizza.

On October 11, the Raven Battalion presented CHEER with a check for \$4,753. Added to the past 15 years' donations, the total amount from the cadets has been \$95,874. This has been a very fruitful community service project tradition for the cadets and CHEER.

A trophy for soliciting the Most Individual Donations was awarded to Cadet Melanie Noble of Frankford for her efforts to collect \$500.



Left, The Sussex Tech JROTC Raven Battalion cadets volunteer to do a two-mile march on the Rehoboth Boardwalk in support of CHEER.

Above, over 70 Sussex Tech JROTC Raven Battalion cadets pose in front of the Bandstand at the Rehoboth Boardwalk after completing their walk for CHEER.



Cadet Melanie Noble receives her trophy for Most Individual Donations from CHEER Chief Administrative Officer Joyce Westen.



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Welcoming the Change of Seasons



Monica and Richard Updegraff arrive at Beach Day aboard the Long Neck CHEER bus.

By Genny Hines
Transportation Director

We made it past the heat

and humidity, but enjoyed all the places we visited during spring and summer.

Now it is time to get out the sweaters and jackets. How fortunate we are to live in an area where we can enjoy the beautiful ocean and calm now that the tourists have gone home.

Beach Day is back! We enjoyed an exceptionally beautiful day in Rehoboth on September 24. I would like to commend all of my drivers for an excellent job in shuttling over 800 seniors around Rehoboth during Beach Day. I hope to see everyone again next year at this event.

On September 26, CHEER Transportation Program received two brand new buses. They are being used in Milton and Georgetown. Our fleet of busses should increase next year as new members are moving to the area and the need for transportation increases.

New this summer was the Sand Hill Adult Day Program taking its members

on day trips. There are usually three to six members at a time, along with an aide and nurse, on the bus. The trips are local and usually last approximately two to three hours. Cindy Mitchell, the ADP program director, has done a wonderful job coordinating the trips with Transportation. The ADP program now has as many routes as we have senior centers, and it is still growing.

CHEER members are requesting new places to go besides weekly shopping, which includes to the grocery store, drug store, bank and post office. Besides shopping, this area has a lot to offer -- a stroll on the boardwalk, free museums, parks, libraries and social activities are near all of our locations. Our members want to stay active and enjoy the beauty around them during their retirement years, and CHEER wants to help them do that. The drivers enjoy the day trips as much as the seniors do.

In September, I attended a TAM (Transportation Association of Maryland) conference. It was very beneficial to be informed about current aspects of maintenance, communication, and increased awareness of transit safety. CHEER strives to keep seniors safe while using our busses. These conferences help to accomplish that.

Stay safe and enjoy the changing of the seasons. Happy Holidays.

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Cooking For Sussex Seniors

CHEER's New Kitchen – The Value Engineering Process

By Kenneth S. Bock,

CHEER CEO

CHEER's Cooking for Sussex Seniors Capital Campaign kicked off in March 2018 with a goal of raising \$1.6 Million to build a much-needed new central kitchen. CHEER's antiquated and undersized central kitchen produces up to 1,700 meals each day and thousands of Sussex County senior citizens depend on those meals. These meals are served daily in eight CHEER sites and two independent senior center sites and, in addition, more than half are delivered to indi-

COOKing

For Sussex Seniors

vidual seniors in their own homes through our home-bound Meals on Wheels program.

At the heart of our Nutrition program is that antiquated and undersized central kitchen which pumps out locally prepared, nutri-

tionally balanced, life sustaining meals for dedicated staff and volunteers to serve to all parts of our county. To date, we have raised more than 90% of our total funding goal to construct and equip a new central kitchen capable of serving the

senior citizen meal demand today and for a generation to come. We are moving forward on time and on schedule, but we still need everyone's help to be able to fund this much-needed kitchen.

See Cook • Page 24



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Cook

Continued From Page 23

Right now, we are in the early design phase of the new kitchen project. We have gone through a rigorous review process to select and design an engineering team that we believe will deliver the best new kitchen plan for us. Working with architects and engineers, we defined all of the things we would want in our perfect kitchen for the future. This should be an important part of every building process to help make sure, right up front that we have not forgotten or left anything out.

The next part of the process, which is equally important, is to ensure that we are prudent in our use of the important donated funds that have been entrusted to us for this project. Value Engineering (VE) is a process of reviewing each element of the new design concept and determining the most cost effective approach to achieving the function of each element of the project and if the entire project can be constructed and operated in an efficient manner delivering the best value for each precious dollar to be spent.

We are told that tariffs and trade wars are increas-

ing the cost of raw materials for buildings and equipment. Builders are finding plenty of construction work in today's economy and their bid pricing is reflecting the fact that contractors may not be as hungry as they were in some prior years. All of these factors make the VE process more important than ever. It is essential that this kitchen project, which is scheduled to be advertised for construction bid next spring, be designed and engineered to deliver the most value for each financial supporter and future meal recipient.

Be assured we take this very seriously and will develop kitchen plans and specifications that serve the current and future needs of our seniors in an efficient and cost effective manner. Value engineering is just one important part of CHEER's overall commitment to high quality, cost effective service to our county, our supporters, our members and all of our customers.

Please continue to follow our progress in future editions of CHEERful Living, and we look forward to serving each of you from our new kitchen in the spring of 2021. Remember, everyone could use a little more CHEER.

Everyone wants to enjoy the holiday treats during this festive time, but we don't want to face the music of the scales come New Year's Day. Here's a cookie recipe that can help keep the pounds off and ensure healthier eating during the holidays.



LOW CARB PINWHEEL COOKIES

(Atkins Approved)

INGREDIENTS

- 4 oz Cream Cheese
- 2 Tablespoon Unsalted Butter Stick
- 2 Tbsp Sour Cream (Cultured)
- 4 teaspoon Sucralose Based Sweetener (Sugar Substitute)
- 1 cup Whole Grain Soy Flour
- 1 Tsp Baking Powder (Straight Phosphate, Double Acting)
- 1/4 cup, chopped English Walnuts
- 2 oz Lily's Sugar Free Chocolate Chips
- 1/4 tsp Cinnamon

INSTRUCTIONS

1. Line two baking sheets with aluminum foil; set aside.
2. In a bowl, with an electric mixer on low, mix cream cheese, butter, sour cream and sugar substitute until smooth, about 4 minutes. With the mixer still on low, sift flour and baking powder together and gradually add until dough pulls away from the side. Form dough into a rectangle, cover with plastic wrap and refrigerate for 20 minutes.
3. While dough is chilling, combine walnuts, chocolate chips and cinnamon. Roll dough between two pieces of plastic wrap to a rectangle measuring 8 x 11.
4. Before removing the dough from the freezer, preheat oven to 350°F. Remove top layer of plastic wrap. Sprinkle chocolate-nut filling evenly over dough, leaving a 1/2-inch border along the longer side.
5. Roll dough up jelly roll style, beginning with the long side and using bottom sheet of plastic wrap to help roll the dough into a cylinder. Place in freezer and chill for 10 minutes.
6. Using a sharp knife, cut roll into 1/2-inch slices. Arrange slices on prepared baking sheets. Bake 18 minutes, or until lightly golden and set. (28 servings)



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Other honored guests at CHEER's Patriot Day Celebration were Tuskegee veterans SMSgt. (Ret.) Henry L. Smith (left) and MSgt. (Ret.) John Dumas, both of Dover.



During CHEER's Patriot Day Celebration, Delaware American Legion Auxiliary Department President Deborah Guenther presented a check to CHEER Chief Executive Officer Ken Bock in support of CHEER's Cooking for Seniors Kitchen Capital Campaign.

Honor

Continued From Page 16

Participating organizations at the CHEER Celebration were: Air Mobility Command Museum, American Legion Auxiliary Unit #28, Buffalo Soldiers, Delaware Disabled American Veterans, Georgetown Fire Company, Georgetown Police

Department, Home of the Brave, Korean War Veterans Chapter 1, Office of Veterans Affairs, Sussex Central High School JROTC, Tuskegee Airmen, Inc. – John H. Porter Chapter, U.S. Marine Corps, U.S. Submarine Veterans Group Mid-Atlantic Base, Vietnam Veterans Chapter 1105 and Volunteer Delaware 50+ Stockings for Soldiers Project.

Sand Hill Adult Day Program

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CHEER Veterans Celebration



Over 200 people attended the CHEER Veterans Celebration dinner-dance on November 8. Above Peggy Swygert (secretary of the Tuskegee Airmen John Quarter Chapter), Joann Coons, CHEER Board member Diaz Bonville, Estelle Parker-Selby and fiancé, a Vietnam veteran.



Left, Rosalee Robinson with the State Heroes Welcome Home project and Tuskegee Airman John Dumas. Below, Marine Capt. (Ret) Tom Terrell and wife Norma.



Honor Guard participants were CHEER Chief Executive Officer Ken Bock, Bagpiper Henry DeWille, CHEER Board Vice President and Korean War Vet Walt Koopman, and President of the Korean War Veterans Association Chapter 1 Sussex County Jack McGinley.



U.S. Army Sgt. (Ret) and Mrs. Terry Worrell.