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# ON THE COVER

## New Kitchen Feeds Sussex Seniors



**CHEER’s head cook Harry Cannon holds a pan of fish ready to go into one of the new ovens in the new central kitchen at the CHEER Community Center. After three years of fundraising and building, the new kitchen went into operation on June 21. It will have the capability to provide thousands of meals daily to Sussex County seniors for decades to come. See story on pages 14 and 15**

**FOR MORE INFORMATION ON CHEER, INC., VISIT [CHEERDE.COM](http://CHEERDE.COM) OR LIKE US ON FACEBOOK.**

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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, CEO

Much has happened since I wrote my column for the last edition of CHEERful Living and much is currently happening that may change again before you read this edition. That said, I want to state the very most important thing: Welcome Back to all of you who are now coming back into your CHEER centers and participating in our ever expanding array of programs and services. In many cases, it is difficult to tell if it is our members or staff who are most excited to have the CHEER Centers reopened. I can tell you that having visited each CHEER center over the past three weeks, it is a gratifying pleasure to be able to see so many of our members in person and I have enjoyed talking with many

of you face to face. Video screens have helped many of us stay in touch these past 16 months, but there is nothing like seeing and talking to people in person and just being there.

To all of our members and customers, we are here for you. CHEER staff and volunteers are dedicated to making a positive difference in the lives of all we serve. That is our purpose and our passion. That purpose has certainly been challenged during this pandemic; but in many ways, the need, dedication and passion have never been greater. With that, once more, Welcome Back. If you haven't been to your local CHEER center, now might be the perfect time to come in and see what we have to offer. Throughout all of the turmoil and uncertainty, your CHEER organization has and will continue to be there for our senior citizens throughout all of Sussex County. Everyone can always use a little more CHEER.

This year 2021 is also an important milestone in CHEER's journey of service. It was 50 years ago that CHEER first opened its doors and began serving senior citizens in Sussex

County. For generations of Sussex County seniors, family, friends and caregivers, CHEER has served millions of meals in CHEER activity centers, delivered untold numbers of meals to people's homes, and provided in-home services that have helped some people get out of bed in the morning and tucked others into bed at night. We have traveled millions of miles providing transportation to keep people connected to their communities and provided Adult Day Care and Memory Café services to help those struggling with memory loss issues. In addition to providing nutrition, health care, companionship, education and recreational programs, we hope we have provided fun for each and every person we have been privileged to come in contact with.

For the opportunities the senior citizens of Sussex County have provided us for the past 50 years, we thank each of you. We look forward to continuing to serve for the next 50 years.



## CHEER, Inc. STAFF

- Kenneth Bock**,  
Chief Executive Officer
- Beckett Wheatley**,  
Chief Operating Officer
- Deborah Crum**,  
Finance Director
- Lasandra Baynard**,  
Support Services Director
- Ken Moore**,  
Employee Benefits and Donor Analyst
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Community Relations Director
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Personal Assistance Services Program Director
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Sand Hill Adult Day Program Director
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Volunteer Program Director
- Katie Leister**,  
Venue & Promotions Director
- John Argo**,  
Facilities Manager
- Kevin Mutch**,  
Information Tech Manager
- Genny Hines**,  
Transportation Director

## MISSION STATEMENT

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

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# Food Keeps Rolling Out in Roxana

By Carolyn O'Neal  
Community Relations

One positive thing that COVID forced upon businesses was the need to re-evaluate its delivery of services and do some creative thinking to overcome the restrictions put into place during the pandemic. At CHEER, several staff members had to be reassigned tasks and work locations in order to remain employed as well as allow CHEER to continue to serve the senior population. The Roxana Activity Center is an example.

Roxana members were temporarily transferred to the Ocean View center for daily activities and meals during COVID. However, volunteers continued to deliver Meals on Wheels food to the homebound in

the area. But the small size of the kitchen at Roxana made it impossible to prepare food there while also abiding by the distance restrictions put into effect by the State. Thus came the creative thinking process.

Now when the volunteers pull into the parking lot of the Pyle State Service Center, they find a Ford Economy Step Van waiting for them. The 11 feet of the truck is equipped with temperature controlled boxes to keep the food hot,

and shelves holding paper bags filled with all the extras needed to provide a nourishing meal for the seniors.



**This 17-foot Ford Economy Service Van delivers Meals on Wheels food to the Roxana CHEER Center for volunteers to pick up and take to homebound seniors in the area.**

Cold food is kept in appropriate coolers. The meals have been prepackaged at CHEER's central kitchen in Georgetown and trucked to Roxana.

Outreach Worker Opra Hudson still maintained her office in the Pyle Center to coordinate 110-120 meals per day going out into the seven routes of the Roxana and Fenwick Island areas. Fortunately, the Roxana site has a lot of volunteers.

"I have only seen the same person twice since I have been serving Roxana," said CHEER driver Jim Smith.

It doesn't take long after Jim's arrival in the parking

lot that Bert Paulsen and Merle Dimeler drive up to collect their meals for the Selbyville 2 route. They have been delivering Meals on Wheels every other Wednesday for approximately 10 years. "Since Hector (their dog) was a pup," says Merle.

Kathy and Herb Sheetz are not far behind to get the 18 meals for the Millsboro 1 route. They have been delivering Meals on Wheels on the first, third and fifth Wednesdays for the past six years. When asked her opinion of the new delivery truck, Kathy simply states, "very



**Bert Paulsen and Merle Dimeler have been delivering Meals on Wheels for 10 years.**

## FOOD

Continued on Page 6

**FOOD**

Continued from Page 5

efficient.” But she could be heard telling her husband as she is getting back into their vehicle, “That was easy.”

Soon 19 more meals go into the vehicle of Paul and Carole Myers. They have been volunteering at CHEER for six years and also helped do the packing inside the building before COVID struck. “CHEER makes the most delicious meals,” said Carole, “but it was crowded inside while packing them.”

Paul reveals that, “We have been blessed, so we help others,” as they drive off to deliver in Roxana and Fenwick Island.

Newcomers Carrie and Jeff Heyne arrive to pick up 10 meals. This is their second time delivering in the Millsboro 2 route. Transplanted from New Freedom, Pennsylvania, Jeff

worked in a kitchen. “I got promoted,” Jeff laughs about his MOW delivery job.

The vehicles begin to line up to get the remaining meals for delivery in Sussex County’s southernmost eastern area. Within an hour’s time all the meals are unloaded from the service van and headed to seniors’ homes.

By publication of this article, with some inside modifications of the center Roxana’s seniors are back in their Pyle Center home. But because of the proven efficiency of using the service van for Meals on Wheels, the truck will continue to be found in the parking lot each weekday around 10 a.m. Volunteers will continue to pick up meals from it as seniors continue to be served by CHEER in the Roxana/Fenwick Island area.



**Volunteer Kathy Sheetz receives food from CHEER driver Jim Smith that she and her husband Herb will deliver to seniors.**



**Volunteers Carrie and Jeff Heyne get instructions for MOW delivery from CHEER driver Jim Smith.**



**Volunteers Paul and Carole Myers have been delivering MOW in Roxana/Fenwick for six years.**



**CHEER Outreach Worker Opra Hudson hands the day’s MOW delivery list to driver Jim Smith.**



# Apartment Residents Keep CHEER Grounds Beautiful

**By Carolyn O'Neal**  
**Community Relations**

CHEER Apartments Garden Club members in Georgetown enjoy beautifying the building's grounds with flower beds. For over 20 years, it is not unusual to see various residents toiling in the soil around the building.

Lynn Skelton was the original member who set up the gardens for the residents. She likes to grow herbs in her patch of soil. This is the first year for new resident Lynne Gromis. She has completed her rock outline border and plans to plant her first garden next spring. Connie Screpesi has only missed planting her garden one year since moving into the CHEER Apartments 14 years ago. The newest member of the club, Susie Meshok calls her garden an extension of her apartment because she can enjoy the sight from

her living room window. She even entertains guests in her garden.

All the garden plots have various themes. Mariane Fallender enjoys working in the evenings in her serenity garden or her tiny troll village. Glenda Garnsey likes to go to thrift stores and find various yard trinkets to decorate her planted area. For 10 years, Scotty Keringer has been featuring a wishing well surrounded by beautiful rose bushes. Blooming plants also provide beauty in Cindy Irwin's garden.

If any heavy lifting is needed, Bill Moran is the "live-in gardener." Also, the Garden Club members are quick to thank CHEER's groundskeeper Gary Harmon for all his assistance. "Gary is always willing to help do whatever we need," said Glenda.



**Susie Meshok stands in her blooming colorful garden.**



**Glenda Garnsey decorates her garden with unusual items from thrift stores.**

**KEEP CHEER BEAUTIFUL**

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**KEEP CHEER BEAUTIFUL**

Continued from Page 7

The residents say the gardens help them stay active and give them a source of pride. They donate their time and plants for the project that beautifies their home.

"Everybody needs to have something to do," they agree.

They all can be proud of the results of their hard work and green thumbs.



**Lynne Gromis is busy lining her soon-to-be flower garden with a rock border.**



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**Scotty Keringer likes to show off her wishing well in her garden.**



**Connie Screpesi sits and admires her garden.**



# CHEER Honors Veterans on November 12



CHEER will host its annual Veterans Day Celebration on Friday, November 12, at the Warren L. and Charles C. Allen, Jr. CHEER Community Center on Sand Hill Road, east of Georgetown. The evening will begin with a dinner at 5 p.m., followed by the honor ceremony at 6:30 p.m. Entertainment will be provided by disc jockey Sky Brady for your dancing pleasure to end the evening. A cash bar will be offered.

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# Clouds Do Not Dampen Spirits of CHEER's Car Show Enthusiasts



**This beautiful old silver Ford was one of many being displayed at the CHEER car show.**

A 1934 Ford Tudor topped the podium for Best in Show at CHEER's 11th Annual Car-Truck-Bike Show. Owned by Steve Brasure of Laurel, the unique vehicle bested 110 other entries for the title on Sunday, August 8.

The victim of a rain delay

from Saturday until Sunday, CHEER's annual show also featured a craft show and barbecue lunch featuring chicken and ribs. Although the skies were cloudy, there were no clouds in the enthusiasm of participants as they also participated in

a live auction conducted by auctioneer Dave Wilson. Proceeds from the event will support CHEER in continuing to provide key services to Sussex County's seniors to help them remain in their homes.

The County Seat Cruisers organization assisted CHEER in producing the show.

Other featured award winners were:

**Best Sussex County Car** (presented in remembrance of Levin Albartus Clark, Sr.) – Russell Shaw of Selbyville, 1998 Ford Mustang Cobra

**County Seat Cruisers Award** (presented to the entry coming the farthest distance) – James Hanna

of Pennsylvania, 2020 Alfa Romeo Spider;

**Best Truck** – Bill Hastings, Frankford, 1951 Chevy 3100 Pickup

**Best Bike** – Jerry Gallagher, Bethany, 1970 Bonneville Bike

**Best Import** – John and Donna Maden, Milford, 1996 Porsche 911 Carrera Coupe

**Whitmer Award** (presented to an individual in recognition of their dedication to preserving antique and classic cars and for their commitment to CHEER) – John Sheetz of Milton

## CAR SHOW

Continued on Page 11



**James Hanna of Pennsylvania shows off his 2020 Alfa Romeo Spider to CHEER Board President Walt Koopman who later presented Hanna with the County Seat Cruisers Award for coming the farthest distance.**

**For details on advertising  
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**CHEERful  
Living**



A publication of

**Delaware State News**  
The State Capital Daily



**CAR SHOW**

Continued from Page 10

**Honorable Mention** was presented to (in alphabetical order) –

**Ellen Barag**, Milford, 1979 Pontiac Trans Am;

**Joe Batson**, 1987 Olds Hurst Cutlas;

**Joe, Recce and Zara Batson**, 1987 Chevy Pickup;

**Bruce Boehm**, Ocean View, 1960 AMC Military Jeep;

**Maryanne Cardillo**, Lewes, 1992 Chevy Corvette;

**Allen Cote, Felton**, 1968 Ford Torino;

**Rob Danzi**, Selbyville, 1953 Willys Jeep Pickup;

**Tom Dempsey**, Harrington, 1969 Chevy Nova SS;

**Pat DiDomenicis**, Lewes, 1932 Ford Coupe;

**Grant Ebke**, Millsboro, 1975 Olds Cutlas;

**Robert Fay**, Seaford, 1972 Chevy Nova;

**Larry Hughes**, Felton, 1955 Chevy Bel Air;

**George and Kathy Husfelt**, Elkton, Md., 1965 Pontiac Montero;

**Edward Jamison**, Millsboro, 1929 Ford Model A Huckster Wagon Truck;

**Gary Krantz**, Gordonville, Pa., 2013 Ford Mustang;

**Donald LeCates**, Bethel, 1971 Chevy El Camino;

**Tonyea Mead**, Lewes, 1941 Dodge Pickup;

**William Merritt**, Ocean View, 1955 Chevy Bel Air;

**Francis Messick**, Ellendale, 1970 Chevy Monte Carlo;

**Steve Messick**, Laurel, 1934 Ford Pickup;

**Steve Messick**, Laurel, 1970 Chevy Chevelle;

**Steve Messick**, Laurel, 1963 Chevy Impala;

**Trudy Parker**, Bethel, 2010 Dodge Challenger;

**CAR SHOW**

Continued on Page 12



**John Sheetz of Milton (center) is honored by CHEER Chief Executive Officer Ken Bock (left) and CHEER Board President Walt Koopman with the Whitmer Award presented to an individual in recognition of their dedication to preserving antique and classic cars and for their commitment to CHEER.**



**Auctioneer Dave Wilson gets the bidding rolling for a handmade Fall Harvest quilt at the CHEER car show live auction fundraiser.**

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**CAR SHOW**

Continued from Page 11

**Frank Palermo,**  
Greenwood, 1957 Ford  
Thunderbird;

**Barbara Plummer,**  
Milford, 1938 Chevy Coupe;

**Dan and Becky Pulley,**  
Bishopville, Md.,  
1947 Ford 2 Door;

**Edward Reese, Sr.,**  
Lewes, 1951 Ford 4 Door;

**Bonnie Rosinski,** Milton,  
1957 Ford Thunderbird;

**Tom Rosinski,** Milton,  
1931 Ford A Huckster Wagon;

**Paul and Linda Ray,**  
Felton, 1955 Chevy Bel Air;

**Ken and Pattie Towers,**  
Georgetown, 1969 Chevy  
Camaro SS;

**Lyn and Suzi Vetra,**  
Delmar, 1937 Ford 2 Door;

**Rodger and Tricia Vogel,**  
Lincoln, 1972 Chevy Nova  
SS;

**Phillip Watkins,**  
Harbeson, 1968 Ford  
Mustang Fastback; and

**Paul Zambito,** Milton,  
1969 Chevy Camaro Z/28.



**Bill Hastings of Frankford** receives the Best Truck award for his 1951 Chevy 3100 Pickup from CHEER Board President Walt Koopman.



**Russell Shaw of Selbyville** was honored with the Best Sussex County trophy for his 1998 Ford Mustang Cobra. Making the presentation is CHEER Board President Walt Koopman.



**One hundred and ten vehicles registered for display at the 11th Annual CHEER Car-Truck-Bike Show.**

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**Steve Brasure of Laurel** receives the award for Best of Show from Walt Koopman, CHEER Board of Directors President, for his 1934 Ford Tudor.



**Jerry Gallagher of Bethany** was given the Best Bike award for his 1970 Bonneville from CHEER Board President Walt Koopman.



**Representatives from Mary Kay Cosmetics** were part of the craft fair inside the CHEER Community Center.





## **Patriot Day Ceremony to be held at CHEER on 9-11**

In observance of the 20th anniversary of the 9-11 Attack on America, CHEER and the County Seat Cruisers will be hosting a Patriot Day Ceremony on Saturday, Sept. 11. It will take place from 2 til 7 p.m. at the Warren L. and Charles C. Allen, Jr. CHEER Community Center at 20520 Sand Hill Road, east of Georgetown.

Various fire companies from the area will have apparatus on display. There will also be a 9-11 remembrance display inside the building. Visitors will have the opportunity to ring the memory bell in honor of loved ones. Local officials will welcome guests.

Commemorative t-shirts of the event will be for sale. An All-American meal of hamburgers and hotdogs will also be for sale, topped off by the American patriotic apple pie.

The event is free to the public. Join in Georgetown's remembrance of the fallen heroes of 9-11 and those who serve – Lest We Forget.

# New Central Kitchen Will Feed Sussex Seniors For Decades To Come

**By Carolyn O'Neal**  
**Community Relations**

CHEER's Florence Mason Central Kitchen is officially open and up and running. Dedication ceremonies for the new facility at the Warren L. and Charles C. Allen, Jr. CHEER Community Center in Georgetown were held on June 18. Highlight of the day was the official ribbon cutting and opening of the doors to the 4,700 square foot kitchen that will make it possible to feed Sussex County seniors for the next 50 years. The opening and dedication of the new kitchen comes as CHEER celebrates its 50th anniversary.

Three years of planning, fundraising and construction went into producing this new state-of-the-art kitchen. It replaces the 40-year-old 2,272 square-foot kitchen at the Adams State Service Center. Today's new kitchen can produce over 2,600 meals a day, versus 800 in the 1980s kitchen.

Federal, state and local officials were on hand to honor Florence Mason, whose name will go on the new kitchen to honor her 27 years as Nutrition Director for CHEER. "This has been my dream," said Mrs. Mason. "My retirement can now be finalized because I know my CHEER family can feed the seniors of Sussex County for the next 50 years." Mrs. Mason officially retired on Christmas Day 2019.

"Forty hours a week, that wasn't even a start (of the work week for Florence Mason)," said Ken Bock, CHEER Chief Executive Officer.

State Senator Brian Pettyjohn stated, "I know the passion you (Florence) always had for this and love that you have for the people that you served."

State Representative Ruth Briggs King agreed that Ms. Mason's legacy at CHEER "will always live on. What

started small has grown so large."

The team effort from officials working together made the new kitchen possible. "The miracle that they (CHEER) pull off every day, preparing and getting these meals out the door with the facility they had. They were so ... inadequate," said County Council President John Riley. "So to enter this new era with a really operational kitchen is going to make everything so much better."

CHEER is also proud to be able to say the new addition was built debt-free. Generous support came from substantial sums of money from the state, county and other entities and grants, to spare pocket change collected at CHEER centers and other locations.

One of people most ecstatic about the new kitchen is Head Cook Harry Cannon. Harry and his staff come to work every weekday before 2 a.m. and have food ready to be shipped out to the CHEER centers by 8 a.m. They then prep food for the next day's menu before their day is complete at approximately 10 a.m.

"We probably can come in a little bit later, and it won't be any more one o'clock (in the morning), hopefully," said Harry Cannon, chief cook. "I think we can get a little more done with more space, time wise."

The first meals went out of the new Florence Mason Central Kitchen on Monday, June 21.



**After two years of fundraising and construction, CHEER's new central kitchen is open for business. Doing the honors of cutting the ribbon are, left to right: Beckett Wheatley, CHEER Chief Operating Officer; County Council President John Riley; State Senator Brian Pettyjohn; CHEER Head Cook Harry Cannon; Honoree Florence Mason; CHEER Congregate Director Robin Greene; CHEER Board President Walt Koopman; State Representative Ruth Briggs King; Georgetown Mayor Bill West; and CHEER Chief Executive Officer Ken Bock.**





Florence Mason addresses the audience thanking them for the blessing of having the kitchen named in her honor. CHEER Chief Executive Officer Ken Bock looks on.



The cake celebrated the event.



This plaque honoring Florence Mason will hang in CHEER's new central kitchen.



CHEER thanks the many State, County and Local government leaders who were instrumental in securing funding to build the new kitchen.



Attendees at the dedication ceremony are anxious to get a tour of CHEER's new central kitchen.



Having the honor of the kitchen being named for her years of service to CHEER as Nutrition Director, Florence Mason (center) is the first to walk through the doors of the kitchen on opening day, escorted by CHEER Head Cook Harry Cannon and CHEER Congregate Director Robin Greene.



Kitchen workers Kevin Clanton (left) and Steve Carroll (right) assist CHEER Nutrition Director Amy Smith in preparing meals in CHEER's new kitchen at its community center.



CHEER CEO Ken Bock points out features of the new kitchen to State Representative Steve Smyk as Board member Dave Baker listens.



## Serving Sussex Seniors During COVID-19

March 13, 2020 thru May 31, 2021

**331,282 MEALS** – Maintained meal services for all clients including establishing Grab-and-Go service and expanded grocery shopping and delivery. There was no interruption of meal services during the pandemic even though the congregate program was briefly suspended before resuming socially distance services. Meals on Wheels, congregate, and drive-thru services continued with the help of a dedicated staff and supportive volunteers.



program was briefly suspended before resuming socially distance services. Meals on Wheels, congregate, and drive-thru services continued with the help of a dedicated staff and supportive volunteers.

**7 ACTIVITY CENTERS** – Modifications were made at the activity centers to provide the safest and healthiest possible environment for the seniors when they were allowed to return. CHEER purchased equipment and trained staff to enhance sanitation and safety for all who come in contact with CHEER.



**300 BOXES FOR FEEDING SENIORS**  
CHEER hosted a USDA Farmers to Families food distribution program. Dozens of staff, family members and friends volunteered to help sort and pack 300 boxes of federal food products to ensure that senior citizen CHEER members would be nutritionally sustained during the COVID-19 quarantine.



**50TH ANNIVERSARY**  
July marked the 50th anniversary of CHEER which provides services for Sussex seniors. It was established on July 23, 1971. The occasion was celebrated at each center with special entertainment and gatherings and will be highlighted by a formal Gala in October.



**120,308 UNITS OF PERSONAL CARE**  
CHEER's Personal Assistance Services Agency (PASA)



continued to provide care for seniors in their homes to help maintain a healthy lifestyle and environment while preserving independence.

**27TH OPERATION CHRISTMAS CHEER** – The 27th year that CHEER provided CHEER on Christmas morning to hundreds of senior citizens could not be stopped, even by COVID. Dozens of volunteers drove up to gather meals and gifts for the home-bound. CHEER delivered Christmas Day celebrations to home bound seniors including wrapped gifts and hand-drawn cards.



### **\$1.9 MILLION KITCHEN**

On October 27, 2020, CHEER officially broke ground on its new \$1.9 million Florence Mason Central Kitchen after 30 months of fundraising. On June 18, 2021, the doors of CHEER's new kitchen were officially opened with a ribbon cutting ceremony. The first meals went out of the new kitchen on Monday, June 21.



### **10TH ANNUAL CAR SHOW**

Creative planning amidst COVID restrictions enabled the 10th year of the CHEER Car Show to go on in August 2020. The traditional indoor buffet was exchanged for an outdoor barbeque to allow for social distancing and help promote safety, while allowing car enthusiasts to display their cars to raise funding for Sussex seniors.



**92 TABLETS** - Virtual Programming was developed to help reduce isolation, combat loneliness and improve mental health of senior citizens without them having to leave the comfort of their homes. CHEER used the resources of several video conferencing programs to host live programming in seniors' homes through the use of their computer or on tablets on loan to them by CHEER, thus allowing the seniors to stay connected to their communities.



**CHEER MISSION:** *To promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of mature adults 50 and over.*



# This Pandemic

## What We Know, What We Think We Know, and What Do We Do

**By Kenneth S. Bock CEO**

Words that have continued to resonate for CHEER throughout these past 18 months were “Out of an Abundance of Caution.” It’s an important concept and one to be taken seriously.

At CHEER, we have been doing just that throughout this pandemic. We have kept ourselves informed of the evolving COVID-19 developments, continuously consulted with a wide range of experts including Federal, and State health officials, medical practitioners, a variety of professional trade association organizations, and our non-profit peers serving senior citizens throughout this state and beyond. Our overriding goal has, and continues to be, to keep all of our people safe and healthy while continuing to provide the best services possible under the COVID service restrictions. That goal is applied to all CHEER

customers, members, guests, staff and volunteers. It has not always been easy, but through it all, CHEER has always been there. We are grateful to each and every individual who has been there on this challenging journey with us over the past 18 months. Without the efforts and dedication of so many, we would not have accomplished or been able to achieve the things we had done during this period. (See stats on page 16.)

It was in March 2020 that we were told to shutter our doors and mask up for 90 days to “flatten the curve” of the Corona Virus. That 90 days turned into 16 months before we were able to fully re-open our doors in July 2021. We masked up, bought gallons of hand sanitizer, countless masks, gloves and gowns, digital thermometers, sanitizing guns, and shelf stable foods; all out of an “abundance of caution.” We learned new

ways to communicate over the internet with zoom, converted areas in our homes into offices and did what it took to continue to serve those who depend on us. While there were cases of COVID within the

CHEER family, no contact tracing indicated that any interaction with CHEER resulted in any spread of the virus.

### **PANDEMIC**

Continued on Page 18



*Our Seniors Need You ...*

**CHEER**

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546 South Bedford St., Georgetown  
Or CHEER Community Center  
20520 Sand Hill Rd., Georgetown



## PANDEMIC

Continued from Page 17

At the time I write this (end of July), CHEER centers and many other facilities have been fully opened for less than three weeks. Now once again, there are efforts to re-impose mask mandates and even rumors of coming shut downs to some degree.

When vaccines first became available at the beginning of this year, we were all encouraged to get vaccinated to prevent us from contracting and spreading COVID. Many waited in lines for hours with the promise that the vaccine would keep us safe and,

in time, we could go back in public without masks. CHEER strongly encouraged people to get vaccinated and we assisted many in getting their vaccinations, while at the same time, respecting each individual's right to choose. Now that many have made that commitment, the promise to return to some sense of normal life without a mask seems to be fast waning.

Viruses in various forms have been around as long as we have walked the earth. At a certain age, we are encouraged to get a shingles vaccine to prevent that virus. Some get vaccinated and others do not. Some get shingles and others do

not. It seems like each year there is a different variation of the flu virus and many go through the annual ritual of getting a flu vaccine. Things change and we often take extra precautions, but our society does not shut down for viruses in their various forms that have been around for decades.

We all have a responsibility to try and keep ourselves safe and healthy; and CHEER is a committed partner in that effort. At the same time, none of us should lose site of the fact that there are negative health consequences associated with program and service shutdowns and the resulting isolation.

Depression and cognitive decline are just two of the effects of isolation. This is particularly true for the elderly population.

Whatever your beliefs are regarding the information swirling around COVID-19, each of us owes it to ourselves and those we care about to try and stay informed, make the best possible decisions for our health and wellbeing, and act accordingly. If that doesn't sound like the definitive answer you may have been hoping for, it's because no magic answer exists at this point. Stay informed and be safe.



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# Carbohydrates? Carbs? Sugars? HELP!

**By Lauren Schroeder, RD, LDN**

What is a carbohydrate? Carbohydrates, commonly referred to as “carbs,” are one of the three macronutrients along with protein and fat. A carbohydrate is found in food as either fiber, sugar, starch or a combination of the three. Many foods contain carbohydrates but not all carbohydrates are created equal.

“Carbs” tend to have a bad reputation, but healthy carbs are very beneficial for your body. Carbohydrates

are the body’s primary source of energy, or “fuel.” There are two types of “fuel” -- complex carbohydrates and simple carbohydrates.

When feeding (or “fueling”) our body, we want to choose complex carbohydrates. Why? Because complex carbohydrates are found in foods rich with vitamins, minerals and fiber. The fiber found in complex carbohydrates helps make you feel full, increases

digestive system function, and feeds healthy gut bacteria. Fiber also helps create a slow rise in blood sugar levels after eating instead of a large blood sugar spike that is caused by most simple carbohydrates.

Simple carbohydrates typically do not come with any added benefits. Simple carbohydrates usually contain added sugars but little to no vitamins, minerals, or fiber. Due to their little nutrition value,

simple carbohydrates are quickly digested by the body and spike blood sugar levels which can lead to weight gain and other health issues such as Type 2 Diabetes.

Carbs should not be feared; they should just be chosen wisely. To help distinguish between complex and simple carbohydrates, check out the list below for some common examples.

## COMPLEX VS SIMPLE CARBS

### COMPLEX

VEGETABLES  
FRUIT  
BEANS/ BELGUMES  
QUINOA  
BROWN RICE  
WHOLE WHEAT FLOUR  
NUTS/SEEDS  
OATMEAL  
WHOLE WHEAT BREAD

### SIMPLE

SODA  
FRUIT JUICE  
CANDY  
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WHITE RICE  
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# Let's Talk Salt



Salt can raise blood pressure, putting stress on the circulatory system and increasing the risk of heart disease and stroke. While blood pressure is determined by many factors, including genetics and environment, one of the most important factors you can control is how much salt you eat, according to Willie Lawrence, a cardiologist in Kansas City, Missouri, and a spokesperson for the

American Heart Association. "By limiting salt intake, one can reduce their blood pressure and therefore their risk of developing heart disease or stroke," Lawrence says. The AHA recommends limiting salt intake to 1,500 mg a day. Avoiding the saltshaker isn't enough to reach that goal. You need to know the hidden sources of sodium. Take this quiz and discover eight shocking, hidden

sources of salt.

**Skinny Pop popcorn (3/4 cup) OR grocery store rotisserie chicken (4 ounces)?**

**Answer:** The chicken. "We don't necessarily think of chicken as salty but rotisserie chicken is often injected with salt water to make the chicken juicy and more flavorful," says Danielle Allen, a registered dietitian in Hopkinton, Massachusetts. "The high

salt content also helps preserve the meat." As a result, rotisserie chicken has around 320 mg of sodium compared with 75 mg for the popcorn. "Baking a chicken breast at home with oil, herbs and seasonings other than salt can cut your sodium by more than 200 milligrams," she says. Just avoid buying chicken that's

## SALT

Continued on Page 21



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**SALT**

Continued from Page 20

been “enhanced” with broth, which boosts sodium levels.

**Schwepes club soda (12 ounces) OR Blue Diamond roasted salted almonds (1 ounce, about 23 almonds)?**

**Answer:** The club soda. It contains 95 mg sodium versus 85 mg for the nuts. “The club soda contains sodium bicarbonate (baking soda) and sodium chloride (table salt) to enhance taste and to neutralize the acidity,” says Jennifer Glockner, a registered dietitian in Los Angeles and creator of the e-book series Smartee Plate. If you don’t want to drink plain water, try sparkling water such as San Pellegrino, which has only 1 mg sodium per ounce, Glockner suggests.

**C a m p b e l l ’ s Condensed Chicken Noodle Soup (10.75-ounce can) OR a bag of potato chips (8 ounces)?**

**Answer:** The soup. It contains a whopping 2,225 mg of sodium, compared with the chips’ hefty 1,300 mg. “People often see the tiny can of Campbell’s and assume it is one serving, but there are 2.5 servings per container,” Allen says. “A great alternative for those who don’t want to make their own soup is Campbell’s

Low Sodium Chicken With Noodles, which uses potassium chloride as a salt substitute and contains only 120 milligrams of sodium per can.”

**Land O’Lakes salted whipped butter (1 Tbsp.) OR Best Foods Real Mayonnaise (1 Tbsp.)?**

**Answer:** The mayo. It checks in at 95 mg of sodium compared with 50 mg for the butter. “They both contain added salt but the mayo also has a preservative that contains sodium,” Glockner says. “As an alternative sandwich spread, consider using a mashed-up slice of avocado, which only contains a negligible amount of sodium.”

**McDonald’s Chicken McNuggets (10 pieces) OR V8 Vegetable Juice (12 ounces)?**

**Answer:** The juice. “The V8 contains three servings of veggies in 12 fluid ounces, which could be considered healthy,” Glockner says. “However, it contains 960 milligrams of sodium from added salt — 40 percent of the maximum daily allowance of 2,300 milligrams of sodium.” In comparison, the nuggets contain 900 mg of sodium. Try V8’s low-sodium option instead (200 mg per 11.5 ounces) or eat your veggies and drink water instead, she

recommends.

**Prego Basil Pesto Italian Sauce (1/4 cup) or Prego Tomato Basil Garlic Italian Sauce (1/4 cup)?**

**Answer:** The pesto. “Not only does the pesto have more than two times the amount of sodium [590 mg versus 210 mg], it’s also higher in saturated fat,” says Allison Knott, a registered dietitian in New York City. “If you’re looking for a lower-sodium pasta sauce, choose a tomato-based option and compare brands to find the one that is the lowest in sodium per serving. Adding cooked vegetables can also help you ‘stretch’ the sauce, lowering total sodium per serving.”

**Subway Oven Roasted Chicken Breast on Spinach Wrap OR Subway 6-inch Oven Roasted Chicken Sandwich?**

**Answer:** The chicken wrap — with 1,350 mg of sodium. “Much of the sodium difference is attributed to the difference in bread,” Knott says. The spinach wrap alone has 780 mg of sodium — more than the amount in the entire chicken sandwich (560 mg).

**Bonefish Grill Cobb Salad with Wood Grilled Shrimp OR Bonefish Grill Blackened Baja Fish Tacos with Corn Tortillas (two)?**

**Answer:** The Cobb salad — with 2,220 mg of sodium, compared with 720 mg for the tacos. You can probably guess that cheese, dressing and bacon make a Cobb salad pretty salty. “But you may be surprised to learn that shrimp can also be a significant source of sodium if it has been processed with a salty brine,” Knott says. To lower sodium, opt for an alternative seafood like grilled salmon or tuna and get a cooked vegetable side instead of a high-sodium salad, she says.

*(Editor’s Note: Reprinted from the AARP website at [aarp.org](http://aarp.org).)*

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# Looking Back

## Summer 2021 Photo Identifications

Dixie Carlisle, former center director at Greenwood CHEER, (she is shown at far left in photo) identified one of the photos in the Summer 2021 issue as a ribbon cutting ceremony at Grace Church in Georgetown. CHEER had just moved into the church fellowship hall in mid-January and then-executive director Arlene Littleton (shown second from left) wanted the Grand Opening on Valentine's Day. The event featured an Afternoon Tea Dance with the Art Curly Trio. There were 300 in attendance. Then State Representative Joe Booth is shown cutting the ribbon with Mayor Steve Pepper holding it at far right. The young princess in front is Amy Parker, now an Optometry Specialist at Sussex Eye Center in Georgetown. The other two ladies are unidentified.

Dixie also identified one of the ladies standing in front of the bus shown in photo at the lower right corner of the page. The lady on the left is Peggy Neske, center director at Huling Cove at that time.

Dixie is now retired. She and her husband are living in Ohio to be close to their son, Tim.





# Can You Identify Any of These Photos?

Email [carolyno@cheerde.com](mailto:carolyno@cheerde.com) if you can identify any of these photos.





# Volunteer ★ Spotlight



## Joe and Patricia Beck

Joseph and Patricia Beck volunteer their time at the Roxana CHEER Activity Center on a weekly basis and spend the majority of it delivering meals for CHEER's homebound program. These dedicated volunteers are so generous with their time and fill in when others are on vacation or are unable to deliver. Joe has been a volunteer with CHEER for the past eight years. Patricia has been volunteering for the past seven years. Their favorite part about volunteering is the people CHEER serves.

Joe and Patricia were born and raised in Baltimore. The weather and beach brought them to Sussex County. Joe's profession outside of CHEER volunteering was a brick mason and an IT specialist. Joe enjoys fishing & hiking in his spare time. Joe's favorite restaurant in Sussex County is the Blue Coast. He and Patricia have been married for 49 years.

Thank you for all you do to help your senior neighbors! CHEER could not do what we do without your continued support.

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SCA data source: American Heart Association, "Heart and Stroke Statistics (2019)" (2019)

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## PulsePoint





# Volunteers Exemplify The Very Best Of All Of Us

**By Kenneth S. Bock CEO**

What does it take to leave the comfort of your own home to go out to serve others without any pay? I just finished looking at the proof copy for CHEER's new calendar for next year, 2022, entitled CHEER's Volunteer Heroes. Twelve faces with 12 stories, and each one is inspiring. Where do these people come from and what makes them commit their time and energy in service to others? In a time when so many of our friends and neighbors were not venturing out to minimize possible exposure to COVID, these volunteer heroes were out making a difference in the lives of so many of our senior citizens.


Before and throughout this pandemic, I had the opportunity to meet many of these good people and, on

occasion, I was fortunate to actually go out to the homes of different CHEER customers to see first-hand what it means to bring CHEER to a senior citizen isolated in their home. Once you have knocked on one of those doors and realize that you will be the only person that individual will see or even talk to that entire day, it changes something in you. How do you value a few minutes of your time when you may be delivering the only food and kind word a senior citizen may have for that entire day?

Our calendar is titled "Volunteer Hero's" and that is what each and every one of them are. But there are many, many more CHEER volunteers than just these 12 who serve our seniors. We will continue to introduce and honor them in our various

publications throughout the year. Without all of our volunteers, CHEER would not be CHEER. They are priceless and we are grateful to each and every one of them. Thank You.

*(Post Script: The 2022 calendars will be available to members, volunteers and MOW recipients at the beginning of October. They will be distributed at the individual CHEER activity centers.)*

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# Give Thanks at CHEER Holiday Feast

Come celebrate Thanksgiving with CHEER at the annual Holiday Feast on Tuesday, Nov. 23 from 10 a.m. to 2 p.m. It will be held at the Warren L. and Charles C. Allen, Jr. CHEER Community Center, 20520 Sand Hill Road, Georgetown. After a year of COVID restrictions and isolation, this day will put extra meaning to the word "Thanksgiving" as friends gather together once again for a traditional turkey dinner with all the trimmings. There will also be entertainment and contests with prizes.



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# When The Time is Right...

We are all living in a different time right now. Sheltering in place and keeping our distance from others when we go out for necessary errands has put your special events and activities on hold for now.

This will not last forever and CHEER Hospitality wants you to know we will be here for you when the time is right and you are ready.

Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. Our catering can provide a customized, unique and affordable menu to make your day even more special.



If your special event is smaller such as a bridal shower, baby shower, graduation, retirement, etc., you may wish to take advantage of the space at one of the CHEER Activity Centers located in:

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