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# ON THE COVER

## Robin Reifsnyder



Senior Robin Reifsnyder stands in front of his 1999 cherry red BMW convertible that is parked in front of the CHEER Community Center. Read how a fall in 1994 changed his life. See page 9.

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

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### **CHEERful** Living

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DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Services for Aging and Adults with Physical Disabilities

# The CEO's Perspective...



By Kenneth Bock, CEO

We have just come through the Dog Days of Summer. For those who like it hot, this was your time. For those that don't, things are about to change. That's the way weather works in Delaware. Many of us believe we get the best of all worlds. There is something for everyone. The same can be said for CHEER. Whatever season of life you may be in, CHEER has something for everyone.

Across generations, we continue to evolve, introducing new services and opportunities; attracting new people to the CHEER lifestyle. This has not been without its challenges, but when you see that twinkle in the eye of someone who just experienced a joyful moment, it makes it all worth it. To be clear, I am not just talking about the joyful moments made possible for our members and customers, but I have seen that twinkle in the eyes of CHEER volunteers

and staff. There is something special about being able to give back, and it is all the more special when you see the joy reflected in the faces of seniors whose days have been brightened through your efforts.

Everywhere we travel now-a-days, we see Help Wanted signs and businesses closing with limited hours because of staffing shortages. Newscasters are reporting daily about the "Great Resignation" as people are leaving traditional workplaces and many have yet to return to employment after the COVID pandemic shutdowns. Perhaps this is just a new way of life, but the senior citizens who depend on CHEER rely on that face-to-face human contact. That human contact is essential; perhaps the most essential part of what CHEER is. A virtual meal would be less than satisfying and it's difficult to help someone perform many of the normal activities of daily living over an internet connection. Some things just require a human touch – a smile or a kind word spoken with genuine sincerity.

Coming out of the COVID pandemic, CHEER and almost every other service organization, is struggling with staffing issues. Our periodic efforts to replace occasional vacancies in our administrative ranks have taken a back seat to our daily challenge of recruiting more direct care workers and volunteers. We are

dependent on both and so are our customers. Direct care workers are needed to help seniors be able to continue to live safely in their own homes while maintaining a healthy environment and lifestyle. Without that direct care, many of our most vulnerable citizens could be forced to leave their homes to live in residential care institutions. Volunteers are the lifeblood of our Meals on Wheels program which is the largest service program offered by CHEER. It is volunteers who make the daily meal delivery possible for home bound seniors. Without those volunteers, many seniors would go days, or longer, without any contact.

At our core, CHEER is a human service organization. We are a caring group of staff and volunteers dedicated to making a difference in the lives of our seniors. Every day we do things that are not written in any job description or government service standard; and on good days, we are rewarded with that twinkling eye. Make no mistake, there are challenges, but there are also a lot of good days.

If you are looking for a few more good days, why not look into CHEER. You might be surprised what you will see. Remember, we could all use a little more CHEER in our lives.

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## 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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# UNDERSTANDING FAD DIETS:

Nimi Bhagawan MS, RDN, LD



Fad diets have been under the spotlight in the recent years, and not always in a good way. With the explosion of social media, especially Instagram, fad diets have gained a lot of attention, and gained a ton of bad reputation.

But what even is a fad diet? Are fad diets that bad or do they work? I am going to try and answer all these questions and more in this article. So, grab a cup of decaf and buckle up, because I am going to go in-depth trying to answer every single question you may have about fad diets right here.

## What Are Fad Diets?

Fad diets are very popular diets that promise rapid weight loss and other health benefits. They are stylish

diets that people love to post about on Facebook and Instagram, and their results are almost always accompanied by hashtags.

Fad diets are often non-traditional in both how they work and what they promise. They are fashionable and very beloved on the Internet, which is one of the reasons they are also heavily criticized.

The main criticism for fad diets is that they often have no sound science behind them, or even worse, are often backed up by what can only be described as pseudo-science. They are also criticized because people often follow a fad diet because of a recommendation from an influencer rather than

a doctor. A fad diet can eliminate whole food groups and be quite unhealthy, and it can backfire more quickly than people realize.

Some fad diets also have strange rules, such as allowing only certain foods as long as they are eaten with certain other foods, and some fad diets focus on a certain particular food. Some fad diets recommend only eating at certain times or in a certain way.

Many fad diets lack major nutrients and can put the dieters at risk of developing serious health problems later in life due to the lack of receiving the proper amounts of these nutrients. Some fad diets also have improper regulations regarding the amounts of

foods that can be consumed and allow either too much or too few, and both scenarios are problematic.

The basis for many of these fad diets are also puzzling, such as blaming hormones for weight gain or claiming to manipulate the body's chemistry as if the diet is a cheat code that will magically get you the results.

Some claim that, in the best-case scenario, fad diets are ineffective temporary solutions to lifelong problems, and in the worst-case scenario, a marketing (or a con) scheme that manipulates people's ambitions for monetary gains through hyping up certain products and can

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leave people with serious health issues later in life.

Whether fad diets are a good thing, or a bad thing is up to you in the end. What I am going to do is to try and remain impartial and only give you the facts in this post so you can make up your mind yourself. Whether you decide to go for a fad diet or to completely stand against them at the end is your call.

### Basic Types of Fad Diets

There are 6 basic types of fad diets that we have seen gaining popularity over the last couple of decades. These are:

#### 1. Controlled Carbs -

Atkins Diet, Sugar Busters, and The Zone Diet

#### 2. High Carbs/Low Fat

- The Pritikin Principle, The Good Carbohydrate Revolution and Dr. Dean Ornish's Eat More, weigh less diet

#### 3. Controlled Portion Sizes

- Volumetrics Weight-Control Plan and Dr. Shapiro's Picture Perfect Weight Loss Plan

#### 4. Food Combining

- Fit for Life and Suzanne Sommers' Somersizing

#### 5. Liquid-only Diets -

SlimFast Diet and Cambridge Diet

#### 6. Diet Pills or Herbal Remedies

- Metabolife, 356 Dexamtrium Natural and Hydroxycut

You can go to any list of fad diets and all the diets you will find will certainly fall under one of these categories. This is not to say this is a good or a bad thing. Let's take a look at some of the most popular fad diets nowadays.

There are so many fad diets right now that it's kind of difficult to cover all of them. Luckily, we do not have to. Some fad diets are so silly that most people can just take 30 seconds to figure out that it is not even worth their time to continue reading/watching the explanation of the diet. (e.g Bowl of salad from one of the fad diets.)

We are going to only discuss some of the top fad diets. These diets have set the fad diet definition and become so popular that some of them are now recognized as completely legit diets that people can achieve their goals with. We will start with the five diets that started it all. Yes, you know what I am talking about.

### 1. Vegan Diet

Vegan diet is one of the most popular fad diets. The vegan diet needs no introduction, it is one of the most famous diets and one of the most successful fad diets of all time. By our definition of a fad diet as a popular diet, the vegan diet can be considered a fad diet, the question of whether it is still just a fad diet or if it's more than that is up to you.

The Vegan Diet includes plant-based foods and excludes meats, processed foods, and everything else. This means that you can eat vegetables, fruits, soy, legumes, and nuts on the food list. The vegan diet strictly prohibits any animal products like meat, dairy, and eggs. It also prohibits any animal byproducts such as honey and, animal-derived vitamins and Omega-3s, gelatin, Carmine, shellac, lactose, whey, and casein.

There is now plenty of research about the vegan

diet. While the diet is still a bit controversial, it's well-known now that diets that constitute plant-based foods only are more effective for losing weight than other traditional low-fat diets.

The main concerns with the vegan diet are that if the dieter does not plan their diet properly, they could miss out on essential nutrients such as calcium, iron, and Vitamin B12 more easily than they would have if they were on other diets.

The difference between the vegan diet and the vegetarian diet is that while both diets prohibit consuming animal meats, the vegan diet prohibits consuming animal byproducts while the vegetarian diet allows it. This means that things like dairy, cheese, milk, and eggs are allowed on the vegetarian diet but not allowed on the vegan diet. It's also been proven that the vegan diet is fine on the long-term and doesn't lead to any serious health issues if you do the meal planning right and pay attention to your micronutrients.

The vegan diet is still considered a fad diet because it is still very popular online, but it has aged far better than most fad diets do, proving that it can deliver on its promises without putting the dieters at risk of serious health issues.

### 2. Atkins Diet

Atkins diet is an example of one of the popular fad diets. The Atkins diet is a low-carb diet that claims to help people lose weight without having to do calorie counting. Losing weight on a low-carb diet without counting calories or doing micronutrient calculations

has already been proven to be effective by more than 20 studies over the last two decades, so the Atkins diet is not the first low-carb diet and will not be the last.

The Atkins diet was originally criticized due to its high saturated fat content, but later, it was proven that saturated fat is harmless. Keep in mind that the Atkins diet was first introduced in 1972, so it took quite a while for research to catch up.

The Atkins diet is a four-phase plan that promises rapid weight loss, and it goes as follows:

#### **Phases of the Atkins Diet:**

##### **A. Induction Phase -**

Reducing the carbs intake to less than 20 grams per day for two consecutive weeks. You can eat high-fat, high-protein, and low-carb vegetables.

**B. Balancing Phase -** You can start adding more nuts, low-carb veggies, and small amounts of fruits back into your meals.

##### **C. Fine-Tuning Phase -**

This phase starts only when you are quite close to your weight goals. Here you can start adding more carbs to your diet until your weight loss slows down.

##### **D. Maintenance Phase -**

Only eat healthy carbs from now on. Your body should be able to tolerate it without regaining much weight.

The other concern about the Atkins diet is that it is unnecessarily complicated. Losing weight is not easy, for sure, but this does not mean it should be such a complicated procedure.

Many people who follow the Atkins diet simply skip the

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induction phase completely and include plenty of veggies and fruits from the beginning, and this has proven to be just as effective. Others prefer to stay in the induction phase indefinitely, and this basically means they are following a very low-carb Keto diet.

Speaking of the Keto diet...

**3. Ketogenic Diet**

Getting enough protein is one of the most important Keto diet tips. The Ketogenic diet is one of the most popular diets nowadays, and no one could have expected that this diet was going to be so popular so quickly. This is because it is not the first one of its kind and not the most extreme one, so why has it become so successful?

The Ketogenic Diet is a very low-carb, high-fat diet that is quite similar in theory to the Atkins diet but without the complicated phases and stages. This diet relies on drastically reducing carbohydrate intake and replacing it with fats. The goal of this is to put your body into ketosis, which is a metabolic state where your body relies on getting its energy from burning fats, not sugar or carbs. The Ketosis state will also turn your fat into ketones in the liver that can supply your brain with energy.

The Ketogenic diet shifts your body's metabolism away from carbs, and this shift does not work for anyone. Since this shift will often include sharp drops in the levels of your blood sugar and insulin levels, people with diabetes need to be more cautious when switching to the Keto diet.

There are many variations of the Ketogenic diet available.

**4. The Mediterranean Diet**

The Mediterranean diet is more of a way of eating than it is a strict diet. Therefore, there is no single explanation for the Mediterranean diet. It is a diet that is based on how the people living in countries bordering the Mediterranean Sea eat.

This diet is typically high in vegetables, fruits, beans, nuts and seeds, whole grains, and olive oils. It has a weekly intake of fish, poultry, beans, eggs, and dairy products. It limits the intake of red meat and replaces it with a higher intake of vegetables and fruits.

The Mediterranean diet focuses more on plant-based foods than on meat-based ones except for seafood. It also promotes the consumption of healthy fats, which are harmless for your health, unlike the saturated and trans fats that can be found in processed foods which have been linked to heart disease.

The diet also allows for a limited intake of red wine and replaces salt with spices and herbs. There has been more than one body of research that has shown the diet is effective in reducing the risk of cardiovascular disease, which is why it's often recommended for people suffering from heart conditions.

Unfortunately, since there is no control over portion sizes, it's easy to gain weight on the diet rather than losing it if you are not careful. Overall, the Mediterranean diet is considered a healthy diet.

**5. South Beach Diet**

The South Beach diet first became popular in the mid-1990s thanks to the work of Dr. Arthur Agatston, a cardiologist from Florida, who has used his work in heart research to develop the diet. He developed the diet to fix what he thought was wrong with the Atkins Diet, which is the high amount of saturated fat allowed on the diet. So, he created a diet specifically for the overweight, diabetic, and prediabetic people that can help them lose weight easily and can reduce their risk of heart disease.

The South Beach Diet is rich in low-glycemic index carbs, lean proteins, and unsaturated fats. He popularized the diet by prescribing it to his patients, then he published a book about it in 2003 which became an instant bestseller around the world.

The South Beach Diet consists of 3 phases:

**A. Phase 1** - It lasts for 14 days, and only limits fruit, grains, and other high-carb food. It aims to help people lose 8-13 pounds (3.5-6 kilograms) in those two weeks. You can eat three meals and two snacks per day. Those meals should consist of a combination of lean protein and vegetables.

**B. Phase 2** - This phase lasts until you achieve your target weight. Expect to lose 1-2 pounds (0.5-1 kilograms) per week. You can add back limited portions of fruit and good carbs. Certain types of alcohol allowed in limited quantities.

**C. Phase 3** - Starts once you reach your target weight. Occasional treats allowed. Regular exercise.

There is little scientific evidence to support the claims of the South Beach Diet, and the diet was also shown to have some drawbacks. While fats in general aren't harmful, and are actually necessary for your health, the diet has potentially harmful amounts of it. The foods in the diet also have a high ratio of omega-6 to omega-3 fats, and this high ratio has been linked to inflammation and some heart problems.

**How to Spot a Bad Fad Diet**

It is kind of amazing that in the age of Internet so many people are following unhealthy diets while it's so easy to find out if your diet is really doing you more harm than good. Typically, bad diets – whether it is a fad diet or not – share some

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common characteristics that are very easy to spot. Here are the warning signs that make it clear that the fad diet you are reading about is an unhealthy diet:

***Promises a Quick Fix***

Nothing in life comes free, and anything that will actually get you results takes time and effort. This is a general rule that can't be any truer than it is in diets.

***Promotes a Magical Combination of Foods or a Miracle Food***

Your body is a very complicated piece of machinery that needs so many nutrients that you can only get by varying the food you eat. As a rule of thumb, the more colors your meal has, the healthier it is. There

is no superior food and no magical combination of foods.

***How to Spot a Good Fad Diet***

A good fad diet will be a good diet in general. Meaning it will have some things in common that you will also find with well-established and scientifically proven diets.

***You lose weight more slowly***

The most you can expect to lose weight on a diet is about 1 or 2 pounds per week. Your body needs time to adjust, and any diet that promises a faster weight loss than that should not be taken seriously.

A good fad diet will have plenty of research backing it up. Any fad diets that work will have studies, peer-reviewed papers, and

scientific research from trusted institutions by trusted scientists and academics. These studies will also be funded by public or government organizations that are interested in public health and not food corporations with their own agendas.

***Has Something of Everything***

A balanced diet should have something of everything. It should have healthy fats, carbs, proteins, and all the other nutrients. This can only be achieved through consuming foods from diverse food groups.

***Does Not Skip Meals***

Skipping meals is never a good sign in a diet. You don't need to eat a certain number of meals, but you still shouldn't skip your essentials, like your breakfast.

***Is Not Overly Simple***

Life is not simple, and neither is your diet. If a diet seems almost too simple, something is not right. Our bodies are complicated, and our health is not a simple matter, but if a diet draws simple conclusions from complex medical research, it means it's not a good diet.

***Does Not Require You to Spend Lots of Money***

Normally, diets should not require you to buy certain stuff – such as certain pills or a piece of over-priced equipment. If the diet requires you to spend lots of money on anything besides high-quality food, it is more of a scam or a marketing scheme than an actual healthy diet. This also includes courses, seminars, and prepackaged meal plans that you need to buy (in case this is not obvious already).

***Is Not Only Endorsed by People Behind a Screen***

You need to understand that most famous people behind screens – be it TV or your phone screen – will do a lot of things for the money, like recommending a certain diet. They will also do the same things to go viral or become trendy, because this means more followers who they can sell stuff to. A healthy diet should be endorsed by trusted people in the medical community, not people on the media. Media people can help get the message across, but you should not take health advice from someone that all they know is to look pretty for the camera.

***Recommendations are Exercise and Sleep***

Any healthy diet must be accompanied by exercise and rest for the best results. You should know that this is needed not only to lose weight, but also to keep the weight you lost from coming back.

***Can be Maintained Long-term***

You should be able to stay on the diet for the long-term. This means you should face no issues staying on the diet for years. Yes, years, not weeks or even months. I am not saying you must stay on it for years, but I'm saying that the diet should be sustainable over the long term. This also means that you should not be feeling pressured while on the diet.

Go on a good weight loss program for your health and wellbeing not for anyone else! This is a lifelong commitment so get help from a Registered Dietitian who can help you achieve your goal.



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# A Potter's Life is Reshaped Like a Piece of Clay

By Carolyn O'Neal  
Community Relations

(as told by Robin Reifsnyder)

It's just a small clay candleholder, but it signifies a very large challenge in the life of Robin Reifsnyder. An artist all of his life, his creative skill was almost completely taken away from him when he fell through the roof of a barn he was building for his sheep.

Robin discovered his love for art in school at Rehoboth High School where his father, Walter, was his art

teacher. He graduated in 1969 as the last Valedictorian Rehoboth would ever have as the following year Cape Henlopen was created through consolidation with Rehoboth, Lewes and Milton schools. He went on to study Liberal Arts at the University of Delaware. He recalls walking past the pottery studio on campus one sunny Monday morning on his way to a mathematics class and

after seeing the beaming smiles on the faces of several dozen Arts students, he changed his major to the Arts and never looked back. He was hooked – hook, line

and sinker. He was six credits short of the required total for a degree when the tuition



**As a young potter, Robin enjoyed creating something useful out of a shard of clay. Before his accident in 1994, he obtained the level of master potter.**

## POTTER'S LIFE

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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.*

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**POTTER'S LIFE**

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money ran out in 1973. He returned to the Rehoboth Beach area and worked again as a picture framer for his father's business called Gallery 18.

Robin married his first wife in 1974 and they soon moved to Chapel Hill, North Carolina where she obtained her Master's Degree in Social Work. Robin was employed there as a picture framer for The Print Shop, Inc., a subsidiary of The Village Companies. Unfortunately, the marriage ended in 1978. In 1980, he was promoted to a vice president position and became general manager of The Print Shops, Inc., two retail stores and a wholesale framing studio. While in North Carolina, he also recalls meeting professional basketball star Michael Jordan and Coach Dean Smith in University Mall at the K+W Cafeteria where over-fried chicken livers were featured. Robin returned to Delaware in 1983 and joined his twin brother, Walter III, to run their father's Gallery 18 business. That building is the current home of Steele's Gun Shop.

In 1984, Robin met his second wife and together they opened Framehouse Gallery, Inc. on Route 9 (404), three miles west

of Five Points at Lewes. They built a gallery, picture framing studio, a ceramics studio, and classroom for pottery classes on property purchased from former Mayor Stamper of Rehoboth Beach.

Life was good – until August 27, 1994. Robin was 43 years old and while building a barn for their growing flock of sheep, he suffered a stroke and fell through the unfinished roof onto concrete 30 feet below. He landed head first, sustained a closed head injury, and broke his left wrist. The resulting 10-day coma was followed by a month in Christiana Care Hospital rehab facility. He was discharged when the insurance limit of \$1 million was reached. He returned to his home and to his pottery facility to heal and regain some of his career in the arts.

Robin has undergone dozens of CAT scans, PET tests, and MRIs, but fortunately has not needed surgery. However, because of the traumatic brain injury, he continues to have difficulty with his balance and must use a cane. His diagnosis is called Ataxia Dysarthria or AKA, a slurred speech neurological condition. He carries around in his wallet an official letter from his doctor describing his



**Robin Reifsnnyder (far left) is about to compete in Family Feud with his teammates Joseph Donovan, Gary Turner, Rita Poggi and Captain Tom Jones.**

symptoms because people often misunderstand him.

"People think I'm drunk," Robin explained. "This letter has provided an explanation to others many times as I still drive automobiles. Balance is not required to operate a vehicle. I walk using a cane to help people in their visual profile of me."

In the almost 30 years since the fall, Robin has had to relearn how to walk, talk and even swallow. "It's taken almost all that time to regain most functions," he admits.

During the years of trials and challenges, Robin's second marriage crumbled and he lost his businesses. He suffered from depression and lived in seclusion for many years.

"I credit having a life in the Arts for my ability to problem solve in my challenge-filled life today," Robin says.

Robin also credits his return from the abyss to his belief in a loving God as the primary reason his life has regained a sense of normalcy.

"Divine intervention has played a role in all of this change. I cannot deny it," says Robin. "Rehabilitation from a traumatic brain injury takes time, and there is no

schedule."

Eight years ago, Robin came to live at the CHEER Apartments in Georgetown. Life was quiet and he remained mostly secluded from his neighbors. Every day during the week, a Meals-on-Wheels volunteer knocked on his door with a nutritious meal for him. When the COVID pandemic struck, CHEER began sending out multiple emergency meals to the homebound.

"It was more food than I could possibly eat," Robin explained. So when CHEER moved the Georgetown senior center to its Community Center next door (to his apartment) last winter, he thought he might prefer to dine in person, plus CHEER would then cease to deliver so many meals to him.

What Robin found at CHEER was more than just nourishment for his body, but also nourishment for his soul. He found new friends he can laugh and interact with every day when he comes to eat. He enjoys the activities, especially the "UNO" crew. He was even a member of the center's Family Feud

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competition team. Although Georgetown did not win, "We were all winners that day," commented Robin.

The 71-year-old has found digital photography to be a suitable medium for him at this time. He had reached the level of master potter in 1994 when he became disabled. Something less physically demanding was needed. Digital photography was the medium he chose as a substitute for his love for clay work. He can pursue his artistic endeavors at home with his computer and cameras.

"Even though I have brain damage, I still have the God-given ability to think and reason," Robin said. "Not all survivors do."

In addition to all the body functions one has to relearn



**Robin has now turned his creativity over to digital photography which he can accomplish with a camera and computer.**

after a coma, Robin has had to learn how to compensate for his limitations since the fall. This past St. Patrick's Day, he found a 1999 BMW cherry red convertible car for sale. A recent inheritance allowed him to buy it and obtain a little more independence.

"My equilibrium might be broken, but one does not need balance to operate a vehicle. You are sitting down and cannot fall," he proudly proclaimed.

Robin shared his dream for the future. "I would like to one day see an 'Artists' Colony' devoted to public participation in some of the many arts disciplines that so enrich our lives. A place where different artists can live, demonstrate their form of special talent, and teach our youth there is a lot more to a happy life than the almighty dollar."

"Life with a traumatic brain injury is difficult at times, but always challenging. Isn't that what life is supposed to be?" Robin asks. "I'm like a broken shard of pottery, changed but still functional."

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# Pets Bring Out the Costumes for Parade

CHEER's annual Paws for the Cause Pet Parade will return on Saturday, October 22, 2022 at the CHEER Community Center on Sand Hill Road, east of Georgetown. The event will be held from 10 a.m. until 2 p.m. It is a fundraiser for CHEER's Paw Prints: Making a Difference program that brings about awareness of the importance of pet health and nutrition. The goal of the parade is to raise funds to meet the needs of hunger for our four-legged friends. Proceeds are used to help support CHEER's homebound seniors in feeding their pets.

Highlight of the day is the

costumed parade of pets. Costume winners will be named for Funniest, Most Creative, Best Owner/Pet Combo, and Crowd Favorite. Judging will be done by popular vote. The public will use tickets to vote for their favorite entries. Entry fee for the pet parade is \$20 and participants will have an opportunity to earn gift cards and pet supplies. Each participant will also receive a caricature drawing with their pet as a keepsake of the event.

The day will also include vendors, face painting, food and games. The public is invited to join the fun at no cost. Interested vendors can



**Minnie Mouse (aka Klover the Dachshund) enjoys dressing up for CHEER's annual Pet Parade.**

contact Tanisha Showell, CHEER Volunteer Service Director at 302-515-3056 or email [tshowell@cheerde.com](mailto:tshowell@cheerde.com).

Those wishing to enter their pets in the parade, can also contact Tanisha for an entry form. Pre-registration is requested.

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**This 1932 Ford Model B was the oldest vehicle at the CHEER car show. It is owned by Pat DiDomenicis of Lewes.**

## Extreme Temperatures Don't Stop CHEER Car Show

CHEER, Inc. hosted its 12th Annual Car, Truck and Bike Show on Sunday, August 7 and those in attendance did not let the high temperatures fry their enthusiasm for classic automobiles. Attendees cooled

off inside the CHEER Community Center in Georgetown while enjoying a delicious Champagne Brunch prepared by the CHEER Nutrition staff. Spotlights at this year's show was a 100-year-old American

LaFrance Fire Apparatus on loan from the Georgetown Fire Department.

Rob Danzi of Selbyville was honored with the Fred Wittmer Memorial Trophy presented to an individual in recognition of the

person's dedication to the preservation of antique and classic cars and for their commitment to CHEER. The award was donated by Crown Trophy Delmar.

### **CAR SHOW**

Continued on Page 14



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## CAR SHOW

Continued from Page 13

The Del Mar Va Judging Group named the following winners at the show:

### **Best In Show –**

1965 Pontiac,  
owned by George E. Husfelt of Elkton, Md.

### **Best Sussex County Vehicle,**

presented by Sussex County Council –  
1962 Austin,  
owned by Mike Healey of Georgetown

### **Best Car,**

presented by  
Meineke Car Care Center, Lewes –  
1955 Bel Air Sport,  
owned by Paul and Lena Roy of Felton

### **Best Truck,**

presented by CHEER Nutrition –  
1931 Model A Huckster,  
owned by Tom Rosinski of Milton

### **Best Bike –**

1987 Mote Guzzi,  
owned by Jim Hanna, Chester Springs, Pa.

### **Best Import,**

presented by Club D'Jet USA –  
2018 Porche,  
owned by John Madden, Milford

### **Best Emergency Response Vehicle –**

1922 American LaFrance Fire Apparatus,  
owned by Georgetown Fire Department

### **Oldest Vehicle –**

1932 Ford Model B,  
owned by Pat DiDomenicis of Lewes

### **Best Military Vehicle –**

1960 AME  
Jeep, owned by Bruce Boehm of Ocean  
View

### **Most Unique Vehicle –**

2008 Pontiac Solstice,  
owned by Frances Hart of Greenwood

### **Honorable Mentions:**

**Ricky Ecalono**, Bethany –  
1958 Chevy Corvette Convertible

**Babs Colburn**, Lewes –  
1992 Porche RS American Coupe

**Ray Ingersoll**, Lincoln –  
1966 Mercury Convertible

**Fred Winbrow**, Seaford –  
1966 Ford Mustang, Fastback

**Dean Baker**, Georgetown –  
1979 Chevy C10 Step Side Pickup

**Doug Levensgood**, Milton –  
1956 Chevy Bel Air Wagon

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

**Bill and Gayle Williams**, Laurel –  
1955 Chevy 210 Del Ray Sedan

**Rick Boyle**, Frankford –  
1965 Pontiac LeMans GTO

**Jeff Reed**, Ellendale –  
1970 Long Bed Chevy Pickup



**Best Car – Paul Roy**



The Fred Wittmer Memorial Trophy was presented to Rob Danzi of Selbyville. Left to right are: John Sheetz, committee person; Danzi; Walter Koopman, CHEER Board President; and Ken Bock, CHEER Chief Executive Officer.



## CAR SHOW

Continued on Page 15



**CAR SHOW**

Continued from Page 14



**Best in Show at the CHEER car show was a 1965 Pontiac, owned by George Husfelt of Elkton, Md. Left to right are John Scheetz, committee person; Husfelt and Walter Koopman, CHEER Board President.**



**Best Sussex County Vehicle – Mike Healey**



**Best Import – John Madden**



**This 100-year-old American LaFrance fire apparatus, owned by the Georgetown Fire Department, was the featured attraction at the CHEER car show.**

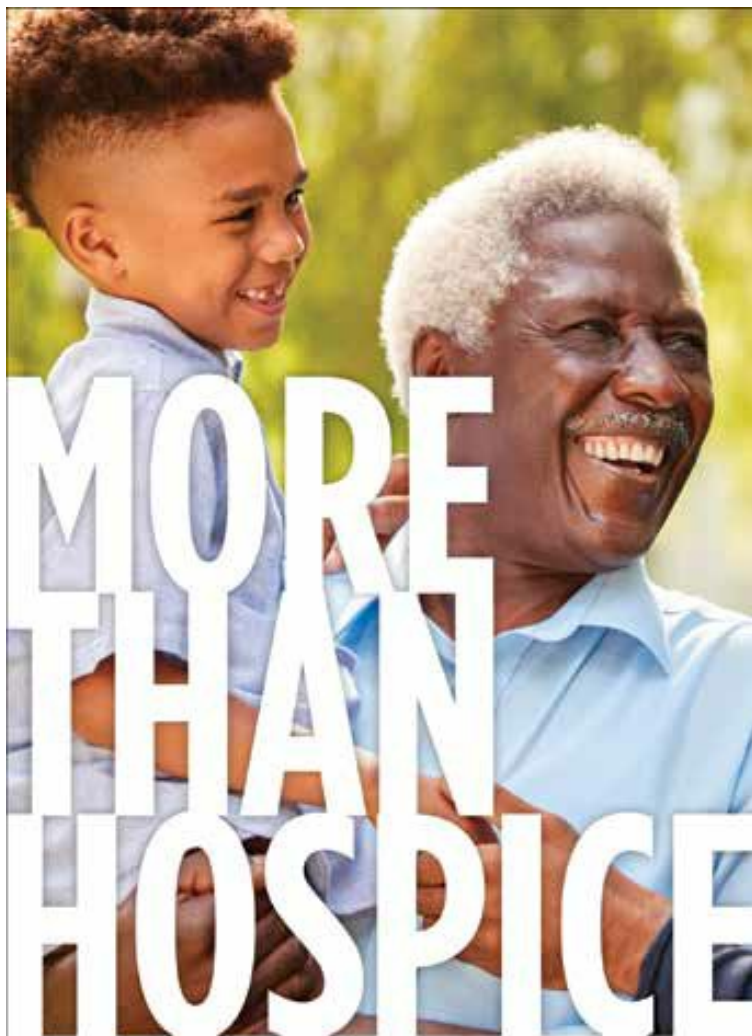


**Best Truck went to Tom Rosinski of Milton for his 1931 Model A Huckster. Left to right are John Scheetz, committee person; Rosinski with Little Miss Bella Diacik; and Walter Koopman, CHEER Board President.**



**This 1960 AME Jeep, owned by Bruce Boehm of Ocean View was named Best Military Vehicle at the CHEER Car Show.**





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## CHEER Honors Veterans on November 10

CHEER will host its annual Veterans Day Celebration on Thursday, November 10, 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.

All veterans are welcome free of charge. Tickets for spouse or guests are \$10 each. Tickets are available at any CHEER center or by calling Robin Greene at 302-853-4199. Tickets will also be available at the door.

Practicing social distancing procedures and wearing a face mask are recommended.



# Exercises Classes Give Back a Little SLICE for an Active Life

By Carolyn O'Neal  
Community Relations

Do you need a few minutes to get moving in the morning? Are you skipping much-needed walks because your knees ache? Do you need a walking cane because your balance is shaky? Have you become less mobile because you fear falling? Have you gained weight because of your lack of activity?

According to the Center for Musculoskeletal Care at Yale New Haven Hospital, less physical activity, combined with obesity, can lead to heart disease, diabetes and hypertension. But most of us already knew that. What we don't know, however, is how to combat it when we get into our senior years.

CHEER offers exercise classes to seniors in its activity centers throughout the county. One of those programs is the SLICE classes held at the Warren L. and Charles C. Allen, Jr. CHEER Community Center in Georgetown. The regimen of exercises is based on the Matter of Balance program designed to reduce the fear of falling and increase activity levels among older adults. This nationally recognized program was developed at Boston University. It is endorsed by the American Association of Retired People (AARP), and the hour-long classes are held every Monday and Wednesday at 9:30 a.m. at CHEER in Georgetown.

A group of local residents began SLICE at the Grace Church in Georgetown. It then moved to a few different locations on the campus of Delaware Tech Community College. Then it found its long-term home at the CHEER Community Center around 2000, shortly after the building was completed in 1999. The group was led in exercise by the late Marie Bastianelli and participated in several CHEER events such as the Beach Day Walk for which they won numerous awards.

For over two decades, dozens of ladies and men have been stretching and bending to the music of Rock and Roll singers until the COVID pandemic interrupted the world's schedules. After sitting at home for the past two years and becoming more and more stiff, Georgetown resident and original SLICE member Carol Givens decided to do something about it. The retired flower shop owner called many of her former SLICE classmates and asked if they were interested in rejuvenating the class.

"After retiring, I need to stay active for health reasons," explained Carol. "I really missed the class and the people."

Carol hosted a meeting in her home and her friends put the word out for anyone interested in participating to attend the meeting.

After being assured of the support she needed, Carol approached CHEER Chief Executive Officer Ken Bock and the two worked out details for how to restart SLICE at CHEER. They agreed upon participants becoming a member of CHEER and \$2 per class. The \$30 CHEER membership gives the seniors access to activities and meals at any of the seven CHEER centers in Sussex County.

Leading the new SLICE class is Janice Weiner of Ellendale. Originally from Kansas, she moved to Sussex County 10 years ago after working in upstate New York for several years. When the post-COVID class started, the group needed an exercise leader so she stepped up to the challenge.

"I took the 50+ Matter of Balance program training in Dover," Janice said about her instructor certification. She then went on to explain how the first half of the session involves stretching the body from the head to the toe. Then the participants move on to using some light weights for strength training, and complete the session with balance exercises.

Each senior participates at their own pace. The more active seniors can do most exercises standing up or outstretched on floor mats.



Zela Holston (left) is a new member to the group, while Carol Givens (center) is one of the original members of SLICE. Both follow instructions from leader Janice Weiner (right).



Millie Jones (left) jokes with friend Ethel Tritapoe while doing their exercises.



Dottie Scott does her exercises while sitting in a chair.



Marlene Henry, one of the oldest participants in the SLICE classes, likes to keep active.

**SLICE**

Continued on Page 19



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**SLICE**

Continued from Page 17

Other seniors with less stability in their stance rely on the security of holding onto the back of a chair. There are even a few 90-plus year-olds who do the exercises sitting in chairs.

"At one time, we had five people in the class over 90 years old," said Carol Givens who admitted to being envious of what some 90-year-olds can accomplish.

Carol Kelly of Milton came with a friend to watch the class and ended up joining after she liked what she saw. "It's not high aerobics; I can't take that," said the former surgery coordinator from Long Island, New York. "I like the stretching. I'm starting to get old and this works every body group. I'm very satisfied with it."

Eva Wootten, a lifelong Georgetown resident at age 83, became a SLICE member back around 2007. Having a bad back, she says "every little bit of movement helps."

Eva also likes being a CHEER member. "I don't drive far now," she explained. "I can use my membership to go on their bus trips (at a discounted rate)."

Marlene Henry is one of the oldest members of

the group. She moved to Milton 40 years ago from Pottstown, Pennsylvania and likes gardening and walking. "I like to keep active and doing for myself," Marlene said. "I enjoy being active and this class makes you feel good. I like the way the instructor conducts it."

There is some dispute about what the SLICE acronym stands for. Some people say it is "Senior Ladies In Congregate Exercise" and others believe it stands for "Senior Lads and Lassies In Constant Exercise." Unfortunately, no official record has yet to be found to verify anyone's belief. Either way, every senior – man and woman – is invited to take part in the classes.

"We are definitely open to men being a part of the class," assured Carol Givens. She remembers men joining the group back in the early 2000s.

Seniors are invited to stop by and view the class if you have any concerns about joining. However, be warned – it will be difficult to sit still and not move when the music starts playing the Anderson Sisters' song, Boogie Woogie Bugle Boy.

*For more information about SLICE classes, call CHEER at 302-854-9500.*



**Mary Ann Fellerder likes how convenient the classes are from her home in the CHEER Apartments next door.**



**Carol Kelly of Milton likes the stretching exercises at SLICE.**



**Eva Wootten uses the back of a chair for support while exercising.**



**Janice Weiner of Ellendale demonstrates some strengthening exercises while leading the SLICE classes.**



**Carol Givens of Georgetown was instrumental in rejuvenating the SLICE classes at CHEER after the COVID pandemic.**



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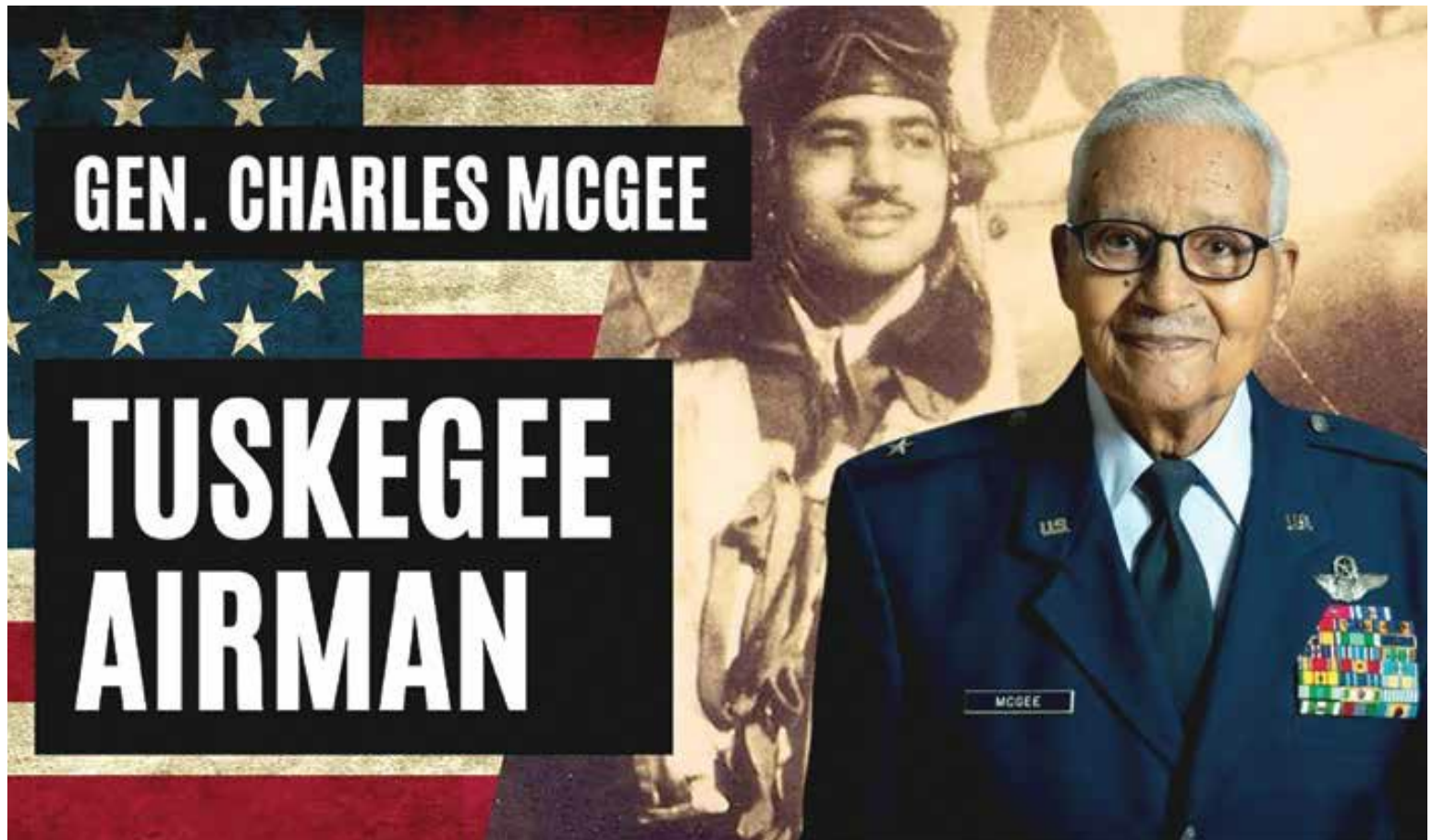
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## Tuskegee Airman Honored at Military Honor Day

CHEER will host its annual Military Honor Day on Saturday, September 10 at the Warren L. and Charles C. Allen, Jr. CHEER Community Center at 20520 Sand Hill Road, east of Georgetown. Displays of remembrance will honor military personnel, first responders and innocent victims who perished as a result of the terrorists' attacks on Americans on September 11, 2001. The event will also give

the public the opportunity to ring the Memory Bell in honor of a loved one. An All-American meal of hamburgers, hotdogs and apple pie will be for sale. The event is free and runs from 10 a.m. until 3 p.m.

Highlight of the day will be a special ceremony honoring the late Brigadier General Charles Edward McGee who was one of the first African American aviators in the United States military

and one of the last living members of the Tuskegee Airmen. His military aviation career lasted 30 years in which McGee flew 409 combat missions in World War II, the Korean War and Vietnam War. He passed away in his sleep at his home in Bethesda, Maryland, on January 16, 2022 at the age of 102.

Born in Ohio the grandson of a former slave and the son of an Army chaplain in World

War I and during the Battle of the Bulge in World War II, Charles McGee was an Eagle Scout as a child. At the 2010 National Scout Jamboree, he was recognized with the Distinguished Eagle Scout Award.

While studying engineering at the University of Illinois, McGee enlisted in the United States Army in October 1942 and became part of

**TUSKEGEE AIRMAN**

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**TUSKEGEE AIRMAN**

Continued from Page 20

the Tuskegee Airmen. He earned his pilot's wings and graduated from Class 43-F on June 30, 1943. He flew his first mission on Valentine's Day 1944 in Italy with the 302nd Fighter Squadron of the 332d Fighter Group. He returned to the United States in December 1944 with the rank of Captain and had flown 137 combat missions. He became an instructor for the North American B-25 Mitchell bombers at Tuskegee Army Air Field. He remained there until the base closed in 1946.

When the Korean War broke out, McGee flew P51 Mustangs in the 67th Fighter Bomber Squadron, completing 100 missions, and was promoted to Major.

During the Vietnam War, now Lieutenant Colonel McGee flew 172 combat missions in a McDonnell RF-4 photo-reconnaissance aircraft. He served as Squadron Commander of the 16th Tactical Reconnaissance Squadron (TRS) at Tan Son Nhut Air Base in South Vietnam. The 16th TRS flew the RF-4C Phantom II jet aircraft.

McGee retired at the rank of Colonel in January 1973. In a 30-year active service career, he achieved a three-war fighter mission total of 409 combat missions, one of the highest by any Air Force fighter pilot. He ended his military career with 6,308 flying hours.

After his military career,

McGee completed his college degree in 1978 at Columbia College, over 30 years after his initial enrollment at the University of Illinois. He served as president of the Tuskegee Airmen Association from 1983 to 1985. He gave numerous public addresses and received several accolades including the National Aeronautic Association's "Elder Statesman of Aviation."

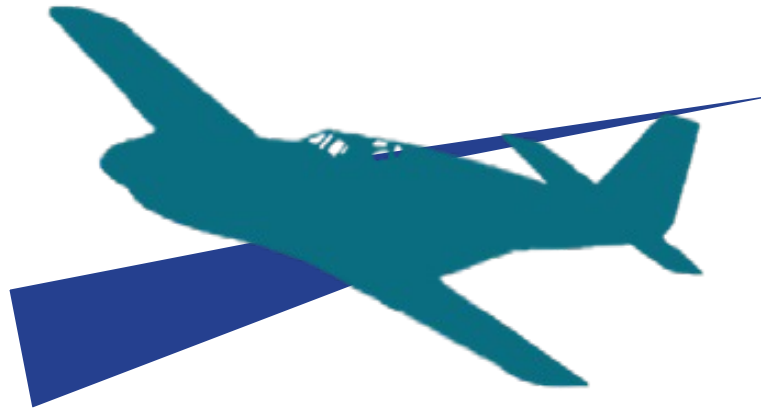
In December 2019, for his 100th birthday, McGee flew with a copilot in a Cirrus Vision Jet to Dover Air Force Base in Delaware, where he was welcomed by the base commander and many airmen who were anxious to meet the Tuskegee Airman who helped break down barriers for them.

In February 2020, McGee was one of four centenarian World War II veterans to present the coin for the coin flip at Super Bowl LIV. He was also honored in-person by President Donald Trump at the 2020 State of the Union Address and was promoted to Brigadier General. Other military decorations include the Legion of Merit with oak leaf cluster, Distinguished Flying Cross with two oak leaf clusters, Bronze Star Medal, Air Medal with 25 oak leaf clusters, Air Force Commendation Medal with oak leaf cluster, Army Commendation Medal, Presidential Unit Citation, Korean Presidential Unit Citation, Hellenic Republic World War II Commemorative Medal, and many related

campaign and service ribbons.

In March 2007, President George W. Bush and the U.S. Congress collectively awarded McGee the Congressional Gold Medal, the nation's highest civilian award. In 2011, he was inducted into the National Aviation Hall of Fame.

McGee and his wife Frances were married over 50 years until her death in 1994. He named his P-51 "Kitten," after Frances. At the time of his death, the couple had three children, 10 grandchildren, 14 great-grandchildren, and one great-great-granddaughter.



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# A Dozen Ways to Combat the Winter Blues

The days are getting shorter and cooler temperatures are starting to creep in during the beginning days of autumn. This is the perfect time to complete a checklist that will ensure a senior's health during the coming cold winter months. Here are a dozen ways to combat the dangers of a long winter.

**#1 – Get the Flu Vaccine** – The flu season can be brutal. Older adults and children are more susceptible to flu complications. Don't wait – get yours today! Seniors may also want to check with their doctor about the pneumonia vaccine too. (Also, talk to your doctor about whether to include another COVID vaccine.)

**#2 – Cold-Proof Your Home** – You may notice more drafts coming into your home. Address any visible drafts you find; rearrange furniture to block cooler air coming in from windows or even stuff rolled-up newspaper in the framing so that the air can't leak in. (Don't worry, the curtains will hide it from being seen.) Cold drafts through your home can make you cold and increase your vulnerability for getting sick. Be ready when old man winter strikes – keep your snow shovel and melting salt at an easily accessible place inside your home so you don't have to trek outside to

get them when snow is on the ground.

**#3 – Have your Furnace Checked** – Don't wait for your furnace to fail when its 30 degrees outside. Save yourself from an emergency repair bill by scheduling a cleaning and maintenance checkup now. A well-maintained furnace can save you money and keep you warmer by running more efficiently.

**#4 – Don't be Afraid to Use the Heat** – Many seniors on fixed or limited incomes don't like to run the heat very much thinking they are saving on heating bills. But, running your furnace is generally less expensive than using space heaters – and it is a lot safer. A constant warm temperature for seniors is between 68 and 70 degrees F. If you do use a space heater, be sure to have plenty of clear space in front of them, they are on a stable surface so they can't fall over, and they have an automatic shutoff in case you forget they are running or they fall over. It's also safer to put on an extra sweater and wrap up in a lap blanket.

**#5 – Check Batteries** – If you use a wood stove, fireplace or space heater, check your carbon monoxide and smoke detector batteries. Test the alarms every month to make sure they are working properly. If you don't have



these detectors in your home, call your local fire company about obtaining one. If you have trouble affording high heating bills during the winter, don't risk your health safety. Talk to the Delaware Health and Social Services Division of Services for Aging and Adults with Physical Disabilities or your utility company to find out if there are heating assistance resources available for seniors.

**#6 – Stock Your Medicine Chest** – Be ready in case a winter cold hits you. Stock your medicine cabinet with cough drops or syrup, pain relievers, and any other medication you and your doctor agree is appropriate for you. Be sure to have plenty of tissues and cleaning supplies. Also, have plenty of soup and tea bags in the cupboards so you'll have something soothing to eat and drink if you're not

feeling well.

**#7 – Rake the Leaves** – Despite their beauty, fallen leaves are hazardous for seniors. Prevent accidental falls by raking up leaves on the driveway and yard. Also, place a non-skid surface in walking areas to prevent slipping and falling on damp leaves.

**#8 – Add Artificial Light** – The days are growing darker in the autumn so seniors rely more on artificial light inside the home. Keep handy some extra lightbulbs, batteries and candles. If using candles, never leave them unattended and always be present when they burn. A good source of artificial light are the battery-operated LED lanterns used for camping. They give off a strong source of non-glare light and last a long time. They are also safe



**WINTER**

Continued from Page 22

to be carried around.

**#9 – Exercise and**

**Eat Well** – Yoga and chair exercises can be helpful for those needing to workout at home or those with limited mobility. Several safe exercises for seniors can be found online. Seniors should do a non-stress exercise routine at least 15-30 minutes per day to keep muscles strong, joints limber and healthy. Along with exercise, a good eating pattern is essential in order to stay healthy during the winter. Focus on eating nutrient-dense foods with fewer total calories and a higher amount of nutrients. Also have protein every day, and as many fruits and green vegetables as possible. Stay away from the sugary treats and sweets. Maintaining a healthy dietary regimen

along with a good night's rest help to keep a senior's immune system healthy.

**#10 – Drive With**

**Caution** – Remember that Daylight Savings Time ends, leaving fewer daylight hours. As it gets dark sooner, elderly drivers should take extra precautions. Most seniors have poor eyesight in the dark, so driving at night can be hazardous. Try to always be home before dark. If you must be out after dark, ask a younger family member, friend, or neighbor to drive. Also, maintain your vehicle. All headlights, tail lights and signals should work properly. Make sure the heat works so you can stay warm. Correct air pressure in tires is a must on icy or snow-covered roads. Schedule a tune up as soon as possible.

**#11 – Wear Warm**

**Clothes** – When the weather

turns cold, most people get out the heavier clothing, scarfs, gloves and hats. But a senior with dementia may fail to realize the dangers of frigid weather. Be sure your loved one has easy access to warm weather clothing. Also, waterproof, non-slip shoes/boots are a must when leaving the house. Inside the home, non-skid shoes are ideal too. Moisture from rain or snow can be tracked indoors, leading to small puddles and slippery floors. Avoid a fall by having the senior wear non-skid shoes inside too.

**#12 – Be Aware of Seasonal Depression**

– Seasonable Affective Disorder (SAD) is a kind of depression that occurs in a seasonal pattern, most commonly during late fall and early winter. The human body reacts

to external changes in the environment – less light, cold temperatures, isolation. It can affect older adults. Studies have shown that low levels of Vitamin D can contribute to this disorder, so it may be necessary to take a Vitamin D supplement to combat it. Ask your doctor about Vitamin D. Also, don't isolate yourself from the outside world. Remember the saying– "Bears hibernate, people congregate."

The best place to congregate in Sussex County is your local CHEER center where seniors can find good food and fun with activities and friends. Give your local CHEER Center a call today. They can pick you up and take you home. For more information about CHEER services, call 302-515-3040 or go to [www.cheerde.com](http://www.cheerde.com).

## Give Thanks at CHEER Holiday Feast

Come celebrate Thanksgiving with CHEER at the annual Holiday Feast on Tuesday, Nov. 22 from 10 a.m. to 2 p.m. Held at the Warren L. and Charles C. Allen, Jr. CHEER Community Center, the Feast will feature the traditional turkey dinner with all the trimmings.

There will also be entertainment and contests with prizes.

*Tickets are \$6 for seniors over age 60, and \$8 for those under age 60. Tickets are available at all CHEER activity centers, at the door, or call Robin Greene at 302-853-4199.*



## CHEER Seeks Vendors for Craft Show

Are you a crafter? Show and/or sell your special craft or hobby at CHEER's Fall Holiday Craft Show on Saturday, October 8. The show will be held at the Warren L. and Charles C. Allen, Jr. CHEER Community Center at 20520 Sand Hill Road, east of Georgetown, from 10 a.m. until 2 p.m.

Tables are only \$35 (8-foot). Additional tables

are \$10 (6-foot). No outside tables may be brought in. Electricity, if needed, is \$5 extra.

*For more information or to reserve your table, contact Robin Greene at [rgreene@cheerde.com](mailto:rgreene@cheerde.com) or call 302-853-4199.*

*Admission to the show for the public on October 8 is free. Food will be available for sale.*

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# For Our Collective Good

By Kenneth Bock, CEO

We survived the greatest pandemic any of us can remember in our collective lives. The world for the most part has reopened, but something's different. I am glad to be able to go out and socialize with friends, but something's changed. Help Wanted signs mark the entrance to almost every business, and their presence is as noticeable as the ab-

sence of the Dolly's sign on the Rehoboth Boardwalk. Stores and restaurants have reduced hours and services due to labor shortages. Much has changed.

Your CHEER organization, backed by many dedicated, hardworking members and volunteers, continues

**COLLECTIVE GOOD**  
Continued on Page 26

### EVERYDAY HEROES NEEDED

**GET THE APP. SAVE A LIFE.**  
Sudden Cardiac Arrest (SCA) is one of the leading causes of preventable deaths. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

**PulsePoint alerts you to nearby people in need.**  
For every minute that passes before help arrives, SCA survival odds decrease by 7%-10%.

**PulsePoint is like AMBER Alert for Sudden Cardiac Arrest victims.**

**GET TRAINED**  
For more information visit: [www.sussexcountypulse.gov](http://www.sussexcountypulse.gov)

**LIVES NEED SAVING EVERY DAY**

SCA kills almost **1,000 PEOPLE PER DAY** IN THE U.S.

Nearly **60%** of SCA victims **DON'T GET CPR** until professional help arrives.

**13M** Americans are **CPR TRAINED AND CERTIFIED ANNUALLY**.

The U.S. survival rate for SCA is **11%** BUT YOU CAN HELP IMPROVE IT!

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

**HOW TO HELP**

Call **911**

**STAYIN' ALIVE, STAYIN' ALIVE**

Push hard and fast on the center of the chest to the beat of "Stayin' Alive"—100 times per minute.

Early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%.

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**PulsePoint**

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**CHEER**

For info call:  
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**COLLECTIVE GOOD**

Continued from Page 25

to serve. Throughout the pandemic, even when we had to close our centers' doors, CHEER staff and volunteers continued to serve people in communities throughout Sussex County. We just found different ways to do it. Now that many of the pandemic health restrictions have been lifted and we have an arsenal of vaccines, drugs and tests to help us combat COVID, we were grateful to fling our doors open wide and welcome so many of our friends and neighbors back to CHEER – but something's different.

What happened during those 18 months when the

doors to many businesses where closed and we all stood behind our masks every time we went out in public? Something unforeseen occurred when we dissuaded our masks and its presence seems to be as pervasive as the illness that helped spoon it. Most businesses have been open for many months, and yet there is a universal shortage of people to fill jobs. Many people have simply not returned to the labor force, others opting for virtual work from home career fields instead of the face-to-face relationships with colleagues.

Automation is racing to fill the void left by employees exiting the job market. Human interaction is being

replaced by automations. Loyalty to organizations and customers is becoming a mechanical process. Automation has its place to be sure and without question, innovation and automation have brought many positive changes to all of our lives, but should this come at the price of total exclusion of basic human interaction at the business and workplace level?

CHEER is now in its second half century of servicing and caring for the senior citizens of Sussex County. When we started, there was not a single computer in the company. Today, there is a computer on everyone's desk and many of our people who work in the field carry Smartphones

that provide schedules and directions for services for our many customers.

But during each service day and each interaction we have with every customer, it's a warm smile or a reassuring touch that can make all the difference. CHEER has always been about people; the people we serve and our people that do the serving. That is and will always be the best of CHEER. We invite you to join us and help to reclaim what could be the most rewarding and satisfying part of your real in-person life.



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**302-854-9500**

Serving Sussex Seniors



*CHEER serves over half of Sussex County's 50+ population through an array of programs and services.*

**No Other Provider Offers the Lifestyle that**



*does to help keep seniors healthy, active, and in their own homes!*

To discuss your individual needs,  
call **302-515-3040** or visit **www.cheerde.com**

# Volunteer ★ Spotlight



## Karen Garrison

Karen Garrison is an amazing person who is a member of the Ocean View CHEER Center. She gives generously of her time volunteering her services at the center.

Karen facilitates the Monday Walking Club to various locations throughout the Ocean View, Bethany Beach and Millville areas. She is a full day receptionist on Thursdays and helps greatly with data input for our membership applications. Karen is also a medical transportation driver and is always willing to jump in and play word games and other activities with the members when needed.

Karen is very talented and creative in putting together collage pictures photo books and is also the in-house notary public. Thanks Karen for all you do for CHEER.



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