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ON THE COVER

Sam Wilson Supported CHEER



Former Sussex County Councilman Sam Wilson fingers the player piano at the CHEER Community Center where he enjoyed games of billiards and talking with members. For more information about the Councilman's support of the non-profit agency during his years on County Council, see page 5.

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

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

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The CEO's Perspective...



By Kenneth Bock, CEO

As we move forward into year 2021, I want to start by thanking the many people who have and continue to lend their assistance and support to CHEER and the senior citizens we serve. It has been said that the worst of times brings out the best in people. In 2020, we experienced the worst viral pandemic that any of us have ever seen in our lifetime; and with all the negative consequences it brought, it is the best in people

that I want to remember most. Throughout the year, people stepped up to care for friends and neighbors and served to make a difference in the lives of total strangers.

Record numbers of volunteers reached out to CHEER and became involved in helping others. People who haven't touched a bagged lunch since grade school were now traveling through our county to deliver daily hot and frozen meals in a COVID-safe manner to senior citizens who have been largely confined to their homes during this pandemic. Other volunteers were wheeling sanitizing sprayers and scanning people's temperatures to help make sure CHEER facilities and programs are as safe

as they could possibly be.

Employees stretched their job descriptions, "and other duties as required," as bus drivers became kitchen workers and everyone pitched in where they could to help make sure that CHEER members got the daily meals and even emergency supplies they needed throughout this pandemic period. Staff from across the organization made regular phone calls so that every CHEER member knew they were not forgotten. Personal Assistance workers continued to serve in the private homes of hundreds of our senior citizens. While all of this was happening, administrative staff were working in kitchens and senior centers,

CHEER, Inc. STAFF

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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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Sam Wilson Saw That CHEER Was Doing Something Good

By Carolyn M. O'Neal
Community Relations

Sam Wilson likes to talk. He likes to talk to his neighbors, friends, and people on the street – young and old. That character trait was very valuable to him during the 12 years he served on the Sussex County Council representing the people from rural Georgetown. Sam also enjoys being with people. He believes in God, in family, in community, and in hard work to get the things one wants. Sam compares his beliefs to the Little Golden Book Classic, “Little Red Hen” written by Willie Dixon.

“Seems no one wants to work today,” believes Sam. “All the farm animals in the book kept saying, ‘Not I, Not I.’ But

when it came time to eat, they were all there with their hands out. While on County Council, I was the Little Red Hen who told the slackers no.”

Serving on the Sussex County Council since 2008, Sam became known as being very frugal with the county’s money. But he was a major supporter of CHEER, Inc. According to former Executive Director Arlene Littleton, CHEER was always going to County Council for money. “We had a few bad years (financially),” said Arlene. “Sam always stood up for CHEER before the Council; but we had to prove ourselves to him at first.”

“I could see CHEER doing something good for the people.



Former County Councilman Sam Wilson enjoys a dance with a CHEER member while celebrating the 40th anniversary of CHEER’s Greenwood center.

They really help the old people (in Sussex County), and one day I may be old myself,” chuckled the 82-year-old.

Mrs. Littleton also remembered that Sam came to every event sponsored by CHEER. “He and his wife, Helen, came to

a picnic one year,” she revealed. “It was their anniversary and Sam said the picnic was cheaper (than going out to dinner).”

You could always count on Sam to be at the Trap Pond picnic and carrying platters of fried chicken to the hundreds of seniors

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SAM WILSON

Continued from Page 5

gathered there. One of his favorite CHEER events is the veterans' dinner in November. He was a volunteer member of the Army National Guard. "I had to volunteer because I had bad knees and they wouldn't take me any other way," laughed the veteran.

Another event at which Sam always attended was CHEER's annual car show in August. Not only did he grant the event funding from his Councilmanic Grant Account, but he also displayed his own classic car in the show.

In October 2015, Sam suffered a stroke. He fondly recalls the visit made to him at this time by Mrs. Littleton and CHEER Board Member Walt Koopman. Sam didn't let the stroke

get him down. He spent months fighting to regain his health and strength. One of his first outings after the stroke was to a CHEER luncheon to which he brought his private medical attendant with him.

Sam also liked to use the facilities in the Warren L. and Charles C. Allen, Jr. CHEER Community Center on Sand Hill Road. He used the fitness center equipment to help him regain his strength and enjoyed watching the people playing billiards at the pool table. "I played a little pool before the stroke, but I wasn't very good," admits Sam.

One of the last official actions Sam took before retiring from the Sussex County Council was to award CHEER a final grant from his Councilmanic Grant Account

for virtual filming equipment to establish a small recording studio at the CHEER Community Center that is used to film entertainers and guest speakers, and then broadcast on UTube and Facebook for the seniors. The studio became operational in February and provides a good resource to help CHEER keep seniors entertained, informed and connected with each other during the COVID pandemic.

"Sam has been a good friend of CHEER," said Ken Bock, CHEER Chief Executive Officer. "The seniors of Sussex County appreciate everything he did for them while on the County Council. We hope he will continue to attend our events as a friend when this pandemic is over even though he is no



Former County Councilman Sam Wilson gets instructions from CHEER employee Robin Greene while carrying a tray of fried chicken platters to the guests at the CHEER Trap Pond picnic.

longer a public servant. He has served Sussex County well."

Sam and his wife have now retired and are enjoying their family on the farm where he was born and raised. "I worked hard all my life. I was taught not to waste money and that is what I tried to do on County Council. I stand for what I believe in," said Sam.

Dawn Depends on her Cat Family for Love



Three-year-old West likes Dawn to scratch his belly while he shows off his two-colored eyes.
(Photo courtesy Meals on Wheels America)

By Carolyn O'Neal

Community Relations

Without her family of cats, Dawn Visconti of Laurel would live a very lonely and depressing life. Dawn has never been without at least one cat

in her life and now that her husband has passed, she depends on them for companionship and love.

“My most favorite thing (about the cats) is they love me. They depend on me and

comfort me,” said the 70-year-old. “They know when I am depressed. They knew I was sad when my husband died.”

Dawn’s oldest cat is Odessa who is 16 years old. Through

the years, they have been joined by Jack, Mabel, Olivia, Rachel, Ittybit, North, South, West, Kitt and Momma. However, having such a large family

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The oldest member of Dawn's cat family, 18-year-old Odessa, checks out a bag of cat food brought to them by a CHEER volunteer. (Photo courtesy Meals on Wheels America)

CAT FAMILY

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can be expensive. A veterinarian told Dawn that the senior cats need a mix of dry and canned cat food due to digestion and teeth issues. She tries to give them a little canned food whenever possible. If she doesn't have canned food, she tries to cook meat for them when she has it. At times,

she has put off paying a bill to fund a purchase of canned food. But this involves walking half a mile each way to the nearest store and toting the food home. She must walk because she is unable to drive due to being legally blind.

Dawn's blindness is to the point that she only sees shadows and has to bend down close to a cat to

determine which it is. Dawn says she asks her cats who they are and they will sit perched as she bends down. She searches for little differences she can see, like one has a black nose and the other does not. Sometimes, it requires touch for Dawn to determine which cat is sitting for her.

Dawn says they all have their own

quirks. "West has a funny quirk. He loves to have his belly rubs. I say, 'let me see your chicken wing,' and he lays down and flips over so I can scratch his belly."

Last year, a neighbor told Dawn about CHEER's Meals on Wheels program. She admits that sometimes it is the only

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CAT FAMILY

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meal she eats during the day. She lives on about \$600 a month to cover rent, utilities, food and everything else, so she was very happy to learn that CHEER could not only help feed her, but also help feed her cat family.

"The cats don't understand that my husband has died and I lost his pension," Dawn explained. "I don't have that income. They don't understand that I can't feed them like I used to. They don't understand my loss of income."

Because of a grant from the partnership with Meals on Wheels America and PetSmart Charities, CHEER provides food to 275 pets of their more than 1,000 senior clients. A volunteer who delivers says Dawn's cats eye her car and then

they seem to recognize her and come to greet her.

"They like to come sniff the bag of food," said the volunteer. "I always look forward to Odessa's greeting. She is usually laying in a platter placed on a table on the porch. Ittybit has become a fan. She always makes sure I get a lot of leg rubbing as a thank you for helping Dawn and her cat family."

The State Department of the Blind had been working with Dawn about getting a seeing-eye dog. But when the COVID19 pandemic struck, they were no longer able to make in-home visits. Although Dawn would love to have a dog, she is fearful she may not be able to feed or care for it. However, when that day comes, the PetSmart Charities grant also provides for

dog food.

The company provided by animals to seniors living alone sometimes is the barrier that keeps a senior out of the depths of depression. Dawn says the loneliness since the pandemic hit has been tremendous. But her cat family has kept her going. "They keep me company. They keep me moving because I have to do for them.

When I come home, they all come running to greet me."

For more information about CHEER's Meals on Wheels Pet Program, contact Elizabeth Walls at 302-515-3040 or ewalls@cheerde.com.

(Editor's Note: Story in cooperation with Meals on Wheels Delaware. Dani Tinker, interviewer)

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CEO PERSPECTIVE

Continued from Page 4

and rotating in and out of CHEER offices while also working from home to help minimize exposures. Early morning and late night e-mails, coupled with Zoom video conferences, became a standard way of doing business. During this, we all became experts in Personal Protective Equipment and social distancing.

Supporters and donors from all levels across the State, County and beyond contributed to CHEER's efforts and ability to serve. We received gifts and donations

from elected officials, members, employees, volunteers, and friends and family. Each and every one of these people went above and beyond, reaching out to serve others in our community. If you have ever had the opportunity to experience the expressions of gratitude, the looks on the faces of individual seniors who realize that someone cares about them in this time of great crises, it is beyond any monetary measure. Those looks will change you. Those looks will let you know that whatever your effort, whether it be time or treasure, your kind-

ness and generosity have made an impact on the life of someone else. That impact will last far beyond the moment and if you're lucky, those looks will stay with you the rest of your life. That is why we do what we do. That is why staff, volunteers, and supporters continue to help spread CHEER every day during the pandemic.

CHEER has something to offer for everyone. What better time than this to add a little more CHEER to your life. To all who make CHEER possible, on behalf of all of the seniors who rely on each of us, I offer my sincerest thanks and best wishes for health and happiness in 2021.

P.S. - This year, 2021, CHEER celebrates 50

years of service to the senior citizens of Sussex County. That's at least a couple of generations who have eaten CHEER meals, attended CHEER senior centers, ridden on CHEER buses, and benefitted from CHEER in-home care. I know of multiple cases where parents and their siblings are members of CHEER centers. There have been occasions when three, and sometimes four, generations of a family have been in CHEER centers at the same time. CHEER has been serving senior citizens, their families and caregivers since 1971. We are excited as we look forward to continuing to pursue even more opportunities to bring CHEER to future generations of seniors.

**For details on advertising
in this quarterly magazine**

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The State Capital Daily





Seniors Celebrate Communities of Strength

The Administration for Community Living is pleased to announce that the theme of Older Americans Month (OAM) 2021 is Communities of Strength. Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older

Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

In May, CHEER will celebrate the strength of older adults with

special emphasis on the power of connection and engagement in building strong communities. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities.

Continue to follow
CHEER
on Facebook
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www.cheerde.com
to stay informed about
all the activities planned
at CHEER centers.

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President Batten Steps Down from CHEER Board...

For many years, CHEER Directors and staff have had the pleasure of working with Bishop Grace R. Batten. She served on the Board for more than 20 years and as its president since the early 2000's. It is with a mix of sadness, cou-

pled with best wishes for her future, that the agency was informed at press time of her resignation from the CHEER Board. Bishop Batten now plans to respond to her ever-increasing responsibilities associated with her church lead-

ership position.

Bishop Batten has established a lasting legacy of compassion and commitment to service that will continue to guide CHEER as it goes forward. As circumstances permit in the future, a formal recognition for Bish-

op Batten's commitment to CHEER and the seniors we serve will be held. A more in-depth profile of her service to CHEER will be featured in the Summer 2021 issue of *CHEERful Living*.

Cooking for Sussex Seniors

The Building of CHEER's New Kitchen



In mid-January the back wall of the new kitchen was going up.

By Kenneth S. Bock,
CEO

After more than three decades preparing meals for senior citizens of Sussex County in what is an undersized and obsolete kitchen, the real-

ity of a new modern commercial kitchen is only months away. The CHEER central kitchen is the cornerstone of CHEER's largest service program. CHEER's nutrition program is re-

sponsible for helping to feed up to 1,700 Sussex seniors every day. Locally prepared, nutritionally balanced meals are sent to seven CHEER and two independent senior centers in the

county every day. From CHEER's 1980's vintage commercial kitchen, food is prepared to be served in the centers and delivered to homes

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CONSTRUCTION**Continued from Page 13**

through the Meals on Wheels program.

Late last year, construction crews broke ground on what will be the new CHEER Central Kitchen. This new kitchen will be

dedicated in the name of long-time CHEER Nutrition Program Director Florence Mason. The new \$1.8 million kitchen will feature modern commercial appliances along with large food preparation areas ca-

pable of servicing the daily nutrition program requirements for an expanding senior citizen population for the next 40 years. At this time, the foundation has been dug, the block walls have been set,

equipment has been ordered, and roof trusses are being put in place. Our target date to be able to start producing meals out of this new kitchen is May of this year.

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By the end of January, construction had begun on the inside of the new kitchen.



By mid-January the front wall of the new kitchen could be seen along the west side of the CHEER Community Center.

CONSTRUCTION

Continued from Page 14

None of this would have been possible without the generous support of our elected officials at both the State and Coun-

ty levels, grants from a number of private foundations, and donations, large and small, from so many individuals. To each and every one of you, we offer our thanks

and appreciation. We hope you all will join us for a ribbon cutting for this much-needed kitchen later this spring, and we look forward to serving millions of meals to

current and future generations of Sussex seniors.

Please continue to monitor our progress as this new kitchen becomes a reality.

“Everyone Deserves a Little CHEER in Their Life - Call 302-515-3040 Today!”

Cooking on a Budget

By Lauren Schroeder
Reg. Dietician

Who doesn't love a meal that won't break the bank? Making meals at home doesn't have to be expensive. There are many ways to reduce meal costs and stretch your grocery budget.

One of the best ways to cut down on grocery spending is to browse your local grocery store's weekly ads before planning your meals and

grocery list. While looking at the sales ad, plan meals that include as many of the foods on sale as possible. Choose foods that can be used in multiple meals throughout the week. For example, if chicken breast is on sale, it could be used to make chicken salad for lunch and grilled chicken for dinner, in the same week.

Have you ever given your grocery store

brand items a try? Some think that store brands are not as tasty or nutritious as brand name foods, but that's a myth. Store brands can be just as good as name brand items at a fraction of the cost.

Another tip is to double check your grocery list. When creating your grocery list, be sure to check your pantry and fridge for items you may already have but forgot about.

Lastly, stick to your grocery list. Grocery stores are great at marketing their products to shoppers, but if you stick to your list, you can limit the purchase of unnecessary items.

Below is a quick and easy meal that costs less than five dollars! Pricing for the ingredients is based on the estimated costs of store brand items.

Chicken and Cabbage Rice Bowl

Ingredients:

- 1 head of cabbage (coarsely chopped)
- 4 cups cooked brown rice
- 4 tablespoons olive oil
- ½ cup frozen peas
- 1 lb. chicken breast (cubed)

Directions:

- In a large pan, add one tablespoon of olive oil. Heat pan on medium to high setting.
- Add cubed chicken and cook until internal temperature of 165F is reached, then remove chicken and set aside.
- In the same pan, add the remaining 3 tablespoons of olive oil and the cabbage. Cook over medium to high heat until cabbage is slightly browned. Approximately 10-15 minutes.

- Add peas to the pan and cook for an additional 5 minutes until peas are tender.
- Remove pan from heat.
- Add cooked brown rice and cubed chicken back into the pan and combine. Serve and enjoy!
- For added flavor, sprinkle parmesan cheese, salt and pepper to individual serving.

Estimated Cost: \$4.78
Serving size: 4-5



Watercolor Holiday Greetings

The Delaware Watercolor Society in Rehoboth donated 252 greeting cards to CHEER that they designed and hand-painted. According to President Elizabeth Collard, the club's 86 members began in October and individually hand-painted the cards which took about two hours each. In the past, the group supported

CHEER's Giving Tree program in conjunction with the K-Mart store in Rehoboth. When the store closed, they searched for a way to remain part of CHEER's Operation Christmas CHEER and began the greeting card pro-

gram. The seniors who received the cards on Christmas Day extend their appreciation to the club for sharing their beautiful work. Many plan to frame the artwork; samplings of which are shown in photo.



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Cats are not the only animals that bring comfort and companionship to the elderly. In photos above, seniors wait with their dogs for CHEER's annual Pet Parade in October to begin. Bottom photo, Dorothy Scott of Milton holds her beloved Amber (that has since passed away), and Flo Ficke of Georgetown and little Brownie rest while waiting for the parade. In top photo, Mary Ann Fallender of Georgetown adjusts Mya's hat so she can look just right for the parade.

Volunteer ★ Spotlight

Joan Price

Joan Price volunteers in the paratransit business in Philadelphia. She and a friend started their own company, Accessible Transportation for the Disabled, (ATD) and did this for 15 years, employing close to 100 employees with 50 vehicles. She did all of this while holding down a separate full-time job and raising four children as a single mother. She now has several grandchildren and great-grandchildren.

Joan's favorite part about volunteering is the feeling that she receives seeing the members of CHEER socializing and having a great time. In

Joan was a pioneer



her spare time, Joan enjoys reading and playing cards. She doesn't care to go out to eat much, but she frequently enjoys lunch at CHEER. She was an avid traveler for many years, and some of her favorite vacation destinations are Costa Rica and San Miguel.

Thank you, Joan, for all you do to help your senior neighbors. CHEER couldn't do what we do without your continued support.

Thanks Joan



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CHEER HONORED AMERICA'S VETERANS

at its annual Veterans Day dinner. Following the POW-MIA Remembrance Ceremony, Marguerite Niemoeller, coordinator of Delaware Quilts of Valor, wrapped quilts around four veterans in attendance. Then the Korean War Veterans presented CHEER a check for \$10,000 to help feed seniors in Sussex County, Delaware. Thanks to good friend Glenn Rolfe for sharing his great photos.



CHEER CEO Ken Bock receives a \$10,000 check from Walt Koopman of the Korean War Veterans to be used to feed seniors in Sussex County, Delaware.

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It's as easy as 1 - 2 - 3 ...

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2. Have a Little Extra Time.
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HONORED VETS

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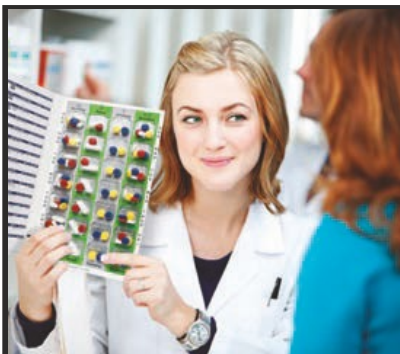


Ret. Marie Capt. Thomas Terrell is wrapped in a Quilt of Valor by Delaware coordinator Marguerite Niemoeller.

CHEER HONORED AMERICA'S VETERANS



Receiving Quilts of Valor were Korean War Vet Walt Koopman, Tuskegee Airman John Dumas, Ret. U.S. Marine Capt. Thomas Terrell, and Ret. Army Sgt/Maj. John Scheetz.



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Try Not to Love

Snowball, the Cat and Her Human, Joan



Snowball is an independent cat but the look on her face toward Joan Kilgore reveals how much the two love each other. (Photo courtesy Meals on Wheels America)

By Dani Tinker

Meals on Wheels-America

Joan Kilgore enjoyed a full and independent life until she was suddenly hit by a massive stroke that had her in and out of the hospital for nearly a year. Fortunately, her

local Delaware Meals on Wheels program was there for her when she began to struggle and has been there to support her ever since. Their regular visits and deliveries to the home she

shares with her best companion, Snowball the cat, ensure they get the support and care they need.

When her previous cat (also named Snowball) had kittens, the current Snowball was born.

Joan and Snowball have built a safe and loving world around each other, living more than 10 years in the same home together in Georgetown.

Like Joan, Snowball is also a survivor.

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Snowball and Joan
Continued from Page 22

When Joan became ill years after her stroke, she was once again in the hospital and couldn't always be home. Her sister watched Joan's companion the best she could, but there was a time Snowball was left alone for a full week. Thankfully, Snowball is resourceful and independent and, in desperation, survived by ripping open a 15-pound bag of dry cat food.

The unpredictability of her health these days is why Joan is so grateful for the pet services offered by her local CHEER Meals on Wheels program, who help keep not only her, but also Snowball healthy at home. The CHEER program provides food to 275 pets of their more than 1,000 senior clients.

Since 2006, they have grown from providing pet food on an emergency basis only to a twice-annual distribution. This year, the program will scale up to quarterly deliveries, thanks to a grant from the partnership between Meals on Wheels America and PetSmart Charities®.

"I really appreciate CHEER Meals on Wheels bringing food and litter by for Snowball. She even had wet food the other day and she doesn't get it much, but she really liked it," said Joan.

Joan tells that Snowball is an extremely independent cat. The two even respect each other's space, with separate parts of the house that they know are their own. Joan keeps to the bedroom, while Snowball has the living room – a kingdom she rules

all on her own.

"She doesn't pay me any mind. Although, sometimes she'll come up around by my wheelchair," admitted Joan.

One quirk that brings Joan particular delight is that Snowball only likes to sleep in empty paper bags. Joan once set up a cozy bed just for Snowball – but Snowball refused to sleep in it.

"Every week when I get the groceries, I take the empty bag and lay it on its side for her. Then she curls up in there to sleep," the senior laughed.

Even though Snowball isn't the cuddliest cat, Joan knows that Snowball loves her very much.

"Every now and again she'll come lay with me on the bed. It doesn't happen often, so it's extra special

when it does," Joan smiled.

The difference between living alone and living with a pet is truly life changing. The support from Meals on Wheels to keep that pet happy and healthy is nothing short of heartwarming. That is why Meals on Wheels, with the support of PetSmart Charities, works hard to keep seniors and their pets healthy and happy together, just like Joan and Snowball.

For more information about Meals on Wheels Pet Program, contact Elizabeth Walls at CHEER, Inc., 302-515-3040 or ewalls@cheerde.com.

(Reprinted with permission from Meals on Wheels-America website, December 1, 2020. Written by Dani Tinker.)

OPERATION CHRISTMAS CHEER

Things got busy at CHEER on Christmas morning as volunteers arrived to pick up meals and gifts for Sussex County seniors. This is the 27th year that CHEER has been providing some Christmas CHEER on Christmas morning and not even COVID could stop them. Thank you volunteers for making Operation Christmas CHEER a success. All the meals and gifts were sent out by 11:15 a.m. to the seniors of Sussex County. Thank you also to all the many individuals, businesses, and organizations that donated gifts and other treasures to the project.



CHEER Board member Nick Varrato and the Mrs. chat with CHEER staff while waiting for their deliveries to be loaded.



Retired CHEER bus driver Lynda Boyles and her husband oversee the loading of meals and gifts for Operation Christmas CHEER.



Ken and Carol Niehaus of Ocean View are all dressed up to deliver to seniors in Sussex County.



CHEERMOBILE **Mini Market** **"A Grocery Market on Wheels"**

Having trouble getting to the grocery store or know someone who does? The CHEERMOBILE delivers groceries right to your front door.

Stocked with over 175 staple grocery items - ranging from bread, rice, peanut butter, cereal, sugar, flour, canned fruit and vegetables to laundry detergents and cleaning supplies to pet food.



For info call:
302-515-3040

Continued on Page 25 >>

CHRISTMAS CHEER

Continued from Page 24



State Senator Dave Wilson holds a cooler for Nicole and Paige Shirey to load meals into. Dave has been volunteering for Operation Christmas CHEER for 14 years.



Kyle James rode along with Claire Beers to be a CHEER volunteer for the first time. Getting her packages ready is CHEER employee Christie Shirey and daughter Paige.



Marie Meshok and Karen Brown wait for their meals and gifts to begin delivering to seniors during Operation Christmas CHEER.



Vehicles are lined up out to the road in front of the Adams State Service Building on Christmas morning as volunteers arrive to get their deliveries for Operation Christmas CHEER.



CHEER employees who volunteered their time on Christmas morning gather for some last minute instructions.



Larry Savage has been delivering Christmas CHEER to seniors for four years.



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TESTIMONIALS

The following testimonials were received from supportive friends and clients:

I would just like to share something, very personal and sweet. My dear aunt lives in Lewes and when I used to work in that area, I had lunch with her (or took her lunch) a couple times a week. I know she has missed this over the last year since I switched jobs. I

have suggested to her on multiple occasions to go to Harbour Lights (CHEER Center) and she has finally done so. This is the message I received from her today:

“OK, so today at the grab and go feeding station at CHEER Lewes. The lunch was beef veg soup – OMG delish,

tuna salad w lettuce and tomato and little cup of vanilla ice cream. I ate the soup and the ice cream and I was too full for the entrée.”

Thank you for making my auntie so happy and full. It takes a village and I am thankful for your programs.

Katie L – Millsboro

I just received a call from Helen in Milton. She was calling to say that she loved today's lunch (subs) and just wanted to make sure CHEER knew how good it was. She said the chips were a nice surprise as well.

**Nancy E –
Georgetown**

Thank you for the kind words, they are greatly appreciated by those who serve our seniors.

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Keep yourself and loved ones safe with a Smart911® Safety Profile

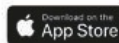
Smart911 is a free service that allows you to share valuable information with 9-1-1 during an emergency.



Need assistance?

For seniors, we recommend having a friend or family member assist during sign up. They can provide the assistant's name and email address, so when it is time to update their Safety Profile, Smart911 will notify them to help ensure the profile up to date and accurate.

Sign up today or download the App.



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.



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, "About Cardiovascular Resuscitation (CPR)" (2012)

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%.

GET MORE INFORMATION.
Scanning this QR code will get you started.

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