

FREE

Summer 2021

# CHEERful Living

Sussex County's Leader  
in Senior Services

**Bishop Batten Serves Sussex Seniors**  
**State Plan on Aging**  
**July is 50th Anniversary for CHEER**







Delaware Hospice provides more than in-home hospice services. Whether it's palliative care, children's care or bereavement services you are looking for, we have you covered.

**DELAWARE<sup>®</sup>  
HOSPICE**  
*Since 1982*

[delawarehospice.org](http://delawarehospice.org)  
**302.683.8948**

## Sand Hill Adult Day Program

*Everyone can be successful here!*

- Support for early Alzheimer's patients
- Professional staff trained in dementia programming and geriatric care
- Nursing oversight
- Safe, secure and stimulating environment
- Socialization and peer support
- Assistance with personal care
- Modified exercise programs
- Noon meal and snack program
- Activities customized to fit individual capabilities and moods
- Transportation available
- Respite for the caregiver



For information call Cindy Mitchell at

**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](http://www.cheerde.com)



# ON THE COVER

## Bishop Batten Serves Sussex Seniors



**Bishop Grace R. Batten has given over 25 years of service to CHEER, Inc. During that time she has seen the construction of four new activity centers and a community center. She admits her life is dedicated to helping others. For more about how the Milton native has helped the senior citizens of Sussex County, see page 12.**

**FOR MORE INFORMATION ON CHEER, INC.,  
VISIT CHEERDE.COM OR LIKE US ON FACEBOOK.**

## Table of Contents

.....

CEO Perspective .....	4
State of Seniors.....	6
Division of Aging .....	8
Milk.....	10
Testimonials.....	11
Bishop Batten.....	12
PASA Honors .....	14
Cooking for Seniors.....	16
March for Meals.....	18
Volunteers Honored .....	20
Volunteer Spotlight / Gift ..	21
Looking Back.....	23
Trap Pond Fall Festival .....	24
CHEER Car Show.....	25

## CHEERful Living

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

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

Available for free throughout Sussex County.

Darel La Prade—Publisher

Carolyn O'Neal—Editor

Contributing Writer— - Lauren Schroeder,  
Ken Bock and Dani Tinker

Layout Design—DJ Short

Graphic Artists—Angi Hicks

For information on advertising, contact  
Jennifer Keim. Email: [jennk@newszap.com](mailto:jennk@newszap.com)  
Phone: 302-236-0779

# The CEO's Perspective...



**By Kenneth Bock,  
CEO**

It's time to open the doors! The warmer weather is here, COVID vaccinations are now available for all who want them, and people need to start having more opportunities to interact in person in a safe and responsible manner.

Back on March 13th of last year, we were all told to close our doors, mask up, and in 90 days we would "flatten the curve" of the COVID-19 virus that was infecting our state and our country. The effects of this new virus were particularly lethal for the senior citizen population and those with other health-related problems. During that 90-day period, I began countless letters, e-mails, and new policies with the buzz words of that time,

"out of an abundance of caution." Here at CHEER, we embraced the warnings and willingly took the responsible course of action to help keep our members, customers, clients, volunteers, and staff safe from the effects of this largely unknown illness. None of us had ever experienced anything like this in our lifetimes and my prayer is that none of us ever will again.

Out of an abundance of caution, we did all the things we were supposed to do as a service provider, an employer and a good corporate/community neighbor. We did all within our power to keep our people safe. We shuttered the doors of our senior centers. We modified the centers by blocking off portions of bathrooms, installing Plexiglas shields and social distancing markers. We bought sanitizing guns and many gallons of sanitizing solutions. We purchased, prepared, and delivered tens of thousands of frozen and shelf stable meals for our customers who were isolated in their homes. We bought cases of masks, gloves, and gowns. We trained staff, modified

job duties, purchased electronic tablets, and established a greatly enhanced on-line presence. Our staff and volunteers continued to make sure every senior had meals and food in their households. Our direct care workers continued to provide in-home personal care to those who depended on such services. Employees from every division in CHEER regularly took their turns on the phone making sure each of our members and customers knew that CHEER was continuing to serve and make sure that the senior citizens we served were able to remain safe and cared for in their own homes throughout this entire pandemic.

Ninety days came and went, and by the summer of 2020, COVID-related illnesses and mortality rates continued to climb and we were told another 90 days would be needed to flatten the curve. CHEER continued to serve daily in communities throughout Sussex County; and for an increasing number of people, CHEER was the only means many had of getting food and

**Continued on Page 5 >>**

## CHEER, Inc. STAFF

**Kenneth Bock,**  
Chief Executive Officer

**Beckett Wheatley,**  
Chief Operating Officer

**Deborah Crum,**  
Finance Director

**Lasandra Baynard,**  
Support Services Director

**Ken Moore,**  
Employee Benefits and  
Donor Analyst

**Carolyn O'Neal,**  
Community Relations Director

**Carmel Monfiletto,**  
Nutrition Program Director

**Robin Greene,**  
Congregate Program Director

**Debbie Joseph,**  
Personal Assistance Services  
Program Director

**Cindy Mitchell,**  
Sand Hill Adult Day  
Program Director

**Elizabeth Walls,**  
Volunteer Program Director

**Katie Leister,**  
Venue & Promotions Director

**John Argo,**  
Facilities Manager

**Kevin Mutch,**  
Information Tech Manager

**Genny Hines,**  
Transportation Director

### MISSION STATEMENT

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

**546 South Bedford St.  
Georgetown, DE 19947  
(302) 515-3040  
FAX (302) 515-3071  
www.cheerde.com**



**CEO PERSPECTIVE**

Continued from Page 4

other household staples. Throughout the worst of the pandemic, CHEER continued to maintain its commitment of care and service to the citizens of Sussex County. Each day, CHEER employees came into their worksites and made sure that people continued to receive the food and supplies they needed to continue living in their own homes.

By the fall of 2020, the promise of new vaccines to help combat the deadly disease were on the horizon. As these vaccines became available, public and private sector health officials marshalled all available resources in what became the largest mass inoculation program in our State's history. Hundreds of thousands of doses were administered and before the end of

April 2021, any Delaware resident who wanted a COVID vaccination had access. As the vaccines went into people's arms, reported illnesses, including hospitalizations and deaths, declined. Public facilities began re-opening under COVID social distancing and masking guidelines. CHEER senior centers re-opened under new limited occupancy guidelines and the numbers of reported COVID cases continued to trend downward.

To be sure, any COVID-related death or illness is one too many, but as we are all responsibly managing our way out of this pandemic, there comes a time of diminishing returns; a time when perhaps the treatment becomes worse than the disease. Closing facilities and programs for a period of time most certainly helped to save lives, but

now with our increased experience and knowledge of the disease, with the wide spread availability of vaccines, enhanced sanitation equipment and techniques, and personal protective equipment, it is now time that we reduce the burden and cost of isolating of seniors from their friends and services many depend on at their local senior centers. It is a well-recognized fact that the social isolation many people, especially seniors, have experienced through this pandemic has resulted in both physical and cognitive decline. That decline accelerates as government-mandated capacity restrictions continue to limit the number of people who can attend senior centers. It is time to allow senior centers to reopen to full capacity to serve the people we are here to serve.

More and more we are hearing reports of senior center members who are now gathering in private homes to play cards, socialize, and live life. If those same people had the opportunity to be back in their local senior centers, they would be in an environment that adheres to the health screening and sanitation guidelines prescribed by the Centers for Disease Control and they would be served by staff and volunteers trained to help keep everyone safe.

There is a cost to be paid for isolation. For too many of our seniors, that cost is very steep. After 14 months, it's time to fully re-open your local senior centers. There are plenty of examples where public facilities and services have safely re-opened. For our senior citizens and their community senior centers they depend on, that time





# The State of Sussex Seniors - 2021

By Kenneth S. Bock, CEO

Every year, except for the pandemic year 2020, CHEER has hosted an annual State of Sussex Seniors information and advocacy breakfast for our elected officials from federal, state and county governments. It provides us with a forum to keep our government leaders informed of the status and needs of the fastest growing segment of our population here in Sussex County. It is an important opportunity for us to help make our voices heard on behalf of the people we serve. The following are just a few highlights from this year's presentation:

- After years of growth in the demand for services from an ever-expanding and aging senior citizen population in Sussex, the COVID pandemic year of 2020 represented the first significant decline in levels of service and numbers of people served throughout CHEER's 50-year history. Numbers of individual people served declined about 23% while demand for services declined about 17%. We are seeking both of these numbers to rebound this year as we are able to re-open senior centers, our Adult Day Care program, and restore limited transportation services.

- Nationwide, nearly two-thirds of all senior citizens receiving Meals on Wheels service report having some difficulty maintaining their independence while living in their own homes. That same percentage of individuals report that their

daily home-delivered meal represents more than half of the total food they will eat daily. CHEER's nutrition programs are essential for the health and wellbeing of many Sussex County senior citizens. Almost 45,000 Delaware senior citizens are considered to be food insecure; meaning that they may not have access to adequate supplies of food on a daily basis.

- While only one-fourth of Delaware's total population lives in Sussex County, our County accounts for one-third of all Delaware senior citizens. The annual population growth rate for that segment of the population aged 60 years or more is almost 14 times the growth rate of the younger population. For those older seniors aged 85 years or more, the growth rate is even higher. The peak growth period for older Delawareans will be between 2030 and

2032 as the baby boomer generation continues to age through their senior citizen years. Today, the average life expectancy in Delaware is 79 years and more and more of us are reaching and exceeding the number in Sussex.

- Delaware's State Plan on Aging, updated last Fall, notes that as our population grows and ages, there will be an increased demand for what they term "critical core services" which include personal care, respite programs, adult day services, and congregate and home delivered meals programs. The challenge will be to fund and maintain those critical core services at expanded levels.

**CHEER's public policy priorities for this year are as follows:**

- Relaxing the capacity restrictions so senior centers can re-open to increased

numbers of people while maintaining a COVID safe environment.

- Increase state contract unit prices and total funding so non-profit community service organizations can continue to serve in the era of increasing demand and rising costs.

- Increase state grant-in-aid funding for senior centers that have continued to serve throughout the pandemic period and which are still serving in a variety of ways in local communities throughout the state.

- Ensure that increased Federal funding to states through the CARES Act and other COVID-related relief efforts are made available to support the direct provision of services for seniors and related infrastructure.

Continued on Page 7 >>





**Listening to the State of Sussex Seniors presentation at the CHEER Legislative Breakfast were, left to right: State Auditor Kathleen McGuinness, and State Senators Brian Pettyjohn, Ernie Lopez, and Dave Wilson.**

#### **STATE OF SENIORS**

Continued from Page 6

We, at CHEER, are grateful for the continuing and often longstanding support we receive from so many of our Federal, State and County officials. Many regularly show up at CHEER events and they regularly show up for our seniors in Legislative chambers and committee members. Remember, they are your representatives and your voice in our government at all levels. When opportunities present themselves, please be sure to let them know what is important to you, and please be sure to thank them for what they do. We are all fortunate to have so many supporters for our senior population.



# State Division of Aging Completes 4-Year Plan

By Carolyn O'Neal

Community Relations

The Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) is required by the Older Americans Act to develop a State Plan on Aging every two to four years. The goals and objectives detailed in the plan support DSAAPD's overall mission and vision, which is to improve the quality of life for Delaware's

citizens by promoting health and well-being, fostering self-sufficiency, and protecting vulnerable populations. The Plan received input from an Oversight Committee consisting of a variety of aging and disabilities advocates, caregivers, and DSAAPD staff.

CHEER's Chief Executive Officer Ken Bock was a

member of the Oversight Committee. According to him, the Plan is broad and comprehensive in its approach to serving a rapidly expanding and aging Delaware senior population.

The Aging Plan states that the nation's older population continues to increase in number, and Delaware's current and projected demographics align with this national trend. Currently, close to one in four Delawareans is age 60 and older. By the year 2040, the number of Delawareans who are age 60 and older will make up nearly 34 percent of the state's population. It is projected that by the year 2040, the population consisting of the "oldest old" (age 85 and older), will have grown by 171.6 percent.

In Sussex County, the fastest growing county in terms of older persons, it is projected that from the year 2015 to 2040 the population of this over-age-85 segment will have grown by 266.1 percent. (See

accompanying chart.) Bock noted that as the numbers of senior citizens increase, particularly in the older age groups, it will be increasingly important for community-based non-profit organizations like CHEER to have the resources necessary to help these seniors remain safely in their own homes. The alternatives would be much more expensive and much less attractive.

The 2020-2024 State Plan on Aging focuses on four important areas: Older Americans Act core programs, Administration for Community Living discretionary grants, participant-directed/ person-centered planning, and elder justice. The plan includes seven goals that reflect DSAAPD's priorities going into the next four years:

**Goal 1:** Promote excellence in the delivery of core Older Americans Act Programs.

**Goal 2:** Empower older adults, persons

Continued on Page 9 >>



## 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**

### Population Projections for Persons Aged 60 and Older Sussex County

	2015	2020	2025	2030	2035	2040
<b>Age Breakdowns</b>						
Age 60 - 64	16,225	18,576	19,140	17,212	15,809	15,677
Age 65 - 69	16,843	17,433	19,160	19,718	17,710	16,299
Age 70 - 74	13,635	16,805	16,936	18,613	19,141	17,191
Age 75 - 79	9,495	12,718	15,440	15,531	17,076	17,557
Age 80 - 84	6,326	8,282	10,923	13,255	13,313	14,649
Age 85 +	5,831	7,955	10,431	13,710	17,199	19,021
<b>Age Totals</b>						
Total Age 60+	68,355	81,769	92,030	98,039	100,248	100,394
Total Age 65+	52,130	63,193	72,890	80,827	84,439	84,717
Total Age 75+	21,652	28,955	36,794	42,496	47,588	51,227
Total Age 85+	5,831	7,955	10,431	13,710	17,199	19,021
<b>Percent Change</b>						
Age 60+	NA	19.6%	34.6%	43.4%	46.7%	46.9%
Age 65+	NA	21.2%	39.8%	55.0%	62.0%	62.5%
Age 75+	NA	33.7%	69.9%	96.3%	119.8%	136.6%
Age 85+	NA	36.4%	78.9%	135.1%	195.0%	226.2%

Prepared by Delaware Division of Services for Aging and Adults with Physical Disabilities  
Source: Delaware Population Consortium Annual Population Projections, October 31, 2019, Version 2019.0

## DIVISION OF AGING

Continued from Page 8

with disabilities and their caregivers to be active, engaged and supported in their homes and/or communities of their choice.

**Goal 3:** Increase the development and implementation of business-related strategies that promote innovation, collaboration, and sustainability of aging and disability network partners.

**Goal 4:** Expand and leverage alignments with strategic partners to support sustainable integration of discretionary grant programs into Older Americans Act programs.

**Goal 5:** Promote person-centered planning and participant direction in community-based and

long-term care service options.

**Goal 6:** Promote access to and efficiencies of home and community-based services which enable participants to direct their own care.

**Goal 7:** Prevent abuse, neglect and exploitation of home and community-based services which enable participants to direct their own care.

Specific objectives and strategies are described for each of these goals. Performance measures are also provided so that progress can be evaluated, and continual improvement can be made in reaching these goals.

It is also estimated that 19,000 Delawareans age 65 and older are living with Alzheimer's disease or some

form of dementia. Over the next four years DSAAPD will lead the effort to become a dementia-friendly state, ensuring that communities throughout Delaware are equipped to support persons living with dementia and their caregivers. This will foster the ability of persons living with dementia to not only age in place but thrive in their communities.

The State Aging Plan confirms that as Delaware's older population rapidly grows, the need for additional funding and staffing to support the growing need for services represents a significant challenge for DSAAPD. As the population of the "oldest

old" segment continues to grow, it is expected that the need for more costly services and staff resources will greatly increase. However, Delaware is committed to rebalancing resources to reduce its reliance on facility-based care.

A complete draft of the Delaware State Plan on Aging for the time period October 1, 2020 to September 30, 2024 can be obtained by contacting the Delaware Aging and Disability Resource Center at 1-800-223-9074 or email [delawareadrc@delaware.gov](mailto:delawareadrc@delaware.gov). DSAAPD's Sussex County office location is at 26351 Patriots Way, Georgetown.



**PAM REHABILITATION  
HOSPITAL OF  
DOVER**  
A Post Acute Medical Hospital

1240 McKee Road  
Dover, DE 19904  
Admissions: 302.672.5854  
Fax: 302.672.5787

[www.postacutemedical.com](http://www.postacutemedical.com)



# Milk and Milk Substitutes: What's the Difference?

By Lauren Schroeder  
Registered Dietitian

When you think about milk, you typically think about cow's milk. But, there are many alternatives to cow's milk for those who either do not like the taste, have a sensitivity, or a diet preference. In this comparison, we will focus on calories, total fat content, grams of sugar, grams of protein, and the percentage of daily value (%DV)\* of Calcium and Vitamin D per a one cup serving. All varieties of milk discussed are plain or unflavored.

Nutrient content per 1 cup	Whole fat cow's milk	2% fat cow's milk	1 % fat cow's milk	Fat free cow's milk	Soy milk	Almond milk	Oat milk	Cashew milk	Coconut milk
Calories	150	130	110	90	110	30	130	25	45
Total Fat	8g	5g	2.5g	0g	4.5	2.5g	7g	2g	4g
Sugar	12g	12g	12g	12g	6g	0g	4g	0g	0g
Protein	8g	8g	8g	8g	8g	1g	2g	<1g	0g
% DV of Calcium	25%	25%	25%	25%	30%	35%	15%	30%	10%
% DV of Vitamin D	15%	15%	15%	15%	15%	15%	0%	10%	10%

Let's Discuss...

The major difference between all the varieties of cow's milk is the fat and calorie content. Decreasing the fat in cow's milk reduces

the fat and calories per serving but does not affect the sugar, protein, Vitamin D or calcium content. Lactose free milk is cow's milk that contains an added enzyme

called lactase. Adding lactase to milk breaks down lactose, naturally found in milk, to ease digestion for those who are lactose intolerant. Adding lactase does not affect the nutritional value of the milk meaning, lactose free whole milk would have the same nutrient content as regular whole milk.

Here are a few "take-a-ways" – Cow's milk, particularly fat free, provides the most well rounded nutritional value per serving. Soy milk is

the closest alternative in nutritional value to cow's milk. Almond milk is higher in calcium than all other alternatives but provides very little protein. Soy milk and oat milk contain added sugars whereas all other alternatives contain natural sugar or no sugar at all. What's the bottom line? Choose a milk that best suits your lifestyle and nutrition goals!

Continued on Page 11 >>

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

**Contact: Tim Gary**  
Marketing Consultant  
(c) 302-864-3353  
tgary@newszap.com



**CHEERful Living**

A publication of  
**Delaware State News**  
The State Capital Daily

# Testimonials

Dear CHEER,

I want to express my feelings concerning Rachel and what all of you did to help me in my time of sorrow and heartbreak. There is not enough in this world that I can put in words on what it meant to me when Christy (Shirey) helped me with Rachel and all others who helped. I don't know your names, but I do know in my heart you cared.

As I put Rachel in the ground, my tears fell on her along with my broken heart. Thank you CHEER and all who contributed in helping me. Christy and Biffy (Walls), you are stars along with the CHEER program.

I hope you can make sense of this as I can't see what I write. Remember this, we love you all.

*Dawn and Rach*

(Editor's Note: The above is from CHEER member Dawn Visconti of Laurel upon the passing of her cat, Rachel. Dawn and her cat family were featured in the Spring 2021 issue of CHEERful Living magazine.)

## MILK

Continued from Page 10

\* The percentage of daily value (DV) is the percentage out of 100 that a food contributes a particular nutrient. Daily values are based off an average 2,000 calorie diet. For example, if a daily value on a nutrition facts label is 15%, then that serving size provides 15% of the daily estimated needs of that nutrient.



*Per a telephone call from a daughter of a client –*

"My parents have been receiving meals for about a week. I want to let you know that CHEER 'is amazing.' My parents were reluctant to receive meals in the beginning and now they eat them just as soon as they're delivered. Not only are my parents enjoying the meals, but the meals are 'a game changer and major comfort' to the family."

*D. Haffer*



## Why Prearrange?

By prearranging you spare your family from making hard decisions, second guessing your wishes, and you provide all involved with greater peace of mind.

*Thomas E. Melvin & Son  
Funeral Home, Inc.*

**(302) 398-3884**

[www.melvinfuneralhome.com](http://www.melvinfuneralhome.com)



# Bishop Batten Has Served CHEER Board and Sussex Seniors For Over 25 Years

**By Carolyn O'Neal**

## Community Relations

Bishop Grace R. Batten of Milton knows she was born to serve people. "If I can help somebody, my living will not be in vain," said the 78-year-old woman.

Very community-oriented, Bishop Batten has served on the Milton Town Council as well as on the Boards of several service organizations, including sitting on CHEER's Board of Directors. She joined the CHEER Board in May 1994 and took the reins of its presidency in January 2003. Last fall, she announced her retirement.

During her more than 25 years of service to CHEER,

Bishop Batten has been involved in several major construction projects for the non-profit agency that serves the needs of senior citizens in Sussex County. She been involved with the building of activity centers in Ocean View, Lewes, Milton and Greenwood as well as the CHEER apartments and community center in Georgetown.

The former Board president remembers having to go back and forth to Wilmington many times for meetings with lending agencies and having to sign mounds of paperwork. On one occasion, she remembers that the meeting went so late in the evening that she was afraid the parking garage would be closed before she could get her car out.

"We were in downtown Wilmington, and I was walking the street alone (after dark). It was pretty scary." But, fortunately, Bishop Batten was able to reach the garage just before they locked the doors. Today, she admits she never goes anywhere alone anymore. "The world is in too much chaos now," she said.

Building the new Milton Activity Center was the project dearest to Bishop Batten's heart. She so wanted a CHEER center in her community that she let the agency temporarily use the multi-purpose room of her church, Mount Zion, after CHEER left the Slaughter Neck area.



**Bishop Batten enjoyed volunteering her time to do Bible study lessons at CHEER activity centers.**



**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.



**Continued on Page 13 >>**

**DIVISION OF AGING**

Continued from Page 12

"The town needed it," said Bishop Batten. "The older people had nowhere else to go." The pastor was extremely proud when an overflow crowd showed up for the ribbon cutting ceremony at the new Milton center.

Bishop Batten remembers that building the Ocean View center had the most challenges because of all the town permits and requirements. She credits the late Rose Snyder and the late Pat Rust, both former CHEER Board members, for helping her navigate the legalities necessary to accomplish the project.

In fact, Bishop Batten applauds every member of the CHEER Board for their professionalism and willingness to help each other. "I never had a run-in with any other Board member. Everyone always did their best to do whatever was needed," she said.

Former CHEER Executive Director Arlene Littleton says Bishop Batten's leadership is what made the Board so effective.

"Her integrity is unmatched by anyone I've ever known," said Mrs. Littleton. "She is the most effective mentor I have ever had. The way she handles



**Bishop Batten offers an opening prayer at the ground breaking ceremonies for the new Greenwood CHEER Center.**

adversity is to be admired."

Mrs. Littleton met Bishop Batten years before their work together at CHEER. They were both students at Delaware Technical Community College in the 1970s. They took one class together before Bishop Batten graduated a couple years prior to Mrs. Littleton. Today, both occupy spots on the college's Walk of Success.

Mrs. Littleton remembers attending Bishop Batten's 60th birthday party given by her church at the Modern Maturity Center in Dover. She said she and her husband had no idea what to expect and were astonished when over 500 people coming from all over the country attended the all-day affair.

"It is an inspirational tribute to her life when so many people paid to attend

an affair to honor her," said Mrs. Littleton.

Bishop Batten's life began on March 22, 1943 in Harbeson, Del. She was the 13th child out of 13 and was delivered by a mid-wife at home. Only three of the siblings remain and they all live within walking distance of each other. She sold insurance and worked at the old NCR (National Cash Register) plant in Millsboro before going into the ministry. She received her Bachelor of Theology from Burke Bible College. Her first and only assignment was to Mt. Zion Holy Church in Milton, as well as to Mt. Olive Pentecostal Church in Smyrna. At one time, she gave two sermons a Sunday, one in the morning and one in the evening, rotating times each Sunday between the two churches.

"There was a lot of driving done on Sunday," the Bishop laughed.

After Del Tech, Bishop Batten attended the Eastern Baptist Theological Seminary in St. David's, Pennsylvania, that is now known as Palmer's Seminary, to obtain her Master of Art in Theological Studies. She holds a Doctorate of Sacred Theology from the International Christian University. She also earned her master's degree in Management Supervision from Wilmington University. In 1994, the Milton native was consecrated as Bishop. She is responsible for the Delaware/Maryland and DC Diocese of the MidAtlantic District.

Through it all, Bishop Batten can always be seen wearing her trademark hat.

**Continued on Page 14 >>**





**Bishop Batten (center with hat) proudly cuts the ribbon for the opening of the new Milton CHEER Center. At her immediate left is former CHEER Executive Director Arlene Littleton and on her immediate right is former CHEER Board Member Bud Clark.**

### **DIVISION OF AGING**

Continued from Page 13

She said it is something she started when very young and feels undressed without one on. She estimates that she has approximately 100 hats in her bedroom and attic. She related a time when her hat blew off.

"I was teaching a Groves adult ed class at Sussex Tech," remembers the Bishop. "There was a terrible storm and my hat blew off. Several people said they didn't know who I was without my hat. I'm just lost without one." (Editor's note: Bishop Batten sat in her living room for this interview wearing a hat.)

With the expanding senior population coming to Sussex County, Bishop Batten knows CHEER has a lot of work left to do.

"Seniors need to be involved and have somewhere to go without being a place of

confinement," Bishop Batten explained. "CHEER will help keep their minds alert, make friends, and have something to do."

Although Bishop Batten has enjoyed the years of helping senior citizens, she said all the meetings, conventions and traveling have caught up with her and she is getting tired. She likes people to come visit her, especially her son, four grandchildren and one great-grandchild. She said she misses social gatherings and watching people enjoy using the basketball and volleyball courts in her back yard. She plans to not completely withdraw from public service, but it is time to dial it back a bit; and perhaps do an occasional sermon.

According to Arlene Littleton, "You haven't heard anything until you have heard Bishop Batten preach."

# **PASA Honors Direct Care Workers**

The CHEER Personal Assistance Services Agency (PASA) held its first in-service training in April for Direct Care Workers since the pandemic began. After the training, several Direct Care Workers were honored for their dedication to their clients and for multiple years of service to CHEER.

**Being named Aides of the Quarter were:**



**Jamie Kowalski**

**Winter 2019** – Jamie Kowalski of Georgetown has been with CHEER for a little over three-and-a-half years. She can best be described as easy-going, very friendly, a hard worker, and loved by all her clients. One of her customers described her as "a saint." Jamie is always willing to help with fill-ins whenever she is asked.



**Darlene Seay**

Darlene Seay of Millsboro was in the spotlight for 25 years of service to CHEER. Joining her were: 15 years – Megan Jordan of Georgetown, Yvonne Cannon of Millsboro and Latoya Satchell of Laurel; 10 years – Susan Condron of Milford; and 5 years – Janet Hackett of Seaford, Paula Herber of Ellendale, Cherlyn Taylor of Seaford, Carolyn Reed of Selbyville, and Marie VonGries of Lincoln.



**Jean Elliott**

**Spring 2020** - Jean Elliott of Seaford came to CHEER to be a Direct Care Worker in the Personal

**Continued on Page 15 >>**

**PASA HONORS**

Continued from Page 14

Assistance Services Agency just a few months before the pandemic hit America and everything started to shut down. She has been a huge help during the pandemic. She volunteers to take extra hours when the agency is short-handed and her extreme caring and helpful attitude makes her stand out above others. Jean will voluntarily call the office to make sure her customers are serviced when she is off; and if not covered, she will volunteer on her day off to make sure they receive services.

**Summer 2020** - Peggy McCann of Millsboro has only been with CHEER's Personal Assistance Services Agency (PASA) for a year-and-a-half, but she has made a tremendous impact with PASA. She is known as the agency's "Overnight Queen." When there is a request for overnight assistance by a Direct Care Worker, Peggy is right there with her hand raised to work. In addition, she also puts in many hours during the daytime. In fact, during fiscal year 2020, Peggy provided 3,576 hours of faithful service to CHEER. She has been a tremendous help in continuing services to customers who would probably have not received assistance during the pandemic.

**Delesha Thompson**

**Fall 2020** – Delesha Thompson of Bridgeville has been with CHEER less than a year. However, during that time, her willingness to help out whenever and wherever she can has made her a great asset to the Personal Assistance Services Agency. Delesha joined CHEER's PASA team in April 2020 as a part-time Direct Care Worker. Her supervising care coordinators say whenever they put out an alert bulletin needing a Direct Care Worker for fill-in coverage for a client, Delesha is always one of the first to respond. As one coordinator said, "Delesha has stepped up to the plate many times to help us during this COVID pandemic. She will rearrange her schedule to help our seniors." Delesha demonstrates the type of dedication and compassion CHEER's seniors receive from its Direct Care Workers.

**Winter 2020** – Brenda Schafer of Millsboro is finishing her ninth year with CHEER. She is a hard worker, energetic cleaner, and loves to cook for her customers. She fills in often no matter

where the location and has taken many extra hours during the pandemic. She is well loved by her customers and many times after substituting during a fill-in, the customer will request to have her permanently. Brenda is constantly recruiting new clients and spreading the word about CHEER.

**Carolyn Reed****Paula Herber and Janet Hackett****Megan Jordan****Yvonne Cannon****Marie VanGries****Susan Condron****Latoya Satchell**



# COOKING FOR SUSSEX SENIORS

CHEER's Central Kitchen to Serve Now and for Generations to Come

By **Kenneth S. Bock, CEO**

It always seems to me that when we start to get near the finish line and look back at the beginning, there are always those make-or-break moments when things can go either way. You start out with great optimism, plan meticulously, work hard, deal with the stuff that happens, and if all goes just right, you end up with exactly what you had hoped to get. As I write this, I am looking back on our *Cooking for Sussex Seniors* kitchen project and that is exactly how I feel. We're not at the finish line just yet, but we're getting close and this much-needed kitchen is no longer a much-distance dream. A new central kitchen capable of producing thousands of daily meals for Sussex County senior citizens for generations to come is literally taking shape. The bricks and mortar reality has risen up from the ground and the commercial refrigerators, freezers, ovens and stoves will be installed shortly, (hopefully, by the time you get to read this story).



**Congregate Program Director Robin Greene proudly shows off the space that will be her new office at the CHEER kitchen.**

Not only did we plan to build a kitchen to serve the expanding and aging baby boomer generation of Sussex County, but our goal was also to fully fund the construction and equipping of this kitchen through fundraising without leaving any debt to burden our senior nutrition program. When we established this

**Continued on Page 17 >>**



## TOP 50 DONORS

(in alphabetical order)

Richard & Norma Allen  
Anonymous  
Bishop Grace Batten  
Ken & Julia Bock  
Chichester duPont Foundation  
Mr. & Mrs. W. Drew Clendaniel  
Community Bank of Delaware  
County Seat Cruisers  
Timothy Cross  
Deborah Crum  
Crystal Trust  
Delaware Community Foundation  
Delaware Community Foundation — Anonymous Fund  
Delaware Community Foundation — Atlantis Fund  
Delaware Community Foundation — Beverly Van Brunt Rogers Fund  
Delaware Community Foundation — S.L. Townsend Family Fund  
Delaware Electric Cooperative  
Patricia Dolecek  
Grace United Methodist Church — Millsboro  
Victor & Lynn Gumper  
Mr. & Mrs. Harold R. Johnson  
Korean War Veterans' Wounded Warrior Fund  
Mr. & Mrs. Rodman Kushela  
William Lauderbaugh  
Alice Layton  
Longwood Foundation, Inc.  
Harriett Mair  
Marmot Foundation  
Susan Mast  
Meals on Wheels Delaware  
Millsboro Cruisers  
Gerald Moore  
Michael & Tammy Null  
Ruth Owens  
George & Janet Short  
S.L.I.C.E.  
State of Delaware  
Storage Solutions, LLC  
Edward Strickler  
Sussex County Council  
Sussex Tech JROTC Walks  
The Laffey McHugh Foundation  
The M&T Charitable Foundation  
United States Dept. of Agriculture  
Welfare Foundation, Inc.  
Joyce Westen  
Robert & Beckett Wheatley  
Wine Worx LLC  
Women's Civic Club of Bethany Beach  
WSFS Bank

**Thank You For All The Support  
No Matter How Big or How Small!**

**COOKING**

Continued from Page 16

goal, no one had even heard of COVID19 and there was no pandemic. We pressed on with our goal in large part because we had to. There was no other choice. If we were going to continue our 50-year tradition of serving locally prepared nutritious meals to senior citizens throughout Sussex County, we needed a new and larger kitchen.

Along the way, we met and made many new friends; and along with long time CHEER supporters, we successfully raised the \$1.8 million needed to build and equip this new kitchen. Designs were completed and during the height of the pandemic, we broke ground for CHEER's new central kitchen. Now the goal is in sight. A modern new kitchen capable of feeding current and future generations of Sussex seniors should be open and operable in June of this year. None of this would have been possible without the help and support of very many public and private sector organizations and individuals. Federal, State and County government, foundations and individuals, volunteers, and



**CHEER CEO Ken Bock (far left) gives a tour of the new central kitchen to State Senator Brian Pettyjohn, State Auditor Kathleen McGuinness and State Senator Dave Wilson.**

CHEER staff all helped to make this possible. We are grateful for each and every contribution of time, treasure, and talent that is making the dream of a new modern energy-efficient kitchen a reality for the senior citizens of Sussex County. In June, many of us will stand together on the site of this new kitchen as we launch the next chapter in CHEER's 50-year history of nutrition services for the seniors of Sussex County.



**A huge storage freezer will sit on this concrete slab at the back of the new CHEER kitchen.**



**Workers are busy installing the electrical system in the new CHEER kitchen. At upper right can be seen the fans that go over the stoves.**

## CELEBRATING

**And  
Healing  
Grieving  
Hearts**

Traditional & Cremation Chapel Services  
Services For All Faiths & Price Ranges  
Pre-Need & Trust Insurance Available Large  
Well-Lit Parking Area • Military Services

Original Downtown Funeral Chapel Seats 120  
Lebanon Road Chapel (Rt. 10)  
Seats Over 250 and has a Large Parking Lot

# TORBERT

**FUNERAL CHAPELS AND CREMATORIES**

**Funeral Chapels  
& Crematory**

**302.734.3341**

**Pet Crematory  
(Friends Forever)**

**302.734.9802**



TorbertFuneral.com TorbertFC@yahoo.com  
Licens in MD & DE



# Dignitaries Volunteer to Deliver Homebound Meals...

CHEER, Inc. celebrated its annual March for Meals on March 18. Several state and local officials volunteered their time to deliver MOW to homebound seniors. On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older – Meals on Wheels. Thank you to all who volunteered to be part of this collaboration to ensure that our seniors live more healthy, happy and independent lives at home, where they want to be.



**KATHLEEN McGuinness**  
DELAWARE STATE AUDITOR

**REPORT FRAUD**

1-800-55-FRAUD  
fraud.delaware.gov  
auditor.delaware.gov

@DEAuditor  
@DEAuditor1  
@KathyMcGuiness  
State Auditor



**AT MILTON, CHEER Board member Diaz Bonville and Volunteer Julia Bock are ready to deliver meals to area seniors.**



**AT MILTON, County Councilman Mark Schaeffer is ready to pack meals for homebound seniors under the watchful eye of Center Director Sheila Roell.**





**AT ROXANA,** County Councilman Doug Hudson is ready to deliver meals along with Outreach Worker Opra Hudson, and Meals on Wheels Volunteers Chris and Mike Thompson.



**AT OCEAN VIEW,** Mayor John Reddington and Town Manager Carol Houck have their meals loaded in their vehicle and are ready to start delivering to homebound seniors in their area.



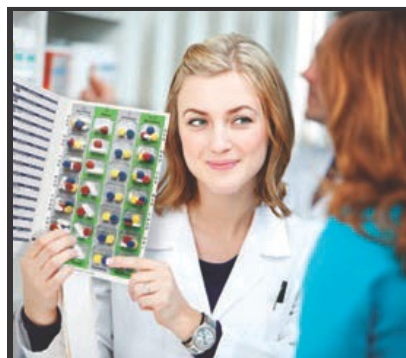
**AT GEORGETOWN,** going over delivery instructions are, left to right - Outreach Worker Debbie Reeve, Kitchen Manager Linda Roberts, Register of Wills Representative Patty Bodenweiser, and Grace Church Representative Ron Howard.



**AT GEORGETOWN,** State Insurance Commissioner Trinidad Navaro (left) helps load meals into the vehicle of volunteer Rocky Cain.



**AT GREENWOOD,** helping deliver meals were, left to right - bus driver Patsy Newnom, Sussex County Councilperson Cynthia Green, U.S. Senator Chris Coons Representative Marcus Wright, and CHEER Center Director Fran Smith.



**Fast, Friendly Service.  
Free Home Delivery.  
Multi-Dose Packaging.**

**32362 Long Neck Road, Millsboro  
302-947-0333**

**sussexpharmacylongneck@gmail.com**

**Paul Danielraj - Certified Immunizing Pharmacist**



**SUSSEX  
PHARMACY**

**Hours: Monday - Friday 9am - 7pm  
Saturday 9am - 3pm**

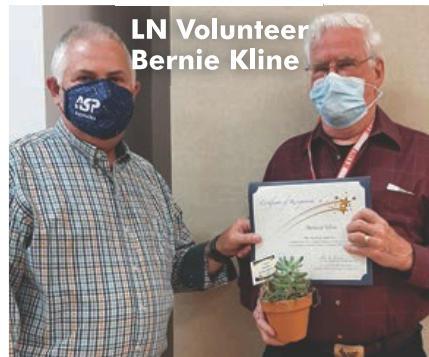


# Volunteers Are Honored

**Thank You For Your Service ...** This dynamic couple, Ron Stitley and Fran Hathaway, both of Georgetown, have been delivering meals in the Georgetown area every Monday since September 2015. Unfortunately, on March 29 they decided it was time to retire from their Meals on Wheels route. CHEER presented them with tulips in appreciation for their many years of service to the seniors. Ron and Fran showed steadfast commitment to the MOW program and not only delivered meals, but also provided a safety check, much-needed conversation, and a big smile from them both for every senior on their route. They never hesitated to ask how they could make their client's day better. CHEER thanks them for their service and wishes them well in their future endeavors.



**Volunteer Delaware 50+,** a statewide program of the State Office of Volunteerism, recently honored three of CHEER's volunteers for their many years of service to others. Bernard Kline has served 15 years as a homebound volunteer driver at Long Neck and Dorothy Keller has been a homebound volunteer driver at Long Neck for 20 years. Shirley Paulley was honored for 15 years of volunteering with the Nimble Fingers Crocheting and Knitting Club at Long Neck CHEER Center. Making the presentations was Chris Cordrey, CHEER center director.



**15 Years from  
Shirley Paulley**



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

- 1. Fill out a Volunteer Application.**
- 2. Have a Little Extra Time.**
- 3. Have a Compassionate Heart and Share-Worthy Smile.**

**VOLUNTEER  
MEAL DRIVERS NEEDED**

**Call 302-515-3040 Today!**

# Volunteer ★ Spotlight

## Rocky Cain

Congratulations Rocky Cain for being in this quarter's Volunteer Spotlight and thank you for your volunteer service to CHEER. Rocky volunteers on a weekly basis at the Georgetown Activity Center helping deliver meals to CHEER's homebound clients. He has been a volunteer with CHEER for the past four years. Rocky's favorite part about volunteering is the interaction he has with the clients and checking on their well-being.

Rocky was born and raised in West Virginia. Career opportunities brought Rocky to Sussex

County. He is a retired teacher. In his spare time, Rocky enjoys landscaping, fishing, and going to the beach. He spends a lot of his leisure time enjoying all of the beach areas in Sussex County.

Rocky is married, resides in Georgetown, and has two sons who are in the military. Both of his sons graduated from West Point Military Academy.

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



## VOLUNTEER MODELS GIFT

Ocean View's Meals on Wheels volunteer driver Health Davis models the rain poncho given to volunteers during National Volunteer Month to express CHEER's gratitude for their time and service.



**Nanticoke Pharmacy**  
**YOUR FRIENDLY FAMILY PHARMACY**

**We BEAT any Competitors Prices!**

**Ask about our FREE home Delivery Service!**

**1609A Middleford Road | Seaford, DE | 302-536-7464**  
**M-F 9am -7pm | Sat 9am - 3pm** [www.nanticokepharmacy.com](http://www.nanticokepharmacy.com)



From prescriptions to home medical supplies and convenience items, we carry everything you need to stay safe, healthy and comfortable at home.







# Looking Back





# Can You Identify Any of These Photos?

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





# Seniors Gather Again at Annual CHEER Trap Pond Fall Festival

CHEER's Annual Trap Pond Fall Festival will once again be held at Trap Pond State Park, east of Laurel and south of Route 24, on Friday, Sept. 3. The day will feature good food, good entertainment, and activities. It will be held from 10 a.m. until 2 p.m. and include the traditional fried chicken dinner with

all the trimmings served at 12 noon. Forced to be cancelled last year due to the pandemic, the event will adhere to all COVID restrictions, especially face masks and social distancing.

Entertainment will be provided by DJ Sky Brady and others. There will be vendors representing services for seniors, raffles,

and door prizes. Pontoon boat rides are available for a fee, and advance registration is required at your local CHEER center. There will also be a guided nature walk through the park. Admission to the park will be free that day.

Tickets for the Trap Pond Fall Festival are \$6 for seniors and over and \$8 for

under the age of 60. Tickets are available at all CHEER activity centers or at the festival entrance the day of the event. Proceeds from the event will benefit CHEER's programs to service seniors of Sussex County.

For more information, call either your local Senior Center or Robin Greene at 302-515-3063.

*Our Seniors Need You . . .*



**Is now accepting applications for  
Direct Care Workers**

Part-time 20-29 hours a week  
And one day every other weekend

*Apple Today*

**Applications available at:**  
CHEER Administrative Offices  
Adams State Social Service Bldg.  
546 South Bedford St., Georgetown  
Or CHEER Community Center  
20520 Sand Hill Rd., Georgetown



**A lot of "dancing in the street" is a popular event at the annual Trap Pond Fall Festival.**





This 1929 Model A Ford Pickup was just one of the many vehicles on display at last year's CHEER Car-Truck-Bike Show. The 2021 event will be held on Saturday, August 7.

# CHEER Car Show Celebrates 50 Years of Service to Seniors

CHEER's 11<sup>th</sup> Annual Car-Truck-Bike Show will be held on Saturday, August 7 from 10 a.m. until 2 p.m. on the grounds of the Warren L. and Charles C. Allen, Jr. CHEER Community Center, located at the corner of Sand Hill Road and County Seat Highway (Rt. 9), east of Georgetown. The event will celebrate CHEER's 50<sup>th</sup> anniversary of serving the needs of senior citizens in Sussex County. CHEER has partnered with the County Seat Cruisers to conduct the event.

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

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

**BROUGHT TO YOU BY:**

## 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%.

@100livesaday—real-time app activations  
@PulsePoint—general news and updates

# PulsePoint



**CAR SHOW**

Continued from Page 25

Special added attraction of the show will be a crafts and vendor fair inside the community center during the show. Because of social distancing guidelines only 25 vendors will be allowed to participate and admission will be monitored. There will also be a live auction conducted by auctioneer Dave Wilson, plus a 50-50 will be conducted. The show and all events are free to the public.

A delicious boxed barbecue lunch featuring chicken and ribs and the extras will be available for sale at the price of only \$15

each.

Over 100 vehicles are expected to participate in this year's show. Trophies will be awarded in multiple classes and dash plaques will be given to all participants. Advance registration is recommended at the price of \$35 per vehicle which includes two free barbecue lunch tickets. Registration the day of the show is \$40 per vehicle with two barbecue tickets. All vehicles must be registered and positioned by 10 a.m. or will not be eligible for judging. An independent professional judging squad will select the winners. Trophies will be awarded at 1 p.m. For more information about registration, contact

either Joyce Infussi at 302-515-3040 or Walt Koopman at 302-745-5668.

The public is invited to enjoy the show and its activities. Admission is free. All monies raised from this event will benefit CHEER services for Sussex County senior citizens.

The public is advised that extensive highway

construction may be ongoing at the entrance to the community center so please use extreme caution when entering and exiting the grounds. The committee asks for your patience and cooperation so that the event can be conducted without incident. Also, social distancing and mask procedures are required.

**For more information about  
the August 7 event, please call  
302-515-3040  
or go to [www.cheerde.com](http://www.cheerde.com).**

*When the Time is Right ...*



*Hospitality*

is here for your once-in-a-lifetime occasion at our newly renovated

Warren L. and Charles C. Allen, Jr.

**CHEER Community Center**

**20520 Sand Hill Road • Georgetown, DE**

For info  
contact Katie at  
302-854-9500  
or [kleister@cheerde.com](mailto:kleister@cheerde.com)



# Save the Date

## CELEBRATE THE GOLDEN ANNIVERSARY OF CHEER, INC.

OCTOBER 16, 2021 GEORGETOWN, DELAWARE



Formal invitation to follow.  
For more information, please contact  
[kleister@cheerde.com](mailto:kleister@cheerde.com)

## BUSINESS DIRECTORY

Local  
Businesses  
Ready to  
Serve You!

### HOME MEDICAL

#### Home Medical Equipment

- Home Oxygen
- Nebulizers
- CPAP, supplies
- Wheelchairs
- Scooters
- Lift Chair
- Hospital Beds
- Walkers
- Bath Aids
- Diabetic Footwear

**BayView**

Most Insurances Accepted

302-629-0202 • 1-800-564-0633

[www.bayviewhomecare.com](http://www.bayviewhomecare.com)

### AQUATICS

#### Check out the Aquatic Center

Aqua Core, Arthritis Plus, Full Body Blast,  
Hydro-Fit, Low Impact, Oodles of Noodles,  
Pump N Power and Tabata+

Daily & monthly memberships available.  
No membership required.

#### Hours of Operation:

M-F 6am-7pm; Sat 7am-5pm

#### SUSSEX ACADEMY AQUATIC CENTER

21150 Airport Road Georgetown, DE 19947

302-856-7805 • [www.sussexacademy.org](http://www.sussexacademy.org)



**Cheer Members receive a discount on Annual Pool Memberships**

### HEARING



**Trusted, Hearing, Care**

Digital Hearing Aids | Most Insurance Accepted

BC/BS • AAA • AARP • Tricare • Humana • Cigna • Aetna • United Healthcare  
DE & MD State Employees • Federal Employees & many more!

**FREE CONSULTATION • CALL FOR APPOINTMENT**

Millsboro

302.330.0999

32711 Long Neck Rd.

Milford

302.422.4677

800 Airport Rd.

Dover

302.674.8800

1033 D. DuPont Hwy.

**beltone.com**

### DENTAL

#### NOW OFFERING

#### Implant Surgery & Teeth In A Day

- Facial Trauma
- Obstructive Sleep Apnea
- Wisdom Teeth Removal
- Corrective Jaw Surgery



**[www.firststateoms.com](http://www.firststateoms.com)**

**Dover**

1004 S. State St., Ste 1

**302-674-4450**

**Seaford**

9096 Riverside Drive

**302-629-3588**

**Rehoboth Beach**

19323 Lighthouse Plaza Blvd., #4

**302-226-1606**







# HAPPY ANNIVERSARY



## CHEER's 11th Annual Car - Truck - Bike Show

**Saturday, August 7, 2021**

(Rain Date Sunday, August 8)

**10 a.m. to 2 p.m.**

Warren L. & Charles C. Allen, Jr.

**CHEER Community Center**

**20520 Sand Hill Road**

**Georgetown, DE**



**BBQ BOX  
LUNCH**

(Chicken or Ribs)

*Pre-Registration  
Recommended*

**Crafts  
&  
Vendors**

*Pre-Registration  
Recommended*

*Trophies Awarded in Multiple Classes  
Dash Plaques for all Participants*

Conducted by: County Seat Cruisers

For more information contact:

Joyce Infussi 302-515-3040 - [jinfussi@cheerde.com](mailto:jinfussi@cheerde.com)

or

Walter Koopman [rbdjet61@verizon.net](mailto:rbdjet61@verizon.net) - 302-745-5668

Visit our website: [www.cheerde.com](http://www.cheerde.com). Like us on facebook at Cheer, Sussex County.

Social Distancing and Mask Procedures are required!