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***More Exciting Adventures in 2022***

# ON THE COVER

## Lorraine Carr



**Lorraine Carr of Millville celebrated her 100th birthday on Palm Sunday, April 10, 2022. She is the last remaining founding member of the Ocean View CHEER Center. Read about her exciting life on pages 5 and 6.**

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# The CEO's Perspective...



**By Kenneth Bock, CEO**

Spring is a time of new beginnings. The days are getting longer and warmer. People are shedding the heavy winter clothing and dawning lighter, brighter colors. For many, the changes go beyond just those outward manifestations. We, ourselves, become lighter and brighter, stepping out more and greeting old and new friends. After months of COVID lockdown that confined most of us last spring, this spring seems like a particularly good year for new beginnings. What have you wanted to do, but just haven't gotten around to? Maybe this spring is the time.

As you ponder that to-do list, perhaps there's a little extra time for a little more CHEER on your schedule; an opportunity to serve someone who may be a little less fortunate. As I write this, we have just finished Volunteer Appreciation Month and are

just starting Older Americans Month. What better time for new beginnings? In April of each year, CHEER staff get to make a dedicated effort to recognize the hundreds of friends and neighbors who volunteer their time to help serve others. We missed some of that important recognition last year during the pandemic lockdowns. Our volunteer recognition dinners were particularly important this year. Throughout the entire pandemic, many of these volunteers continued to show up and serve. CHEER continued to produce meals for more people who could not leave their homes and needed Meals on Wheels more than ever to be able to have food in their homes. Without these dedicated volunteers, CHEER would certainly not be CHEER and I'm glad we don't have to imagine what it would have been like for many if those meals were not able to be delivered. This year, CHEER staff and Board of Directors were especially honored to be able to serve our volunteers at our annual recognition dinners. (See photos of the dinners on pages 22 and 23.)

It is a dedicated corps of volunteers who show up sometimes once a month, sometimes several times a week, but each time is important to the people who depend on us to help make

an essential difference in their lives. Delivering a meal to a homebound senior and offering a kind greeting and a smile to someone coming into one of our CHEER centers can make all the difference. Too many are not so fortunate to be able to enjoy the many daily pleasures we too often take for granted.

To those who may have ever wondered what it would be like to directly make that kind of difference in the life of someone who was a total stranger, there's no time like the present to help spread a little CHEER. For those who have ever wondered what our CHEER activity centers are all about and what opportunities there are for our members, our doors are wide open; step into CHEER and see for yourself.

It's spring time; take a few moments to smell the flowers and maybe this spring it's time for you to give a little more CHEER in your life. Join us in celebrating the best in all of us during the May Older Americans Month.



## CHEER, Inc. STAFF

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### **Beckett Wheatley**

Chief Operating Officer

### **Lasandra Baynard**

Support Services Director

### **Angela Thomas**

Finance Director

### **Ginger Clifton**

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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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It's Been a Wonderful Life ...

# 100 Great Years for Ocean View Founding Member

By Carolyn O'Neal  
Community Relations

Lorraine Carr of Millville admits that she is a bushel of laughter who has a habit of talking in circles when she tells about the escapades she has experienced in her 100 years of life.

"I've had a very, very nice life," Lorraine declares, "and I just want everyone to know all the details about it. I was a very outgoing person as a child and I met a lot of interesting people in my lifetime. A lot!"

**An only child**, Lorraine was very close to her single mother when growing up in Oklahoma. You can see the sparkle of pride in her eyes when she talks about her young mother opening four beauty shops in Oklahoma and getting her aunts and friends to manage them, as well as help babysit her little girl when needed. "She was very enterprising for a divorced woman back in the 1930s," Lorraine said.

Lorraine's mother did remarry to a funeral director, but that relationship didn't last very long either. "He was always busy with his

business and she was busy with hers, so it didn't last," sighs Lorraine.

But she perks up when she tells how her stepfather taught her to drive at 11 years old. Lorraine blushes when she confesses about driving her grandfather to Kansas from Oklahoma when she was only 12 years old.

"My stepfather didn't have time to do it, so he gave me the keys to the car and told me to take Granddad. Back then, there wasn't any traffic on the road, especially in Oklahoma, and we stopped to visit a lot of family along the way," Lorraine admits. "Everyone fed us fried chicken. I swore when we got back home I didn't want any fried chicken for a month."

**During this time** of her life, Lorraine's mother got interested in politics. In 1936, she ran for the U.S. Congress to represent Oklahoma. However, she lost and her incumbent opponent bragged that he had "bought" the election.

"To this day, I hate politics,"



**The last two remaining founding members of Ocean View CHEER were Marian Santo (left) and Lorraine Carr. Marian has since passed away and Lorraine celebrated her 100th birthday on Palm Sunday, April 10, 2022.**

Lorraine proclaimed.

Although Lorraine may dislike the political scene, she admits that it provided her with a multitude of opportunities that other teenagers didn't get to experience. After divorcing her stepfather, her mother was elected as National Vice President of the Young Democrats of America. The position necessitated that she and her 14-year-old daughter move to Washington, D.C. Of course, the naïve teenager didn't realize what prestige and advantages she was given. To her, it was just a good time with her friends – friends who were the children of Congressmen, judges and other important people.

**She met her high school best friend**, Jean, at the Army-Navy football game in Annapolis, MD. Jean's father was a Congressman. As Lorraine's mother was travelling a lot

for her job, Lorraine went to live with Jean's family for a few months in Annapolis. When her mother's traveling schedule decreased, she went back to D.C. to live with her mother.

"We lived in a very nice apartment (in D.C.), and I missed mother," admits Lorraine. She also admits that her mother liked to try to match-make her with the young legislative aides working on Capitol Hill.

However, Lorraine just wanted to have fun with her friends. She enjoyed going to the local young people's hangout park after school and work and getting dressed up in beautiful dresses for the society dances. Her friend Jean, the Congressman's daughter, had a red convertible that they loved to cruise in. Lorraine admits now that it

**100 Years**

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**100 Years**

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was the early 1940s and all the D.C. kids were spoiled.

"For me, it was just a bunch of friends having a good time together. There was nothing romantic about it," explains Lorraine. "I was having too much fun. There were so many things to enjoy in D.C."

**But then a man** named Roland Carr came into Lorraine's life. She met Roland through an introduction from her neighbor who was dating Roland's brother. The neighbor would tease Lorraine about the two of them becoming sisters-in-law. Eventually, that is exactly what happened when the neighbor married his brother and Lorraine, at age 28, married Roland.

Roland spent his career as a banker working at Briggs National Bank which is now known as PNC. Young Lorraine got a job in 1941 in the typing pool of one of the governmental departments. She began work on Friday, June 13 earning \$52 every two weeks.

"That was more money (\$26 per week) than I knew what to do with," Lorraine laughed as she reasoned that a dollar went a lot farther than it does today.

Lorraine later transferred to a position in inventory accounting where she kept track of shipments of supplies sent by the government to Russia. She loved the job and the people she worked with.

"It was such a nice group of people. We worked together and we played together. We had a bowling team, a poker club and on weekends we came to Bethany Beach together," Lorraine explained as to how she first came to Sussex County, Delaware. She and her husband continued to vacation in Bethany with their three children for almost another 40 years.

When Roland died in 1983, the children were grown and out on their own. Lorraine was left living alone in a big brick four-story house in Washington, D.C.

"I knew I wasn't staying in that big house alone," said Lorraine. She sold the D.C. house and built a home in Mill Run Acres and moved to Millville permanently in 1986. "There were only three other houses on my cul-de-sac when I moved here."

**When this social butterfly** came to Millville, she wasn't content to just sit in her new house. The outgoing senior went looking for friends and activities. She had played bridge since being a small child and got together with a group of people to enjoy that game. That was the beginning of the Ocean View CHEER Center. The original center had its first meeting in August 1992 at the Church of Christ. She remembers the happy bus driver, Edward Cline, who picked the group up in an old brown bus to go bowling.

In a few months, the center outgrew the church

and moved into Town Hall where it remained for five years as numbers continued to grow beyond the capacity of that building. The next move was to the old Kwik Chek Restaurant owned by State Representative Gerald Hocker. He let the group use the building free from 1998 to 2005. When it began to outgrow that building, the group worked with CHEER administrators on a capital campaign to raise enough money to build a new senior center.

"I was only one of 15 seniors who met two days a week for socialization," Lorraine explained humbly. "Rose Snider, Marian Santo and all the others worked really hard to get that Coastal Leisure Center built. I'm just the last one living."

Long living genes run in Lorraine's blood. Her grandmother lived to be 102. "Granny was 96 the last time she came to Washington, D.C. to visit us," remembered Lorraine. Her mother passed away from a heart attack at the age of 91.

**Lorraine celebrated her 100th birthday** on Palm Sunday, April 10, 2022. Her family rented a huge beach house and partied for three days. Children Sherry, Nancy and Robert brought their extended families which consists of nine grandchildren and eight great-grandchildren. There were 18 family members coming from California, Virginia, Texas, North Carolina and South Carolina plus, a "Happy Birthday"

wish from England.

**The only birthday gift** Lorraine wanted was to have all 18 people sit down at the table together each evening for dinner.

"I wanted all of us sitting and eating at the same time so we could have more fun visiting," explained Lorraine. "It was like how dinner was when I was young when things were slower and with no interruptions from phones and Facebook."

She got her wish.

Lorraine says the greatest invention she has seen in her lifetime has been color television.

"When I was little, about 5 or 6, when I was supposed to be taking a nap, I would sneak away from my nanny and go to the movie theater next door and watch the silent movie which was black and white with a piano accompanying the captions. It was a small town and everyone took care of everyone's children. So when color television came into being, I was really marveled at how life-like it was," Lorraine remembered.

For a centenarian, Lorraine's mind is very sharp and her health is fairly good. She finally gave up her driver's license at age 95 after a "little fender bender" and her daughter Sherry came to live with her.

"I've asked God for just five more years," Lorraine revealed, "I've got a little more living to do."

Prayers that she gets this wish too.



# Senior Children's Caregivers Find Support at CHEER

CHEER, Inc., in partnership with the Division of Services for the Aging and Adults with Physical Disabilities through funding for the Caregiver Resource Center, is sponsoring monthly support meetings for seniors who are helping to raise a loved one's children. Nationally, 4.5 million children are living in grandparent-headed households. There are also another 1.5 million children in the United States who are living in households headed by other relatives. That is why, CHEER has chosen to call its program, Families Raising Families (FRF). CHEER's program is based upon the principles of the Grandparents Raising Grandchildren Workgroup of service providers that are dedicated to connecting caregivers to resources in their communities.

The first meeting of CHEER's FRF was recently held at the CHEER Community Center in Georgetown. Caregivers and children gathered for a delicious dinner before separating for the evening's program. Children were attended to in another room by qualified CHEER staff who entertained them with games and crafts. The adults joined

in a discussion headed by Myra Neal-Sampson from Child, Inc. in Wilmington concerning "Disciplining Children."

Founded in 1972, Child, Inc.'s mission is to be the leading advocate for Delaware's children. It provides creative prevention and treatment programs that meet the changing needs of families. The organization was originally incorporated in 1963 as the Boys Home. Today, Child, Inc. provides an array of programs for children and families, including counseling, foster care, parent education, shelters, and domestic violence.

Ms. Neal told the group of senior caregivers that they must be able to understand the development of the adolescent brain in order to understand their child's behavior. She explained that the first part of the brain to develop is called the Amygdala. Because emotions are processed in the amygdala, it is sometimes referred to as The Emotional Brain. It does not control thinking. That part is the more developed adult brain called the Frontal Cortex. Although this area does develop slowly throughout childhood, the biggest jump



**Myra Neal-Sampson from Child, Inc. (right) speaks to senior caregivers at CHEER's Families Raising Families support meeting as coordinator Christie Shirey looks on.**

in development happens during adolescence. Once fully developed, the frontal cortex can suppress the impulsive, reactive behaviors of amygdala.

Young children are acting from their amygdala. They tend to be more impulsive, reactive and emotional. They often lack good judgment and don't think about the consequences of their behavior. They can be unreasonable and irrational. Brain development is not complete until the mid-twenties. Patience and understanding is important when dealing with children because mistakes will happen. The teen brain is a

work in progress.

Ms. Neal also talked about how expectations of children's behavior has changed through the decades. "What now is considered expressing their opinion, was considered 'talking back' when you were growing up," she told the caregivers. "But you must teach them how to disagree appropriately. Therefore, don't hold back on the rules. If you do, it is just setting them up for failure."

Other issues brought up during open discussion was the interference of biological

## CAREGIVERS

Continued on Page 8

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**CAREGIVERS**

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parents who may not agree with the caregiver's rules. Ms. Neal said this only gives mixed signals to the children and that confusion can cause devastation for the children who need structure and responsibility in their developing years. She urged the caregivers to stay strong and be grateful that they were able to take in their children. "Where would they be without you?" she asked. "But you must let them know that (because of them) your life changed too."

One grandmother in attendance at CHEER's Families Raising Families support meeting was grateful for the discussion with other

seniors facing the same challenges as her. She was also very happy to have a place to go and receive some help. "Discussion is always helpful," the grandmother said. "We need more positive action because this situation (seniors raising other's children) is becoming an issue in the senior population."

Seniors are raising children for a variety of reasons, including family crises and other sociopolitical issues. Being a surrogate parent presents several challenges centering on legal matters, financial difficulties, parenting challenges, physical and mental health limitations, loss of social connections, stressful family relationships, and accessing

services. CHEER plans to address each of these issues and more during future FRF support meetings.

Two monthly meetings are scheduled for the group. Lunchtime meetings for just the caregivers will be held on the second Wednesday of each month from 12 noon til 1 p.m. Evening family meetings will be held the last

Monday of each month from 5:30 til 7:30 p.m. All meetings will take place at the CHEER Community Center at 20520 Sand Hill Road, off Route 9, east of Georgetown.

More details can be obtained by calling the CHEER Community Resources Coordinator Christie Shirey, at 302-515-3040.



## WaWa Supports Meals on Wheels

CHEER, Inc. has been approved to receive 31 WaWa gift cards, each valued at \$50, which will be used to thank, recognize and reward CHEER volunteers.

These gift cards have been donated as a part of "WaWa Appreciation Day" – celebrated Thursday, April 14, in honor of WaWa's 58th anniversary. As part of its efforts, WaWa is donating \$1 million in gift cards to both national and community partners like Meals on Wheels to provide hunger and fuel relief.



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# Women Age Differently Than Men

By Carolyn O'Neal  
Community Relations

It is true – men are from Mars, and women are from Venus, and that does not change as they advance in years. Women outnumber men in each age category over the age of 55. Therefore, health care for the older woman is and will be an increasing concern. Women are survivors, and many of their health concerns relate to that fact. While older women die of the same disorders as men – heart disease, cancer, cardiovascular disease, and

accidental injuries – older women are more likely to be afflicted with one or more chronic conditions that can often cause limitations in their lifestyles.

Incontinence is one of the most common reasons that older women are institutionalized in long-term health facilities. Osteoporosis is another serious concern that primarily affects women as they age and can have serious consequences by increasing their chances

for debilitating injuries such as hip fractures. Drug interactions and misuse involving multiple medications can cause physical or mental disorders and can aggravate preexisting conditions.

Finally, distinguishing between depression and dementia requires testing and careful diagnosis. Depression is the most common form of mental disorder in older women. Dementia, notably Alzheimer's disease, is a less

treatable mental disorder.

When developing a home health care program for an elderly woman, it is imperative to carefully consider the individual's needs and lifestyle requirements. For women, the emotional and psychological changes that accompany aging can make it difficult to cope. Some

## WOMEN AGE DIFFERENTLY

Continued on Page 10

## When The Time is Right...

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

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

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

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

*Greenwood • Lewes • Long Neck • Milton • Ocean View*



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## WOMEN AGE DIFFERENTLY

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women may completely shut themselves away from the world as a result of poor health or some other reason. CHEER Personal Assistance Services can help those who need a little assistance in managing their needs or can provide assistance with daily living activities 24 hours a day, 7 days a week.

Mobility is important to the elderly, even if it is just within their own surroundings. Elderly people need familiar surroundings and people around them to maintain a comfort level. They prefer to stay in their homes in old age. If an elderly person's mobility has become limited due to aging, they may require a certain amount of assistance in their daily routine. Without such assistance, all too often elderly people become isolated within their own homes and ultimately fall victims to situations which could have been avoided. Personal Assistance given by CHEER direct care workers can include assistance with bathing, grooming, dressing, and errands. CHEER Housekeeping



**Women's health needs are different than a man's, especially as they grow older. CHEER's Personal Assistance Service Agency can help women stay independent, healthy and safe in their homes. For more information, call 302-854-9555.**

Services include dusting, vacuuming, and other necessary household tasks from laundry to shopping and meal preparation.

An elderly person needs proper nutrition to stay healthy and enjoy a comfortable life. Many older women live alone. Because of this, they think it is either unnecessary to fix a nutritious meal for just one person or believe it is a waste of money to do so. They also may not feel physically able to do the job. CHEER direct care workers can do nutritious meal preparation

and assist the elderly with their eating capabilities.

An elderly woman's psychological need is also very important. Just because they are old and slow, does not mean that they should be ignored or confined to themselves. CHEER Companion Care provides aides who can spend time with the elderly, read to them, and chat with them, play games with them, and make them feel wanted, cared for, and loved.

Satisfying all of these needs contributes to a healthy lifestyle for elderly persons. Advancing age slows down the body. This is a normal aspect of life and cannot be helped. Regular visits by CHEER direct care workers can keep check on the senior citizen's health issues and prevent them from causing any serious harm. Regular check-ups by CHEER's outreach workers can help identify serious

health problems at the initial stage during which treatment is possible.

Aging is not a disease. CHEER can help your loved one – male or female - fulfill their basic everyday needs and remain independent in their homes. It is CHEER's mission to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of people 50 and over. CHEER is a licensed and insured personal assistance agency. For more information call either 302-854-9555 or 302-515-3040, or go to our website at [www.cheerde.com](http://www.cheerde.com).

A non-profit agency, CHEER is funded in part by the Division of Services for Aging and Adults with Physical Disabilities and United Way of Delaware along with community support.

**For details on advertising  
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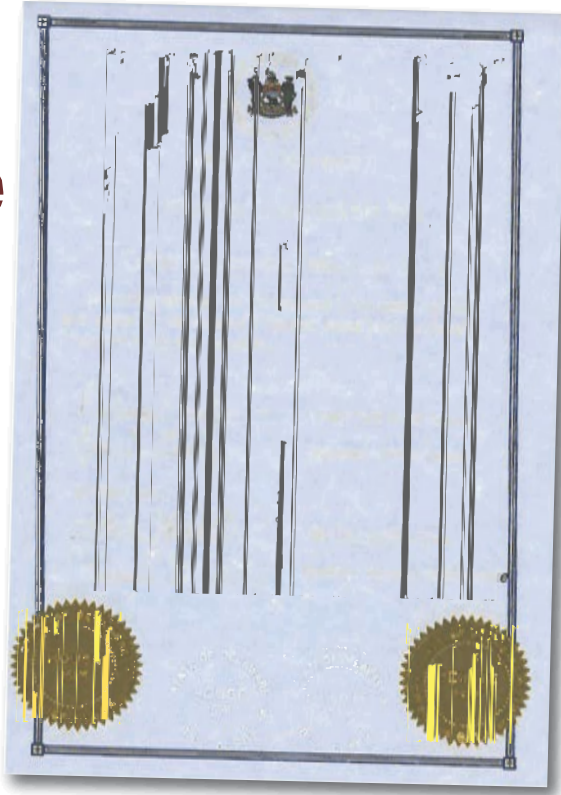
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The State Capital Daily



# CHEER is Honored by State Legislature

The Delaware State Legislature recently honored CHEER, Inc. in joint Senate and House Resolution #61 for providing invaluable and irreplaceable services for our senior population. This Concurrent Resolution recognizes the impact of CHEER, a nonprofit organization that has provided seniors in Delaware with critical services for over half a century. It was sponsored by Senator Brian Pettyjohn and Representative Ruth Briggs-King.

CHEER representatives in Dover to accept the Resolution were Chairman of the Board Walter Koopman, Chief Executive Officer Ken Bock, and Community Relations Director Carolyn O'Neal.



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# CHEER's 12th Annual Classic Car-Truck-Bike Show

Saturday, August 6, 2022 • 10 a.m. til 2 p.m.  
(Rain Date - Sunday, August 7, 2022)

CHEER Community Center  
20520 Sand Hill Road • Georgetown, DE



Register your vehicle today for **\$50**  
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*On the menu:* Chicken Marsala, Baked Ham, Cocktail Meatballs,  
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or Walter Koopman [rbdjet61@verizon.net](mailto:rbdjet61@verizon.net) - 302-745-5666  
Registraton available on our website: [www.cheerde.com](http://www.cheerde.com).  
Like us on facebook at Cheer, Sussex County.



# CHEER Car Show Honors Fire Fighters

CHEER's 12th Annual Classic Car-Truck-Bike Show will be held on Saturday, August 6 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. This year's event will salute Georgetown Fire Company's 100-year-old American LaFrance Fire Apparatus

in appreciation for the selfless dedication all firefighters give to their communities. The apparatus will be on display during the show. Returning this year will be the popular Champagne Luncheon featuring 65 feet of assorted delicious food prepared by CHEER's Nutrition staff.

The car show is free to the viewing public. Lunch is open to the public from 11 a.m. until 1 p.m. at the cost of \$30 per ticket.

Over 100 vehicles are

expected to participate in this year's car 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 \$50 per vehicle which includes one free Champagne Lunch ticket. Registration the day of the show is \$55 per vehicle with one lunch ticket. 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 Amy Smith at 302-853-4200, Robin Greene at 302-853-4199 or Walt Koopman at 302-745-5668.

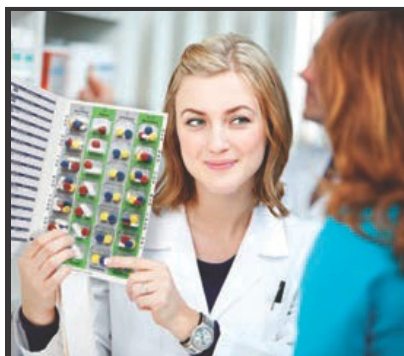
The public is invited to enjoy the show and its activities. Admission is free. All monies raised from this event will benefit CHEER services for Sussex County senior citizens.

The public is advised that a new traffic pattern has been constructed 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 recommended.

**For more information about the August 6 event, please call 302-515-3040 or go to [www.cheerde.com](http://www.cheerde.com).**



**Georgetown Fire Company's 100-year-old American LaFrance Fire Apparatus will be on display at this year's Classic CHEER Car-Truck-Bike Show.**



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# Finance Director Retires After Two Decades with CHEER

CHEER extends best wishes to Debbie Crum during her retirement, May 31. Debbie left the agency after 22 years in the Finance Department. She began as an accounting clerk and worked her way up to be the Finance Director in 2017. Debbie had the enormous responsibility of establishing the fiscal year budget and balancing the year-end financial records.

She put in long hours at home in order to compile requested financial reports for the Board of Directors, Foundation members, and any CHEER administrator.

Debbie oversaw a staff of four. She was a great teacher who always had the time to stop what she was doing in order to explain procedures or assist her staff with record keeping. It was not uncommon for Debbie to bring in pizza or take her staff out to lunch to reward them for their work with a major project.

“Through untold hours and endless spreadsheets, Debbie has continuously managed our finances consistent with the highest standards for ethics and integrity, and all the while making sure that this agency and each operating department had the resources necessary for CHEER to accomplish our mission,” said Ken Bock,



**Debbie Crum**

CHEER Chief Executive Officer. “She will certainly be missed and we regret her departure, but at the same time, I ask that you join me in wishing Debbie the best in her well-deserved retirement. I know she is looking forward to having more time with her family.”

Debbie and her husband Clay enjoy traveling across the country to see their three children who grew up volunteering many years for Operation Christmas CHEER on Christmas morning. Their oldest son lives in Miami, Florida; their daughter lives in Seattle, Washington; and the younger son lives in Salt Lake City, Utah. Having migrated to Sussex County

as newlyweds 30 years ago from Pennsylvania, the couple enjoys traveling back to the Keystone State to see their families as often as possible.

In the summer, Debbie and Clay like to relax around their swimming pool and in the winter, they harvest and sell Christmas trees off their mini-farm near Laurel.

Angie Thomas was promoted to the position of Finance Director, effective upon Debbie’s last day of employment. During the past six years, Angie has consistently proven her ability and dedication to CHEER and the seniors the non-profit agency serves.



**Angie Thomas**



# For Your Health

By Nimi Bhagawan MS, RDN, LD

Now that Spring is here, it's time to start getting our health under control. So, let's talk about hypertension.

## High Blood Pressure

One in every three adult Americans, about 65 million people, have high blood pressure, also known as hypertension. Many more are at risk of developing it. Over half of all Americans age 60+ have it.

Typically, blood pressure increases with age. Risk of high blood pressure begins to climb when people hit age 45, although it can occur in younger people. African American people tend to develop it younger and have more severe hypertension. Obesity or a family history of high blood pressure also increases risk.

High blood pressure is especially dangerous because 1 in 3 Americans can have it for years and not know. Despite these gloomy statistics, there are steps you can take to prevent, delay, and treat the condition.

## What Is High Blood Pressure?

Blood pumping through the circulatory system is under pressure, much like the water in the pipes of your house. Just as too much water pressure can damage pipes and faucets, elevated

blood pressure can spell trouble.

Over time, elevated pressure can cause a wide range of problems. Small bulges, called aneurysms, may form in blood vessels. The heart can become enlarged, increasing the danger of heart failure. Damage to blood vessels in the kidneys can cause them to fail. Because tiny blood vessels in the eyes are especially vulnerable to damage, hypertension can lead to vision problems and even blindness.

Many factors can lead to high blood pressure. Clearly, diet plays a role. Too much salt, too little potassium, and too much alcohol has all been found to increase the risk of high blood pressure. Too much stress and too little physical activity both increase the danger of developing high blood pressure, as

does being overweight or obese. And as with many chronic illnesses, high blood pressure also tends to run in families, suggesting that genetics plays a role.

## How Is Blood Pressure Measured?

It is usually diagnosed using a cuff wrapped around the upper arm. The cuff is inflated and then sensors measure the pressure of blood beating against the arteries.

A reading appears as two numbers. The first, the higher of the two, is your systolic pressure - the force in the arteries when the heart beats. The second number is your diastolic pressure - the pressure in the arteries when the heart rests between beats.

Normal blood pressure ranges from about 64/40 (infant) to about 120/80

(adult). If someone were to take your blood pressure right after you gave a speech or been jogging, it'd probably be slightly high. This isn't cause for alarm: It's natural for blood pressure to rise and fall with changes in activity or emotional state. If your blood pressure stays high, talk with your doctor about treatment. Hypertension forces the heart to work far beyond its capacity. Along with injuring blood vessels, it can damage your brain, eyes, and kidneys.

## How High Is Too High?

People who have readings of 130/80 or higher on at least two occasions are said to have high blood pressure. If yours is 180/120 or higher, get medical attention right away.

Many people with high blood pressure don't realize they have it. It's often called "the silent killer" because it rarely causes symptoms, even as it causes serious damage to the body. Left untreated, hypertension can lead to serious problems, such as: vision problems, heart attack, stroke, kidney failure, or heart failure.

Critically ill patients who have very high blood pressure may have



## HIGH BLOOD PRESSURE

Continued on Page 16



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## HIGH BLOOD PRESSURE

Continued from Page 15

“malignant hypertension.” It is a medical emergency, and you should be treated in the emergency room. Symptoms might include chest pain, shortness of breath, vision changes, headache, and weakness. Fortunately, high blood pressure can be controlled.

High blood pressure is more likely in people with a family history of high blood pressure, heart disease, or diabetes. It's also more common in people who are: African American; Older than 55; Overweight; Inactive; Heavy alcohol drinkers; and Smokers.

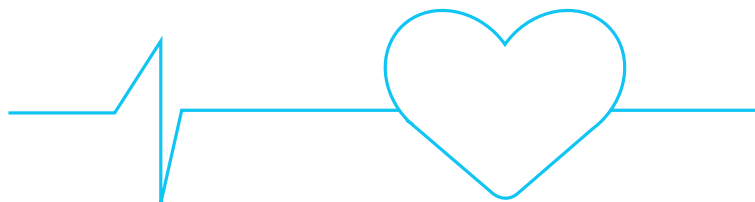
If you eat foods high in salt or use medications like NSAIDs (such as ibuprofen and aspirin), decongestants, or illicit drugs such as cocaine, your chances are increased.

Diet and lifestyle also play a big role in essential hypertension. The link between salt and high blood pressure is especially noteworthy.

## How Can High Blood Pressure be Prevented or Controlled?

You can prevent high blood pressure and lower your odds of getting heart disease by making a few changes in your lifestyle. Consider your diet. A healthy diet can go a long way toward preventing high blood pressure. Try following the Dietary Approaches to Stop Hypertension eating plan, also known as the DASH diet, which emphasizes plenty of fruits and vegetables and low-fat or nonfat dairy products. Studies conducted by the National Institutes of Health have shown that the DASH diet can lower blood pressure and can show up in as little as two weeks. Reduce salt and saturated fats and eliminate trans fats. Focus instead on foods that are high in fiber, calcium, and magnesium.

The National High Blood Pressure Education Program recommends no more than 2,300 milligrams of sodium a day or lower (1,500). For the average person consuming 4,200 milligrams a day that requires a big change. But studies show that the lower your salt intake, the lower your blood pressure.





# 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. 2. 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. COVID restrictions in force at the

time are recommended.

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.



**76-year-old Delores White won the hula hoop contest at the 2021 CHEER Trap Pond Fall Festival.**

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 302-853-4199.***

## Cruise-In to be at Milton CHEER Center



CHEER will host a Cruise-In at the Milton CHEER Center on Tuesday, June 7 from 5-7 p.m. The center is located at 24855 Broadkill Road (Rt. 16), northeast of Milton. The show is free and open to the public to participate or sightsee. However, donations will be accepted.

CHEER will be cooking food for sale for your dinner. A 50/50 raffle will be offered.

All proceeds of the evening will support CHEER's services for the senior citizens of Sussex County. The non-profit agency prepares approximately 1,700 meals each weekday to feed

Sussex County's seniors through its Meals On Wheels homebound program and congregate program at its local senior centers.

The public is invited to come out and enjoy the many vehicles on display that evening and to enjoy dinner.



**For more information, contact either  
Amy Smith at 302-853-4200,  
Robin Greene at 302-853-4199,  
or Walt Koopman at 302-745-5668**



## There's string music in the air at Harbour Lights

By Carolyn O'Neal  
Community Relations

When we have music in our hearts, it never completely leaves our life no matter what other life obligations take us away from it. But, when we lock something in our hearts, we always find a way to come back to it.

So it is with music. Many people gain an appreciation for the art through endless hours of practice, practice, practice. Others are more fortunate and have a gift for music. As life travels by, we begin to have more and more time to revisit the passions of our youth. That is what is happening at the Harbour Lights CHEER Center in Lewes.

Eva DelGallo and Steve Greifer are recruiting string musicians to be part of a community string orchestra.

All string musicians playing either the violin, viola, cello or bass are invited to join. There are no auditions. Musicians of various skill levels (min. Suzuki Vol. 3) and professionals are welcome. Rehearsals take place every Tuesday evening from 6 until 8 p.m. at the CHEER center located at 34211 Woods Edge Drive, Lewes.

"There are some fantastic community bands here, but no string orchestra," Eva said about the Sussex County beach community.

Eva retired in 2018 from a career as a music teacher in Martinsburg, West Virginia. She began the string music program at the local school district in 1996, beginning with the middle school. As it grew, the program expanded

into the high school. After 25 years, the string orchestra program was in every school in the county.

Growing up in her native Germany, Eva started playing her father's violin at age 10. She was the concert master in her high school orchestra and in college. Her son took over granddad's violin at the tender age of four. He still loves his music and plays in a band in Austin, Texas, but it is a rock band. Her daughter plays recreationally when she is not working at the cancer center in Houston, Texas. Eva now teaches privately and part-time for the Delaware Music School with her classes being held at the Lewes Library.

"Music is part of my life and I want to continue enjoying it," said Eva. When

she discovered there was no community orchestra in her retirement town, she decided to start one. She put a notice on the I Love Lewes Facebook site seeking string musicians in this area. That is how she met Steve Greifer.

"I had really good response," said Eva. "I was asking for people who played Chamber music but I had so much interest I decided to try to form an orchestra. It has only been six weeks since I put that notice out, and I think we have enough interest already to start an orchestra."

Steve began playing the violin in fourth grade at Rockland County, New York. He said he had the same

**STRING ORCHESTRA**  
Continued on Page 19



**STRING ORCHESTRA**

Continued from Page 18

teacher from elementary school through high school as the program developed into the higher grades. Although he said he is still a student of music, he too was the concert master of his high school orchestra.

Then the hectic lifestyle of being a Chicago lawyer didn't leave much time for music. However, Steve indirectly remained in music by specializing his law degree in music marketing and sponsorship. He developed tours for singer Tony Bennett and worked with conductors Daniel Barrymore and George Solti of the Chicago Symphony, plus the Martel Concert Series. He has also worked at Google doing digital marketing and has his own consulting business. He and his wife have now retired to the beach community after visiting his wife's cousin here for many years. Their daughter is a nurse for the University of Pennsylvania and their son does media sales in New York City.

"I haven't played for 30 years," Steve said. His last group effort was with the West Chester, New York Amateur Musicians Orchestra.

"We expect both amateurs and pros," said Steve. "Our vision for the orchestra is that musicians will come and not be afraid of playing."

A big part of making everyone feel comfortable within the orchestra is the conductor. Leading the group will be James Anderson, Director of Orchestral Activities at the University of Delaware. Dr. Anderson is very knowledgeable in orchestra music and is very personable with his musicians.

"We contacted Dr. Anderson asking for one of his students to be our conductor," explained Steve. "But when he heard what we wanted to do, he insisted on doing it himself. He understands the community orchestra mission having conducted several others in the past."

Steve continued to explain that Dr. Anderson will know the difficulty level of each musician and will present musical numbers that will give everyone a little bit of a challenge, but not discourage anyone.

"We must continue to reach up in our skill level. We don't want to dumb anything



**Sussex Academy music teacher Mike Marotta talks music with fellow violinist Mary Hudson, a former equine ferrier.**

down," said Steve. "The choice of music can make a difference."

Once the interest was established and a conductor secured, Eva needed to find a place big enough to accommodate the musicians and their instruments and be affordable to rent. The goal is 30 participating musicians. Eva heard about CHEER and came into the Harbour Lights center to get information about a membership for herself. As she talked with the director, Crissy Tunnell, the subject of the orchestra came up. Having a sense for introducing new activities for

the seniors, Crissy proposed that since everyone was retired and a senior citizen, she could add the rehearsals to her senior calendar as another activity. All the musicians would need to do was join the CHEER center at \$30 per year and be over age 50. Eva liked that proposal.

The group is also forming a Board of Directors. Sponsorships are also being sought. Steve's experience in that area will come in handy. Anyone interested should come to one of the

**STRING ORCHESTRA**

Continued on Page 21



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# Caregiving: A Time of Challenge and Opportunity

By Kenneth Bock, CEO

The COVID pandemic has changed things in ways none of us could have foreseen. Who among us would have ever imagined that almost the entire country would have closed down and sheltered in place for months on end? Who among us ever expected that we would have to wear a mask every time we wanted to leave our home? Right out of the Jetsons (we seniors remember that cartoon), who would have expected that businesses would conduct their affairs and hold meetings with staff that were sitting in their own homes wearing business attire from the waste up with shorts and flip flops down below out of camera sight? Interesting times to say the least.

Now many organizations, particularly service organizations, find themselves confronted with another challenge. Employers are now faced with an epidemic of Help Wanted signs and far too few takers. For many businesses, there is plenty of work but not nearly enough workers. Nowhere is this problem more acute than in the health care industry, whether it's highly skilled medical professionals or paid caregivers helping people in their homes. The situation is not much better in other service sectors such as the hospitality industry. What has happened to so many of the workers who were knocking on doors and looking for jobs before

the pandemic? Have our expectations changed that much in less than two significant and very long years?

It can be argued that many health care service jobs involve a lot of hard work often with lower wages. As a member of the CHEER care team, I have seen that first-hand. As a former caregiver, I have experienced many of those challenges. Whatever the solution may be to the challenges we face, we do have to find that solution and soon. Without it, many good people will find themselves without the support necessary to be able to Age in Place safely and comfortably within their own homes. That is something that becomes

increasingly important to us baby boomers as we continue to age. I believe that whatever the solution is, it is going to have to involve a balancing/rebalancing of the relationship between those that pay for services and those that receive those services. Buyers and sellers are going to have to recognize and respect the costs and expenses on both sides of that equation.

What is the true value of caregiving? It is my hope for those who depend on caregiving services that we find that solution sooner rather than later. I believe that caring and compassionate people will rise to this challenge. That is a hope I have for all of us.



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**STRING ORCHESTRA**

Continued from Page 19

rehearsals.

The musicians are planning to entertain at various local churches and venues. As the membership's skill level grows, evening concerts for the public will be added. CHEER is at the top of the list to host a concert.

"We are not competing with the large established area orchestras," concluded Steve. "We are just a bunch of seniors who enjoy string music."

Over 25 people showed up for the first rehearsal in May of the string orchestra at CHEER's Harbour Lights Center in Lewes. Any skill level is welcome. Rehearsals are every Tuesday evening

from 6-8 p.m. Shown in photo on page 18 are (in no particular order); Tony Gizzi, Carol West, Cecilia (Becky) Conway, Greg Kellas, Barbara Tasevoli, Bob Moyer, Mary Hudson, Eva DelGallo, Steve Greifer, Claudia DuMerville, Laurie Andes, Ruth Myers, Walter Stepowyj, Cynthia Stepowyj, Jeff Indrisano, Ellen Gibby, Mary Lentowski, Doug Poplin, Diane Neutzling, Diane Coffin, Jerri Williams, Mike Marotta and Caroline Olewiler.

*(Editor's Note: This story was written right after the first rehearsal on May 3. Since then, rehearsals are taking place each Tuesday and the group is enjoying their music. String musicians are still welcome to join.)*



**Ruth Myers graciously babysits the instrument for a fellow celloist while waiting for rehearsal to begin.**

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# Volunteers Honored for Helping CHEER Bloom

April was Volunteer Appreciation Month and CHEER honored its volunteers at special dinners at each of its seven activity centers in Sussex County. Centering around the theme, "Thank You for Helping Us Bloom," volunteers enjoyed an evening of good food and fun. Special awards went to:

**GEORGETOWN** – Bonnie Hatton, 407 congregare hours; Jerrell Mickey, 374 homebound meal delivery hours; and thank you to Shane Jones from Troop 95 Boy Scouts who came out to help serve our volunteers.

**GREENWOOD** – Violet Moore, 486 congregare hours; Joseph Czajkowski, 486 congregare hours; and Carole Carpenter, 186 homebound meal delivery hours; also thanks was extended to Greenwood Police Chief Thomas and Sussex County Sheriff Robert Lee.

**LONG NECK** – Maggie Smith, 464.5 congregare hours; Patricia Smidt, 766 homebound meal delivery hours; and Lizzie Maddox, Katie Burrows and Arelia Wright received appreciation certificates.

**MILTON and LEWES Harbour Lights** – Ernestine Sheinall, 297 congregare hours; Julia Bock, 197 homebound meal delivery hours; and Mary Beth Miller, Kathy Bradley, Thomas McClain and Josephine Merrick received appreciation certificates. Thank you also to Mayor John Collier, Police Chief Harvey and Captain Harmon for giving of their time to serve our volunteers at the dinner.

**OCEAN VIEW** – Catherine Greer, 272.2 congregare hours; Carol Diehaus, 55

homebound meal delivery hours; and Kathy Disabatino, Karen Garrison and Marsha Smith received appreciation certificates.

**ROXANA** – Sharon Carnabuci, 116.5 congregare hours; and Chris and Mickey Thompson, 158 homebound meal delivery hours.

Appreciation was also extended to Meals on Wheels Delaware Executive Director Anne Love for attending a celebration in support of CHEER volunteers.

## GEORGETOWN





## GREENWOOD



## LONG NECK



## LEWES

## OCEAN VIEW and ROXANA







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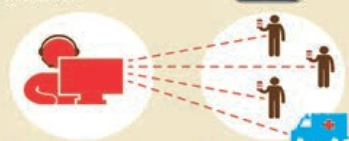
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SCA data source: American Heart Association, "About Cardiorespiratory Resuscitation (CPR)" (2012)

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# CHEER Supports MOWDe Celebrity Chef Brunch ...

Meals on Wheels Delaware celebrated its 25th anniversary year at the annual Celebrity Chef Brunch in Wilmington. MOWDe has been helping to support CHEER's Meals on Wheels program with annual allocations of funds. MOWDe supports five separate Meals on Wheels service organizations throughout Delaware.

CHEER staff who volunteered to help at the MOWDe Celebrity Chef Brunch were Volunteer Director Tanisha Showell and Human Resources Assistant Ashley Clark (shown in photo). Also at the event were CHEER's Support Services Director Sandy Baynard and Administrative Assistant Joyce Infussi.



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## Volunteer Spotlight



### Susan Seymour

Susan Seymour has volunteered her time at the Milton CHEER Center for over three-and-a-half years. She comes two or three times weekly and spends the majority of her time in the kitchen preparing and packing meals for Homebound clients. Her favorite part about volunteering is the people she meets.

Sue was born and raised in Kinnelon, New Jersey and retired as an IT Programmer. The beautiful coastline brought her to Sussex County. She enjoys family, gardening, exercising and travel in her spare time. Her favorite destination is Norway. Her favorite restaurant is Matt's Fish Camp in Lewes.

Sue is married and has two children and three grandchildren.





HEALTHY  
DELAWARE



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Bureau of Chronic Diseases

# Feeling better starts with feeling

# HEALTHIER.

Delaware has **FREE** programs available for people living with chronic pain, chronic illness, diabetes, or cancer. They can help you take control of your chronic condition — instead of it controlling you. Get the skills, tools, and support to redefine your life and your health.

Call 302-990-0522 or visit  
[HealthyDelaware.org/SelfManagement](https://HealthyDelaware.org/SelfManagement)  
to register or learn more.



## Self-Management Programs

Chronic Disease | Diabetes | Chronic Pain | Cancer

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