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ON THE COVER

Finding Ways Forward



Liz Yates was the first person off the bus at the Greenwood CHEER Center once COVID restrictions allowed senior centers to reopen in August after being closed since March. See more photos on page 25.

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CHEERful Living

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

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Darel La Prade—Publisher

Carolyn O'Neal—Editor

Contributing Writer— Lauren Green
and Ken Bock

Layout Design—Thomas Maglio

Graphic Artists—Angi Hicks

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

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The CEO's Perspective...



By Kenneth Bock
CEO, CHEER

You do not need to be told that 2020 has been a year like no other. In the past, walking into a bank with a mask on would invite unwelcomed attention. Today, walking into any public building without a mask brings that unwelcomed attention. I am not making light of the current pandemic and the many significant impacts COVID is having on each of us and on our society as a whole. As I talk with friends and colleagues, there seems to be an underlying sense of weariness as we move into what will now be the ninth month since we began shutdowns and quarantines. All of these COVID precautions and restrictions have drawn on longer than most of us would have ever expected and the impacts on each of us have been far greater than anything we have ever experienced.

It has certainly been a year like no other and it is

too easy to see only the negative aspects this past year has brought. But I believe that we do not and should not let that negativity dictate our lives and who we are at this point in time. Each of us can choose how we face these challenges. There are bad things to be sure; but during this pandemic year, I have also seen the very best in people shine through time and time again. Throughout this pandemic, CHEER has continued to serve our senior citizens throughout the county. Things have looked differently and much has changed, but our commitment to serve has remained strong. All year long, CHEER has continued to prepare and deliver meals to individual's homes. Our Direct Care Workers have continued to help people who need assistance in their homes. Staff and volunteers have changed and adapted as necessary to ensure that we would still be able to provide essential CHEER services that many have come to rely on. As government regulations and mandates required, CHEER centers adapted; closing when necessary and gradually re-opening when allowed. Through it all, we continue to honor our responsibility to keep ourselves

and all who we come in contact with safe and healthy.

These difficult and challenging times provide opportunities for each of us. We can choose how we want to face those challenges. We can step up or stand down and each of us will make our own choices. We can rage against the night or circum. Each of us in our own time needs help and support, and I believe each of us in our own time can give help and support. It will be different for each of us, but it is within each of us. I have seen it time and time again in the eyes above mask-covered faces of CHEER members, staff and volunteers. It is those eyes that have shown sincere hope and gratitude for care and services received and I have seen eyes showing determination and commitment to preserve and serve. Those eyes are the images what I want to remember most about this year 2020; the commitment and determination above all the turmoil and confusion. For all of us at CHEER, we will remain focused on our commitment to our people, members, clients, volunteers and staff.

Stay healthy and be well.
Thank you.

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
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Elizabeth Walls,
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MISSION STATEMENT

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Cooking for Sussex Seniors

The New Kitchen Construction Has Begun



RYJ Richard Y. Johnson & Son, Inc.



GMB ARCHITECTS
ENGINEERS

By: Kenneth S. Bock, CEO

On October 27, CHEER officially broke ground on the new \$1.8 million Florence Mason Central Kitchen. It has been 30 months since CHEER announced its plan to build a new central kitchen facility to replace its antiquated and undersized kitchen currently in the Adams State Service Center in Georgetown. That kitchen has been used to prepare millions of daily meals for generations of Sussex County senior citizens since the early 1980s. CHEER's central kitchen prepares meals locally from scratch each night.

Those meals are sent out daily to seven CHEER sites and two independent senior centers across Sussex. From those locations, meals are served to CHEER members and guests who are attending centers and portions of the food are packaged for home delivery to our Meals on Wheels customers. The central kitchen is the heart of CHEER's nutrition program pumping out as many as 1,700 meals daily.

Over the past 30 months, with the support of many dedicated people throughout the community and at all

levels of government, CHEER has been able to raise the \$1.8 million needed to make the planned new kitchen a reality. Architect and engineering plans were drawn, construction bids were solicited and contracts were awarded. Over the next seven months, contractors will renovate an older kitchen at the CHEER Community Center and expand it to more than twice its current size. When the new kitchen opens in May 2021, it will have the capacity to prepare and serve meals for a current and future genera-

tions of Sussex County senior citizens.

The new kitchen will feature more than 4,500 square feet of food preparation space including cooking areas with modern commercial kitchen equipment along with expanded refrigerated and dry storage areas. This kitchen will provide greater capability for CHEER to serve an expanding senior population in a more efficient manner. CHEER's central kitchen currently receives two tractor-trailer deliveries of food commodities each week

Construction

Continued From Page 5

along with several smaller deliveries from specialty vendors. Deliveries have to be carefully scheduled as our cooks regularly have to work around pallets of food and supplies that are stacked in every available square foot in the current undersized kitchen. At more than double the size of CHEER's current kitchen, the new kitchen with modern equipment will be a welcomed enhancement to CHEER's food service capability.

Please continue to follow our progress as we move toward that date next spring when we can begin preparing CHEER meals in our new kitchen.



RYU Richard Y. Johnson & Son, Inc.

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Ground is Broken for New CHEER Kitchen



Breaking the first ground of the new CHEER kitchen are: front row with a shovel, left to right, State Senator Dave Wilson, Georgetown Mayor Bill West, State Representative Ruth Briggs-King, State Senator Brian Pettyjohn, CHEER Board Vice President Walt Koopman, Honoree Florence Mason, County Councilman Sam Wilson, CHEER Board members Diaz Bonville and Joe Conaway. Standing in back are CHEER CEO Ken Bock, CHEER Foundation Members Leslie DiPietro and Matt Dickens, CHEER Board Member Janet Short, CHEER Foundation Member Andy Hartstein, CHEER Board Member Nick Varrato (partially hidden), CHEER Chief Operating Officer Beckett Wheatley and husband Bob, and Dava Newnam (partially hidden), Director of the Delaware Division of Services for Aging and Adults with Physical Disabilities.

By Carolyn M. O'Neal

Community Relations

After 30 months of fund raising, ground was broken on October 27 for the Florence Mason CHEER Central Kitchen. Being constructed on the west side of the current Warren L. and Charles C. Allen, Jr. CHEER Community Center on Sand Hill Road, east of Georgetown, the new 4,500 square foot kitchen will house state-of-the-art cooking equipment and ample space for cooking and preparations. CHEER's current cen-

tral kitchen is located in the Thurman Adams State Service Center on the southwest side of Georgetown. It is over 30 years old and the antiquated equipment cannot keep up with the demand for 1,700 meals per day.

Since announcing plans for the construction of a new central kitchen, CHEER officials have been busy securing \$1.8 million from various funding sources to pay for the building and new equipment. Led by State Senator Brian Pettyjohn, the Delaware General Assem-

bly has been instrumental in supporting the construction.

At the groundbreaking ceremony, Senator Pettyjohn stated, "It wasn't hard to get my fellow legislators to rally around this effort once they saw how much CHEER has taken care of the seniors in Sussex County."

Other Major Supporters of the project are The Longwood Foundation, Sussex County Council, The Welfare Foundation, Inc., M&T Charitable Foundation, U.S. Department of Agriculture, Delaware

Community Foundation, The Laffey McHugh Foundation, Mormot Foundation, Korean War Veterans Wounded Warrior Fund, and Mrs. Susan Mast.

Senior Meal Supporters are the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD), Meals on Wheels Delaware, Highmark, AmeriHealth, and Atlantic Community Thrift Store of Ocean View.

Dava Newman, Director of DSAAPD, told the gathering

Ground

Continued From Page 5

of officials, staff and friends at the groundbreaking ceremony that "CHEER has worked very closely with DSAAPD for decades in taking care of seniors. That work will only increase as more and more people retire to Sussex County. This new kitchen is essential in doing that work."

Guest of honor at the groundbreaking was Florence Mason, former Nutrition Director for CHEER who retired in December 2019. Mrs. Mason's name will be on the building in appreciation of her leading CHEER's Nutrition Program for over 25 years.

RY Johnson Construction Company began working on

building the new kitchen days after the groundbreaking ceremony. GMB Architects/Engineers were the architects for the project. The new kitchen is scheduled to be completed by May 2021.

CHEER Chief Executive Officer concluded the program by thanking everyone who contributed to the success of the capital campaign, including Legislators, county and town officials, staff and friends. "This new kitchen is our first major project in the second 50 years of CHEER's existence. It will enable the agency to feed senior citizens for another 50 years," he said.



Dava Newnam, Director of the Delaware Division of Services for Aging and Adults with Physical Disabilities speaks to the gathering at the groundbreaking ceremony. At right is CHEER CEO Ken Bock.



State Senator Brian Pettyjohn addresses the guests at the groundbreaking ceremony for the new CHEER Central Kitchen as CHEER CEO Ken Bock listens.



CHEER's Head Cook Harry Cannon (left) and two of his staff, Kevin Wilcox and Jason Holleger, prepared a delicious lunch for the attendees of the groundbreaking ceremony.



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Volunteer Spotlight

MARSHA SMITH



Before the COVID-19 pandemic, Marsha Smith was offering tablet classes twice weekly at the Ocean View CHEER Center. She also gave tech support on smart phones, etc. once weekly. The center was happy to have her return to teaching in September. She now instructs a tablet class every Monday at 12:15 p.m. A group of new users has joined the class with their DSAAPD loaner tablets and Marsha is working very hard to get them up to speed with her former students. Many of the new students have never used this technology before.

Marsha has volunteered at Ocean View for about five years. She is also the center's "Bus Mom" when they go on

trips. The members find her to be very efficient, organized, and fun to be around. She is very patient with the members and always willing to try new things.

Marsha was born in Washington, D.C. and grew up in Maryland. Her sister brought Marsha to Ocean View after she retired as a computer teacher for kindergarten through eighth grade. She has one daughter, and her favorite vacation spot is Colorado where her daughter lives. Marsha enjoys reading, quilting, sewing, and going on CHEER bus trips.

Marsha's favorite part about volunteering is helping people get on with their lives better.



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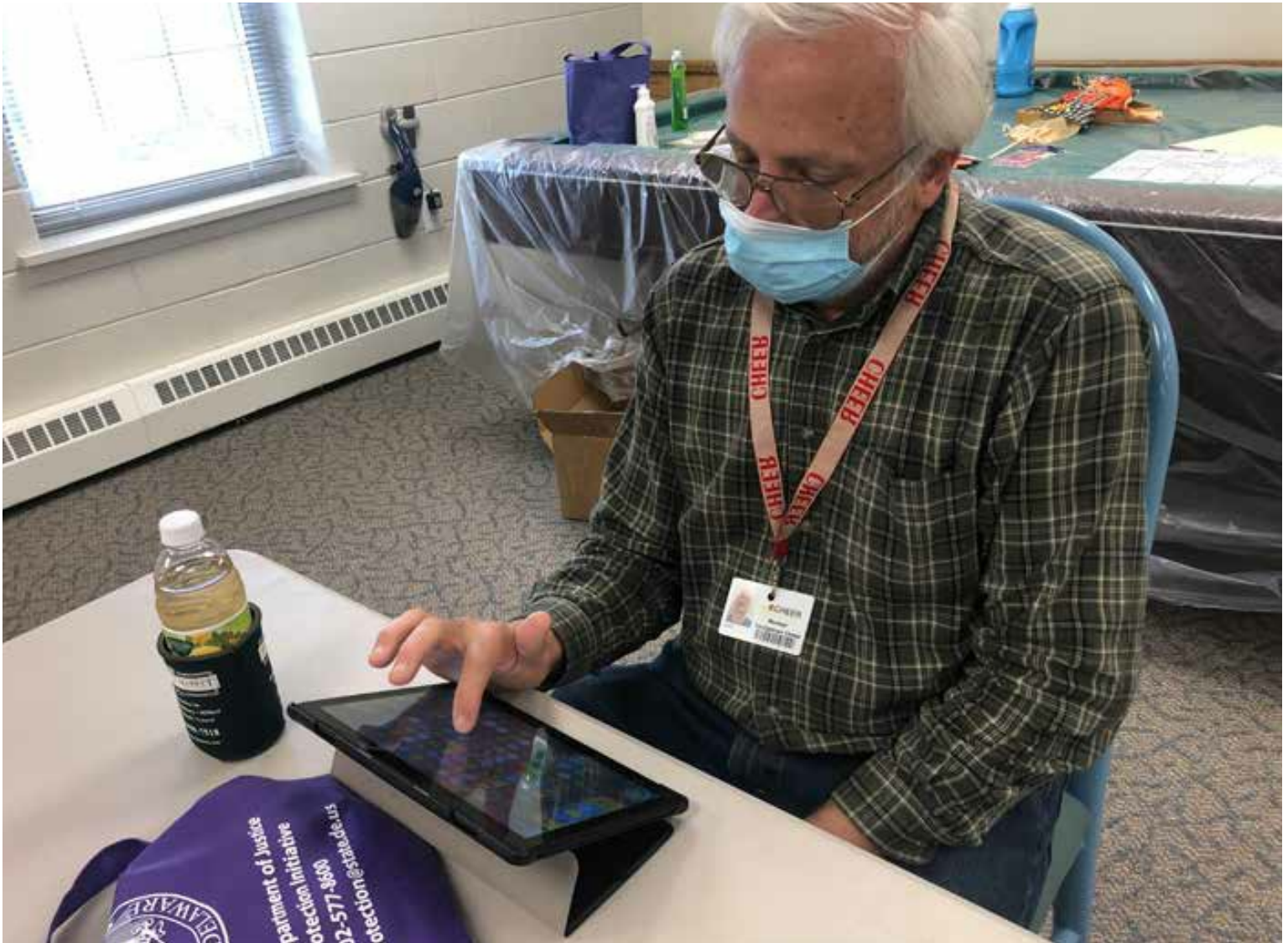
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Tablets for Seniors

***CHEER Benefits from DSAAPD Virtual Program
Helping Seniors Stay Connected***



Gary Turner of Georgetown enjoys playing games on his loaner tablet.

By Carolyn M. O'Neal
Community Relations

What do you do when there is no one to talk to and you are tired of watching television? You long for something different to do since every day for over six months has been the same. The

COVID-19 pandemic has caused a lot of senior citizens to ask these questions. Many of them see no one else for days. Those who are "lucky" have a pet to talk to and soothe their nerves, but many more do not. All these seniors want is a

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Tablets

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little social interaction. That is why CHEER began its virtual programming classes. However, many senior members of CHEER do not have the computers to take part in the programs or know how to use the technology to be involved.

This is the reason CHEER, Inc. applied for a grant from the Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD). DSAAPD developed a new program targeting older Delawareans that may be socially isolated due to COVID-19. The Virtual Social Activities Program aims to connect senior center members to virtual social activities during the COVID-19 pandemic, to promote social connection to participants. DSAAPD grants provide funding to support the classes or organized activities to engage members, including chair aerobics, education classes, virtual social hours, etc. In addition, senior centers can purchase laptops or tablets to loan out to members who do not already have them. Funding was based on the need of the senior center and can be used to cover the cost of the virtual social activities.

purchase of technology, and advertising. CHEER applied for the program and received a grant of \$49,900 to support its virtual programming activities at its seven activity centers.

Each of CHEER's seven activity centers in Sussex County received a computer tablet with wifi capability to be able to connect with its seniors via Live Streaming, Zoom, etc. Each center also received some upgrading to enhance its wifi capabilities. Eighty-five tablets were received for the seniors' use.

Computer supplies are loaned to senior member participants similar to a library system and are made available via pickup at the seven CHEER locations although delivery is provided to those who are unable to travel. Technical support is provided to seniors through virtual training and one-on-one support with existing staff and volunteers. Participants must preregister for each activity.

At the Georgetown activity center, member Gary Turner enjoys an on-line game on his tablet. Center Director Lakena Hammond says the tablets help seniors exercise their minds by playing various games. "It's better than a blind stare at the television," she noted.

Seniors at the Greenwood center are using their tablets for Zoom Bible studies. Director Fran Smith says they had previously been using their cell phones, but now they can see the other people in the group.

One of the biggest beneficiaries of the loaner tablet program at the Long Neck CHEER center is a gentleman who is visually impaired. Director Shawn Harris says the man was using a small ipad, so the tablet is an upgrade for him especially since it is voice prompted.

Instruction is also included in the loan of the tablets. Fran Smith chuckles when she describes the curbside instruction she gave one of her members who came only to pick up a tablet because she is still afraid to mingle with others during the pandemic. "Some members just won't come back into the center until this (pandemic) is all over," she said, "but they want to stay connected."

CHEER's Ocean View center is fortunate to have had a volunteer who was teaching technology classes at the center before the pandemic struck. A retired computer teacher for elementary children, Marsha Smith is working hard in getting the newcomers up to speed with using the tablets, especial-

ly since many have never used this technology before. (See Sidebar Box) Marsha holds classes at Ocean View every Monday afternoon at 12:15 p.m. "It's challenging, but we're getting there," said Center Director Yolanda Gallego.

Even clients in the adult day program enjoy playing games on the tablets.

"There is a barrier between technology and seniors that is daunting to overcome," agreed Shawn Harris from Long Neck. "But the (DSAAPD) tablet loaner program has at least helped to narrow that barrier."



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Meals on Wheels – Delivering More than Just a Meal



Husband and wife team Charlie and Rosanne Melson deliver meals every Wednesday in the Greenwood area.

By Carolyn M. O'Neal
Community Relations

The Older Americans Act (OAA) Nutrition Program¹ is the only federally supported program designed specifically to meet the nutritional and social needs of seniors. OAA services like Meals on Wheels have been even more critical to seniors throughout the COVID-19 pandemic. Nationally, the OAA funds 39 percent of the total cost to provide nutritious meals, safety checks and friendly visits to 2.4 million seniors each year. The other 61 percent of funding that serves seniors each year comes from state and/or local sources. Private do-

nations from foundations, corporations and individuals, and federal block grants. This hybrid funding model makes Meals on Wheels a successful public-private partnership that needs to be bolstered to keep up with the demand, especially as we continue to respond to the COVID-19 pandemic.

Each year, Meals on Wheels is serving a smaller portion of the total senior population. Delaware's senior population is 26 percent of the total state population and ranked sixth in the United States. Of that 26 percent, 23 percent self-report to be in "fair to poor" health, 27 percent have a disability.

45 percent are single and 32 percent live alone. Half of seniors living alone lack the financial resources to pay for basic needs. Seniors waiting to receive Meals on Wheels at home are more likely to report recent falls or fear of falling that limits ability to stay active, require assistance with shopping for groceries or preparing food, take three or more medications each day, and/or report not having enough money to buy food they need. Among older adults who have difficulties with daily activities, two out of three receive limited or no home or community-based care.

Before the Coronavirus pandemic, nearly 9.7 million seniors were threatened by hunger. The number one physical danger to senior citizens is falling. The number one psychological danger for senior citizens is isolation. Hunger, disability and social isolation not only jeopardize the health and well-being of older Americans, they also place a significant strain on our country's healthcare system and economy. The economic burden associated with malnutrition in seniors is \$51 billion. Older adult falls cost about \$50 billion in medical costs. Among seniors, the additional Medicare expenditures associated with social isolation are es-

timated to cost \$6.7 billion each year. Medicare spending has more than doubled since 2005 and is disproportionately concentrated on older adults with multiple chronic conditions and/or functional limitations. Due to COVID-19, we know that an even greater number of older adults are experiencing food insecurity, and many seniors are lonelier than before the pandemic.

Frequent Meals on Wheels in-home visits provide unique opportunities to meet nutritional needs, combat social isolation, address safety hazards, and provide holistic care to seniors. Statistics show that daily home-delivered meals help keep eight out of 10 recipients who have previously fallen from falling again. A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences. Two out of three recipients report the meals make up half or more of all food they eat that day. Fifty-eight percent of home-delivered meal recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day.

Delawareans are encouraged to invest more fully in

Meals

Continued From Page 12

Meals on Wheels to ensure vulnerable seniors in Delaware can remain healthier at home, avoiding costlier healthcare facilities. It cost \$9.84 for one home-delivered meal compared to \$3,038 of expenses for one day in the hospital or \$358 for one day in a nursing home. However, despite decades of broad bipartisan support, funding for this vital program continually fails to keep pace with the rapidly growing need for services. Aging issues are often forgotten with less than one percent of large private and community foundation grant funding going to organizations like Meals on Wheels. Meals on Wheels America is now serving 20 million fewer meals than in 2005 because food, transportation and other costs have increased while funding remains stagnant.


With 12,000 more people turning 60 each day, the senior population in the United States is set to reach 93 million in the next decade, with 118 million expected by 2060 – increasing the number of seniors today by more than half. Meals on Wheels can serve a senior for an entire year for about the same cost as just one day in a hos-

pital or 10 days in a nursing home. Millions of volunteers enable 221 million meals nationwide to be delivered to 2.4 million seniors each year. Broken down locally, there are approximately 82,000 seniors over age 60 in Sussex County, or approximately 20 percent of the population². Hundreds of volunteers allow CHEER to serve almost 1,200 seniors daily with Meals on Wheels.


Meals on Wheels provides a cost-effective solution that serves us all. Nine out of 10 recipients say Meals on Wheels received at home improves their health. Federally supported nutrition programs, like Meals on Wheels, are designed to meet the needs of older adults. Yet these successful public-private partnerships remain significantly underfunded, even amid efforts to combat COVID-19. Won't you help your senior neighbor? Please contribute to CHEER Meals on Wheels by sending in your donation with the form on page __. Thank you for your support.

¹Data sources available at www.mealsonwheelsamerica.org/facts, Sept. 2020

²Delaware Population Consortium Annual Population Projections, Oct. 2019



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50 Years of Service



CHEERful Notes Glee Club members enjoyed singing to groups.

By Carolyn M. O'Neal
Community Relations

Rev. Dr. Milton Keene, a Methodist minister and administrator of the Methodist Manor House in Seaford, established CHEER as a private, non-profit agency on July 23, 1971. This in-home

health service still exists today through CHEER's Personal Assistance Services Agency (PASA). The program was funded from the Older Americans Act to provide free services for senior citizens age 60 and over.

A couple years later,

the home health service was expanded to include a meal program. Madonna L. Perkins was the founding CHEER Director of Nutrition. With a paid staff of four, their first Christmas dinner consisted of the preparation of 32 oven-roasted turkeys.

160 pounds of peas, 22 gallons of gelatin salad, 66 dozen rolls, and 100 apple pies. They worked in a leased kitchen behind the Diamond Motel on Rt. 13 in Laurel, from which they would send out 800 holiday meals. The meal preparation moved to the

50 YEARS

Continued From Page 14

Adams State Service Center in 1977 when a kitchen was added to the building for CHEER to handle its growing meal service.

The earliest old CHEER records available show 26,429 meals being served in 1974. The count went up to 221,000 in 1984. In the five years from 2010 to 2014, the total of CHEER meals served to seniors was over one million. Another million meals were served between 2015 and 2017. In 2017, it was determined

to be no longer feasible to produce 1,700 meals per day (a yearly total of 331,764)

in the 40-year-old 2,272

square foot Adams kitchen with equipment two times beyond designed service life. The expanding senior population in Sussex had outgrown the capacity of this obsolete kitchen. It must be expanded and modernized. So three years ago, the Cooking for Sussex Seniors Capital Campaign

was begun, and on October 27, 2020, ground was broken at the CHEER Community Center for a new 6,376 square foot \$1.4 million kitchen with new equipment, including refrigeration, storage, food, preparation and cooking space. It will have the capacity to produce 2,625 meals daily plus service the needs of the community center guests and participants for decades. The new kitchen was named the Florence Mason CHEER Central Kitchen to honor a woman who had been Director of Nutrition from 1993 until 2019.

In March 1974, the



CHEERful Clown volunteers visited senior centers and nursing homes to put a smile on seniors' faces.

Georgetown CHEER

Center began meeting in the basement of St. Paul's Episcopal Church on Pine Street. This location was used until the center with Director Iva Hedges and her 30 active members moved to its present location in the Adams State Service Center.

In 1986, Arlene S. Littleton became the exec-



Rev. Dr. Milton Keene, far right, enjoys a meal with friends.

utive director of CHEER. As years passed, new services were constantly being added as membership continued to grow. In 1991, Mrs. Littleton reported that in 1990 over 200,000 meals were served in 10 centers and over 300,000 miles of transportation was provided. At the time of Mrs. Littleton's hiring there were senior centers in Greenwood, Georgetown, Huling Cove in Lewes, Oak Orchard, Slaughter Neck and Roxana.

The Milton CHEER Center actually began in

Slaughter Neck Church in 1974 where it remained for several years until it moved to the old Betts Feed Store on Reynolds Road. In 2011, CHEER opened the new Milton Healthy Lifestyle Center on Broadkill Road in a new 6,000 square foot center.



The CHEERful Crab Consignment Shop was located in the Rehoboth Mall.

The Greenwood center also began in 1974 in the basement of Greenwood United Methodist Church. In 1995 it moved to the Old Lettuce Bowl restaurant on Route

13. In 2007 a new 5,300 square foot building was dedicated to CHEER seniors that houses a large



Allen Brothers, Warren and Charles, Jr., pose with Community Center Capital Campaign Chairman Paul Mylander (center) after giving a \$1 million donation to the campaign.

50 YEARS

Continued From Page 15

multi-purpose room, full kitchen, offices, a small conference room and a fit-

ness center.

In the late 1970s, CHEER began sharing a building in the Edward W. Pyle Center in Roxana which also houses state

health offices and a child care center. CHEER's space contains a small commercial kitchen and a large meeting room for members to enjoy activities and meals.

The Lewes CHEER Center was originally located in the annex of Huling Cove on Savannah Road. In 2002, it moved to a 3,600 square foot center on Woods Edge Drive in the center of the Harbour Town apartment complex and was renamed Harbour Lights center.

The Ocean View center opened in 1992 at the Church of Christ. Mrs. Littleton said it was the center that relocated the most. In a few months, it out grew the facility and moved into Town Hall where it remained for five years. The next move was to the old Kwik Chek Restaurant in a renovated building loaned to CHEER by State Representative Gerald Hocker where the group met from 1998 to 2005. After a successful capital campaign, a new senior center was built in Ocean View next to a new 55-and-over community. The Ocean View Center was renamed today's Coastal Leisure Activity Center.

In 2005, grand opening ceremonies were held for the Long Neck CHEER

Center in the Shoppes at Long Neck Shopping Center on Pot-Nets Road. In the summer of 2020, Long Neck expanded into the next door space which increased the center's size by approximately another 1,800 square feet.

In 1983, the Delaware Transportation Authority selected CHEER to be the first recipient of buses to be purchased under a newly-created federal program for non-profit organizations. The awarding of eight new buses, coupled with State Department of Transportation operating funds, provided CHEER with the resources to start its own transportation program, which continues today.

In March 1998, construction began on the Warren L. and Charles C. Allen, Jr. Multi-Purpose CHEER Community and Adult Day Center on Sand Hill Road, east of Georgetown. It opened in 1999 with a large multipurpose room that can seat up to 700 people auditorium-style or 410 people for dinner. It can also be divided into smaller rooms that can comfortably seat 150-200 people.

Through the years many other programs were started including Operation Christmas

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

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

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

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

SCA data source: American Heart Association, "Heart Cardiovascular Resuscitation (CPR)" (2015)

HOW TO HELP

Call 911

STARTER ALIVE, STARTER ALIVE

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

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

#100Everyday—real time app activation of PulsePoint—general news and updates

50 YEARS

Continued From Page 16

CHEER, the CHEERful Crab Consignment Shop in the Rehoboth Mall, CHEER-Ups Clown Troupe, CHEERful Notes Glee Club, CHEERmobile Mini Market, Phone-A-Friend and Visiting Friends. CHEER enjoyed association with the Delaware Senior Olympics, which Mrs. Littleton helped begin, and the Sussex Tech High School JROTC Cadets who raised almost \$100,000 for senior citizens during its 15-year association with CHEER.

CHEER has also hosted numerous special events including Beach Day, Frontier Festival, Car Show, Pet Parade, Make a Difference Day, Trap Pond Fall Festival, Veterans' Day Dinner and Holiday Feast.

In 2016, Mrs. Littleton retired and the reins of the agency were turned over to her 10-year deputy, Kenneth S. Bock, who was named Chief Executive Officer and charged with leading CHEER into its next half century of serving Sussex County's senior citizens.



Arlene Littleton (far left) loved helping senior citizens.

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



20520 Sand Hill Road • Georgetown, DE
302-854-9500 • www.cheerde.com

Join Local Volunteers and Businesses To Provide Christmas CHEER to Homebound Seniors



Dozens of volunteers give up a few hours of their Christmas day to deliver meals and gifts to homebound seniors in Sussex County through CHEER's Operation Christmas CHEER.

The CHEER Nutrition Program will once again be conducting its Annual Operation Christmas CHEER on Christmas Day 2020. CHEER has been providing daily Meals on Wheels to seniors 60 years or older in Sussex County for years since it found that many seniors were alone on

Christmas Day and did not have family in the immediate area who would be visiting them or who had other commitments and could not be with the senior that day. To address the need, CHEER established a Christmas Day meal delivery for seniors. A traditional roast turkey dinner with

all the trimmings was prepared and volunteers from all over the area came to the Georgetown CHEER Center on Christmas morning to pick up the meal and deliver it to seniors.

As the years have passed, many area businesses and organizations have joined with CHEER to provide

a "Merry Christmas" for the seniors. A small fruit basket was added. Non-perishable food items and canned meats are collected so that food baskets could be prepared and delivered to the neediest seniors. Local businesses and volunteers provide the supplies and give their time to assemble the

CHRISTMAS

Continued From Page 18

baskets.

Operation Christmas CHEER expanded and new ideas were incorporated. Many volunteers reported that many of the seniors not only did not have family, and if they had not had the meal delivered, they would not see anyone on Christmas Day much less get a present. So the idea of giving a wrapped gift was initiated. Many local businesses and clubs have adopted seniors to give gifts to each year.

It really touched the volunteers' hearts when they saw that the seniors were sharing their Christmas meal with their pets. So pet food is now collected to take to the pets of the seniors getting a meal on Christmas Day. Donators who love animals

collect and donate pet foods for the endeavor.

Elementary schools got involved and their students create Christmas cards with season's greetings on them. The joy that is experienced by the meal recipient when they see and read what the children give them is priceless.

As news spread of what CHEER was doing, both organizational and individual contributions and participation grew. Ladies make lap quilts to take to the seniors. The local college gives poinsettias that they grow that are taken with the meals.

The joy and willingness of people to put aside their own holiday celebrations and share a bit of themselves with the seniors makes this event unique and priceless. Many have been delivering for years. Many families come

together as a group to help. One family from the Lewes area has been delivering for 23 years. Their children were small when they first volunteered. Now they have graduated from college and continue to come together as a family to deliver the meals. It helps to teach the grandchildren that the giving of time from the heart is the best gift that you can give to someone. Many volunteers bring additional gifts to give to the seniors. They know that the best gift a senior can receive on this day is the one-on-one personal visit and the time that each volunteer spends with them.

If you or your organization would like to help deliver a meal on Christmas Day, donate a wrapped gift, donate non-perishable food items, or donate

pet food for Operation Christmas CHEER 2019, please contact Carmel Monfiletto at 302-515-3048 or email carmelm@cheerde.com.

Remember, Christmas is only one day a year and the need will still be there December 26. If you would like to adopt a senior for a meal to be served anytime during the year, a one-time gift of \$5 will provide that meal. A gift of \$100 will sponsor a meal every day for a month to a homebound senior. A gift of \$300 will sponsor a meal every day for three months. To make your tax exempt contribution, visit CHEER's web site at www.cheerde.com or send your check to CHEER, Inc., 546 S. Bedford Street, Georgetown, DE 19947.



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5 Tips for Making Healthy Holiday Choices

By Lauren Green, RD, LDN
Registered Dietitian

1

Eat the nutritious foods first.

Prioritize the foods on your plate by nutritional value. Eat fruits and vegetables first, your protein second and save the starches and desserts for last. Prioritizing your plate ensures that you are getting the fiber, vitamins, and minerals that fruits and vegetables provide, before you get too full from all the other holiday favorites!

2

Enjoy all your favorites in moderation.

It may be easier said than done but, if you can master the art of moderation, you can enjoy all the foods you love without over eating or feeling guilty. Some ways to help contain portion sizes are to use a smaller plate to limit the amount of food you can serve yourself, and to plate or cut your own dessert so you can determine the size.



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!

Healthy Choices

Continued From Page 20

3

Get on the move.

Continue to stay active in the cold months ahead! Whether it is bundling up for an outdoor walk or dancing in the living room, try to incorporate physical activity into your holiday schedule at least three times a week. Physical activity will help retain muscle strength and mobility, maintain weight and boost energy; and who doesn't need extra energy around the holidays?

4

Do not skip meals.

It may sound appealing to skip breakfast or lunch for a big holiday dinner, however, this typically leads to overeating. Instead, try small nutritious meals consisting of fruits, vegetables, lean protein and whole grains to provide energy to last until dinner.

5

Remember to stay hydrated

It can be easy to forget to drink water with many other drink options available. Staying hydrated is key to keeping our bodies functioning as they should. Dehydration can lead to decreased digestive health and fatigue. While at a gathering, try alternating water in between your other beverage choices to help stay hydrated.



Our Seniors Need You . . .

CHEER

Is now accepting applications for
Direct Care Workers

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

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

Meals on Wheel Volunteers receive WaWa debit cards



Meals on Wheels Delaware recently granted CHEER with 112 Wawa debit cards worth \$10 each to be distributed to volunteers who are delivering Meals on Wheels to local senior citizens. The cards were given to help defray the cost of gasoline used while delivering the meals. CHEER says thank you to the volunteers who have continued to deliver meals during the COVID-19 pandemic.



Greenwood volunteer Linda Campbell receives a Wawa card from Vicki Adkins.



Long Neck volunteer William Staab received his Wawa card from kitchen helper Audrey Schaeffer.



Greenwood Activities Director Vicki Adkins gives a Wawa card to volunteer Bob Gehman.



Long Neck kitchen helper Audrey Schaeffer presents a Wawa card to volunteers Jean and Bud Stiffler.



Greenwood Kitchen Manager Gary Spires gives out a Wawa card to volunteers Bill and Linda Boyles



Long Neck volunteers Joe Shinn and Megan Cooper received a Wawa gift card.

State Farm's Efforts Are Recognized ...

State Farm Insurance was recently honored with the Donor Community Spotlight Award by the Association of Fundraising Professionals in observance of National Philanthropy Day because of its efforts to help CHEER during the COVID-19 pandemic. State Farm Agents in Sussex County contributed monetarily to contribute

\$19,000 to the agency to help feed seniors, and employees gave of their time to help at CHEER's Farmers to Families Food Distribution this past summer, as shown in photo. National Philanthropy Day is celebrated annually on November 15 to signify the importance of working together for the common good.



NOW ENROLLING!

Virtual and in-person options are available.

DIABETES PREVENTION PROGRAM

1 in 3 American adults has prediabetes and most don't know they have it. With the YMCA's Diabetes Prevention program, it often can be reversed. **Enroll now with NO out of pocket cost!** Must meet program eligibility.

LIVESTRONG AT THE YMCA

LiveSTRONG at the YMCA is a FREE 12-week small group program designed to help adult cancer survivors improve their quality of life during or after treatment in a supportive environment.

LEARN MORE!

Call (302) 572-9622, or visit us online at www.ymcade.org.



It's Good to be Back at CHEER...



Ocean View volunteers Linda Eshelman (foreground) and receptionist Katherine Corbino (background) wait to check members in at Ocean View.



Long Neck member Laura Wilson enters the center for the first time since March.



Ocean View member/volunteer server Kathy Plumley serves lunch to Diane and Rick Kresge.



Milton members Margaret Stout (left) and Sandy Anderson enjoy a game of Bingo.



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



Chiropractic Office Collects for CHEER



Healing Hands Chiropractic recently collected household items for senior citizens in Sussex County. Dr. Chris Rush and Dr. Tracy Rush and their staff collected dozens of boxes of paper towels, toilet paper, hygiene products, and other household products for CHEER to distribute to its members who have been adversely affected by the COVID-19 pandemic. In photo, Congregate Director Robin Greene sorts the items before distribution.

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



For Sussex Seniors

YOU ARE THE REASON...

CHEER can carry on its essential mission of providing meals to Sussex County's senior citizens. Thank you for your generous gift to support our capital campaign to raise \$1.6M to build and equip a new central kitchen that will serve today's and tomorrow's growing needs for meals for senior citizens.

MY GIFT AMOUNT \$ _____

- ☐ DAIRY (\$25-\$99)
 ☐ FRUIT (\$100-\$249)
 ☐ GRAIN (\$250-\$499)
 ☐ VEGETABLE (\$500-\$999)
 ☐ PROTEIN (\$1,000+)

ONE TIME: ☐ RECURRING: MONTHLY ☐ QUARTERLY ☐ YEARLY ☐

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**Detach and Mail to: Cooking for Sussex Seniors, c/o
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CHEER is a 501(c)3 agency. All donations are tax-deductible to the extent allowable by law.

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