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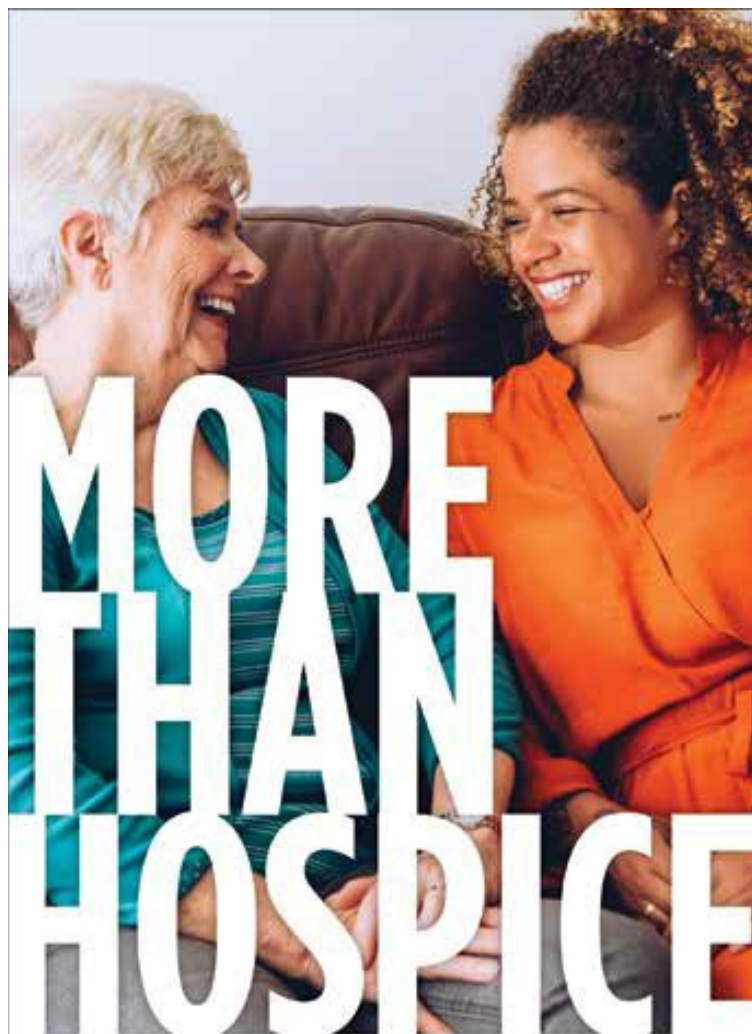
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ON THE COVER

CHEER Celebrates Half Century of Helping Seniors



50 YEARS OF CHEER ... Our senior services non-profit agency celebrated 50 years of service in Sussex County at a gala party at the Warren L. and Charles C. Allen, Jr. CHEER Community Center that was enjoyed by sponsors, friends and staff. See pages 12 through 17 for photos of the evening.

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

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CHEERful *Living*

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

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

Available for free throughout Sussex County.

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The CEO's Perspective...



**By Kenneth Bock,
CEO**

50 Years of CHEER

This year marks half a century that CHEER has had the privilege of serving senior citizens throughout Sussex County. We have had generations of successes, making a difference in the lives of so many of our friends and neighbors. From what rightfully could be called modest beginnings, CHEER grew from an idea that started with a local retired minister and grew into a premiere service provider with Activity Centers located throughout Delaware's largest county.

While CHEER may be most known for our activity centers and home delivered Meals on Wheels programs,

there is so much more that makes up CHEER. Our home health aides help get customers out of bed in the morning, while we tuck others into bed at night. In between, we assist with personal care, clean houses, prepare meals and do what it takes to assist those who just need a little extra help to stay safe and healthy in their own homes. Our Adult Day Care and memory café programs assist those who are experiencing memory decline, while our fleet of handicap equipped buses keep CHEER customers connected with their communities. We have certainly come a long way in 50 years and have made many great friends.

An anniversary provides a great time to reflect back on times gone by. While there certainly have been challenges, there have been a lot of very good times. There are faces I will always remember and acts of kindness that will stay with me for a lifetime. There are friends who are no longer with us, but I find comfort in the knowledge that working through CHEER, we made a difference in their lives. Each day at CHEER brings new faces and new possibilities. The

opportunities are endless with rewards beyond measure.

As we start our second half century, I hope for three things for all of us. First, to always remember fondly the people who made a difference in our lives; second, to always make the effort when you have an opportunity to help someone else; and lastly, when the time comes for each of us, that we will be blessed to have people around us who will always remember and always make an effort.

As I think about 50 years, I think about the memories and I hope that I will always make the effort. I believe these are the things that make being a part of CHEER so special. There are always opportunities and memories to be made. As you think about your next anniversary, is this the year you add a little more CHEER to your life? I invite you to come to your local CHEER center, get involved, participate and give back as you may be able. Think what you could be celebrating at your next anniversary.



CHEER, Inc. STAFF

Kenneth Bock,
Chief Executive Officer

Beckett Wheatley,
Chief Operating Officer

Lasandra Baynard,
Support Services Director

Deborah Crum,
Finance Director

Angie Thomas,
Senior Accountant

Carolyn O'Neal,
Community Relations Director

Amy Smith,
Nutrition Program Director

Robin Greene,
Congregate Program Director

Harry Cannon,
Food Services Manager

Chris Cordrey,
Activities Coordinator

Nancy Elliott,
Homebound Assistant

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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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the aging



As we age, cells get old and die and new cells are born. Sometimes the cells don't divide like they should, and the older cells function less well. Also, cells can get damaged by radiation, sunlight and chemotherapy drugs.

Organ function in our body is all based on the cells within them. The number of cells in the testes, ovaries, liver and kidneys decreases as the body ages. When the number of cells become too low, the organ cannot function normally. Some organs such as the brain do not lose many cells unless you have had a stroke or other neurodegenerative disease, such as Alzheimer's or Parkinson's disease.

A decline in one organ's function due to disorder or aging can affect the function of another. (E.g: Atherosclerosis narrows the blood vessels due to hardening of the blood vessels to the kidneys.) First signs of aging are the musculoskeletal system, next eyes, then ears. Most bodily functions decline with aging peaks around 30.

2. Bones and Joint Bones become less dense as we age due to less calcium in the bones.

Moderate loss of bone density causes osteopenia; severe loss is osteoporosis. The body absorbs less calcium from foods. Also, Vitamin D helps the body to use calcium. The most affected bones are the end of the thighbone (femur) at the hip. Changes in vertebrae that become less dense cause the cushions between the disks to lose the fluid and become thinner, thus older people become shorter and this leads to osteoarthritis.

3. Muscles and Body Fat:

The amount of muscle tissues (muscle mass) tend to decrease around age 30. This is due to lack of physical activity and decreasing levels of growth hormone, estrogen and testosterone which stimulate muscle development. Ten to 15 percent of this loss is preventable with exercise.

4. Eyes:

The following changes occur:

- Lens stiffen, making it harder to focus;
- Lens become denser, making seeing in dim light harder. We need brighter light because the lens tends to become less transparent; less light passes through to the retina at the back of your eye. A 60-year-old needs three times the amount of light to read than a 20-year-old;
- The pupils react slower to changes in light;
- The lens yellow, changing the way you perceive colors (blue looks gray);
- The number of nerve cells decrease, impairing depth perception;
- The eyes produce less fluid, making them feel dry;
- Eyelids may hang away from the eyeball because the muscle around the eye weakens and the tendons stretch; and
- The eye may appear to be sunken because of the amount of fat decreases around the eye.

AGING

Continued on Page 6

AGING

Continued from Page 5

5. Ears:

It becomes harder to understand words; older people think others are mumbling. Hearing low pitches becomes very difficult. Earwax and thick hair may interfere with hearing.

6. Mouth and Nose:

As people age taste buds on the tongue decrease sensitivity; it affects tasting sweets and salt. Smell diminishes because the lining of the nose becomes thinner and drier. The mouth has less saliva produced. As our gums recede, tooth enamel wears down and now teeth are exposed to bacteria, more cavities, tooth decay and tooth loss.

7. Skin:

Our skin becomes thinner, less elastic, drier and finally wrinkles. The fat layer under the skin thins, then wrinkles are more likely to develop. The skin is less able to move heat from inside the body through blood vessels to the surface of the body. We are more prone to heat stroke and sun exposure which develops age spots. The skin is not able to form vitamin D and the risk of vitamin D deficiency increases.

8. Brain and Nervous System:

The brain has ways to compensate for the loss of nerve cells that occurs with aging. Some mental functions – vocabulary, short-term memory and the ability to learn new material/ recall words – may be reduced.

9. Heart and Blood Vessels:

These become stiffer and less able to expand to pump the blood. Thus, our blood pressure increases. Regular aerobic exercises can improve athletic performances in older adults.

10. Lungs:

The muscles used for breathing between ribs tend to weaken, the number of air sacs and capillaries decrease, less oxygen is absorbed. Lungs are less able to fight infections.

11. Digestive System:

The muscles of the esophagus contract less, the food travels slower and cannot hold so much food. Older folks tend to develop lactose intolerance with milk and milk products. You may feel bloated, gassy or have diarrhea. In the large intestines, materials move slower and contributes to constipation.

12. Kidney and Urinary Tract:

Certain changes in the urinary tract make controlling urination difficult.

- Older folks urinate more often as the bladder cannot hold as much anymore;
- The bladder muscles become overactive;
- The bladder muscles weaken and cannot empty completely; and
- The muscles that control the bladder are less able to close tightly and prevent leakage.



Interns Learn Needed Skills at CHEER



Intern Nicole Taylor calls Bingo numbers for the seniors at CHEER's Roxana center.

By Carolyn O'Neal Community Relations

When young people apply for employment one of the first questions they are asked is, "What experience do you have?" Unfortunately, having just completed school, they usually don't have any experience. And how do they get experience unless they have a job? It is a vicious cycle.

CHEER recognizes the talent and ambition of people wanting to work. And there is always something for people to do. Because of this, the non-profit agency welcomes interns into their workforce. Interns bring energy, perspective, and new ideas to employers. The experience gives the student valuable skills, experience and connections early in their careers enabling them to be better prepared to enter the workforce.

Through the years, CHEER has had several interns in almost every department of the agency. Nursing students have helped in the day care program; business students have helped in the marketing department; dietary students have helped in the nutrition department; and human services students have helped in the senior centers. This fall semester, three human services students at Delaware Technical Community College are doing internships at CHEER – two at the Milton center and one at the Roxana center.

Jehnna Moore of Greenwood graduated from Milford High School in 2018. She wants to be a social worker and has been interning at CHEER since the end of August.

Her 150 hours of work experience will end at the end of December. At the Milton center, Jehnna helps pack Meals on Wheels, and sets up the volunteers' routes. She interacts with the seniors through conversations while serving them food and drinks and hopes to do more activities with them.

"I attended the Trap Pond Fall Festival and it was a really fun experience," Jehnna's face brightened as she spoke. "One lady was dancing even though she had to use a walker."

Jehnna says the seniors and staff at CHEER are like family. "I am passionate about helping others. I like to see their smiles when I help them through their day," she said.

Milton senior Christopher Edginton describes Jehnna as a hard worker who "is always in a good mood, and an engaging and energetic person."

Nicole Taylor of Selbyville is interning at CHEER Roxana center. She graduated from Indian River High School in 2003 and now attends Del Tech. She worked in retail for nine-and-a-half years before deciding to go back to school.

Nicole is floating between Roxana's center director and outreach worker in learning valuable skills for future employment as either a case manager or advocate for the elderly. She will graduate in the summer of 2022.

"I want the hands-on work with the elderly," said Nicole. "Everyone is so sweet and nice here."

"We are glad to have this working partnership with area colleges," said Ken Bock, CHEER Chief Executive Officer. "It provides us with extra hands and a pipeline for future employees. We have hired many of our interns following their graduation."



Milton senior Christopher Edginton helps intern Jehnna Moore bag up food for Meals on Wheels.



CHEER Nutrition Director Amy Smith mixes some chicken salad for the seniors' lunches.

New Nutrition Director Likes Fitting in with CHEER

By Carolyn O'Neal
Community Relations

Amy Smith finds working at CHEER a refreshing change from her previous employment positions. Having worked in the food industry since she was 15 years old, her positions were always within nursing homes and assisted living facilities. She came to CHEER this past spring from managing the culinary department at Gull Creek Nursing Facility in Berlin, Maryland.

"I think CHEER is a good fit for this community," said the new director of CHEER's Nutrition Department. "With the big population of seniors in Sussex County, CHEER's services are greatly needed."

Amy started in health care nutrition as a dishwasher at a nursing home in Scranton, Pennsylvania. She worked her way up to cook. The management there saw promise in her so they paid for her to take on-line classes with the University of Florida to become certified in Dietary Management. In 1998, she and her family moved to Salisbury, Maryland.

Amy's hours at CHEER begin early in the morning, so the drive from her home in Salisbury to Georgetown, Delaware, at that time (of day) is not too bad. "It's the evening

NUTRITION DIRECTOR

Continued on Page 9



CHEER kitchen staff include (left to right): Kevin Wilcox, Steve Carroll, Nutrition Director Amy Smith, and Head Cook Harry Cannon

NUTRITION DIRECTOR

Continued from Page 8

drive after work that can be insane,” she admitted about the traffic conditions. “However, the drive gives me time to unwind before getting home to my children.”

There are no boring days about cooking for hundreds of senior citizens. “But the problems are awesome, and the (CHEER) volunteers are awesome,” said Amy. “Although most of my time is spent in the kitchen, I try to get out to the individual centers as much as possible.”

Amy’s 20-plus years of management experience have been beneficial to her as she oversees over 50 employees in her department. She is thankful to her seconds-in-command for their assistance – Harry Cannon, chief cook, and Robin Greene, congregate director. “I have a great staff,” she said.

New foods on the monthly menus are a goal of Amy’s. She also would like to do a virtual cooking class each month. She is currently working on instituting a new automatic inventory production procedure for CHEER that will help to eliminate waste of products and time.

During their off time, Amy and her family like to camp. Son Collin is attending Wor-Wic College and daughter, Avery, is a student at Wi-Hi Middle School, both in Salisbury. Their favorite camping site is at Frontier Town near Ocean City and Halloween is their favorite time of year.

“Complete with being in costume,” laughed Amy.

They also enjoy making road trips back to Scranton, Pa. to visit extended family there. Of course, that family includes two dogs and a cat that they “love to pieces.”

Amy invites all seniors to stop by any of the CHEER

activity centers and enjoy lunch.

“A lot of people work really hard to serve the seniors,” Amy said. “Come on out and take advantage of it.”

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Zumba Classes Keep Seniors Moving and Laughing

By Carolyn O'Neal
Community Relations

Keeping seniors active and engaged is a major goal of the CHEER Mission in helping them accomplish a healthy lifestyle. One avenue in being successful at this is providing several opportunities that can enhance both their bodies and their minds. Among those opportunities are exercise classes designed for their capabilities and age. One of those activities is the Zumba classes held at the Long Neck Activity Center every Tuesday and Thursday from 9-10 a.m.

Zumba is an exercise workout combining Latin and Pop dancing. It benefits the cardio system, enhances muscle con-



Jan Miles (left) and Angie Simeone (right) join their classmates in a Zumba routine.

ditioning, and improves balance and flexibility.

"Zumba is the most fun you will ever have exercising because you feel like you're dancing," says Carrie Warrington, instructor of the class.

Carrie is certified by Zumba International in Zumba Gold which qualifies her to teach participants age 50 and above. She has been teaching for over 10 years. Born in Lewes, she was a paralegal by trade. Now at age 60, she has had both knees replaced and last year she endured spinal fusion surgery. But she is still dancing with Zumba. Not even the COVID pandemic kept her away from Zumba which she continued to teach virtually through Zoom.



90-year-old Mary Rindone moves to the beat of the Latin music.

"I love coming to CHEER (to teach)," said Carrie. "The employees are the nicest people you will ever meet. It is just one of my favorite places."

Known as the "exercise in disguise," CHEER member Donna Mooney always did aerobic exercises. But she says the Zumba group class keeps her motivated.

"It is nice to have a day and time that makes you come if you're not disciplined to do exercise at home," says Donna. "It really builds your energy level."

Zumba exercise for seniors is also easy on the joints. Mary Rindone likes to exercise although she has to use a walker.



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ZUMBA

Continued on Page 11

ZUMBA

Continued from Page 10

The routines work all your muscles by moving your arms and legs even if you cannot stand. At age 90, Mary enjoys the sounds of the Latin and hip-hop music plus the people at CHEER.

"I have never met such wonderful people than those at CHEER," says Mary. "They are always there to help."

Judy Seeling, who just moved to the area as a full-time resident in August, is using Zumba to aid in her weight loss goal. She was invited to the class by friend Nettie Thiel who has been doing CHEER Zumba class for over three years. Judy says she goes to a gym three days a week and has cut down her food intake, but was still having trouble dropping off the pounds. Then after adding Zumba into the combination of efforts, after only four classes she lost eight pounds.

"It really helps to burn the calories," said Judy. "I'm still learning the steps but it keeps me moving – and it is a lot of fun."

Learning the dance routines help to keep the seniors' brains sharp and gives them a chance to let go and laugh. Research has found that laughter can improve the quality of life for older adults by increasing blood vessel function, relieving stress and tension, improving memory and boosting overall happiness.

"You don't have to know how to dance; just move and have fun," advises Carrie. "Don't think of it as exercise – think of it as fun."

The Long Neck CHEER Zumba classes are open to anyone age 50 and over, including men. For more information about this class, call 302-945-3551.



Teacher Carrie Warrington begins her Zumba class at Long Neck CHEER Center with stretching exercises.



Kathy Lane uses hand weights to enhance her Zumba movements.

Each CHEER Activity Center has its own calendar of activities during the month that are designed for the interests and personalities of its membership. However, all CHEER members can attend any activities at any of the centers if they think that activity would benefit them, or if their center does not offer that activity. For more information about activities, call the hosting center.



Donna Mooney does her stretching exercises in preparation for the Zumba class.



Friends Nettie Thiel (left) and Judy Seelig (right) enjoy participating in the Zumba class together.



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The dance floor was full with people having a lot of fun.

CHEER's 50th Anniversary Gala – *A once in a lifetime experience*

Fifty years is a significant milestone in the life of any organization. After a COVID-induced delay of several months, on October 16th CHEER celebrated its belated 50-year anniversary. Almost 200 people gathered to celebrate 50 years of CHEER service with good friends, good food and good entertainment at the Warren L. and Charles C. Allen, Jr. CHEER Community Center. Everyone dressed in their best finery to enjoy food provided by the Catering Company, to dance and even sing with the band, Mike Hines and The Look, and just have a fun-filled night of friends and good times.

There was a lot of reminiscing and some looking forward to the future, but mostly there was just a lot of fun with friends. All of this would not have been possible if it were not for the support of so many individuals and organizations that have and continue to support the work that CHEER does. We are thankful to each and every person who helps make CHEER possible. Because of your efforts we will continue to serve generations of Sussex County seniors for the next 50 years to come.

———— **Gala Photos by Miller Imaging** ————

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Gala committee members were: Katie Giordano, Beckett Wheatley, Mary Lou Tietz and Megan Jordan.



Earl and Mildred Riley, Greenwood volunteer.



Dre Boone, CHEER cook.



CHEER'S 50TH ANNIVERSARY GALA



Transportation driver Rudy Drummond and wife.



Direct Care Worker Xiomara Scotchie and her husband.



Gold sponsor Discover Bank representatives enjoyed the evening.

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

Contact: Tim Gary
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**CHEERful
Living**

A publication of
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Norma Terrell and Retired US Marine Captain Tom Terrell.



CHEER administrative staff enjoying the evening are, left to right: seated – Angela Thomas, senior accountant; Sandy Baynard, support services director; and Matt Koontz, accountants payable; standing – Nancy Elliott, homebound assistant; Ashley Clark, human resources assistant; Joyce Infussi, reception assistant; and Ginger Clifton, accountants receivable.

CHEER'S 50TH ANNIVERSARY GALA



Bob and Beckett Wheatley, CHEER Chief Operating Officer.



State Senator Brian Pettyjohn and wife Kelly.



CHEER Auditors – Joe Giordano, Jr. and Joe Giordano, Sr.



CHEER Head Cook Harry Cannon and Georgetown Kitchen Manager Linda Roberts.



CHEER'S 50TH ANNIVERSARY GALA



Direct Care Workers Barbara Tingle (center left) and Susan Condron (center right) and their guests.



Meals on Wheels Delaware representatives, left to right: Nick Hislop, Anne Love, Debbie Smith and Brianna Smith.



Gem Sponsor M&T Bank representatives MaryAnn and Rick Smarte.



Volunteers tending the reception desk were Flossie Young and Sherry Levash.



Bronze Sponsor SYSCO representatives enjoyed the Gala.



Chief Executive Officer guests, left to right: Edward Vaughn, CHEER CEO Ken Bock and wife Julia, Sheri Vaughn, Toni and Steve Zeveny.



MaryAnn Gardenhire and CHEER Board President Walt Koopman.



CHEER Board member Joe Conaway and wife Joann.

CHEER'S 50TH ANNIVERSARY GALA



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\$ STAND BY ME 50+

The holidays can be full of joy from singing carols to drinking hot chocolate, however, they also can cause stress from excessive holiday spending. Here are some tips to help you keep spending in check:

Set a spending limit.

Review your finances and determine how much you can comfortably spend this holiday season. Determine the exact amount of money you have available. Whatever that amount is, commit the number to memory and stick to it!

Make a list and check it twice.

Make a list of everyone that you'd like to give a gift. Then review it and cross out the non-essential gifts. Once you've narrowed down your list, brainstorm ideas for what you'd like to give each person. If they are too expensive, try to come up with other gifts that are less expensive that would substi-

tute well. You can also join in on a combined gift with someone else if a friend or family member is open to it.

If you have your heart set on giving a specific gift, consider reallocating money from other gifts or areas of your holiday budget to make it happen. Also, know that it's okay to accept a gift without reciprocating. If someone gives you a gift, a thank you and heartfelt appreciation will do. Don't feel obliged to give a gift to everyone who gives one to you.

Combine gifts.

Consider giving fewer gifts overall by giving one gift per couple or one gift for a family. If you want to give to a group of people, how about providing in a sharable treat or buying in bulk and dividing the items?

Give the gift of time.

If you have someone you'd like to see more often or know someone who misses socializing, an inexpensive gift is to spend time with him or her.

Reallocate money in your budget.

If you have money set aside for other categories of your budget such as entertainment, eating out, and shopping, consider reallocating your money for the month to put more in the holiday spending category.

Keeping to a holiday budget may be tough, the tips above can help you to make the most of it. Think about how happy you'll feel come January 1st having stayed within your budget or even met your spending goal!



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For over 25 years, CHEER has been sponsoring Operation Christmas CHEER and providing a nutritious meal plus a gift for seniors on Christmas Day. Because of the isolation caused by COVID restrictions, more and more seniors are in need this Christmas. The shortage of retail merchandise has necessitated the need to begin holiday shopping early.

Therefore, CHEER needs your help. Please donate a gift for a senior this Christmas. It can be anything from a pair of slippers, to a sweater, or perhaps just some toiletries or some puzzle books. Anything you think will put a smile on a senior's face is welcome. You don't even need to wrap the gift. CHEER will do that.

Remember, Christmas is the season of giving. If you can donate, drop off your gifts at any CHEER center in Sussex County. They are located in Georgetown, Greenwood, Long Neck, Milton, Ocean View, and Roxana. For more information, contact Robin at 302-853-4199



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Help CHEER During “Do More 24” Initiative

CHEER, Inc. has partnered with United Way of Delaware (UWDE) and Spur Impact Association (SI) to broaden the reach and impact of UWDE’s Do More 24 Delaware initiative, a 24-hour state-wide day of giving aimed at helping participating nonprofits generate unrestricted operating funds. The online fundraising blitz begins on Thursday, March 3, 2022 at 6 p.m. and concludes on Friday, March 4, 2022 at 6 p.m.

CHEER has created a customized page on SI’s “Delaware Gives” online platform. The platform makes it easy for CHEER to engage potential donors in all age groups and demographics, including millennials and young professionals, and to solicit and collect donations. In addition to what is raised from their supporter and peer-to-peer networks, participating nonprofits are eligible for incentive funds provided by foundation

and corporate donors, bonus stretch pool funds and other cash incentives.

This is an easy way for supporters to have an impact on the quality of life of senior citizens in Sussex County. Within the 24 hours of March 3-4, 2022, go to www.domore24delaware.org and donate to CHEER, Inc. By supporting the services that CHEER provides, you can help keep a senior in their own homes.



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

1. Fill out a Volunteer Application.
2. Have a Little Extra Time.
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**VOLUNTEER
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Volunteer ★ Spotlight



Mary Buck and Rebecca Woolman

Sisters Mary Buck and Rebecca Woolman are in the spotlight for their dedication to seniors in Milton by delivering Meals on Wheels to them for the past 10 years. The sisters started their decade-long journey with CHEER at the invitation of a third sister, Claudia Scott, who asked them to join her in delivering meals for CHEER. The trio spent every Tuesday together for a few years until Claudia's work responsibilities forced her to stop. However, Mary and Rebecca kept their Tuesday date with each other and have celebrated a decade of delivering meals to the residents of Luther Towers in Milton.

Although their route is large, it doesn't stop Mary and Rebecca from visiting with each person to which they deliver. "We always make sure they are alright before we leave," said

Mary. If they have concerns about a senior's health, they immediately report it to the CHEER center director who then contacts the proper healthcare agency.

Mary is retired but Rebecca owns a baking business called Nana's Delights. She is a regular vendor at the Milton Farmer's Market, and she has a large following seeking out her cakes, pies, cupcakes, cookies and sweet breads. But Tuesday is dedicated to CHEER.

"Our family knows not to schedule anything on Tuesday," said Rebecca. "Tuesday is reserved for CHEER."

"This (volunteering) has been such a blessing to us," stated Mary.

Actually, Mary and Rebecca are a blessing to the seniors in Milton, and to CHEER. Thank you for your dedication.



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Seniors Enjoy A Day At The Park

... Sussex County seniors were very happy to gather together once again at CHEER's Trap Pond Fall Festival on September 3. Almost 200 seniors from all over Sussex County enjoyed a day of hiking, dancing, Bingo and a picnic lunch hosted by the non-profit agency. Games and prizes were awarded.



Ann Brexnahan from Laurel Senior Center, age 98, was the oldest senior attending CHEER's Trap Pond Fall Festival.



Delores White from Laurel Senior Center, age 76 (right) shows off the skills that won her the hula hoop contest.



Gladys Fisher from Bridgeville Senior Center (center) receives her proceeds after winning the 50-50 drawing. Making the presentation are CHEER's Roxana Center Director Sharice Franklin (left) and CHEER Congregate Director Robin Greene.

Caregiver Support Groups/Memory Cafe SCHEDULE

**One-
on-One
Support Group**
available by calling
Christie Shirey
302-515-3045

Georgetown CHEER

Caregiver Support Group

1st Tuesday of the month
9:30 a.m.

*Partnered with
the Alzheimer's Association*

Memory Cafe

Every Tuesday
9:30-11:30 a.m.

Greenwood CHEER

Caregiver Support Group

1st Thursday of the month
1 p.m.

*Partnered with
the Alzheimer's Association*

Memory Cafe

Every Thursday
1-3 p.m.

Lewes Harbour Lights CHEER

Memory Cafe

Every Monday
9:30-11:30 a.m.

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CAREGIVER SUPPORT GROUPS/MEMORY CAFE SCHEDULE

Long Neck CHEER

Caregiver Support Group

1st Tuesday of the month

1 p.m.

*Partnered with
the Alzheimer's Association*

Memory Cafe

Every Tuesday

1-3 p.m.

Milton CHEER

Memory Cafe

Every Thursday

9:30-11:30 a.m.

Ocean View CHEER

Caregiver Support Groups

1st Thursday of the month

6 p.m.

*Partnered with
the Alzheimer's Association*

3rd Wednesday of the month

3 p.m.

*Partnered with
the Alzheimer's Association
and Support Group of Sussex County*

Memory Cafe

Every Friday

9:30-11:30 a.m.

Roxana CHEER

Memory Cafe

Every Monday

1-3 p.m.



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Music Therapy Available to CHEER Seniors



The use of music therapy has been proven to assist in the management of behavioral problems in dementia sufferers. Studies have shown that music has a calming effect by reducing anxiety and improving the quality of sleep in both healthy elderly people as well as older people with Alzheimer's dementia. Music can also be used at any time of day to calm as well as uplift and bring individuals into the present.

With the growing elderly population in Sussex County, members of the CAMP Rehoboth Chorus and Friends Music and Memory Project have partnered with participating Sussex County Public Libraries to provide MP3 players to seniors with memory issues and seniors isolated at home so that they can enjoy the benefits of music therapy.

Seniors simply need to fill out an application form, available at either the Georgetown, Lewes, Milford or Seaford libraries, and a certified volunteer will contact you. They will develop a personalized play list of your favorite songs, load the music onto a MP3 player, and review the use and care of the equipment with you, written instructions will be included. Then the senior simply needs to check out the completed Music and Memory Kit with a Delaware Library card (available at all libraries). The process is similar to checking out a library book, but there is no return date – keep the MP3 player as long as is needed. There is no charge to participate and no Wi-Fi or internet is needed.

The CAMP Rehoboth Chorus and Friends Music and Memory Project is funded by proceeds of a fundraiser concert held in February and by donations from local community organizations. The project began in 2020 before the COVID pandemic shut it down temporarily, and restarted in September 2021.

CHEER urges members who are still too scared to return to its Memory Café sessions, to take part in this music therapy project. To participate, call any of the following libraries: Georgetown, 302-856-7958; Lewes, 302-645-2733; Milford, 302-422-8996; or Seaford, 302-629-2524.

For more information, call either Chrissy Shirey at CHEER, 302-515-3040, or Deb Peltz with CAMP Rehoboth at 302-227-5620.

Our Seniors Need You . . .

CHEER

**Is now accepting applications for
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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

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:

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