

OCTOBER
2022

CHEER Happenings

A MONTHLY NEWSLETTER
PUBLISHED BY CHEER, INC.

October is Breast Cancer Awareness Month

*Pink is not just the color of a ribbon,
It's the promise of hope*



Members craft project for October
Paper Bag Pumpkins
Page 23.



Facts and Myths about
Breast Cancer.
Page 11.



TABLE OF CONTENTS

2	GEORGETOWN
4	GREENWOOD
6	LEWES
8	LONG NECK
9	MILITARY HONORS DAY
10	LUNCH MENU
11	BREAST CANCER
12	MILTON
14	OCEAN VIEW/ROXANA
16	VOLUNTEER SPOTLIGHT
19	WALK OR RUN
20	VA BENEFITS
21	NUTRITION CORNER
22	TRAP POND PHOTOS
23	GETTING CRAFTY



20520 Sand Hill Road • Georgetown, DE
Debbie Landon, Director
302-854-2896

GEORGETOWN

GEORGETOWN HAPPENINGS

Greetings CHEER Members MONTHLY EVENTS

- First Thurs. - Ken's Corner.
- Mon. - Fri. - Coffee and Chat, 8:30 - 10 a.m.
- Each Mon. - Chair Fitness, 10 a.m. Bible Study w/Ruth, 10:30 a.m.
- Each Tue. - Breakfast in the Café. Memory Café, 9:30 a.m. with Christie. Penny Bingo.
- 2nd Thurs. - Milton CHEER visiting.
- Each Thurs. - Walmart Shopping trip. COVID-19 Vaccinations by LaRed Health, 10 a.m. All doses. You must call for an appointment.

- Each Fri. - Chair Exercises, 10:30 a.m. Prize Bingo, 12:30 p.m.
- Each Mon., Tue., Thurs., Fri. - Trip to P.O., Bank, Dollar Tree, Redner's, Walmart, and Food Lion.
- Last Wed. - Center Birthday Party.
- 3rd Fri. - Greenwood CHEER visiting.
- 4th Fri. - Visiting Greenwood CHEER.
- Wii® Bowling and Corn Hole games.

Happy October Birthday. Wishing you Peace, Love, and Happiness.

CONTACT INFORMATION

CHEER, Inc.
546 South Bedford St.
Georgetown, DE 19947
Phone: (302) 515-3040 • Fax: (302) 515-3071
www.cheerde.com

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."



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."

Join Our E-Mail List

Get the most up-to-date information from CHEER ... Special Events and Activities, Closings, Holiday Notices, Weather Advisories, etc.

Fill Out the Form Below



Name _____
Home Address _____
Town _____ State _____ Zip _____
Phone _____
E-Mail _____



Mail to: CHEER/Marketing
546 South Bedford St.,
Georgetown, DE 19947
or complete the form at www.cheerde.com

If you registered to receive emails and you didn't get them, check your Junk or Spam Folders.

Partially funded by



Are You Ready for a Pet?

As time goes on we all suffer changes in our lives. Sometimes those changes are feelings of being alone. A desire for companionship. For many people, getting a pet is just what the doctor ordered.

That new fuzzy friend brings instant love and companionship. A sense of belonging and responsibility that we all need. They also become the ruler of the house.

Pets are an important part of your family. Roughly 69 million households in the United States own at least one dog according to a 2021/22 pet owners survey, making them the most widely owned type of pet across the U.S. at this time. Cats and freshwater fish ranked in second and third places, with around 45.3 million and 11.8 million households owning such pets, respectively.

Because of unrealistic expectations or lack of planning, many families abandon their pets. Many pets end up being euthanized at animal shelters because a “forever home” for them could not be found. A very unfortunate end for an animal whose only crime is being born.

How about you? Have you considered sharing your home with a dog or cat? If so, you should be aware of the commitments involved and be prepared. Choose a pet that matches your lifestyle. For example, get a cat if you're a more sedentary type of person. Cats tend to be somewhat aloof, but very cuddly and will keep you laughing at some of their self-absorbed antics.

Keep in mind how much spare time you have. When considering whether you will get a pet, factor

in how much time you have to groom and exercise the animal to help you choose your pet's size, look, and species. And don't forget, size does matter. Remember that small dogs require more exercise and interaction than bigger ones. Don't rule out a big dog simply because you live in an apartment or don't have a yard. Contrary to popular belief, not all dogs need midday walks. Some spend 18 hours a day sleeping, so evening and morning attention and exercise is adequate.

Then there is the money involved. Figure in the other costs. Food, veterinary care, grooming, toys, and licenses are all costs that will continue through your pet's life just as they do through your life. Usually, small dogs and cats of any size will eat less (and leave smaller remnants of that food) than a large dog.

Cats don't have to be walked, they use litter boxes (another small expense), and don't forget the scratching post. The scratching post will satisfy their urge to scratch and will save your furniture from “kitty love.”

On the other hand, you can't measure the depth of their unbridled love. They are there to soar with you when you are happy, and to comfort you when sad. A pet is the friend that never argues; the child that doesn't move away and never calls. A pet will make you feel warm, needed, and best of all, loved without qualifications.

Take your time and choose wisely. You won't be disappointed. Do yourself a favor. Visit your local animal shelter and take a friend home with you.



Chase That Virus Away!



Wash Your Hands!

GREENWOOD



41 Schulze Rd. • Greenwood, DE
Fran Smith, Director
302-349-5237

GREENWOOD HAPPENINGS

MONTHLY EVENTS

- **Daily - CHEER Café Studio**, 11:30 a.m. Entertainment, speakers, and more.
- **Each Mon. - Bible Study**, 10 a.m.
- **Food Lion or Walgreen's**, 12:15 p.m.
- **Each Mon., Wed., and Fri. - Luncheon Card Club**, 1 p.m. Enjoy "Hand and Foot" with friends.
- **Each Tue. - Prize Bingo**, 10:30 a.m./12:15 p.m. Dominoes, 1 p.m.
- **Each Thurs. - Memory Café**, 1 p.m.
- **First Thurs. - Blood Pressure Check w/Betty Fletcher**, 10 a.m.
- **Alzheimer's Caregiver Support Group**, 1 p.m.
- **Second Fri. - "Life Smatters" w/Robin Miller**, 12:15 p.m.
- **Each Week - Bingo, Games, Guest Speakers, Movies, Virtual Tours and more.**

ACTIVITIES

- **Oct. 3 - Penny Bingo**, 10:30 a.m.
- **Oct. 6 - Ken's Korner**, 10:30 a.m.
- **Mason Dixon Presents "Across These United States"**, 12:15 p.m.
- **Oct. 7 - Georgetown CHEER visiting**, Full card Bingo and entertainment by Suzanne Pritchett.
- **Oct. 12 - Positive Music Time w/Randy**.
- **Oct. 13 - Crafts w/Sylvia and Charlene**.
- **Oct. 18 - Bridgeville Senior Center visiting**, 10:30 a.m. Full card Bingo.
- **Oct. 19 - Music Ministry w/Pastor Dan and Betsy Taylor**, 10:30 a.m.
- **Oct. 20 - "Stroll Down Memory Lane" and Name That Tune w/Mason Dixon**, 10:30 a.m.
- **Oct. 21 - Visiting Georgetown CHEER**, 9:30 a.m.
- **Oct. 25 - Milton CHEER visiting**, 10:30 a.m. Full card Bingo.
- **Oct. 27 - Visiting Bridgeville Senior Center**, 9:30 a.m. Lunch is \$4.
- **Oct. 28 - Visiting Milton CHEER**, 9:30 a.m.

Many happy returns to all our October birthday members.

Until next time,

Fran

**Got
Medicaid?**

**Got
Medicare?**

**Get
more benefits.**



**Call 1-866-432-4033,
TTY 711, to learn more.**

 **UnitedHealthcare®**
Community Plan

GREENWOOD

Greenwood CHEER Partners With Food Bank of Delaware

The Greenwood CHEER is happy to announce they have partnered with Food Bank of Delaware and are hosting food drives in the Greenwood CHEER parking lot from 11 a.m. to 1 p.m. or as long as supplies last.

This will continue monthly until December. It is recommended you register in advance. Registration for the October event is: oct17greenwoodcheer@eventbrite.com.

The dates for the Food Bank drives are:

- Monday, October 17
- Monday, November 28
- Monday, December 5

For more information, call Fran Smith at Greenwood CHEER Center, 302-349-5237.

Food Bank of Delaware

The Food Bank of Delaware distributes millions of pounds of food each year to the community through on-site food pantries, mobile food pantries and a network of hunger-relief partners throughout the state.

A five-acre farm in Newark provides a supply of fresh local produce for members of the community. In addition to immediate food assistance, D.F.B. also provides hope for a better tomorrow through their workforce and community development programming.

D.F.B. offers job training in the areas of food service and warehousing/logistics, nutrition education, financial coaching through \$tand By Me and benefits outreach.



Volunteers Bob Trap and Charlene Norman arrange food items at Greenwood CHEER's first Food Bank Mobile Pantry in September.

The Food Bank Drives, in partnership with Food Bank of Delaware, will be in Greenwood CHEER's parking lot each month until December and is open to anyone in need. For more information, call Fran Smith at Greenwood CHEER, 302-349-5237.

A hearty 'Thank You' to all the volunteers who came out to help with the food distribution in September.



**SERGOVIC CARMEAN WEIDMAN
MCCARTNEY & OWENS, P.A.**
Attorneys At Law

BEST LAW FIRM in Sussex County

John A. Sergovic, Jr. | Shannon Carmean Burton | David J. Weidman
Deirdre O'Shea McCartney | Shannon R. Owens | Harold W. T. Purnell, II
Rachel Blesman | Kathleen Geiszler | George B. (Buck) Smith, of Counsel

Real Estate | Family Law | Elder Law | Miller Trusts | Civil Litigation
Wills & Estate Probate | Construction Litigation
Business Law & Formation | Land Use Regulation & Zoning
Estate Planning & Administration
Commercial & Residential Landlord/Tenant



25 Chestnut Street, Georgetown, DE 19947
sussexattorney.com | 302-855-0551



MELSON FUNERAL SERVICES & CREMATORY
Pre-Funeral Planning • Cremations

Doug Melson
Director



Frankford, DE • 302.732.9000



Long Neck, DE • 302.945.9000



Ocean View, DE • 302.537.2441

www.melsonfuneralservices.com • email: melsonfs@verizon.net



34211 Woods Edge Drive • Lewes, DE
Cristina Tunnell, Director
302-645-9239

HARBOUR LIGHTS HAPPENINGS

Encouraging Words From Your Director

What a summer we have had. I don't know about you, but I am ready for the Fall. Autumn is my favorite time of year. The beautiful colors, the big sweaters, bonfires and cool weather.

This month I want to focus on a word and then show acts of that word throughout the month of October. The word is KINDNESS. Let's explore different ways we can include more acts of kindness in our day. Someone around you may be experiencing difficult times in their life. When you do something kind for that person you can make a difference for them, and this can also enhance your own well-being.

Something so simple as asking a loved one how they are feeling and really listen to them. Offer to help someone who might be lonely or in need of support.

I challenge you to perform one act of kindness each week (if you want to do more, please do). Spread around.

Always stay positive and look for the magic in every moment.

FERRY EXCURSION

Thank you to everyone who participated in the Ferry Excursion. We had 133 CHEER members enjoy an absolutely fabulous day. I'm looking forward to hosting you again next year.

BREAKFAST BASH

This month's breakfast bash is on **Friday, October 21** at 9 a.m. The cost is only \$2 per person. Sign up at the desk.

HALLOWEEN PARTY

Our Halloween Costume Party will be **Friday, October 28** at 10:30 a.m. Entertainment will be **The Baytones**. There will also be a 50/50 drawing and FREE Prize Bingo. Come out wearing your best costume and enjoy a day of fun with your friends at Harbour Lights.

If there is an activity, trip, or event you would like to have at the center, don't hesitate to let me know. I'll try my best to make it happen.

There has never been a more exciting time to *buy or sell* your home at the beach!

Trust *Us* to make it happen!

#1 Sussex County



#3 BHHS Nationwide



The *LeeAnn*
Wilkinson
Group

LeeAnnGroup.com | (Office) 302.645.6664

16698 Kings Highway, Suite A, Lewes, DE 19958



BERKSHIRE HATHAWAY
HomeServices
PenFed Realty

COOKING WITH CRISSY

We are currently looking for members and guests to host one of our Cooking With Crissy sessions. If you are interested or know of someone, please let me know.

The next Cooking With Crissy session will be **Monday, October 10** at 12:30 p.m. We hope to see you there.

As always, check on family and friends as often as possible, pray, meditate, and most importantly, stay healthy and safe.

Until next time,

♥Crissy

*Happy Birthday to everyone born
in the month of October.*

*We pray you have a blessed day
and a blessed year to follow.*

What Did You Say?

Boomers have several things in common. One of the most outstanding is hearing loss.

As kids growing up, Boomers challenged and blasted everything; including music. The thought that one day this may come back to haunt them didn't register at the time, but for the Boomer, the product to be developed may be the designer hearing aid.

Millions of Boomers suffer with some degree of hearing loss and whether playing music too loudly in their younger years has anything to do with it or not, the end result can have an effect on their lifestyle. The cost of hearing aids is not trivial, either.

Women, generally, are diagnosed more readily than men because women tend to go to a doctor more often and will relate more of their problems. Men, on the other hand, will have more work-related hearing issues (loud machinery, military, etc.). Occupational hearing loss has become the most common work-related injury.

There can also be other factors that cause hearing problems. Some people are born with hearing issues; some can have problems develop due to an illness; and some can have the hearing problems develop because of medications they are taking for other health issues.

The affects of hearing loss can take over a person's life in many ways. Some research, according to the Centers for Disease Control and Prevention, U.S. National Health and Nutrition Examination Survey, suggests hearing loss may increase the risk of falling. Another study by the Johns Hopkins School of Medicine finds that hearing loss may add to decreasing mental abilities.

It's no small wonder why we now see more and more advertising directed towards the Boomer selling hearing aids. The price for most of these devices can be several thousand dollars and many insurance companies do not pay for them.



Hearing loss should be evaluated by an audiologist who will assess the hearing and determine what type of loss it is. The medical assessment will also determine if there is anything else going on.

Hearing aid technology varies. Hearing aids, today, are digital with the newer wireless ones connecting to blue tooth technology. They can adjust to the surrounding environment.

The audiologist can assess the way a person processes sound, which can differ from one to another person. Two people may have the same loss, but the way the nerve sends that information to the brain may be different. The audiologist will help with the correct selection of hearing aid.

Another thing to keep in mind is that there is a trial period for hearing aids. This may be the only medical device that you have a trial period with return options. Hearing aids are adjustable and have a long warranty. Though they are not cheap, they are an investment in your quality of life.

LONG NECK



26089 Shoppes at Long Neck, Millsboro, DE
Donna Hitchens, Director
302-945-3551

LONG NECK HAPPENINGS

Hello October

"For man, Autumn is a time of harvest, of gathering together. For Nature, it is a time of sowing, of scattering abroad"
- Edwin Way Teale

In honor of Breast Cancer Awareness Month, we are wearing pink every Friday for the month of October.

ACTIVITIES

- **Daily - Lunch**, 11:30 a.m.
Fitness Center, 8 a.m. to 4:40 p.m.
- **Weekly - Trips to Walmart, Giant, Dollar Tree, Bank and P.O.**
- **Each Mon. - Weight Watchers**, 8 a.m.
- **Each Mon. and Tues. - Cards.**
- **Each Mon., Wed., Fri. - Bingo.**
- **Each Mon. and Fri. - Fitness Center. Crocheting and Quilting.**
- **Each Tue. - Memory Café**, 1 p.m. Corn Hole.
- **Each Tue., Wed., Fri. - Texercise**, 8 a.m.
- **Each Tue. and Thurs. - Zumba. Tai Chi.**
- **Each Thur. - Nickel Poker. Tai Chi**, 10:15 a.m.

- **Each Wed. - Breakfast Served**, 9:30 - 10:30 a.m.
 - **Last Thurs. - Singles Club Meeting**, 2 p.m.
 - **Oct. 4 - Trip to AndThat/Aldi's**, 9:30 a.m.
 - **Oct. 5 - Del. Senior Medicare Patrol presentation.**
 - **Oct. 6 - Ken's Korner**, 10:30 a.m.
 - **Oct. 10 - Medicaid Information presentation**, 10:30 a.m.
 - **Oct. 13 - Trip to Boscov's and Byler's in Dover**, 9:30 a.m.
 - **Oct. 18 - Dinner at Stargate Diner.** Bus leaves 2:30 p.m.
 - **Oct. 19 - Sunshine Singers - Indoor/Outdoor Apple Hunt**, 10:30 a.m.
 - **Oct. 20 - Fifer's Orchard.** Bus leaves 9:30 a.m.
 - **Oct. 21 - Apple Festival.**
 - **Oct 27 - Atlantic Community Thrift Store**, 11:15 a.m.
 - **Oct. 29 - Trunk or Treat**, 5:30 p.m.
 - **Oct. 31 - Halloween Party.** Wear your best costume.
- You can contact me at the center, 302-945-3551, or email dhitchens@cheerde.com.

Donna

**Wishing all members born in October
a very happy, healthy birthday.**



Family Business Since 2004
County HVAC Services Inc.

Matt Teoli
Residential Heating and Air Conditioning Specialist
matt@countyhvac.com

302-373-6106
Owner on every job!

WWW.COUNTYHVAC.COM

HEATING
AIR CONDITIONING
BOILERS
WATER HEATERS
DUCT WORK
FIREPLACES
GAS PIPE



READY FOR WARM WEATHER?
Get your A/C checked before SUMMER!
\$95 A/C TUNE UP
*parts & refrigerant not included
CALL OR TXT FOR APPOINTMENT!



Fall Holiday Craft Show

Saturday, October 8 • 10 a.m. to 2 p.m.
Warren L. & Charles C. Allen, Jr.
CHEER Community Center
20520 Sand Hill Road • Georgetown, DE

Free Admission



Free Admission



Free Admission



Crafters Wanted!!!!!!

Are you a crafter? Show and/or sell your special craft or hobby at CHEER's Holiday Craft Show. Jewelry, Baseball Cards, Books, Artwork, Antiques, etc. Whatever you make or wish to sell, tables are only \$35 (8-foot). Additional tables are only \$10 (6 foot). No tables may be brought in to the show. Electricity, if needed, is \$5 extra.

For more information or to reserve your table contact Robin Greene rgreene@cheerde.com or call 302-853-4199.

Military Honors Day at CHEER

CHEER honored Tuskegee Airman, Brigadier General Charles E. McGee recently at its Military Honor Day celebration. Held Saturday, September 10 at the CHEER Community Center, the event brought together many people in his honor.

Photos by Gerald Hilton-GHiltonPhotography



Shown standing from left to right are: Greg Fuller, candidate for Register of Wills; Fred Armstrong; Tuskegee Airman, William Franklin; Tuskegee Airman, James Lewis; Tuskegee Airman, Brigadier General Ernest G. Talbert; Richelle Talbert; Dr. Wilma Mishoe, President of Delaware State University (ret); Donald A. Blakey, former Delaware House of Representatives; Walter Koopman, CHEER Board of Directors President.

Seated are: Dee Blake; Joanne Coons; Tuskegee Airman, John Dumas; Tuskegee Airman, Peggy Swygert; and Delores Blakey.



CHEER Board President and Korean War veteran, Walter Koopman, leads the attendees in the Pledge of



Dr. Wilma Mishoe, Estelle Parker Selby, and James France enjoying the celebration.



Two proclamations were presented to the John H. Porter Tuskegee Airmen Chapter by State Senator, Dave Wilson, second from right and State Representative Ruth Briggs King, right.

From left to right: Brigadier General Ernest Talbert; Peggy Swygert; Walter Koopman; John Dumas; JoAnn Coons; Donald A. Blakey; Senator Dave Wilson; Representative Ruth Briggs King.



Delores and Donald A. Blakey, and Rosely Robinson.



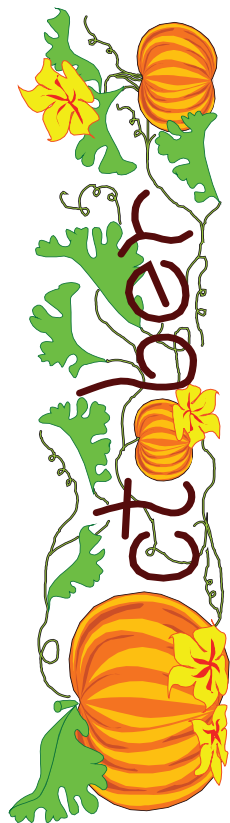
Left to right: JoAnn Coons; Rosely Robinson; Angela Showell; Delores Blakey; Carole Holtmyer; Peggy Swygert; and Maryanne Gardenhire.



Memorial honoring Brigadier General, Tuskegee Airman, Charles E. McGee.



James Emmi, Robert Oliver, John Emmi, and Frank Emmi display military memorabilia at the event.



Monday	Tuesday	Wednesday	Thursday	Friday
3 Salisbury Steak w/Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	4 Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	5 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk	6 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk	7 Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk
10 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk	11 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk	12 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Top Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	13 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	14 Baked Salmon Brown Rice Pilaf French Style Green Beans Ice Cream Whole Wheat Roll/Bread Skim Milk
17 Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk	18 Chicken Breast Parmesan Pasta in Sauce Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	19 Baked Pork Chop Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Baked Apples A La Mode Skim Milk	20 Chicken and Dumplings Green Peas Whole Wheat Roll/Bread Pudding Skim Milk	21 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Crushed Pineapple Skim Milk
24 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Bread Pudding w/Vanilla Sauce Skim Milk	25 Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Baked Peach Slices Skim Milk	26 Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk	27 Chicken Breast Taco Seasoned Spanish Rice Fiesta Corn Flour Tortilla Cinnamon Pears Skim Milk	28 Roast Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Whole Wheat Roll/Bread Hot Fruit Compote Skim Milk
31 Chicken Pot Pie Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk	<div><div>DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities</div><p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p><div><div>CHEER Over 30 Years Serving Seniors</div></div></div>			
<div></div>				

TAKING ON BREAST CANCER

The National Breast Cancer Foundation reports that a woman is diagnosed with breast cancer every two minutes. Innovations in research, surgical options and clinical trials give women many more options. With early detection, a woman's survival rate goes up. That's why breast self-exams are an important way for women to give their "girls" a fighting chance, especially during Breast Cancer Awareness Month.

How To Observe Breast Cancer Awareness Month

Share a story. Cancer survivors, family members, caregivers, and medical professionals have a chance to share their perspectives on how cancer impacts their lives. Do an online search of Breast Cancer Awareness Month and you'll discover various organizations that have links to social media blogs, video platforms and more. Upload your story and feel proud that you are one more voice of victory against this disease.

Think pink. Pink is the color for breast cancer awareness. Some people change their website's background colors to pink for the month. Others rummage through their closets and pull out pink everything - sweaters, scarves, hats, gloves, entire outfits - even wigs.

Raise some money. October is the primary fundraising month for Breast Cancer Awareness and whatever you give is appreciated. Hold a raffle, coordinate a talent show or simply write a check. It all helps to fund life-saving cancer research. Large corporations use October to make mega-sized donations. On the smaller scale, fill up a dozen pink piggy banks and make your donation.

Five Breast Cancer Facts

1. Breast cancer does not discriminate. Although cancer is more prevalent among American white women, African-American women tend to die from the disease more often.
2. Breast cancer can baffle scientists. Scientists don't really understand why the left breast seems to develop cancer more often than the right.
3. Breast cancer surgery was a trailblazer. The very first operation to use anesthesia to deaden pain was a breast cancer surgery.

4. Men get it too. Overall, only one-percent of American males are diagnosed with breast cancer, but African-American, just like women in their community, are more prone to die from the disease.
5. Breast cancer - '*the nuns disease*'. At one time, breast cancer was called the "nuns disease" because it seemed to affect more nuns than women in the general population.

Why Breast Cancer Awareness Month Is Important

- **It promotes self-care.** Breast Cancer Awareness Month reminds women (and men) that monthly breast cancer exams should be a regular part of one's self care. If you have never performed a self-exam, ask your doctor or nurse practitioner to guide you through it. Look for changes within and surrounding your breast including dimpling, redness, scaliness or nipple discharge. Granted, some breast are a little more "lumpy" than others but changes in size or in tissue should send up a red alert to make an appointment to see your physician.
- **It focuses on treatment.** There are several different types of breast cancer. Treatment options depend on various patient factors: the stage and specific type of cancer, age and overall health at the time of diagnosis, and the patient's personal and family history. After the diagnosis, a patient should consult with family to choose a physician who can go over treatment options like surgery, chemotherapy, hormone therapy, and radiation.
- **It shouts the good news.** The Center for Disease Control has declared that in the past 20 years, from 2001 to 2020, cancer death rates went down 27 percent.

What You Can Do to Lower Your Risk

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

Are you low-income, under-insured or not insured?

Although breast cancer screening cannot prevent breast cancer, it can provide early detection and find breast cancer when it is easier to treat. CDC offers free or low-cost mammograms to low-income, uninsured, and under-insured persons across the United States.

Several national cancer support organizations offer financial assistance or access to free mammograms. If you aren't covered by Medicare, you have a low income, or you're uninsured, check with these organizations for help: Susan G. Komen Foundation Affiliates; American Cancer Society; American Breast Cancer Foundation; and Planned Parenthood (they do not have mammography equipment in clinics, but can often refer you to low-cost imaging centers).

MILTON



24855 Broadkill Road • Milton, DE
Opra Hudson, Director
302-684-4819

MILTON HAPPENINGS

“May the start of October remind you that you are worthy of New Beginnings”.

As the season is changing, we have a lot of exciting things going on here at the Milton CHEER Center. Stop in and enjoy some social time, activities, trips and more.

Note: Due to the current high fuel prices, we require a minimum of five (5) members for any bus trips. We're sorry for any inconvenience. Thank you for your cooperation.

ZOOM ACTIVITIES

Call 302-684-4819, for the Zoom classes offered below and I will send you the link:

- **Mon. - Dance Toning and Core** w/Henri, 8:15 a.m.

CENTER ACTIVITIES

- **Every Tue. - Games** w/Mary Ann, 1 p.m.
- **Every Wed. - Bible Study** w/Father Vern

Caswell, 12 p.m.

- **Every Thurs. - Memory Café**, 9:30 a.m.
- **Oct. 3 - Senior Support Group** w/Christie Shirey.
- **Oct. 6 - Ken's Korner**, 10:30 a.m.
- **Stand By Me Financial Counseling** w/Kathleen Rupert, 11 a.m.
- **Mahjongg**, 12:30 p.m.
- **Oct. 18 - Drop-In Knitting and Crocheting**, 1 p.m.
- **Ice Cream Social**.
- **Oct. 25 - Dinner and Prize Bingo**, 4 p.m.

Dinner only \$5 per person.

UPCOMING TRIPS

- **Weekly - Walgreen's, P.O., Bank, and Food Lion**, 1 p.m.

Many happy returns to all our
October birthday members!



GIVE
your Time, Talents, Heart
to help a senior citizen!

Homebound Meal Delivery • Office Tasks • Kitchen Help • Medical Appointment Transportation • And More Needs!

To help, call 302-515-3040
or go to www.cheerde.com

KEEPING THE FAMILY ON THE SAME PAGE

The American Association for Marriage and Family Therapy states that “more than ever before, families are providing long-term care to older adults with limitations in the ability to perform tasks necessary for independent living. Nearly 25 percent of American households are providing care to people age 50 years and over. Families are the alternative foundation for a stressed healthcare system. Hospital stays are shorter than ever and family caregivers are often expected to do what healthcare professionals once did.”

Family caregivers take over various responsibilities for their elders. It may be just handling finances, running errands, going to doctor appointments or taking on full 24-hour care services. In most cases one sibling in the family will become the main caregiver, but most successful ventures are supported by the entire family.

There is a saying that it takes a village to raise a child. This may be true, but it takes a family to care for an aging parent. As seniors lose physical and cognitive function they become vulnerable and unable to manage their own care. Who better to know their needs and desires than their own children? Even if professional care givers are providing services, family involvement makes the difference in quality of life for their parents.

“If one family member has been designated caregiver other members can give support with respite care, transportation to doctors, etc., everyone needs to be aware of all that is needed and be in total agreement to do it.”

Experience has shown that even families that are close can quickly grow angry, jealous and hostile towards each other when an aging parent begins to need long term care. If a sibling moves into the parent's home, others can easily be suspicious of ulterior motives and fear to lose their inheritance. On the other hand, the child doing the entire care taking becomes bitter and feels there is no support or help from siblings.

One example of a family misunderstanding is



that of a brother accusing his sister of stealing all of the money from the sale of his parent's home.

Karen, who was a single mom with two children, moved in with her parents when her father had a stroke to help her mother take care of him. Her mother was also disabled. Needing money to pay for a home care service, Karen helped her mother do a reverse mortgage on the home, which gave the needed funds. If communication had been open and Karen's brother had known the need and been involved with his parents care, he would not have reacted so negatively when he eventually found out about the reverse mortgage.

Every family is different. Some families are close and some have never been compatible. If your communication is strained, consider having a professional mediator present at a family meeting. The mediator will be able to keep things calm and running smoothly and help work out each person's concern.

Family matters. The experience of working together for their parents care can give aging parents and family members a peaceful, memorable experience.

Building An Emergency Fund

Even if you've got your finances in good order, a single emergency can set you back in no time. So it's important to try to prepare as much as possible for spur-of-the-moment financial problems. Here are some tips on building an emergency fund:

- Deposit a fixed amount each month until your fund reaches its target size.
- Most experts suggest building a fund equal to two or three months' take-home pay.
- Ask your bank to transfer a fixed amount each month from your checking account to your emergency fund.
- Deposit bonuses, tax refunds, or other unexpected income directly into your fund.

OCEAN VIEW/ROXANA



30637 Cedar Neck Road, • Ocean View, DE
Yolanda Gallego, Director
302-539-2671

OCEAN VIEW HAPPENINGS

“Around The World in 80 Days-Part I”

Join us for the next several months as we ‘travel around the world’ by watching weekly installments of the 2022 PBS version of “*Around the World in 80 Days*”. We will try some ethnic foods on our trip outings, and be entertained by Mason Dixon’s presentation ‘Around The Country’ after lunch and some international desserts.

We are also observing Breast Cancer Awareness Month.

CENTER ACTIVITIES

- **Mon. - Fri. - Puzzle Mania** available all day. **Fitness Room** (\$20/month) available all day. **Drive Thru Lunch**, 11 a.m. (reservation required).
- **Lunch Daily**, 11:30 a.m. - 12:15 p.m. \$3.50 donation requested 60+, \$4.50 under 60.
- **Each Mon. - Yoga**, 9 a.m. \$5; **Walking Club**, 10:15 a.m.; **Mahjongg/ Corn Hole**, 10:30 a.m.; **Quilting Club** - 12:15 p.m.
- **Each Tues. - Pickleball**, 9 a.m.; **Chair Yoga**, 10 a.m., \$5; **Hand & Foot**, 10 a.m.; **Chair Exercises**, DVD, 10:30 a.m.; **Mahjongg and Mexican Train Dominoes**, 11:30 a.m.; **Painting**, 12:30 p.m.
- **Each Wed. - Yoga**, 9 a.m. \$5; **Breakfast**, 9 a.m. \$2; **Bingo**, 10 - 11:30 a.m./12:30 - 1:30 p.m., \$3 donation, if able; **Knitting Club/ Poker**, 12:30 p.m.
- **Each Thurs. - Pickleball**, 9 a.m.; **Zoom Painting w/Marina**, 12 p.m., \$; **Chair Yoga**, 10 a.m.; **Parkinson’s Exercise**, 2:30 p.m. **LaRed COVID Shots**, by appointment only (call Yolanda).
- **Each Fri. - Memory Café** with Christie Shirey, 9:30 a.m. All are welcome.; **Poker/ Mahjongg/Bridge**, 12 p.m.; **Line Dancing**, 1 p.m.
- **Oct. 4 - Membership Meeting**, 12:15 p.m.
- **Oct. 6 - Ken’s Korner**, 10:30 a.m. **Alzheimer’s Caregiver Support Group**, 6 p.m.
- **Oct. 19 - Happy Café Resuming**, 1:45 p.m. **Parkinson’s Support Group**, 3 p.m.
- **Oct. 24 - \$tand By Me w/Kathleen Rupert. Around The World in 80 Days**. 12:30 p.m. **Tablet Class**, 1:15 p.m.
- **Oct. 25 - Dinner Program Presented by Mason Dixon - “Around the Country”, 4**

p.m. Sign up to bring an international dinner to share.

- **Oct. 31 - Halloween Celebration** - Decorated hat contest.

SAVE THE DATE

Friday, Dec. 2- Ocean View Bazaar, 9 a.m. – 12 noon. Bake Sale Table, White Elephant Table, Tables to Rent for your Art/Arts and Crafts, and more. Stay for lunch.

TRIPS

Refer to our calendar for a complete list and details.

October Outings include **Parson’s Farms Produce**, 6th; **Trap Pond State Park Pontoon Ride**, \$5, 7th; **Assateague Island National Seashore**, \$, 13th; **Rehoboth Art League for Tour and Project**, \$10, 14th; **Sunfest**, 20th; **Spirit Halloween Store and Tomato Sunshine**, 21st; **Salisbury Mall with Roxana**, 27th; and, **Spence’s Bazaar**, 28th. We will be trying some international cuisine after some of our outings, such as **Tacos Chabelita**, **Carrabba’s Italian Grill**, **Semra’s Mediterranean Grill**, **Go Brit** and **African Fusion**.

Please arrive 10 - 15 minutes prior to scheduled departure time. Call Yolanda at 302-539-2671 or send email ygallego@cheerde.com with questions or to sign up.

CHEER strongly encourages everyone to be fully vaccinated.

We are a **Collection Site for Stockings for Soldiers**. Pick up a current list of most needed items. Bring everything into our Center by **Tue., Oct. 25th**.

We are trying to setup a Flu Shot Clinic in October, but running into some issues.



Richard Malone, active CHEER volunteer, died Sunday, July 24 at home after a courageous battle with cancer. He moved from New York to The Salt Pond in Bethany Beach, Delaware 15 years ago. He retired after an extensive career in insurance, including a long stint at Fireman’s Fund.

Richard was involved in Meals on Wheels for 13 years, including delivering meals to those in need amidst COVID, while he battled cancer.

Condolences to his family, including his wife of 55 years, Shelly, four children and 10 grandchildren. CHEER was blessed to have had Richard as a part of our family for so many years.

OCEAN VIEW/ROXANA

La Red will be here on Wednesdays to give the new Covid Booster Shot. Sign up at the Reception Desk.

As of this writing, we are no longer required to wear face masks, however, please wear one if you're more comfortable doing so, or for health reasons, etc.

If you don't feel well, please stay home.

Check out our Facebook Page - CHEER Coastal Leisure Center. Center hours are 8:30 a.m. to 4 p.m.

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make." -Jane Goodall

Happier~Kinder~Together,Much Love, Yolanda

**Happy October Birthday To All.
Enjoy Each and Every Special Day!**

Families Raising Families



Monthly Support Meetings for Seniors Raising Other's Children

Caregivers Support - 2nd Wed., Noon til 1 p.m.

Family Support - Last Monday, 5:30 til 7:30 p.m.

CHEER Community Center

20520 Sand Hill Road, Georgetown, Del.

To Register Call Christie at

302-515-3040

Guest Speakers Open Discussion Resources Shared



A partnership with the Division of Services for the Aging and Adults with Physical Disabilities through funding for the Caregiver Resource Center.

You Don't Need A Reason To Help People *These hands should be yours!*

Empty
Nestor?

Flexible
Schedules

Competitive
Pay



Retired and
Bored?

Full and
Part-time
Positions

Good
Benefits



Hiring Direct Care Workers

Apply at www.cheerde.com or email your resume to aclark@cheerde.com

* A background check, drug test, physical and 2-step PPD are required before starting.

CHEER, Inc. is an equal opportunity employer and does not discriminate against any employee or applicant based upon their race, color, sex, age, national origin, religion, sexual orientation, gender identity, disability, and/or any other protected federal or state class.

VOLUNTEER OPPORTUNITIES

VOLUNTEER OPPORTUNITIES At CHEER Senior Activity Centers

- **GEORGETOWN CHEER CENTER**
Kitchen Helpers: Working in Center's kitchen to help with Congregate and Homebound meal preparation.

Homebound Meal Drivers: Volunteers needed to deliver routes each weekday to local homebound clients.

- **HARBOUR LIGHTS CHEER CENTER**
Receptionist every Monday.

- **LONG NECK CHEER CENTER**
Kitchen Helpers: Working in Center's kitchen to help with Congregate and Homebound meal preparation.

Homebound Meal Drivers: Volunteers needed to deliver routes each weekday to local homebound clients.

- **MILTON CHEER CENTER**
Receptionist all weekdays.

Homebound Meal Drivers: Volunteers needed to deliver routes each weekday to local homebound clients.

Volunteering at any of the CHEER Activity Centers is an expression of compassion for your Sussex County senior neighbors. There are many opportunities and they only ask a few hours per week.

For more information about CHEER's Volunteer Opportunities feel free to contact Tanisha Showell, Volunteer Coordinator for CHEER at 302-515-3056.

Volunteer★Spotlight



In January, 2022, Charles Elzey began volunteering in the Georgetown Meals on Wheels kitchen. He helps pack meals and clean up after a day's work. He is there five days a week and stays until the work is done.

Charles was in the printing business for 24 years before going into the ministry. In 2015, he had a heart attack which required surgery and was advised to retire. "Trying to help solve people's problems (as a minister), can be very stressful," Charles explained.

Two years ago, Charles endured the worst heartache of his life when his wife passed away. He went into self-inflicted seclusion until last January when he told himself it was time to get back out into the world. Charles lives only a mile from the CHEER Community Center on Sand Hill Road, east of Georgetown, so he thought that would be a good place to begin looking for some self-fulfillment. He found more than he ever imagined.

Charles has one daughter and two sons, plus eight grandchildren. He recently returned from visiting his son in Seattle where he enjoyed a camping trip with the family. He says that since volunteering at CHEER he sees life much brighter again. "Being around the staff and the seniors brought life back into my world," he said. "It's nice to feel productive again."

Thank you Charles for all you do for CHEER and for brightening our world too.



Rhonda Cannon, Fran Smith, Kevin Podralski, and Theresa Podralski dress up for 50's theme dinner/dance at the Greenwood CHEER.



Stay Up to Date with COVID-19 Vaccines Including Boosters

What you need to know

- CDC recommends everyone stay up to date with COVID-19 vaccinations, including all primary series doses and boosters.
- Getting a COVID vaccination after you recover from COVID-19 infection provides added protection against COVID-19.
- People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines, including boosters.
- COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest data.

About COVID-19 Vaccines

COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and dying. As with other diseases, you are protected best from COVID-19 when you stay up to date with the recommended vaccines, including recommended boosters.

Four COVID-19 vaccines are approved or authorized in the United States to prevent COVID-19; Pfizer-BioNTech, Moderna, Novavax, and Johnson & Johnson's Janssen (J&J/Janssen). It's recommended that the J&J/Janssen COVID-19 vaccine only be considered in some situations.

Updated COVID-19 boosters can both help

restore protection that has decreased since previous vaccination, and provide broader protection against newer variants. Updated, or bivalent boosters, target the most recent Omicron subvariants, BA.4 and BA.5, that are more contagious and more resistant than earlier strains of Omicron.

When Are You Up To Date?

You are up to date with your COVID-19 vaccines if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC. Vaccine recommendations are based on your age, the vaccine you first received, and time since last dose. People who moderately or severely immunocompromised have different recommendations for COVID-19 vaccines.

Mixing COVID-19 Vaccine Products

Primary Series

CDC does not recommend mixing products for your primary series doses. If you received Pfizer-BioNTech, Moderna or Novavax for the first dose of your primary series, you should get the same product for all following primary doses.

Boosters

People ages 18 and older may get a different product for a booster than they got for their primary series, as long as it is Pfizer-BioNTech or Moderna.

For more information, talk to your healthcare provider.

Greenwood CHEER recently hosted the Highmark BCBS Mobile Dental Unit (inset photo) at the center. This gave many Sussex seniors an opportunity to get their checkups.



Misty Parrott is ready to register everyone during the Highmark BCBS Mobile Dental Unit visitation at the center.



The Highmark Blue Cross Blue Shield Mobile Dental Unit provides a wide range of dental services including exams, X-rays, cleanings, and fluoride applications.

Join Our E-Mail List

Get the most up-to-date information from CHEER ... Special Events and Activities, Closings, Holiday Notices, Weather Advisories, etc.

Fill Out the Form Below



Name _____
 Home Address _____
 Town _____ State _____ Zip _____
 Phone _____
 EMail _____



Mail to: CHEER/Marketing
 546 South Bedford St.,
 Georgetown, DE 19947

or complete the form at www.cheerde.com

If you registered to receive emails and you didn't get them, check your Junk or Spam Folders.

CONSIDER MAKING CHEER A PART OF YOUR LEGACY

Planned giving and estate planning are very important components of financial planning for both donors and nonprofits. As you are making wise financial decisions and building wealth management strategies, please consider the impact that your support to CHEER, Inc. will have today and for many years to come.

Legacy giving begins with your passion for CHEER programs and your desire to include the 501(c)(3) agency in your financial planned giving. You may find tax savings by gifting or transferring assets such as stocks or IRA withdrawals.

Estate planning is another time to include your legacy to CHEER programs. Including a bequest in your will of "\$____.00" or "____%" of your estate will assure that your personal and estate goals are followed.

CHEER, Inc. is grateful for all donations and bequests to the agency. We will work with you, your tax accountant, lawyer and financial planner to assure that your legacy supports your passion for CHEER programs.

Please contact Ken Moore, CHEER Donor Analyst, at 302-515-3065 to discuss donations to CHEER, Inc. or The CHEER Endowment Fund at the Delaware Community Foundation.

CHEER, Inc. is a tax-exempt, non-profit organization, under the section 501(c)(3) of the Internal Revenue Code, and therefore all charitable donations are deductible to the full extent allowed by law.

ADT-Monitored Home Security

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider SafeStreets

833-287-3502

Office locations in Milton, Bear and Wilmington, DE



NeuroSTAR is an adult neurology practice offering expert care in a wide variety of common neurological conditions:

Stroke | Parkinson's | Headache | Neck Pain
 Vertigo | Epilepsy | Multiple Sclerosis | Back Pain
 Dementia | Memory Loss | Neuropathy | Concussion

Additional services :

Neurological Testing | EEG | EMG | Disability Assessments
 Laboratory Services | Workman's Comp Evaluations
 Botox Therapy

We accept
 Medicare / Medicaid and
 All Private Insurers.

Appointments available
 within 1-2 weeks.

(P) 302-317-2237
 (F) 302-501-7206



Steven M. Bojarski, MD

TURNING 65?

Confused about all the Medicare Terms & Options? Let Me Help You!



Anthony Insurance Services Ann M. Anthony

Specializing in Medicare Supplemental Plans, Medicare Advantage Plans, Medicare Part-D Plans, Dental and Vision, Long Term Care, and Life Insurance

Call Ann Today for an Appointment: 410-708-0899
anthonyins17@gmail.com

Serving Maryland's Eastern Shore and Delaware

For Your Health

Walk or Run? It Evens Out in the End



Walking and running are two of the simplest ways to exercise. Aside from a good pair of shoes, you don't need any training or fancy equipment, just some space and time. But which is better for you?

In many cases, according to studies, they're equally beneficial, depending on how much time you're willing to invest. Two scientists studied data from over 33,000 runners and 15,000 walkers, monitoring blood pressure, cholesterol, blood sugar and other vital health indicators over six years. They found that, although walking requires more time than running an equal distance, the health effects come out the same as long as the amount of energy expended is equivalent. Running does burn more calories in less time, but a long, brisk walk can be just as healthy – and easier on your knees.

There are some reasons you may want to consider walking rather than running:

- **Running can stress your immune system.** Walking, unlike running, especially long distances, does not tax your immune system. Training for or running in a marathon not only burns fat but muscle tissue as well placing a burden on the immune system.
- **Running can damage your heart.** Researchers performed echo-cardiographic measurements on 60 recreational runners before and 20 minutes after a marathon. They found that before the race, none of the runners had elevated serum markers for cardiac stress. After the race, 60 percent had elevated markers of a certain triplet of troponin, a major component of cardiac muscle; a subset of which can lead to cardiovascular damage. They also discovered that 40 percent developed signs of myocardial necrosis, irreversible damage to heart muscle cells. There is no evidence that brisk walking can or does destroy heart muscle or cells.
- **Running may cause osteoarthritis.** Though

running does not seem to cause osteoarthritis, after a certain point, if you have been running for a long time and have had injuries (and most runners have), then you are more likely to deplete the joint lubricating glycoproteins, disrupt the collagen network, slowly wear away the cartilage and cause numerous micro-fractures in the underlying bones.

- **Running can also damage cartilage.** A study published in the American Journal of Sports Medicine states concluded that, through the use of magnetic resonance imaging (MRI), biochemical changes in articular cartilage remained elevated after three months of reduced activity. Certain areas of the knee showed great wear and tear, suggesting higher risk for degeneration.
- **Running in hot weather can lead to heat stroke.** Runners need to be careful not to overdo it. Running in hot weather can lead to multi-organ dysfunction. Although walking in hot weather can also lead to heat stroke, there is probably less chance of developing organ failure when walking versus running.

Bottom Line

Although the benefits of walking are numerous, keep in mind that it's the minimum someone should do if they want to get in shape; shorter bursts of moderate-intensity exercise is probably the most beneficial way to get fit.

Walking and running are both excellent forms of cardiovascular exercise. Neither is necessarily "better" than the other. The choice that's best for you depends entirely on your fitness and health goals.

If you're looking to burn more calories or lose weight fast, running is a better choice. But walking can also offer numerous benefits for your health, including helping you maintain a healthy weight.

Consult your doctor before beginning either.

SUSSEX COUNTY VETERANS



**WANT TO LEARN AND
KNOW MORE ABOUT
NEW VA BENEFITS?**



VIETNAM VETERANS OF AMERICA (VVA)

SUSSEX COUNTY DELAWARE CHAPTER 1105

**MEETINGS EVERY THIRD WEDNESDAY@ 11:30 AM, AMERICAN LEGION POST 28
31768 LEGION RD- RT 24 LONG NECK, DE 19966**

GO TO OUR WWW.VVA1105.ORG FOR CLAIMS AND WIDOW PENSION

Monthly Illness/Disability Payments up to \$3,517.77/MO. TAX-FREE

- 1) NEW ILLNESSES HAVE BEEN ADDED TO THE LIST OF KNOWN SERVICE-CONNECTED DISABILITIES.**
- 2) THERE ARE LISTS FOR VIETNAM, GULF WAR, POST 9/11 , AND CAMP LEJEUNE. THE LIST INCLUDES HEART, LUNG, AND DIABETES TYPE 2 ILLNESSES. PROSTATE AND RESPIRATORY CANCERS ARE ALSO SOME OF THE KNOWN ILLNESSES. THERE ARE MANY MORE. ALSO, THERE IS A GOOD CHANCE HIGH BLOOD PRESSURE WILL BE ADDED THIS YEAR. BLADDER CANCER, HYPOTHYROIDISM & PARKINSON-LIKE SYMPTOMS HAVE ALREADY BEEN ADDED.**
- 3) BLUE WATER NAVY PERSONNEL HAVE BEEN ADDED FOR SHIPS DEPLOYED UP TO 12 MILES OFF VIETNAM FOR AGENT ORANGE.**
- 4) THE VETERANS BENEFITS ADMINISTRATION HAS GOTTEN THE CLAIMS PROCESS DOWN TO 150 DAYS AND THEY HAVE A "DECISION-READY CLAIMS" 60 TO 90 DAYS**
- 5) AID AND ATTENDANCE FOR IN-HOME CARE CAN RECEIVE UP TO \$2,000**
- 6) SYSTEM CALLED "DECISION-READY CLAIM". YOU CAN GET AN ANSWER IN 30 TO 90 DAYS**
- 7) YOU ARE NEVER TOO OLD TO FILE A VA CLAIM. IT MAY BE THE BEST THING YOU HAVE DONE FOR YOURSELF AND YOUR SPOUSE.**
- 8) WIDOWS PENSIONS UP TO \$1437.66 TAX-FREE PLUS FREE HEALTH CARE FOR SERVICE-CONNECTED DEATH WHICH THE ABOVE PRESUMPTIVE (KNOWN DISEASES) ARE INCLUDED**
- 9) PENSIONS FOR WARTIME VETERANS AND SPOUSES WITH LOW INCOME**
- 10) HEALTH CARE TO INCLUDE HEARING AIDS AND EYEGASSES AT VA EXPENSE. NEW VA FEDERAL LAWS, IF YOU LIVE MORE THAN 60 MINUTES FROM WILMINGTON MED CENTER YOU CAN USE COMMUNITY CARE. THIS MEANS YOU CAN USE LOCAL PROVIDERS LIKE BEEBE, BAYHEALTH, AND PENINSULA ALONG WITH, MANY LOCAL DOCTORS.**

**FOR INFORMATION CALL US AT 302.947.9626 OR 302.490.0190
TO FILE A VA CLAIM OR GET INFORMATION ON PENSIONS CONTACT THE:
SUSSEX COUNTY VETERANS SERVICE OFFICER @ 302-648-3068
NURSE DIRECTOR (Georgetown) 800.481.8262 Ext. 2314**

NUTRITION CORNER

Halloween Pretzel Treat

Make this delicious Halloween treat the highlight of your party or take them in to the office and surprise your coworkers. They will love them (and you, too).

Ingredients

- small square-shaped pretzels
- Hershey's Hugs, chocolate covered caramels, white chocolate, Hershey's Kiss or candy of choice
- candy corn, harvest mix (pumpkins etc.)
- M&Ms



Instruction

1. Preheat oven to 250° F and line a cookie sheet with parchment or aluminum foil.
2. Arrange pretzels on the cookie sheet in an even layer and top with a Hershey's Hug or chocolate-covered caramel. Keep the chocolate in the center of the pretzel.
3. Place the cookie sheet in the oven for as long as it takes the chocolate to become soft, but not melt (about 3 - 5 minutes). Keep your eye on it!
4. Place candy corn or candy of choice on top of the soft chocolate.
5. Enjoy!!!!!!



Adult Children Returning Home

Older adults are finding their children returning home to live with this current economy.

If your child is struggling financially, try to fight that impulse to invite them to live with you and wait for them to ask. That way, you know they've exhausted all other possible options and truly need your help.

It is important to establish clear timelines and expectations for how the arrangement will proceed. Sit down with your child and review their current financial situation and how long it will take to get back on their own again. Reinforce that this is a temporary arrangement to help them save money and get ahead.

Insist on a contribution, even if it's just a small weekly amount to offset the additional cost of having

another person in the house. This will help them stay accountable. If they have no money coming in, give them a list of household tasks to complete each week.

Resist giving them access to your credit or debit cards or dipping into your savings to bail them out. Allowing them a place to live while they take steps to become financially independent is contribution enough.

Encourage them to get help. They can get **FREE** financial coaching through Stand By Me. They just need to dial 211 to get connected to a financial coach.

For **FREE** assistance in reaching your financial goals in Sussex County, call 302-608-2705 for **FREE** financial coaching and benefits screening today! Call to schedule your appointment today!

Stand By Me is a joint project of the State of Delaware and United Way of Delaware.

Our programs are made possible thanks to the support of partners who understand that financial health is crucial to the well-being of all Delawareans.

AROUND CHEER

Trap Pond Fall Festival

It was a beautiful, bright, sunny day in September, just right for CHEER's annual Trap Pond Fall Festival at Trap Pond in Laurel. Seniors from around the DelMarVa area came to enjoy a day of food, fun, and games and to say "Goodbye to Summer" and "Welcome to Fall".



Greenwood Center Director Fran Smith (standing right) checks the Bingo card on a potential winner.



Seniors love line dancing not only for the fun, but also for the exercise.



CHEER employees serve lunch to the seniors at the Trap Pond Fall Festival.



Horseshoe winners were Bill Sear of Ocean View and Milton Wolfe of Nanticoke Senior Center.



Front row: Tammy Bryant, Genny Hines, and Rudy Drummond.
Middle row: Bob Vanvliet, Joe Pittard, and John Hemphill.
Back row: John Suchopar, and Chip Zahm.



Dave Schadlin of Laurel Senior Center receives congratulations from CHEER's Congregate Program Director Robin Greene for winning the horse shoes competition.



Ladder Ball played by Terri Ricketts and Annette Cannon, both of Bridgeville Senior Center.



Cornhole runners-up were John Royle and Mark Shaw, both of Ocean View.



Residents of the Peachtree center arrive at Trap Pond.

Getting Crafty With CHEER

October Senior Center Month Craft Senior Center Collage Board

Paper Bag Pumpkins

Materials Needed:

Paint Brushes
Green Pipe Cleaners
Acrylic Paint Orange, Black and Green
Paper lunch bag
Scissors
Pencil



First, you will need to fluff up the lunch bag to create a round pumpkin shape. Add candy or other treats inside if you are making a party favor. If you are making these as pumpkin decorations, crumple up newspaper and stuff it inside.



1.) When the bag is filled and looks round, close and twist the top of the bag. You should have a few inches of bag left as shown.



2.) Wrap a green pipe cleaner around the top where you twisted the bag. Wrap a second pipe cleaner around the top, and leave some hanging down.



3.) Twist the loose piece of pipe cleaner around a pencil. Remove the pencil to see the curly pumpkin vine you have formed.



4.) Use scissors to cut the top of the bag to create (2) leaves as shown.



Use Acrylic Paint to decorate your Paper Bag Pumpkin. Paint the leaves green and the base orange. If you want, use black Acrylic Paint to make a Jack-O-Lantern face.

Once dry, give your Paper Bag Pumpkin to a friend or display in your home or at the Center for the fall season!



Come Travel With Us!

OCTOBER 8-15 - Ireland, 8 Days, Dublin, Galway-Connemara, Killarney, Dingle Pen. Breakfast daily, four hotel dinners, sightseeing aboard deluxe touring motor coach w/guide, 2 night's stay in Fitzpatrick's Castle

NOVEMBER 29 - Lancaster, Pa. - American Music Theater's Christmas Show, Day Trip, 3 p.m. show, Buffet Lunch at HERSHEY Farms Restaurant - Broadway caliber production

DECEMBER 5-9 - Biltmore Estate, 5 Days, "Christmas in Asheville, NC", Winter Lights at NC Arboretum, Tour Historic Smith McDowell House, Candlelight Evening at Biltmore, Botanical Gardenfest of Lights in Richmond on return trip.

**Travel Discounts available to CHEER Members, Volunteers and Staff. Public Welcome.
All trip details handled by Mike Moyer Travel, an independent agent of Cruise Planners, Your Land and Cruise Experts*

It's Time To Enjoy Life Again!

For information contact your local CHEER Activity Center or call

302-854-9500

*Save the
Date!*

2023 Travel Expo

*More Details
to Come!*

Tuesday, January 10, 2023 - 5 p.m. til 7 p.m.
CHEER Community Center, 20520 Sand Hill Road, Georgetown, DE

More Exciting Adventures in 2023