

Promoting Healthy and Active Lifestyles for Sussex County's Adults 50+

NOVEMBER
2022

CHEER *happenings*

A MONTHLY NEWSLETTER
PUBLISHED BY CHEER, INC.

Celebrate Veterans Day at CHEER *Thursday, November 10 at the* *CHEER Community Center*



**Holiday Feast at the CHEER
Community Center-November 22.**
Page 15



**Celebrating Veterans
Day with CHEER.**
Page 9



READ CHEER HAPPENINGS AT CHEER'S WEBSITE: WWW.CHEERDE.COM

TABLE OF CONTENTS

2	GEORGETOWN
3	CAREGIVER RESOURCES
4	GREENWOOD
6	LEWES
7	FALL CRAFT SHOW
8	LONG NECK
10	LUNCH MENU
11	SPEEDING IS DANGEROUS
12	MILTON
13	WHEN TO STOP DRIVING
14	OCEAN VIEW/ROXANA
15	CELEBRATING THANKSGIVING
16	FOR YOUR HEALTH
21	NUTRITION CORNER
22	THE YEAR THAT WAS
23	NOVEMBER CRAFT



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 November 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."

Partially funded by



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.

CAREGIVER RESOURCE

By Chrissy Shirey

Happy November!

The Caregiver Resource Center (CRC) has an exciting Fall planned. We are in the process of updating our Resource Libraries with more resources, including some of the best newly released books on caregiving, dementia, Parkinson's and Alzheimer's. We are also continuing Memory Café and support groups as well as working to increase our Family Raising Family group.

This month, I would like to discuss Memory Café which is a great way to keep your mind sharp. We work on mind stimulating puzzles and games as well as socialization, which is so important for keeping your mind active. This activity is open to everyone but is designed as a safe, social activity for those who are experiencing dementia. Caregivers and their loved ones can attend together, or it can provide a short respite for the caregiver. Once a month, Memory Café is scheduled at the same time as several support group meetings which allows the caregiver the freedom to attend the support group meeting while their loved one enjoys the activities with the Café group.

This is a fun group where everyone makes friends and all jump in to help one another. Make no mistake, this is fun even if you don't always remember where you put your keys! I hope you will come out and experience Memory Café.

For more information, call me (Chrissy Shirey) at 302-515-3045.

November Calendar

Tuesday, November 1

Georgetown CHEER, 9:30 a.m. Long Neck CHEER, 1 p.m.

Caregiver Support Group w/Alzheimer's Association - Long Neck CHEER, 1 p.m.

Thursday, November 3

Memory Café - Milton CHEER, 9:30 a.m. Greenwood CHEER, 1 p.m.

Caregiver Support Group w/Alzheimer's Association - Greenwood CHEER, 1 p.m.

Caregiver Support Group w/Alzheimer's Association - Ocean View CHEER, 6 p.m.

Friday, November 4

Memory Café - Ocean View CHEER, 9:30 a.m.

Memory Café - Roxana CHEER, 12:15 p.m.

Monday, November 7

Dementia Discussion Group - Milton CHEER, 10 a.m.

Speaker Judith Schlott - Hospice Liaison
Parkinson's Support Group - Lutheran Church of Our Savior, Bay Vista Road, Rehoboth Beach, 2 p.m.

Tuesday, November 8

Memory Café - Georgetown CHEER, 9:30 a.m.

Memory Café - Long Neck CHEER, 1 p.m.

Wednesday, November 9

Family Raising Family Caregiver Support Group Lunch - Georgetown CHEER, 12 p.m.

Thursday, November 10

Memory Café - Milton CHEER, 9:30 a.m.

Memory Café - Greenwood CHEER, 1 p.m.

Friday, November 11

Memory Café - Ocean View CHEER, 9:30 a.m.

Memory Café - Roxana CHEER, 12:15 p.m.

Tuesday, November 15

Memory Café - Georgetown CHEER, 9:30 a.m.

Memory Café - Long Neck CHEER, 1 p.m.

Wednesday, November 16

Parkinson's Support Group - Ocean View CHEER, 3 p.m.

Thursday, November 17

Memory Café - Milton CHEER, 9:30 a.m.

Memory Café - Greenwood CHEER, 1 p.m.

Friday, November 18

Memory Café - Ocean View CHEER, 9:30 a.m.

Memory Café - Roxana CHEER, 12:15 p.m.

Monday, November 21

Family Raising Family Support Group Dinner - Bring the kids, 5:30 - 7:30 p.m.

Speaker - ARK Educational Resource Center

Tuesday, November 22

Memory Café - Georgetown CHEER

Memory Café - Long Neck CHEER

Thursday, November 24

Memory Café - Milton CHEER, 9:30 a.m.

Memory Café - Greenwood CHEER, 1 p.m.

Friday, November 25

Memory Café - Ocean View CHEER, 9:30 a.m.

Memory Café - Roxana CHEER, 12:15 p.m.

Tuesday, November 29

Memory Café - Georgetown CHEER, 9:30 a.m.

Memory Café - Long Neck CHEER, 1 p.m.

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 Wed. - 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

- **Nov. 2 - Penny Bingo**, 10:30 a.m. Don't forget to bring your pennies.
- **Nov. 3 - Ken's Korner**, 10:30 a.m.
- **Nov. 4 - Entertainment by Lisa Miller**, 10:30 a.m.
- **Nov. 9 - Positive Music Time w/Randy**, 10:30 a.m.
- **Nov. 10 - Crafts w/Sylvia and Charlene.**
- **Nov. 11 - Hobby Lobby-Lunch at Flaming Grill in Salisbury**, 9:30 a.m.
- **Nov. 16 - Music Ministry w/Pastor Dan and Betsy Taylor**, 10:30 a.m.
- **Nov. 17 - "Stroll Down Memory Lane" and Name That Tune w/Mason Dixon**, 10:30 a.m.
- **Nov. 18 - Visiting Georgetown CHEER**, 9:30 a.m.
- **Nov. 22 - Holiday Feast at the Community Center**, 9:30 a.m. Center closed.
- **Nov. 24/25 - Closed for the Thanksgiving Holiday.** All CHEER Centers Closed.

Many happy returns to all our November birthday members.

Until next time,

Fran

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, 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.

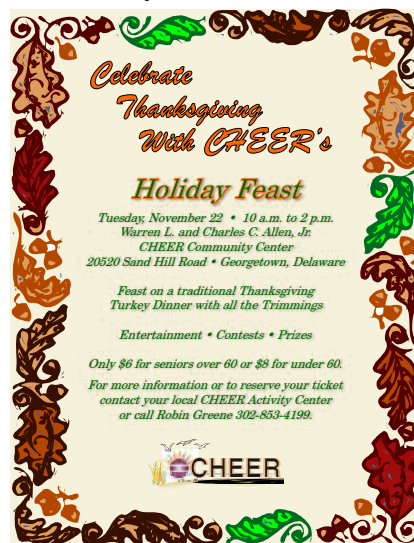
D.F.B. offers job training in the areas of food service and warehousing/logistics, nutrition education, financial coaching through \$tand By Me and benefits outreach.

Give Thanks at CHEER Holiday Feast

Come celebrate Thanksgiving with CHEER at the annual Holiday Feast on Tuesday, Nov. 22 from 10 a.m. to 2 p.m. Held at the Warren L. and Charles C. Allen, Jr. CHEER Community Center, the Feast will feature the traditional holiday dinner with all the trimmings.

The agency-wide gathering will give thanks for the opportunity to once again be together. There will also be entertainment and contests with prizes.

Tickets are \$6 for seniors over age 60, and \$8 for those under age 60. Tickets are available at all CHEER activity centers, at the door, or call Robin Greene at 302-853-4199.



Answer to page 6 puzzle.
7-up cans



**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's

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

Happy November. I pray everyone is enjoying this beautiful fall season. This month is by far one of my favorites because one of my favorite holidays is in November - Thanksgiving. I enjoy spending time with family and close friends.

During my alone time, I like to sit and think about the things that I'm thankful for. Whether it's my family, friends, life, health, etc., I challenge you to get a journal or some paper and take a day or two a week to ponder on something that you are thankful for then write it down. It doesn't have to be anything major, just something that comes to mind and leaves you with feelings of gratitude. I'm thankful to lovely members/readers who reach out to me via phone to tell me how much they enjoy my monthly blurbs in the newsletter. I genuinely appreciate every phone call. If you would like to share your thankful/gratitude entries with me, please email me at ctunnell@cheerde.com. I'd love to hear from you.

Find Happiness by being in the present. As always, stay positive and remember to look for the magic in every moment. ♥ Crissy

BREAKFAST BASH

We will be having our breakfast bash in November. Please look for the date on the calendar and listen during the lunch announcements. The breakfast bash will begin at 9 a.m., and the cost is \$2 per person. Please sign up at the desk.

"Happiness is beneficial for the body, but it is grief that develops the powers of the mind."

Marcel Proust, The Past Recaptured

N N N N N N N
A A A A A A A
C C C C C C C

Do you know what this is? Answer on page 5.

LEWES

VETERANS DAY DINNER DANCE

This year we will have a special treat during the Veteran's Dinner Dance. We will be having the Southern Delaware Orchestra playing for entertainment. Southern Delaware Orchestra meets every Tuesday night at the center for rehearsal. I promise you will enjoy the show. They sound simply amazing. Come out November 10 to honor our veterans and listen to an amazing group. Tickets for the event are \$10 for spouses or guests and Veterans are **FREE!** Call 302-853-4199 to get your tickets.

HOLIDAY FEAST

Please don't forget to purchase your tickets for the Holiday Feast on November 22nd. We've already sold a few tickets so far. Don't miss out on an exciting day surrounded by fellow members of CHEER to celebrate the holiday. The bus does fill up fast, so don't wait to get your tickets! Tickets are \$6 for anyone 60 plus, anyone under 60 tickets are \$8.

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

Until next time, ♥Crissy

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

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



CHEER's Fall Craft and Hobby Show



CHEER's Fall Craft and Hobby Show was fun and fabulous.

Dozens of vendors were there showing (and selling) their wares.

If you weren't there, you will have another chance in March when CHEER's Spring Craft and Hobby Show will take place.



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

LONG NECK



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

LONG NECK HAPPENINGS

Welcome November

"Nothing is more beautiful than the loveliness of the woods" - George Washington Carver

No act of kindness, no matter how small, is EVER wasted.

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. Ping Pong, 1:30 p.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. Cooking with Seniors.
- **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.
- **Nov. 1 - Trip to Christiana Mall**, 9:30 a.m.
- **Nov. 3 - Ken's Korner**, 10:30 a.m.
- **Nov. 4 - Aveanna Hospice**, 10:30 a.m.
- **Nov. 8 - Cooking with Seniors.**
- **Nov. 9 - Mystery Day????**
- **Nov. 10 - Trip to Byler's/Produce Junction. Veterans Day Celebration**, 5 p.m.
- **Nov. 15 - Marshall's in Rehoboth**, 9:30 a.m.
- **Nov. 17 - Evening Dinner at Ocean Grille**, 3 p.m.
- **Nov. 22 - Holiday Feast at Community Center**, 10 a.m. Center will be closed.
- **Nov. 23 - Mark Gratton**, 11 a.m.
- **Nov. 24/25 - Happy Thanksgiving. Center closed.**
You can contact me at the center, 302-945-3551, or email dhitchens@cheerde.com. *Donna*

**Wishing all members born in November
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!

Caregivers Support Group

Presented by:
Alzheimer's Association
Delaware Valley Chapter

Hosted by:
 CHEER

1st Tuesday of Each Month, 9:30 - 11:30 a.m.
20520 Sand Hill Road, Georgetown, DE 19947

1st Tuesday of Each Month, 1:00 - 3:00 p.m.
26089 Shoppes at Long Neck, Millsboro, DE 19966

Contact: Christie Shirey, cshirey@cheerde.com
(302) 515-3040

Visit www.alz.org/delval to learn more about caregiver programs and resources.

Build a support system with people who understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping
- Share feelings, needs and concerns.
- Learn about community resources.

800.272.3900 | alz.org

CHEER Honors the Veterans

CHEER Nutrition will host its Annual Veterans Day Celebration. on Thursday, November 10 from 5 to 9 p.m. at the Warren L. and Charles C. Allen, Jr. CHEER Community Center, 20520 Sand Hill Road, east of Georgetown.

Veterans' admission is free to this event. Guests and spouse tickets are \$10 and reservations can be made by calling 302-853-4199. A buffet dinner will be served from 5 - 6:30 p.m. A ceremony honoring all branches of the services will follow. Special entertainment will be provided by the Southern Delaware Orchestra which meets at Harbour Lights Center in Lewes. The evening will end with a night of dancing to tunes from DJ Sky Brady.

It is not surprising that when veterans are no longer actively engaged in the service, they still continue to serve and volunteer in their communities. CHEER is blessed to have many veterans who volunteer their time to help serve the seniors of Sussex County.

Veterans Day, formerly known as "Armistice Day," was originally set as a U.S. legal holiday to honor the end of World War 1, which officially took place on November 11, 1918. November 11th was "dedicated to the cause of world peace and to be celebrated and known as "Armistice Day." In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." Thus, November 11th became Veterans Day - a day that gives Americans the opportunity to celebrate the bravery



and sacrifice of all U.S. Veterans. It is a day to honor our veterans for their unselfish acts, their bravery, their commitment, their dedication, and to remember those who gave the ultimate sacrifice, their lives.

It is not only a day to remember the veteran, but also the veterans' families who supported and made personal sacrifices to support their loved ones. They live their lives day to day to support their serviceman. It is also a day to remember MIA (Missing In Action) soldiers. Their families still don't know where they are and what happened to them. But there will always be a faint hope that keeps burning in their hearts that they will return someday.

Order your tickets now as seating is limited. Practicing social distancing procedures and wearing a face mask are recommended.

For more ticket information, call Robin Greene at 302-853-4199.

"The Great War"

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: *The White House, November 11, 1919.*

A year ago today our enemies laid down their arms in accordance with an armistice which rendered them impotent to renew hostilities, and gave to the world an assured opportunity to reconstruct its shattered order and to work out in peace a new and more just set of international relations. The soldiers and people of the European Allies had fought and endured for more than four years to uphold the barrier of civilization against the aggressions of armed force. We ourselves had been in the conflict something more than a year and a half.

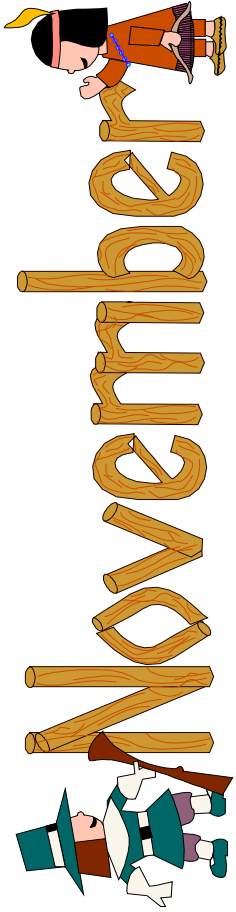
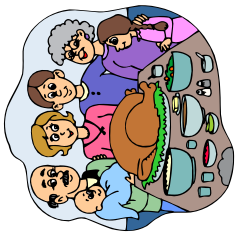
With splendid forgetfulness of mere personal concerns, we remodeled our industries, concentrated our financial resources, increased our agricultural output, and assembled a great army, so that at the last our power was a decisive factor in the victory. We were able to bring the vast resources, material and moral, of a great and free people to the assistance of our associates in Europe who had suffered and sacrificed without limit in the cause for which we fought.

Out of this victory there arose new possibilities of political freedom and economic concert. The war showed us the strength of great nations acting together for high purposes, and the victory of arms foretells the enduring conquests which can be made in peace when nations act justly and in furtherance of the common interests of men.



To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations.

WOODROW WILSON

NOVEMBER MENU



**CELEBRATE
THE SEASON
WITH CHEER!**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Salisbury Steak w/Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk</p> <p>14 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk</p> <p>21 Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p> <p>28 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Bread Pudding w/Vanilla Sauce Skim Milk</p>	<p>1 Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p> <p>8 Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p> <p>15 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p> <p>22  Holiday Feast at the CHEER Community Center.</p> <p>29 Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>2 Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk</p> <p>9 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk</p> <p>16 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Top Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p> <p>23 Baked Pork Chop w/Brown Gravy Sweet Potatoes Seasoned Cabbage Baked Apples A La Mode Skim Milk</p> <p>30 Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>3 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk</p> <p>10 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk</p> <p>17 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p> <p>24  Happy Thanksgiving. <i>All CHEER Centers are closed for the holiday.</i></p>	<p>4 Beef Vegetable Soup Chicken and Pasta Salad Garnish Lettuce and Tomato Whole Wheat Roll/Bread Cinnamon Apples Skim Milk</p> <p>11 Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk</p> <p>18 Baked Salmon Brown Rice Pilaf French Style Green Beans Whole Wheat Roll/Bread Ice Cream Skim Milk</p> <p>25  Happy Thanksgiving. <i>All CHEER Centers are closed for the holiday.</i></p>



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."



AROUND CHEER



Staff members of Delmarva Christian School volunteered at CHEER to help prepare meals for the homebound. Seven faculty members, along with DCS Board Member Marlene Elliott Brown, who is also a CHEER Board member, packed desserts and entrees. Then two groups of two delivered the meals in the Milton and Georgetown areas.

Thank you Delmarva Christian School for all your help.

Slow Down: Speeding Is Dangerous

With the temperatures turning cold, weather conditions when driving are becoming more and more hazardous. Rain, snow and ice can cause even the most cautious driver to become involved in a major traffic accident. The greatest factor in all traffic fatalities is speeding. According to Safety First, at 50 mph, the risk in serious injury increases to 69 percent and a fatal car accident is practically inevitable at speeds of 70 mph or more.

Speeding is a deliberate and calculated behavior where drivers know the risk but ignore the danger. According to the National Highway Traffic Safety Administration, speeding reduces a driver's ability to steer safely around curves or objects in the roadway, extends the distance necessary to stop a vehicle, and increases the distance a vehicle travels while the driver reacts to a dangerous situation. The posted speed limit should be considered the maximum safe speed, but there will be times when a slower speed may be safer (i.e.: rain, snow, ice, construction, etc.).

A car's braking distance is nearly three times longer at 60 miles per hour than at 30 miles per hour. Stopping distance is affected by reaction time, tire condition including tread depth and air pressure, road conditions, weather conditions, and vehicle condition and braking capacity. The faster you drive, the more your brain is



bombarded with visual information. This results in tunnel vision and a decrease in depth perception. Plus, as we age, our brains take longer to process information, thus delaying physical reaction time.

The underlying truth is, speeding is dangerous. It increases the risk of getting in a crash. Speeding affects the severity of a crash, and speeding can affect your bank account. If you get caught speeding, the financial penalties can put a real dent in your wallet caused by traffic fines and repair costs.

Remember, for your safety and the safety of others - slow down; use cruise control; depart earlier; remove all distractions (especially cell phones); and it only takes a second to cause a fatal car accident, particularly if you are speeding (no matter what the weather).



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

MILTON HAPPENINGS

"Thank you for reminding us we have so much to be grateful for".

As we enter into the month of November, we are grateful for a place where seniors can come and enjoy time amongst other seniors. Come on in and join the Milton Cheer for 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

- **First Mon. - Senior Support Group w/ Christie Shirey.**

MILTON

- **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.
- **Nov. 1 - Mahjongg,** 12:30 p.m.
- **Nov. 3 - Ken's Korner,** 10:30 a.m.
- **\$tand By Me Financial Counseling w/ Kathleen Rupert,** 11 a.m.
- **Mahjongg,** 12:30 p.m.
- **Nov. 15 - Mahjongg,** 12:30 p.m.
- **Drop In Knitting and Crocheting,** 1 p.m.
- **Nov. 29 - Dinner and Prize Bingo,** 3 p.m. \$5 per person.

UPCOMING TRIPS

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

Many happy returns to all our
November 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

When Is It Time To Stop Driving?

A new study by U.S. Trust has found that perceptions of the onset of old age vary widely among different generations. Millennials, for example, say that you are old once you turn 59. Gen Xers, on the other hand, hold a slightly more generous view, saying that old age begins at 65. When it comes to boomers and the silent generation, both agree that you're not really old until you hit age 73. No matter what category you identify with, the one major avenue for independence that is affected most by getting old is operating a motor vehicle – specifically being a safe driver. The National Institute on Aging has identified several factors that can affect our driving skills as we age.

As you age, your joints may get stiff, and your muscles may weaken. Arthritis, which is common among older adults, might affect your ability to drive. These changes can make it harder to turn your head to look back, turn the steering wheel quickly, or brake safely.

Your eyesight can change as you get older. It might be harder to see people, things, and movement outside your direct line of sight. It may take longer to read street or traffic signs or even recognize familiar places. At night, you may have trouble seeing things clearly. Glare from oncoming headlights or street lights can be a problem. Depending on the time of the day, the sun might be blinding. Eye diseases, such as glaucoma, cataracts, and macular degeneration, as well as some medicines, can also cause vision problems.

As you get older, your hearing can change, making it harder to notice horns, sirens, or even noises coming from your own car. Hearing loss can be a problem because these sounds warn you when you may need to pull over or get out of the way.

As you get older, your reflexes might get slower, and you might not react as quickly as you could in the past. You might find that you have a shorter attention span, making it harder to do two things at once. Stiff joints or weak muscles also can make it harder to move quickly. Loss of feeling or tingling in your fingers and feet can make it difficult to steer or use the foot pedals. Parkinson's disease or limitations following a stroke can make it no longer safe.

In the very early stages of Alzheimer's disease or other types of dementia, some people are able to keep driving. But, as memory and decision-making skills get worse, they need to stop. People with dementia often do not know they are having driving problems. Family and friends need to monitor the person's driving ability and take action as soon as they observe a potential problem, such as forgetting how to find familiar places like the grocery store or even their home.

Do you take any medicines that make you feel drowsy, lightheaded, or less alert than usual? Do medicines you take have a warning about driving? Many medications



have side effects that can make driving unsafe. Pay attention to how these drugs may affect your driving.

We all age differently. For this reason, there is no way to set one age when everyone should stop driving. So, how do you know if you should stop? To help decide, ask yourself:

- Do other drivers often honk at me?
- Have I had some accidents, even if they were only “fender benders”?
- Do I get lost, even on roads I know?
- Do cars or people walking seem to appear out of nowhere?
- Do I get distracted while driving?
- Have family, friends, or my doctor said they're worried about my driving?
- Am I driving less these days because I'm not as sure about my driving as I used to be?
- Do I have trouble staying in my lane?
- Do I have trouble moving my foot between the gas and the brake pedals, or do I sometimes confuse the two?
- Have I been pulled over by a police officer about my driving?

If you answered “yes” to any of these questions, it may be time to talk with your doctor about driving or have a driving assessment.

Are you worried you won't be able to do the things you want and need to do if you stop driving? Many people have this concern, but there may be more ways to get around than you think. You can also think about using a car or ride-sharing service. Sound pricey? Don't forget - it costs a lot to own a car. If you don't have to make car payments or pay for insurance, maintenance, gas, oil, or other car expenses, then you may be able to afford to take taxis or other transportation. You can also buy gas for friends or family members who give you rides.

Don't risk hurting yourself or others. Talk with your doctor about any concerns you have about your health and driving.

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 II"

Join us as we continue to 'travel around the world' by watching weekly installments of the 2022 PBS version of "Around the World in 80 Days"! We'll keep visiting some ethnic restaurants on our trip outings, and enjoy our **Holiday Feast** together with the other Centers on **November 22nd**.

We will have a **Holiday Bazaar** here on **Friday, December 2nd from 9 am – Noon**. Arts and Crafts, Jewelry, Bake Sale, Lucky Draw, White Elephant, etc. Come join the festivities, Contact Yolanda to reserve a table!

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**, 10:30 a.m. by bus to local locations; **Mahjongg/Corn Hole**, 10:30 a.m.; **'Around The World in 80 Days' episodes** at noon with local shopping and **Tablet Class** following: **Quilting Club** - 1 p.m.
- **Each Tues. - Pickleball**, 10 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**, 12:15 p.m.
- **Each Wed. - Yoga**, 9 a.m. \$5; **Breakfast**, 9 a.m. \$2; **Bingo**, 10:15 a.m./12:15 p.m., \$3 donation, if able; **Knitting Club/Poker**, 12:15 p.m.: **LaRed COVID Booster Shots** - call for appointment.
- **Each Thurs. - Pickleball**, 10 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.
- **Nov. 1 - Membership Meeting**, 12:15 p.m.
- **Nov. 3 - Ken's Korner**, 10:30 a.m. **Alzheimer's Caregiver Support Group**, 6 p.m.
- **Nov. 16 - Happy Café Resuming**, 1:45 p.m. **Parkinson's Support Group**, 3 p.m.

- **Nov. 28 - \$tand By Me w/Kathleen Rupert** 11:30 p.m.

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.

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.

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.

Happier~Kinder~Together, Much Love, Yolanda

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.

Celebrating Thanksgiving

Thanksgiving Day, annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism. With respect to vehicular travel, the holiday is often the busiest of the year, as family members gather with one another. Thanksgiving Day is celebrated on Thursday, November 24, 2022.

The New England colonists were accustomed to regularly celebrating "Thanksgivings," days of prayer thanking God for blessings such as military victory or the end of a drought.

The U.S. Continental Congress proclaimed a national Thanksgiving upon the enactment of the Constitution, for example. Yet, after 1798, the new U.S. Congress left Thanksgiving declarations to the states; some objected to the national government's involvement in a religious observance, Southerners were slow to adopt a New England custom, and others took offense over the day being used to hold partisan speeches and parades. A national Thanksgiving Day seemed more like a lightning rod for controversy than a unifying force.

Thanksgiving Day did not become an official holiday until Northerners dominated the federal government. While sectional tensions prevailed in the mid-19th century, the editor of the popular magazine Godey's Lady's Book, Sarah Josepha Hale, campaigned for a national Thanksgiving Day to promote unity. She finally won the support of President Abraham Lincoln. On October 3, 1863, during the Civil War, Lincoln proclaimed a national day of thanksgiving to be celebrated on Thursday, November 26.

The holiday was annually proclaimed by every president thereafter, and the date chosen, with few exceptions, was the last Thursday in November. President Franklin D. Roosevelt, however, attempted to extend the Christmas shopping season, which generally begins with the Thanksgiving holiday, and

to boost the economy by moving the date back a week, to the third week in November. But not all states complied, and, after a joint resolution of Congress in 1941, Roosevelt issued a proclamation in 1942 designating the fourth Thursday in November (which is not always the last Thursday) as Thanksgiving Day.

As the country became more urban and family

members began to live farther apart, Thanksgiving became a time to gather together. The holiday moved away from its religious roots to allow immigrants of every background to participate in a common tradition. Thanksgiving Day football games, beginning with Yale versus Princeton in 1876, enabled fans to add some



rowdiness to the holiday. In the late 1800s parades of costumed revelers became common. In 1920 Gimbel's department store in Philadelphia staged a parade of about 50 people with Santa Claus at the rear of the procession. Since 1924, the annual Macy's parade in New York City has continued the tradition, with huge balloons since 1927. The holiday associated with Pilgrims and Native Americans has come to symbolize inter-cultural peace, America's opportunity for newcomers, and the sanctity of home and family.

Days of thanksgiving in Canada also originated in the colonial period, arising from the same European traditions, in gratitude for safe journeys, peace, and bountiful harvests. The earliest celebration was held in 1578, when an expedition led by Martin Frobisher held a ceremony in present-day Nunavut to give thanks for the safety of its fleet. In 1879, Parliament established a national Thanksgiving Day on November 6; the date has varied over the years. Since 1957, Thanksgiving Day has been celebrated in Canada on the second Monday in October.

Come celebrate harvest with your friends on Tuesday, November 22 at the CHEER Holiday Feast at the Community Center in Georgetown. Tickets are \$6 over 60 and \$8 under. Call 302-853-4199 for tickets, or see your center director.

For Your Health

What is the Best Sleeping Position for Your Health? How you snooze can affect sleep quality, plus brain, heart and stomach health.

Find Your Best Sleep Position

You know how important sleep can be to your health – seven hours a night was recently deemed the ideal in one study. But it turns out that the position you sleep in can also make a difference in your health and well-being. Considering that you spend a third of each day in bed, that difference could be significant.

Although the experience of individuals varies, experts say some sleeping positions may improve or prevent certain health problems. Here are the preferred ways to sleep for specific concerns.

Sleep On Your Side to Breathe Better

You or your partner may have noticed that snoring is worse when you are lying on your back. It can be significant if you have untreated obstructive sleep apnea.

Obstructive sleep apnea happens when the tissues at the back of the throat relax and close, briefly starving you of oxygen. This leads to multiple awakenings during the night as you sputter or gasp for air. The result: fragmented sleep and fatigue. Snuggling on your side often takes care of the snoring, but you should get tested for sleep apnea, which can increase your risk for heart attacks, strokes, high blood pressure and heart arrhythmia. Sleep apnea is also linked to an increased risk of dementia.

Sleep on Your Back for Back Pain

If you are one of the 80 percent of people in the U.S. who has battled back pain, the position you sleep in can mean the difference between waking restored or so stiff you want to crawl back into bed. A neutral stance means maintaining the natural curves and alignment of your spine.

To do that, place a pillow roll or rolled towel under your knees, and choose the “just right” bed pillow. Sleeping with too big of a pillow will put your neck in kyphosis, meaning it’s leaning forward and causing strain. Sleeping without a pillow or too small of a pillow can cause you to be hyper-extended, causing other body stresses.

Sleeping on your side – preferably with a pillow between your knees to align your back – is the next best option. Sleeping on your stomach, which requires you to turn your head to one side or the other to breathe, is the worst position for your spine because it flattens the natural curve of your back.

Sleep on your side to boost brain power

Concerned about your brain health? Side sleeping could help keep you sharp and possibly reduce your dementia risk.

Here’s why: During the day, toxic byproducts of the brain’s activities accumulate in the central nervous system and are flushed away during sleep via cerebrospinal fluid, which surrounds the brain and spinal cord. The brain



waste includes beta amyloid, a substance found in the brains of people with Alzheimer’s disease.

Research from the University of Rochester Medical Center (URMC) found that this waste clearance system works best when people sleep on their side, particularly the right side.

The reason it’s beneficial for brain clearance is that the heart helps pump cerebrospinal fluid. “The pumping of blood initiates pulsations of the blood vessel walls that drive cerebrospinal fluid into the brain,” Nedergaard explains. This process works more efficiently when people lie on their sides, boosting the cleaning process.

Sleep on your right side to protect your heart

Data has shown that when people lie on their left side during sleep, the position of their heart shifts due to the pull of gravity. That causes changes in the heart’s electrical activity that show up on electrocardiograms (ECG). When they’re sleeping on the right side, however, tissues and structures between the lungs hold the heart in place and ECGs remain normal.

Sleeping on the left side isn’t a problem if you don’t have underlying heart tissues. But, for people with congestive heart failure and other heart issues, it can cause discomfort and even breathing difficulties. If that sounds familiar, try turning to your right when you hit the sheets.

Sleep on your left side for better digestion

The discomfort of heartburn, indigestion and acid reflux disease - officially known as gastroesophageal reflux disease (GERD) - can ruin a good night’s sleep. But, “sleeping on your left side tends to make it a little better,” Salas says. “It takes some pressure off your stomach.” In fact, research shows that not only do GERD sufferers who sleep on the right side experience more instances of heartburn than when on their left side, but these episodes also last longer.

Slightly elevating the head of the bed or using a foam wedge to keep your head higher than your chest can also be helpful. “Although it’s not treating the reflux, it can reduce the symptoms,” Salas says.

You can read more about sleeping positions by visiting www.AARP.org.

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.

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.

Fraud/Scam Presentation

The Sussex Advisory Committee on Aging and Adults with Physical Disabilities invites the public to a presentation on Fraud and Scams by Cpl. Louis Briggs, a member of the Delaware State Police. It will take place on Monday, November 21 at 10 a.m. in the Sussex County Administrative Offices West Complex, behind M&T Bank on North DuPont Highway, Georgetown.

With many seniors being the victim of phone scams and business fraud, Cpl. Briggs will give helpful tips on how to recognize the scams and how to not become a victim of these tactics.

The Sussex Advisory Committee on Aging and Adults with Physical Disabilities promotes and advocates for the benefit of the aging and adults with physical disabilities in Sussex County. It works with the Sussex County Council to ensure residents of Sussex are offered the best quality of life possible.

Cpl. Briggs' presentation is in keeping with this mission to educate Sussex residents about programs available in the community.

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.

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
anthonyim17@gmail.com

Serving Maryland's Eastern Shore and Delaware



Social Security Information

Social Security Announces 8.7 Percent Benefit Increase for 2023



Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

To view a COLA message from Acting Commissioner Kijakazi, please visit www.youtube.com/watch?v=Vgm5q4YT1AM.

Some other adjustments that take effect in January

of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal my Social Security account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their my Social Security account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.ssa.gov/cola.

To get more Social Security news, follow the Press Office on Twitter @SSAPress.

What if you get a call claiming a problem with your SS number or account. Scammers may threaten some legal action, or may make an offer to resolve identity theft, often demanding payment via retail gift cards, wire transfers, pre-paid debit cards, etc. Social Security will **NEVER** call to threaten you, suspend your SSN, demand immediate payment from you, require payment

by cash, gift card, pre-paid debit card, Internet currency, or wire transfer. SS will **NEVER** ask for personal details or banking info to give you a COLA adjustment. If you receive a questionable call, hang up, and report it to the Office of the Inspector General (<https://oig.ssa.gov>).

Read full article at <https://faq.ssa.gov/en-us/Topic/article/KA-10018>.

VOLUNTEER OPPORTUNITIES

• 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 call us at 302-515-3040.

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

Apple and Sausage Stuffing

Can't decide what kind of stuffing to make? Try this recipe...it's very easy to prepare, loaded with great flavor and goes from stove top to table in just 25 minutes!

Ingredients

- 6 cups cubed toasted bread crumbs
- 1 pound ground pork sausage
- 1 yellow onion
- 1/2 cup celery chopped
- 2 Fuji or Granny Smith apples chopped
- 2 teaspoons dried sage
- 1 teaspoon dried thyme
- 2 cups chicken stock
- 1 stick of butter



Instruction

1. Preheat oven to 375 degrees
2. Toast the bread cubes on a cookie sheet for 12 minutes
3. In a skillet cook the sausage until browned and remove from pan
4. Sauté onion, celery and apple in butter
5. In a large bowl add the bread, sausage, apple, onions, celery, sage and thyme and mix with broth
6. Put in 9 x 13 pan press down slightly and bake for 40 - 45 minutes or until crispy on top
7. Enjoy!!!!!!



Are You Having Trouble Paying For Prescription Drugs?

Rising prescription drug prices quickly become overwhelming when people take multiple drugs or take them for chronic conditions, meaning that they will need them for the rest of their lives.

Medicare has a program that helps pay for your prescription medicine. It's called Medicare Prescription Drug Coverage or Medicare Part D. This program pays for some, but not all, of your prescription drug costs. If you have or can enroll in Medicare Part D and have limited income and resources, you may be able to get "Extra Help" from this program. This

means that you can get more help paying for your medicine. Extra Help offers three levels of help, depending on your income and resources.

Meet with a Financial Coach from Stand By Me 50+ to get screened for Extra Help and other programs that will help you. The coach will also help you apply for benefits.

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.

The Year That Was - 1953

Do you remember 1953? How old were you that year? What were you doing? Take a stroll down memory lane.

In the Headlines:

- Eisenhower-Nixon Inaugurated
- White House Acknowledges H-bomb Possession
- Conflict in Korea Continues
- Joseph Stalin Dies, Khrushchev Becomes Soviet Party Boss
- U.S.S.R. Explodes H-bomb in Siberia
- Edmund Hillary and Tenzing Norgay Reach Mt. Everest Summit (29,028 ft.)
- California Governor Earl Warren Is New Chief Justice of Supreme Court
- Julius and Ethel Rosenberg Executed as Spies in Sing Sing Electric Chair
- Double Helix Structure of DNA Molecule Discovered
- Truce Signed Ending Korean War
- Tornado Kills 114 in Waco TX
- Senator John F. Kennedy Marries Jacqueline Bouvier
- Queen Elizabeth II Crowned

President:

- Dwight D. Eisenhower. A Republican is in the White House for the first time in 24 years. The Presidential hideaway in Maryland, "Shangri-la," is renamed "Camp David" in honor of Ike's father and grandson. Vice President is Richard Nixon.

What's New:

- First McDonald's franchise opens in Phoenix, AZ
- Playboy magazine on newsstands (Marilyn Monroe is first centerfold)
- Men wear Bermuda shorts everywhere, even to work with jackets and ties!
- Tetracycline (will become one of the most prescribed antibiotics)
- Transistorized hearing aids
- Leopard print clothes
- Filter-tip cigarettes
- Instant iced tea
- Li'l Abner dolls
- CinemaScope

Movies:

- **The Band Wagon** (Fred Astaire, Cyd Charisse)

- **Blue Gardenia** (Anne Baxter, Richard Conte, Raymond Burr)
- **The Caddy** (Jerry Lewis, Dean Martin, Donna Reed)
- **Calamity Jane** (Doris Day, Howard Keel)
- **Call Me Madam** (Ethel Merman, Donald O'Connor)
- **The Captain's Paradise** (Alec Guinness, Yvonne DeCarlo)
- **From Here to Eternity** (Burt Lancaster, Deborah Kerr, Frank Sinatra)
- **Gentlemen Prefer Blondes** (Jane Russell, Marilyn Monroe)
- **House of Wax** (Vincent Price, Frank Lovejoy)
- **How to Marry a Millionaire** (Marilyn Monroe, Betty Grable, Lauren Bacall)
- **Julius Caesar** (James Mason, Marlon Brando),
- **Kiss Me Kate** (Kathryn Grayson, Howard Keel)
- **Peter Pan** (Disney)
- **The Robe** (Richard Burton, Jean Simmons, Victor Mature)
- **Roman Holiday** (Gregory Peck, Audrey Hepburn)
- **Shane** (Alan Ladd, Jean Arthur, Van Heflin)
- **Stalag 17** (William Holden, Otto Preminger)
- **Titanic** (Clifton Webb, Barbara Stanwyck, Robert Wagner)
- **War of the Worlds** (Gene Barry, Ann Robinson)

Sports:

- NY Yankees (AL) win their fifth consecutive World Series, 4 games to 2, this time over the Brooklyn Dodgers (NL)
- World Series tickets cost \$10 for box seats, \$7 for reserved and \$2 for bleachers
- Swimming officials recognize the butterfly stroke as separate from the breast stroke
- Athletes of the Year are Ben Hogan (golf) and Maureen Connolly (tennis)

TV:

- The birth of Lucille Ball's baby and the TV episode of the long-awaited event overshadows President Eisenhower's inauguration occurring on the same day, January 19.

Maybe it's a history lesson - or do you remember that year?

Getting Crafty With CHEER

November Senior Center Month Craft

Fall Leaf Wreath

SUPPLIES NEEDED

Paper in various colors • Large paper plate or cardboard
White glue • Scissors • String or ribbon



Step 1:

Create the wreath's round frame out of a paper plate or cardboard. Paper plate - cut a hole at the center of a large paper plate. Widen the hole until the frame is only about 1" to 1½" wide.

Cardboard - Draw and cut out a large circle from cardboard. Draw a slightly smaller circle at the center and cut it out.



Step 2

Tie a length of string or ribbon around the frame. This will allow you to hang the wreath.



Step 3

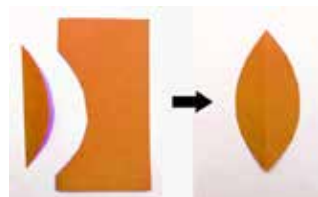
Make the paper leaves.

Make 20 or more paper leaves following any of the options below. Make the leaves uniform in shape and size or go for more variety. Printable leaves pattern can be on-line,



Step 4

Fold and cut leaves - this is a great way for kids to learn about symmetry and practice scissors skills. Fold paper in half and cut out half-a-leaf shape along the folded edge. Unfold the paper to reveal the leaf.



Step 5

Before gluing leaves onto the wreath write what you are grateful for.

Glue the leaves onto the frame.

Glue each leaf onto the frame, overlapping the leaves as you go.





Come Travel With Us!

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!

Save the Date! **2023 Travel Expo** *More Details to Come!*

Tuesday, January 10, 2023 - 5 til 7 p.m. • \$5/person

CHEER Community Center, 20520 Sand Hill Road, Georgetown, DE

Learn the Itinerary, Sample the Food, Win Door Prizes

NO TICKETS AT DOOR - MUST HAVE RESERVATIONS

To Register Contact Robin at rgreene@cheerde.com or call 302-853-4199.

More Exciting Adventures in 2023