

FREE

Winter 2022

# CHEERful Living

Sussex County's Leader in Senior Services



**Milton Reopens  
Volunteers Keep CHEER Rolling  
Meet the Board**







**TRAVEL  
CLUB  
2022**

***Come Travel With Us!***

*Save the  
Date!*

**2023**

*More Details  
to Come!*

**Travel Expo**

**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*

- Philadelphia Flower Show
- Bermuda
- Dinner Theatres
- Washington, D.C.
- The Ark in Kentucky
- Canada/New England
- Christmas Show
- So Much More!

**NO TICKETS AT DOOR - MUST HAVE RESERVATIONS**

To Register, Contact Robin at [rgreene@cheerde.com](mailto:rgreene@cheerde.com) or call 302-853-4199.

***It's Time To Enjoy Life Again!***



# ON THE COVER

## Marsha Smith



**VOLUNTEER** Marsha Smith (center) has been teaching computer classes at the Ocean View CHEER Center for over eight years. In photo, retired CHEER bus driver Walbash Moore and member Mary Clare Gahan of Bethany are learning the features of their I-pads. Marsha, a retired computer store employee, is at the Ocean View center every Monday at 1:15 p.m. to give technology classes in computers, tablets, I-pads or cell phones. Volunteers are essential for providing the services that CHEER offers seniors in Sussex County. Other volunteers are recognized for their dedication on page 16. If you would like to offer your time and talents an hour or more a month, call 302-515-3040 or go to the CHEER website at [www.cheerde.com](http://www.cheerde.com).

FOR MORE INFORMATION ON CHEER, INC.,  
VISIT [CHEERDE.COM](http://CHEERDE.COM) OR LIKE US ON FACEBOOK.

## Table of Contents

CEO Perspective .....	4
Meet Your CHEER Board.....	5
Milton CHEER .....	8
Sleeping Trouble.....	10
Social Security.....	12
Stop Driving .....	13
Fun Times Around CHEER..	14
Outstanding Volunteers.....	16
Thanks Volunteers .....	17
Easy Holiday Crafts .....	18
Holidays Can Be Difficult ...	19
Operation Christmas .....	21
Urinary Tract Infection .....	22
Choc. Peppermint Fudge ....	26

## CHEERful Living

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

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

Available for free throughout Sussex County.

Darel La Prade—Publisher

Carolyn O'Neal—Editor

Contributing Writer—Ken Bock,  
Nimi Bhagawan, MS, RDN, LD

Layout Design—DJ Short

Graphic Artists—Angi Hicks

For information on  
advertising, contact  
Jennifer Keim.

Email: [jennk@newszap.com](mailto:jennk@newszap.com)

Phone: 302-236-0779



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Services for Aging and Adults with Physical Disabilities



# The CEO's Perspective...



By **Kenneth S. Bock, CEO**

'Tis the season. As I write this, the elections are just days away. As you read this, the elections have occurred. The holidays are upon us and the year is drawing to a close. It is a good time for each of us to take stock, reflect on this past year, and look with optimism toward an even better future. Each of us has much to be grateful for and we should never lose sight of that important fact.

What were the things you found pleasure and satisfaction in this past year? What were the opportunities you had to bring pleasure to others, and did you make the most of those opportunities? What plans have you made for yourself and others for this holiday season?

Consider that many of the things we may have been fortunate enough to take for granted over the years may have changed significantly

and, in some cases, they may not exist at all. Some may be for the better and perhaps some may not. Many neighborhood programs, businesses and services have struggled mightily under the impacts of COVID and unprecedented labor shortages. Generational mom and pop businesses where you knew the people that serviced you are almost a thing of the past. Without the continuous support of friends and neighbors, many of these local institutions with smiling persons will go the way of the record and video stores and we will be left staring at an unfeeling computer screen. It is the people that make a difference in your experience whether it is a friendly sales person in your favorite store or the wait person in your special restaurant.

Here at CHEER, it has always and will always be about the people we serve. It is the reason for our existence, and for those of us on staff as well as volunteers at all levels of our organization, we would have it no other way. In the face of many trials and tribulations, dedicated staff and volunteers continue each day to help bring CHEER to others throughout our county. We are challenged daily as demands for essential services continue to grow with our county's expanding and aging population while

more and more critical service positions go unfilled. There will always be those less fortunate individuals who need and deserve our assistance, but it is equally true that there will always be those of us who can offer that helping hand with a smiling face.

This season, as you take stock, maybe this is the time you find that you can do something a little more, a little different to help make that all important difference in someone's life. Maybe that difference involves a career change or returning to the labor market in a full or part-time capacity to help serve others. Maybe that change involves finding a couple extra hours each week to volunteer your time and talent in service to others.

As we each reflect on this past year and look for optimism to the future, I ask each of you to consider offering a gift of your time to help bring CHEER to the lives of others in your community. Join CHEER, volunteer, get involved and make a difference. The opportunities are endless and you may just be surprised at the difference it may make in your life also. 'Tis the season of CHEER.

Best wishes to all for a happy and a healthy holiday season.

## CHEER, Inc. STAFF

**Kenneth Bock**  
Chief Executive Officer

**Beckett Wheatley**  
Chief Operating Officer

**Lasandra Baynard**  
Support Services Director

**Angela Thomas**  
Finance Director

**Ginger Clifton**  
Senior Accountant

**Carolyn O'Neal**  
Community Relations Director

**Amy Smith**  
Nutrition Program Director

**Robin Greene**  
Congregate Program Director

**Harry Cannon**  
Food Services Manager

**Megan Jordan**  
Nutrition Admin. Asst.

**Debbie Joseph**  
Personal Assistance  
Services Director

**Cindy Mitchell**  
Adult Day Director

**Genny Hines**  
Transportation Director

**Robert Rogers**  
Facilities Manager

**Kevin Mutch**  
Info & Technology Manager

### 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."

546 South Bedford St.  
Georgetown, DE 19947  
(302) 515-3040  
FAX (302) 515-3071  
www.cheerde.com



# Meet Your CHEER Board

As CHEER embarks on its next half century of service to Sussex County's senior population, there are several new faces on its Board of Directors as well as those who have served with distinction for several years. CHEER would like to introduce each Board member to you:

## **DIAZ J. BONVILLE** (Secretary), Rehoboth

**Family** - Wife Linda E.; three daughters (Dilinda, Latoya, Jalisa), three grandchildren (Tamia, Daeveon, Kendall), one son-in-law (Carreras)

**Professional History** - Retired State and Federal government employee

**Enjoyment** - Travel, Spanish and African culture, reading, volunteering, being with my family, emceeing various events, writing, meeting people from all ages and socio-economic backgrounds, cultures, other states and other countries

**Why did you join CHEER Board?** - The Chief Executive Officer contacted me and asked me to join due to my community outreach connections with several boards, organizations, commissions, religious affiliations and volunteering.

**Vision for CHEER?** - I would like to see more African-Americans and

Latinos serving in various areas to include, but not limited to, administration and, attending CHEER centers. Also I would like to see more building of more affordable housing for seniors.

## **MARLENE ELLIOTT BROWN, Laurel**

**Family** - Widow of the late Jim Brown; son (Michael and Tanya), three grandchildren (Mia, Abi and Aaron)

**Professional History** - State Director for former U.S. Senator Bill Roth, former Regional Director of USDA Rural Development

**Enjoyment** - Piano, goats, horses, travel, community and church service

**Why did you join CHEER Board?** - Having observed the work of CHEER through my career, I am pleased to serve and do what I can to help this organization serve the elderly of Sussex County.

**Vision for CHEER?** - As the senior population grows, I hope that we might be able to continue and expand our services to those who have given to our community before us.

## **NANCY CHOMA, Lewes**

**Family** - John; son and daughter-in-law (John and Betsy), grandchildren (Kate,



**CHEER BOARD MEMBERS** are, left to right: seated - Secretary Diaz Bonville, Vice President Bernard Miller, President Walter Koopman, and Treasurer Nick Varrato; standing - Andy Hartstein, Marlene Elliott Brown, Deborah Guenther, Joe Conaway, Shirley Price and Matt Parker. Absent from photo are Nancy Choma, Jane Hovington, Ruth Briggs King, and Janet Short.

Henry, Emma)

**Professional History** - 33-year career in retail banking. Began as a teller with Wilmington Trust in 1989. Joined M&T, 2010. Currently manage branches in all three counties.

**Enjoyment** - Traveling in the U.S. with family, fishing, crabbing, gardening

**Why did you join the CHEER Board?** - I joined approximately 15 years ago when I was not yet a senior. The growth in the senior population was clear. The

commitment to the health and wellbeing of our seniors was a priority for CHEER. I hoped I could be a part of making a difference for our seniors.

**Vision for CHEER?** - I want to continue our current mission to provide support to our seniors' health and welfare through our meals program, home care, and adult day care.

**CHEER Board**  
Continued on Page 6



**CHEER Board**

Continued from Page 5

**JOE CONAWAY,  
Georgetown**

**Family** – Wife Joann; four children (Joanne, Jenyfer, Jill and Joey; seven granddaughters, three great-grandsons, two great-granddaughters)

**Professional History**

– teacher, high school basketball coach, principal at Bridgeville High School and Woodbridge High School, Sussex County Administrator, Chief Deputy Insurance Commissioner for State of Delaware, President of Consultants Unlimited and Conaway Associates, Delaware Real Estate Broker, instructor at Del Tech and Wilmington College, president Woodbridge School Board, president Bridgeville Town Council, on the boards of Sussex County Habitat for Humanity, National Association of County Administrators, Advisory Council of Univ. of Del. College of Marine Studies, Delaware Criminal Justice Planning Commission, President Delaware Secondary Principals Assoc., chairman Sussex County Advisory Council to the Sussex Resource and Development Council, Delaware Student Rights Committee, member Inland Bays Task Force, president Sussex Economic Development Action Committee

**Why did you join CHEER Board?** – I want to be of service to the community

and I personally witnessed the good that CHEER does as my mother was a long time member of the CHEER Center in Greenwood.

**Vision for CHEER?** – I see CHEER continuing to grow through the addition of the Gateway East project and by the continued addition of services to the seniors of Sussex County.

**DEBORAH GUENTHER,  
Milton**

**Family** – Divorced; two children (Stefanie and Christopher); four grandchildren

**Professional History** – Nursing, LPN, RN and BSN from Seton Hall University

**Enjoyment** – Reading History, life member of American Legion Auxiliary, member and president of Unit 5, Rehoboth Beach, representative on Dept. of Delaware National Executive Committee

**Why did you join CHEER Board?**

– As a nurse, I always have wanted to be of service to others in need. I have been involved in community organizations my entire life. I am retired and still have hope and time to help others.

**Vision for CHEER?** – Over the next 10 years, my vision is to enhance the opportunities and personalized services offered to seniors, and to assist staff members' needs along the way.

**ANDY HARTSTEIN,  
Laurel**

**Family** – Kati; three children (Hudson, Hannah and Hollis)

**Professional History** – co-owner of Insurance Market

**Enjoyment** – Sports and coaching my children's youth sports

**Why did you join CHEER Board?**

– Began as a member of the Trustees for seven-plus years; when asked to advance to the Board, I jumped at the chance to further help the seniors of Sussex County

**Vision for CHEER?** – I want it to continue to grow to meet the needs of not only Sussex County seniors but also throughout the state. I see CHEER as the predominant provider of senior services and being the model "Gold Standard" for others.

**JANE HOVINGTON,  
Georgetown**

**Family** – Ronnie; three children (Gerald, Haronda, Knowles)

**Professional History** – currently Chair of Richard Allen Coalition, Chair Sussex Democrat Committee, Secretary Delaware Correction Council, member Georgetown Board of Adjustment

**Enjoyment** – Art, reading, decorating

**Why did you join CHEER Board?**

– I was asked.

**RUTH BRIGGS KING,  
Georgetown**

**Family** – Stanley; sons (Jared and Justin); grandchildren

(Gabriella, Colin and Ryan in Pennsylvania and Alexis, Victoria and Sawyer in Georgetown)

**Professional History**

– A clinical laboratory professional with experience at Milford Memorial Hospital, Dickinson Medical and LabCorp before pursuing Education and School Leadership. Later Vice President in S.N. King (HR) and CEO of Sussex Realtors.

**Enjoyment** – Serving in Delaware General Assembly takes most of my time. Outside activities include walking/jogging on the beach and home projects.

**Why did you join CHEER Board?**

– I was asked; I was on the Trustees Foundation Board and this was a natural step. I have always been committed to public service and improving our community.

**Vision for CHEER?**

– To grow to serve the ever changing needs with expansion of supported living and apartments.

**WALTER KOOPMAN,  
(President) Lincoln**

**Family** – Mary Ann; three adult children and grandchildren

**Professional History**

– U.S. Army Korean War Veteran, Executive with Nissan Motors, Inc.

**Enjoyment** – Automobiles, historian and consultant, president Club D'Jet USA, 65-year member Sports Car Club of America

**CHEER Board**

Continued on Page 8



**CHEER Board**

Continued from Page 7

**Why did you join CHEER Board?**

– After receiving the Jefferson Award for public service at CHEER in 2012, I was asked to be a Board member by the former CEO of CHEER. I said yes 10 years ago and today I am honored to be the Board President

**Vision for CHEER?** – Going back 19 years, my vision has always been for the good of the order for our Sussex County seniors who we service in so many ways.

**BERNARD MILLER, (Vice President) Lewes**

**Family** – Alison; children (Alyssa, Caden, Josiah and Bernard K); grandchildren (Kayson and Karter)

**Professional History**

– Retired Detective with Delaware State Police, 32 years, worked in undercover as well as in plain-clothes positions. Named Trooper of the Year. Certified instructor at police training academy. Served as police supervisor over several specialized units. Served as commander of Delaware's Hostage Negotiations Team.

**Enjoyment** – Tennis, cycling, golf and pickleball

**Why did you join CHEER Board?**

– I have always been active in my community and my church. This organization has a reputation of doing good work serving our senior population. I wanted to be part of this organization and help move it forward as our community

of seniors continues to grow. Seniors are one of the most important segments of our population and deserve the best.

**Vision for CHEER?** – I would like to see it expand to be able to serve all the needs of our senior community.

**MATT PARKER, Laurel**

**Family** – Ashlee; two sons (Brett and Will)

**Professional History**

– President Rosemont Wealth Management (2016-present), Chief Operating Officer Insurance Market (2007-2016), Senior Analyst Intervet (1995-2007)

**Enjoyment** – Officiating high school football, going to the beach, skiing and travel

**Why did you join CHEER Board?**

– I am an advocate of giving back to the community that has been so good to me and my family. As a lifelong resident of Sussex County, I've seen first-hand the good CHEER does.

**Vision for CHEER?** – To continue serving our community for decades to come.

**SHIRLEY PRICE, Ocean View**

**Family** – Gordon; two daughters (Michele McCoy and Melissa Dittman), five grandchildren, two great-grandchildren

**Professional History**

– Worked in family retail business, served for six years in the Delaware General Assembly, realtor

**Enjoyment** – reading, spending time with family, and gardening

**Why did you join CHEER Board?**

– I joined the Board in 1997 while serving as State Representative for the 38th District. Back then, the meeting space in Ocean View needed to be improved. Our seniors deserved better. I believe we need to support our senior population.

**Vision for CHEER?** – I want the agency to continue to meet and exceed the needs of our senior population.

**JANET SHORT, Milton**

**Family** – George; son (the late Glen Short) and daughter (Kelly); two grandchildren (Victoria and Brandon); great-grandchild (Tig)

**Professional History**

– business owner, Short's Funeral Home; retired founder of Hillside Flowers

**Enjoyment** – Family, cooking and sewing

**Why did you join CHEER Board?**

– I want to help

fulfill senior needs and be active in my community.

**Vision for CHEER?**

– I want to promote senior health and wellbeing and the opportunities available to meet their needs.

**NICK VARRATO, (Treasurer) Millsboro**

**Family** – JoAnn; children (Matt and Tony); grandchildren (Dylan, Zack and Arina)

**Professional History**

– Professional photographer for 48 years; Realtor for 16 years; Past President DE, PA & MD Photography Society; member PTA and Chamber of Commerce

**Enjoyment** – Metal detecting, cooking

**Why did you join CHEER Board?**

– I was approached to join and since I have older relatives who would/will need services, I want to help.

**Vision for CHEER?**

– Staying on track with new developments.

**RESPIRATORY AND MOBILITY HOME CARE SPECIALIST!**

Delivery, Set-Up & Take-Away of a Wide Array of Medical Equipment to your Home or Vacation Rental.

Oxygen, Hospital Beds, Wheelchairs, Mobility aids, Bathroom Aids, CPAP and Supplies

**BayView**  
Homecare

SEAFORD, DE & BEACHES

302-629-0202 • Toll Free (800) 564-0633

[www.BayViewHomecare.com](http://www.BayViewHomecare.com)





# Milton CHEER: Ready, Set, Go!

Ready, Set, Go! Many successful ventures have begun with this three-word command. November has been our Ready, Reset-to-Go month for our Milton CHEER Center. Now that December is here, we are off and running with what we believe will be significant enhancements to our program and service offerings at our Milton CHEER Center.

Coming out of the COVID Pandemic, the "Great Resignation" is challenging small businesses to get

and retain the staff/team members necessary to serve the needs of their customers. Like organizations across our country, CHEER is continuing to see new and innovative ways to deliver the high quality services our customers expect from us. To help us meet this challenge and your expectations, we have taken the month of November to reset some of our practices to put us in a better position to serve. At this time, almost 50% of all businesses in our

country are reporting that they are unable to fill all of the vacancies they have in their workforce. The food and service-related business sectors are experiencing the highest vacancy levels and also the greatest turn-over rates; hence the "Great Resignation."

To help us better address current labor market conditions, CHEER has expanded its recruitment efforts beyond the traditional methods used before the pandemic. We have refined employment screening criteria to help us find not only qualified individuals, but also those individuals who we hope will be making a long-term commitment to Team CHEER and our members. We have completely restructured our new employee orientation program to provide more hands-on training in CHEER's different centers and programs. And we are continuing to look for opportunities to revise work rules to provide an even more attractive and rewarding work environment.

What does all of this mean for our senior citizen members/customers at the Milton Center and all CHEER centers? First and foremost, we want to establish a

more encouraging and stable environment for every person that comes through the front door of a CHEER center, whether they be an employee, member, volunteer or guest. The right people doing the right things at the right time is the key to that environment. Selecting the right people, making sure each has the tools and training to be successful, and then challenging them to create a senior center that enriches the lives of every person in the community is our goal.

As the doors to our Milton Center re-open in December, we invite you to step inside and see what we are doing. Expect to see some fresh new faces bring you some fresh new programs and services. From new staff, to new menu offerings, to new activities, entertainment and programs, your Milton CHEER Center is ready to deliver exciting new experiences. Come on in and see what we have for you.

The Milton CHEER Center is located at 24855 Broadkill Road, Milton. For information about its offerings, call 302-684-4819 or check the website at [cheerde.com/events/centercalendars/Milton](http://cheerde.com/events/centercalendars/Milton).



## Why Prearrange?

By prearranging you spare your family from making hard decisions, second guessing your wishes, and you provide all involved with greater peace of mind.

*Thomas E. Melvin & Son  
Funeral Home, Inc.*

**(302) 398-3884**

[www.melvinfuneralhome.com](http://www.melvinfuneralhome.com)



**The Milton  
CHEER Center is  
again open with  
new faces, new  
activities and  
programs, and  
more fun.**



## *When The Time is Right...*

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

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

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



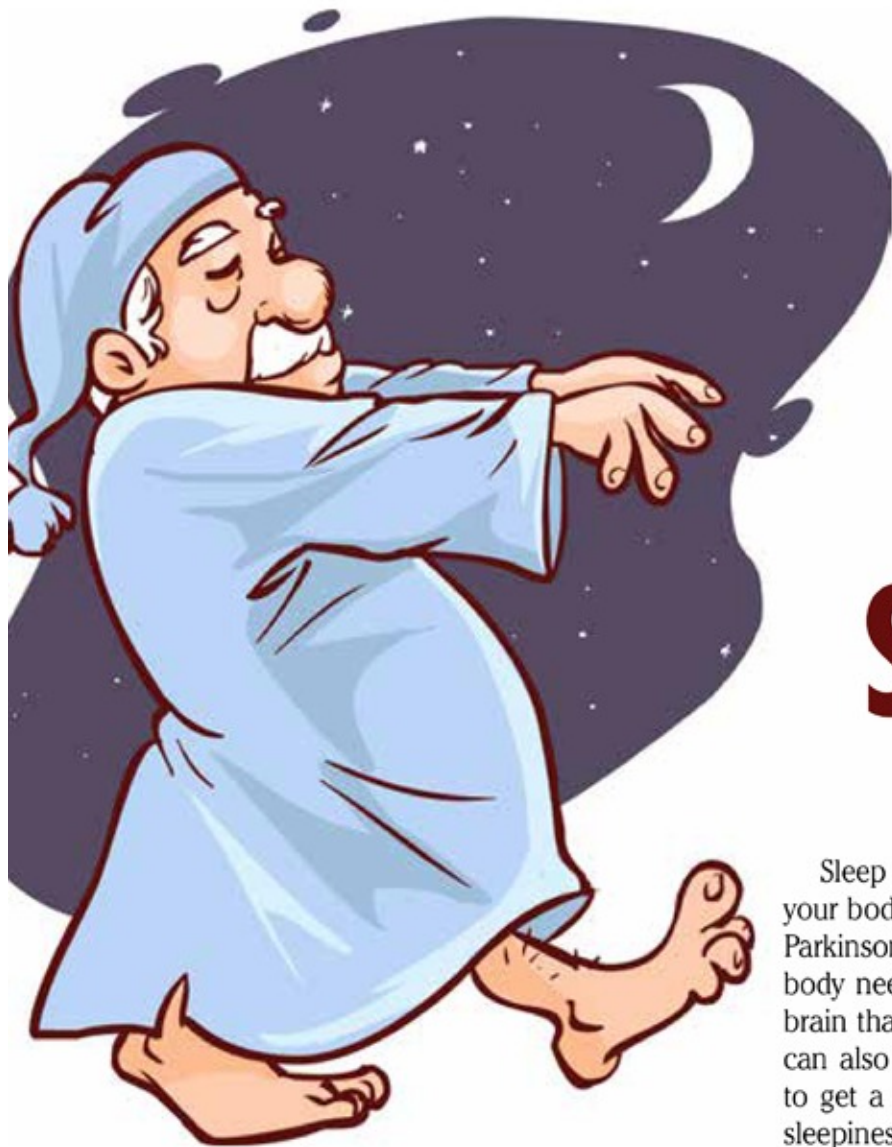
*If your special event is smaller such as a bridal shower, baby shower, graduation, retirement, etc., you may wish to take advantage of the space at one of the CHEER Activity Centers located in:*

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



**20520 Sand Hill Road • Georgetown, DE  
302-854-9500 • [www.cheerde.com](http://www.cheerde.com)**





# Do You Have Trouble Sleeping?

Sleep is essential throughout everyone's life. It is how your body recharges to handle the next day. For people with Parkinson's a good night's sleep is even more critical as the body needs more time to restore itself. The changes in the brain that are caused by PD can disrupt sleep. Medications can also interfere with sleep – either by making it difficult to get a good night's rest or by causing excessive daytime sleepiness. More than 75 percent of people with Parkinson's report having sleep-related troubles.

## Support CHEER

**Volunteer Your Time**  
**Advertise In Our Magazine**  
**Host A Guest Speaker At Your Club**

**For more Information Contact**  
**Carolyn at 302-515-3040**  
**or email [carolyno@cheerde.com](mailto:carolyno@cheerde.com)**  
*Your senior loved ones thank you!*

### The most common sleep problems reported include:

- Difficulty with falling asleep and staying asleep.
- Excessive day-time sleepiness.
- Acting out while asleep.
- Restless legs.
- Difficulty turning over in bed.
- Waking up to go to the bathroom.

**Trouble Sleeping?**  
Continued on Page 11



**Trouble Sleeping?**

Continued from Page 10

**Tips for getting a better night's sleep include:**

- Keep a regular schedule.
- Choose a bedtime based on when you want to get up in the morning. You should aim for 7-8 hours of sleep nightly. Therefore, if you wish to wake up at 7 a.m., bedtime should be no later than midnight.
- Establish a bedtime routine.
- Get some fresh air and exercise daily.
- Avoid exercise after 8 p.m.
- No day-time napping after 3 p.m.; try to limit day-time naps to an hour.
- Do not read, watch television, or use electronic devices while in bed.
- Minimize liquid intake three hours before bedtime to minimize the need to get up in the middle of the night.

Having trouble getting a good night's sleep occasionally is normal. If you experience trouble sleeping on a regular basis, discuss it with your doctor. They may recommend testing/treatment for sleep apnea, REM sleep behavior disorders, or insomnia.

*(Adapted from information published by the Parkinson's Foundation.)*



**Keep yourself and loved ones safe with a Smart911® Safety Profile**

Smart911 is a free service that allows you to share valuable information with 9-1-1 during an emergency.

**Need assistance?**

For seniors, we recommend having a friend or family member assist during sign up. They can provide the assistant's name and email address, so when it is time to update their Safety Profile, Smart911 will notify them to help ensure the profile is up to date and accurate.

Sign up today or download the App.



**SLICE** is back at **CHEER**  
Over 50 Years Serving Seniors

**It's never too late to get in shape!**

**Come join the  
S.L.I.C.E.  
Exercise Class at  
CHEER  
Community Center**  
20520 Sand Hill Rd., Georgetown, Del.



**Monday and Wednesday Mornings • 9:30 - 10:30 a.m.**  
\$2.00/day if member of CHEER; \$5/day for non-member



Low impact exercises that will increase your flexibility by stretching, lifting light weights and balance exercises. Exercise makes a profound difference in both physical and emotional well-being. Medical research shows that everyone can grow stronger through increased activity.

**Come and make new friends!**

**For info call 302-854-9500**



# 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, the Social Security Administration announced recently. 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  
pay -



ments 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=Vgm5q4Y-TIAM](https://www.youtube.com/watch?v=Vgm5q4Y-TIAM).

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](https://www.ssa.gov/myaccount).

Information about Medicare changes for 2023 is available at [www.medicare.gov](https://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](https://www.ssa.gov/cola).

## 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](https://www.cheerde.com) or email your resume to [aclark@cheerde.com](mailto: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.



# When Is The 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.



**Fast, Friendly Service.  
Free Home Delivery.  
Multi-Dose Packaging.**

**32362 Long Neck Road, Millsboro  
302-947-0333**

**sussexpharmacylongneck@gmail.com**

**Paul Danielraj - Certified Immunizing Pharmacist**



**SUSSEX  
PHARMACY**

**Hours: Monday - Friday 9am - 7pm  
Saturday 9am - 3pm**



# Fun Times around CHEER



**CORN HOLE** winners at the Trap Pond picnic were Bill Searle of Ocean View and Milton Wolfe from Nanticoke Senior Center.



**SENIORS** received valuable information from the many vendors at the Trap Pond Fall Festival.



**QUILTERS** at Ocean View are, left to right: Marge Hickey, Sue Phillips and Mary Ellen Henry behind sewing machine.



**CORN HOLE** with Ocean View members Stan Bartkwoak, Chantal Willis, Ed Hiner and Barbara Goebel (on ground).



**MAHJONGG** players in Ocean View are, left to right: Sandra McGrath, Joan Wolf, Faye Hartman and Mickey Schoettle.





**CHEER** Chief Executive Officer Ken Bock gets some help from Adult Day Care Aide Amparo Baker against challenger, **CHEER** Chief Operating Officer Beckett Wheatley, during the wheel-chair races at the employee picnic.



**GEORGETOWN** member Louise Wilkins is all dressed up for Halloween.



**HOMEMADE** soups and chicken salad were dished out to hungry shoppers at the **CHEER** Fall Bazaar by (right to left) **CHEER** Nutrition Director Amy Smith and Congregate Director Robin Greene.



**OCEAN VIEW** member Bonnie Collins cuddles up with "Skelly" during Halloween.



**GEORGETOWN** Kitchen Helper Edith Poore became the owner of a beautiful Fall wreath created by one of the vendors at **CHEER's** annual Fall Bazaar.



**GEORGETOWN** members Charles Donovan and Tom Jones, who has a headache from his Halloween costume.



# Outstanding Volunteers Honored at MOW Beach Brunch

Meals on Wheels Delaware hosted its 20th annual Beach Brunch on October 9 at Grain on the Rocks in Lewes. Members of CHEER's staff volunteered their Sunday to work at the event which featured delicious creations from some of the area's finest restaurants. Member organizations of Meals on Wheels Delaware have delivered 898,509 hot and nutritious meals to more than 6,600 seniors across the state. CHEER delivers to approximately 1,000 seniors in Sussex County.

Outstanding volunteers were honored in each of the five-meal delivery statewide programs that are a part of Meals on Wheels Delaware.

Receiving the honors from CHEER was Mickey Jerrell who has been dedicated to CHEER by delivering meals to homebound seniors in Sussex County for one year, starting on March 5, 2021. After being out due to a back injury, Mr. Jerrell slowly came back, splitting his route with fellow volunteers because he missed the clients. From January 2022 to October 2022, he has volunteered 250 hours. The total number of volunteer hours from Mickey since March 3, 2021 is 498.

Many of the volunteers called and checked on Mickey during his absence because he took the time to build relationships and bonds with those he served. Not only does he care about seniors receiving meals, but he also cares about their social wellbeing, as he takes extra time to ask about the clients' family, friends and pets.

The Beach Brunch, presented by Fulton Bank, was a way for the nonprofit organization to thank those who donate their time to help accomplish Meals on Wheels' mission and raise more funds from those who donate their money.



**CHEER Volunteer Mickey Jerrell was honored for his dedication to CHEER by MOW Delaware.**



**Alicia Basara and Drew Jenson from Delmarva Christian School can be seen helping CHEER Board Member Marlene Elliott Brown (in background) pack desserts for the Meals on Wheels bags.**



**CHEER CEO Ken Bock enjoyed the Meals on Wheels Beach Brunch with State Senator Trey Paradee.**



# Thanks Volunteers



**Kelley Ridley, High School Director of Instruction at Delmarva Christian School, delivers Meals on Wheels to the homebound seniors.**



**Jennie Vucinich (seated) and Rachel Knapp can be found on Wednesdays leading a group of Sunshine Singers.**



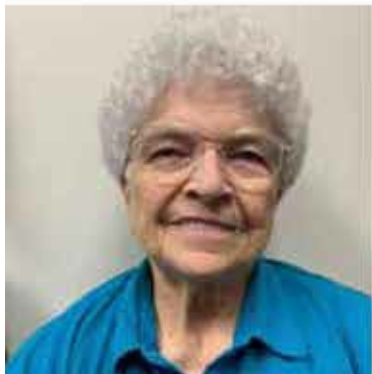
**Belinda Wright needed something to keep her occupied after the death of her husband. She enjoys helping pack Meals on Wheels for the homebound seniors.**



**Joan Price loves to give her time greeting visitors to the CHEER center.**



**Jim Smith cars about the homebound seniors in Sussex County and delivers meals to them so they don't go hungry.**



**Edith Rawley graciously chauffeurs seniors to their medical appointments.**



**Flossi Young and Sherry Levash volunteered to help at the 50th anniversary gala.**



**Staff from Delmarva Christian School volunteered to help pack Meals on Wheels bags for the homebound. Left to right are: Hannah Bragg, PreK-8 Enrollment and Events Coordinator; Alicia Basara, 9-12th History Teacher; Drew Jenson, Pre-K-8 Principal; Lizzi Stevens, 9-12th English Teacher; Leah Bell, 6-8th English Teacher; Sandy Baynard, CHEER Support Services Director; and Edith Poore, CHEER Kitchen Helper. Also participating but not pictured are: Kelley Ridley, 9th-12th Director of Instruction; Sherry Steward, 9-12th Nurse; and Matt Kwiatkowski, Head of Schools.**





**Caring Transitions**  
Senior Relocation • Seniors • Estate Sales

**Simplify Your Life**

Let us help you coordinate  
your relocation & liquidation!

**Call Us for a Free Consultation**  
**302-648-5552**

**We also Do Online Auctions**

Discover and Bid on Unique and Everyday Treasures

**CTBIDS**™

Bidding Start at \$1

Shop Our Sales at [SoDel.CTBids.com](http://SoDel.CTBids.com)

# Easy Holiday Crafts for Seniors

## Ornament Trees

What do you do with all those Christmas tree ornaments you have acquired for decades? They obviously can't all be fit on your down-sized tree. So shiny and bright and festive, you can proudly display these sparkling beauties year after year by using them to create an Ornament Tree.



### Needed materials:

- 12 or 15-inch Styrofoam cones
- Hot glue
- Various ornaments  
(enough in various sizes to fill the cone)

### To make:

Cover Styrofoam cones (we used 12- and 15-inch cones) with ornaments, attaching them with hot-glue. Start with larger ornaments at the bottom, transitioning to smaller ones as you work your way up. Fill in any gaps with mini ornament balls. If desired, wrap the finished trees with vintage tinsel and beaded garland.

## Felt Wreath

Simply tie strips of green felt around a wreath form to create this fluffy and fun holiday decor.

### Needed materials:

- Strips of two different shades of green felt
- Wire wreath form  
(whatever size you like)
- Small red ornaments  
(enough to your liking)
- Hot glue
- Wide ribbon



### To make:

Cut strips of two different shades of green felt. Tie strips around a wreath form. Attach small red ornaments throughout the wreath with hot glue. Loop a length of wide ribbon around the wreath to hang.

**EVERYDAY HEROES NEEDED**

**GET THE APP. SAVE A LIFE.**  
Sudden Cardiac Arrest (SCA) is one of the leading causes of preventable deaths. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

**PulsePoint** alerts you to nearby people in need.  
For every minute that passes before help arrives, SCA survival odds decrease by 7%-10%.

**PulsePoint** is like AMBER Alert for Sudden Cardiac Arrest victims.

**1** SCA victim in need

**2** 911 operator sends PulsePoint alert

**3** Signal received by nearby PulsePoint users

**4** Users rush to help victim before professional help arrives

**5** GET MORE INFORMATION: [www.pulsepointapp.com](http://www.pulsepointapp.com)

**LIVES NEED SAVING EVERY DAY**

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

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

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

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

SCA Accounts for 1/3 of All Deaths in the U.S. (CDC)

**HOW TO HELP**

Call **911**

**STAYIN' ALIVE. STAYIN' ALIVE.**

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

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

**GET TRAINED:** For more information visit [www.heartmanhattan.org](http://www.heartmanhattan.org)

**BRING IT TO YOU BY:**

**PulsePoint**

*(Crafts can be found on the [CountryLiving.com](http://CountryLiving.com) website)*



# Holidays Can Be Difficult For The Elderly

The holidays are the happiest time of year – right? Unfortunately, not for everybody.

While most people are gathering for festive holiday get-togethers, too many senior citizens are sitting alone because their families may be hundreds of miles away or maybe their loved one and friends have passed. This can be a difficult time for seniors. But you can help.

Christmas morning can be the loneliest day of the year for a senior. According to a 2017 survey by AARP, 28 percent of U.S. adults age 50 and older report that they've felt lonely during a holiday season, and nearly half (43%) have worried about a friend or family member who was lonely during the holidays. Older adults yearn for their loved ones or reminisce about happy celebrations in their family home that they have since abandoned for residence in a long-term care facility. Friends can be an essential source of practical support and emotional uplift for older adults not just during the holidays, but all year long.

Some seniors go days without speaking to anyone

at all, especially those who are homebound. That is why the Meals-on-Wheels program is so important. Not only does it allow homebound seniors to receive much-needed nutrition so they can stay physically healthy in their homes, it also allows for someone to be available to check on the mental health of the senior all year long. Nothing beats an in-person visit – not even Skype or Facetime.

CHEER has produced its Operation Christmas CHEER for over 20 years. Each year, loving volunteers give up a few hours of their Christmas morning to bring a smile to a senior's face. They deliver a nourishing holiday meal as well as several donated gifts to hundreds of senior citizens in Sussex County. These volunteers are effective in reducing the seniors' feelings of loneliness.

If you are fortunate enough to have your loved one with you during the holidays, don't treat them as a guest. Seniors want to feel needed and not just a knick-knack sitting in a chair to smile at. They want to feel useful. Don't make



the assumption that the senior doesn't want to help. Let them do small things to contribute to the festivities. Elderly women may still know how to snap green beans or put sprinkles on top of home-baked cookies. Elderly men can untangle the stringed Christmas lights while sitting in a chair. With a little bit of guidance, your senior loved-one will feel

fulfilled. Maybe it will take a little extra time to keep a watchful eye on them (for their safety), but the holidays are not about the quantity of time – they are about the quality of time spent together.

Don't expect perfection. Give them the greatest gifts for Christmas – your time, understanding, patience and love.



**Nanticoke Pharmacy**  
**YOUR FRIENDLY FAMILY PHARMACY**

**We BEAT any Competitors Prices!**

**Ask about our FREE home Delivery Service!**

**1609A Middleford Road | Seaford, DE | 302-536-7464**

**M-F 9am -7pm | Sat 9am - 3pm** [www.nanticokepharmacy.com](http://www.nanticokepharmacy.com)



**From prescriptions to home medical supplies and convenience items, we carry everything you need to stay safe, healthy and comfortable at home.**







Please help a senior citizen smile this holiday season!

## Operation Christmas CHEER

We are asking the Sussex County Community to help us fill the sleigh so that each senior receiving a meal on Christmas day can have a gift along with their meal.

You can help by bringing a generic wrapped gift with a tag indicating whether your gift is for a senior male, female, or either to any CHEER Center.

The Senior Sleigh will kick off November 28, 2022 and gifts will be accepted until December 19, 2022.

### Gift Ideas....

Socks  
1 Size Fits All Slippers  
Hats and/or Gloves  
Sweat Shirts  
Scarves  
Fragrance Gift Sets

Disposable Razors  
Food or Beverage Sets  
Shampoo & Body Wash  
Personal Items  
Deodorant & Soap  
Face Cloths

Towels  
Lap Robes  
Gift Certificates  
Candy  
Adult Coloring Books  
with Markers



**MEALS on WHEELS**  
Sussex County, DE at CHEER  
TOGETHER, WE CAN DELIVER.





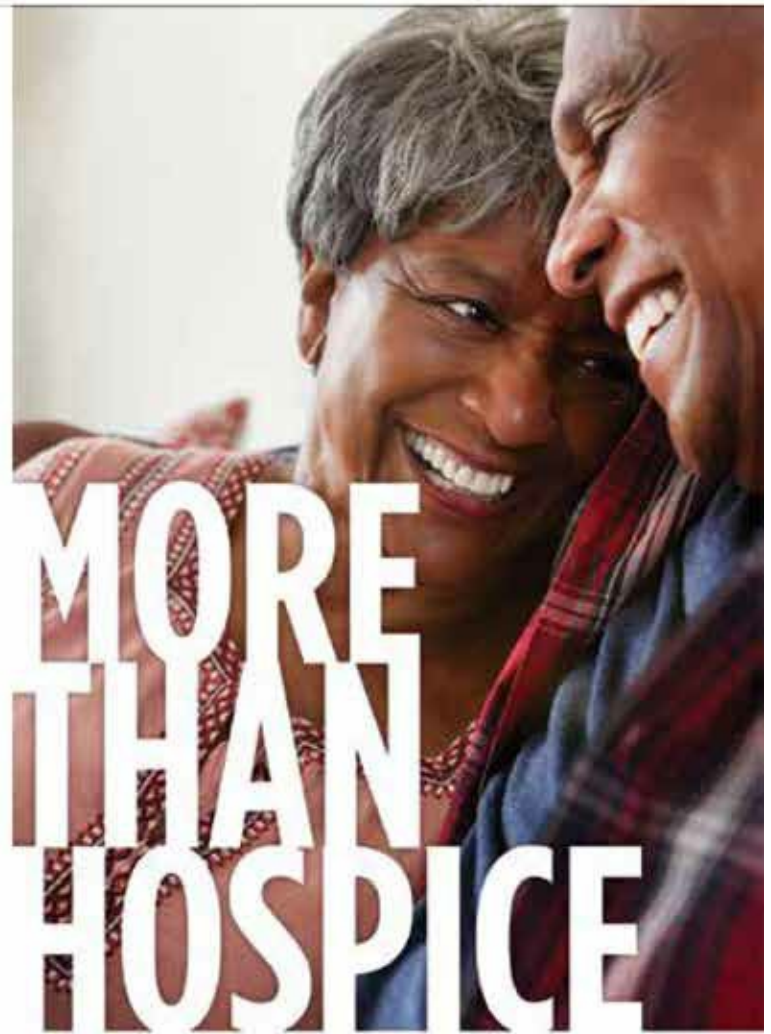
## Operation Christmas CHEER Gives Time and Gifts to Seniors

For over 25 years, CHEER has been sponsoring Operation Christmas CHEER and providing a nutritious meal plus a gift for seniors on Christmas Day. In order to do that, CHEER needs your help. Please donate a gift for a senior this Christmas. It can be anything from a pair of slippers, to a sweater, or perhaps just some toiletries or some puzzle books. Anything you think will put a smile on a senior's face is welcome. You don't even need to wrap the gift. CHEER will do that.

Christmas sleighs for collection of gifts have been placed for the convenience of the public at the CHEER Community Center in Georgetown, County Bank locations in Lewes and Long Neck, and at Meineke Car Care in Lewes. Gifts can also be dropped off at any CHEER Center in Georgetown, Greenwood, Long Neck, Milton, Lewes, Ocean View and Roxana. Gifts will be accepted until December 19.

Volunteers are also needed on Christmas morning to help deliver gifts and meals to the homebound seniors. If you can give a couple hours of your time to brighten the holiday for a senior who has no one else, please register today with CHEER.

For more information about Operation Christmas CHEER, call Robin at 302-853-4199.



**Delaware Hospice provides  
more than in-home hospice  
services.**

**Whether it's palliative care,  
children's care or bereavement  
services you are looking for,  
we have you covered.**

**DELAWARE<sup>®</sup>  
HOSPICE**

*Since 1982*

**[delawarehospice.org](http://delawarehospice.org)  
302.683.8948**



# UNDERSTANDING URINARY TRACT INFECTION

By Nimi Bhagawan MS, RDN

All of us at one time or the other have had one or more UTI's in our lifetime, so let us understand it better to further avoid getting them.

A urinary tract infection (UTI) is an infection in any part of the urinary system. The urinary system includes the kidneys, ureters, bladder, and urethra. Most infections involve the lower urinary tract — the bladder and the urethra.

## Symptoms

UTIs don't always cause symptoms. When they do, they may include:

- A strong urge to urinate that doesn't go away
- A burning feeling when urinating
- Urinating often, and passing small amounts of urine
- Urine that looks cloudy
- Urine that appears red, bright pink or cola-colored — signs of blood in the urine
- Strong-smelling urine
- Pelvic pain, in women — especially in the center of the pelvis and around the area of the pubic bone

In older adults, UTIs may be overlooked or mistaken for other conditions. Sudden confusion in elderly is common.

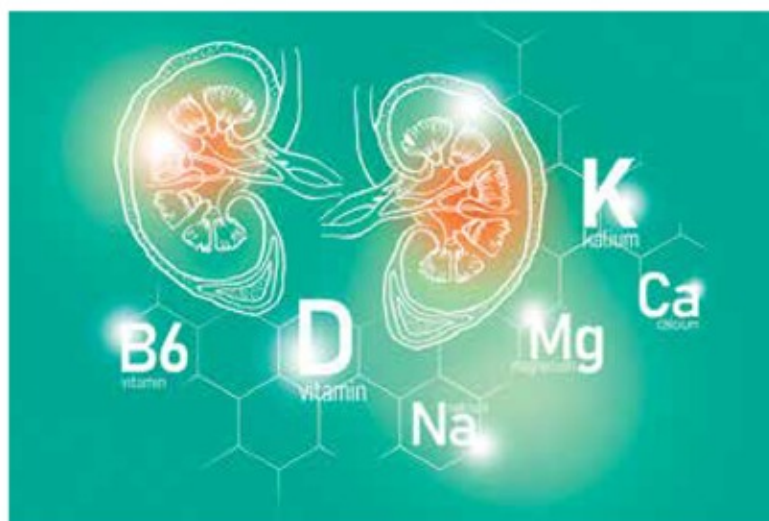
## Types of urinary tract infections

Each type of UTI may result in more-specific symptoms. The symptoms depend on which part of the urinary tract is affected.

- Part of urinary tract affected
- Kidneys
- Back or side pain
- High fever
- Shaking and chills
- Nausea
- Vomiting
- Bladder
- Pelvic pressure
- Lower belly discomfort
- Frequent, painful urination
- Blood in urine
- Urethra
- Burning with urination
- Discharge

Women are at greater risk of developing a UTI than are men. If an infection is limited to the bladder, it can be painful and annoying. But serious health problems can result if a UTI spreads to the kidneys.

Health care providers often treat urinary tract infections with antibiotics. You can also take steps to lower the chance of getting a UTI in the first place.



**Above shows the essential vitamins the body needs to fight off an urinary tract infection.**



**UTIs**

Continued from Page 22

**Causes**

UTIs typically occur when bacteria enter the urinary tract through the urethra and begin to spread in the bladder. The urinary system is designed to keep out bacteria. But the defenses sometimes fail. When that happens, bacteria may take hold and grow into a full-blown infection in the urinary tract.

The most common UTIs occur mainly in women and affect the bladder and urethra.

**Infection of the bladder.** This type of UTI is usually caused by *Escherichia coli* (*E. coli*). *E. coli* is a type of bacteria commonly found in the gastrointestinal (GI) tract. But sometimes other bacteria are the cause.

All women are at risk of bladder infections because of their anatomy. In women, the urethra is close to the anus. And the urethral opening is close to the bladder. This makes it easier for bacteria around the anus to enter the urethra and to travel to the bladder.

**Infection of the urethra.** This type of UTI can happen when GI bacteria spread from the anus to the urethra. An infection of the urethra can also be caused by sexually transmitted infections. They include herpes, gonorrhea, chlamydia, and mycoplasma. This can happen because women's urethras are close to the vagina.

**Risk factors**

UTIs are common in women. Many women experience more than one UTI during their lifetimes. Risk factors for UTIs that are specific to women include:

- **Female anatomy.** Women have a shorter urethra than men do. As a result, there's less distance for bacteria to travel to reach the bladder. Being sexually active tends to lead to more UTIs.
- **Certain types of birth control.** Using diaphragms for birth control may increase the risk of UTIs. Using spermicidal agents can also increase risk.
- **Menopause.** After menopause, a decline in circulating estrogen causes changes in the urinary tract. The changes can increase the risk of UTIs.
- **Urinary tract problems.** Babies born with problems with their urinary tracts may have trouble urinating. Urine can back up in the urethra, which can cause UTIs.
- **Blockages in the urinary tract.** Kidney stones or an enlarged prostate can trap urine in the bladder. As a result,

the risk of UTIs is higher.

- **A suppressed immune system.** Diabetes and other diseases can impair the immune system — the body's defense against germs. This can increase the risk of UTIs.
- **Catheter use.** People who can't urinate on their own often must use a tube, called a catheter, to urinate. Using a catheter increases the risk of UTIs. Catheters may be used by people who are in the hospital. They may also be used by people who have neurological problems that make it difficult to control urination or who are paralyzed.
- **A recent urinary procedure.** Urinary surgery or an exam of your urinary tract that involves medical instruments can both increase the risk of developing a UTI.

**Complications**

When treated promptly and properly, lower urinary tract infections rarely lead to complications. But left untreated, UTIs can cause serious health problems. Complications of a UTI may include:

- **Repeated infections,** which means you have two or more UTIs within six months or three or more within a year. Women are especially prone to having repeated infections.
- **Permanent kidney damage** from a kidney infection due to an untreated UTI.
- **Delivering a low birth weight** or premature infant when a UTI occurs during pregnancy.
- **A narrowed urethra in men** from having repeated infections of the urethra.
- **Sepsis,** a potentially life-threatening complication of an infection. This is a risk especially if the infection travels up the urinary tract to the kidneys.

**Prevention**

These steps may help lower the risk of UTIs:

- **Drink plenty of liquids,** especially water. Drinking water helps dilute the urine. That leads to urinating more often — allowing bacteria to be flushed from the urinary tract before an infection can begin.
- **Try cranberry juice.** Studies that look into whether cranberry juice prevents UTIs aren't final. However, drinking cranberry juice is likely not harmful.
- **Wipe from front to back.** Do this after urinating and after a bowel movement. It helps prevent the spread of bacteria from the anus to the vagina and urethra.

**UTIs**

Continued on Page 24





Traditional & Cremation Chapel Services  
Services For All Faiths & Price Ranges  
Pre-Need & Trust Insurance Available Large  
Well-Lit Parking Area • Military Services

Original Downtown Funeral Chapel Seats 120  
Lebanon Road Chapel (Rt. 10)  
Seats Over 250 and has a Large Parking Lot

## TORBERT

FUNERAL CHAPELS AND CREMATORIES

**Funeral Chapels  
& Crematory**

**302.734.3341**

**Pet Crematory  
(Friends Forever)**

**302.734.9802**



TorbertFuneral.com TorbertFC@yahoo.com  
Licensed in MD & DE



**PAM REHABILITATION  
HOSPITAL OF  
DOVER**

A Post Acute Medical Hospital

1240 McKee Road  
Dover, DE 19904

Admissions: 302.672.5854

Fax: 302.672.5787



[www.postacutemedical.com](http://www.postacutemedical.com)

### UTIs

Continued from Page 23

- **Empty your bladder soon after having sex.** Also drink a full glass of water to help flush bacteria.
- **Avoid potentially irritating feminine products.** Using them in the genital area can irritate the urethra. These products include deodorant sprays, douches, and powders.
- **Keep vigilant of any changes** you may notice in yourself or a loved one, especially an elderly person and get it checked.

### To prepare for your appointment with your Doctor:

Write down questions to ask your doctor.

- Ask if there's anything you need to do in advance, such as collecting a urine specimen.
- Take note of your symptoms, even if you're not sure they're related to a UTI.
- Make a list of all the medications, vitamins, or other supplements that you take.
- For a UTI, basic questions to ask your doctor include:

### UTIs

Continued on Page 25



## CHEERMOBILE

**Mini Market**

**"A Grocery Market on Wheels"**

Having trouble getting to the grocery store or know someone who does? The CHEERMOBILE delivers groceries right to your front door.

Stocked with over 175 staple grocery items - ranging from bread, rice, peanut butter, cereal, sugar, flour, canned fruit and vegetables to laundry detergents and cleaning supplies to pet food.



For info call:  
**302-515-3040**



**UTIs**

Continued from Page 24

- What's the most likely because of my signs and symptoms?
- Are there any other possible causes?
- Do I need any tests to confirm the diagnosis?
- What factors do you think may have contributed to my UTI?
- What treatment approach do you recommend?
- If the first treatment doesn't work, what will you recommend next?
- Am I at risk of complications from this condition?
- What is the risk that this problem will recur?
- What steps can I take to reduce my risk of a recurrence?
- Should I see a specialist?

Don't hesitate to ask other questions as they occur to you during your appointment.

### Your doctor will likely ask you several questions, including:

- When did you first notice your symptoms?
- Have you been treated for a bladder or kidney infection in the past?
- How severe is your discomfort?
- How often do you urinate?
- Are your symptoms relieved by urinating?
- Do you have low back pain?
- Have you had a fever?
- Have you noticed vaginal discharge or blood in your urine?
- Are you sexually active?
- Do you use contraception? What kind?

Remember, UTIs can happen at any age. If you identify with any of these factors, see your doctor immediately.



# BUSINESS DIRECTORY

Local Businesses Ready to Serve You!

## AQUATICS

### Check out the Aquatic Center

Aqua Core, Arthritis Plus, Full Body Blast, Hydro-Fit, Low Impact, Oodles of Noodles, Pump N Power and Tabata+

Daily & monthly memberships available.  
No membership required.

Hours of Operation:  
M-F 6am-7pm; Sat 7am-5pm

**SUSSEX ACADEMY AQUATIC CENTER**  
21150 Airport Road Georgetown, DE 19947  
302-856-7805 • [www.sussexacademy.org](http://www.sussexacademy.org)



## DENTAL

### NOW OFFERING Implant Surgery & Teeth In A Day

- Facial Trauma
- Obstructive Sleep Apnea
- Wisdom Teeth Removal
- Corrective Jaw Surgery



[www.firststateoms.com](http://www.firststateoms.com)

#### Dover

1004 S. State St., Ste 1  
302-674-4450

#### Seaford

9096 Riverside Drive  
302-629-3588

#### Rehoboth Beach

19323 Lighthouse Plaza Blvd., #4  
302-226-1606

Cheer Members receive a discount on Annual Pool Memberships.



## Sand Hill Adult Day Program

*Everyone can be successful here!*

- Support for early Alzheimer's patients
- Professional staff trained in dementia programming and geriatric care
- Nursing oversight
- Safe, secure and stimulating environment
- Socialization and peer support
- Assistance with personal care
- Modified exercise programs
- Noon meal and snack program
- Activities customized to fit individual capabilities and moods
- Transportation available
- Respite for the caregiver



For information call Cindy Mitchell at

# 302-854-9500

Serving Sussex Seniors



*CHEER serves over half of Sussex County's 50+ population through an array of programs and services.*

**No Other Provider Offers the Lifestyle that**



*does to help keep seniors healthy, active, and in their own homes!*

To discuss your individual needs,  
call 302-515-3040 or visit [www.cheerde.com](http://www.cheerde.com)



## Chocolate Peppermint Fudge

What says Merry Christmas better than peppermint fudge? Here's an easy recipe to impress your holiday guests.

### INGREDIENTS

- 1 (5-ounce) can evaporated milk
- 1 1/4 c. sugar
- 1/2 tsp. kosher salt
- 1 c. mini marshmallows
- 1 c. 60% bittersweet chocolate chips
- 1/2 tsp. pure peppermint extract
- 1/4 c. coarsely crushed peppermints
- Flaky sea salt

### DIRECTIONS

**Step 1** - Line an 8- by 8-inch baking pan with parchment paper, leaving a 1-inch overhang on all sides.

**Step 2** - Bring evaporated milk, sugar, and kosher salt to a boil in a medium saucepan over medium-high heat. Cook, stirring constantly, 3 minutes. Remove from heat, and quickly stir in marshmallows, chocolate chips, and peppermint extract until melted and smooth. Immediately transfer fudge to prepared pan and spread in an even layer.

**Step 3** - Sprinkle fudge with crushed peppermints, pressing lightly to help adhere; let cool slightly. Refrigerate until firm, about 1 hour. Use parchment overhang to remove fudge from pan. Sprinkle with flaky salt and cut into pieces.

Fudge may be stored in an airtight container, refrigerated, up to 3 days. For best texture, bring to room temperature before serving.



# Feeling better starts with feeling

# HEALTHIER.

If you have chronic pain, chronic illness, or diabetes, or are a cancer survivor, there are **FREE workshops** that can help you live better. You'll meet others like you, learn skills to manage your illness, and start to redefine your life and your health.

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

Chronic Disease | Diabetes | Chronic Pain | Cancer



DELAWARE  
**Self-Management  
Programs**

TOOLS FOR BETTER HEALTH





**G I V E  
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](http://www.cheerde.com)