

FREE

FEBRUARY 2023

# CHEERful Living

**A Monthly Publication Promoting Healthy and Active Lifestyles  
for Sussex County's Adults 50+**

## *Operation Christmas CHEER*

CeCe DeCamp of Rehoboth and Alina Femer of Lewes had on their holiday attire to deliver gifts and meals to Sussex County seniors on Christmas Day. See more photos on Pages 12 and 13.

## *It's Been A Wonderful Life*

Pioneer in Para-Transit  
Has Never Been Bored.  
Page 7

## *Black History Moment*

Did you know about  
The "Green Book"?  
Page 15







**A Monthly Publication Promoting Healthy and Active Lifestyles  
for Sussex County's Adults 50+**

CHEER, Inc. has been serving Sussex County's senior citizen population for over 50 years. The private, non-profit agency offers an array of programs including nutrition, transportation, home health assistance, social and recreational activities. CHEER serves over half of Sussex County's 50+ population.

The new tabloid-size (10.5 in. wide X 12 in. deep) **CHEERful Living** magazine is published monthly to keep seniors informed about social activities and senior services offered to them. The magazine's circulation is 5,000 which goes straight into the hands of CHEER members in our seven senior centers, hundreds more homebound seniors receiving CHEER's Meals on Wheels and their caregivers, and hundreds more who pick it up in medical offices, businesses and public buildings throughout Sussex County. All advertising revenue from this magazine goes straight toward providing high quality services to help keep our senior citizens in their homes.

For more information about how you can showcase your business to the public while also supporting the needs of senior citizens, contact Carolyn O'Neal, Community Relations Director, at [carolyno@cheerde.com](mailto:carolyno@cheerde.com) or call 302-515-3040.



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# From The Editor ...



Delaware's Giving Day.  
3/2 - 3/3 • 6 PM - 6 PM  
[DoMore24Delaware.org](http://DoMore24Delaware.org)

As a Delaware based nonprofit, CHEER is thrilled to announce that we are participating in **Do More 24 Delaware/Delaware Gives**, a statewide giving campaign March 2nd-3rd.

The services to Sussex County senior citizens that CHEER provide are made possible through donations from individuals like you. With fewer foundations, smaller grants and formerly localized investments now leaving the state, the impact you have is more important than ever.

Can you imagine what life would be like for your senior neighbors if the work CHEER does stopped tomorrow? The community you care about relies on your support to get nutritious meals, enjoy companionship, receive assistance at home, and get to doctor's appointments.

But the future of the work CHEER does is not at all assured. We must do more! We must work together to ensure the continuation of the critical services that make Sussex County safe, special, and sustainable for future senior citizens.

For 24 hours from 6 p.m. March 2nd through 6 p.m. March 3rd, we're asking you to do more with us. Please give to Do More 24 Delaware. Watch our website and Facebook page for more details in the days leading up to the event.

Thank you in advance for your support,

## CHEER 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."

## CHEERful Living

magazine is published monthly by CHEER, Inc.  
to support healthy and active lifestyles for seniors in Sussex County.  
Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

**Editor - Carolyn O'Neal**  
**Graphic Design - Rich Taylor**

For advertising information, contact Carolyn O'Neal  
at [carolyno@cheerde.com](mailto:carolyno@cheerde.com) or call 302-515-3040

# CHEER Staff

**Kenneth Bock**  
Chief Executive Officer

**Beckett Wheatley**  
Chief Operating Officer

**Sandy 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. Assistant

**Debbie Joseph**  
Personal Assistance  
Services Director

**Cindy Mitchell**  
Adult Day Program Director

**Mikayla Sommers**  
Hospitality Director

**Laura Berkin**  
Volunteer Director

**Gayle King**  
Outreach and  
Volunteer Assistant

**Genny Hines**  
Transportation Director

**Robert Rogers**  
Facilities Manager

**Kevin Mutch**  
Information and  
Technology Manager

## CONTACT INFORMATION

CHEER, Inc.  
546 South Bedford Street  
Georgetown, DE 19947  
Phone: (302) 515-3040  
Fax: (302) 515-3071  
[www.cheerde.com](http://www.cheerde.com)



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



Partially funded by





## Music, State Trivia Help To Jog Memories At ADC

By Cindy Mitchell  
Adult Day Care Director

The Adult Day Program at CHEER is always trying to jog the memories of its members. One way we do this is with a regular program of **Musical Biographies**. The program starts with a narrative of interesting facts about various musical artists. Some of the facts the members may already know but have not thought of in a while; other information may be new to them.

The narrative is followed by the specific music from the artist that is played on the television through You Tube. The artist featured is often done by request. Some of the artists who have been featured are Dolly Parton, Hank Williams, Phil Collins, etc. According to Google, "Music can elicit emotions and memories and help provide a link to a person's past and promote interaction with caregivers and others with Dementia. Recent findings suggest that musical training delays cognitive decline and promotes brain plasticity in the elderly brain."

Another program that helps us jog the memory and provide a little education is **Fun Facts of the States**. We follow the same format as with the Musical Biographies. We first start with a narrative of fun facts of a specific state. Then it is followed by a program of the state on You Tube. Our members come from all over the United States. They have traveled for employment, education, military, vacation and retirement, etc. This jogs their memory but

# CEO Perspective

By: Kenneth S. Bock  
Chief Executive Officer

With each passing year our perspectives tend to change. Children look forward to becoming teenagers. Teenagers count the days until that 16th birthday and the all-important driver's license. Then it's a short couple of years until you are "of age" when you can purchase a drink, vote, sign contracts and be a full grown adult; at least in the eyes of the law. What's next, begin your career, get your own home, perhaps start your own family. After that; what do you do to make your mark in this world? What becomes most important: things you do for yourself, for your family and friends or sometimes it's things you do for others that you may not even really know. As you continue to "adult," that perspective of yours continues to evolve with you.

When I was a much younger adult and just starting out in the working world, a good friend of mine was fond of saying, "He that can collect the most toys in life wins". I'd like to think it was never just about the material things and who could collect the most. Now that I am well into my second half century, my perspective of what is truly important continues to evolve. I have been blessed in many ways in life. I have had challenges here and there and things have not always gone

also allows us to learn more about our members.

Contact me, Cindy Mitchell at 302-212-4482, to learn more about the Sand Hill Adult Day Program



Ken Bock, CHEER CEO

just exactly the way I wanted, but from my perspective looking back, I better understand how each of those experiences have helped to shape who I am today.

Throughout our lives, our perspectives broaden. At some point in the maturation process we begin considering the needs and perspectives of others. How does what we do impact the lives of others and maybe, more importantly, what can we offer to help make a positive difference in the lives of others? Each of us has needs and in our own time, we will each need a helping hand. As we are able, shouldn't we take every opportunity to try and make that difference for someone else? For those of us who are fortunate enough to be able to give a little, we may never know the full impact our generosity could make in another life; but be assured, every donation of time and/or treasure makes a difference.

We all have something to offer.

Volunteers are the hands and feet of many of the programs and services provided by CHEER. It is the heart of a CHEER volunteer that takes the extra minute to extend a smile and ask one of our seniors how they are doing that day. For too many seniors, that may be the only human interaction they have all day. That smile and concern may only take a minute, but for a senior, that smile may change the entire day. What is the value of that smile to a lonely senior? What is the value of the smile to you? That single moment can touch something in you that is priceless.

For those who are able, a monetary donation may not make any tangible difference in your life, but if you are a senior and your only meal of the day has been made possible because of someone's generosity, what is the value of the donation? Does that change your life in priceless ways?

For all of those who donate and volunteer, we are grateful and offer our most sincere appreciation. Today, if you have not experienced CHEER yet, maybe this is the year to make a difference and help be the difference for someone else. This year, more than ever, couldn't we all use a little more CHEER in our lives? Please join us and be the difference.

*"Movie cowboys mystify me," says Bob Hope. "How can they jump off a porch roof and onto a horse, and still sing in a normal voice?"*





## Senior Sleigh Campaign ...

With the help of generous people, gifts were left at three drop locations around Sussex County to go to seniors on Christmas morning. At left, collecting the gifts at County Bank Long Neck are Associate Trevor Baull, Assistant Manager Bonnie Paulson and Manager Terrie Brewster; at County Bank Milton are Assistant Manager Jeff McGuire and Manager, Ernie Dukes, Jr.; and at M&T Bank Georgetown is Manager Mary Ann Smarte.

## Volunteer Spotlight ... Bob Harrison



Bob Harrison has been volunteering at CHEER since October 2021. He volunteers at the Long Neck center every day from 8 a.m. until 1 p.m. Bob moved to Delaware from Berlin, Maryland in August 2021. He retired from his own business in 2006. One day, he took a walk across the street to the CHEER center and asked if they needed volunteers. Within the week, he was helping out in the kitchen and has been volunteering there ever since.

Bob's passion for helping people stems from his family. He and his sisters have always volunteered and love to give back to their communities. While living in Berlin, Bob ran the Habitat Restore as a full time volunteer for five years.

Sometimes, Bob's dog, Prancer, a seven-pound Pomeranian, visits at CHEER because he loves being with the members. When Bob is not at CHEER, he has a transport business assisting local Millsboro and Long Neck residents, taking them to doctor's appointments, the local supermarkets, and on their errands.

Bob proudly was "Santa" this year at the Long Neck center. His hobbies include fishing and spending time with his dog and wife.

## February is... American Heart Month



### 1200 BC – Ancient Heart Disease

Egyptian mummies, some more than 3,500 years old, show signs of cardiovascular disease, proving that heart disease isn't an entirely modern phenomenon. Researchers speculate that the high-fat diet and sedentary lifestyle of upper-class Egyptians may have contributed to their poor health, but other pre-modern factors could also be at play.

### 1924 - American Heart Association Forms

Several heart disease research groups coalesce to form the AHA, hoping to coordinate and promote efforts to understand and treat heart disease.

### 1950s - Diet Becomes Important

In the 1950s, doctors begin to understand cholesterol and the role of a low-fat diet in cardiovascular health.

### May 1967 - First Bypass Surgery Performed

Argentinian surgeon Rene Favaloro from the Cleveland Clinic performs the first bypass surgery, changing heart treatment forever. Today, coronary artery bypass grafting is the most common cardiac surgery in the world.



## It's Been A Wonderful Life ...

# Pioneer In Para-Transit Doesn't Know What Bored Means

By Carolyn O'Neal  
Community Relations

Sometimes we look back on our lives and we question, "Who was that child; that is not who I am now?"

Joan Price of Long Neck has asked herself that question. She looks back on her childhood and sees an only child growing up in West Philadelphia, which was her whole world.

"I had a wonderful childhood," Joan remembers. "We never went anywhere, and I think it was because we were poor. But I didn't know that."

Joan married and had four children. Her daughter had cerebral palsy which forced Joan to tackle new challenges that the world had given her. She tells about having a friend who had a disabled son. The two children needed to get to school, but at that time there was no inner city para-transit. Therefore, she and her friend had to share the responsibility of getting the children to school.

When her daughter was 21 years old in 1976, she and Joan put their heads together and leaned on each other's strengths to form the first para-transit company in Delaware County, Pennsylvania. They received a major contract from the Americans with Disabilities Act (ADA) to provide transportation to disabled persons. With their vision and hard work, the ladies provided "special services" to the disabled for 15 years. When they retired, Joan's company had a fleet of 52 buses with over

100 employees, all intercity residents.

"I loved them all," Joan said about her employees. "We had a great relationship."

Joan retired to the Long Neck area in 1987 and immediately got a job as a bus driver for Beebe hospital, transporting cancer patients to and from treatments.

"I didn't know one road from another (in Sussex County), and I had no GPS back then," laughed Joan. "But for eight-and-a-half years, I never got lost."

Joan continued to explain that she had a "scout" who helped her locate the residences. "Neil was a case worker who went to the home beforehand (to evaluate the patient), so he would write down the directions for me," she revealed. "Some of the neighborhoods were not so nice, but I got them there and back."

After retiring from Beebe, Joan started attending the Long Neck CHEER Center. Not one to sit back and watch, she started volunteering at the front desk. She spends many of her senior days greeting visitors, answering the phone, and doing anything else the director needs. She also volunteers at the New Life Thrift Store in Rehoboth and as a mentor at school.

At 90 years old, Joan said her life has been interesting from start to "who knows when."

"I have never been bored in my life," Joan said. "I don't even know what it means."



Volunteer Joan Price

ARE YOU BALANCING YOUR JOB,  
PERSONAL LIFE AND CARING FOR SPOUSE,  
PARENTS, GRANDPARENTS, or LOVED ONE?

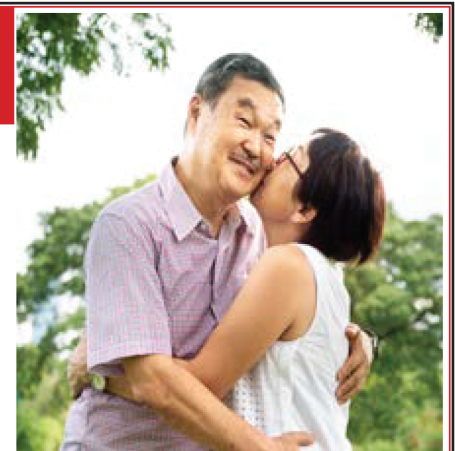
## SAND HILL ADULT DAY PROGRAM

*We understand  
how difficult it can be.*

Offering respite care for caregivers as we care for your loved ones 50 and older.  
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**CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE**  
Call Cindy at 302-854-2882 or email [cmitchell@cheerde.com](mailto:cmitchell@cheerde.com)





# Making Something Beautiful To Enjoy

By Mikayla Somers  
Hospitality Director

Happy February! As Spring is slowly making its way to us once again, it's time to get excited about flowers as well as Valentine's Day and add a few pops of floral and color to our homes! Floral arrangements are a fun way to add color and express feelings through the various flowers, colors and arrangements!

The easiest and cheapest way to have long lasting florals is to purchase fake flowers. It sounds expensive to get fake florals, but not only can they be

purchased for under \$5, they also can last a lifetime as well.

To get into making your own arrangement you must first figure out your base. You can use a lot of things to serve as a "vase," anything will comfortably fit flowers. I recommend a mason jar. It's typically something that you can find at home or get fairly cheaply at the store, but it is up to you whatever you may want to use.

There are different types of flowers in a floral arrangement. The first is the **Focal**. It is the flower that all the others complement. It should always



be the thing you build around. For this example, I am using a classic Red Rose. The second type of floral is called the **Filler**. It's what you add to have dimension, and different color. It should complement the other flowers but not take away from

the Focal flower. To complement the Red Rose in our example, I am going to use Baby's-Breath. Lastly, you need to add a little bit of greenery which just adds a bit more dimension; it's called the **Foliage**. I will be using leather leaf, which is a wide, green leafy plant.

When arranging flowers you have to do what feels natural. The only rule is to have fun doing it. If you're getting overwhelmed, stop and take a few minutes or switch out the flowers you're using to others that may work better. The goal is to enjoy yourself and make something beautiful out of it!

## When The Time is Right...

Create the wedding ceremony and/or reception you've always dreamed of by using our renovated venue at the **CHEER Community Center**. New neutral paint on the walls and sparkling new tile flooring ensure that your color scheme will enhance the ambiance of the occasion. Set-up for tables and chairs will be ready for your special touch decorating the day before your wedding day. Dining seating available for up to 400 guests.

An unique, delicious and affordable menu can be customized for you.

*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)**





# Legislative Corner ...

**Editor's Note:** We will be inviting Sussex County's State Legislative delegation to submit articles for this newspaper to keep seniors up-to-date on any Bills or actions taking place which is of concern to the senior population. This month's contribution is from State Representative Ruth Briggs King from the 37th District.

**Happy  
New  
Year!**



felt by many seniors. I encourage you to experience the many wonderful programs offered by CHEER and to make friends in your area.

Sincerely,  
State Rep. Ruth Briggs King  
37<sup>th</sup> District

2023 began with warm weather that provided some relief from the bitter cold. Most of us have experienced many winters and know that spring is weeks away regardless of what the groundhog predicts. Naturally, we tend to stay indoors more and travel less during the winter weather. However, please don't isolate yourself at home. We know that overcoming loneliness is a big factor for maintaining our health and wellness.

CHEER offers several programs and activities to overcome the winter blahs. There are many opportunities and programs in which you can either volunteer or participate that will be fun and safe for you. I hope to see you at one of these upcoming events!

I am proud to serve on the Aging in Place Task Force and the Dementia and Long-Term Care Task Force. I work diligently to share your concerns and needs and to see that services for our aging population is available when and where we need them.

One of the top concerns since the start of the pandemic has been the decline of fellowship with others that has been



STATE SENATOR Dave Wilson gets assistance from volunteer Nancy Burris in picking out poinsettias to take to seniors on his Christmas list during Operation Christmas CHEER.

## State Legislators Serving Sussex County

### House of Representatives

Dist. 4	Jeff Hilovsky	<a href="mailto:jeff.hilovsky@delaware.gov">jeff.hilovsky@delaware.gov</a>	302-744-4079
Dist. 14	Pete Schwartzkopf	<a href="mailto:Peter.Schwartzkopf@delaware.gov">Peter.Schwartzkopf@delaware.gov</a>	302-744-4351
Dist. 20	Stell Parker Selby	<a href="mailto:stell.parkerselby@delaware.gov">stell.parkerselby@delaware.gov</a>	302-744-4351
Dist. 35	Jesse Vanderwende	<a href="mailto:Jesse.Vanderwende@delaware.gov">Jesse.Vanderwende@delaware.gov</a>	302-744-4267
Dist. 36	Bryan Shupe	<a href="mailto:Bryan.Shupe@delaware.gov">Bryan.Shupe@delaware.gov</a>	302-744-4171
Dist. 37	Ruth Briggs King	<a href="mailto:Ruth.BriggsKing@delaware.gov">Ruth.BriggsKing@delaware.gov</a>	302-744-4251
Dist. 38	Ronald Gray	<a href="mailto:Ronald.Gray@delaware.gov">Ronald.Gray@delaware.gov</a>	302-744-4171
Dist. 39	Daniel Short	<a href="mailto:Daniel.Short@delaware.gov">Daniel.Short@delaware.gov</a>	302-744-4172
Dist. 40	Tim Dukes	<a href="mailto:Timothy.Dukes@delaware.gov">Timothy.Dukes@delaware.gov</a>	302-744-4171
Dist. 41	Rich Collins	<a href="mailto:Rich.Collins@delaware.gov">Rich.Collins@delaware.gov</a>	302-744-4082

### Senators

Dist. 6	Russell Huxtable	<a href="mailto:Russell.huxtable@delaware.gov">Russell.huxtable@delaware.gov</a>	302-744-4136
Dist. 18	Dave Wilson	<a href="mailto:David.L.Wilson@delaware.gov">David.L.Wilson@delaware.gov</a>	302-744-4048
Dist. 19	Brian Pettyjohn	<a href="mailto:Brian.Pettyjohn@delaware.gov">Brian.Pettyjohn@delaware.gov</a>	302-744-4117
Dist. 20	Gerald Hocker	<a href="mailto:Gerald.Hocker@delaware.gov">Gerald.Hocker@delaware.gov</a>	302-744-4144
Dist. 21	Bryant Richardson	<a href="mailto:Bryant.Richardson@delaware.gov">Bryant.Richardson@delaware.gov</a>	302-744-4298

# Winter Safety Tips for Seniors to Keep Them Safe and Warm

By Debbie Joseph

Personal Assistance Services Director

Keep the seniors you love safer in the winter by evaluating their environment, having a backup plan, and making sure they have the right clothing. Here are some winter safety tips for seniors.

Slips and falls, power outages, snow removal, driving, and keeping warm are some of the most common challenges experienced by senior family members during this period. In fact, countless seniors will be hospitalized this winter following slip and fall accidents. Here are some of the most effective winter safety tips for seniors.

Elderly adults have an increased risk of falling during the cold winter months due to many reasons, such as:

- The sensation in our feet declines with age. Seniors who suffer from diabetes, arthritis, poor sight, and poor circulation, and those who suffer the complications of a stroke are more prone to losing sensation in their feet. It can affect the balance of the senior, and slippery surfaces increase the risk of injury due to loss of balance issues.
- Most of the time, seniors have an unsteady gait, even during normal weather conditions. Sedentary adults have weakened muscles and are more prone to slip-and-fall accidents during winter.
- Seniors are on multiple medications at any given time. This can cause various side effects, such as dizziness and dementia. These conditions can increase the risk of slips and falls among seniors.

Keep an eye on the temperature to protect your senior family member – Seniors can easily become too cold and become dehydrated. Patients with cardiac problems are more prone to getting colder. Your senior's room should be shielded properly and the windows sealed to prevent draft.

Don't drive when there are too much snow and ice. The reflexes and processing speed will decline as a person ages. It might be harder for a senior to maintain his/her focus when there is snow or ice on the road. A senior might find it difficult to regain control of the vehicle when it slips on snowy roads. That's why your senior should stay away from driving when there are too much snow and ice on the road.

The right amount of food, supplements, and nutrients is important for this purpose. Calcium, vitamin D, and dairy products are important for your family member during this period.

Senior family members who work hard to maintain muscle strength, balance, flexibility, and endurance are less likely to suffer slip and fall injuries during the harsh winter. That's why year-round routine exercise is considered the most effective practice for seniors to stay healthy and fit during the cold winter season.

An icy driveway or walkway increases the risk of falling for your senior. You should clear the driveway and walkways or get someone to clear them for you when it is snowing outside. Hire

a contractor to shovel the snow and salt the sidewalks ahead of time. That way, your senior family member will stay safe during the harsh winter months.

Get the furnace, wood stove, and chimney serviced before the winter season. Get this done by a professional service provider before the arrival of winter. The last thing your parent or grandparent wants is one of these appliances to break down when they need it.

Also, make sure the electric space heaters are being used safely. Make sure that you clear an area of three feet around the space heater to ensure better safety.

Avoid candles and keep a flashlight ready. Power outages are quite common during the harsh winter months. Keep several flashlights in easily accessible areas so that your senior can access them when there is no power.

Ensure your parent or grandparent has an easy-to-use mobile phone to get immediate help during a fall. If they are using assistive devices, practice them properly to know how to use them in an emergency.

## Memory Cafe Is An Opportunity To Make New Friends Without Fear

By Christie Shirey

Community Resource Director

Happy February! This month I would like to invite you to join one of our Memory Café sessions. Memory Cafes began emerging in Europe in the late 1990s. The concept originated in the Netherlands and spread to England in 2000, where the government provides funding. Many grassroots efforts have spread the concept, and the first Alzheimer's café in the U.S. started in Santa Fe in 2008.

The heart of the program is to provide a gathering for individuals with memory loss along with their caregivers, or friends and family, in a safe, supportive, and engaging environment. First and foremost, it is a social gathering – an opportunity to make new friends and interact without fear of embarrassment or being misunderstood. Many also find it an avenue for sharing concerns and providing support as well.

At CHEER, we have tried to set it up to be entertaining to all of our members. There is a lot of talking and laughing, but we also do puzzles and play games that stimulate memory function. The activities are adjusted for each individual's abilities and everyone helps each other. The best part is it is really fun and you make great friends. Please think about trying out this activity. This month, you might catch us playing for candy!

The meeting schedule is as follows:

- Georgetown – Tuesdays at 9:30 a.m.
- Long Neck – Tuesdays at 1 p.m.
- Milton - Thursdays at 9:30 a.m.
- Greenwood - Thursdays at 1 p.m.
- Ocean View – Fridays at 9:30 a.m.



## Beloved Bus Driver Retires

Friends and coworkers recently gathered for a celebrity breakfast at the CHEER Transportation Office to give bus driver Wilson “Opy” Coale a fond farewell and best wishes upon his retirement from CHEER. Opy started driving for CHEER almost ten years ago in 2013. He learned all the routes, and in the beginning he substituted frequently for the other drivers. However, the last five years he has been transporting the seniors in the Long Neck area.

Several people wanted to know how he got the nickname “Opy.” The honoree explained that he was the last of 12 children who all had nicknames. His birth was tough on his mother who was in labor for several hours. It was during World War 2 when everything was rationed and very tight to get. The time was called Occupational Price Years (OPY).

“Everything was tight to get then, and so was I, so I got the nickname Opy,” he laughed.

Before coming to CHEER, Opy worked for Atlas Point Chemicals in New Castle for 40 years. He also drove a bus for the Middletown senior center before coming to Sussex County. Opy said he regretted retiring from Atlas and is glad he found a meaningful occupation with senior citizens. He said he hopes he doesn’t miss it too much. However, Opy’s wife of 45 years has plans to keep him busy. Marsha and Opy will soon be enjoying a Caribbean cruise and other travels. When they return, there



**Wishing Opy Coale (seated right) a fond farewell upon retiring as a bus driver for CHEER are ladies from Long Neck: seated, Joan Price; and standing, Denise Meyer and Mary Hosley.**

are six children, 11 grandchildren, and six great-grandchildren waiting to fill Opy’s time.

## You Don’t Need A Reason To Help People *These hands should be your’s!*

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





Young Vivian Larusso likes a little hot chocolate with her marshmallows.



Sussex County Sheriff Lee helps Larry Savage load up his car with goodies for homebound seniors.



Leslie and Viara Vincent-Giraffe of Milton brought a little Rudolph cheer to the occasion at the CHEER Community Center.



Volunteers Ilene (New Jersey), on left, and Heather Hauke help Heather Hauke during her first year with CHEER.



Noeraeny Raitchel and her sons, Fiore and Mark, of Frankford are enjoying their second year of participating in Operation Christmas CHEER.



Pat Smidt of Long Neck is all loaded up to deliver gifts and meals to senior citizens.

### *What is Operation Christmas CHEER?*

CHEER recently received a telephone call from a single, elderly CHEER customer. She wanted to let us know that she received her gifts on Christmas day and was very grateful for all of the items since she does not have anyone to celebrate the day with. She said her volunteer dropped off extra items. So she was very happy with what was delivered, kept some, then packed up the rest and gave it to neighbors who she felt would appreciate getting a little something for Christmas. She said it made her feel good that she could help out. The lady said the volunteer was very nice and kind. She just wanted to express her thanks and appreciation. She was such a sweet lady. That's what Operation Christmas CHEER is all about.



Sussex Sheriff Lee (left) and CHEER Volunteer Director Lauren Berkin and husband Al, come to the aid of volunteer Kathy Golden of Milton.



Gladys Marland and Beth Young, both of Milford, enjoy visiting the seniors on Christmas Day.



The Larusso family of Milton - Nick and Allison and daughters, Vivian and Fiona - have been delivering to seniors on Christmas Day for four years.





Greenfield (a recent transplant from New  
and Nancy Burris of Harrington, on right,  
sman of Millsboro pick out a poinsettia  
ear of enjoying Operation Christmas



CHEER Nutrition Director Amy Smith and daughter,  
Avery, set out food that goes to the seniors as part of  
Operation Christmas CHEER.



Kurt and Charisse Herring of Dagsboro are teaching  
their sons, Wyatt and Marshall, the importance of  
volunteering and helping others as they participate in  
Operation Christmas CHEER for the second year.

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CHEER Board Member Nick Varrato and wife, and  
Barbara and Bernie Leilich, all of Millsboro, check in to  
get their assignments at Operation Christmas CHEER.



CHEER Chief Operating Officer  
Beckett Wheatley and husband Bob  
welcomed volunteers to Operation  
Christmas CHEER.



Missy Funk and mother, Cathy Rintz, are  
all lit up to deliver to the seniors.



CHEER Outreach and Volunteer Assistant Gayle King  
helps Cinarda Moore of Camden with getting gifts for  
seniors at her first Operation Christmas CHEER.



Former CHEER Board member  
Bud Clark and wife Connie have  
been volunteering at Operation  
Christmas CHEER for decades.



CHEER Community Resource Director Christie Shirey  
has the help of her daughters on Christmas Day. They  
are, left to right, Sky Shirey, Christie, Nicole Shirey and  
Elicia Banks-Gabriel of Los Angeles, California.







## A Black History Moment in Time

For 30 years, a New York City mail carrier by the name of Victor Green wrote and distributed the Green Book - a travel guide for African American motorists.

This was not your average AAA guide providing the “hot spots” to travel, this was in actuality a lifesaver for Blacks during the height of segregation in the United States, from 1936-1966. The Green Book helped Black travelers navigate the dangers and constant humiliations that racial segregation posed.

The book included everything from gas stations that would serve African Americans to restaurants, barber shops, beauty salons and safe places to stay. So, how is it that a book that was in circulation for three decades is relatively unknown today?

Discrimination was so real that not only did they [Black travelers] pack their own food; but also their own gas. You never knew when traveling while Black what was going to happen to you and if you had kids with you, it just added to the anxiety.

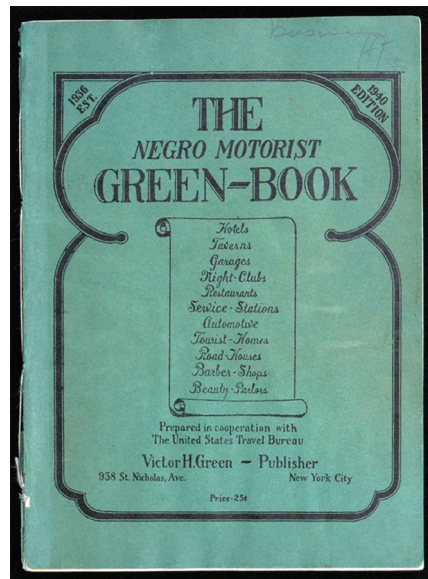
The history of the Green Book is lost to most more than likely due to the pain and embarrassment that Black parents did not want to pass down to their children.

Our collective lack of



knowledge around many Black heroes and heroines can also be attributed to the fact that we rely on our nation's school systems to educate us - the same systems that we are fighting against to make sure that slavery isn't referred to as “unpaid work”. Therefore, it is really no surprise that we know very little about how complicated and treacherous it was for Blacks to travel.

Another interesting part of the Green Book was the first message



written by Victor Green telling Black travelers to be respectable and to act as ambassadors of the Black community. Back then, it mattered how you looked. For some if you dressed well you may be treated a little better, not always, but sometimes. However, nowadays this doesn't seem to matter. Back then it worked for some; but people were still being lynched.

Martin Luther King wrote about his experience of not being able to bring his kids to Funtown in Atlanta even though they begged and pleaded - and how much pain it caused him not being able to do that.

Discrimination is a poison.

There was no Internet back then

to get the green book. It was put together with love from Black people for each other to keep each other safe. The Green Book was an attempt to bind Black people together at a time when Black people would open their homes just to keep each other safe. It did not matter if you were a superstar, a musician, an artist, you would still have no place to stay, eat, or bathe while on the road. This book was about allowing Black people to preserve their dignity.

*\*Parts of the above article credited to NBCNews.com.*

## Senior Care: The Perfect Storm

By Kenneth S. Bock, CHEER CEO

The Perfect Storm, a euphemism for a sequence of events that combine to produce catastrophic results. As a senior citizen service provider and caregiver, I can tell service recipients, providers and senior service funders that it's time to batten down the hatches.

When I first got into senior services many years ago, the leaders in the field were talking about the “Gray Wave.” The first baby boomers were becoming seniors and medical facilities, nursing homes and health care organizations were planning to serve an expanding and aging population. We blew through the Gray Wave and a decade later, the Senior Tsunami came crashing upon an unprepared and undersized service network. While the last of the baby boomers are now seniors, medical advances and healthier lifestyles are enabling us all to live longer. That is a good thing; but in the sequence of perfect storm events, over the last two decades it means that there were more seniors than ever entering the ranks of our mature fraternity. At the same time as the average senior lives longer, each of us has the opportunity to spend more time in our “golden years.” The demands for all senior services, including skilled and non-medically skilled services, continues to increase with each passing year. That is a significant element in this Perfect Story.

As the demand for all senior services continues to grow year after year, the planning and programing for how we as a society are going to attend to these needs has not kept pace. Funding for senior services, training programs for senior care workers at all levels and facilities have not keep pace with demand. The lack of

appropriate levels of senior care resources is another element of that perfect storm. Add a couple of years of COVID shutdowns and quarantines on top of a service network that is a decade or more behind the demand and sprinkle in a little inflation that is not paid for and you now have all of the elements for the Perfect Storm.

What does the Perfect Storm look like? You don't need a crystal ball for this forecast. Skilled and non-skilled health care organizations are experiencing critical staffing shortages at all levels. We all see the help wanted signs in our communities and we hear the stories about shortages of medical personal and facilities/hospital beds and supplies. None of these critical resources can be created or expanded upon in a short period of time. So what are we doing to prepare? We understand that the gap between service demand and service resources is widening each year. That has been the case for more than a decade.

We all have a role in trying to mitigate the predictable catastrophic effects of this Senior Service Perfect Storm. Do all that you can to keep yourself healthy. Volunteer, pitch in, and help where you can with seniors in your community. There are many opportunities in every local area. Promote and vote for policies that increase resources for more senior service programs and services now.

Just like there is no one factor that has created this Senior Service Perfect Storm, there is no single solution that is going to save us from this catastrophe. Get involved and be part of the solution. It's not too late, but we are behind and the clock is running.





## Georgetown Activity Center

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

### Greetings 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. - Memory Café, 9:30 a.m. with Christie. Penny Bingo.
- 2nd Thurs. - Milton CHEER visiting.
- Each Thurs. - COVID-19 Vaccinations by LaRed Health, 10 a.m. All doses. You must call for an appointment.
- Each Fri. - Breakfast in the Café. 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.
- 3rd Fri. - Greenwood CHEER visiting.
- 4th Fri. - Visiting Greenwood CHEER.
- Weekly - Bank, Dollar Tree Walmart and Redner's.
- Wii® Bowling and Corn Hole games.
- Feb. 14 - Valentine's Day Party.

### Happy Birthday to:

Thomas J. .... 2/1  
Charles D. .... 2/3  
Priscilla G. .... 2/10



Della Zielinski and Joseph Donovan try their hand at cutting out ornaments for Christmas trees.



Bonnie Fritz and 'BJ' Barbara Jean Bailey working on cinnamon ornaments for Christmas trees.



Georgetown members made Santa Claus and snowmen pots for Christmas decorations. Pictured from left to right: Hattie 'Louise' Wilkins, 'BJ' Barbara Jean Bailey, Bonnie Fritz, Charles Donovan, Della Zielinski, Ruth Dorsey and Yvette Harris.



The Sunshine Singers entertained members for the holiday with Christmas songs.



# 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**

**Thank you to all our  
dedicated volunteers!**





## Greenwood Activity Center

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

### GREENWOOD ACTIVITIES MONTHLY EVENTS

- **Daily - CHEER Café Studio,** 11:30 a.m. Entertainment, speakers, and more.
- **Each Mon. - Bible Study,** 10 a.m. Food Lion or Walgreen's, 12:15 p.m.
- **Each Mon., Wed., and Fri. - Luncheon Card Club,** 1 p.m. Enjoy "Hand and Foot" with friends.
- **Each Tue. - Prize Bingo,** 10:30 a.m.-12:15 p.m. Dominoes, 1 p.m.
- **Each Thurs. - Memory Café,** 1 p.m.
- **- First Thurs - Blood Pressure Check w/Betty Fletcher,** 10 a.m. Alzheimer's Caregiver Support Group, 1 p.m.
- **Second Fri. - "Life Smatters" w/Robin Miller,** 12:15 p.m.
- **Each Week - Bingo, Games, Guest Speakers, Movies, Virtual Tours and more.**
- **Each Month - Entertainment with Lisa Miller.** AARP Defensive Driving, 9 a.m. -3:30 p.m. You must register in advance.

### ACTIVITIES

- **Feb. 2 - Ken's Korner,** 10:30 a.m. CEO Ken Bock discusses happenings and events at CHEER.
- **Feb. 3 - Entertainment w/ Lisa Miller,** 10:30 a.m.
- **Feb. 8 - Positive Music Time w/Randy,** 10:30 a.m.
- **Feb. 9 - Crafts w/ Sylvia and Charlene,** 10:30 a.m.
- **Feb. 10 - Visiting Cape Henlopen Senior Center,** 9:30 a.m.
- **Feb. 15 - Mobile Food Pantry,** 11 a.m. Call Fran

for info.

**Music Ministry w/Pastor Dan and Betsy Taylor,** 10:30 a.m.

- **Feb. 16 - "Stroll Down Memory Lane",** 10:30 a.m.
- **Feb. 17 - Visiting Georgetown CHEER,** 9:30 a.m.
- **Feb. 20 - Closed for Presidents Day.**
- **Feb. 24 - Celebrating Black History Month with Selena Brison.** Georgetown CHEER and Laurel Senior Center visiting.
- **Feb. 27 - Visiting Laurel Senior Center,** 9:30 a.m.

We will be hosting the "Eat Smart, Live Strong" classes presented by the Food Bank of Delaware.

The classes are offered for lower-income adults aged 60+ who want to learn techniques to age well, and learn to stretch your food budget and save money on groceries. All classes begin at noon and may include a live food demo. Prizes, games, handouts and recipes will be offered at each session.

Enjoy fun, interactive activities with other older adults. Talk about easy ways to make smart food choices and exercise more. Learn how you can Eat Smart and Live Strong. Attend all four sessions to receive a free cookbook.

- **Session 1:** Reach Your Goals, Step by Step, Feb. 13.
- **Session 2:** Challenges and Solutions, Feb. 27.
- **Session 3:** Colorful and Classic Favorites, Mar. 6.
- **Session 4:** Eat Smart, Spend Less, Mar. 13.

A very happy birthday to all our members born in the month of February.

Until next time,

*Fran*

## New Year's Celebration at Greenwood CHEER



Everyone attending Greenwood's New Year's celebration had a great time while being entertained by Suzette Pritchett at the center's New Year's Party.



Mildred Riley and Joe Donovan having fun at the center's New Year's Eve party.



Mason Dixon and Rhonda Cannon at Greenwood CHEER Center's New Year's Eve party.





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

## **HARBOUR LIGHTS HAPPENINGS**

### **Encouraging Words From Your Director**

#### **Happy February Everyone!**

One of the things that I've learned over the years is to be more comfortable with who I am. I decided not long ago that I would give myself a break because sometimes we are our worst critics.

There have been times that I have been overly hard on myself with various things. I would always hold myself to unrealistic standards and then beat myself up when I didn't achieve it. A very good friend told me that I needed to speak more kindly to myself and it actually made a huge difference.

My thought process went to how would I reassure a loved one. What words would I use to support them and how would I want them to feel. Then I had to turn those same exact warm feelings towards myself. I had to say those same kind things to myself in a caring way that I would say to a loved one.

So this month, I challenge you to not be so hard on yourself. Take the time out to give yourself a break because you deserve it. If you do something wrong, figure out how to fix it. If you don't have time to finish something, don't beat yourself up about it. If you don't like something about yourself, change it.

Let's all take the time to breath and live in the moment.

#### **Breakfast Bash**

We will be having our breakfast bash in February. 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 for it at the desk.

#### **American Heart Month**

February is American Heart Month. Every year thousands of Americans die from heart disease.

Heart Disease affects all ages, genders and ethnicities. Some risk factors are high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use. Eating a healthy diet, conducting in physical activity, managing your cholesterol and blood pressure can help reduce your risk for heart disease.

This month, let's try to incorporate a new heart-healthy habit like substituting soda with water for the month or pick a new habit like some form of exercise to get your heart pumping. Learn about the risk factors for heart disease and the ways you can prevent them by incorporating lifestyle changes to keep you healthy. There will be information available about American Heart Month at the center. Please pick up a flyer to obtain more information.

#### **Membership Renewal**

If you haven't done so, please don't forget to pay your membership dues. Please pick up your membership renewal form at the desk. If you have a friend that is interested in becoming a member or a volunteer please let me know. I would love to meet with them. Membership for the year is \$30.00.

Don't forget, once you are a member of one CHEER Center, you are eligible to visit any CHEER Center as long as you have transportation. Looking forward to a fun filled year with everyone!

#### **Valentine's Day Celebration**

*"A Valentine Friend is someone you choose to share your life with, someone who is always there, whether you're happy or blue. With a Valentine Friend, you can be yourself, you don't need to pretend; when you're careful to choose a compatible match, you create a perfect blend."*

*"With you for my special Valentine Friend, my life is full and bright; you bring contentment, joy and peace; you're my valentine delight!"*

By Joanna Fuchs  
Come celebrate Valentine's Day February 17 at 10 a.m. with games and entertainment with Greg Ellingsworth. After lunch there will be FREE Prize Bingo. We're looking forward to seeing you there.

As always, check on family

and friends as often as possible, pray, meditate, and most importantly...stay healthy and stay safe.

**Happy Birthday to everyone born in the month of February. We pray you have a blessed day and a blessed year to follow.**

Until Next Time, Crissy ♥

#### **Black History Month**

February marks Black History Month, a tribute to African American men and women who have made significant contributions to America and the rest of the world in fields of science, politics, law, sports, the arts, entertainment, and many other fields.

## **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.





## Ocean View Activity Center

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

### OCEAN VIEW HAPPENINGS

#### Winter Wonderland

\*Hello snow, hot cocoa, cozy blankets and frosty morns ... \*

A much more positive way to view the cold and dark. May you enjoy this poem I found on poetrysoup.com.

#### Winter Magic

*"There's something truly magic, when snowflakes start to fly.*

*A fairyland of wonderous white, beneath a clear, cold sky.*

*I enjoy looking at the leafless trees, standing there so bare.*

*I also love the evergreens, which are also standing there.*

*The world is white and silent, draped in pure white snow.*

*It's a lovely winter wonderland, everywhere you go!*

*A mild north wind is blowing, snow comes swirling down.*

*It creates a feathery blanket, which covers up the ground.*

*Walkers' footsteps are quickly hidden, by the freshly fallen snow.*

*Kids are out with friends on sleds, their faces all aglow.*

*Sounds of the season all seem new, with the crunch of boots on the ground.*

*There's so much to see in the great outdoors, when winter comes around."*

By Ralph Taylor,  
A Winter Couplet

Peace, Warmth and Joy!

Yolanda

### 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.; **Mahjongg and Corn Hole**, 10:30 a.m.; **Tablet Class; Quilting Club**, 1 p.m.
- **Each Tues. - Hand & Foot**, 9:30 a.m.; **Sit and Fit**, DVD, 10:30 a.m.; **Mahjongg and Mexican Train Dominoes**, 11:30 a.m.; **Painting or Arts and Crafts**, 12:15 p.m.; **Pinochle**, 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 and Poker**, 12:15 p.m.; **LaRed COVID Booster Shots** - call for appointment.
- **Each Thurs. - Weekly trips**, times vary. No Chair Yoga after Feb. 2 (Lori in Hawaii-DVD available). **Hand and Foot**, 12:15 p.m. **Parkinson's Exercise**, 1 p.m.
- **Each Fri. - Memory Café** with Christie Shirey, 9:30 a.m.; **Poker - Mahjongg and Bridge**, 12 p.m.
- **Feb. 2 - Ken's Korner**, 10:30 a.m. **Alzheimer's Caregiver Support Group**, 6 p.m.
- **Feb. 13 - Membership Meeting.**
- **Feb. 14 - Senior Safety w/ Cpl Briggs, DSP.**, 11:30 a.m.
- **Feb. 15 - Parkinson's Support Group**, 1 p.m.
- **Feb. 20 - Closed for President's Day.**
- **Feb. 21 - Mardi Gras Dinner**, 4 p.m. w/ entertainment by Everett Spells.
- **Feb. 27 - Stand By Me**, 11:30 a.m. **Celebrate International Polar Bear Day with Klondike Bars.**

### TRIPS

Refer to our January Calendar for a complete list.

- **Feb. 2** - Frosty Drive w/ Coffee and Desserts
- **Feb. 3** - Ollie's and Goin' Nuts Café, 10 a.m.
- **Feb. 9** - Redner's Market and Greene Turtle, 10 a.m.
- **Feb. 10** - Rose's, Goodwill, Shah Halal Middle Eastern Restaurant in Millsboro, 10 a.m.
- **Feb. 16** - Bylers Dover or Harrington (group choice)
- **Feb 17** - The Lodge at Millville

Boardwalk, noon

- **Feb.23** - Dover Mall and Food Court w/Roxana, 9:45 a.m.
- **Feb. 24** - Tour of Dicken's Parlour Theatre w/lunch at Good Earth Market, 10:30 a.m.

Reminder - everyone currently attending the center or other activities should have renewed their membership by now. The new membership year began January 3.

Center hours are 8:30 a.m. to 4 p.m.



Ocean View members, left to right: Jo Nolan, Diane Greene, Bev Donovan (blue jacket), Jean Turner, Jean Coggins (sitting in back), Tony Perticari, Celie Gnacyk, and Celie Pascuzzi enjoy the music of Mark Gratton at a recent center party.



Members Murry Gatling, Yvonne Gatling (in background), and Carol Gomez enjoy the food and entertainment at the center's holiday dinner.





## Make Saving Money a Priority in 2023

The first step to start saving money is figuring out how much you spend.

Keep track of all your expenses. Now, find ways to cut expenses, such as eating out one less time per month, canceling unused subscriptions or lowering your insurance costs.

Next, include saving in your budget. Now that you know what you spend in a month, create a budget so that you can plan your spending and limit overspending. Be sure to factor in expenses that occur regularly but not every month, such as car maintenance. Include a savings category in your budget and aim to save an amount that feels comfortable to you.

Set savings goals. Start by thinking about what you might want to save for, both in the short term and the long term. Estimate how much money you'll need and how long it might take you to save it.

Common short-term goals: Emergency fund (three to nine months of living expenses),

vacation or down payment for a car.

Common long-term goals: Down payment on a home or a remodeling project or retirement. There are many savings and investment accounts suitable for short and long-term goals. And you don't have to pick just one. Look carefully at all the options and consider balance minimums, fees, interest rates, risk and how soon you'll need the money so you can choose the mix that will help you best save for your goals.

Make your saving automatic. Almost all banks offer automated transfers between your checking and savings accounts. You can choose when, how much and where to transfer money or even split your direct deposit so that a portion of every paycheck goes directly into your savings account.

Watch your savings grow. Review your budget and check your progress every month. That will help you not only stick to your personal savings plan, but also identify and fix problems quickly.

### Cue The Mood Music

*A minister was preoccupied with worry over how to persuade his congregation to donate money for repairs to the church's leaking roof. Just before the service was due to begin, he learned that his regular organist was sick and he asked his wife to fill in.*

*"Here's a copy of the service," he said. "You'll have to think of something to play after I make my appeal for donations."*

*About halfway through the service, the minister made his pitch: "Brothers and sisters, we are in great need. The roof repair is going to cost twice as much as we budgeted for and we need \$2,000 more. Any of you who can pledge \$100 or more, please stand up."*

*And right then, the minister's wife began playing "The Star Spangled Banner."*



## YOUR RECIPE CORNER

### Easy Sheet Pan Nachos



Whether we're talking a casual movie night with the family or Super Bowl Sunday, these Sheet Pan Nachos are ready to party! They come together quickly and easily, and are so much fun to eat straight from the pan. A very simple recipe, these nachos are guaranteed to be a hit at your next get-together.

#### Ingredients

- 1 (15 ounce) can of black beans
- 1 (2.25 oz.) black olives
- 12 ounces shredded cheese (your choice)
- 1 small tomato (diced)
- 1 small onion (diced)
- 1 small jalapeño (sliced)
- 1 pound shredded chicken or ground beef (cooked and seasoned w/taco packet seasoning)
- 1/2 cup salsa
- 1 (16 oz) bag restaurant style tortilla chips
- Sour cream for serving

#### Instruction

1. Heat oven to 425°.
2. Line baking sheet with foil or parchment paper.
3. Arrange 1/2 bag of nachos on baking sheet in an even layer.
4. Top with 1/2 seasoned meat and 1/2 shredded cheese. Layer remaining chips followed by remaining seasoned meat and cheese. Sprinkle with black beans.
5. Bake nachos until cheese is melted and the chips are beginning to brown (about 8 minutes).
6. Just before serving garnish with black olives, jalapeño, tomatoes, dollop of sour cream and onions.
7. Enjoy!!!!

### THOUGHT FOR TODAY

You never saw a fish on the wall with its mouth shut.



# Be My Valentine

If you are one of the many people that love being in love, Valentine's Day is for you. The thought of celebrating that feeling is wonderful. Of course, there are those who feel that this day has been commercialized beyond hope. No matter how you feel, Valentine's Day is still one of the most popular traditions. People use Valentine's Day to exhibit their love and caring for each other.

Contrary to what you may think, Valentine's Day was not created by greeting card and/or candy companies. There is a very profound history that you may not know. For one thing, St. Valentine was not just one person.

Valentine's Day is named for St. Valentine. However, at least

## A Valentine's Day Story

*"My high-school English teacher was well known for being a fair, but hard, grader.*

*One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the Valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: "BE MINE."*

*The following day, I received in return a Valentine from the teacher. It read: Thank you, but it's still BE MINE-US."*

three Valentines have been sainted by the Catholic Church.

The first was a rebel, defying a decree from Roman Emperor Claudius II not allowing young men to be married. They had to serve in the military instead. They believed single men made better soldiers. St. Valentine continued to marry lovers in secret.

The second St. Valentine helped Christian prisoners escape Roman jails until he was caught and imprisoned. His last act before death was to miraculously heal the daughter of his jailer, thereby converting the entire family to Christianity. There is also a sub-story that he was in love with the daughter.

The third was a Catholic Bishop born in Terni, Italy in the late 2nd century. Many believe he was the real St. Valentine. He was martyred in Rome in the 3rd century. He was Terni's first bishop, an early Christian who followed the religion when it was still a cult in the Roman Empire.

The stories of St. Valentine became confusing with the three men becoming entwined over the centuries. The one unfortunate thing the three men had in common besides their name in a very not so romantic twist, all three were martyred by beheading by different Roman Emperors. Though not verified by historians, there is a belief by some that all were executed on or near February 14 (in different years).

Today, we have a much lighter and romantic feeling for the St. Valentine's Day, what with greeting cards, candy, flowers and, in many cases, romantic dinners. Enjoy your Valentin's Day.

*A parting Valentine's Day knock, knock joke:*

*Knock, knock.*

*Who's there?*

*Daryl.*

*Daryl who?*

*Daryl never be anyone like you.*

## Around Ocean View/Roxana CHEER



Gertrude Sochurek has reached quite a milestone. She is celebrating her 100th birthday and members of both Ocean View and Roxana centers came to wish her well.



Roxana center members Clyde Hickman, Barbara Hudson, Dolores Darnell and Ora Lee Williams celebrating at Ocean View's New Year's Eve party.



# HELP WANTED

- » **Direct Care Workers:** Provide personal non-medical in-home assistance to Sussex County’s senior population. Applicants must have a valid driver’s license, up-to-date auto insurance, and reliable transportation. Must be available to work a minimum of 20 hours per week and every other weekend. Overtime hours available. Must pass background check, drug test, have 2-step PPD, and physical prior to start date.
- » **Center Directors (Milton and Long Neck):** Full-Time, Monday – Friday. Duties include: Scheduling, computer entry, report writing with correspondence, planning and organizing activities for our congregate members. Strong computer skills and ability to multitask in a fast paced environment is a must. Associates Degree required.
- » **Full Time Bus Driver:** Daytime and occasional other shifts in the evening and some weekends for special occasions when needed. 40 hours per week with benefits. Must have current CDL License with passenger endorsement.
- » **Fund Development Coordinator:** Responsible for the administration of grant and donation related monitoring, compliance and recognition activities for established fund raising efforts involving public and private grants and donations. Efforts focus primarily, although not exclusively, on supporting fund development activities including the development of information to be used in applications and solicitations for funds as well as administering activities associated with drawing funds, monitoring progress and reporting accomplishments.

If you or anyone you know may be interested in the above positions,  
please contact Human Resources at your earliest convenience  
302-515-3043 or 302-515-3040

## Join Our Email List

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

Name \_\_\_\_\_  
Home Address \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Mail to: CHEER Marketing  
546 South Bedford St.  
Georgetown, DE 19947  
or complete form at [www.cheerde.com](http://www.cheerde.com)



If you registered to receive emails and you  
didn't get them, check your junk or spam folder.

# VOLUNTEER OPPORTUNITIES

## HOMEBOUND MEAL DELIVERY DRIVER

Volunteer Meals-on-Wheels delivery drivers are always needed to deliver pre-packaged nutritious meals to seniors in Sussex County. Each driver will utilize their own personal vehicle. Each delivery route requires 1 to 1.5 hours of your time.

## MEDICAL TRANSPORTATION DRIVER

Volunteers are needed to transport seniors to and from medical appointments. Each driver will utilize their own personal vehicle. Seniors are picked up from their homes and transported to a direct location; then returned back to their residence.

## ADMINISTRATIVE SUPPORT

Volunteers needed to assist Center Directors or agency staff with clerical support, answering telephones, and welcoming visitors to the building. Volunteers provide tours of centers, receive and sort mail, documents and packages.

## KITCHEN ASSISTANT

Volunteers help prepare and/or serve meals for our Congregate seniors in every CHEER center. We need your special culinary skills in our kitchen to assist with our CHEER lunchtime, Homebound meal packaging, as well as special events.

## PHONE-A-FRIEND

Volunteers are needed to make wellness calls to homebound seniors to check on their health and safety on a daily basis. Volunteers are assigned a client call list. Volunteers communicate any health or safety concerns to the Volunteer Director for follow up.

## CHEER-A-PET PROVIDER

Volunteers can provide companionship with an approved pet to CHEER members. Visits are pre-scheduled. All pets must have proof of all vaccinations and must be licensed as may be required by law. Handlers and pets must have a caring and compassionate personality.

## RECREATION/ARTS INSTRUCTOR

Volunteers are needed to assist members with arts and crafts, and/or exercise including assisting in the fitness center; assist in planning and delivery of various activities, including fun games; setting up for activities; including cleaning the equipment at fitness center before and after use. Note: Ability to lift up to 20 lbs. (fitness center only).

## SPECIAL EVENTS ASSISTANT

Volunteers are needed to assist at special events held for the membership or public. Duties can include, but not limited to, clerical, kitchen assistant, setup and cleaning. Events may take place during day, evenings and/or weekends.

**FOR MORE INFORMATION  
OR TO VOLUNTEER, CONTACT  
CHEER Volunteer Director  
302-515-3056 or 302-515-3040  
Or apply at [www.cheerde.com](http://www.cheerde.com)**





# Mark Your Calendars!

## Special Public Events in 2023

**FEBRUARY 4 - Black History Celebration.** CHEER Community Center, Georgetown.

**MARCH 4 - Spring Craft & Hobby Show** - CHEER Community Center, Georgetown. 10 a.m. til 2 p.m.



**MARCH 17 - March for Meals.** Delaware's elected officials showing their support for CHEER by delivering meals to seniors.

**APRIL 28 - Volunteer Appreciation Gala.** CHEER Community Center, Georgetown. 5-9 p.m. Agency-wide celebration.

**MAY 19 - Older Americans Day Celebration.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

**AUGUST 5 - 13th Annual Car, Truck & Bike Show.** CHEER Community Center, Georgetown.

**SEPTEMBER 8 - Trap Pond Fall Festival.** Trap Pond State Park, Laurel. 10 a.m.-2 p.m.



**SEPTEMBER 11 - Military Honors Day.** CHEER Community Center, Georgetown.



**OCTOBER 7 - Fall Craft & Hobby Show.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

**NOVEMBER 10 - Veterans Day Dinner-Dance.** CHEER Community Center, Georgetown. 5-9 p.m.

**NOVEMBER 21 - Holiday Feast.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

**DECEMBER 25 - Operation Christmas CHEER.** CHEER Community Center, Georgetown.

*Complete details for each event will be announced as finalized.*

**For info go to [www.cheerde.com](http://www.cheerde.com) or call 302-515-3040.**



## *My New Year's Resolution...*

**Help the senior community recover from the COVID pandemic thru service work by**

### **Supporting Meals On Wheels**



*Help is needed  
to deliver  
homebound meals,  
kitchen  
assistance  
in the  
senior centers and  
for  
non-emergency  
medical  
transportation.*

**Call 302-515-3040**

or go to [www.cheerde.com/volunteer](http://www.cheerde.com/volunteer)



**AmeriCorps**