

FREE

MAY 2023

# CHEERful Living

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



Seniors to celebrate Older Americans Day at a special luncheon on May 19.

*See Page 8*



***Car Show Is Aug. 5***

CHEER announces plans for its 13th annual fundraising car show on August 5.

*See Page 10*

***Taking Care Of Her  
CHEER Family***

Norma Hall (right) takes care of her family at Roxana CHEER and helps Center Director Debbie Dudkin (left).

*See Page 12*







**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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**Dr. Doran takes personalized approach to hip surgery .**

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Dr. William Doran has performed more robotic joint replacement procedures than any robotic surgeon in the region, and he's the only surgeon in Delaware who performs robotic anterior hip surgery.

Robotic surgery is performed with a MAKO robotic arm-assisted surgical device, and it's best for people suffering with severe hip pain or stiffness resulting from degenerative joint disease, including but not limited to osteoarthritis, post-traumatic arthritis, or avascular necrosis and rheumatoid arthritis. It can be life-changing for individuals who have failed conservative treatment options such as physical therapy, oral medications, and steroid injections.

The surgery is unique in that it provides a personalized surgical plan. Prior to surgery, a CT scan of the patient's hip or knee joint is obtained. This generates a three-dimensional model of their unique anatomy. The 3D model helps surgeons see details they can't typically see with an x-ray alone. This information helps Dr. Doran de-

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If you have hip or knee pain and are considering joint replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran.

TidalHealth Orthopedics has locations in Georgetown, Millsboro and Seaford. To learn more about Dr. Doran, visit [tidalhealth.org/orthopedics](http://tidalhealth.org/orthopedics).



## Trust experience.

**Dr. William Doran has performed more robotic joint replacement procedures than any surgeon in the region, and he's the only surgeon in Delaware who performs robotic anterior hip surgery.**

If you need hip replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran.

Personalized treatment plans. Less pain. Quicker recoveries.

**William Doran, DO, FAAOS**

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[tidalhealth.org/orthopedics](http://tidalhealth.org/orthopedics)





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MEALS ON WHEELS  
AMERICA  
2023 MEMBER

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



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

Partially funded by





Stand by ME  
The Delaware Financial Empowerment Partnership

Stand By Me is a joint project of the State of Delaware and United Way of Delaware. Our programs are made possible thanks to the support of partners who understand that financial health is crucial to the well-being of all Delawareans.

Take some time to spring clean your finances with these steps:

**Refresh Your Budget:** Your budget is the framework of your finances. Review your budget, noting whether you’re spending within your limits or overspending in specific categories. Look for areas you can cut back, such as lowering your insurance rates or lowering your cable bill.

**Review Your Credit Report:** You can get a quick view of all your credit accounts—and make sure there are no surprises—by reviewing your credit report at [annualcreditreport.com](http://annualcreditreport.com). You’ll be able to review your report and score. Check for anything that looks unusual, such as an account you don’t recognize. If you see something that doesn’t look right, you can dispute it with the credit bureaus.

**Take Inventory of Debts:** If you’re carrying a balance on your credit cards or are making payments on an installment loan, take this time to review what you owe. Start by listing out your debts, including the balance, due date and interest rate for each. If you have substantial debt, consider debt repayment strategies such as the debt snowball which give you a methodical way to attack your debt. Starting with a plan can make getting out of debt feel more achievable.

**Create an Emergency Fund:** Having enough savings to cover unexpected expenses such as a high medical bill or an expensive home or auto repair can help you avoid resorting to credit card debt in a bind. Make a plan to build up your emergency savings. Set up automatic transfers into a high-yield savings account each month. Avoid tapping into your emergency fund except for a real emergency, and prioritize replacing any money you use so that the funds are there when you need them.

**Maximize Your Credit Card Rewards:** While you’re reviewing your saving and spending habits, take steps to get the most out of your credit cards. Charging your purchases to a rewards credit card can reap stellar benefits, such as earning points toward flights and hotel stays or getting cash back. Only use your card for purchases you can pay off each month to keep your credit utilization low and avoid carrying a balance.

Meet with a free Stand By Me Financial Coach to get guidance and support on all of these steps! Call 302-608-2705.

**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**

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

**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.”

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# CEO Perspective

## Breaking Bread Together

By: Kenneth S. Bock, CEO

Time to break bread. If and when each of us can steal a quiet moment to think about our individual lives, we have much to be grateful for. Some days will be better than others and there will always be challenges and the occasional frustration, but at the end of each day, more times than not, life is pretty good for most us. How can we share our good fortune and build upon it for others and ourselves? This is not intended to be a money question. Look deeper than that. Maybe it's a time to break bread with an old friend and somebody new.

We have all been through a lot these last few years. Hopefully, the COVID pandemic will be a once-in-a-lifetime event. As we put that behind us and move forward in this post pandemic world, I feel there are still a lot of lingering effects from unanticipated consequences. I, for one, am more than ready to do what I can to help put those things behind me.

After sitting at home and staring at screens for two years, some social skills may have suffered from lack of exercise. As people come out of their seclusion and begin to interact face-to-face with one another, that lack of practice may sometimes make for awkward or even uncomfortable feelings, even in the most familiar settings. There are too many examples where people are not re-engaging with friends and family, not seeking relationships, not pursuing career and employment opportunities, and not giving to or caring for each other the



way we did "in the good old days". This is certainly not always the case, but we can all think of examples of individuals and organizations struggling. If you're not sure, just look at the help wanted signs posted everywhere. Combine that with the headlines that lead off most newscasts today and some people are readily willing to retreat back into seclusion.

As the warm days of summer approach, maybe this is the very time to shake the dust off those social skills and take them out for a little exercise at your local CHEER senior friendship center. What better way to meet up with some old friends and make some new friends than breaking bread at your local CHEER center. There's always something going on at CHEER, and there's always room for another seat at the table, whether it is playing games, exercising with friends, learning a new craft, listening to local entertainers, enjoying a healthy hearty locally prepared lunch time meal, or volunteering a little of your time to make a difference in the life of someone else. CHEER can be that place where you can step out, re-engage and just have some fun.

Breaking bread is more than just sharing a meal with friends and peers; it's about comradery, developing relationships, sharing

## Happy Retirement Genny ...

CHEER Transportation Director Genny Hines (left) retired recently after 10 years of service. The agency gave her a thank you brunch. Chief Operating Officer Beckett Wheatley (right) wished her well and presented Genny with a Plaque of Appreciation. Taking over Genny's duties is Bobby Rogers who also handles the maintenance duties.



experiences, respecting and caring for one another. For 52 years, CHEER has been that place for generations of Sussex County seniors and their family members of all ages. This season, CHEER is introducing even more programs and opportunities. Exciting new events are being added

to our existing line-up along with many new menu items for lunch and regular breakfast and dinner events. Come break bread with us at your local CHEER center. It may be good for each of us.

Couldn't we all use a little more CHEER in our lives today? Come check us out.

## Cruise-In at MILTON



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# The Day Program Practices The Best Friends Approach To Adult Dementia Care

By Cindy Mitchell  
ADC Director

There are many philosophies on Dementia Care. My favorite and the one I try to direct the Adult Day Program to follow is the “Best Friends Approach to Dementia Care.” We try to successfully implement this relationship-centered approach to dementia care that builds on the essential elements of friendship — respect, empathy, support, trust, and humor. For decades, the acclaimed Best Friends Approach has been widely recognized for helping people with Alzheimer’s with dignity in all aspects of their lives.

In a new addition to the Best Friends Approach, a road map is provided for creating and sustaining a Best Friends program. The building blocks of the approach, including the Dementia Bill of Rights, is the concept of relationship-centered care.

The core tenets of Best Friends are: life story, skilled communication, caregiving knack, new approaches to minimize challenging behaviors, and creating activities that produce true engagement.

All of the day program staff care for and support the members in the same way. I don’t think the members know what our job titles are. They just know the fact that we are here for them. We are a stress free, no hurry zone. Dementia has affected the reality of our members. Some may think that the bus is going to take them home to Baltimore or that they are here to work or go to school. We don’t challenge their beliefs; we just agree with them. Our members are accepted just the way they are.

For more information, call me: Cindy Mitchell at 302-212-4482.



## Festive Spring Activities For Seniors

By Debbie Joseph  
PASA Director

With the coming of Spring, everyone is feeling much better about life, including seniors. Feeling the warmth of the sun, seeing the flowers bloom and hearing the birds sing bring happy thoughts to everyone. Now is the time to get out of the house and get moving again for everyone — including seniors. Here are a few festive spring activities for your seniors.

### Get outside and enjoy nature

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. But keep your older adult comfortable with appropriate layers of clothing.

For older adults who are not mobile, simply sitting in a room with windows open to the fresh air is a comfortable way to enjoy nature or sit outside the house to appreciate the trees and flowers.

Colorful birds also appear when the weather starts to warm up. A window bird feeder or hummingbird feeder near

a large window lets your older adult bird-watch whenever they like.

### Celebrate spring with a family gathering

Spend time with family and close friends. Have a spring potluck lunch where everyone brings a dish to share.

### Create an indoor garden

Having plants around the house brings a little piece of nature indoors. Want no maintenance and more appealing, get some silk or plastic flowers instead.

### Spring Cleaning

Spring cleaning is a good excuse to encourage your older adult to get rid of unnecessary clutter.

You may come across old photos together and reminisce about special memories.

Let the sun shine on your senior by getting them moving and feeling its warmth. It is great for their health and the caregiver’s state of mind.

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)



**Many happy returns to all our May  
birthday members!**



# Spotlight on Support Groups

Statistics reveal that at least 40 percent of family caregivers experience clinical symptoms of depression, often caused by feelings of isolation and loneliness associated with the caregiving experience. Participation in a support group can help alleviate these symptoms and improve quality of life for the caregiver and the loved one they care for.

The Mayo Clinic states the benefits of participating in a support group may include:

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease and your own

experience with it

- Getting practical feedback about treatment options
- Learning about health, economic or social resources

The common experience among members of a support group often means they have similar feelings, worries, everyday problems, treatment decisions or treatment side effects. It is also a safe place to vent frustrations and find encouragement.

Support Groups at CHEER include:

- First Tuesday of the

Month, 1 p.m. - Greenwood CHEER

- First and third Tuesdays, 1 p.m. - Long Neck CHEER, led by Alzheimer's facilitator
- First Thursday, 6 p.m. - Ocean View CHEER, led by Alzheimer's facilitator
- 3<sup>rd</sup> Wednesday, 1 p.m. - Ocean View CHEER, Parkinson's group

One-on-one support and more information available by calling Christie Shirey, 302-515-3045, [cshirey@cheerde.com](mailto:cshirey@cheerde.com)



## Caregiver Support Groups/ Memory Cafe

### Georgetown CHEER Memory Cafe -

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

### Greenwood CHEER Caregiver Support Group -

1st Thursday of the month, 1 p.m.

*Partnered with the Alzheimer's Assoc.*

### Memory Cafe -

Every Thursday, 1-3 p.m.

### Long Neck CHEER Caregiver Support Group -

1st & 3rd Tuesday of the month, 1 p.m.

*Partnered with the Alzheimer's Assoc.*

### Memory Cafe -

Every Tuesday, 1-3 p.m.

### Milton CHEER Memory Cafe -

Every Thursday, 9:30-11:30 a.m.

### Dementia Discussion Group

1st Monday, 10 a.m.

### Ocean View CHEER Caregiver Support Groups -

1st Thursday of the month, 6 p.m.

*Partnered with the Alzheimer's Assoc.*

3rd Wednesday of the month, 3 p.m.

*Partnered with the Parkinson's Education and Support Group of Sussex County*

### Memory Cafe -

Every Friday - 10 a.m.-11 a.m.

### Roxana CHEER Memory Cafe -

Every Friday, 12 noon-2 p.m.

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

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# Seniors To Celebrate Older Americans Day

The Administration for Community Living is pleased to announce that the theme of Older Americans Month (OAM) 2023 is ***Aging Unbound***. The 2023 theme offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

In May, CHEER celebrates the strength of older adults at an agency-wide celebration on Friday, May 19 at the CHEER Community Center in Georgetown. The celebration will take place from 10 a.m. until 2 p.m. Entertainment will be by “DJ Smoove” (Jason T. Felton Sr.) from Tru Blue Productions. The company is dedicated to

making people happy through entertainment and has been doing just that for over 30 years. It provides a wide range of high-quality services to ensure Older Americans Day is not only enjoyed, but remembered for years to come.

Tickets are \$6 for those over 60 and \$8 for anyone under the age of 60. They are available at all CHEER activity centers and at the CHEER Community Center in Georgetown.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

Check each activity center’s calendar for individual events at the centers.



**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)

\* 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.



# The Color Pallet Is Important For Your Event's Success

By Mikayla Somers  
Hospitality Director

Choosing a correct color pallet for an event is an important step in making sure that your party fits the theme.

The first thing we have to figure out is what is the theme? A theme can be anything between a dinosaur for a child's birthday to even a Golden 50<sup>th</sup> anniversary. We have to ask ourselves what is the occasion? For the sake of this example, we are going to plan a 65th birthday party in May. (The date, time of year, isn't always super important, but it can help aid in picking an appropriate theme.)

Birthdays are typically more elegantly themed with colors from royal blues, rich pinks, deep purples and metallic colors. With the date in mind being set for May, I would personally choose to go with a Spring feel, most likely a pink, white and silver with notes of florals throughout. Typically, I would use white as the base for most of the event, with pink and silver as more of an accent. Doing this makes it easier to not only keep things simple but also price friendly. Black and white linens are easier to not only color match but also to buy in bulk to avoid over spending on items

that you can't use again. This accounts for your tablecloths.

For the silver touches, I would try and keep them to a minimum so they truly stand out. I would have these for either the florals or the base of the centerpieces. For the pink, I would have the runner across the table be pink; it's also not a bad idea to have it be a different texture than the tablecloth. I would go for a burlap or a lace to add an extra layer to the table.

Now for our centerpiece. To stick with our Spring florals theme, I would go for a vase of some sort, preferably silver,

which for the most part can be purchased for under \$5 per item. For the florals, I would stick to a pink and white color pallet, daisies and peonies typically will do the job. For this kind of event, roses are not typically the most appropriate. Although there are pink roses, I don't believe they fit the theme of a 65th birthday.

Now that we've worked out our color pallet, it is definitely easier to make everything else come together. Planning a theme makes it easy to not over punch the decorations, but also makes it easier to plan the rest of the details.

## 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 caterer will 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)**





# CHEER's 13th Annual Fundraising Car Show Is Unique To Sussex County

CHEER's 13<sup>th</sup> Annual Fundraising Classic Car-Truck-Bike Show will be held on Saturday, August 5 (rain date, August 6) at the CHEER Community Center, 20520 Sand Hill Road, Georgetown, from 10 a.m. to 2 p.m. Themed, "Driving to Serve Seniors in Sussex County," this year's show spotlights CHEER's Meals on Wheels program that daily delivers nutritional meals to over 1,700 seniors in Sussex County. All proceeds from this show support services for senior citizens in Sussex County.

"CHEER's car show is different than all the other car shows in the area," explained Walt Koopman, president of CHEER's Board of Directors and a member of the Car Show Planning Committee. "This event is our annual fundraiser to help us sustain the services that CHEER provides the seniors in Sussex County. Without CHEER's services – nutritional meals, personal assistance in their homes, transportation to the bank, post office, grocery store, plus receiving companionship at the senior centers – hundreds of our seniors would not be able to stay in their homes."

Another unique feature of the CHEER car show is a ticket for the Champagne Luncheon that is included in the vehicle registration fee. "Most car shows have hotdogs and hamburgers or other food truck items," said Koopman. "Our Nutrition Department cooks up a delicious full course meal



**This 1930's Bantam Midget Spindizzy model could go home with you!**

served buffet style. It includes breakfast foods as well as chicken, beef and fish with all the side dishes and desserts to top it off."

The Champagne Luncheon is open to the public the day of the show from 11 a.m. until 12:30 p.m. for the price of \$30 per ticket.

"Come in and cool off from the hot August sun in the air conditioning inside the Community Center," invites Koopman. "You can even enjoy a cool Mimosa drink to enhance your meal. There isn't another menu anywhere offering the assortment of food CHEER does at this economical price. Everyone is invited. Then you can go out and enjoy the vehicles on display."

One particular vehicle on display that will be of interest to the kids and "the kids at heart" is a replica of a 1930's

when their ticket is drawn at the conclusion of the awards ceremony. Tickets are \$10 each and are available at CHEER. (There is a \$225 reserve for this item.)

CHEER's show will conclude with the presenting of many awards including the coveted Best in Show, as well as Best Car, Best Truck, Best Bike and numerous others. Winners are determined by the professional judging group, Del Mar Va Judging.

"This is the 13<sup>th</sup> year that CHEER has hosted this show," said Koopman. "It has become one of the premiere vehicle shows in the region. This year will be no different. So come out and enjoy a day of classic vehicles and good food while helping CHEER continue to provide for the seniors in Sussex County."

For more information about the car show contact either Amy Smith, [asmith@cheerde.com](mailto:asmith@cheerde.com) (302-853-4200), or Robin Greene, [rgreene@cheerde.com](mailto:rgreene@cheerde.com) (302-853-4199), or Walter Koopman, [rbdjet61@verizon.net](mailto:rbdjet61@verizon.net) (302-745-5668). Registration is also available on the CHEER website at [www.cheerde.com](http://www.cheerde.com).

Pre-registration is \$50 per vehicle, which includes one ticket for the Champagne Luncheon. (Registration day of show is \$55, also including one Champagne Luncheon ticket.) All monies raised from this event benefit CHEER services for Sussex County senior citizens.



**Inside view of the motor on the model.**

Bantam Midget Spindizzy race car that resembles the originals down to the smallest detail. The original race cars raced tethered to a pole or to a chain track in a banked wooden race track and could reach speeds in excess of 150 miles per hour. The hood on the model can be opened to view the single cylinder engine inside. Size of the replica is 19 in. x 8.75 in. x 7 in. and is valued at \$599. One lucky person may take home this prize beauty



## Insurance Commissioner Delivers Meals ...



Delaware Insurance Commissioner Trinidad Navarro supports CHEER by helping each year to deliver Meals on Wheels to senior citizens. At left, Vonita Gromis thanks him for her lunch. At right: helping the Commissioner deliver Meals on Wheels



were: CHEER kitchen manager Ed Miller; CHEER Nutrition Admin. Asst. Megan Jordan; Navarro; Insurance Dept. Chief of Staff Stuart Snyder; and CHEER Nutrition Director Amy Smith. More photos page 13.

# CHEER's 13th Annual Fundraising Classic Car-Truck-Bike Show

*"Driving to Serve Seniors in Sussex County"*

## Saturday, August 5, 2023

(Rain Date - August 6, 2023)

**CHEER Community Center**

**20520 Sand Hill Road • Georgetown, DE**

**10 a.m. to 2 p.m.**



**Register your vehicle today for \$50**

and receive a ticket to CHEER's Champagne Luncheon.

Additional luncheon tickets are only \$30 each.

(Registration form on back.)



2022 Best Truck Entry  
1931 Ford Model A  
Huckster Wagon  
owned by  
Tom Rosinski of Milton

(Luncheon Open to the Public,  
11:30 a.m. til 1 p.m.)

### For more information contact:

Amy Smith - [asmith@cheerde.com](mailto:asmith@cheerde.com) - 302-853-4200

or Robin Greene - [rgreene@cheerde.com](mailto:rgreene@cheerde.com) - 302-853-4199

or Walter Koopman - [rbdj61@verizon.net](mailto:rbdj61@verizon.net) - 302-745-5668

Registration also available on CHEER website at [www.cheerde.com](http://www.cheerde.com)

Like us on Facebook at Cheer, Sussex County.



## Easy Crab Quiche

### Ingredients

- 1 – 9-inch pie shell
- 2 tsp Olive Oil
- 1/3 cup chopped yellow onion
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped green bell pepper
- 4 large eggs
- 1 cup Half and Half
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp Old Bay seasoning (or to taste)
- 1 tsp dried parsley
- 4 oz. sharp cheddar cheese shredded
- 4 oz. mozzarella cheese shredded
- 1 - 8 oz. container lump crab meat

### Instructions

- Preheat oven to 350 degrees F.
- Heat olive oil over medium heat. Add onions and peppers. Sauté for 2-3 minutes or until tender. Remove from heat.
- In large bowl, whisk together eggs, Half and Half, salt, pepper, Old Bay and parsley. Add shredded cheese, sautéed veggies and crab meat. Stir.
- Pour into pie shell. Bake for 45 minutes or until eggs are set and crust is golden brown.



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

# Norma Wants To Take Care Of Her CHEER Family

By Carolyn O'Neal  
Community Relations Director

Some people are born to make others happy. That describes the character of Norma Hall, a member of the Roxana CHEER Center.

Norma has adopted the title of “den mother” for her fellow senior citizens. She fusses over her “peeps” like a mother hen. If a member doesn’t show one morning at the center, Norma is on the telephone when she goes home checking up on them. When someone’s birthday rolls around, they can be assured they will receive a card from Norma. She makes the center a pleasing environment by helping the director decorate it for different seasons and holidays. She serves members their noon-time meals. She even sends the Meals on Wheels drivers a thank you note for their help.

“I don’t shy from anything. I try to make everybody happy,” said Norma.

Norma graduated from Sussex Central High School and then went to Norfolk, Va. for a few years. When she returned to Sussex County, she moved in with her sister and her family and joined the Roxana CHEER Center. She attends every Tuesday and Friday, and on special occasions.



Norma enjoys serving her fellow seniors at Roxana CHEER.



In 2012, Norma got a special parade ride in a convertible around Rehoboth Boulevard for her success in soliciting donations for CHEER.

One special occasion that Norma adopted as her personal challenge was CHEER’s Beach Day in Rehoboth. For years, CHEER sponsored a day at the beach for seniors throughout Delaware and neighboring Maryland counties. Over a thousand seniors would enjoy a day at the beach in September that also featured a health fair and entertainment on the Boardwalk Bandstand. Highlight of Beach Day was the Beach Walk around the neighborhood and down the Boardwalk for which walkers solicited sponsors. Awards were presented to those who solicited the most money; and Norma received that award many times. From 2010 through 2015, Norma had the honor of being the individual receiving the most donations. In fact, in 2012, CHEER thanked Norma for her hard work by giving her a “hero’s



In 2015, past CHEER Executive Director Arlene Littleton thanked Norma for her work for CHEER with a Lifetime Membership.

ride around the Rehoboth Boulevard in a convertible car. Then in 2015, Norma was honored with a Lifetime Membership for her continued hard work to support CHEER.

“I made it a family competition,” explained Norma. “One year my family raised \$5,000.”

Norma also considers her CHEER friends as her family. That is why she cares so much about them and wants to support them however she can. One way she thinks that is possible is by raising money to support members’ families in times of tragedy.



Norma teases Georgetown Mayor Bill West who attended her Breast Cancer Survivors Luncheon to honor his wife, Faye, who is a breast cancer survivor. Norma sponsored the luncheon to honor her sister, Teresa, who also survived the disease.

“We are supposed to be a family,” said Norma. “I want to raise money for the family of deceased members so we can send them flowers or make a donation to a cause for them.”

Norma has already been selling crafts made, painted and donated by her sister Teresa. (See photo on front showing crafts.) She also plans to have a yard sale and a bake sale. It will be in June at the Roxana center. If anyone would like to donate items to the yard and bake sale, they can be brought to the Roxana center.

“Roxana center lost a lot of people because of COVID,” said Norma. “Our financial stability dried up so we must take care of ourselves. I do what I can, then I just leave it in the Lord’s hands.”



# Photo Review



## Annual March for Meals



Senior MOW recipient enjoys a visit from MOW volunteer Sue Bradshaw, MOW-DE Development Director Susan Dubb and State Rep. Ruth Briggs King.



Set to head out to deliver are Irene Soucey, CHEER Board President Walt Koopman, Nutrition Director Amy Smith and Delaware State Senator, Dist. 6, Russell Huxtable.



Left to right: CHEER CEO Ken Bock, MOW Delaware Development Director Susan Dubb, CHEER Board President Walt Koopman, Sheriff Robert Lee, former State Rep. Steve Smyk, State Rep. Ruth Briggs King, and CHEER COO Beckett Wheatley.



Ocean View Town Manager Carol Houck and Mayor John Reddington.



State Auditor Lydia York is welcomed by CHEER officials.



Members of Delaware First Health are ready to deliver meals to seniors.



Deputy Sheriff Steve Smyk and Sheriff Lee head out with MOW volunteer Ann West.

## Annual Legislative Breakfast



Attendees at the Annual Legislative Breakfast where CHEER officials update them about needed services included, at front table: Board members Debbie Guenther, Diaz Bonville, Bernard Miller, and Walt Koopman.



Amy Willey, aid to State Sen. Brian Pettyjohn, and CHEER COO Beckett Wheatley.



CHEER Board Treasurer Nick Varrato and County Council President Mike Vincent.



State Rep. Ron Gray and CHEER Board member Debbie Guenther check out the buffet breakfast prepared by the Nutrition staff.



State Rep. Ruth Briggs King chats with CHEER officials.



CHEER Board member Shirley Price chats with State Senator Russell Huxtable.

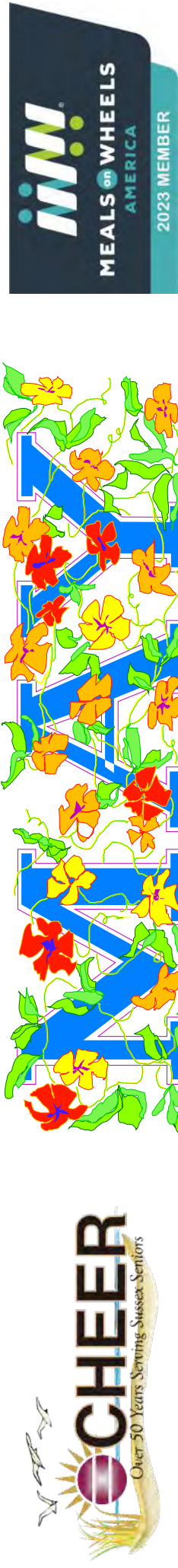



CHEER Board member Joe Conaway, County Council President Mike Vincent and County Administrator Todd Lawson.



CHEER CEO Ken Bock, County Council members Mark Schaeffer and Cindy Green.





Monday		Tuesday		Wednesday		Thursday		Friday		
1	Sweet and Sour Chicken Steamed or Baked Rice Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk	2	Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	3	Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry-Top Angel Food Cake Skim Milk	4	Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Whole Wheat Roll/Bread Skim Milk	5	Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk	
8	Country Fried Steak Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	9	Pineapple Pork Steamed or Baked Rice Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	10	Cheese Ravioli & Marinara Sautéed Zucchini Whole Wheat Roll/Bread Skim Milk Fresh Fruit	11	BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Skim Milk Assorted Cookies	12	Corn Chowder Tuna Salad Sandwich on Wheat Cucumber and Onion w/Sour Cream Mandarin Oranges Skim Milk	
15	Sloppy Joe On Bun Baked Sweet Potato Fries Cole Slaw Poached Pears Skim Milk	16	Chef Salad w/Turkey Corn Salad Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk	17	Chicken Monterey Baked Potato Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	18	Sweet Sour Pork Steamed or Baked Rice California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	19	Older Americans Celebration at the Community Center	
22	Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Crème Pie Skim Milk	23	Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24	Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk	25	Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk	26	Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Ambrosia Deluxe Whole Wheat Roll/Bread Skim Milk	
29	Memorial Day Centers are Closed		30	Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk	31	Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk	<div></div> <div>DELAWARE HEALTH AND SOCIAL SERVICES</div> <div>Division of Services for Aging and Adults with Physical Disabilities</div> <div><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></div>			





### Volunteer Spotlight ... Edith Rowley

“Miss Edith” Rowley has spent much of her career on the open road. She has been an invaluable CHEER volunteer for many years in various positions and for the past few years has volunteered as a Medical Transportation Driver.

Edith began her driving career as a school bus driver in Fairfax, Va. Upon moving to Delaware, she worked as a CNA at CHEER taking care of Sussex County’s vulnerable population for 15 years, as well as delivering newspapers locally. Upon retiring as a CNA, Miss Edith started driving for CHEER’s Meals on Wheels program. Unfortunately, this ended when the COVID pandemic hit.

As COVID wound down, Edith then transitioned to driving CHEER clients to and from their medical appointments. She loves taking care of people, assisting them to/from their doctor’s appointments, and loves to drive anywhere.

In her free time, Edith enjoys spending time with her family and at church with friends. She especially likes spending time with her senior mini-pincher, Bambi. She enjoys listening to country music and has resided in Sussex County, Delaware for the past 34 years.



**Georgetown Activity Center**  
20520 Sand Hill Road • Georgetown, DE  
Debbie Landon  
302-854-2896

#### Monthly:

**1<sup>st</sup> Thursday** – Ken’s Korner: 10:30 a.m. Our CEO, Ken Bock, has an interactive Zoom meeting with all of the CHEER Centers online. He hosts the meeting from a different center each month and provides an update of what is going on at CHEER. He also encourages our members to ask questions and voice their opinion.

#### Weekly:

**Mondays:** Morning Café; Socializing and Snacks; Sit and Fit Exercises; Group Chat: Weekend Update/Current Events; Lunch; Reading Club/Bible Study; Shopping: Grocery Store, Bank, Post Office and Drug Store

**Tuesdays:** Morning Café; Socializing and Snacks; Prize BINGO; Lunch; Walk for Fitness; Arts and Crafts/Movie/Games

#### Wednesdays:

Morning Café; Socializing and Snacks; Chair Yoga; Group Chat: “This is Us”; Lunch; Board and Card Games; Puzzles Etc.

#### Thursdays:

Morning Café; Socializing and Snacks; Trip Day – See our monthly center calendar on the CHEER Website: <https://www.cheerde.com>

#### Fridays:

Morning Café; Socializing and Snacks; Chair Dancing; Reading Club/Bible Study; Lunch; Memory Café

#### Special Events:

**Wed., 19<sup>th</sup>** – Celebration of Older Americans, CHEER Community Center, Georgetown

**Mon., 24<sup>th</sup>** – Coastal Gardner’s Special Project

Wishing all of our members celebrating a birthday in May, a very special day and beautiful year ahead!

### St. Patty’s Day Green ...



Left to right: standing - BJ Bailey, Otha Lee Hurst, Priscilla Gains, Ruth Dorsey, Joseph Donovan, Loretta Landzaat; sitting - Louise Wilkins, Ethel Rockemaan and Yvette Harris.



Standing - Rita Poggi, Tom Jones, Della Zielinski, Gary Turner, Ruth Mitchell; sitting - Syble Pittard, Marion Banks and Bonnie Fritz.



Seated - DTCC intern Sadie Brittingham, volunteer Bonnie Hatton and Pat Kemp; standing - Director Debbie Landon.

### New March Volunteers

Brian Boyer	Milton	Kitchen
Bonnie Frazier	Long Neck	Long Neck
Charlene Norman	Greenwood	Administration
William (Frank) Norman	Greenwood	Administration
Gerry Outten	Ocean View	Reception
Diana Pettyjohn	Georgetown	MOW
Susan Rosenberg	Milton	Reception
Richard Walters	Greenwood	MOW
Tiffany Walters	Long Neck	Long Neck
Colyn Wertz	Georgetown	Adult Day Care





### Greenwood Activity Center

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

### Happenings

**May 2** – Prize Bingo, 10:30 a.m.

**May 3** – Penny Bingo, 10:30 a.m. Don't forget to bring your pennies.

**May 4** – Ken's Korner, 10:30 a.m. CEO Ken Bock discusses happenings and events at CHEER via Zoom.

**May 5** – Trip to the Bridgeville Senior Center. Bus departs at 9:30 a.m.

**May 8** – Music Ministry with Pastor and Betsy, 12 p.m. (Card club, 1 p.m.) New time for Pastor Dan and Betsy. Every second Monday monthly.

**May 10** – Positive Music Time with Randy, 10:30 a.m.

**May 12** – Entertainment with "Imagine", 10:30 a.m.

**May 17** – Mobile Food Pantry, 11 a.m.

**May 19** – Center Closed. Older Americans Appreciation Luncheon at the CHEER Community Center, 10 a.m. to 2 p.m.

**May 24** – Bus departs at 9:30 a.m. for trip to the Ocean View CHEER Center.

**May 24** – AARP Defensive Driving Class, 9 a.m. to 3:30 p.m. Please call Fran to register.

**May 25** – Guest speaker Dr. George Rodriguera, P.T., 10:30 a.m.

**May 26** – Entertainment by Lisa Miller, 10:30 a.m.

### Monthly Events

\* Bible Study every Monday, 10 a.m.

\* Food Lion or Walgreen's, every Monday, 12:15 p.m.

\* "Luncheon Card Club", Monday and Wednesday, 12:30 p.m. and Friday, 1 p.m. Enjoy "Hand & Foot" with your friends.

\* Prize Bingo, Tuesdays, 10:30

a.m. and 12:15 p.m.

\* Mobile Food Pantry, 3rd Wednesday, 11 a.m. Please call Fran for registration information.

\* AARP Defensive Driving Class, 4th Wednesday monthly, 9 a.m. to 3:30 p.m.

\* Memory Café, every Thursday, 1 p.m. to 3 p.m.

\* Blood Pressure Check, 1st Thursday monthly, 10 a.m. with Betty Fletcher

\* Alzheimer's Caregiver Support Group, 1st Thursday monthly, 1 p.m.

\* Entertainer Lisa Miller 1st Friday monthly, 10:30 a.m.

\* "Life Smatters" Program with Robin Miller from the Greenwood Library, 2nd Friday monthly, 12:15 p.m.

\* Fun - Bingo, games, guest speakers, movies, virtual tours, and more every week.

*We would like to wish every member born in the month of May a very Happy Birthday.*



### Older Americans Appreciation Month

Older Americans Month was established in 1963 when, at the time, there were only 17 million living Americans that had reached their 65th birthday. Around a third of older Americans lived in poverty, and programs to meet their needs were not many. For that reason, there was a growth of interest in older Americans and their concerns.

In April 1963, a meeting was held between President John F. Kennedy and members of

the National Council of Senior Citizens (N.C.S.C.), leading to the designation of May as Senior Citizens Month, now Older Americans Month. Join us at the CHEER Community Center on Friday, May 19<sup>th</sup> to celebrate Older Americans Appreciation Month from 10 a.m. to 2 p.m. Please see Fran for tickets. \$6 for over 60 and \$8 under 60.

### Meals Just \$1 During May

During the month of May, congregate meals at CHEER are only \$1 to celebrate Older Americans Appreciation Month.

## Happy Birthday Fran

It's nice to see a smiling face,

Especially at our CHEER place.

It's nice to know that Fran is there,

To show us that she really cares.

She does her job and others too,

It seems she knows just what to do.

A smiling face we like to see,

It makes us happy, you and me.

Fran has a man, his name is Jim,

We couldn't do without him.

They both have a smiling face,

No one could ever take their place.

On your birthday we'd like to say,

We all wish you a happy day.

Today there's something we'd like you to know,

Just how much we love you so.

*From your CHEER family*



**CRAFT TIME** - Gordy Mast and Mildred Riley are busy making Easter bunny crafts for the holiday.

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





### Lewes Activity Center

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

## Encouraging Words from your Director

Hello Everyone! Happy May! I don't know about you, but I am looking forward to the warmer weather! Please don't forget to let me know of some new exciting things that you would like to do at the center.

## Reminiscing

We all have pleasant memories of things that we've done in the past or things that we have experienced. Memories that bring us great joys to remember. Whether it was the day we fell in love, or when we got married, the birth of a child or grandchild. There are so many pleasant memories to reminisce about. When we reminisce, it involves us sharing our thoughts and feelings of an experience to recall and reflect on important events that have occurred in someone's life. To have the ability to recall and reflect is known to help older adults remember everything that they've endured through their lives.

Reminiscing has also been shown to reduce stress and its effects like headaches, back pain, indigestion, and heart palpitations, as well as cognitive and emotional issues like poor concentration, indecisiveness, crying, irritability and edginess. When we reminisce, it allows us to enhance our personal value. Reminiscing restores your sense of self and belonging. Let's take time this month reminiscing on something or someone that has given us the most joyous memory.

## Aging Unbound

Older Americans Month is celebrated every year in May. Over the years, there has been different themes to help develop different activities to celebrate throughout the month. This year the theme is "Aging Unbound," which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes.

This month, we will be doing different things to celebrate Older Americans Month. We will be starting with a group project to do a little flower pot gardening, followed by Mosaic Monday which will consist of different Mosaic Art projects. We will be making Tie Dye shirts that we can wear to the Older Americans Day Celebration at the CHEER Community Center in Georgetown on **Friday, May 19**. Finally, we will conclude the month with a celebration at our center on Friday, May 26<sup>th</sup> with entertainment by Suzette Pritchett.

Throughout the month, we will be creating a collage filled with selfies (pictures), jokes, quotes, or good news. If you take a selfie at the center, please send it to me, and if you have any jokes, quotes, or good news that you would like to see on the collage, please let me know. Looking forward to celebrating you this month.

## Mother's Day Breakfast

Happy Mother's Day to all of the mothers and to the women who stepped in to be mothers of children that you didn't birth. We would like to celebrate all

# St. Patty's Day Party ...



Singing "God Bless America" are, left to right: JoAnn Merrick, Ramona Bentancourt; 2nd row - Louise Sloane, Ramona Albert, Derek Richard, Ana Perez; back row - Patricia Harris, Kathy Crowley, Sharon Cherry and Gilbert Mackey.



DJ Sky Brady has a dance with Erna Bucci.



DJ Sky Brady sings to Kakren Karnala and Charlene Ott.

of our mothers at the Harbour Lights CHEER Center. We will be having a breakfast on **Friday, May 12**, at 9 a.m. Please sign up for the breakfast at the desk as seating is limited. Elder M Russel Ballard said,

*"There is no role in life that is more essential than that of motherhood."* Come out and help us celebrate some of the most amazing selfless beings.

## Happy Birthday

Happy Birthday to anyone born in the month of May. We will be having a birthday celebration for everyone born in the month of May on **Wednesday, May 17**. Please come have cake and ice cream with us! We pray you have a blessed day and a blessed year to follow.

## Ancestry

We will be starting our Ancestry class at the center. I received my DNA results, and I am completely blown away by them. I'm definitely looking forward to sharing them with you. The first class will be on **Wednesday, May 24** at 10 a.m. I will be reviewing the website to show you how to get started. If you are certain that you would like to start your own tree, please bring your laptop or tablet. If you have any questions, please let me know.

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

Until Next Time, Crissy



# May Craft ... Feeding The Birds



## Supplies Needed:

3/4 cup birdseed for each feeder

1/4 cup water, 1 small envelope of Knox Gelatin

Straws, twine or string. Cookie cutters, molds or Mason jar lids to create a shape and wax paper.

## Directions:

1. Mix together the envelope of gelatin with 1/4 cup of water and bring to a simmer while stirring. Continue stirring until the gelatin is dissolved. Remove from heat and let cool for a minute. Stir in the 3/4 cup birdseed, adding a little more if there is liquid still in the bottom of the pan.
2. Lay your mold out on the wax paper and fill half way with the bird seed mixture.
3. Cut straws and place it into the mold to create a hole for the twine. Allow your bird feeder to dry for a couple of days.
4. Once dry, remove your bird feeder from the mold and remove the straw.
5. Cut twine and string it through the mold and tie a knot at the end.
6. You are now ready to hang them in your tree.



#1



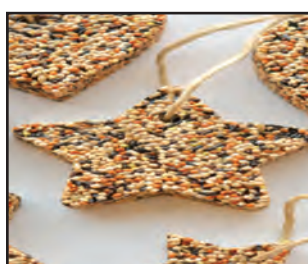
#2



#3



#4



#5



#6

## Long Neck Center

Pelican Cove  
26089 Shoippes at Long Neck  
302-945-3551

## Activities

**Sunshine Singers Practice:** Every Wednesday in May at 2 p.m.

**Ken's Korner:** Thursday, May 4, starting at 10:30 a.m.

**Strawberry Celebration:** Thursday, May 4, at 12 p.m.

**Mother's Day Celebration:** Friday, May 12, with entertainment provided by "The Bay Tones" starting at 10:30 a.m.

**Membership Meeting:** Wednesday, May 17, at 10:30 a.m.

**Guest Speaker Kathleen Rupert** from Stand By Me, Financial Coach, Thursday, May 18, at 11 a.m.

**Center Closed for Older Americans Day Celebration:**

Friday, May 19, 10 a.m. – 2 p.m.

**Nutrition Education** with Amy Smith: Healthy Eating for High Blood Pressure, Tuesday, May 23, 12 p.m.

**Center Closed Monday, May 29, Memorial Day**

**Monthly Birthday Celebration:** Tuesday, May 30, starting at 12 p.m.

## Trips

5/9 - Rehoboth Beach

5/11 - Christian Store House

5/16 - Byler's Market

5/25 - Boscov's and Produce Junction

**Happy Birthday** to all the Long Neck members who are celebrating your special day in May.



LONG NECK Texercise Group continues to grow with instructor Linda Payne, front and center.





### Milton Activity Center

24855 Broadkill Road • Milton, DE  
Christine Kirk, Director  
302-684-4819

We are hoping May will be blooming in Milton at our CHEER Center.

#### Mondays:

Always happy to play Family Feud or UNO

**May 8** - Alicia Vogel. Eat Smart, Stay Strong. Reminds us all the ways we can make our lives better.

#### Tuesdays:

We are playing BINGO when we can on Tuesdays (and Fridays).

**May 23** - Monday we will have a visit from DJ Randy to get us up and moving with a smile on our faces.

**May 30** - Dr. George visits with more tips on how to stay well.

#### Wednesdays:

**May 11** - Older Americans Month Celebration

#### Thursdays:

**2nd Thursday**- Kathy Rupert visits with tips on how we can manage our money.

**May 11** - Older Americans Month Celebration - ONLINE Presentation

**Memory Café** with Christie, 9:30 a.m. - 11 a.m.

#### Fridays:

Bingo

We welcome our community members to help our center grow. Yoga, Bridge, Ma Jong and a Quilting group are all things that are meeting at Milton.

Please stop in and get a calendar. We welcome your ideas and support!



**THE MILTON YOGA CLASS** “rocked their socks” to honor Down Syndrome Day, March 21, by wearing brightly colored, mismatched socks. Socks were chosen because the karyotype of Down Syndrome chromosomes actually looks like mismatched socks.



## 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 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**



## You Are Invited!

### Delaware Assistive Technology Initiative

Presented by Karen Latimer  
Assistive Technology Professional

Karen Latimer, ATP, with over 30 years of experience will discuss all of DATI's programs that may be beneficial to you as well as bring some equipment for you to try from their lending program. She will be available to answer questions and can make appointments.

**May 15, 2023**

**10:00 a.m.**

**Sussex County Administrative Offices —West Complex  
22215 N. DuPont Blvd.  
Georgetown, DE 19947**

The Sussex County Advisory Committee on Aging and Adults with Physical Disabilities is an 11-member panel established by the Sussex County Council to be an advocate for programs and policies that benefit older and disabled residents of the county. The committee meets bi-monthly beginning in January on the third Monday of each meeting month at 10:00 a.m.





### Ocean View Activity Center

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

### “AGING UNBOUND” – Celebrating Older Americans Month!

Join us as we Celebrate ‘Aging Unbound’ throughout the month of May. This theme offers us an opportunity to explore diverse aging experiences and dispel stereotypes.

Jump start the month by joining us for the Hot Sauce Band performing at our Parking Lot Concert on **Tuesday, May 2<sup>nd</sup>** at 12:30 p.m. – bring a friend and a lawn chair.

Throughout the month, we’ll also offer McFraud Bingo, an Elder Law Workshop, a Stroke Prevention Talk, an ‘Aging Unbound Means ...’ Assemblage Art Project, a senior visit and share at a local school (tentative), our Older Americans Day Celebration at the Community Center, and a Minute to Win It Dinner!

*“Every year should teach you something valuable; whether you get the lesson is up to you. Every year brings you closer to expressing your whole and healed self.” ~ Oprah Winfrey*

*“You don’t stop laughing when you grow old, you grow old when you stop laughing.” ~ Bernard Shaw*

*“I love living. I love that I’m alive to love my age. There are many people who went to bed just as I did yesterday evening and didn’t wake this morning. I love and feel very blessed that I did.” ~ Maya Angelou*

Positive Aging Quotes gathered by Kathy Gottberg for [smartriving365.com](http://smartriving365.com)



### Activities

NEW MEMBERS, PLEASE PICK UP YOUR NAME TAGS FROM THE FRONT DESK!

Ocean View Hours: 8:30 a.m. - 4 p.m. Monday - Friday

**Mon – Fri:** Puzzle Mania available all day; Fitness Room (\$20/month) available all day; Drive Thru Lunch, 11 a.m. – 12 noon (reservation required, \$); Lunch Daily, 11:30 a.m. – 12:15 p.m. (\$3.50 donation requested for 60 and over, \$4.50 for under 60).

**Mondays:** Yoga, 9 a.m., \$5; Walking Club, 10 a.m. by bus to local locations (weather permitting or exercises/brain games indoors); Corn Hole in the parking lot, 10:30 a.m. (weather permitting); Mahjongg, 10:30 a.m.; Quilting Club, Shopping, and Tablet Class, 12:15 p.m.

Membership Meeting on the 2nd Monday, 5/8 at 12 noon;

Walking Club to Sunset Deck, Mon. 5/22, 10 a.m.;

Stand By Me, 4th Monday with Kathleen Rupert, 5/22, 1 – 3 p.m., by appointment, 302-608-2705.

WE WILL BE CLOSED MONDAY, MAY 29th, IN OBSERVANCE OF MEMORIAL DAY.

**Tuesdays:** Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5; Pickleball, 10 a.m. – 12 noon; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Mexican Train Dominoes II, Painting and/or Arts and Crafts, Pinochle, 12:15 p.m.

Parking Lot Concert with the Hot Sauce Band on Tue., May 2nd, 12:30 – 1:30 p.m. Bring a friend and a lawn chair!

Elder Law Workshop, 5/9,

March 24, 2023

To the OV CHEER Center Members,

Thank you all who knew and provided friendship to Gertrude Sochurek. Gertrude lived her 100 years to the fullest and was friendly and kind to everyone she met. She was easy-going to live with and was helpful in so many different ways to us. Gertrude spoiled her two grandchildren, like most grandparents do, and had a special bond with her grandson, Derek. She will miss his wedding in May 2023 but will be with us that day in spirit.

We would like to thank everyone who sent us get well cards and sympathy cards. She became ill very quickly and left us way too soon. We weren’t prepared for her to leave us when she did. Thank you to those who attended her viewing and to Rudy for driving everyone to the funeral home. She was so loved and she knew she was loved by all who attended her 100th birthday party at the CHEER Center in January. We love her, miss her, and will cherish the years of memories with her forever.

A donation in Gertrude’s memory will be given to the OV CHEER center.

Best regards,  
Jan and Jowina Sochurek

### Words of Encouragement ...

*The life that she lived will always be remembered.  
The way that she touched hearts cannot be erased.  
The smiles and the laughter she created will live on forever.  
Even in the times of grief, may her memory carry you on to brighter days.*

11:45 a.m.

Minute To Win It Dinner and Games, 5/23, 5 – 7 p.m.

**Wednesdays:** Yoga, 9 a.m., \$5; Breakfast, 9-10 a.m., \$2; Bocce at John West Park, 10 a.m. – 12 noon; Bingo, 10 – 11:30 a.m. / 12:15 – 1:30 p.m., \$3 donation, if able, for full day; La Red COVID Booster Shots, times vary, by appt.; Knitting Club, Poker, Pinochle, 12:15 p.m.

McFraud Bingo, 5/3, 12:15 p.m.

Parkinson’s Support Group, 3rd Wednesday, 5/17, 1 p.m.

Stroke Prevention Talk, 5/24, 11:45 a.m.

Celebrating all MAY BIRTH-

DAYS over lunch, Wed. 31st!

**Thursdays:** Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5; Pickleball, 10 a.m. – 12 noon; Hand and Foot, 12:15 p.m.; Parkinson’s Exercise, (on hold until a new instructor is found).

Ken’s Korner, 1st Thursday, 5/4, 10:30 a.m., on Zoom; and, Alzheimer’s Caregiver Support Group, 1st Thursday, 5/4, 6 p.m.

**Fridays:** Weekly Trips, times vary. Virtual Painting with Marina, 11 a.m. – 1 p.m., \$; Memory Café with Christie Shirey, every Friday, 10:30 – 11:30 a.m., all welcome! Mahjongg and Poker, 12 noon.

**See Ocean View - page 21**



## Ocean View - Cont'd from page 20

~WE WILL BE CLOSED ON FRIDAY, MAY 19TH, FOR OUR CELEBRATION IN GEORGETOWN – JOIN US THERE! We have a bus going.

### Trips

Refer to our MAY Calendar for updates, etc.

**Thurs., 4th** – Springfest, Ocean City, 9:30 a.m. (approximately 10 a.m. – 2 p.m. at event, on your own).

**Fri., 5th** – Boscov's and Jo-Jo's Family Restaurant, Salisbury, 9:30 a.m.

**Thurs., 11th** – Rehoboth Beach Shops and Tiki Jac's, 9:45 a.m.

**Fri., 12th** – Biggs Museum Rocks with Front Row Center: Icons of Rock, Blues and Soul – self tour, \$8 and Frazier's, 9:30 a.m.

**Thurs., 18th** – DE Assistive Technology Inst. visit to 'play' with equipment and Westside Restaurant, 9:30 a.m.

**Fri., 19th** – Older Americans Celebration at the CHEER Community Center in Georgetown, \$6/\$8 – Entertainment, Fun and Food, from 10 a.m. – 2 p.m. Leave OV at 9:15 a.m.

**Thurs., 25th** – Breakfast (tbd) and Lavender Fields, 9:30 a.m.

**Fri., 26th** – The Nearly New Thrift Shop and Doyle's, Selbyville, 9:30 a.m.

HAPPY MOTHER'S DAY TO ALL YOU MOMS AND GRANDMAS!

*"We don't grow older,  
we grow riper."*

*~Pablo Picasso*

Happy MAY Birthday to all you out there ~

Join us on Wednesday, May 31st, over lunch, to celebrate all the May Birthdays!

*Happier ~ Kinder ~ Together*



OCEAN VIEW's three-week art project produced some beautiful collages, such as this one done by Cathy Greer.



Joan Rhoades is very proud of her artistic creation.



Diane Greene, Deb Jensen and Laurence Szejner proudly show off their collages done at the art class at Ocean View CHEER.



### Roxana Activity Center

34314 Pyle Center Road • Frankford, DE  
Debra Dudkin, Director  
302-732-3662

### Monthly:

**1st Thursday, 10:30 a.m.** – Ken's Korner: Our CEO, Ken Bock, has an interactive Zoom meeting with all of the CHEER Centers online. He hosts the meeting from a different center each month and provides an update of what is going on at CHEER. He also encourages our members to ask questions and voice their opinion.

### Weekly:

#### Mondays:

- Morning Café, Socializing and Snacks
- Sit and Fit Exercises
- Group Chat: Weekend Update /Current Events
- Lunch
- Reading Club/Bible Study
- Shopping: Grocery Store, Bank, Post Office and Drug Store

#### Tuesdays:

- Morning Café, Socializing and Snacks
- Prize BINGO
- Lunch
- Walk for Fitness

- Arts & Crafts/Movie/Games

#### Wednesdays:

- Morning Café, Socializing and Snacks
- Chair Yoga
- Group Chat: "This is Us"
- Lunch
- Board and Card Games, Puzzles Etc.

#### Thursdays:

- Morning Café, Socializing and Snacks
- Trip Day – See our monthly center calendar on the CHEER Website: <https://www.cheerde.com>

#### Fridays:

- Morning Café, Socializing and Snacks
- Chair Dancing
- Reading Club/Bible Study
- Lunch
- Memory Café

### Special Events:

**19th** – Celebration of Older Americans at CHEER Community Center, in Georgetown

**24th** – Coastal Gardners' Special Project



LEPRECHAUN VOLUNTEERS at Ocean View were Helen Durbano (receptionist/member) and Tina Abrachinsky (kitchen/membership treasurer).



# 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.

**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.

**Registered Dietitian:** Responsible for providing nutritional counseling for Homebound and Congregate clients. Provide menu analysis for fall/winter and spring/summer menu cycles, and assist with developing nutrition education materials based on subjects agreed to with DSAAPD State Nutritionist and the Nutrition Program Director. Part-time contractual position, 12 hours weekly, \$30/hour.

**Outreach Worker (GT and GW/MT):** Looking for talented individual to manage cases for CHEER's homebound senior population. Skilled in case management (assessments, documenting needs requirements, case notes) scheduling volunteers for meal delivery and willing to deliver for Meals on Wheels program. Must have a 2-year Associate Degree or two years of experience in substitution of each year of education.

**Facilities Maintenance Technician I:** Assist the Facilities Maintenance and Transportation Services Director with the maintenance management of all CHEER facilities and staff. Hours are 7 a.m. to 3:30 p.m., Monday through Friday. 24-hour on-call expected of this position.

**Facilities Maintenance Groundskeeper:** Assist with maintenance repairs at the CHEER Community Center and maintain the grounds of all CHEER Centers. Hours are 7 a.m. to 7:30 p.m., Monday through Friday.

**Transportation Assistant:** Assist the Facilities Maintenance and Transportation Services Director with the management of the transportation equipment and staff. Hours are 7 a.m. to 3:30 p.m., Monday through Friday. On-call hours are to be expected of this role.

**If you or anyone you know may be interested in any of the above positions, please contact 302-515-3043.**

# 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)**





### BUS DAY TRIPS

- Wed., June 21 - Suicide Bridge Cruise, Hurlock, Md. \$98 person inc. transportation, lunch and cruise. Depart 10:30 a.m., return 3 p.m.
- Wed., September 13 - African American Museum in Washington, D.C. \$50 person, Lunch on your own. Depart 8:30 a.m., return 8 p.m.
- Wed., December 6 - New York City "On Your Own at Christmas." \$75 person (No show tickets included). Depart 7 a.m., return 11:30 p.m.
- Wed., December 13 - Miracle of Christmas at Sight & Sound Theatre, Lancaster, Pa. *Save The Date* - Details will be finalized soon!

All bus day trips depart from CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del.

[For Bus Day Trip reservations, contact Robin Green at 302-853-4199.](mailto:Robin.Green@cheerde.com)

*(Make Bus Day Trip Checks Payable to CHEER)*

### CRUISES

- June 10-15 - Bermuda Liberty of the Seas Cruise, depart Bayonne, NJ
- August 17-26 - Vision of the Seas Bermuda & Bahamas Cruise; depart Baltimore, Md.
- **NEW!!!** - October 10-13 - New York Finger Lakes; Bus departs Georgetown for New York 3 Nights Dinner at Belhurst Castle overlooking spectacular Seneca Lake in the heart of the Finger Lakes Wine Region. Tour Letchworth State Park "Grand Canyon of the East", visit Artizans in Naples, NY, tour Glenora Winery, visit Sonnenberg Gardens and Mansion State Historic Park, Lunch and Wine at the New York Kitchen, Dinner Cruise on Canandaigua Lady steamboat, stop on way home at Red Jacket Orchards around Seneca Lake. Stay at Best Western Plus Vineyard Inn, Penn Yan, NY
- October 12-21 - Vision of the Seas Canada/New England Cruise; depart Baltimore, Md. *Cruise reservations can be made through Mike Moyer Travel, email [michael.moyer@cruiseplanners.com](mailto:michael.moyer@cruiseplanners.com) or Todd at [todd.gockley@cruiseplanners.com](mailto:todd.gockley@cruiseplanners.com) or call 410-441-0644.*

***All Reservations Are First Come, First Served***

**Check [www.cheerde.com/Events/Travel Club](http://www.cheerde.com/Events/Travel Club) for complete details.**



## *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)

