

FREE

JUNE 2023

# CHEERful Living

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

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## *Volunteers Honored*

Volunteers enjoyed a fun evening at an Appreciation Dinner. Even Volunteer Director Laura Berkin got in on the action at the drums.

*See Photos, Page 13*

## *ADC Turns 10*

The Sand Hill Adult Day Center celebrated its 10th anniversary.

*See Page 6*



World Elder Abuse Day brings awareness to this social manifestation that has been hidden for centuries.

*See Page 11*

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

Volunteers tell about their favorite vacations.

*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.**

# Tidal Health Is With You At Every Step

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.

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termine the optimal size, placement and positioning of each patient's implant.

Throughout the procedure, MAKO provides real-time data to the surgeon. This allows him to continuously assess the movement and tension of the new joint and adjust the surgical plan if needed. In the operating room, Dr. Doran guides MAKO's robotic arm to remove the arthritic bone and cartilage from the hip. As Dr. Doran prepares to place the implant into its final position, the robotic arm guides it to the desired angle predetermined in the surgical plan. This technology helps ensure the appropriate orientation and depth of the implant, resulting in personalized and reproducible outcomes.

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 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**

Locations in Millsboro  
and Seaford  
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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 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.

## Protect Yourself from Identity Theft

Identity theft can cost you thousands of dollars and hours of work to restore your identity. Do these 12 easy steps to protect you from identity theft.

- Never carry your Social Security Card and only give out your Social Security number when absolutely necessary.
- Never carry your PIN in your wallet or write it on your credit or debit card.
- Collect your mail promptly and mail checks from a secure mailbox. Stealing from personal mailboxes makes it easy for thieves to access your identity and account information.
- Keep your receipts and compare them with your account statements to ensure the correct amount was authorized.
- Store personal information in a safe place. Don't leave information lying around.
- Don't respond to unsolicited requests in the mail, online or over the phone.
- Install virus protection and firewalls on your computer.
- Create complex computer passwords using symbols, letters and numbers.
- Check your credit report at least once a year. For a free credit report, go to [www.annualcreditreport.com](http://www.annualcreditreport.com) or call a Stand By Me 50+ Financial Coach.
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**302-651-3401 and 302-651-3427 in New Castle County**  
**302-415-1542 in Kent and Sussex County.**

All of our services are FREE!

**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 [carolyno@cheerde.com](mailto:carolyno@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

**By: Kenneth S. Bock**  
Chief Executive Officer

The days are getting warmer, and the sun is shining a little longer. Summer is here and for warm weather people like me, it is getting here none too soon. As the season's change, each ushers in opportunities for new things. What better time than the present to try something new. There are many opportunities here at CHEER, and we would be honored to be part of your something new. Perhaps this is your time to make new friends, try a new craft, play a new game, visit a new place, try a new meal, make a change in your life, or make a difference in the life of someone else. Whatever you think your "new" might be, there are so many opportunities for you, your friends and family at your local CHEER activity center. What better time to start than on one of the new warmer, longer sunny days.

As we all continue to move beyond the pandemic, CHEER has added new staff bringing new ideas while raising our enthusiasm for service ever higher. Some of these new things are big, others smaller, but all contribute to the energy and vitality that is CHEER and each can add something to every person we encounter. As new buds began appearing, members of many CHEER centers celebrated the season by completing what may now be CHEER's first annual tree hugging contest. There were many great moments with CHEER members expressing their love for nature individually and in groups. New video games are



being rolled out in each CHEER center. For the first time since the start of the pandemic, we celebrated our many volunteers at a large recognition dinner at the CHEER Community Center complete with live music from a band that is "new" to CHEER. Some of our members are enjoying outings to local restaurants while others are experiencing new crafts and activities. Recently, it became necessary for CHEER to add an additional pickleball court at one of our centers because two just weren't enough. We look forward to adding courts at other CHEER sites to add "newer" new.

More people are venturing from their homes and coming into local CHEER centers each day. During the past couple of months, we have been offering free instruction of joint and chronic pain management. That program is now expanding to weekly on-site physical therapy services in a couple of our CHEER sites. But, there is even more "new" coming.

For the thousands of active CHEER members and volunteers who are continuing to ex-

*See CEO Perspective  
Page 16*



Dr. George Rodriguera and his wife, Dr. Anne Acacio, will be offering physical therapy at three CHEER centers.

## PT Comes To CHEER

CHEER, Inc. welcomes PT Works Delaware as a partner in health access at three of its activity centers – Greenwood, Milton and Lewes. The physical therapy company will offer comprehensive physical therapy services for individuals of all ages and abilities. It specializes in injury rehabilitation, balance impairment, muscle weakness, stroke therapy, Parkinson's Disease, Lymphedema management, and pre- and post-operative care, plus much more. Home-based in Milford, plans are for the team to rotate operational days between the three CHEER locations. Therapy demands will determine scheduling times.

"CHEER tries to offer whatever it can to make lives better," said CHEER Chief Executive Officer Ken Bock. "Not everyone can get to Milford for therapy, so CHEER is trying to bring physical therapy closer to those in Sussex County."

PT Works Delaware is owned and operated by husband and wife team, Dr. Anne Acacio and Dr. George Rodriguera, with help from Physical Therapist Assistant James Ibach.

Wife Lorie Anne Acacio, or "Anne", finished a Bachelor's

Degree in Physical Therapy from the Philippines in 2000. She came to the US in 2008 and subsequently finished her Doctor of Physical Therapy Degree from the University of Montana in 2014. Husband George Rodriguera, or "Dr. George", finished his Bachelor's Degree in Physical Therapy from the Philippines in 2002. In 2014, he also finished his Doctorate of Physical Therapy Degree from the University of Montana. He completed a Master of Science Degree in Orthopedic Manual Physical Therapy from Daemen University in New York in 2020. Since being in the US from 2008, George has been a Physical Therapist in the Out Patient Clinic settings, and works at Bayhealth Sussex Campus as a relief staff and contracts home health therapy.

The couple make their home in Milford with their son, George Vincent.

"This is a great opportunity for PT Works Delaware to help more people," said Dr. George. "We are very appreciative to CHEER for this partnership."

For more information about the physical therapy partnership, call 302-422-2518 or email [ptworksdelaware@gmail.com](mailto:ptworksdelaware@gmail.com).



## ADC Celebrates 10th Year



Lisa Miller entertains the seniors with music and song (in background) while nurse Margaret Bray, RN helps Corrine Lyons enjoy a slice of cake and Theresa Siomkajlo chows down on some fresh vegetables.



Sand Hill Adult Day Center celebrated its 10th anniversary with a party and cake.

Above, former CHEER Executive Director Arlene Littleton, who began the senior day program 10 years ago, was present to celebrate with the seniors and the ADC Director Cindy Mitchell.

At left, senior Forrest Smith sings praises along with the day's entertainer.

## Dementia Sufferers Need You To Be 'Best Friends'

By Cindy Mitchell  
ADC Director

I briefly mentioned "The Best Friends Approach" in last month's issue. I would like to elaborate on it a little more to familiarize you with it.

The Best Friends Approach was developed in the 1990's by Virginia Bell and David Troxel while they were working at the University of Kentucky Alzheimer's Disease Research Center. The Best Friends Approach starts with seven basic "building blocks" that can help you to "see" persons with dementia differently and begin implementing a Best Friends Approach in your work. I am going to pick out the three building blocks that I feel have the most importance with our program here at Sand Hill ADC.

1. **Understanding what it's like to have dementia.** Behaviors seem less strange or unreasonable when you understand that dementia impacts the brain. Understanding what it's like to have dementia helps us develop empathy, become

more accepting and patient, and better meet the needs of the person with the disease with compassion.

2. **Knowing just what to say when communication is breaking down.** Dementia damages a person's ability to "make conversation," express their wishes verbally, understand requests, or remember directions. Best Friends understands the importance of slowing down and being present for the person with dementia, using good communication skills.

3. **Developing the "Knack" of great dementia care.** Knack is the "art of doing difficult things with ease," or "clever tricks and strategies." Acting as a Best Friend, our world view changes. We can practice patience and understanding. If the person says that they like the current president, George Bush, we don't correct her. Instead we might say, "I like him too."

To learn more about the Sand Hill Day Program at CHEER call me, Cindy Mitchell, 302-212-4482.

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

### SAND HILL ADULT DAY PROGRAM

*We understand  
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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)





# Mortgage Relief Is Offered To Delaware Homeowners

By Christie Shirey  
Caregiver Resources

Helping caregivers and CHEER members is a big part of the work done at the Caregiver Resource Center at CHEER. The hardest problem to assist with is housing. An apartment or house that most seniors can afford are very high in demand and have long waiting lists. If you are having difficulty affording your home, there is a new program that may offer help.

According to their website: "Delaware Mortgage Relief Program provides financial assistance to Delaware

homeowners who are at risk of displacement due to unpaid housing-related obligations such as mortgage payments and property charges. Financial assistance can be used for mortgage payments, tax/chattel/land lease delinquency, water and sewer, HOA or condo fees, homeowner insurance delinquency, and lot rent for manufactured housing.

The program is funded through the American Rescue Plan Act and Homeowner Assistance Fund, which the U.S. Treasury Department distributed to the state of Delaware. The \$50 million received is being administered

by DSHA and will be available until 2025 or until funds are exhausted, whichever occurs first. For questions about the Delaware Mortgage Relief Program, please call (888) 303-4324 or visit [demortgagehelp.com](http://demortgagehelp.com)."

Homeowners do not need to have a delinquent mortgage and may be eligible for future monthly mortgage payment assistance for up to six months, in addition to mortgage reinstatement or imminent risk

of delinquency.

If you are in danger of losing your home, please try this program. You can apply online at [demortgagehelp.com](http://demortgagehelp.com) | Delaware's Mortgage Relief Program, or by calling (888) 303-4324. If you would like assistance in filling out the application, you can call Telamon at 302-404-0529 or First State Community Action at 800-372-3340. You can reach me, Christie Shirey, at 302-515-3045 or [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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# CHEER Direct Care Worker Is Commended For Assisting Customer In Need

CHEER Direct Care Worker Xiomara Scotchie has been with CHEER since November 2017. In April, she arrived at the home of one of her customers to find that the customer was not answering the door and it was locked. When she went around to the back entry door, she could see through the window that the customer's mobility device was overturned.

The Direct Care Worker called the CHEER office and informed the administrative staff what was occurring with

the customer. After a staff member attempted to call the customer with no response, the staff member called the emergency contact and the family shared the location of a spare key. The Direct Care Worker then gained access to the home and found the customer in poor condition and the customer was not speaking clearly. The staff member instructed the Direct Care Worker to call 911 immediately. Once paramedics arrived on the scene, they corresponded

with the CHEER office staff for medical information about the customer.

The family was very grateful for the quick response from Direct Care Worker Scotchie. This was a life-threatening situation, which had the best outcome. The customer returned home after a day in the Emergency Department and resumed services the next day.

The customer does not remember any of the incident, but appreciates all that CHEER



**Xiomara Scotchie**  
CHEER Direct Care Worker

PASA did for them that day and every day.

We thank "Scotchie" for a job well done.

*Find New Friends at a CHEER Activity Center near you! Call 302-515-3040 for info.*

## 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)**





# Welcome New Volunteers

## April 2023

Vickie Buckles	Long Neck	Office Asst.
Frances Carothers	Roxana	Rider/MOW
Nancy Dodd	Long Neck	Center Asst.
Cherie Edwards	Roxana	MOW
David Edwards	Roxana	MOW
Linda Fairfax	Roxana	Center Asst.
Kevin Kooker	Roxana	Sub/MOW
Charles Loberg	Milton	Kitchen
Carol Messerly	Roxana	MOW
Valerie Mills	Ocean View	MOW Sub/Center Asst.
Barbara Morris	Roxana	MOW
Charles Morris	Roxana	MOW
Mark Newsom	Roxana	Kit./Reception
Edith Poore	Georgetown	Kitchen
Barbara Puca	Ocean View	MOW
Donna Reid	Roxana	MOW
Philip Reid	Roxana	MOW
Rita Robinson	Ocean View	Kitchen
David Lamar Williams	Georgetown	Kitchen

# Volunteer Spotlight ...

## Colleen O'Connor Joins Long Neck Team

Colleen O'Connor is a new volunteer at CHEER's Long Neck Activity Center. She volunteers three days a week working at the center's front desk. She loves to introduce new members to current members so that they feel welcome and comfortable at the center.

Colleen enjoys greeting all of the CHEER members when they enter and check in at the center, working alongside her fellow front desk volunteers, and socializing with the members during the day. Colleen is an avid reader and takes advantage of the Long Neck center's extensive library. When she is not busy at the front desk, Colleen assists with filing for the Meals on Wheels program.

Colleen retired in June 2022 from her position as an office



Colleen O'Connor  
Long Neck Volunteer

manager for 47 years at an Internal Medical practice in Delaware County, Pa. Subsequently, Colleen moved to Sussex County on July 1, 2022 to live full time as a new retiree.

Colleen learned about CHEER while reading through the *CHEERful Living* newspaper while sitting at her physical therapy appointment. She then decided to apply as a volunteer. CHEER values Colleen as an asset to our Long Neck center.

# Cruise-In at MILTON



Wednesday, June 7 • 5 til 7 p.m.

24855 Broadkill Road  
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*Enjoy*  
a summer's evening with  
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Time with Friends

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JoAnn Moore, local and a fellow senior.  
Contact me for more information.

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Office 302.855.1300  
[MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)  
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you can use in retirement.







CHEER is hosting its 13th Annual Fundraising Classic Car-Truck-Bike Show on Saturday, August 5. A feature of the day will be the awarding to one lucky winner of a replica model of a 1930s Bantam Midget Spindizzy race car (shown at left). The hood on the model can be opened to view the single cylinder engine inside. Size is 19 in. x 8.75 in. x 7 in. with a value of \$599. Tickets to win this model are \$10 each and available at all CHEER activity centers or call 302-745-5668.

## 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**  
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Champagne Luncheon.  
Additional luncheon tickets  
are only \$30 each.

(Registration form on back.)

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



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



### 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 - [rbdjet61@verizon.net](mailto:rbdjet61@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.



## CHEER Celebrates Our Nation's 2nd Independence Day On June 19th

**Juneteenth** marks our country's second independence day. It is the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. Although it has long been celebrated in the African American community, this monumental event remains largely unknown to most Americans.

The historical legacy of **Juneteenth** shows the value of never giving up hope in uncertain times. The observance of June 19th as the African American Emancipation Day has spread across the United States and beyond. Today, **Juneteenth** commemorates African American freedom and emphasizes education and achievement.

In observance of this holiday, all CHEER centers and offices will be closed on Monday, June 19. However, several activity centers are planning special celebrations in observance of the day either during the prior week or following days. Check each center's calendar of events for exact dates and details.

### Yard Sale - June 9

**Roxana CHEER Center**

Pyle Social Service Center, Frankford

**9:30 a.m. til 1:30 p.m.**

Baked Goods, Household Items, Miscellaneous Items

*Everyone Welcome!*



The World Elder Abuse Awareness Day (WEAAD) happens each year on **June 15th**. It was officially recognized by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse (INPEA), who first established the commemoration in June 2006. It represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.

Elder abuse can be defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”. It is a global social issue which affects the Health and Human Rights of millions of older persons around the world, and an is-



**WORLD ELDER ABUSE  
AWARENESS DAY**

Building Strong Support for Elders

sue which deserves the attention of the international community.

Elder abuse can be financial, emotional, physical, and sexual. It also includes people who are neglected and those who neglect themselves (self-neglect). Social isolation, financial or emotional stress, and dementia can make a senior vulnerable to abuse.

The consequences of elder abuse are grave: older adults who are abused are twice as likely to be hospitalized, four times as likely to go into nursing homes, and three times as likely to die. While studies show that 60% of abusers are family members, abuse can happen in any setting: in the old-

er adult's own home or a senior living community.

Between one million and two million Americans over 65 years old were injured, exploited or mistreated by someone they depended on for care or protection, according to the Na-

tional Center for Elder Abuse.

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and worldwide. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice.

CHEER centers throughout Sussex County will be having special events on June 15 and members will be wearing the color purple to bring awareness of this social manifestation. Help stop this injustice in Sussex County by visiting your local CHEER Center on June 15 and waving the “purple.”

## Questions about Medicare?

*We can help with expert advice & service at no cost to you!*

Call Delaware Medicare Assistance Bureau (DMAB)

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Assistance Program



**It's Been A Wonderful Life ...****Volunteers Tell About Their Favorite Vacations**

**Renate and Mark Shaw  
Ocean View - Pickleball**

We love to camp at Trap Pond (state park in Laurel, Del.). It is such a beautiful, clean park. We go every year.



**Cora Bailey  
Greenwood**

I spent three weeks in Arizona visiting a friend. We went to the Grand Canyon and to the mountains. I actually didn't feel the 114 degree temperature until I got home and it was 97 degrees. No humidity there, but it was hot here.



**Beth Young  
Milton - MOW**

When I was young my family would all go to Atlantic City, NJ. Everybody (aunts, uncles, cousins) were there. We really enjoyed the ocean. We didn't get to go every year so when we did, it was extra special.



**Bryan and Dawn Jaicks  
Long Neck - MOW**

In January, we went to Jamaica for our 40th wedding anniversary.

Then in February, we went to Montana for our daughter's wedding.

(One extreme temperature to another.)



**Judy Christ - Dishwasher  
and Donald Swartz - Bingo  
Ocean View**

We took a cruise with his brother and sister-in-law to Puerto Rico. We really enjoyed being with family and being care free for a few days.



**Paul and Peggy Hawes  
Roxana - MOW**

We went to Jamaica seven years ago when I won a contest at work. Just getting away was wonderful, and the people were very nice.

The runner-up would be our trip to Mackinac Island (Michigan) for eight days; even though the whole island smelled like a horse. (There are no automobiles on the island.)



**Earl and Mildred Riley  
Greenwood**

We went to West Palm Beach, Florida for a family reunion. We were in an 11-bedroom house and I got to have my own private bedroom. We had a great time.



**Donna Carotenuto  
Roxana - MOW**

I went to Aruba last year with a couple best friends. I had never been there before and it was beautiful. I really enjoyed being with my friends.

**Thank  
You!  
Volunteers!**

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





*“My husband and I attended the Volunteers Dinner tonight. Wow! What a wonderful time. Tables were set lovely with beautiful centerpieces that I was lucky enough to bring home. The meal was excellent, great selection of desserts. The band was great. The people working this dinner were wonderful. Thank you all for your hard work to make us feel special. You were all such a blessing. Thank you again. A time to be remembered.”*

*Peggy*



THANK YOU  
**Volunteers**



**Smiling Faces of Some Who  
Enjoyed The Evening ...**



*“You did such a nice job organizing the Volunteer Appreciation Dinner last night. It went so smoothly and the band was great. As I was leaving, I heard many say how they really enjoyed themselves. Great job and now you can take a breather! Have a good day.”*

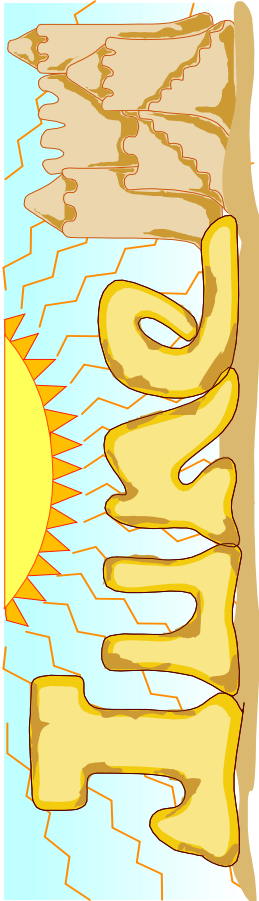
*Suzi*





*Volunteer Director Laura Berkin and her assistant, Gayle King, worked for months to put on an enjoyable evening for the volunteers. Before everyone left, they received an appreciation gift from CHEER.*







Monday	Tuesday	Wednesday	Thursday	Friday
<div><b>DELAWARE HEALTH AND SOCIAL SERVICES</b> <i>Division of Services for Aging and Adults with Physical Disabilities</i></div> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p>				
<b>5</b> Sweet and Sour Chicken Steamed or Baked Rice Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk	<b>6</b> Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>7</b> Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	<b>8</b> Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Whole Wheat Roll/Bread Skim Milk	<b>9</b> Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk
<b>12</b> Country Fried Steak Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	<b>13</b> Pineapple Pork Steamed or Baked Rice Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk	<b>14</b> Cheese Ravioli and Marinara Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>15</b> BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>16</b> Corn Chowder Tuna Salad Sandwich on Wheat Cucumber Onion w/Sour Cream Mandarin Oranges Skim Milk
<b>19</b> <b>CHEER Closed For</b> 	<b>20</b> Chef Salad w/Turkey Corn Salad Whole Wheat Roll/Bread Strawberries w/Whip Topping Skim Milk	<b>21</b> Chicken Monterey Baked Potato Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	<b>22</b> Sweet Sour Pork Steamed or Baked Rice California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	<b>23</b> Baked Cod w/Lemon Sauce Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk
<b>26</b> Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk	<b>27</b> Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>28</b> Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk	<b>29</b> Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk	<b>30</b> Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Ambrosia Deluxe Whole Wheat Roll/Bread Skim Milk





# CHEER Wants To Keep Its Members Safe



According to a study by the University of Delaware for the Delaware Center for Transportation and Delaware Department of Transportation, the overwhelming dependence on a private vehicle by older adults will only increase as baby boomers age. By 2025, the study says most older adults in the U.S. will have spent their adult life driving to and from places and will be living in homes located where travel by automobile is the only mode of transportation available. The same is true in Delaware. In 2003, 15.3 percent of licensed drivers were over the age of 65.

However, age-related cognitive and physical decline post potential safety concerns and risks to older drivers. Impaired vision, diminished cognition, decreased motor-function and reaction time, increased difficulty maintaining a vehicle, and increasing vehicle congestion and travel speeds are factors posing risks to older adults. Older Americans accounted for 12 percent of all traffic fatalities in 2004. Some drivers do not understand or fail to recognize their physical and/or cognitive limits and may even refuse to stop driving.

**Because of the senior influx,** Sussex County is projected to have the most growth in the state between 2000 and 2030 with a 61 percent increase in total population. By 2030, older drivers (65+) are expected to represent a quarter of the driving-age population.

The University of Delaware study conducted a series of case studies on their relevancy to older-driver issues in Delaware. One of the studies concluded

that older drivers are more involved in intersection crashes compared to younger drivers. It is documented that “drivers in the 80s and older (80+) group that were involved in this type of crash typically failed to see or detect other vehicles. Also, drivers in the 70-79 cohort, who were involved in these crashes, typically misjudged the distance and timing of other vehicles.”

The UofD study also concluded that because of their limitations, seniors are more likely to be involved in fatal crashes. “Passengers of elderly drivers involved in fatal crashes were more likely to die, although passengers of elderly drivers also tended to be elderly, which increased their risk of death.” Therefore, “older drivers do pose some risk to occupants of other vehicles, but pose the most risk to themselves and their passengers.”

**The study illustrated a need to increase the safety of elderly drivers** to reduce the risk of injury and death of older drivers. Upgrading roads, intersections, and signage designs can help, but research shows that many seniors have difficulty gauging when it is no longer safe for them to operate a motor vehicle. Assessment programs and tools play a critical role in maintaining safe driving and mobility among the elderly.

Self-assessments can be administered by the driver themselves or by another person. Drivers have the power to choose the environment in which the assessment can be administered that can be a less-threatening atmosphere. The assessment is also confi-

dential and can provide feedback without much delay. However, they are restricted to individuals who are not suffering from any serious cognitive impairment and to be effective, drivers must answer questions honestly. Two self-assessment instruments available include the *Drivers 55 Plus*, conducted for the AAA Foundation for Traffic Safety, and the *Older Driver Skills Assessment and Resource Guide: Creating Mobility Choices*, created by the American Association for Retired Persons (AARP).

**Another tool is the *Driving Decisions Workbook*,** which expands the scope of the AARP and AAA instruments, to include information on medical conditions and medication use and simplify the format to avoid the need for users to calculate scores or self-administer diagnostic tests.

The preferred program for assessment is facilitated by an expert such as a physician or driving instructor. Contrary to seniors’ beliefs, “*the important assessment steps which help primary-care physicians identify, oversee and treat medical barriers to safe driving can actually help individuals continue driving longer.*” Included among them are performing an initial screening; determining whether or not a patient is ‘at risk’; prescribing health maintenance or prevention advice; counseling patient with follow-ups and advice on driving alternatives; and referring a patient to a Driver Rehabilitation Specialist.

A Driver Rehabilitation Specialist (DRS) is often an occupational therapist who has un-

dergone driver-rehabilitation training through organizations such as the Association for Driver Rehabilitation Specialists. DRS evaluations consists of: 1 – driver evaluation (clinical assessment, functional on-road assessment, communication of assessment results, and recommendations to patient); 2 – passenger assessment (vehicle assessments and modifications and consideration and support and assistance to patients’ families); and 3 – treatment and intervention (adaptive driving instruction or retraining, coordination of vehicle inspections, modifications, and recommendations).

CHEER is considering providing a DRS to do safe driving assessments for its members. They will be conducted by a licensed occupational therapist at no cost to the CHEER member. Medicare and Medicaid pay for occupational therapy assessments. The only thing that the OT is required to do is inform the driver’s primary care physician of the findings.

**“We are not trying to take anyone off the road,”** explained Christie Shirey, CHEER Resource Specialist. “The occupational therapist can recommend ways to stay safe on the road. We value our members and want them to stay safe.”

Plans are to provide the assessments once or twice a month at various centers, depending upon expressed interest. The assessments will be by registration only.

“Please let me know how you feel about taking advantage of this service,” asks Christie. “Call me at 302-515-3045 or email [cshirey@cheerde.com](mailto:cshirey@cheerde.com).”



*A Summertime Favorite ...*

# Pasta Salad

*The perfect dish to take to those summertime picnics. No worries about the heat.*

**Ingredients:**

16-ounce pasta of your choice  
 1/2 cup black olives  
 1/2 cup diced onion  
 1/2 cup diced peppers  
 1/2 cup diced tomatoes  
 1/2 cup diced cucumbers  
 1/2 cup cubed cheese of choice  
 1/2 cup mini pepperoni  
 1 cup Italian dressing or more as needed  
 Other options to add: ham cubes, pepperoncini, salami, grilled chicken, fresh broccoli or cauliflower

**Instructions:**

1. Cook pasta as directed on the package. Drain and rinse with cold water.
2. In a large bowl, combine cool pasta and remaining dry ingredients.
3. Pour at least half of the Italian dressing into the pasta mixture and mix well.
4. Refrigerate for at least 2 hours. Stir in additional dressing to taste before serving.

**Georgetown Activity Center**

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

**Happenings**

**June 9** - Entertainment by Lisa Miller

**June 12** - Rhythm Entertainment

**June 15** - Revive Sound Productions

**Monday thru Friday** - Coffee and Social Hour

**Mondays** - Chair Fitness, 10 a.m. Bible Study with Ruth, 10:30 a.m.

**Tuesdays** - Memory Cafe, 9:30 a.m. with Christie; Penny Bingo, 12:30 p.m.

**Every Thursday** - COVID 19 vaccinations by LaRed Health, 10 a.m. All doses. Must call for an appointment.

**1st Thursday** - Ken's Korner, 10:30 a.m.

**Every Friday** - Breakfast in the Cafe, \$2 for seniors

**Fridays** - Chair Fitness, 10 a.m. Penny Bingo, 12 noon

**Weekly** - Trips to Bank, Dollar Tree, Walmart and Redner's

**Monthly** - Wii Bowling, Wii Golf, Corn Hole, Arts and Crafts, and more!

**Holidays**

**June 14** - Flag Day

**June 18** - Father's Day

**June 19** - Juneteenth, CHEER Closed

**CEO Perspective Cont'd From Page 5**

perience CHEER in their lives, our commitment to service and to be responsive to your event and activity desires have never been stronger. Our doors are always open, and we always look forward to opportunities to learn more about what we can do to add more CHEER in each of our lives.

Your CHEER staff and volunteers are continuing to bring more "new" to each of your CHEER centers. If you are already a member of our CHEER family, there is still plenty of new to be found. If you are "new" to CHEER and considering adding a little more CHEER to your life, we would welcome you to check us out and let CHEER become part of your "new". Get up and get engaged; there is always something new for everyone at CHEER.

## 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.

**VOLUNTEERS NEEDED IN MILTON**

Meals On Wheels Delivery  
 Kitchen Help  
 and Center Assistance

Call Laura at  
 302-515-3040



**Greenwood Activity Center**

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

**Activities**

**June 1** - Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER from the Ocean View CHEER Center on Zoom at 10:30 a.m.

**June 2** - Entertainment by Lisa Miller at 10:30 a.m. Roxana CHEER visiting.

**June 6** - Prize Bingo, 10:30 a.m., and guests from Laurel Senior Center.

**June 8** - Trip to Bridgeville Senior Center, 9:30 a.m.

**June 9** - Trip to Laurel Senior Center, 9:30 a.m.

**June 12** - Music Ministry with Pastor Dan and Betsy Taylor, 12 p.m.

**June 13** - Prize Bingo, 10:30 a.m., and guests from Bridgeville Senior Center.

**June 16** - Special Juneteenth Program with Arana Pettyjohn and Selena Brison, 10:30 a.m. Guests from Milton CHEER and Bridgeville Senior Center.

**June 19** - Holiday, CLOSED

**June 21** - Bus departs at 9:30 a.m. for trip to Boscov's and shopping at Dover Mall. Lunch on your own at Food Court.

**June 22** - Guest Speaker, Dr. George, "What is Lipedema?" 10:30 a.m.

**June 23** - Entertainment by Suzette Pritchett, 10:30 a.m.

**June 29** - Dinner and Special Entertainment by The Jones Boys, 5 p.m.

**Monthly Events**

**Monday** - Bible Study, 10 a.m.

**Monday** - 12:15 p.m. Food Lion and Walgreen's

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

**Tuesday** - Prize Bingo, 10:30 a.m. and 12:15 p.m.

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

**4th Wednesday** - 9 a.m. to 3:30 p.m. AARP Defensive Driving class.

**Thursday** - 1 p.m. and 3 p.m. Memory Cafe.

**1st Thursday** - 1 p.m. Alzheimer's Caregiver Support group.

**1st Thursday** - 10 a.m. Blood Pressure Check with Betty Fletcher.

**1st Friday** - 10:30 a.m. Entertainer Lisa Miller.

**2nd Friday** - 12:15 p.m. "Life Smatters" program with Robin Miller from Greenwood Library.

**Every Week** - Bingo, games, guest speakers, movies, virtual tours, and more every week.

**World Elder Abuse****Awareness Day -****June 15 Wear Purple**

World Elder Abuse Awareness Day was launched on June 15, 2006 by the International Network for the World Health Organization at the United Nations. World Elder Abuse Awareness Day provides an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons. For more information about elder abuse, see story on page 11, or visit [cdc.gov/violenceprevention](http://cdc.gov/violenceprevention).

To spread awareness, on June 15, please wear **PURPLE**.

**Hug A Tree Photo Winners ...****MOST PICTURESQUE - "Forest Fairies"**

Barbara Bandel, Karen Garrison, Bernice Siano and Margie Wallace, Oc. Vw.  
 Honorable Mention - Beverly Gordon, Oc. Vw.

**BEST TEAM EFFORT - Georgetown CHEER Center****FUNNIEST**

Jean Coggins, Oc. Vw.  
 Honorable Mention  
 Yvonne Banks, Oc. Vw.

**MOST UNIQUE**

John "Mike" Pascuzzi, Oc. Vw.  
 Honorable Mention  
 Karen Garrison, Oc. Vw.

See another photo on page 21.





### Lewes Activity Center

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

### Words from Your Director

Hello Everyone: Happy June! I hope everyone is doing well and enjoying the warmer weather. I've come to you in need of help. I need help with finding different places to go for our daily trips and what types of activities you would like to have at the center. Every month I find myself looking at other senior centers, some local and some from other states, trying to find different things that we can incorporate here at the center. If you have any ideas or suggestions, please let me know. We are here to provide as many speakers as possible, activities and trips that we possibly can. I'm looking forward to hearing your ideas.

### English Country Dance

Come and enjoy the dance form America grew up with. It has been fun for more than three centuries, and easy to learn. If you can walk and smile, you can learn and enjoy this kind of dance. The caller will teach and explain all the moves and walk you through each dance before it begins, and then will continue to prompt you as the dance continues.

Partners can change after each dance, so you can have the opportunity to dance with different people. No experience is necessary, and you don't need to bring a partner. We will start with basic steps and easy dances. We will laugh, dance and, most of all, have fun.

The cost of the class is FREE. We are looking to have the class on Wednesday afternoon at 1:30

p.m. If you need more information or if you are interested in attending this new class, please sign up with Crissy.

### Games

We have recently started reoffering Wii games. We have bowling, Family Feud, Jeopardy and Wheel of Fortune. Games are available every day at 10 a.m. We are looking to start a team here at the center to compete with other CHEER centers. Now that we have warmer weather, Corn Hole is available as well. Let's create a Harbour Lights CHEER Center team so we can have friendly competitions with other centers.

### Father's Day Breakfast

Happy Father's Day to all the fathers and to the men who stepped in to be father figures for children who weren't biologically yours. We would like to celebrate all our fathers at the Harbour Lights CHEER Center. We will be having a breakfast on **June 16** at 9 a.m. Please sign up for breakfast at the desk as seating is limited.

### Happy Birthday

Happy Birthday to anyone born in the month of June. We will be having a birthday celebration for everyone born in the month of June on **June 21**. Please come and have cake and ice cream with us. We pray you have a blessed day and a blessed year to follow.

### Ancestry

The next ancestry class will be on **June 28** at 10 a.m. If you would like to continue to work

## Spring Fling Fun At Harbour Lights ...



Enjoying the party are on left, George Stefan and Louise Sloane, and on right, Jack Wilhelm and Marie Wilhelm.



At left, winners of the Spring Hat Competition were: 3rd, Barbara McGowan; 1st, Betty Guyton; and 2nd, Ramona Betancourt.



Cutin' A Rug to the music were Wanda Canakis and Maura Dolan.

on your tree, please don't forget to bring your laptop or tablet with you. During this class, we will be able to review more census that have become available. It truly is exciting to look at all of the old paperwork from back then. If the June 28 class doesn't work for you, please see me to set up a different time. If you have any questions, please let me know.

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

Until Next Time, *Crissy*





**Long Neck Center**

Pelican Cove, 26089 Shoippes at Long Neck • Millsboro  
Anne Hanson, Director  
302-945-3551

**Summer Sun and Fun!**

Hello Everyone! My name is Anne Hanson and I am honored to be your new center director here at Long Neck CHEER. Summer is here which means the weather is warming up, schools are letting out and everyone is ready for some fun. It is also my favorite season and I absolutely love going to the beach. I enjoy music, dancing, traveling, crafting, sightseeing, and spending time with family. I always like trying new things, whether it's a new project, craft/hobby, food or visit somewhere off the beaten path. I hope to bring my love for new adventure and exploring new activities to come up with some exciting trips and activity programs that will be fun for each of you.

I was born and raised in Baltimore, Md., lived a decade in Pennsylvania, and seven years in Georgia. Recently, I returned back north and moved to Rehoboth Beach with my 16-year-old son so that we could be closer to my mother and disabled brother.

My passion and purpose in life is to bring love and joy into people's lives. Making people laugh, smile or just find happiness in the little things is what I strive to bring to the people I meet. When you are happy, I am happy; and when you smile, it makes me smile. I look forward to meeting each of you and finding out what you enjoy and what makes you smile.

Come join me at the Long Neck CHEER Center on Friday, **June 2**, from 8:30-10 a.m. for "Coffee and Chat with Anne" so we can get to know each other.

**Activities****FITNESS:**

**Gym Fitness Center** – Monday thru Friday, 8 a.m. to 4:30 p.m.

**Texercise** – Tuesday, Wednesday and Friday, 8:15 a.m.

**Zumba** – Tuesday and Thursday, 9 a.m.

**Tai Chi** – Tuesday and Thursday, 9 a.m.

**GROUPS:**

**Memory Café** – Tuesday, 1 p.m.

**Weight Watchers** – Monday, 8 a.m.

**Blind Sight DE** – 3<sup>rd</sup> Thursday, 1 p.m.

**Sunshine Club** – Wednesday, 2 p.m.

**GAMES:**

**Bingo** – Monday, Wednesday and Friday, 12:30 p.m.

**Poker** – Thursday, 12:30 p.m.

**Knitting and Crocheting** – Monday, 12 p.m.

**Mahjongg** – Tuesday, 1 p.m.

**Michigan Rummy** – Wednesday, 9 a.m.

**Scrabble** – Wednesday, 9:45 a.m.

**Bunco** – Wednesday, 1 p.m.

**Upcoming Events**

**June 1** – 10:30 a.m. Ken's Korner

**June 5, 12 & 26** – 9 a.m. Crafting/Tie Day

**June 6** – 9:30 a.m. Trip to Byler's

**June 8** – 9:30 a.m. Dinker Irvin Museum in Bethany Beach

**June 15** – 10:30 a.m. Stop the Scam DE Task Force

See Long Neck  
Page 20

**Milton Activity Center**

24855 Broadkill Road • Milton, DE  
Rhonda Cannon, Director  
302-684-4819

Hello All CHEER Members,

I am so grateful for being selected as one of the newest CHEER Center Directors. It is such a privilege to get Milton on the map. I look forward to working with all of the CHEER members, staff, volunteers and throughout the CHEER community.

This is an amazing program and I feel by working together as a collective unit, we will be able to grow our center to its fullest potential. By doing this, we will be able to help as many seniors as possible to fill their day with fun and socialization.

I believe the experience that I have gained from my previous positions will help with what I am able to bring to this position. I look forward to a great experience with all of you.

Rhonda

**Happenings**

**June 1** - 10:30 a.m., Ken's Korner at Roxana via Zoom.

**June 5** - Family Feud

**June 6** - Membership Meeting; Positive Music Time with Randy; 1 p.m. - NEW, Drop-in Knitting Project Class.

**June 7** - Cruise-In At Milton, 5-7 p.m.

**June 12** - Trip to Byler's in Dover, Lunch at Cheddar's.

**June 13** - Ask the Pharmacist, Michelle from Walgreen's, 9:45 a.m.; Introduction to Sign Language with Dr. Pollio, 10:30 a.m.

**June 15** - Ice Cream Social, 12:30 p.m.

**June 16** - Visit Greenwood Juneteenth Celebration, 10 a.m.

**June 18** - Happy Father's Day

**June 26** - Entertainment by Kayway Love

**June 27** - Membership Meeting, 9:30 a.m.; Positive Music Time with Randy, 11 a.m.

**June 29** - Laural Senior Center visiting

**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**







### Ocean View Activity Center

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

### Summertime is here!

We will kick off the month with another **Parking Lot Concert**, this time with Dale Teat, of the Glass Onion Band on Tuesday, **June 6th** at noon!

### World Oceans Day is Thursday, June 8th

Dr. Sylvia Earle is a legendary marine biologist, earth activist, lecturer and author. She is one of the most celebrated ocean researchers of our time and has spent almost 7,000 hours underwater and led more than 100 ocean expeditions. She says, "Everyone, everywhere is inextricably connected to and utterly dependent upon the existence of the sea."

Join us as we Celebrate **World Oceans Day**, by conducting a Beach Clean Up at the Indian River Lifesaving Station/Beach on **June 8th**, with lunch afterwards at The Big Chill Beach Club!

### Hug A Tree

There were over 40 entries from Ocean View, Roxana, Greenwood and Georgetown in our fun contest. More categories had to be added. Thanks to Nancy Lucy, director of the Bethany Beach Nature Center, for the difficult job of judging, and to Bernie Forlenzo for writing the beautiful cards. Winning photos are published on pages 17 and 21.

### Center Activities

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

**Ocean View Hours:**  
**8:30 a.m. - 4:00 p.m.**

**Monday - Friday**  
**Mon - Fri:** Puzzle Mania

available all day; Fitness Room (\$20/month - Silver Sneakers coming soon) available all day; 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.

**\*Mon. 6/5**, Walking Club to Sunset Deck, 10 a.m.

**\*6/12**, Membership Meeting on the 2nd Monday, 12 noon

**\*6/26**, Stand By Me, 4th Monday with Kathleen Rupert, 1 - 3 p.m., by appointment, 302 608-2705

**~WE WILL BE CLOSED ON MONDAY, JUNE 19TH, TO CELEBRATE JUNETEENTH!~**

### Tuesdays:

Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5; Pickleball, 9 - 11 a.m.; 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.

**\*Tue., 6/6**, Parking Lot Concert with Dale Teat, 12 noon - 1 p.m. Bring a friend and a lawn chair!

**\*Tbd, 6/13 or 20**, Dinner, 5 - 7 p.m. Check the calendar for details.

**\*6/13 and 6/20** - Arts and Crafts with Barbara on Torn Paper Seascapes.

**\*6/20** - Lunch 'n Learn,

with a PT from Aquacare on Vestibular Balance, 11:45 a.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; Knitting Club, Poker, Pinochle, 12:15 p.m.

**\*3rd Wed., 6/21**, Parkinson's Support Group, 1 p.m.

**\*28th**, Celebrating all JUNE BIRTHDAYS over lunch.

### Thursdays:

Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5; Pickleball, 9 - 11 a.m.; Hand and Foot, 12:15 p.m.; Parkinson's Exercise, (on hold until a new instructor is found).

**\*1st Thu, 6/1**, Ken's Korner, 10:30 a.m., in person;

**\*1st Thu, 6/1**, Alzheimer's Caregiver Support Group, 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.

### Great Trips coming up

Refer to our JUNE Calendar for updates, etc.

**Thu., 1st** - The Shrimp Boat Restaurant, West OC, for lunch, following Ken's Korner, 11:15 a.m. (approx.).

**Fri., 2nd** - Warren Station and The Country Store, Fenwick Island, 10:15 a.m.

**Thu., 8th** - Beach Clean Up at the Indian River Lifesaving Station and Beach, Lunch after at The Big Chill Beach Club, 10 a.m.

**Fri., 9th** - Yard Sale at Roxana CHEER Center and Yellow Fins Bar & Grill,

Selbyville, 9:30 a.m.

**Thu., 15th** - Delaware Botanic Gardens, \$15 (or get a pass from the library), and Fins Ale House & Raw Bar, Bethany Beach, 9:30 a.m.

**Fri., 16th** - Juneteenth Celebration at the Greenwood CHEER Center, lunch at Roadie Joe's Bar and Grill, 9:30 a.m.

**Thu., 22nd** - Tower 3, Redner's Market and Crooked Hammock, Lewes, 9:30 a.m.

**Fri., 23rd** - Treasures of the Sea Exhibit/Tour at Del Tech and JD Shuckers, Georgetown, 9 a.m.

**Thu., 29th** - Ultimate Eco-Tour with Cape Water Tours, \$30, 9 a.m. Group choice for lunch afterwards. Please pay at sign up!

**Fri., 30th** - Nautical Nook Gift Shop and Summer Salts Beach Grill, 9:45 a.m.

*Happy Father's Day to All You Dads and Granddads*

Happy JUNE Birthday to all you out there.

Join us on Wednesday, **June 28th**, over lunch, to Celebrate all the month's Birthdays!

*Happier ~ Kinder ~ Together*

### Long Neck Cont'd From Page 19

**June 16** - 10:30 a.m. Father's Day Celebration

**June 19** - CLOSED for Juneteenth

**June 20** - 5-7 p.m. Juneteenth Spaghetti Dinner, dancing and music, entertainment by LS-Dreamer

**June 22** - 9:30 a.m. Zwaanendael Museum in Lewes

**June 27** - 11 a.m. Stand By Me with Kathleen Rupert

**June 28** - 12 p.m. Monthly Birthday Celebration

**June 29** - 9:30 a.m. Boscov's and Produce Junction





### Roxana Activity Center

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

### Monthly

- **1<sup>st</sup> 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 opinions.

### Weekly

#### Mondays:

- Morning Café, Socializing and Snacks
- Sit and Fit Exercises
- Group Chat: Weekend Update/Current Events
- Lunch
- Reading Club and/or 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 Exercises
- \*\*6 Week Class – Chronic Disease Self-Management Program, 5/31 to 7/5
- 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>



### Hug A Tree Winners ...

**FUNNIEST GROUP**  
Roxana CHEER Center  
Norma, Rose and CeCe

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

#### Fridays:

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

### Special Events

**5<sup>th</sup>** – Pastor Dan and Betsy: Music Ministry

**6<sup>th</sup>** – Speaker: Medicare Fraud  
**\*\*EVERY WEDNESDAY:**  
**CHRONIC DISEASE SELF MANAGEMENT PROGRAM**  
(5/31 thru 7/5)

**9<sup>th</sup>** – Yard Sale and Bake Sale @  
at Roxana CHEER Center, 9:30 a.m. – 1:30 p.m. **\*\*\*PLEASE JOIN US!\*\*\***

**23<sup>rd</sup>** – Surprise Celebration

## Members Make Flower Baskets

*On April 12, the Gardeners by the Sea organization came to Roxana CHEER for their monthly visit to do a fresh flower basket project with the members. They bring all the needed supplies and are very patient with the members. Below are the results of a fun experience.*



Maggie Baker helps Mary Prencipe with her basket while others in background work on their creations.



Dianne Deforest shows Linda Gabriel what to do while Margaret Woda works with Dolores Darnell.



Ora Lee Williams, Al Oliver and Cece Chambers show off their creations.



Above left - Dolores Darnell and Alice Godwin with their baskets.

Above right - Mary Prencipe and bus driver Bob Van Vliet enjoy this beautiful flower basket.



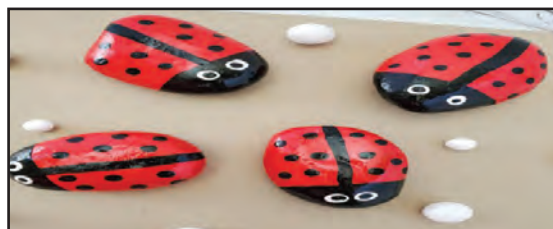
At left - Barbara Hudson and Clyde Hickman admire their baskets.



## This Month's Craft ... Painted Ladybug Rocks

### SUPPLIES:

- Acrylic Paint - Red, Black and White
- Flat Rocks
- Paint Brushes - Small
- Q-Tips



### INSTRUCTIONS:

1. Wash and dry rocks
2. Use black paint to draw the beetle's face.
3. Paint the ladybug's body using a colored Red paint. Let paint dry.
4. Add a line with Black paint for the wings. Using a Q-Tip, add Black dots to the body.
5. Add eyes using a Q-Tip dipped in White paint. Let paint dry.
6. Add dots to the eyes using a toothpick or small paint brush with Black paint. Let dry for 12 hours.
7. In a well ventilated outdoor space, spray 2-3 coats of clear sealer on top and bottom sides of rocks. Let dry.



## 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)

You Are Invited

to Join Us for...



**Eat Smart, Live Strong FREE!!**

**Who: YOU!**

**What:** Enjoy fun and 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!*

**Where:** Roxana CHEER Center

**When:** Monday July 10th, 17th, 24th, and 31st from 10:30am-11:30 am

\*Attend all four sessions to receive a free cookbook and other prizes!

\*\*Visit the main office to sign up.\*\*



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider.





### 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.](#)

*(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)

