

FREE

JULY 2023

# CHEERful Living

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

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## ***SilverSneakers***

The fitness program is now available at four CHEER Activity Centers.  
***See Page 8***

## ***Cruisin' In Milton***

Classic vehicles cruised to the Milton CHEER Center to give a sneak peek at what is coming on August 5 at the 13th Annual Fundraising CHEER Car-Truck-Bike Show.

***See Page 11***

## ***Older Americans Celebration***

At right, Lewes' Harbour Lights Center Director Cristina Tunnell enjoyed the celebration with some of her members, Tien To, Jean MacCrory and Jean Forry.

***See Page 13***







**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.



**Advertising Rates**

**Rates are Per Issue. 10% Discount Offered  
For Year-Long (12 month) Contract.**

Front Page*	10.75 in. x 2.5 in.	\$1,500
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Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 OR 2.3125 in. x 5.625 in.	\$100

**INCLUDES COLOR**

**DEADLINE - 1st of Preceding Month**

\*With Purchase of Ads Half Page or Larger, client receives a comparable space for written word copy: Front, Covers and Full = 500 words; Half = 250 words. Articles are to be written by client's representative and feature company info or services offered to senior citizens. (Publisher reserves editorial rights.) No sales pitch shall be in text. Photos to fill space as needed.



**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.

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-

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  
302-990-3280

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





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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.

## Are You Struggling with Prescription Costs?

The goal of the Delaware Prescription Assistance Program (DPAP) is to help pay for prescription medications for elderly and/or disabled individuals who cannot afford the full cost of filling their doctor’s prescriptions. The program is designed to aid eligible individuals who have no prescription insurance other than Medicare Part D, and whose income is at or below 200% of the Federal Poverty Level (FPL), or whose prescription costs exceed 40% of their income.

The Delaware Prescription Assistance Program (DPAP) will provide each eligible individual with up to \$3,000 per year toward medically necessary prescription drugs and Medicare Part D premiums. The program does not pay for diabetic supplies for Medicare recipients. Medicare currently provides this coverage under the Medicare Part B benefit.

Individuals must make a co-payment of 25% of the cost of the prescription, or a minimum of \$5. The co-pay is collected by the dispensing pharmacy. The pharmacy submits a claim to DPAP and is reimbursed directly.

You may qualify for prescription assistance if you are a Delaware resident, 65 or older, **OR** receiving Social Security Disability Benefits and your gross annual income is at or below:

1 person ----- \$27,180  
2 people ----- \$36,620

**OR** your prescription costs exceed 40% of your annual income.

A Stand By Me 50+ free Financial Coach can help you apply and screen you for additional benefits.

**Call a Stand By Me 50+ Financial Coach for  
FREE Financial Coaching and  
Benefits Screening today!**

**302-608-2705 in Sussex County to schedule an  
appointment today!**



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



Partially funded by



### **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.”

## CHEER Staff

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Chief Executive Officer

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# CEO Perspective

By **Kenneth S. Bock, CEO**

Summer is here! I know I am not alone when I say this is the best time of the year. Warm weekends and longer days offer more opportunities to get outside and enjoy the sunshine and fresh air. If you still haven't shaken off your stay-indoor blues, it's time to get outside. If you are spending some outdoor time, count yourself lucky and find some more of that special time.

I am an early riser and treasure my quiet time in the morning with a cup of coffee watching the sun overtake the darkness of night. Taking those few minutes of solitude helps me focus and sets the tone for my day. On good days when I am lucky enough, I can sit outside as evening settles in and watch the last few moments as the sun slips below the horizon. It doesn't take a lot of advanced preparation, special equipment, or money. For a small investment of time, the benefits for me are immeasurable.

Sometimes in those quiet moments, I reflect upon the things I like most; the things that have brought me great joy. Friends and companions, events, and activities that I remember most are not things of dollars and cents. Those things provide a contentment and satisfaction that is priceless. They bring me cheer.

As you measure your days, what brings you joy? Do you have time each day for the simple things that bring you cheer? As you think about that, perhaps you may even have a little time to consider your local CHEER center. From personal



experience, I can tell you that many people find joy, contentment, and satisfaction in their relationship with CHEER. CHEER members make new friends, enjoy companionship, play all sorts of games, exercise, learn new things, work on crafts, experience live entertainers, take trips, and just have fun.

CHEER volunteers are always on the move serving people throughout their communities. Whether it's delivering a hot meal to someone in their home, helping to serve people in a local CHEER center, or making sure someone gets to a medical appointment, CHEER volunteers are making a difference every day in every part of our county. For those who may just need a little extra help in their homes, CHEER's in-home personal assistance attendants are there with light housekeeping, companionship, and assistance for caregivers.

Ask yourself as you wake to that next warm sunny day; is this the day I could add a little more CHEER in my life? If I'm already running in a dozen different directions, is this the day to take a few extra minutes and focus on that sunrise or sun-



## Happy Retirement Gary ...

**CHEER Groundskeeper Gary Harmon (center) is wished a Happy Retirement by CHEER Chief Operating Officer Beckett Wheatley and CHEER Chief Executive Officer Ken Bock on his last day of employment, May 31, during a surprise picnic in his honor.**

**Gary began working for CHEER in October 1999. For almost 24 years, his office has been the great outdoors as he has kept the grounds of the Community Center and CHEER Apartments manicured and looking beautiful, and he tended the grounds of other CHEER facilities as needed. He also would set up the tables and chairs for major events and meetings in the banquet hall of the Community Center.**

**CHEER will greatly miss Gary's dedication to the agency and pride in his work, but wish him well in his retirement.**

set? Is this the day I step into CHEER and meet new people? Is this the day I make a difference in the life of someone else in my community; maybe someone I have not even met yet? Is this the day I can increase my joy and satisfaction through CHEER?

We, at CHEER, depend on each and every one of you, our members who come through our doors and participate in all that our CHEER centers have to of-

fer, those we visit and serve in the home of one of our customers, our volunteers who do so much to bring CHEER to others and, of course, a dedicated and committed staff of individuals who give of their time, talent and themselves. To every one of you, we offer our sincere thanks and appreciation, and our very best wishes for a happy and healthy summer. Let this be your summer of CHEER



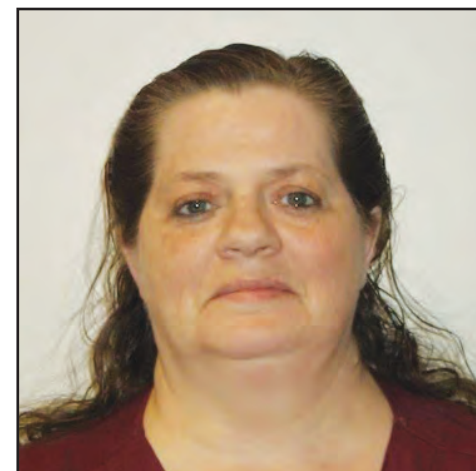


**Congratulations ...** Joyce "Jay" Infussi was the lucky winner of the Staff Appreciation Raffle and won a 22.5 inch Cuisinart Air Fryer Toaster Oven With Grill. Jay is the receptionist at the CHEER Administration offices in the Adams State Service Building, Georgetown.

## Direct Care Worker Is Dedicated To Senior Care

By Debbie Joseph  
PASA Director

Nancy Smith has been an employee of CHEER for 25 years! She is one of our very dedicated Direct Care Workers and has an impeccable attendance record. Nancy is always willing to work extra hours if available for her customers. Nancy's paperwork is always sent in on time and is extremely neat. She is one of our Direct Care Workers who is servicing seniors in the southern region



**Nancy Smith**

of Sussex County.

During the first half of this fiscal year, Oct 1<sup>st</sup> -March 30th, Nancy is in the lead with servicing 1,381.75 hours! We appreciate you, Nancy! The seniors she assists in the home agree that she is a wonderful Direct Care Worker.

## The Power Of BINGO

By Cindy Mitchell  
ADC Director

I asked Google "Why do the elderly love BINGO?"

One answer given was that it provides an outlet for social interaction. Since they are prone to stress, anxiety, and depression, it is important for the seniors to maintain an active social life. Playing Bingo can be a great excuse for seniors to meet new friends, with whom they can befriend outside of Bingo as well.

Another answer was Accelerated Healing. Bingo is a social game that can reduce time required to heal from an injury, illness, or surgery. A recent study found that seniors who played games like Bingo during their recovery period following a surgery or other illness had shorter hospital stays and faster healing times.

People with Dementia like Bingo too. Researchers have learned that playing Bingo has many benefits in addition to

just being fun. Bingo can help slow the decline of aging, promote health and well-being, as well as boost cognitive abilities, and improve hand-eye coordination.

The Sand Hill Adult Day Program has found Dementia Bingo. Dementia Bingo is a simplified version of the popular game that uses numbers 1 through 29 and has only nine numbers on each card. It is specifically designed for seniors with dementia and is not childish in any way.

With Dementia Bingo, it is easy for players to succeed. The smaller grid and fewer numbers make it easier for seniors with dementia to find the numbers on the card on their own which leads to a feeling of accomplishment and pride.

Our motto at the Sand Hill Adult Day Program is "Everyone can be successful here!"

For more information about ADC contact me, Cindy Mitchell, at 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  
how difficult it can be.*

Offering respite care for caregivers as we care for your loved ones 50 and older.  
Nursing oversight • Assistance with personal care  
Secure Facility • Noon meal and snack provided  
Brain Fitness and Physical Fitness Programs • Transportation arranged

**Monday thru Friday, 9 a.m. to 3 p.m.**

**CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE**  
Call Cindy at 302-854-2882 or email [cmitchell@cheerde.com](mailto:cmitchell@cheerde.com)





# CHEER Offers Assorted Caregiver Support Groups

## By Christie Shirey Caregiver Resources

The Caregiver Resource Centers at CHEER provide an array of programs to assist caregivers in Sussex County. Support groups are planned for several locations, and a few are led by Alzheimer's Association facilitators. Memory Café is a fun activity for caregivers and their loved ones. It provides a safe environment amongst others to relax, have fun, make friends, and exercise your memory. Memory Café can also provide a respite period for caregivers that need a short break to relax on their own. One-on-

one support can be scheduled by calling Christie Shirey at 302-515-3045

Join us for one of our support activities listed below.

**July 3, 2 p.m.** – Parkinson's Education and Support Group of Sussex County monthly meeting at the Lewes Library. For more information, [contact@sussexdeparkinsons.com](mailto:contact@sussexdeparkinsons.com)

**July 6, 9:30 a.m.** – Memory Café at Milton CHEER

1 p.m. – Memory Café at Greenwood CHEER

1 p.m. – Caregiver's Support Group at Greenwood CHEER

6 p.m. – Caregiver's Support Group at Ocean View CHEER

**July 7, 10:30 a.m.** – Memory Café at Ocean View CHEER  
12:15 p.m. – Memory Café at Roxana CHEER

**July 11, 9:30 a.m.** – Memory Café at Georgetown CHEER  
1 p.m. – Memory Café at Long Neck CHEER

**July 13, 9:30 a.m.** – Memory Café at Milton CHEER  
1 p.m. – Memory Café at Greenwood CHEER

**July 14, 10:30 a.m.** – Memory Café at Ocean View CHEER  
12:15 p.m. – Memory Café at Roxana CHEER

**July 18, 9:30 a.m.** – Memory Café at Georgetown CHEER  
1 p.m. – Memory Café at Long Neck CHEER

1 p.m. – Alzheimer's Caregiver's Support Group at Long Neck CHEER

**July 19, 1 p.m.** – Parkinson's Support Group at Ocean View CHEER

**July 20, 9:30 a.m.** – Memory Café at Milton CHEER  
1 p.m. – Memory Café at Greenwood CHEER

**July 21, 10:30 a.m.** – Memory Café at Ocean View CHEER  
12:15 p.m. – Memory Café at Roxana CHEER

**July 25, 9:30 a.m.** – Memory Café at Georgetown CHEER  
1 p.m. – Memory Café at Long Neck CHEER

**July 27, 9:30 a.m.** – Memory Café at Milton CHEER  
1 p.m. – Memory Café at Greenwood CHEER

**July 28, 10:30 a.m.** – Memory Café at Ocean View CHEER  
12:15 p.m. – Memory Café at Roxana CHEER

*Primary funding is provided by Title III-E of the Older Americans Act and the Division of Services for Aging and Adults with Physical Disabilities.*



## 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**

## Open To The Public!

### Physical Therapy at



**Lewes, Milton,  
and Greenwood**  
**Provided by**



**Physical Therapy Closer to YOU!**  
**Schedule your appointment (302) 422-2518**





The SilverSneakers fitness program, offered at no additional cost to seniors on eligible Medicare plans as well as other insurance plans, helps you get active and connect with others. It includes live online fitness classes, on-demand videos, and access to thousands of gyms across the country. Beginning July 5, SilverSneakers is available at CHEER activity centers having fitness centers -- Greenwood, Milton, Long Neck and Ocean View.

According to its website, SilverSneakers focuses on important areas of health and wellness for seniors:

**Stamina** - Stamina gives you the ability to exercise for a decent amount of time without your body becoming tired. Aerobic or cardio training boosts stamina as it increases your breathing and heart rate, helps maintain healthy weight levels, and improves mobility.

**Strength** - Strength training can help prevent osteoporosis, heart disease, arthri-



## SilverSneakers Rocks At CHEER

tis, and type 2 diabetes. And you don't have to bench press. For older adults, simple strength-building exercises such as chair squats, single-leg stands, wall pushups, and stair climbing help build and tone muscles.

**Flexibility** - Flexibility exercises help improve and extend your movements, and better yet, they warm up your muscles and make you less prone to injury. Workout sessions with gentle stretches can also help ease those pesky neck cricks, backaches, and other muscle soreness.

**Balance** - Balance exercises give you more mobility and physical control, which

helps you avoid falls as you become older. You may find yourself feeling nimbler with every session.

CHEER members will no longer have a fitness payment any more with SilverSneakers membership because their insurance pays CHEER for the program. Members are to sign in on the designated iPad at the receptionist's desk. Members can check their eligibility by contacting their insurance company, then obtaining a SilverSneakers membership ID number to be used in future sign-ins. The program at CHEER is for CHEER members only, no guests will be allowed. Before using the program, CHEER members must sign a waiver and assumption of risk document.

For more information about SilverSneakers at CHEER, contact the center director at either Greenwood, Milton, Long Neck or Ocean View, or contact Community Resource Director Christie Shirey at 302-515-3045.

## 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)**





# Grilled Corn On The Cob

Fresh summer vegetables are abundant now. Many of them taste better if cooked on the grill. One of the favorites is corn on the cob. Try this easy recipe and enjoy!

## INGREDIENTS:

- Corn Cob
- Butter
- Seasoning of choice: salt, sugar, pepper, Old Bay, cayenne, onion powder, garlic powder, tajin, Season All, etc.

## INSTRUCTIONS:

- Peel husks off corn and clean.
- Drizzle corn with melted butter and sprinkle with seasoning.
- Wrap the corn in foil.
- Place on grill and cook until corn is tender.



## ECONOMICAL EATS

### Plan, Purchase, Prepare

Grabbing items you don't need is a common habit in the grocery store. Instead, make a list and do your best to stick to it while shopping. If you are planning on making different recipes, use recipes that have common ingredients.

### Resources

[Food Bank of Delaware](#)

### Buy Staples in Bulk

- Oatmeal
- Lentils
- Rice
- Canned Beans

### Shop the Food Bank

The Food Bank of Delaware holds mobile food pantries, drive-thru events or you can shop directly from the Food Bank locations in Newark or Milford.

Foods can be cheaper when purchased in bulk. You can freeze what you might not use right away such as bread, meat and more.

### Avoid Food Waste

Before going to the store, look at what you currently have in your pantry, refrigerator and freezer to prevent buying duplicate items. Save and eat your leftovers within three days to avoid wasting. If you eat out at a restaurant, ask for a box for leftovers.

### Shopping With Nutritional Value

Fruits and vegetables cost less when they are in season, so try to buy produce when it is in season. Thinking about portion size can also help you save money. Only buy amounts of food that you know will get eaten.

### Resources

[Preventing Wasted Food](#)

[Seasonal Produce Guide](#)

### Join Loyalty Programs

Many grocery stores offer loyalty programs that are free to join. These loyalty programs provide discounts that will automatically be deducted, without needing coupons in hand. In addition to the automatic discounts, there are additional coupons that can be used that might come through the mail, online, in an app or in store through a weekly savings paper.

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

This newsletter is supported in part by the Division of Services for Aging and Adults with Physical Disabilities



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# 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.)

*(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 - [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.*

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Buddy in the Yellow Submarine



The Love Bug



Race Track Ready



Pride and Joy

# Milton Cruise-In

CHEER gave a sneak peek of its upcoming August 5th Annual Fundraising Car-Truck-Bike Show at the Community Center in Georgetown when 30 vehicles drove into the parking lot of the Milton Activity Center on the evening of June 7. Owners and spectators alike enjoyed sharing the classic vehicles, hotdog platters, ice cream, oldies music and making new friends.

*Save the Date - August 5 in Georgetown!*  
*See Page 10 For Details!*



Harley-Davidson Tuff



Straight Off The Farm



Gender Reveal



European Style



Dinner Time



The Family Car



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

# Seniors Tell Their Favorite Music And Songs



**CeCe Chambers**  
**Roxana**

"Johnny Cash, *Folsom Prison Blues*."



**Jackie Grant**  
**Long Neck**

"Country. When *The Twist* started in the 50's, we were in Key West (Fla.) and went to see a movie in which Chubby Checkers was in showing how to do *The Twist*. My husband said that dance would never last." (LOL)



**Kathy Crowley**  
**Harbour Lights, Lewes**

"All music is wonderful. I enjoy *The Sound of Silence* that I hear on the radio Saturday mornings."



**Jean Forry**  
**Harbour Lights, Lewes**  
"All music that is slower that I can line dance to."



**Thelma Cottman**  
**Georgetown**

"*Electric Slide* and anything by James Brown."



**Charles McCroay**  
**Milton**

Rock music.



**Jean MacCrory**  
**Harbour Lights, Lewes**  
"Golden Oldies - I enjoy dancing to that music."



**Patrick McCormick**  
**Long Neck**

"I love all music, and food. I hum to myself a lot *The Impossible Dream* from the *Man of LaMancha* opera."



**Minnie Woods**  
**Long Neck**

"Gospel - any song about Jesus."



Located in the Community Center  
20520 Sand Hill Rd., Georgetown

**Grab-N-Go**  
**Breakfast** 7 a.m. til 10 a.m.  
**Lunch** 11 a.m. to 2 p.m.



Call 302-854-9500 or  
email - [asmith@cheerde.com](mailto:asmith@cheerde.com)  
to order for pick up!







Melissa Smith, Director of the Delaware Division of Services for Aging and Adults with Physical Disabilities, and her children, Natalie, age 6, and Lincoln, age 8, enjoyed spending time with the seniors at the Older Americans Celebration.

# Aging UNBOUND

## Celebrating Older Americans Month



Name That Tune contest finalists were: Linda Miller, Ocean View; Winner Joyce Griffin, Laurel; Pat Smidt, Long Neck; and Mary Snead, Long Neck.  
50-50 winner was Helen Whipp from Ocean View; and door prize winner was June Donovan from Georgetown.



Seniors put their heads together to figure out the word games.



Everyone was swinging to the music at the Older Americans Celebration.



Mary Ann Fallender crosses her heart as she says the Pledge to the Flag.



Del Tech intern at CHEER, Ashlynn Troyer (left), learns some line dancing from the seniors.



A little quiet time with my partner.



DJsmoove got the seniors out on the dance floor to enjoy the occasion.

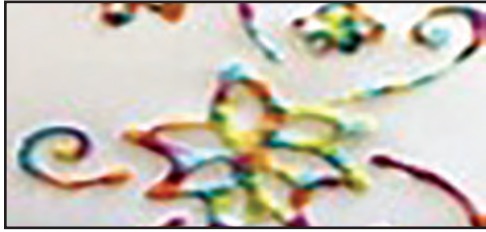




Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</div>	<div>4</div> <div>Independence Day Holiday Centers are closed</div>	<div>5</div> <div>Shepherd's Pie Steamed Capri Vegetables Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</div>	<div>6</div> <div>Chicken Cacciatore Penne Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</div>	<div>7</div> <div>Chicken Rice Soup Egg Salad Sandwich Pickled Beets Rice Crispy Bar Skim Milk</div>
<div>10</div> <div>Crispy Oven Fried Chicken Dutch Potato Salad Collard Greens Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</div>	<div>11</div> <div>Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</div>	<div>12</div> <div>Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk</div>	<div>13</div> <div>Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Coleslaw Gelatin Whole Wheat Roll/Bread Skim Milk</div>	<div>14</div> <div>Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk</div>
<div>17</div> <div>Cheeseburger on Bun French Fries Baked Beans Spiced Peaches Skim Milk</div>	<div>18</div> <div>Pineapple Pork Steamed or Baked Rice Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk</div>	<div>19</div> <div>Cheese Ravioli and Marinara Sauteed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</div>	<div>20</div> <div>BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk</div>	<div>21</div> <div>Corn Chowder Tuna Salad Sandwich Wheat Cucumber Onion w/Sour Cream Mandarin Oranges Skim Milk</div>
<div>24</div> <div>Hot Dog on Bun Baked Sweet Potato Fries Coleslaw Poached Pears Skim Milk</div>	<div>25</div> <div>Chef Salad w/Turkey Corn Salad Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</div>	<div>26</div> <div>Chicken Monterey Baked Potato Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</div>	<div>27</div> <div>Sweet Sour Pork Steamed or Baked Rice California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</div>	<div>28</div> <div>Baked Cod w/Lemon Sauce Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</div>
<div>31</div> <div>Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</div>	<div><div><div>DELAWARE HEALTH AND SOCIAL SERVICES</div><div><i>Division of Services for Aging and Adults with Physical Disabilities</i></div><div><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></div></div><div><div><div><div>CHEER</div><div>Over 50 Years Serving Sussex-Seniors</div></div></div><div></div></div><div>*** <u>Menu items subject to change.</u> ***</div></div>			



## This Month's Craft ...



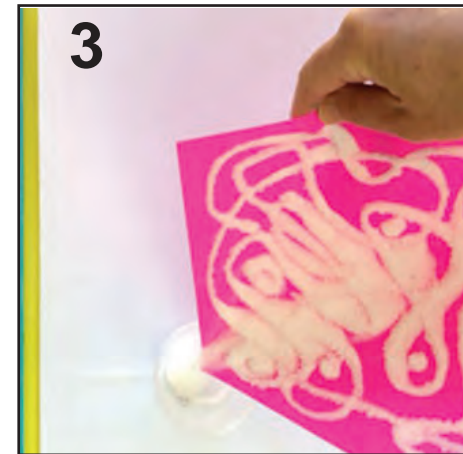
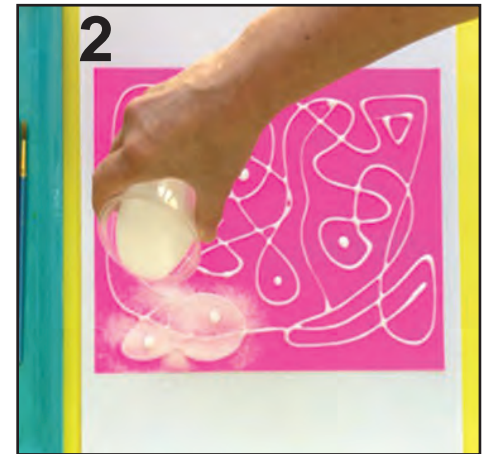
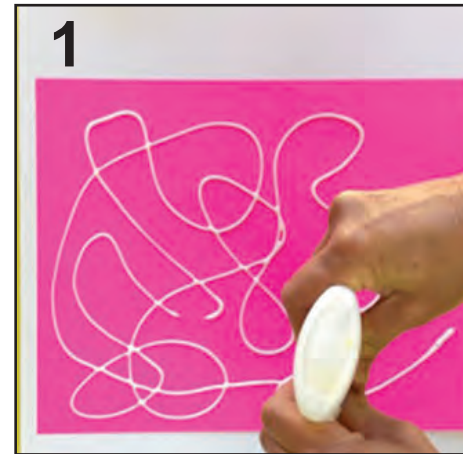
# SALT ART

### MATERIALS:

- Card Stock (Use colorful card stock for a color boost.)
- Glue
- Salt
- Food Coloring
- Paint Brush or Straw
- Cups

### DIRECTIONS:

1. **Squeeze glue onto card stock** - Creating shapes such as stars, squares, circles or any shape or design.
2. **Sprinkle salt on top** - Sprinkle salt over all the glue lines. Make sure to cover the glue as much as possible.
3. **Remove excess salt** - Tilt the card stock to remove the excess salt.
4. **Add color** - Dip a paint brush in liquid food coloring mixed with a little bit of water. Gently hold the tip of the paint brush near the salt. The paint will flow off the paint brush and onto the salt.
5. **Let Dry** - Enjoy your masterpiece.



## Questions about Medicare?

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

Call Delaware Medicare Assistance Bureau (DMAB)

**302-674-7364**

we provide **FREE**,  
unbiased & confidential counseling

**Trinidad Navarro**, Insurance Commissioner  
[www.insurance.delaware.gov/DMAB](http://www.insurance.delaware.gov/DMAB)



**SHIP**  
State Health Insurance  
Assistance Program



**Georgetown Activity Center**

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

**Happenings**

**July 7:** Georgetown visits Greenwood

**July 14:** Lisa Miller – Entertainment, 12 p.m.

**July 20:** Revive Sound Productions, 12 p.m.

**July 21:** Greenwood visiting Georgetown

**Monthly**

**Every Day:** Georgetown Café serving breakfast every day

**First Thursday** – Ken's Korner

**Mon.–Fri.:** Coffee and social hour

**Monday:** Chair Fitness – 10 a.m. - Bible Study with Ruth – 10:30 a.m.

**Tuesday:** Memory Cafe', 9:30 a.m. with Christie and Penny Bingo, 12:30 p.m.

**\*Every Thursday:** COVID-

**Let's Dance ...**

On May 15, Rythm Tec Entertainment had some of our Georgetown members up dancing to the music. At right, Jeanette Wagner, Rita Poggi and Patricia Holzer boogie to the beat.



19 vaccinations by La Red Health, 10 a.m. All doses. You must call for an appointment.

**Every Friday:** Breakfast in the Café - \$2 for seniors

**Friday:** Chair Fitness - 10:30 a.m. and Prize Bingo – 12 p.m.

Monthly activities include: Wii Bowling, Wii Games, Corn Hole, Arts and Crafts and more.

Weekly trips to the Bank, Dollar Tree, Walmart and Redners.

**Independence Day**  
**July 4 – Center is Closed**

**Peace Day ...**

Georgetown members wore Purple for Peace Day on May 16. Top right, Patricia Holzer, Yvette Harris, Barbara Jean Bailey and in back, Loretta Landzaat. Right center, Gary Turner, Jeanette Wagner, GT Center Director Debbie Landon, and Ruth Dorsey. Right bottom, Violet Hopkins, Joe Donovan and Jimmy Mears.



**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.



**Greenwood Activity Center**

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

**July 4 – CENTER CLOSED**

**July 6** – Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER from the Milton CHEER Center on Zoom, 10:30 a.m.

**July 7** – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center, 10:30 a.m.

**July 10** – Music Ministry with Pastor Dan and Betsy Taylor, 12 noon.

**July 11** – Prize Bingo and guests from the Laurel Senior Center, 10:30 a.m.

**July 14** – Entertainment by *Imagine* and guests from the Milton CHEER Center, 10:30 a.m.; "Life Smatters" with Robin Miller from the Greenwood Library, 12 noon.

**July 19** – Long Neck CHEER Sunshine Singers, 10:30 a.m.

**July 20** – "Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q & A, and "Name That Tune", 10:30 a.m.

**July 21** – Bus departs at 9:30 a.m. for trip to the Georgetown CHEER Center.

**July 27** – Dinner and entertainment with "Imagine"

**July 28** – Karaoke with Wayne, 10:30 a.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.

**Fascinating 4<sup>th</sup> of July Facts**

- The Star Spangled Banner became the United States' national anthem in 1981.
- The Continental Congress voted for independence on July 2, 1776.
- President Zachary Taylor died in 1850 after eating spoiled fruit following 4<sup>th</sup> of July speeches.
- In 1781, Massachusetts became the first state to declare 4<sup>th</sup> of July an official state holiday.
- The Liberty Bell in Philadelphia is tapped 13 times every 4<sup>th</sup> in honor of the original 13 colonies.
- John Adams and Thomas Jefferson both died on July 4<sup>th</sup>, 1826.
- George Washington celebrated the July 4<sup>th</sup> holiday by giving his soldiers a double ration of rum.
- Calvin Coolidge is the only president that was born on the 4<sup>th</sup> of July.
- Edward Rutledge was the youngest person to sign the Declaration of Independence at 26 years old, while Benjamin Franklin was the oldest at 70 years old.
- John Hancock was the first person to sign the Declaration of Independence on August 2, 1776.

**Trap Pond Fall Festival**

**Friday, September 8**

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

**Trap Pond State Park**

**Laurel, Delaware**

Food - Fun  
Dancing  
Games

Come One!  
Come All!

**\$6 for Seniors 60+ • \$8 Under 60**

**Free Park Admission!!**

**Lunch Served at 12 noon:**

**Corn Hole Tournaments**  
with 1st, 2nd, and 3rd  
place prizes!

**White Elephant Table**

**Informational Booths**



**Trap Pond Nature Walk**

**Prize Bingo**

**50/50  
Drawing**

**Horseshoes**



**Music and Fun  
Entertainment  
with Sky Brady**

**For more information contact:**

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

*All proceeds go to benefit the CHEER Meal Program.*



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

**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.*



**For info call:**

**302-515-3040**

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.







### Lewes Activity Center

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

### Let's Party

On **July 27**, we will be having our monthly party. We will begin the party at 10 a.m. with some fun trivia games. Don't forget...we will be giving prizes out for the games! Followed by the games, we will be having entertainment provided by Imagine at 10:30 a.m. After we've enjoyed an hour of entertainment, we will be having a delicious lunch and to conclude the festivities, we will be having prize Bingo. We hope to see you at the party and don't forget to bring your dancing shoes.

### Mystery Trips

Mystery Trips are back!! For those that don't know...a mystery trip is when the center director and the bus driver pick a place to go to explore or to shop and afterwards, we go out for a nice lunch. Everyone that has participated in the past has thoroughly enjoyed them. If you have any ideas or places you would like to go, please let me know. Please see the calendar for the date. Sign up sheets are available at the desk.

### 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 dancing. 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 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 re-offering the 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.

### Breakfast Bash

We truly appreciate all of the support you have given us over the months. We will be having a breakfast in July. The date will be announced later. Please sign up for the breakfast at the desk as seating is limited.

### Happy Birthday

Happy Birthday to anyone born in the month of July. We will be having a birthday celebration for everyone born in the month of July on **July 19**. Please come 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 **July 26**, at 10 a.m. If you would like to continue to work on your tree, please don't forget to bring your laptop or



### Long Neck Activity Center

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

### "Water Water Everywhere!"

Summer is in full swing which means lots of warm weather and trying to say cool. All the volunteers and staff have been working together to make this summer fun and fruitful with trips, games and activities that will make the heat seem kind of cool.

July is **National Watermelon Month**; what a great time to enjoy some chilled fresh fruits whether at cookouts, picnics or just because it is so good. Anyone else's mouth starting to water?

The Older Americans Celebration in May was all the rage for days afterwards and so many showed up. So many of you had requested more music/entertainment, dinners, and dancing. We also had a beautiful Mother's Day celebration with music and dancing by the BayTones. For July, we will be bringing just that, so make sure you bring those dancing shoes and all those wonderful moves

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 date of the 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, meditate, and most importantly... stay healthy and stay safe.**

**Until Next Time,**  
Crissy

like you did in May! In June, we had a Father's Day celebration with Ping Pong (Table Tennis), Cornhole and Cards. We also had a Juneteenth Spaghetti Dinner with entertainment by LSDreamer.

**So, what do we have for July?** We will be having a Dinner Theater in which high school theater students have written, directed, and will be performing skits along with dinner. Don't forget the Picnic In The Parking Lot with live music, so bring your chairs and pack your lunch to celebrate the 4<sup>th</sup> of July. There will also be Bingo Dinner night, a July Birthday Celebration with entertainment by the Sunshine Club, Monday Crafting Days, Watermelon Celebration, Yard Sale Event and Food Drive. We are also looking to bring back Ping-Pong on Mondays after several requests, so if you are interested in joining, please contact the center or stop by to sign up.

I want to take this opportunity to thank everyone, all our CHEER members, and especially all the wonderful volunteers and staff, who have really worked hard and dedicated their time, skills, and special talents to make the center a fun and exciting environment. You are appreciated and thank you for all of your support, compassion and positive feedback. Your tireless work to keep things moving and the center growing is why we are successful! Thank you to all the members and new future members, keep being you. I was once told, "You can't choose who your family is" but I have learned that you can

**See Long Neck - Page 19**



## Long Neck - Cont'd From Page 18

choose and I feel honored to be part of this wonderful CHEER family!!

Remember when you look up in the starry night sky, do not be envious of how the stars shine but reminded of how bright you shine here on earth!

## 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, 1-3 p.m.

**Caregiver Support Group** – 1<sup>st</sup> and 3<sup>rd</sup> Tuesday, 1-3 p.m.

**Weight Watchers** – Monday, 8 a.m.

**Blind Sight DE** – 3<sup>rd</sup> Thursday of each month, 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

**July 3** - Picnic in the Parking Lot w/entertainment (Weather pending, may be inside)

**July 4** – **Center CLOSED for 4<sup>th</sup> of July Holiday**

**July 6** – 10:30 a.m., Ken's Corner

**July 10, 17, 24, 31** – 9 a.m., Crafting

**July 11** – 9:30 a.m., Byler's Trip

**July 12** – Dinner Theater

**July 19** – Bingo and Games Dinner Night

**July 20** – Watermelon Celebration

**July 26** – June Monthly Birthday Celebration, entertainment by Sunshine Club

**July 27** – 9:30 a.m., Boscov's and Produce Junction

**July 31** – Yard Sale and Food Drive



## Milton Activity Center

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

What a wonderful month we are going to have!

I am getting to know my members and the love that is shown between all of us is absolutely amazing. This month, we have so much that we are going to do:

### Monthly Happenings

**3rd** - Health and Healing with Michelle

**5th** - Positive Music with Randy

**12th** - The Sunshine Singers

**17th** - Mr. Goodwood with Ken

**31st** - Kayway Love

We will also have various arts and craft projects throughout the month.

There is a trip planned to Byler's in Dover with lunch at Cheddars on the 10<sup>th</sup>.

This month, we are so excited to host Laurel and Greenwood. We welcome you to our center with open arms. We are so pleased that we have been invited to your centers to mingle amongst the members.

*Happy Birthday  
to all our  
July members.*



**THE OCEAN VIEW WALKING CLUB** took a stroll at Holt's Landing on May 8. Left to right are: Barbara Bandel, Margie Wallace, Bernice Siano, Deb Jensen and Elaine Carey. (Photo by Karen Garrison)



## Craft Day At Ocean View ...

Members were busy making beautiful collages during Craft Day. Top left - Laurence Szejner is busy cutting out and wiping paste over items for her collage; Top right - Nancy Borreggine has everything she needs spread out on the table at Ocean View; Lower left - Diane Greene proudly shows off her collage creation.



**Ocean View Activity Center**

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

**“ALOHA!”**

*“Aloha is the true meaning and symbol of the Hawaiian culture and lifestyle: respect and love one another, and live in harmony with everything around you.*

*The spirit of aloha is unique to Hawaii, but it is something you can share anywhere you are in the world.*

*The spirit of Aloha is:*  
**Akahai** – Kindness to be expressed with tenderness  
**Lokahi** – Unity to be expressed with harmony  
**‘Olu’olu** – Agreeable to be expressed with pleasantness  
**Ha’aha’a** – Humility to be expressed with modesty  
**Ahonui** – Patience to be expressed with perseverance”

*-excerpted from Skyline Hawaii*

Let us all practice the spirit of aloha, each and every day. And, especially now, as we deal with all of the extra beach traffic this time of year brings ...

Come out and relax at our Aloha Dinner program on Tuesday, July 8<sup>th</sup>! Lori Roe, our Chair Yoga instructor, will share a PowerPoint presentation on Hawaii and then attempt to teach us the basics of hula! We'll wrap up the evening with some karaoke.

**Happenings**

**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 July 5<sup>th</sup> – check with your insurance provider to see if they participate) 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.

\*Membership Meeting on the 2nd Monday, 7/10, at 12 noon;

\*Stand By Me, 4<sup>th</sup> Monday with Kathleen Rupert, 7/24, 1–3 p.m., by appointment, 302-608-2705.

**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.; More Mexican Train Dominoes, Painting and/or Arts and Crafts, Pinochle, 12:15 p.m.

**WE WILL BE CLOSED ON  
TUESDAY, JULY 4<sup>TH</sup>,  
INDEPENDENCE DAY.**

\*Dinner, Tuesday, 7/18, 5 – 7 p.m. Luau Finger Foods themed dinner (watch for flyer) followed by Lori's Hawaii Presentation, Dance Lesson and some Karaoke Singing!

\*Chef Jim will amaze us on Tuesday, 7/11, with DET Burgers to sample, 12 noonish.

\*Arts and Crafts with Barbara on Tuesday, 7/11 – Fireworks Quilling Project, 12:30 p.m.

\*Tuesday Lunch 'n Learns – being finalized.

**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.

\*Wednesday Lunch 'n Learns – being finalized.

\*Parkinson's Support Group, 3<sup>rd</sup> Wednesday, 7/19, 1 p.m.

**\*Celebrating all JULY  
BIRTHDAYS  
over lunch, Wed., 26<sup>st</sup>!**

**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).

\*Ken's Korner, 1<sup>st</sup> Thursday, 7/6, 10:30 a.m., on Zoom;

\*Alzheimer's Caregiver Support Group, 1<sup>st</sup> Thursday, 7/6, 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.

**Center Trips**

Refer to our **JULY** Calendar for updates, etc.

**Thurs., 6<sup>th</sup>** – Choptank Riverboat Luncheon Cruise, Hurlock, MD, \$55 (cash or check only) – MUST PAY AT TIME OF SIGN UP OR YOUR SPOT WILL NOT BE HELD, PLEASE! Leave approximately 10/10:15 a.m., cruise is 12:30 – 2:30 p.m. and we need to be there in advance.

**Fri., 7<sup>th</sup>** – La Sierra and 2<sup>nd</sup> Chance 302 Resale Shop, Selbyville, 10 a.m.

**Thurs., 13<sup>th</sup>** – Market Street Deli (late breakfast or early lunch) and Delmarva Discovery Center in Pocomoke, for the Otter Feeding at Noon, tour on your own, and a brief Shark Program at 1 p.m., \$8. Leave Ocean View, 9 a.m.-ish.

**Fri., 14<sup>th</sup>** – Day at the BEACH at Tower Road! Bring all your own beach supplies, reusable water bottle, snacks/lunch, etc., 9 a.m. – approximately 12:30 p.m. Non-beach goers can enjoy the view from the mini boardwalk, get some fresh air, check out the tower, etc. for about a half an hour or so, then return to center for lunch.

**Thurs., 20<sup>th</sup>** – Country Side Café, West Fenwick Island for breakfast or early lunch, then browse Fenwick Floaters, 10 a.m.

**Fri., 21<sup>st</sup>** – Selbyville Dollar Tree and Harpoon Hanna's, 9 a.m.

**Thurs., 27<sup>th</sup>** – State Fair – Free Senior Day (60 and over), 8:30 a.m.

**Fri., 28<sup>th</sup>** – Trap Pond State Park Pontoon Ride, \$8 and Abbott's Grill on Broad Creek, Laurel, 9:30 a.m. – tentative.

**Happy JULY Birthday to all  
Join us on Wed., July 26<sup>th</sup>,  
over lunch to celebrate all  
the month's birthdays!**





Bev Donovan



Bill Wolf



Helen Whipp



Gin Shockney

**Roxana Activity Center**

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

**Happenings**

**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 opinion.

**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 OR Chair Exercises
- Arts and Crafts / Movie / Games

**Wednesdays:**

- Morning Café, Socializing

and Snacks

- Chair Exercises
- **July 7** \*\* Class #6 of 6 - Chronic Disease Self-Management Program, Beebe Healthcare
- Lunch
- Board and Card Games, Puzzles Etc.

**Thursdays:**

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

**Fridays:**

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

**Special Events**

**July 6** – Chop Tank Riverboat Lunch Cruise

**July 7** – Patriotic Music by Imagine, 10 a.m.

*Wishing all of our members celebrating a Birthday in July, a very special day and beautiful year ahead!*

**The Challenges Were On At Ocean View ...**

Mike Galu and his wife brought all sorts of great games to the Ocean View Spaghetti Dinner on May 23. Everyone played for one-and-a-half hours and the folks didn't want to leave! There were individual challenges and group ones. Contestants had one minute to complete the challenge. Everyone had a great time. A few of the fun times are shown above.

**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.\*\***



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# Volunteer Spotlight ... Giving Back To Seniors Fulfills Volunteer's Heart

For the past few months, Linda Fairfax has volunteered at Roxana CHEER Center. She always knew that she wanted to give back to the senior community once she had the time. She's always worked with the public and for the last 10 years of her career, Linda ran the activities at a senior living facility. It was a field she felt was made for her. After moving to Delaware, she moved her parents in with her as their caregiver. She learned about CHEER when she was looking for services for her father.

At the Roxana center, Linda assists with activities on Mondays and Tuesdays. Typically, she conducts games on the white board, cards, crafts, puzzles, reading club, exercise classes. She loves playing Trivia and having a good time with the members. She finds when you start asking the right questions, the members have



Linda Fairfax

a wealth of knowledge that they like to share with their peers. She believes that everyone should be involved, have fun, and be their own creative selves. Linda tries to bring out their creativity and the best in them, striving to include everyone in trying things they have never attempted.

In her free time, Linda enjoys audio books because it allows her to multitask. She likes women's group Bible study, being active with her church, book club, and playing dominos with friends. Being around people with similar interests is lots of fun for Linda. We are so happy to welcome her to our CHEER family!

Welcome New Volunteers - May 2023		
Brenda Childs	Greenwood	MOW
Robert "Chip" Childs	Greenwood	MOW
Joan Davis	Georgetown	MOW
Julie Keating	Roxana	MOW
Tom Kindregan	Ocean View	MOW
Katie Langley	Lewes	Reception
Pat Limmer	Long Neck	Reception
Marsha Neville	Ocean View	MOW/Kitchen
Arana Pettyjohn	Greenwood	MOW
Mary Prencpe	Roxana	Center Asst.
John Schumacher	Roxana	Center Asst.
Briana Scott	Long Neck	MOW
Elaine Shipley	Roxana	Center Asst.
Jim Smolen	Roxana	MOW/Kitchen
Amber Thompson	Milton	MOW
Ann Unterberger	Greenwood	Center Asst.
Carol Walters	Roxana	MOW/Sub.
Steve Walters	Roxana	MOW/Sub.
David Young	Long Neck	MOW

# 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, and general office support.

## 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.

## CENTER ASSISTANCE

Volunteers are needed to assist members with arts and crafts, opening or exercise including assisting in the fitness center; assist in planning and running various activities, including fun games; setting up for activities; cleaning the equipment at fitness centers 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 members or public. Duties can include, but not limited to, clerical, kitchen assistant, setup and cleanup. 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)

# We Need You to VOLUNTEER!

Please help deliver meals  
to homebound seniors in  
Sussex County.



Call 302-515-3040





### BUS DAY TRIPS

- 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

- August 17-26 - Vision of the Seas Bermuda & Bahamas Cruise;  
departs 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 Artizanns 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;  
departs 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.*



## *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)

