

FREE

AUGUST 2023

CHEERful Living

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

Staying Hydrated

Not drinking enough water can be dangerous for a senior's health. Learn the benefits of this easy lifesaving habit.

See Page 9

Drive On Over

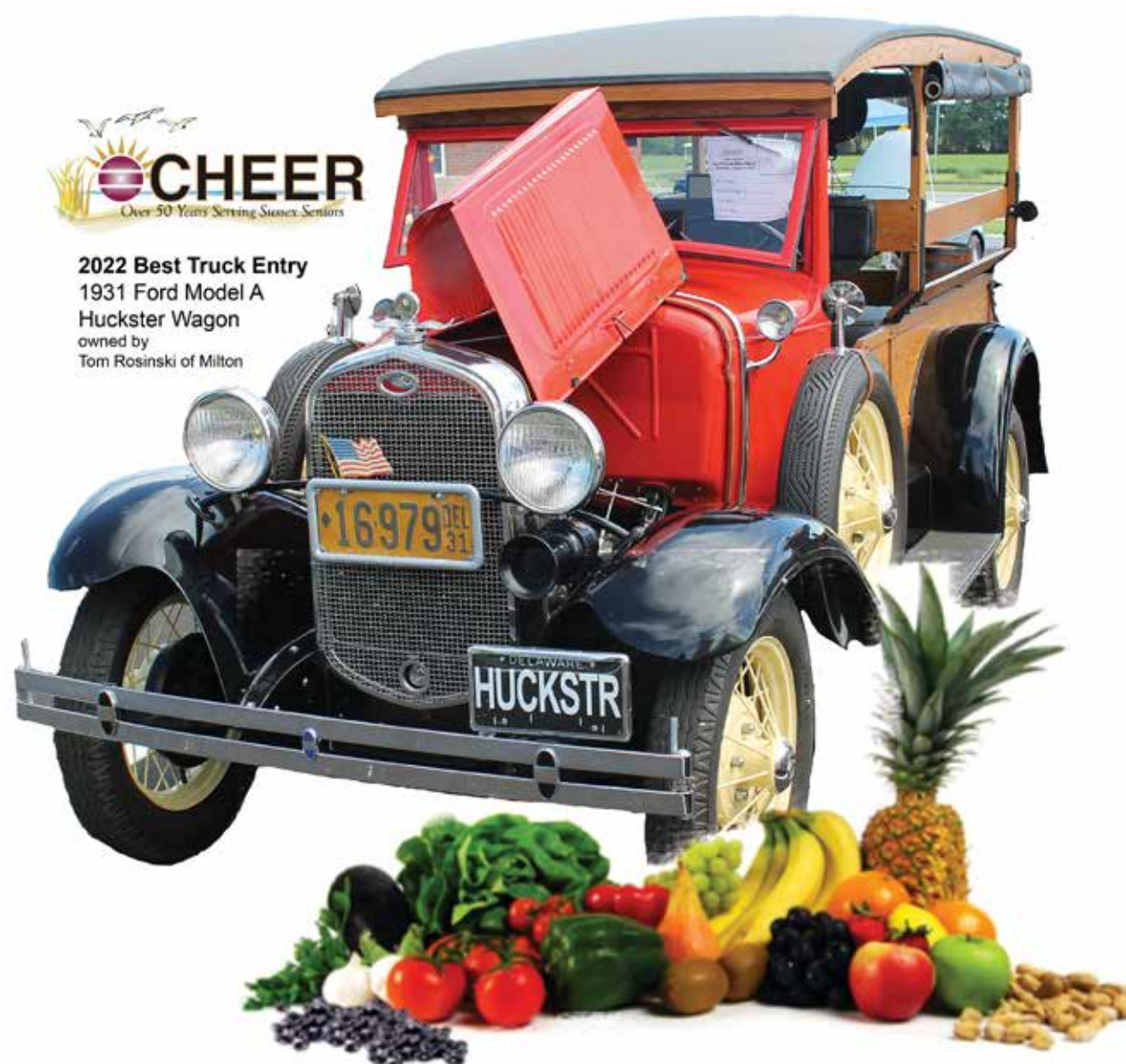
CHEER's annual car show to raise funds to provide services for Sussex County seniors will be held August 5.

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Huckster

The renewed life of a 1931 Ford Model A Huckster began when it was pulled out of a pig pen.

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 or call 302-515-3040.



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DEADLINE - 1st of Preceding Month

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

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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.

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William Doran, DO, FAAOS

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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.

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Anyone who is unable to read or use standard printed materials as a result of temporary or permanent visual or physical limitations or reading disabilities can access books in Braille, audiobooks, and playback equipment, FREE. Individuals who are blind, visually impaired, paralyzed, missing arms or hand, have lack of muscle coordination or prolonged weakness can access this service.

Delaware Library Access Services (DLAS) provides books in Braille and audio books in accessible formats for the blind and physically handicapped residents of Delaware. The library has audio playback devices that are loaned to patrons to listen to the audio books. All services of the DLAS are free. Materials are distributed through the US postal service and returned to the library postage free.

Individuals interested in this program need to complete an application. On the application, eligibility must be certified by one of the following: doctor of medicine, doctor of osteopathy, ophthalmologist, optometrist, psychologist, registered nurse, therapist, or professional staff of hospitals, institutions, and public or welfare agencies (such as an educator, social worker, case worker, counselor, rehabilitation teacher, certified reading specialist, school psychologist, superintendent, or librarian).

To get help from this program, contact:

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121 Martin Luther King Blvd. North, Dover, DE 19901

To learn about more resources and benefits, contact a Stand By Me Financial Coach today!

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to schedule an appointment today!**



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



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CHEERful Living

magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for seniors in Sussex County, Del. 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 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

Delaware Legislators Continue Funding

By Kenneth S. Bock, CEO



As I write this, we have now passed the official halfway point of this summer of 2023. I hope it has been a good one for you and those you care about. As a member of a non-profit organization that the State contracts with to provide services for many of our citizens, the June/July period is also a special time for assessing service levels and resources available to provide those much-needed services.

On June 30 at the ceremonial stroke of 12 midnight, our State passed its annual budget. CHEER, along with hundreds of other non-profit organizations across the state and hundreds of thousands of our fellow citizen friends and neighbors depend on actions and decisions leading up to that special 12 a.m. hour. That pilgrimage toward an annual state budget begins long before June 30 and long before each session of our Delaware General Assembly is gaveled into session in January of each year.

State agencies and many of their contractors begin calculating budget requests almost 18 months before the start of any program year. Organizations like CHEER and many others testify before State budget writ-

ing officials in the Fall and we begin talking with our State elected officials before January. More budget hearings are held in February and by the time Spring rolls around, those discussions begin to take on a much more serious and urgent tone. Without getting too deep into the weeds of the State budgeting process, there are several essential things I believe each Delaware resident may want to know.

First, with all the national news about government deficits and other states and municipalities overspending budgets and needing to borrow funds, Delaware continues to live within its means and develop a balanced budget each year. That is a testament to our elected officials in this state and I am grateful to each one of them who must ensure our fiscal integrity. At the same time, our State elected officials continue to demonstrate a responsiveness to us local constituents balancing our needs with available resources. It's no easy job, but they do it well, even if I do sometimes think we need more for our seniors.

We are blessed in many ways compared to the residents of our neighboring states. From anywhere in Delaware, we can be in our state capital in one hour or less. We see our local officials in their respective communities all the time and not just during election season. They are truly part of our communities, and it shows. They understand the needs of their constituents because they are out there every day as active members of their community. They are our representatives and senators and from my experience, they genuinely care and are there to serve.

This summer, after that state budget midnight hour, as I looked at the budget bills that were passed to see the fruits of many people's hard labor, I was pleased to note that once again the voices of our seniors were heard, and our elected official answered the call. As each of us

go about our lives traveling in and about our communities, if you see your state senator and representative (and they are out there), please take a moment to thank them for all they do for CHEER and our senior citizens.

Much is said about living in a representative form of democracy, but to many of us here in Delaware, that is much more than just words; for our officials it is a commitment they demonstrate in their actions every legislative session. Some "outsiders" may jest about "Lower Slower Delaware," but I think they are just jealous. Judging from all the out-of-state license plates in Sussex County, it seems like many of them would rather be here in "lower slower".

Have a great rest of the summer and remember to thank your senators and representatives when you see them. They have earned that from each of us.

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Georgetown, DE 19947
or complete form at www.cheerde.com



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

Dementia Sufferers Can Enjoy Traveling Too If You Plan Ahead

It is the season for traveling. People with Dementia can enjoy traveling too.

According to the National Institute on Aging, people in the early stages of Alzheimer's Disease may still enjoy going out to places they enjoyed in the past. For example, the person might enjoy going to their favorite restaurant, park, shopping mall, swimming pool, museum, or theater. Keep going on these outings with them as long as you are comfortable with them.

Plan Ahead for Outings:

- Plan outings for the time of day when the person with Alzheimer's is at his/her best.
- Keep outings from becoming too long. Take note of how tired the per-

son gets after a certain amount of time. Bring the person home before he/she gets overtired.

- Use a business-size card to tell others about the person's disease. Sharing this information with store clerks or restaurant staff can make outings more comfortable for everyone. For example, the card could say "My family member has Alzheimer's Disease. He might say or do things that are unexpected. Thank you for your understanding."

Check out the Sand Hill Adult Day Program at 20520 Sand Hill Road, Georgetown, DE. Contact Cindy Mitchell at 302-212-4482 for more information.



CHEER PARTNERED with Humane Animal Partners of Delaware to host an Animal Wellness Clinic at the Community Center on June 15. Thirty animals received vaccinations during the three-hour clinic. Above, owners and pets wait their turn. At left, CHEER Support Services Director Sandy Baynard gets friendly with this toy poodle that came to receive her shots. Notice that Sandy and the little cutie have on the same color nail polish.

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CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-854-2882 or email cmitchell@cheerde.com



CHEER Offers Driver Rehabilitation Evaluations, Memory Cafe And Support Groups To Seniors

By Christie Shirey
Community Resources
Specialist

Driving concerns are something that we all face as we age. The fear is losing independence, which is particularly frightening in an area where public transportation can be a challenge. There is an answer if you are wondering if it is safe to drive.

CHEER is working with Tracy J. Dissinger, OTR/L, PhD, CHT, CDRS from Occupational Therapy of Delaware. She specializes in senior driving. Tracy says no one should fear having their abilities checked. Very rarely does someone need to lose their license. She may recommend avoiding long-distance driving but the local trips to the store, hair salon and, of course to CHEER, can usually be safe with just a little help.

Sometimes a little strategy is needed, like assistive devices. These could include seatbelt devices, petal extensions, or a larger rearview mirror. Tracy spoke about one senior whose doctor had wanted to take their driver's license. During the evaluation, Tracy found it was a vision issue that was easily corrected with glasses.

Details of the Driver Rehabilitation Program were outlined in an article in the June 2023 *CHEERful Living* newspaper.

The process begins with an evaluation that checks balance, strength, memory, and vision. This evaluation is covered by health insurance including Medicare. During this process, Tracy will determine if help is needed and can recommend a

plan including assistive devices. **If you are feeling nervous about driving or your family is concerned, please let Tracy help. She will be visiting the Milton CHEER center on Monday, August 28 at 10 a.m. Come get your questions answered or call the Caregiver Resource Center at 302-515-3045.**

* * *

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 who 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 at all CHEER Activity Centers as follows:

August 1, 9:30 a.m. – Memory Café, Georgetown; **1 p.m.** – Memory Café, Long Neck

August 3, 9:30 a.m. – Memory Café, Milton; **1 p.m.** – Memory Café, Greenwood; **1 p.m.** – Caregiver's Support Group, Greenwood; **6 p.m.** – Caregiver's Support Group, Ocean View

August 4, 10:30 a.m. – Memory Café, Ocean View; **12:15 a.m.** – Memory Café

See Support - Page 9



MEMORY CAFE members at Georgetown, Gary Turner and Joe Donovan, work on a coloring exercise.



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

New Hospitality Director Can Help You Create Wonderful Events

Hello! My name is Heather Pleasants and I am the new Hospitality Director at CHEER! I am thrilled to be joining such a wonderful organization in the role of Hospitality Director. Working with the wonderful team at CHEER, I am excited to help our guests create truly wonderful events, meaningful and memorable celebrations, and productive and innovative meetings and conferences.

With the extraordinary space we have at our flagship Georgetown community center, as well as the amazing spaces

we have at all of our activity centers, we are sure to find an event space to fit every need and budget!

Having spent many years in the Hospitality and Sales and Marketing industries, I have many years of experience in events: banquets, catering, sales/marketing and management. I am happy to share my experience, skill and knowledge with CHEER!

Please reach out to me. I would be more than happy to discuss your next/upcoming event, and to help make your



next event a success!

Heather Pleasants
Hospitality Director
CHEER Community Center
20520 Sand Hill Road
Georgetown, DE. 19947
302-854-2892 (office)

NOTICE

Beginning July 1,
Membership Dues
are reduced to \$15
for the remainder
of the year
(July thru
December 2023).

*See Your Center
Director Today!*



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



Staying Hydrated In Summer Can Save Your Life

Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Staying hydrated is a key part of maintaining good health. That's why the advice to "drink 8 glasses a day."

What is dehydration?

Dehydration is a potentially serious condition that can occur when you don't consume enough fluids for your body's needs. This can lead to health **complications** ranging from mild to life-threatening, such as urinary tract infections (UTIs), heat stroke, heart problems, kidney failure, and blood clot complications. Since dehydration affects the health of your cells, it can also lower your body's ability to ward off infections and heal from injury or illness.

Why is dehydration more likely to affect older adults?

Seniors are more vulnerable to dehydration for a number of reasons:

- Appetite and thirst tend to diminish with age. This means that even when your body is craving fluids, you might not be aware of it—and you may drink less than you need to stay healthy.
- Older adults experience body composition changes over time that leave them with less water in their bodies to start with.
- Seniors are more likely to take medications that increase dehydration risk.

Symptoms of dehydration

- Dark-colored urine, urinating less frequently
- Fatigue, or feeling weak
- Irritability



- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury. The best way to prevent dehydration is the simplest: drink more water throughout the day.

How much water do you need to stay hydrated?

As a general rule, you should take one-third of your body weight and drink that number of ounces in fluids. For example, if you weigh 150 pounds, aim to drink 50 ounces of water each day. However, it's best to talk to your doctor to determine how much water you should be drinking daily.

How to stay hydrated every day

There are simple steps you can take to get the water your body craves. Below are some ideas.

- Choose foods with high water content. If you have trouble drinking fluids, try including water-rich foods with every meal. These include cucumbers, watermelon, lettuce, strawberries, tomatoes and celery. Soups, broths and stews are also a good way to boost your fluid intake, especially in the colder weather. If you're watch-

ing your sodium, be sure to opt for low-sodium versions.

- Keep water with you, always. Having hydration at your fingertips can make it easier to get the right amount of fluids. Carry a refillable water bottle with you wherever you go, or keep a lightweight water pitcher and cup near your favorite chair at home.

- Avoid or reduce your alcohol intake. Alcohol is a diuretic, which means it prompts your body to remove fluids from your bloodstream. Limiting alcoholic beverages can help your body hang on to more of the water it needs to thrive.

- Change it up. Pure, clean water is the best way to stay hydrated. But let's face it—drink-

ing plain water all day can get boring! Try jazzing up your H₂O by adding slices of fresh lemon, apple, cucumber or berries. You may also choose to switch up water with other options such as low-sugar sports drinks or protein and nutritional shakes specifically designed for seniors. Coffee and tea can have a slight dehydrating effect, so they should not be counted toward your daily fluid intake.

- Build hydration into your routine. Making it a point to drink water at certain times each day can help transform it into a healthy habit. For example, consume a glass of water when you wake up in the morning, after every meal, and before and after exercise or activity.

Support - Cont'd from page 7

August 8, 9:30 a.m. – Memory Café, Georgetown; 1 p.m. – Memory Café, Long Neck; 2 p.m. – Parkinson's Education and Support Group of Sussex County monthly meeting at the Lewes Library. Speaker Dr. Jill Farmer, Director of Parkinson's Disease and Movement Disorder Program – Global Neuroscience Institute. For more information email contact@sussexdeparkinsons.com

August 10, 9:30 a.m. – Memory Café, Milton; 1 p.m. – Memory Café, Greenwood

August 11, 10:30 a.m. – Memory Café, Ocean View; 12:15 a.m. – Memory Café, Roxana

August 15, 9:30 a.m. – Memory Café, Georgetown; 1 p.m. – Memory Café, Long Neck; 1 p.m. – Alzheimer's Caregiver's Support Group at Long Neck CHEER

August 16, 1 p.m. – Parkinson's Support Group, Ocean

View

August 17, 9:30 a.m. – Memory Café, Milton; 1 p.m. – Memory Café, Greenwood

August 18, 10:30 a.m. – Memory Café, Ocean View; 12:15 p.m. – Memory Café at Roxana CHEER

August 22, 9:30 a.m. – Memory Café, Georgetown; 1 p.m. – Memory Café, Long Neck

August 24, 9:30 a.m. – Memory Café, Milton; 1 p.m. – Memory Café, Greenwood

August 25, 10:30 a.m. – Memory Café, Ocean View; 12:15 p.m. – Memory Café, Roxana

August 28, 10 a.m. – Safe Driving Discussion with Tracy Dissinger, Occupational Therapist, Milton

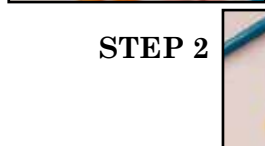
August 29, 9:30 a.m. – Memory Café, Georgetown; 1 p.m. – Memory Café, Long Neck

August 31, 9:30 a.m. – Memory Café, Milton; 1 p.m. – Memory Café, Greenwood

This Month's Craft ...

Glow-in-the-Dark Fireflies

This month's craft takes us back to the days of our childhood when we were running around in the yard after dark with a glass jar trying to catch fireflies in it. However, this takes a little less exertion.

**STEP 1****STEP 2****STEP 3****STEP 4****STEP 5****STEP 6**

Supplies Need:

Paint brushes, googly eyes, hot glue guns, wooden skewers and pasta noodles (farfalloni, large shells, and lumache rigate), acrylic paint and glow-in-the-dark paint

Step 1: Paint the farfalloni pasta in whatever shades you like! Let dry. Bowtie pasta also works, but the jumbo size of these ones works perfectly as the firefly wings.

Step 2: Paint the fireflies' heads! Apply a coat of paint to each shell and let dry.

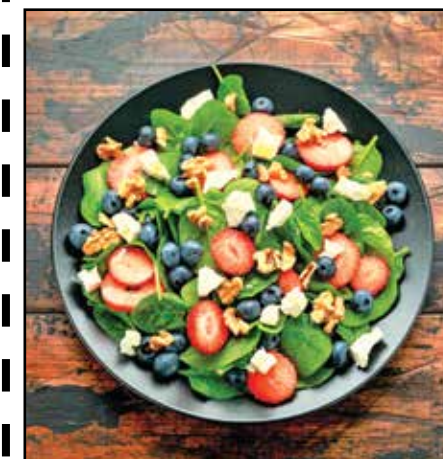
Step 3: The firefly's glowing abdomen! Apply a coat of white paint onto the large shells and let dry completely. Then apply a few coats of glow-in-the-dark acrylic paint onto each, allowing to dry between coats. The more coats you apply, the more it will glow!

Step 4: Hot glue two mini googly eyes onto each face.

Step 5: Hot glue the head to the wings.

Step 6: And then glue the head and wings onto the end of a wooden dowel.

Finally, hot glue the glowing abdomen onto the wooden dowel as well. Take it outside in the sun and watch it glow at night!



Summer Salad

When the temperatures soar, the last thing you want to be doing is cooking over a hot stove. Here is an easy recipe for a nutritious meal that will cool you off too. Enjoy.

Ingredients:

- 3 Romaine hearts or your choice of greens (spinach, spring mix, etc.)
- 1 cup roasted walnuts or your choice of nuts (almonds, pecans etc.)
- 1 cup blueberries
- 1-pint raspberries or strawberries
- 10 small radishes
- 5 ounces goat cheese, crumbled

Lemon Dressing:

- 2/3 cup olive oil
- 1/3 cup lemon juice (add more to taste if needed)
- ¼ cup sugar
- Pinch of salt
- 1 teaspoon of ground mustard
- 1 tablespoon honey

**** Add grilled chicken for protein if you wish.****

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CHEER's Annual Car Show Helps Non-Profit Agency Keep Serving Sussex Seniors

By Carolyn O'Neal
Community Relations Director

CHEER, Inc. is gearing up to host its 13th annual Car-Truck-Bike Show on Saturday, August 5 at the CHEER Community Center on Sand Hill Road, off Rt. 9, east of Georgetown. The show is open to the public for viewing for free.

The event is the non-profit agency's yearly fundraiser to help provide services for senior citizens in Sussex County. The proceeds will help expand and diversify a wide range of services and programs supporting healthy and active lifestyles for senior citizens 50 years and over, as well as provide support for their family members and caregivers. Sixty-three dollars is needed to provide one week of healthy meals to a homebound senior; \$120 provides one week of housekeeping for a senior; and \$40 provides one week of transportation for a senior. The total cost to help support a senior in their own home with adequate nutrition, clean living environment, and weekly connection to their community is \$223.

"Yes, our show is a little more expensive to enter than the average show around here," said CHEER Board President Walt Koopman. "But it is our yearly fundraiser to be able to provide the services needed to maintain the highest quality of life and independence for our mature population throughout Sussex County. Plus, the entry fee provides a lot more than just a hotdog and soda."

Koopman is talking about the Champagne Luncheon that is included in the price of the vehicle registration fee. The CHEER Nutrition Department cooks a delicious full course meal available to the public as well as registrants. This year's menu includes Chicken Marsala, baked ham, cocktail meatballs, au gratin potatoes, green beans, scrambled eggs, sausage/bacon, cream chipped beef over biscuits, potato salad, macaroni salad, dinner rolls with butter, assorted desserts, and the renown Champagne Mimosa's. The price of the luncheon is included in the vehicle registration fee.

However, the public can also come between 11:30 a.m. until 1 p.m. and enjoy the cool of the community center while partaking in the delicious luncheon. Individual luncheon tickets are \$30 at the door.

There is also a unique vehicle to interest the kids. A replica of a 1930s Bantam Midget Spindizzy race car that resembles the originals down to the smallest detail is available for some lucky person to take home. The hood on the model can be opened to view the single cylinder engine inside. Size of the replica is 19 in. x 8.75 in. x 7 in. and is valued at \$599. However, your price is only \$10 for the lucky ticket drawn at the conclusion of the day's events.

DJ Sky Brady will be providing entertainment all day and Mason Dixon will be available to provide custom photos for owners and visitors.

The show will conclude with the awarding of several trophies for different categories. Winners will be determined by the professional judging group, Del Mar Va Judging.

"Time is getting short to get your vehicle registered for our car show," urged Koopman. "With the growing senior population in Sussex County, your help is needed more and more. Enjoy a day of friends, food and fun while also helping the seniors. Who knows, one day you may need CHEER's help too."

For more information or to register contact Robin Greene at rgreene@cheerde.com (302-853-4199) or Walt Koopman at rbdjet61@verizon.net (302-745-5668). Registration is also available on the CHEER website at www.cheerde.com. Preregistration is \$50 per vehicle; day of show is \$55.



This 1932 Ford Model B was the oldest vehicle at last year's 2022 CHEER Car Show. It is owned by Pat DiDomenicis of Lewes.

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 - 302-853-4200

or Robin Greene - rgreene@cheerde.com - 302-853-4199

or Walter Koopman - rbdjet61@verizon.net - 302-745-5668

Registration also available on CHEER website at www.cheerde.com

Like us on Facebook at Cheer, Sussex County.

It's Been A Wonderful Life ...

Huckster Truck Highlights Services Of CHEER For Annual Fundraising Car-Truck-Bike Show

By Carolyn O'Neal
Community Relations Director

The featured automobile at CHEER's 13th Annual Fundraising Car-Truck-Car Show on August 5 is a 1931 Ford Model A Huckster which won last year's 2022 award for Best Truck Entry. The truck was chosen because of its close association with the agency's Meals on Wheels program of delivering food to Sussex County seniors that highlights this year's show theme, "Driving to Serve Seniors in Sussex County." The truck and its owner have an interesting history.

Tom Rosinski of Milton received his first automotive award when he was an eight-year-old Cub Scout. That's when he proudly accepted the badge for Automobile Identification. That interest in the automobile world followed him into adulthood until in 1983, he was able to buy his first classic vehicle for \$2,000. The 1931 Ford Model A Huckster was found at a pig farm in New Jersey buried in manure up to the frame.

"It was a piece of junk," laughed Tom. He had to drag the truck out with a chain hooked to a backhoe. "It had sat there for 30 years, and we had to soak it in Lysol for a month to remove the smell."

Tom did almost all the refinishing himself in his five-bay garage at his New Jersey home.

"I had a little help from a few friends. But I had the engine rebuilt professionally because I didn't have the proper tools," admitted Tom.

It took from 1983 until 1991 to com-

plete the refinishing of the Huckster because life got in the way for Tom. Originally from Hunterdon County, New Jersey, Tom was a marketing director for AT&T for 35 years. He and his wife Bonnie raised three boys and he went back to school for his master's in business administration degree. In 2018, the couple built a house outside of Milton and retired to

a lot of welding. Now Bonnie enjoys putting the top down and cruising down the road in it.

Tom takes the Huckster out on the road too, but not too far. He always drives it to any car shows he attends but stays within an hour's distance. Tom describes the 24-horsepower engine as "0 to 60 in an hour-and-a-half and twice as long to stop."

"It's like a simplified lawn mower, but not as safe," admitted Tom. "There is no water pump. If you break down, it is easy to fix because it is so simple. The parts are readily available, believe it or not."

Tom gets most of his automotive parts at the Fall Swap Meet in Hershey, Penn., but does not take any of his classics to the meet. He is a member of the Antique Automobile Club of America which helps to keep him up to date on the classic automobile world.

Keeping the HUCKSTR and FLMNGO company in the Rosinskis' garage is a little 2004 red Volkswagen convertible, branded "TWZZLR", which Tom bought "as is." The little fellow hopes to join his big brother and sister at CHEER's car show on August 5 at the CHEER Community Center on Sand Hill Road, off Rt. 9, east of Georgetown, Del.

When asked what advice Tom could give someone who is interested in starting to redo a classic vehicle, he laughed and said,

"When you have the time, you won't have the money. You must be willing to learn, make mistakes, and pay for them."



Tom Rosinski stands in his garage with his classic Huckster, Thunderbird and Volkswagen.

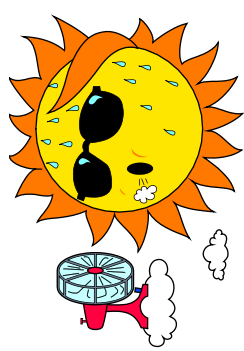
Sussex County permanently in 2020. The boys inherited an interest in automobiles with the youngest owning a 1921 Model T.

"I had to work on the truck in my free time, mostly until 1 or 2 a.m.," said Tom.

Tom learned most of his automotive knowledge from his father-in-law who had seven antique cars – six Model T's and a 1930 Chevy.

"I tease my wife that she married her father," revealed Tom. "She knew what kind of life she was getting into with me."


But his wife's patience paid off when Tom rebuilt a pink 1957 Thunderbird convertible especially for her. Bill said the "FLMNGO" (as named on the license plate) was rotten on the frame and needed



Aug.



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

Monday	Tuesday	Wednesday	Thursday	Friday
 7 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	1 Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	2 Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk	3 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk	4 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Ambrosia Deluxe Whole Wheat Roll/Bread Skim Milk
14 Crispy Oven Fried Chicken Dutch Potato Salad Collard Greens Whole Wheat Roll/Bread Raspberry Peaches Skim Milk	8 Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk	9 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk	10 Chicken Cacciatore Penne Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	11 Chicken Rice Soup Egg Salad Sandwich Pickled Beets Rice Crispy Bar Skim Milk
21 Cheeseburger on Bun Baked French Fries Spiced Peaches Skim Milk	15 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	16 Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	17 Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Whole Wheat Roll/Bread Skim Milk	18 Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk
28 Hot Dog on Bun Baked Sweet Potato Fries Cole Slaw Poached Pears Skim Milk	22 Pineapple Pork Steamed or Baked Rice Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	23 Cheese Ravioli and Marinara Sauteed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk	25 Corn Chowder Tuna Salad Sandwich on Wheat Cucumber Onion w/Sour Cream Mandarin Oranges Skim Milk



Menu Subject To Change

**Georgetown Activity Center**

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

Happenings

August 3: National Watermelon Day

August 4: Georgetown visits Greenwood

August 11: Lisa Miller – Entertainment, 12 p.m.

August 17: Revive Sound Productions, 12 p.m.

August 17: Dinner/Bingo, 4 – 6 p.m.

August 18: Greenwood visiting Georgetown

Every Day: CHEER Sand Hill Café serving breakfast

Mon.–Fri.: Coffee and Social Hour

Monday: Chair Fitness, 10 a.m.; Bible Study with Ruth,

10:30 a.m.

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

***By appointment only on Wednesdays and Thursdays:** Covid-19 vaccinations by La Red Health, 10 a.m.–12 p.m. All doses.

First Thursday: Ken's Korner
Every Friday: Breakfast in the Café - \$2 for seniors

Friday: Chair Fitness, 10:30 a.m. and Prize Bingo, 12 noon

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

Weekly trips: Bank, Dollar Tree, Walmart and Redner's.



PAINT DAY PARTY ... Melba Green and Frances Rosensteel visited Georgetown CHEER to help members with a Paint DAY PARTY. Melba was the instructor. Top left, Hattie "Louise" Wilkins, Violet Hopkins and Barbara Jean Bailey show off their artwork. At top right, Bonnie Fritz, Catherine Sullivan, Joseph Donovan, Loretta Landzaat and Alva Betts. Below left, Ruth Dorsey with instructor Melba Green.



AMERICAN FLAG WREATHS made by Yvette Harris, Violet Hopkins, Ruth Dorsey, Loretta Landzaat, Barbara Jean Bailey, Joe Donovan and Syble Pittard.

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



**Greenwood Activity Center**

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

Happenings

Aug. 2 – Penny Bingo, 10:30 a.m. and Full Card Bingo, 12:15 p.m.

Aug. 3 – Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER from the Georgetown CHEER Center on ZOOM, 10:30 a.m.

Aug. 4 – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center, 10:30 a.m. Full Card Bingo, 12:15 p.m.

Aug. 8 – Prize Bingo, 10:30 a.m. and guests from the Milton CHEER Center.

Aug. 10 – Trip to the Milton CHEER Center and Memory Café with Christie. Bus departs, 9:30 a.m.

Aug. 14 – Music Ministry with Pastor Dan and Betsy Taylor, 12:15 p.m.

Aug. 16 – Speaker Kimberly Willoughby from Compassionate Care Hospice. Bingo and prizes, 10:30 a.m.

Aug. 16 – Food Bank of Delaware Mobile Food Pantry, 10 a.m.

Aug. 17 – Speaker Billy Nutter, PAM Rehab, "Heat Awareness – Signs and Symptoms," 12:15 p.m.

Aug. 25 – Members' Meeting, 12 p.m. Please plan to attend.

Aug. 31 – Dinner and Prize Bingo, 5 p.m.

We would like to wish every member born in the month of July a very happy Birthday.

**Monthly Events**

Bible Study – every Monday, 10 a.m.

Food Lion or Walgreen's – every Monday at 12:15 p.m.

Luncheon Card Club, enjoy "Hand and Foot" with your friends – Monday and Wednesday, 12:30 p.m. and Friday, 1 p.m.

Prize Bingo – Tuesdays, 10:30 a.m. and 12:15 p.m.

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

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

Memory Café – every Thursday, 1 p.m. to 3 p.m.

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

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

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

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

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

**June 19th Celebration ...**

A special program was presented to celebrate Juneteenth. On left, program planner Arana Pettyjohn has some fun with entertainer Mr. Goodwood and friend; on right, Earl and Mildred Riley model their cultural dress worn for the occasion.

August Fun Facts

August is named after Augustus Ceasar, founder and first emperor of the Roman Empire.

August has two birthstones: peridot and sardonyx. Peridot is among the oldest gemstones and is green in color. Sardonyx, which is lesser known, is a white and brown banded gemstone once believed to have mystical powers.

The official flower for August is the gladiolus. These vertical growing flowers were named from the Latin "gladius," meaning sword.

Fans of Elvis Presley mourn on August 16, the day the famed singer died in 1977.

The month of August is often referred to as the "dog days of summer" but not because of pet pooches. It has to do with the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.

Some famous people born in August include: Martha Stewart, Martin Sheen, Jeff Gordon, Deion Sanders and Halle Bailey.

Correction to July Facts:

There was a typographical error in last month's issue about the date of when the Star Spangled Banner became the US National Anthem. It was in 1931, not 1981 as printed. (I'm sure most of you caught that mistake also. Sorry.)



Sandhill Cafe

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
 to order for pick up!





Lewes Activity Center

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

Nickel MINGO

In June, I introduced some of the members to MINGO. MINGO is a fun and exciting game that is like Bingo, but we replace the numbers for songs. The members enjoyed it and have asked to have it permanently on the calendar. I am pleased to announce that we will be playing Nickel MINGO on Thursdays at 10 a.m. We hope to see you then.

United Healthcare

On **August 11, 2023**, United Healthcare will be here to set up an information table for members. They will have the latest changes to Medicare available and will answer any questions that you may have. The representatives will be at the center from 10 a.m. to 12 p.m.

Mystery Trips are back!!!

For those who 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. 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.

End of Summer Bash

On **August 25th**, we will be having our End of Summer Bash!!! We will begin the party at 10 a.m. with some fun trivia games to give you a chance to win some great prizes! Wear your most comfortable shoes because we will be having entertainment provided by DJ Sky Brady! 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.

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 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. We are looking to start the class this month. Please see the calendar for the first class.

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 the support you have given us over the months. We will be having breakfast in August. The date will be announced later. Please sign up for the breakfast at the desk.

Happy Birthday

Happy Birthday to anyone born in the month of August. We will be having a birthday celebration for everyone born in the month of August on **August 16**. Please come have cake and ice cream with us! Happy Birthday Everyone!!!

We pray you have a blessed day and a blessed year to follow.

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



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

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."



Long Neck Activity Center

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

“Best Place to Beat the August Heat!”

Summer is in its last month and having fun while trying to beat the heat is the best kind of day. We have a full schedule of indoor fun games and activities to keep you busy. Traffic is also an issue during this month with everyone getting their vacations in before school and Fall starts. We understand this and have set up plenty of trips locally and indoors.

June, we started back with our dinners, having a Juneteenth Spaghetti Dinner with entertainment by LSDreamer. We had a huge crowd, and everyone had a great time, so much so that we set up two dinners for July, one being a dinner theater with theatrical performance by Cape Henlopen High School theater students, written and directed by student Christopher Fulton. The other was a Bingo and Games Pizza Night. Our Father's Day celebration in June was filled with fun games including Cornhole, Ping Pong, Bingo and cards.

Starting in June, we added arts and crafts on Mondays in which we tie-dyed T-shirts and bandanas and started making deco-mesh wreaths. We continued that into July with the cactus rock garden and painting. August, we will be going on local shopping trips, Dutch Country Farm Market, Air Mobility Command Museum, Discovery Sea Shipwreck Museum, and the popular requested bowling trip. We will have a fun-themed dinner, Hawaii 5-0

Summer BBQ Dinner, and entertainment.

We look forward to some new places to visit and new faces to come join us here at the Long Neck CHEER center.

Long Neck Calendar

FITNESS:

Gym Fitness Center – Monday-Friday, 8 a.m.-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 – 1st and 3rd Tuesday, 1-3 p.m.

Weight Watchers – Monday, 8 a.m.

Blind Sight DE – 3rd Thursday, 1 p.m.

Sunshine Club – Wednesday, 2 p.m.

GAMES/ACTIVITIES:

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.

Ping Pong – Monday, 1:30 p.m.

Arts and Crafts – Monday, 9:30 a.m.



THE FIRST ARTS AND CRAFTS session at Long Neck was tie-dying t-shirts. Janet, Brenda, and Minnie show off their creations along with Center Director Anne Hanson (above). At right, Janet and Elaine work patiently on their t-shirts.



UPCOMING EVENTS:

August 3, 10:30 a.m. – Ken's Corner with Irene Soucy

August 4, 10 a.m. to 2 p.m. – Senior Resource Fair, Long Neck

August 9, 10:30 a.m. – Long Neck Monthly Members Board Meeting

August 10, 9:30 a.m. – Air Mobility Command Museum, Dover

August 15, 9:30 a.m. – Michaels and Marshalls shopping trip, Rehoboth Beach

August 16, 4 p.m. – Hawaii 5-0 Summer BBQ Dinner, Games and Entertainment

August 17, 9:30 a.m. – Dutch Country Market, Laurel

August 23, 9:30 a.m. – Discovery Sea Shipwreck Museum Trip, Fenwick Island

August 24, 11 a.m. – Stand-By-Me with Kathleen Rupert

August 29, 9:30 a.m. – Bowling Trip



MEMBERS enjoyed the dance floor during the Juneteenth celebration at Long Neck.

VOLUNTEERS NEEDED

**Meals On Wheels Delivery
Kitchen Help
and Center Assistance
Call Laura at
302-515-3040**



LONG NECK members model their t-shirts that say "I Love Long Neck CHEER."



FAITH AND THELMA try their skills on the ping-pong table during the Father's Day Celebration. Long Neck bus driver Jim Singel gives some instruction.



Milton Activity Center

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

Let's welcome August in with promise.

Positive message: The more you feed your mind with positive thoughts, the more you attract great things into your life.

This month:

- Health and Healing with Michelle
- Clear Captions
- Positive Music Time w/ Randy
- Kayway Love
- Hospice speaker Rebekah

• Safe driving w/ Tracy Dissinger

We also have Greenwood and Laurel visiting us and we will venture out to see them.

Also, we are planning an open house and the date will be announced in mid-July.

*Happy Birthday
to those who celebrate
in the month of
August!!!!!!!*



FALL CRAFT SHOW

Saturday, October 14 - 10 a.m. to 2 p.m.
Warren L. & Charles C. Allen, Jr.

CHEER Community Center

20520 Sand Hill Road, Georgetown, DE

Show and/or sell your special craft or hobby at CHEER's Fall Craft Show. Whatever you make or wish to sell, tables are only \$35 (8-foot). Additional tables are only \$10 each (6-foot). No tables may be brought in to the show. Electricity, if needed, is \$5 extra.

For more information or to reserve your table contact Robin Greene
rgr Greene@cheerde.com or call 302-853-4199.

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.



**Ocean View Activity Center**

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

“Treasures of the Sea”

“People ask: Why should I care about the ocean? Because the ocean is the cornerstone of earth’s life support system, it shapes climate and weather. It holds most of life on earth. 97% of earth’s water is there. It’s the blue heart of the planet – we should take care of our heart. It’s what makes life possible for us. We still have a really good chance to make things better than they are. They won’t get better unless we take the action and inspire others to do the same thing. No one is without power. Everybody has the capacity to do something.”

-Sylvia A. Earle (from Goodreads)

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 (jigsaw puzzles, word search, crossword, etc.) available all day; Fitness Room (Silver Sneakers or \$20/month) 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 (please arrive early so as not to disturb the class by entering late); Walking Club, 9:30 a.m. (note time change for August) by bus to local locations (weather permitting or exercises / brain games indoors); Corn Hole in the parking lot, 10 a.m. (note time change - weather permitting); Mahjongg, 10:30 a.m.; Quilting Club, Shopping, and Tablet Class, 12:15 p.m.

*Membership Meeting on

the 2nd Monday, 8/14 at 12 noon;

*Stand By Me, 4th Monday with Kathleen Rupert, 8/28, 1 – 3 p.m., by appointment, 302 608-2705.

~Tuesdays: Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Pickleball, 9 - 11 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Painting and/or Arts and Crafts (on your own, except for 15th), Pinochle, 12:15 p.m.

*Arts and Crafts Smorgasbord with Barbara on Tuesday, 8/15 – Finish or do a project from May, June or July, 12:30 p.m. (\$) (tentative).

*Tuesday Lunch ‘n Learns – to be determined.

*Dinner and Treasure Talk with Dale Clifton, owner of DiscoverSea Shipwreck Museum, Tuesday, 8/22 or 29 (tentative), 5 – 7 p.m. \$6 member / \$8 for guests. Stay tuned . . .

~Wednesdays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); 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; Poker, Pinochle, 12 noon.

Knitting Club on your own, (with Marie when available), 12:15 p.m.

*Wednesday Lunch ‘n Learns – 8/9, Diabetes and Heart Disease Prevention and Control, with Natalie Andrews, DDHSS, 11:45 a.m.

*Parkinson’s Support Group, 3rd Wednesday, 8/16, 1 p.m.

***Celebrating all AUGUST BIRTHDAYS over lunch, Wednesday, 30st!**

~Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); 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, 1st Thursday, 8/3, 10:30 a.m., on Zoom;

*Alzheimer’s Caregiver Support Group, 1st Thursday, 8/3, 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 **AUGUST** Calendar for updates, etc.

Please remember that you are expected to arrive at the Center a MINIMUM of 15 minutes prior to scheduled departure time. We may leave a little early due to traffic concerns, etc., especially in the summer, and we don’t want you left behind!

Thurs., 3rd – Waterman’s Seafood Co. in West Ocean City, leaving after Ken’s Korner, approx. 11:15 a.m.

Fri., 4th – Warren Station, Fenwick Island, for Breakfast, 9 a.m. followed by St. Ann’s Bazaar, Bethany Beach.

Thurs., 10th – Cape Water Tours Dolphin Watching Cruise, 90 minutes (10-11:30), leave 8:45 a.m. \$25 – you Must pay at time of Sign Up, in order to reserve your spot on the bus. Lunch afterwards at On The Rocks, Lewes Ferry Terminal.

Fri., 11th – Choptank Riverboat Luncheon Cruise, out of Hurlock, MD, \$55 – You MUST Pay at time of Sign Up



RANDI HNILICKA takes a break from clearing tables at Ocean View to enjoy the music and do a little free-style dancing.

to reserve your spot! Leave OV 10 a.m.

Thurs., 17th – Milford Museum and ‘Po Boys in Milton, 9 a.m.

Fri., 18th – Teen Challenge Thrift Shop and Lunch, Seaford, 9:30 a.m.

Thurs., 24th – Shephard’s Nook Flea Market, Ocean Pines, and Southgate Grill, Berlin, MD, 9:30 a.m.

Fri., 25th – Dockside Marina Bar & Grill at Indian River for breakfast and DiscoverSea Shipwreck Museum / Sea Shell City, Fenwick Island, 9:30 a.m.

Thurs., 31st – York Beach Mall, South Bethany, 9:45 a.m. Shop and lunch on your own.

Fri., Sept. 1st – At the OV CHEER Center – Fun Summer Flick with treats and lunch then home for Labor Day Weekend.

“Let’s talk trash . . . Only we humans make waste that nature can’t digest.”

“The single non-negotiable thing life requires is water.”

-Sylvia A. Earle, The World is Blue: How our Fate and the Ocean’s Are One from Goodreads

~Happy AUGUST Birthday to all you out there ~

Join us on Wednesday, August 30th, over lunch, to Celebrate all the month’s Birthdays!

Happier ~ Kinder ~ Together



IN MEMORY ... members of the Chair Yoga Class at Ocean View planted a tree in memory of one of their members, 100-year-old Gertrude Sochurek who passed away on March 13, 2023.



MARIE WEISBROD proudly shows off the latest finished quilt made by the Quilting Club at Ocean View.



AT THE PARKING LOT PARTY at Ocean View, Dan Stadler dances with Shirley Lee (left), while Linda Miller relaxes to the music (right).



Roxana Activity Center

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

YARD SALE AT ROXANA ... On June 9, the Roxana Center held a Yard Sale to raise money for the members' activity fund. Special thanks to Norma Hall (pictured at right), Elaine Shipley, John Schumacher, Edward Fowler, Joanna Loper and Linda Fairfax for all their support in getting things ready. And thanks to all who attended and supported the event.



Monthly

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

1st Monday, 10:30 a.m. – Member Meeting

Weekly

Mondays:

- Morning Café, Socializing and Snacks
- Sit & Fit Exercises
- Inspirational Reading/ Discussion
- Lunch
- Group Discussion: "This is Us"
- Shopping: Grocery Store, Bank, Post Office and/or Drug Store

Tuesdays:

- Morning Café, Socializing and Snacks
- Prize BINGO
- Lunch
- Walk OR Chair Exercises
- Arts and Crafts

Wednesdays:

- Morning Café, Socializing and Snacks
- Chair Exercises
- Lunch

- Board, Card and Wii 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

4th – Visit Long Neck: "Senior Resource Fair" (8 people minimum to go)

7th – Pastor Dan and Betsy Taylor: Bible Study

21st – Pastor Dan and Betsy Taylor: Music Ministry

28th – Kathleen Rupert: Stand By Me

See our monthly Center Calendar for the most up to date scheduled Entertainment/Activities, on the CHEER Website: <https://www.cheerde.com>

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

Volunteer Spotlight ...



GREENWOOD Center Director Fran Smith hugs MOW volunteer Roger Butler as he loads meals to be delivered to seniors during his last week of service to CHEER after almost 15 years.

Beloved Greenwood Volunteer Says He Will Miss The Seniors

By Carolyn M. O'Neal
Communtiy Relations Director

June 27, 2023, was the last day Meals on Wheels recipients on CHEER's Greenwood west route received their meals from Roger Butler. After almost 15 years of service, the jokester's health forced the decision that he needed to stop delivering meals to 22 homebound seniors every Tuesday.

"Unfortunately, my health limits what I can do," said the 85-year-old. "I've enjoyed helping the elderly."

One of those elderly that Roger delivers meals to is his own 104-year-old mother, Margaret Mitchell. Margaret is first on the list of deliveries, but Roger does her last so that he can spend some extra time visiting with his mom.

Before retiring, Roger was a long-distance truck and bus driver. He and his wife, Faye, also grew chickens. They began delivering Meals on Wheels as substitutes for other route drivers. Then they took over the west route, Greenwood's largest MOW route, and delivered meals together until Faye's declining eyesight forced her to stay home. Since then, Roger continued delivering on his own.

"Roger has a wonderful sense of humor," said Greenwood Director Fran Smith. "Every day when I ask how he is doing, his answer is always 'Old, fat and ugly.' I'm going to miss that."

Just as Roger misses long distance driving, he said he will miss seeing the seniors every week. But he knows they will be in good hands when Chip and Brenda Chiles take over his route.

"Roger knows he and Faye are always welcome at CHEER," affirmed Fran. "We hope to see them often."

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

Welcome New Volunteers - June 2023

Kasi Backer	Milton	MOW
Barbara Bendel	Ocean View	Center Asst.
Julia Byrum	Milton	MOW
Edward Fowler	Roxanna	Center Asst.
Melba Green	Georgetown	MOW
Angela Jones	Milton	MOW
KSI (John Jennings)	Georgetown	MOW
Laura Kunde	Georgetown	MOW
Janice Mink	Ocean View	Kitchen
Cindy Ockels	Agency	MD Appt. Transport
Melanie Oliver	Milton	MOW
Sarah Rawlins	Milton	MOW
Frances Rosensteel	Georgetown	MOW
Celeste Young	Milton	Kitchen



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 approx. 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 approx. 11:30 p.m.
- **Wed., December 13 - Miracle of Christmas at Sight & Sound Theatre, Lancaster, Pa.** \$130 person (price includes lunch). Depart CCC, 8:30 a.m.; return approx. 8 p.m.

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

- **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 Todd at todd.gockley@cruiseplaners.com or call 410-441-0644.

SAVE THE DATE - 2024 CHEER Travel Expo - Wed., January 10, 2024 • 5-7 p.m.
CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del.

All Reservations Are First Come, First Served
Check 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

