

FREE

SEPTEMBER 2023

# CHEERful Living

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

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## *Nat'l Senior Center Month*

CHEER Activity Centers are celebrating National Senior Center Month during September.

*See Page 9*

## *The Sign Says It ALL*

CHEER held its annual fundraising car show on August 5. See all the photos and winners of the event.

*See Pages, 11, 12, 13*



## *Aloha Baby*

Mother Dee Butler (left) enjoyed taking a hula lesson given by her daughter, Lori Roe (right), at the Ocean View CHEER Center.

*See Page 21*



## 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  
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Front Page*	10.75 in. x 2.5 in.	\$1,500
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Inside Covers*	10.75 in. x 12 in.	\$700
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Half Page*	10 in. x 5.625 in. OR 4.875 in. x 11.25 in.	\$300
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**

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

# Tidal Health Is With You At Every Step

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

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

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.*

# Stop Receiving Unwanted Junk Mail

Nothing is more annoying than pulling up to your mailbox after a long day and finding it filled to the brim with junk mail credit card offers. Every day, credit card companies fill up our mailboxes with needless junk that is immediately rerouted to the shredder or trash can.

But here's great news: You can make them stop!

It's actually very easy to stop receiving unsolicited junk mail credit card and insurance offers. All you need to do is visit [optoutprescreen.com](http://optoutprescreen.com), type in your information, and you'll stop receiving these offers for five years to ten years. If you do not have a computer, just call 1-888-567-8688 to opt out.

It's simple. No more credit card junk mail for you, no more wasted time for your mailman, and no more overheated shredders and filled-to-the-brim trash cans.

A Stand By Me 50+ free Financial Coach can help you opt out of unwanted junk mail.

Call a Stand By Me 50+ Financial Coach for  
FREE Financial Coaching and Benefits Screening today!  
Call **302-608-2705 in Sussex County**  
to schedule an appointment today!

## Thank You to Adult Day Care

I was really hoping that my mom could make a comeback, but I just don't think it will happen. Her orthopedic surgeon says she's healing well, but her ability to walk up stairs isn't going to happen and her bedroom is on the second floor... The plan is to transfer her to long term care when her rehab time is finished... this was definitely not the twist I envisioned.

I can't say enough great things about you all and the CHEER Adult Day program. You gave my mom the best care when I needed it most, and I will be forever thankful to everyone for that. I know that she misses being there. Nothing is like it was ...

Sincerely,  
A Loving Daughter

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



Partially funded by



# CEO Perspective

**By: Kenneth S. Bock, CEO**

I am often reminded that there is a time and a season for all things. Right now, for me, it's time to thank our federal and state elected officials for their support for the senior citizens of Sussex County. Their support is nothing new, but it should also never be taken for granted. We are fortunate to have Senators and Representatives at the state and federal level who know us and stand strong in support of our seniors. They are accessible and always willing to listen to our cares and concerns for the fastest growing segment of our Sussex population: our senior citizens.

This State budget year, which began on July 1, has proven to be no exception. Starting last fall and throughout the winter months, we have talked about the importance of helping our seniors to Age In Place; to be able to continue living independently in their own private homes. Would any of us want anything less? We have walked the corridors of Legislative Hall in Dover. Our State, and even Federal Senators and Representatives, have come to CHEER to meet with our staff and seniors. They have listened to our messages, and they have responded. They have represented and supported the senior citizens of Sussex County. This year's state budget includes continued funding to support our senior centers and home delivered meals programs, home services, adult day care, transportation, senior center activity programs, and a host of other smaller, but essential service programs. At



the same time, Senators Brian Pettyjohn and Dave Wilson, along with Representative Ruth Briggs-King, help lead efforts supported by all of our Sussex Senators and Representatives to provide more than a half-a-million dollars to help with the planned construction of a new support services and administration building which will be located right in the middle of what will be one of the largest senior citizens affordable housing villages in Sussex County.

CHEER's planned Gateway South Senior Citizen Affordable Housing Village is making its way from a dream to reality. Planned for construction on 34 acres of land located behind the CHEER Community Center on Sand Hill Road in Georgetown, we are now looking forward to breaking ground on the first phases of this critically needed project by late next summer. When the CHEER Gateway South Village is completely built, it will provide a total of 296 affordable senior citizen apartments in a total of five apartment buildings along with a planned CHEER Support Services and Administration Building, and a transportation and maintenance building. The entire village will be anchored by

the existing CHEER Community Center.

Our federal officials have also realized the importance and need of CHEER's Gateway South Project. All three members of our Congressional delegation have lent their support in the form of Congressionally Designated Funds. Senator Tom Carper got that federal support rolling a couple years ago with some of our initial funding for this project. Congresswoman Lisa Blunt-Rochester came to Georgetown to announce another half-a-million dollar award earlier this year and, at the time of this writing, Senator Chris Coons' staff has informed us that he will be endorsing a request for additional funding in the coming federal fiscal year that will start in October.

Earlier this summer, the Delaware State Housing Authority announced that CHEER had been selected to receive low

income housing tax credits that will provide essential financing for one of the 59-unit senior affordable housing apartment buildings. Construction on the much-needed building will start late next summer.

A project of this size and importance requires a strong team with many committed supporters to make it happen. That team has come together for the Gateway East Village project. That is a big part of what makes southern Delaware such a special place. I wouldn't trade it for anywhere else and when you look at the growth throughout Sussex, it's clear that many of us feel that same way.

We may not always take the time to recognize or enjoy the many good things that happen for us in our lives, but for me, this is a time to say thank you to so many others who are helping to make dreams come true for so many of our special friends and neighbors.



## Honored With Wittmer Memorial ...

CHEER CEO Ken Bock (right) is honored to receive the Fred Wittmer Memorial Trophy from CHEER Board President Walt Koopman. The memorial is presented to an individual in recognition of their dedication to preserving antique and classic cars and for their commitment to CHEER. It is donated by Crown Trophy, Delmar. See all the winners at this year's CHEER Car-Truck-Bike Show on pages 11, 12 and 13.

# Caregiver Library Is A Rich Resource For Caregivers

**By Christie Shirey,  
Resource Specialist**

The Caregiver Resource Library at the CHEER Community Center is a rich resource for caregivers. The library is stocked with educational material and resources on caregiving and support services. The materials include books, manuals, pamphlets, brochures, and DVDs with a strong focus on caregiving, dementia, and Parkinson's. There is also a computer with access to many resources and information that is helpful to caregivers. The library is open to anyone without an appointment, but one-on-one help is available by contacting

Christie Shirey at 302-515-3045/cshirey@cheerde.com.

The main library is located at the CHEER Community Center at 20520 Sand Hill Road in Georgetown. There are also satellite resources available at CHEER centers in Lewes, Long Neck, and Milton.

The Caregiver Resource Center and the libraries are funded by the Division of Services for Aging and Adults with Physical Disabilities with primary funding provided by Title III-E of the Older Americans Act. The Caregiver Resource Center provides 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:

**September 5:**

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

2 p.m. – Parkinson's Education and Support Group of Sussex County monthly meeting at the Lewes Library

**September 7:**

9:30 a.m. – Memory Café at Milton CHEER

1 p.m. - Memory Café at Greenwood CHEER

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

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

*See Library - page 7*

## 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)**



## Library -

Cont'd from page 6:

### September 8:

10:30 a.m. – Memory Café at Ocean View CHEER

12:15 a.m. – Memory Café at Roxana CHEER

### September 12:

9:30 a.m. – Memory Café at Georgetown CHEER

1 p.m. - Memory Café at Long Neck CHEER

### September 14:

9:30 a.m. – Memory Café at Milton CHEER

1 p.m. - Memory Café at Greenwood CHEER

### September 15:

10:30 a.m. – Memory Café at Ocean View CHEER

12:15 p.m. – Memory Café at Roxana CHEER

### September 19:

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

### September 20:

1 p.m. – Parkinson's Support Group at Ocean View Delaware

### September 21:

9:30 a.m. – Memory Café at Milton CHEER

1 p.m. - Memory Café at Greenwood CHEER

### September 22:

10:30 a.m. – Memory Café at



LORETTA LANDZAAT uses the Caregiver Resource Library at the CHEER Community Center in Georgetown.

Ocean View CHEER

12:15 a.m. – Memory Café at Roxana CHEER

### September 26:

9:30 a.m. – Memory Café at Georgetown CHEER

1 p.m - Memory Café at Long Neck CHEER

### September 28:

9:30 a.m. – Memory Café at

Milton CHEER

1 pm - Memory Café at Greenwood CHEER

### September 29:

10:30 a.m. – Memory Café at Ocean View CHEER

12:15 a.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

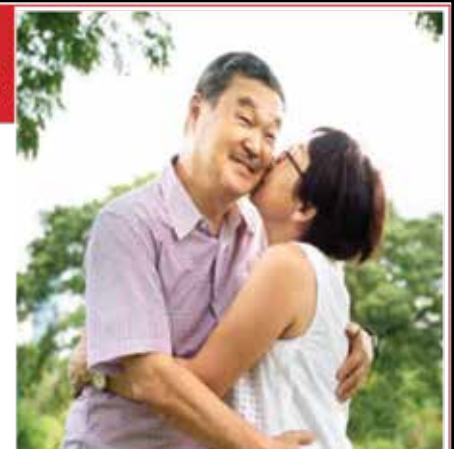
ARE YOU BALANCING YOUR JOB,  
PERSONAL LIFE AND CARING FOR SPOUSE,  
PARENTS, GRANDPARENTS, or LOVED ONE?

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



## DCW Is A 'Super Hero' For A Senior In Need

By Debbie Joseph,  
PASA Director

This past month, a CHEER PASA Direct Care Worker, Lashawnda Collick, went to the home of one of her customers and discovered that the customer had been lying on the floor since the early morning and was unable to get up on their own.

Prior to calling 911, Direct Care Worker Lashawnda visually checked and verbally asked if there were any injuries. If this customer did not receive our services this day, the outcome may have been worse.

Thank you Lashawnda for



**Lashawnda Collick**

arriving at the home of our senior and taking quick action to assist him to get the care he needed.

Superhero's don't always wear capes! They show up every day to assist our seniors in their homes to make sure they are safe and secure.

## Gardening Brings Joy To Dementia Sufferers

By Cindy Mitchell,  
ADC Director

From the book *Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide*, gardening is a way to be part of nature. It also may help people remember past days and fun times. Gardening can help the person focus on what he or she still can do.

Here are some suggested gardening activities for Alzheimer's sufferers:

- Take care of indoor or outdoor plants.
- Plant flowers and vegetables.
- Water the plants when needed.
- Talk about how much the plants are growing.

Amparo Baker, an aide with our Adult Day Program, does



all these activities with our members. If you have ever visited our program, you will see an assortment of plants in and out of our room.

Inside we have two very beautiful Philodendrons; outside on our porch we have Aloe, a variety of succulents and the members each have a pot of petunias. The program even has a small garden with tomatoes. We have had members bring in seeds and ask Amparo to help them plant them. The members also look forward to her fresh flowers on their tables every morning.

To learn more about the Day Program call me, Cindy Mitchell, at 302-212-4482 or come by for a visit.

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

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Nestor?

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Schedules

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Retired and  
Bored?

Full and  
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Benefits



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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.

### 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!



## CHEER Delivers Unique Opportunities For Creativity And Growth

# Seniors At CHEER Empowered Toward Exploration, Self-Discovery During National Senior Center Month

Today's senior centers are places of discovery, encouraging older adults to discover their unique interests, talents, and aspirations. Senior centers offer a vibrant, action-packed combination of nutrition, physical and mental exercising and, most importantly, fellowship among friends. Senior centers have evolved to provide online fitness, fun activities, support groups, and grab and go meals.

September is National Senior Center Month, and CHEER is celebrating exploration, self-discovery, and individuality of and for older adults. From financial planning workshops to cooking classes and dances to technology classes, the seven CHEER activity centers in Sussex County are community hubs where older adults find friendship, meaning, and purpose. To share the power of these connections, each CHEER center has planned special events to celebrate Senior Center Month.

This year's theme is **"Discover Your..."** What does "Discover Your..." mean?

"Discover Your..." encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it's never too late to try something new and encourages self-discovery.

"Discover Your..." sets the stage for an inclusive environment where people from diverse backgrounds feel encouraged to explore our personal interests

## National Senior Center Month

### Discover your...



and find activities that resonate with us.

"Discover Your..." invites an opportunity for us to focus on personal growth and self-improvement.

"Discover Your..." encourages us to tap into our potential, try new things, and uncover hidden talents or passions.

"Discover Your..." fosters a sense of community and camaraderie among people. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the senior center.

The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communi-

ties as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

"David Bowie once said, 'Aging is an extraordinary process where you become the person you always should have been'. Our members discover their best selves every day," said Ken Bock, chief executive officer of CHEER, Inc. "They demand the opportunity to continue connecting, exploring,

and expressing their individuality. We serve them and this community the best we can with fun and engaging programs, while also providing practical tools and resources to help them stay healthy and independent."

Senior Center Month emphasizes the tremendous potential senior centers deliver in their communities, including programming that empowers older adults to holistically age well and strengthen mind, body, spirit, and community connections.

To learn more about CHEER's activity centers, call the one nearest you at: Georgetown, 302-854-2896; Greenwood, 302-349-5237; Lewes, 302-645-9239; Long Neck, 302-945-3551; Milton, 302-684-4819; Ocean View, 302-539-2671; or Roxana, 302-732-3662. Or for more information, go to CHEER's website at [www.cheerde.com](http://www.cheerde.com).

**Volunteer Spotlight ...****Norma Hall Loves To Help People**

Norma Hall is one of our beloved center volunteers at the Roxana CHEER Center. She has been helping her Roxana CHEER family for almost 15 years. She loves to help by sending birthday and get-well cards, and generally helping at the center in any way she can. Norma has a great sense of hu-

mor and gets along with everyone at the center, employees and members alike.

Norma has lived with her sister for 15 years in Frankford with her four cats and two dogs. Sometimes she pet-sits for her nephew's six pets as well. Her hobbies include dancing, painting, doing crafts and listening

to all types of music. Norma especially loves the Wii Bowling game.

Norma has always loved fundraising. She did her own fundraising for CHEER Meals on Wheels program at CHEER's Beach Day for five years. She's helped her nephew fundraise for his school by selling candy. At present, she's trying to raise money for her Roxana center to send something to the members and their families when they're



sick or have passed.

Volunteering at Roxana CHEER makes Norma happy; her goal is to put the Roxana CHEER Center "back on the map!"

**Welcome New Volunteers**

Barbara Baciewicz	Roxana	Meals on Wheels
Judy Jones	Georgetown	Center Asst.
Mary Patrovic	Roxana	Meals on Wheels
Beverly Speed	Ocean View	Kitchen Asst.
Paula Weinstein	Roxana	Meals on Wheels

*Thank you for your support!*

**Open To The Public!****Physical Therapy at**

**Lewes, Milton,  
Greenwood  
and Long Neck**

*Provided by*



**Only one number to Call!!!**

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**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).

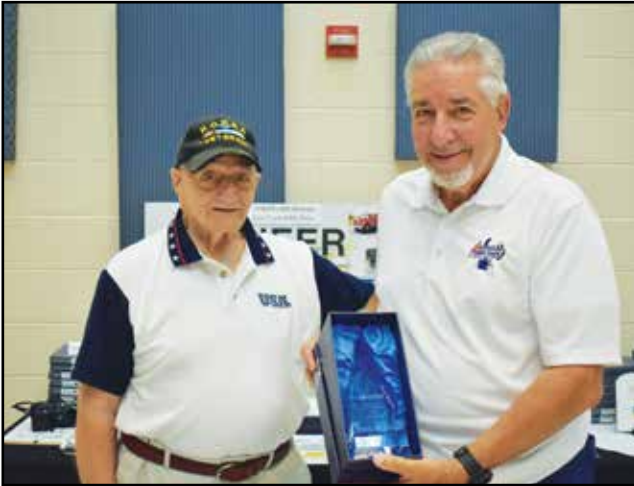
**SPECIAL EVENTS ASSISTANT**

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)**

# Vehicles Are Stars At CHEER's 13th Annual Fundraising Car-Truck-Bike Show



**BEST IN SHOW - 1932 Ford 3 Window Coupe** owned by Pat DiDomenicis of Lewes. Trophies are presented by Walt Koopman (left), CHEER Board of Directors President.



**BEST TRUCK/VAN**, sponsored by CHEER Nutrition Program - 1991 Dodge Ram Van, owned by Carol Scileppi of Milton.



**BEST EMERGENCY RESPONSE VEHICLE**, presented in grateful recognition to all first responders - 1955 American LaFrance Fire Truck, owned by David Davis of Georgetown.





**OLDEST VEHICLE** is this year's theme vehicle, a 1931 Ford Model A Huckster, owned by Tom Rosinski of Milton.



**TRAVELING FARTHEST** to the show was Robert Katz who drove his 1936 Hotchkiss down from Philadelphia, Pa.



**MOST UNIQUE VEHICLE** - 1927 Ford Model T, owned by Joseph Craucaglione.



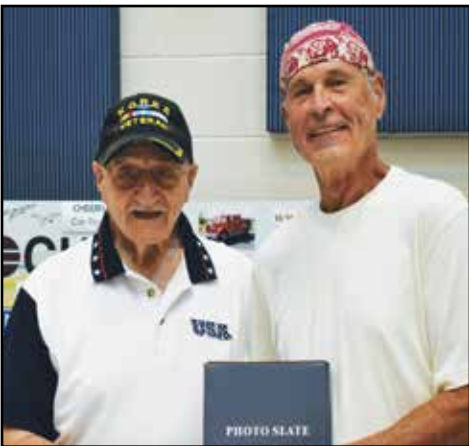
**BEST CUSTOM VEHICLE - 1981 DeLorean**, owned by Mike Rogers and son, Thomas, of Milford.



**BEST CAR**, sponsored by Meineke Car Care of Lewes - 1966 Chevy Nova, owned by Dave Shugard of Millsboro.



**BEST SUSSEX VEHICLE**, sponsored by Sussex County Council - 1957 Corvette, owned by Guy Walker of Millsboro.



**BEST RACE CAR - 1970 Ford Boss 302 Mustang**, owned by Richard West of Chestertown, Md.



*Winner of the 1930s Bantam Midget Spindizzy Model was Ray Ingersall.*

**BEST SPECIAL INTEREST - American Motors AMX**, owned by David Heverin of Millville.



**BEST IMPORT**, sponsored by Club D'Jet USA - 1962 MG, owned by Jerry Hirst of Rehoboth.

**HONORABLE MENTIONS:**

- Larry Collette, Milton - 1989 Lotus, Esprit SE Custom
- John Csady, Milton - 1936 Ford Tudor 68 Sedan
- Ray Galie, Georgetown - 1936 Dodge P50
- Charlie Gears, Lewes - 1955 Chevrolet 210 Handyman Wagon
- Jack Hobman, Lewes - 2004 Ford Roadster
- John Hooper, Harbeson - 1969 Chevrolet Camaro Z28 Crossram Coupe
- Jim Kakas, Millsboro - 2015 Dodge Challenger
- Lawrence Legates, Milford - 1936 Ford Phaeton 4 Door

- Convertible
- John Maden, Milford - 2018 Porsche 911 Carrera S
- Robert and Lorraine Nearpass, Greenwood - 1949 Willey's Overland Convertible
- Jason Powell, Milton - 2014 Dodge Challenger R/T Classic
- Bonnie Rosinski, Milford - 1957 Ford Thunderbird Convertible
- Larry Silver, Rehoboth - 1974 Porsche 914
- Bill Swider, Lewes - 1987 Chevrolet Corvette Coupe
- Drew Vaughn, Lewes - 1993 Mazda RX-7 Touring Model
- Francis (Buddy) Webb, Milford - 1957 Dodge Custom Royal Lancer

*Thank You For Your Support of CHEER's 13th Annual Fundraising Car-Truck-Bike Show*

**meineke®**

**CAR CARE OF LEWES**

Auto Repair and Oil Changes

16753 Coastal Hwy., Lewes, DE  
302-313-2820

Mon.-Fri., 7:30 a.m. - 6 p.m.  
Saturday, 8 a.m. - 4 p.m.



Monday		Tuesday		Wednesday		Thursday		Friday	
<div><div>DELAWARE HEALTH AND SOCIAL SERVICES</div><div>Division of Services for Aging and Adults with Physical Disabilities</div></div> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p>		<div><div>MEALS on WHEELS AMERICA</div><div>2023 MEMBER</div></div>		<div><b>Menu items subject to change due to availability.</b></div>		<div><div>Trap Pond Fall Festival. All CHEER Centers Closed.</div></div>		<div></div>	
4	<div><b>Labor Day</b></div> <div>All CHEER Centers Are Closed.</div>	5	Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	6	Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk	7	Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk	1	Baked Cod w/Lemon Sauce Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk
	11	Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	12	Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk	13	Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk	14	Chicken Cacciatore Penne Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	15
18	Crispy Oven Fried Chicken Dutch Potato Salad Collard Greens Whole Wheat Roll/Bread Raspberry Peaches Skim Milk	19	Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	20	Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Cherry Top Angel Food Cake Skim Milk	21	Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Skim Milk	22	Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk
25	Cheeseburger on Bun Baked French Fries Baked Beans Spiced Peaches Skim Milk	26	Pineapple Pork Steamed or Baked Rice Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait Granola	27	Cheese Ravioli w/Marinara Sauteed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	28	BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk	29	Corn Chowder Tuna Salad Sandwich on Wheat Cucumber Onion Sour Cream Mandarin Oranges Skim Milk

Lunch Served 11:30 a.m. til 12:30 p.m.

# 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.



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

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

**Georgetown Activity Center**

20522 Sand Hill Road • Georgetown, DE  
Debbie Landon, Director  
302-854-2896

**Happenings**

**September 1:** Georgetown visits Greenwood  
**September 4:** Happy Labor Day  
**September 8:** Trap Pond Fall Festival, Center Closed

**September 15:** Greenwood to Georgetown  
**September 21:** Ferry Excursion  
**September 21:** Dinner/Bingo, 4-6 p.m.

**September 28:** 10 a.m., Arm Chair Travels to Jamaica

**Monday - Friday:** 8 a.m.-10 a.m. – Georgetown Café serving breakfast

**Monday - Friday:** Coffee and social hour

**Monday:** Chair Fitness – 10 a.m. - Bible Study w/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 activities** including Wii Bowling, Wii Games, Corn Hole, Arts and Crafts and more.

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

# Medicare Open Enrollment

October 15 - December 7, 2023

## Did you know?

**Delaware Medicare Assistance Bureau (DMAB) can help you:**

- ☒ Understand Medicare benefits
- ☒ Sort options to find the best for your situation
- ☒ Complete the enrollment process



**Need help?  
Contact  
DMAB Today!**

**CALL DMAB • 302-674-7364**



Trinidad Navarro  
Insurance Commissioner  
[insurance.delaware.gov/dmab](http://insurance.delaware.gov/dmab)

This project was supported, in part, by grant number #90SAPG0104-04-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



**SPEAKER Natalie Andrews**, DHSS Trainer Educator III, gave a presentation on "High Blood Pressure and Diabetes" at the Greenwood CHEER Center.



**BILLY NUTTER**, Outreach Specialist at PAM Rehab Hospital, gave a presentation at Greenwood CHEER about Strokes.

**Greenwood Activity Center**

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



**Sept. 1** – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center, 10:30 a.m. Full Card Bingo, 12:15 p.m.

**Sept. 4** – CENTER CLOSED, Labor Day Holiday

**Sept. 6** – Penny Bingo, 10:30 a.m. Don't forget to bring your pennies.

**Sept. 7** – Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER via ZOOM from the Roxana CHEER, 10:30 a.m.

**Sept. 8** – Trap Pond Picnic. Centers Closed. Please see Fran to purchase tickets.

**Sept. 11** – Music Ministry with Pastor Dan and Betsy Taylor, 12:15 p.m.

**Sept. 15** – Trip to the Georgetown CHEER Center. Bus departs 9:30 a.m.

**Sept. 20** – Food Bank of Delaware Mobile Food Pantry, 10 a.m.

**Sept. 21** – CHEER Annual Lewes Ferry Trip. Please see your center director for details.

**Sept. 22** – Wii bowling, 10:30 a.m.

**Sept. 28** – Guest speaker Billy Nutter, PAM Rehab, 12:15 p.m.

**Monthly Events**

**Bible Study** – Every Monday, 10 a.m.

**Food Lion or Walgreen's** – Every Monday, 12:15 p.m.

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

friends.

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

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

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

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

**Memory Café** – Every Thursday, 1 p.m. to 3 p.m.

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

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

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

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

**Bingo, games, guest speakers, movies, virtual tours, and more** – Every week.

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



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



**GREENWOOD** member Linda Campbell made homemade ice cream as a special treat on "Karaoke Day."



**MEMBER** Gordy Mast puts the finishing touches on his pinwheel during craft class.

**September Fun Facts**

September's name comes from the Latin word *septem*, meaning "seven". This month had originally been the seventh month of the early Roman calendar.

**September 4** – The first Monday in the month is Labor Day. Canadians also observe Labour Day.

**September 11** – Patriot Day held in honor and remembrance of those who died in the September 11<sup>th</sup>, 2001 terrorists attacks.

**September 15** – The start of Rosh Hashanah, a Jewish holiday that marks the beginning of the new year.

**September 17** – Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787.

**September 21** – Recognized as the annual International Day of Peace. Observances range from a moment of silence at noon to such events as peace walks, concerts, and volunteering in the community.

**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!



**Lewes Activity Center**

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

**Ferry Excursion**

It's that time of the year again!!! CHEER's annual Ferry Excursion! On **September 21**, the Harbour Lights CHEER Center will be hosting the Excursion for ALL CHEER Centers. The cost of the trip is \$11, which includes the round trip on the ferry, a bagged lunch, and transportation. The ferry will be leaving at 11:15 a.m. Please plan to arrive no later than 10:45 a.m. If you are driving to the ferry, please make sure you pick up your bagged lunch at the center. The last day to purchase a ticket is September 13<sup>th</sup>. Last year was beautiful! You don't want to miss it. For more information and to sign up for the trip, please see Crissy.

**PT Works**

PT Works has been at the Harbour Lights CHEER Center for a few months. We currently have a few members that are taking advantage of having them in the building on **Tuesdays and Fridays**. If you are interested in their services, please take a pamphlet and give them a call. Dr. George has agreed to speak to the members every third Friday of the month. He will be speaking at the center on **September 15**,

at 11:45 a.m.

**Happy Birthday**

Happy Birthday to anyone born in the month of September. We will be having a birthday celebration for everyone born in the month of September on **September 20**. Please come and have cake and ice cream with us! Happy Birthday Everyone!!! We pray you have a blessed day and a blessed year to follow.

**All Things Autumn**

On **September 29**, we will be having our monthly party. This month's theme is *All Things Autumn*. We will begin the party at 10 a.m. with some fun trivia games to give you a chance to win some great prizes! We will be having entertainment by one of your favorite performers... Lisa Miller! 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. Please come out and join the festivities at the center!

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*

**Craft Corner ...**

September is Senior Center Month. Several centers are showing off their members with a Photo Op. You, too, can get creative at your special occasions by creating one of these photo backdrops using items from around the house.

**Balloons and Streamers****Bedsheets, Lights and Flowers****Colored Paper Plates****Old Frames****Colored Paper Chains****Bedsheet with Vines**

**We Need You  
to VOLUNTEER!**  
Please help deliver meals  
to homebound seniors in  
Sussex County.



Call 302-515-3040

**CHEERMOBILE Mini Market**

**"A Grocery Market on Wheels"**

Having trouble getting to the grocery store or know someone who does?  
The CHEERmobile delivers groceries right to your front door.



Stocked with 175 staple grocery items - ranging from bread, rice, peanut butter, cereal, sugar, flour, canned fruit and vegetables, to laundry detergents and cleaning supplies, to pet food.

For info call:

**302-515-3040**





### Milton Activity Center

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

## Stepping into September with a bang!!

### Positive thoughts:

"It is often the small steps, not the giant leaps, that bring about the most lasting change."

### Events

**Sept. 5** – Positive Music with DJ Randy

**Sept. 11** – Health and Healing with Michelle

**Sept. 13** – Block Party

**Sept. 18** – Intro to English Country Line Dancing Workshop

**Sept. 22** – English Country Line Dancing Workshop

On the **22nd**, we would love to welcome Greenwood CHEER.

The celebration of Birthdays for the month of September will be on the **11<sup>th</sup>** of September.

With that being said:

**HAPPY BIRTHDAY TO ALL WHO ARE CELEBRATING THIS MONTH!!!!**



SYLVAN ACRES residents held their Homeowners Association meeting at Milton CHEER.



MILTON CHEER members enjoy evening Bingo, complete with prizes.



MILTON MEMBER Ben Williams is greeted by Michelle Boulden-Hammond from Health and Healing program that will be at Milton CHEER once a month.

# Cruise-In at MILTON



Wednesday, Sept. 13 • 4 til 6 p.m.

24855 Broadkill Road  
Milton, Del.



*Enjoy*  
a summer's evening with  
Oldies Music  
Food for Sale  
Time with Friends

**Free and Open to the  
public to participate  
or sightsee.**

**Bring Your Car!**  
Donations Accepted

For Information Call  
302-853-4199, 302-684-4819  
or 302-745-5668

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

**Ocean View Activity Center**

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

## **National Senior Center Month**

### **"Discover Yours"**

"The theme encourages people to come to their senior center – whether they are regulars and, especially, if they have never visited. The theme also encourages older adults to discover their unique interests, talents, and aspirations. It conveys a sense of exploration, self-discovery, and individuality." – National Council On Aging

At the CHEER Coastal Leisure Center this month, we're inviting you to explore new activities, help share our inclusive environment, focus on personal growth, and foster a sense of community among everyone! Welcome All . . .

## **Activities**

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

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

**MON-FRI:** Puzzle Mania (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. – 12:30 p.m. (\$3.50 donation requested for 60 and over, \$4.50 for under 60). Most folks show up at 11:30 for lunch and daily activities start or resume by 12/12:15 p.m.

**MONDAYS:** Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Corn Hole in the parking lot, 9 a.m. (note time change - weather permitting); Walking Club, 9:30 a.m., by bus to local locations (weather permitting or exercises/brain games

indoors); Mahjongg, 10:30 a.m.; Quilting Club, Shopping, and Tablet Class, 12:15 p.m.

**\*9/4 - The Center will be Closed Monday in honor of Labor Day.**

**\*9/11 - Membership Meeting** on the 2nd Monday, at 12 noon;

**\*9/25 - Stand By Me**, 4<sup>th</sup> Monday with Kathleen Rupert, 1 – 3 p.m., by appointment, 302-608-2705.

**TUESDAYS:** Pickleball, 9 - 11 a.m.; 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); 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, supplies available), Pinochle, 12:15 p.m.

**Center Photo Op on Tuesday afternoons during September for Senior Center Month!**

**\*9/19 - Everett Spells** will entertain us for a Parking Lot Concert, 12:30 – 1:30 p.m.! Bring a lawn chair and join the fun.

**\*9/26 - Chef Jim** will do a demo. and taste of Pineapple Semifreddo, 11:45 a.m. – stick around for a delicious sample!

**\*9/26 - Spaghetti Dinner and Minute to Win It Part II!!!** 5 – 7 p.m. \$6 member / \$8 for guests. If you missed the first one the other month, be sure to join us for an evening of fun and laughter – sign up early, space is limited.

**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, 9 – 11 a.m. (return to 10 - 12 in October); Bingo, 10 –

11:30 a.m. / 12:15 – 1:30 p.m., \$3 donation, if able, for full day; Poker and Pinochle, 12 noon.

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

**\*9/13 - Wednesday Lunch 'n Learns.** Balance Tips with Connor of AquaCare, 11:45 a.m.;

**\*9/20 - PAM Rehab Talk**, 11:45 a.m. (topic to be determined).

**\*9/20 - Parkinson's Support Group**, 3<sup>rd</sup> Wednesday, 1 p.m.

**\*9/27 - Celebrating all SEPTEMBER BIRTHDAYS** over lunch.

**THURSDAYS:** Weekly Trips, times vary. Pickleball, 9 - 11 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Hand and Foot, 12:15 p.m.; Parkinson's Exercise, (on hold until a new instructor is found).

**\*9/7 - Ken's Korner**, 1<sup>st</sup> Thursday, 10:30 a.m., on Zoom;

**\*9/7 - Alzheimer's Caregiver Support Group**, 1<sup>st</sup> Thursday, 6 p.m.

**FRIDAYS:** Weekly Trips, times vary. Virtual Painting with Marina, 11 a.m. – 1 p.m., \$ (dates/times may vary, check with Yolanda if interested in this advanced class); Memory Café with Christie Shirey, every Friday, 10:30 – 11:30 a.m., all welcome! Mahjongg and Poker, 12 noon.

**\*The Center will be Closed on Friday, 9/8, for our Trap Pond Fall Picnic – join us there!**

## **Center Trips**

Refer to our September 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., and we don't want you left behind!*

**Fri., 1st – Fun Summer Flick** At the Center with treats, 9:30 – 11:30 a.m. (bus heading home with members after lunch due to holiday weekend).

**Thurs., 7th – Lunch** at Summer Salts, leaving after Ken's Korner, approx. 11:15 a.m.

**Fri., 8th – Trap Pond Fall Picnic**, 10 a.m. – 2 p.m., leaving OV Parking Lot, 9 a.m. **Center is closed today.** See Yolanda for your ticket (\$6 for 60 and over, \$8 for under).

**Thurs., 14th – Mispillion River Walk and Mispillion Brewing Co.** (food can be ordered in from local restaurants), 10 a.m.

**Fri., 15th – Boscov's** at Salisbury Mall and JoJo's Family Restaurant, Salisbury, Md., 9:30 a.m.

**Thurs., 21st – Annual CHEER Ferry Excursion**, \$11 all inclusive, 10 a.m. Happy International Day of Peace!

**Fri., 22nd – Tea, Lavender Fields** at Warrington Manor! Limit 14 or 15, \$40 each, please pay at sign up (see flyer for wonderful details), 10:45 a.m.

**Thurs., 28th – Trap Pond Pontoon Ride** and Abbott's Grill, \$5 each for boat ride, 9 a.m. (Possibility of a 2<sup>nd</sup> bus/ride – working on details).

**Fri., 29th – Travel** to visit our friends at the Roxana CHEER Center and enjoy "Imagine" performing, followed by lunch and afternoon bingo, 10 a.m.!

We are trying to schedule a CPR Class for September – stay tuned for more information . . .

**Happy SEPTEMBER Birthday to all you out there**

~

**Join us on Wednesday, September 27<sup>th</sup>, over lunch, to Celebrate all the month's Birthdays!**

Happier ~ Kinder ~ Together

*Ocean View hosted an “Aloha” dinner program on July 18. Members provided the entertainment when Lori Roe, chair yoga instructor, gave them hula lessons.*



**Helen Whipp**



**Ceil Zipperer**



**Kitty Cole**



**Janet McNeill**



**Lori Roe (facing, center) instructs Hula class at Ocean View.**



## **Roxana Activity Center**

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

### **Monthly**

**1<sup>st</sup> Wednesday, 10:30 a.m.**  
– Member Meeting

**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 & 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**

**8<sup>th</sup>** – Trap Pond Fall Festival, Center Closed

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

**20<sup>th</sup>** – CPR Class with Beebe Health Care

**21<sup>st</sup>** – CHEER Annual Ferry Ride

**25<sup>th</sup>** – Kathleen Rupert: Stand By Me

**29<sup>th</sup>** – Ocean View Center visit and music with Imagine

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



**HOLISTIC HEALING ... Michelle Hammond spoke to the seniors about holistic healing options using sound and aroma therapy.**

*More Roxana photos - page 22*

*The Coastal Gardener's Association came to Roxana CHEER and helped the members make beautiful herb gardens for their homes. Photos below show the results of their labor.*



**Anna Bell Reid**



**Coastal Gardeners and Roxana Members**



**Barbara Hudson**



**Carol George**



**Elaine Shipley and  
Linda Gabriel**



**John Keating**



**Mary Prencipe**



**Ora Lee Williams**



**Rose Cook**



**Dolores Darnell**



**Patricia Cohee**

## *September Recipe ...*

### **Fresh Blackberry Crisp**

#### **INGREDIENTS:**

4 cups fresh blackberries  
1/2 cup sugar  
Juice of one lemon  
2 TBsp flour, plus 1/2 cup  
1 cup oatmeal  
2 Tsp. cinnamon  
1/2 cup brown sugar  
1 stick butter (softened)

#### **DIRECTIONS:**

- Preheat oven to 375 degrees.
- In a large bowl, combine blackberries, sugar, lemon juice and 2 TBsp of flour
- Pour into deep dish pie plate
- In separate bowl, blend 1/2 cup flour, oatmeal, cinnamon, brown sugar and butter. Mix until crumbly.
- Sprinkle over berries.
- Bake for 30 minutes until bubbly.





### 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 Greene 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 (Reservations double occupancy starting at \$1,119/person)
- **October 12-21 - Vision of the Seas Canada/New England Cruise;** departs Baltimore, Md. - Boston, Mass.; Portland, Maine; Bar Harbor, Maine; St. John, New Brunswick and Halifax, Nova Scotia. (Reservations double occupancy starting at \$818.02/person)

Cruise reservations can be made through Cruise Planners, email Todd at [todd.gockley@cruiseplanners.com](mailto:todd.gockley@cruiseplanners.com) or call 302-510-2583.

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

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