

FREE

OCTOBER 2023

# CHEERful Living

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

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## *Fun in the Park*

Meals-on-Wheels Volunteer Florence Watt celebrates after she and Al Coates from Harbeson won the “Mummie” decorating contest at CHEER’s annual Trap Pond picnic as DJ Sky Brady looks on.

*More Photos of the Event  
on Pages 12 and 13*

## *‘Ole Crooner’*

Rich Travalini enjoys entertaining seniors in his retirement years.

*See Page 11*

## *More Resources*

More resources are available to reach at-risk communities to provide more services in Sussex County.

*See Page 6*





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

CHEER, Inc. has been serving Sussex County's senior citizen population for over 50 years. The private, non-profit agency offers an array of programs including nutrition, transportation, home health assistance, social and recreational activities. CHEER serves over half of Sussex County's 50+ population.

The new tabloid-size (10.5 in. wide X 12 in. deep) **CHEERful Living** magazine is published monthly to keep seniors informed about social activities and senior services offered to them. The magazine's circulation is 5,000 which goes straight into the hands of CHEER members in our seven senior centers, hundreds more homebound seniors receiving CHEER's Meals on Wheels and their caregivers, and hundreds more who pick it up in medical offices, businesses and public buildings throughout Sussex County. All advertising revenue from this magazine goes straight toward providing high quality services to help keep our senior citizens in their homes.

For more information about how you can showcase your business to the public while also supporting the needs of senior citizens, contact Carolyn O'Neal, Community Relations Director, at [carolyno@cheerde.com](mailto:carolyno@cheerde.com) or call 302-515-3040.



**Advertising Rates**

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

Front Page*	10.75 in. x 2.5 in.	\$1,500
Back Cover*	10.75 in. x 12 in.	\$1,000
Inside Covers*	10.75 in. x 12 in.	\$700
Full Page*	10.0 in. x 11.25 in.	\$550
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**

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



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

# Tidal Health Is With You At Every Step

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

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

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

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

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

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

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



## Trust experience.

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

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

Personalized treatment plans. Less pain. Quicker recoveries.

**William Doran, DO, FAAOS**

Locations in Millsboro  
and Seaford  
302-990-3280

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





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

**Benefits Programs That Can Reduce Monthly Expenses**

There is a wide array of benefits for senior citizens that many are unaware. A **Stand By Me** 50+ Financial Coach can screen you for benefits and help you apply for FREE. Here are just a few benefits, but there are many more.

**GET HELP PAYING FOR FOOD**

The Supplemental Nutrition Assistance Program (SNAP) helps many older adults stretch their budgets by providing a monthly stipend they can use at participating grocery stores, farmers' markets, and other retail outlets that sell food.

**GET HELP PAYING FOR HEALTH CARE**

That's where Medicare Savings Programs (MSPs) come in. Sometimes called Medicare Buy-In Programs or Medicare Premium Payment Programs, these state-administered benefits are designed to ease the burden of certain expenses such as monthly premiums, deductibles, copayments, and coinsurance.

**GET ASSISTANCE PAYING FOR PRESCRIPTION DRUGS**

The Extra Help program, jointly administered by the Social Security Administration (SSA) and the Centers for Medicare & Medicaid Services (CMS), subsidizes the cost of drugs for older adults with limited income and assets. Additional benefits may also include zero premiums on Medicare Part D prescription plans and limited out-of-pocket costs at the pharmacy.

**Call a Stand By Me 50+ Financial Coach for  
FREE Financial Coaching and Benefits Screening today!  
Call 302-685-2586 in Sussex County  
to schedule an appointment today!**

***CHEERful Living ...***

*A father brought his son into the family business with great expectations only to be greatly disappointed. Unfortunately, the day the son was told to step into his father's shoes, Dad had been wearing loafers.*

*Doughnut shops go out of business when they run out of dough.*

*For a garbage collecting service, business is always picking up.*

**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 [carolino@cheerde.com](mailto:carolino@cheerde.com) or call 302-515-3040

**CHEER MISSION STATEMENT**

CHEER's mission is "to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over."

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*"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 hope everyone had a great summer full of fun and friends. Now we are starting to feel a little coolness in the air and it's time to prepare for another season of holidays. This is often referred to as "the season of giving." Like any time at CHEER, it's a time for sharing and caring. *CHEERful Living* is more than just the name of our monthly newspaper. It's a lifestyle; a way of being part of a community that seeks to serve and improve the quality of life for each of us.

As you flip through the pages of this month's edition, take time to look at all that CHEER has to offer and all that you are and can be a part of. Each day at CHEER offers new opportunities for each of us to get involved.

Maybe you're one of the hundreds who comes through the doors of a CHEER senior "Friendship" center looking to meet up with old friends and perhaps make some new ones. What better place than to sit around a table with others and sample some of our new fall menu offerings.

Perhaps a little spirited competition is more your style. Whether you sit around a game table, toss a few rounds of corn hole, or take to the pickleball court, all this and more can be found at CHEER.

Maybe creating seasonal holiday decorations is more your style. We have some ideas to help get you into the spirit.

Don't just stop there. Maintaining an active body and mind are also part of the CHEER lifestyle. Whether you're training



to be a weightlifter in the Delaware Senior Olympics, getting your cardio in one of our fitness centers, taking a yoga class or participating in a chair exercise program, the only limitations are those that you impose on yourself.

For those who may find themselves more confined to their own private homes, CHEER has service offerings for you too. Each day hundreds of Sussex County seniors receive fresh, locally prepared meals delivered to their front doors by a dedicated corp of caring volunteers.

If you're someone who just needs a little help around the home with household chores and perhaps some personal care, trained CHEER caregivers can be there for you too, right in your own home.

The CHEER lifestyle also includes opportunities to expand your horizons providing weekly travel to local shops, stores, and medical facilities as well as a range of annual excursions throughout the region and beyond. Look for information at your friendship center and CHEER's upcoming annual Travel Expo scheduled for January 10.

Make this your season for giving and take advantage of the many CHEER opportunities. The most valuable gift you can offer is the gift of yourself. There are many volunteer opportunities at CHEER and you may find the rewards you gain by making a difference in someone else's life are truly priceless. Whether it's helping to deliver Meals on Wheels or working at a reception desk to check members into the center, or perhaps displaying your culinary prowess in one of our kitchens, every position is important and every volunteer effort matters. Be a part of it.

As we prepare for the cooler weather, maybe this is your season to add a little more CHEER to your life and in doing so, you may make all the difference in someone else's life. Maybe that someone would even be you.



## Thank You ...

On behalf of the Roxana CHEER at the annual Trap Pond picnic, Norma Hall (left) presented a thank you gift to CEO Ken Bock and his wife, Julia (right), to express their appreciation of his hard work leading CHEER. Bock will retire on November 3 after 17 years with the nonprofit agency.



Visit us online:  
[fortmilesmuseum.org](http://fortmilesmuseum.org)  
located at Cape Henlopen State Park



## Discover Fort Miles Museum

### A Site to Remember

Plan your visit today!  
[bit.ly/FMMCoastal](http://bit.ly/FMMCoastal)



A landmark  
that defended  
America's coast

A WWII museum  
located in an actual  
wartime facility

Home of memorial  
remnants from the  
USS Arizona & the  
USS Missouri

Site of the German  
U-boat 858  
surrender at the  
end of WWII



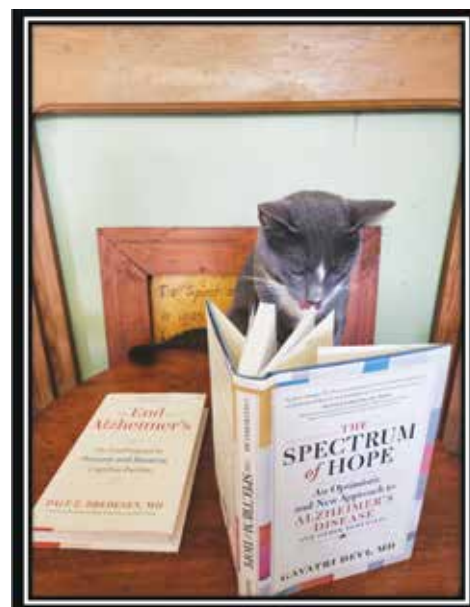
# Resource Center Focuses On New Services

## By Christie Shirey Community Resources

Excitement is in the air as the temperatures cool and the leaves begin to change color. There are new challenges coming to the Caregiver Resource Center at the CHEER Community Center this fall. New goals set by the Division of Services for Aging and Adults with Physical Disabilities and the Older Americans Act include reaching more at-risk communities and providing more needed services including case management, counseling, and training for caregivers.

To meet these goals, the CRC at CHEER will offer One-on-One appointments for case management and counseling for anyone who offers care to a resident of Delaware. These appointments can be held in-person, virtual, or by phone. This can address anything including finding needed services, care management, disease education and addressing individual situations. You can schedule one of these meetings by contacting Christie Shirey at 302-515-3045/cshirey@cheerde.com.

We will be exploring the need for more online services



### The CHEER Cat's tip to avoid Caregiver Burnout"...

#### Mr. Man becomes an "Educated Caregiver"

by adding an online support group for Grandparents Raising Grandchildren, or as we say "Family Raising Family", and a chat group for caregivers. Both groups require registration by emailing cshirey@cheerde.com.

Watch for more speakers, training opportunities, and re-

sources to fight caregiver burnout as well as our current support groups and Memory Café. Also watch for the monthly tip from Mr. Man (the CHEER Cat), on how to avoid Caregiver Burnout. Mr. Man was found by a CHEER driver on the side of the road. He now helps CHEER teach caregivers how to fight caregiver burnout.

Please let us know of added services you would like to see by calling Christie Shirey at 302-515-3045. Join us for one of our support activities listed below.

### Tuesday, October 3

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

*See Resources - page 7*



## 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**



**Do you have questions about Reverse Mortgages?**

**I have answers..**

You stay in your home.  
You eliminate your mortgage payment.  
(must pay property taxes, homeowners' insurance, condo or HOA fees and maintain property)  
Turn the equity in your home into funds you can use in retirement.

JoAnn Moore, local and a fellow senior.  
Contact me for more information.  
Cell 302.236.1229,  
Office 302.855.1300  
MMODJoAnn@aol.com  
NMLS #165477

**THE MORTGAGE MARKET**  
OF DELAWARE, LLC  
"Your neighborhood source for home loan solutions."





**Resources -***Cont'd from page 6***Friday, October 6**

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

**Monday, October 9**

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

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

1:45 p.m. – Caregiver Support Group at Community Lutheran Church in Dagsboro

**Tuesday, October 10**

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

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

**Wednesday, October 11**10:30 a.m. – Online (ZOOM) Caregiver's Chat Group. Registration required, email: [cshirey@cheerde.com](mailto:cshirey@cheerde.com)**Thursday, October 12**

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

1 p.m. – Memory Café at Greenwood CHEER

**Friday, October 13**

10 a.m. – Presentation at CAMP Rehoboth

**Monday, October 16**7:00 p.m. – Online (ZOOM) Grandparents Raising Grandchildren Support Group. Registration required, email: [cshirey@cheerde.com](mailto:cshirey@cheerde.com)**Tuesday, October 17**

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

**Wednesday, October 18**

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

**Thursday, October 19**

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

1 p.m. – Memory Café at Greenwood CHEER

**Friday, October 20**

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

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

1:45 p.m. – Caregiver Support Group at Community Lutheran Church in Dagsboro

**Tuesday, October 24**

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

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

**Thursday, October 26**

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

1 p.m. – Memory Café at Greenwood CHEER

**Friday, October 27**

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

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

**Tuesday, October 31**

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

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

# Music And Reminiscing Have Unlimited Benefits For People With Dementia

**By Cindy Mitchell**  
**ADC Director**

My favorite part of the day is our Music Biography time. Right after lunch, our aide, Sandy Mann, takes the lead for this program. She starts off reading the biography of an artist (ex. Frank Sinatra), then she plays some of his songs on the television through You Tube. She tries to pull up the songs that have the lyrics. It is so powerful to see even the slightest reaction of recall from the members. Some members may tap their fingers or toes, others may sing along with the song, a few will even get up to dance. Music reaches all cognitive and functioning levels.

According to Weiss, Rick. "Music Therapy: Doctors Explore the Healing Potential of Rhythm and Song." The Washington Post. Section: Health, 5 Jul. (1994)

"Often people who can no longer use or understand language... can respond to music."

"Sacks said nobody knows for sure how or why music often brings a measure of lucidity to Alzheimer patients. Some propose that while the brain areas dealing with cognition and language degenerate, the parts that respond to music are left intact, providing an alternative pathway into the mind."

For more information about CHEER's Sand Hill Adult Day Program give me a call at 302-212-4482.

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.

Chase  
That  
Virus  
Away!



Wash Your  
Hands!

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

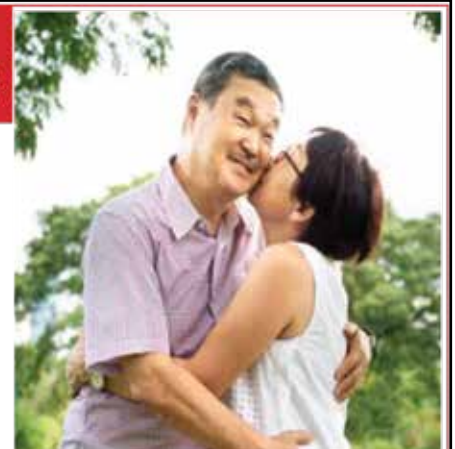
## SAND HILL ADULT DAY PROGRAM

*We understand  
how difficult it can be.*

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

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

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





## Open To The Public!

### Physical Therapy at



GREENWOOD - M/Th, 8:30-12 (Anne PT)

LEWES - Tu, 8:30-12; Fri, 9-12 (George PT)

MILTON - M/Th, 1-4 (Anne PT)

LONG NECK - Tu/Fri, 1-4:30 (George PT)

Provided by



**Physical Therapy Closer to YOU!**

**Schedule your appointment (302) 422-2518**



## CHEER DCW Comes To The Rescue Of Homebound Senior Client

By Debbie Joseph  
PASA Director

A CHEER Direct Care Worker was scheduled off one day and received a call from one of our seniors who needed help. Without any hesitation, Direct Care Worker Angela Onusko, who lives close by, went to the customer's residence.

The customer was found on the floor when Angela arrived. Our senior stated that she was there for over 24 hours and was unable to get up. Angela attempted to assist her back to her chair. With no success, Angela took the next step and called 911 for assistance. The local first responders were able



**Angela Onusko**

to assist and made sure that our senior had no injuries and assisted her back to her chair.

The next time Angela was scheduled to assist in the home, Angela observed our customer did not look well and was very weak and confused. Direct Care Worker Angela once again called for medical assistance from the local first responders. Our senior agreed this time to be transported to the hospital for evaluation and was there several days before going to a rehabilitation center.

Angela is one of our many Direct Care Workers who go above and beyond the call of duty!

## You Don't Need A Reason To Help People

*These hands should be your's!*

Empty Nestor?

Flexible Schedules

Competitive Pay

Retired and Bored?

Full and Part-time Positions

Good Benefits



## Hiring Direct Care Workers

Apply at [www.cheerde.com](http://www.cheerde.com) or email your resume to [aclark@cheerde.com](mailto:aclark@cheerde.com)

\* A background check, drug test, physical and 2-step PPD are required before starting.

CHEER, Inc. is an equal opportunity employer and does not discriminate against any employee or applicant based upon their race, color, sex, age, national origin, religion, sexual orientation, gender identity, disability, and/or any other protected federal or state class.

### 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 NUTRITION Staff hauled a delicious chicken meal to Trap Pond State Park in Laurel on September 8 for hundreds of seniors to enjoy. Part of the convoy facing camera were, left to right: standing - Earl Cook (food van driver), John O'Connell (cook), Christopher Drumm (Milton kitchen manager); sitting - Eric Pepper (driver), Eddie Miller (Georgetown kitchen manager), Larry Wolf (driver), Bob Littleton (driver), Mark Veasey (cook), Harry Cannon (agency kitchen manager), Rick Jones (driver), and Shelly Ewell (driver). More event photos on pages 12 and 13.



WINNER of the Spindizzy model car given away at CHEER's 13th Annual Fundraising Car-Truck-Bike Show in August was Ray Ingersall of Milford (left). He is congratulated by Committee Member John Scheetz.

## 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)**





Volunteer Spotlight ...

# Lewes Volunteer Enjoys The Rewarding Feeling From Helping Others

Evelyn De Lazzaro has volunteered at the CHEER Harbor Lights Center since moving to Sussex County from Newark, Delaware about two-and-a-half years ago. Prior to her retirement, Evelyn was employed by the Social Security Administration for 11 years as an Administrative Aide. Her three older sisters had already retired down to Sussex County, so upon her retirement, she decided to move to the Lewes/Rehoboth area to be closer to all of her sisters.

But Evelyn missed the rewarding feeling she got from helping others. One day she

walked into the CHEER center directly across from where she lived and asked Christina Tunnell, the Center Director, if she needed any help.

Evelyn has been volunteering at the center ever since. She typically volunteers every Wednesday, Thursday, and Friday from 8:30 a.m. until 12:30 p.m., as the receptionist, Bingo caller, and generally socializes with everybody. Evelyn loves brightening up someone's day by talking to them and listening to their stories and history. As a member and volunteer, she has formed lasting relationships

with many CHEER members.

Evelyn loves the Southern Delaware surroundings and enjoys spending time at the beautiful parks and beaches. Her free time is spent outside, at the movies, reading, and she hopes to pick up drawing again.



Evelyn De Lazzaro

## 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**  
**302-515-3040**  
or apply at [www.cheerde.com](http://www.cheerde.com)

### Welcome New Volunteers

Lori Adams	Long Neck	MOW
Arthur Aptakin	Milton	MOW
Lori Birkenberger	Roxana	MOW
Mike David	Roxana	MOW
Elsa Black	Milton	MOW
Easter Seals	Greenwood	MOW
Linda Fickes	Roxana	MOW
Carol Giampietro	Long Neck	MOW
Rita Hall	Long Neck	MOW
Stephanie L. Justice	Greenwood	Ctr. Asst.
Marian Kaminski	Long Neck	MOW
Kathryn Klein	Long Neck	MOW
Judy Matthews	Georgetown	Kitchen
Bryan Orsino	Long Neck	MOW
Jacky Patterson	Long Neck	Ctr. Asst.
John Tiberi	Roxana	MOW

*Thank you for your support!*



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

# 'Ole Crooner' Enjoys Taking Seniors Down Memory Lane

By Carolyn M. O'Neal  
Community Relations

Seniors at CHEER's Ocean View center recently enjoyed a noontime stroll down "memory lane" when Rich "The Crooner" Travalini who brought to them the sounds of music from the 1950s, 60s, 70s, 80s and 90s.

Rich's love for music and acting began in his childhood. When he was in the ninth grade at Wilmington High School, he and four friends formed a band. Rich was the drummer and lead singer. Rich laughed, "We played a ninth-grade school dance and were never heard from again."

Rich made a career in the Army Reserves from 1967 until 1997. During this time, he would sing in church choirs and at karaoke bars, as well as entertain at weddings and parties. In the 1980s, his first wife gave him a gift of singing lessons from a music professor at the University of Delaware.

"That (gift) was the game changer for me," explained Rich. "It taught me techniques to be able to sing at new levels. I even won a few awards in contests after that."

Rich retired in 1997 as a major in the military police. He then bounced around jobs ranging from teaching high school, to selling retail, to being a business consultant. But all those positions were just filling time; none of them gave Rich fulfillment in his soul during his retirement years.

He lived in Lockhart, Texas from 2000 to 2013 where he did some stage theater and singing. Then he returned to Wilmington where he continued his acting endeavors. He appeared in a low budget film shot in Pennsylvania called "The Payback." It was about a mobster's funeral and Rich had the part of the priest who had to give the prayer at the funeral. He also restarted his side-line singing career and titled it the "Memory



**RICH TRAVALINI (left) likes to get the audience involved in his "Memory Lane" show, including Ocean View member Kitty Cole and his brother, Lou.**

Lane Show."

"I try to go with the theme of the event," Rich said. "Like today at CHEER, its Sun, Sand and Surf, so I'm singing songs by the Beach Boys and other summertime tunes."

Rich has over 300 songs in his repertoire. He specializes in the "crooner" sounds of Frank Sinatra, Bing Crosby, Vic Damone, Tony Bennett, Bobby Darin and others. But he says he will try

anything – but rap. "I do no rap," emphasized the 74-year-old Italian father of two and grandfather of three.

In the late 1970s, Rich bought property in White's Neck Village, near Millville. He built a house there in 2014 and a year later moved to Sussex County permanently. "I love it here," he said.

Rich again restarted his Memory Lane Show in Sussex County entertaining at senior centers and small gatherings, but then the COVID pandemic hit and he, like so many others, hibernated at home for a few years. Now, he is ready to get out and start entertaining again. He likes to do an average of five shows a month, ranging from one hour to three hours.

"I find joy in watching the people in the audience," revealed Rich. "I try to get them involved and their faces say so much about how they are enjoying my show - down memory lane."

Rich Travalini can be reached at [TravTheCrooner@yahoo.com](mailto:TravTheCrooner@yahoo.com).







Sitting back and enjoying the fresh air.

# Summer Fun at



Singing the National Anthem.



A large group followed the Park guide for a nature walk.



Educational vendors shared information with the seniors.



Prize  
Bingo  
Time!





Proud to be an American.

# Trap Pond



A little shade from a hot sun.



State Representative Tim Dukes helps to serve lunch.



A little exercise through twisting to the music.

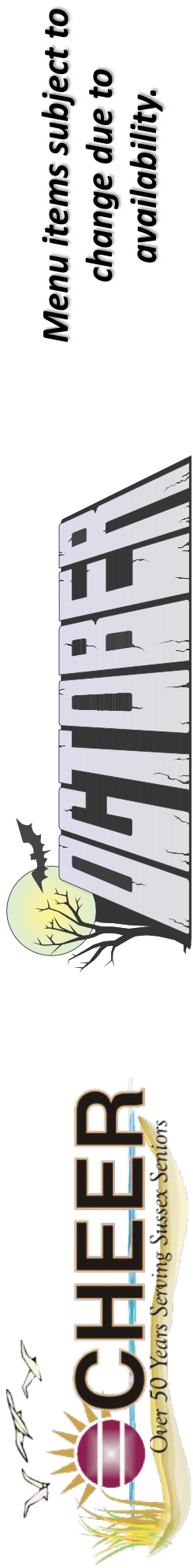


Toilet paper mummie contest participants model their works of art.






Georgetown Center members enjoyed the day.





Menu items subject to  
change due to  
availability.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	<b>3</b> Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk	<b>4</b> Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>5</b> Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>6</b> Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk
<b>9</b> Chili and Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk	<b>10</b> Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushrooms Apple Pie Skim Milk	<b>11</b> Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	<b>12</b> Asian Beef and Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	<b>13</b> Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk
<b>16</b> Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>17</b> Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	<b>18</b> Ham and Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>19</b> Chicken Tahitian w/Fruited Wild Rice Stuffing Fresh Baked Squash Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	<b>20</b> Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk
<b>23</b> Spaghetti w/Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>24</b> Fish Tacos w/Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk	<b>25</b> Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>26</b> Mararoni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>27</b> White Bean Soup Deli Sandwich w/ Lettuce and Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk
<b>30</b> Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk	<b>31</b> Pork and Vegetable Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches and Apples Skim Milk 	 <p><b>DELAWARE HEALTH AND SOCIAL SERVICES</b> <i>Division of Services for Aging and Adults with Physical Disabilities</i></p> <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p> 		

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

VISIT US AT WWW.CHEERDE.COM OR LIKE US ON FACEBOOK



*This Month's Recipe ...*

# Pretzel Ring Beer Cheese Dip Recipe

**Ingredients**

1 3/4 c. shredded cheddar,  
divided  
1/2 c. shredded mozzarella  
1 (8-oz.) block cream cheese,  
softened  
1-1/2 Tbsp. Dijon mustard  
2 Tbsp. freshly chopped chives,  
plus more for garnish  
2 tsp. garlic powder  
1/4 c. pale ale beer  
Kosher salt  
Freshly ground black pepper  
1 (16.3-oz.) can refrigerated  
biscuits  
2 Tbsp. baking soda  
1 large egg, mixed with  
1 Tablespoon water,  
for brushing biscuits  
Coarse salt

**Directions**

1 - Preheat oven to 350°. In a large bowl, stir together 1-1/2 cups cheddar, mozzarella, cream cheese, Dijon, chives, garlic powder, and beer and season with salt and pepper.

2 - Halve each biscuit and roll into a ball, then slice an X across the top.

3 - In a small saucepan, bring 2 cups water and baking soda to a boil and whisk to dissolve. Immediately reduce heat to maintain a simmer. Add biscuits in batches and cook until puffy, 1 minute, then remove

with a slotted spoon and transfer to a 10" or 12" ovenproof skillet, forming a ring along the inside edge.

4 - Brush biscuits with egg wash and sprinkle with coarse salt. Transfer dip to center of

skillet and sprinkle with remaining 1/4 cup cheddar.

5 - Bake until biscuits are golden, and dip is bubbly, 33 to 35 minutes.

6 - Garnish with chives before serving.



# 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.







### Georgetown Activity Center

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

### Happenings

**October 6:** Georgetown visits Greenwood

**October 11:** Sunshine Singers

**October 19:** Dinner/Bingo, 4-6 p.m.

**October 20:** Greenwood to Georgetown

### Happy Halloween

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

**First Thursday** - Ken's Korner  
**Mon.-Fri.** - 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.

**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.



### Healthy Living Class ...

Georgetown seniors participated in a 6-week class about "Living A Healthy Life." Instructors were Steuart Martens (standing speaking with member Bonnie Fritz) and Stephanie Williams. Members facing are: back table - Ruth Dorsey, Judy Jones and Barbara Jean Bailey; and front table - Tom Jones, Joseph Donovan and Gary Turner. Back to camera is Yvette Harris.

**SAVE THE DATE**  
CHEER thanks our Veterans  
at  
**Military Honor and Patriot Day**  
Tuesday, October 10, 2023  
10 a.m. to 3 p.m.  
**CHEER Community Center**  
20520 Sand Hill Rd. • Georgetown, DE  
**FREE Admission**



## JOIN CHEER THIS THANKSGIVING

at our

### Holiday Feast

Tuesday, November 21 • 10 a.m. to 2 p.m.

Warren L. and Charles C. Allen, Jr.

**CHEER Community Center**

20520 Sand Hill Road • Georgetown, Delaware

Feast on a traditional Thanksgiving  
Turkey Dinner with all the Trimmings

Entertainment • Contests • Prizes

Only \$6 for seniors over 60; \$8 for under 60.

For more information or to reserve your ticket  
contact your local CHEER Activity Center  
or Robin Greene, 302-853-4199 or  
[rgreene@cheerde.com](mailto:rgreene@cheerde.com)







### Greenwood Activity Center

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

### Calendar

**Oct. 4** – Bus departs at 9:30 a.m. for trip to the Laurel Senior Center.

**Oct. 5** – Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER via ZOOM from the Harbor Lights CHEER, 10:30 a.m.

**Oct. 6** – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center at 10:30 a.m. Full Card Bingo after lunch.

**Oct. 9** – Music Ministry with Pastor Dan and Betsy Taylor, 12:15 p.m.

**Oct. 12** – Create crafts for the homebound clients with Sylvia and Charlene, 10:30 a.m.

**Oct. 13** – New Program, Blood Pressure Self-Monitoring Program, 10 a.m.

**Oct. 17** – Prize Bingo and guests from the Laurel Senior Center, 10:30 a.m. Full Card Bingo after lunch.

**Oct. 18** – Bus departs at 9:30 for the Trap Pond State Park Pontoon Boat Ride. Only \$10 and includes a bag lunch. Space limited. Please see Fran if interested.

**Oct. 20** – Bus departs at 9:30 a.m. for trip to the Georgetown CHEER Center.

**Oct. 25** – Long Neck CHEER Sunshine Singers, 10:30 a.m.

tion.

**Entertainer Lisa Miller**, first Friday, 10:30 a.m..

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

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

**Blood Pressure Check**, first Thursday, 10 a.m. with Betty Fletcher

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

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

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

**Alzheimer's Caregiver Support Group**, 1st Thursday, 1 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 October a very...*



### Monthly Events

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

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

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



**Greenwood CHEER members heading out to the Suicide Bridge Riverboat Lunch Cruise.** Driver (back) Bill Kittridge; back row - Miffy Kiback, Linda Campbell, Sylvia Arow, Violet Moore, Joe Czajkowski, Rowland Scott, Janet Saleen; second row - Denise Herring, Ruthella Smith, Liz Yates, Helen Scott, Nora Meeds, Betty Fletcher; Front kneeling - Ray Herring, Wayne Pugh, and Jennifer Posey.

### October Fun Facts ...

In Greek, October is named "Tetren" and it means "the turn of the seasons".

The birthstones for October are tourmaline and opal. Tourmalines are believed to help you stay calm while under pressure, bring peace and tranquility, and defeat negative emotions like jealousy and anger. On the other hand, opal gemstones are believed to cure eye infections, strengthen memory, calm nerves, and enhance creativity.

The traditional flowers for October are the Marigold and Cosmos.

Another fun fact about October is that it is considered a lucky month because it is associated with prosperity. October is also the beginning of harvest season.

The World Series in baseball begins in October.

More United States Presidents have been born in October than any other month.

The Soviet Union launched the Sputnik probe into orbit on October 4, 1957.

The owl is the bird of the month of October.



*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](mailto:asmith@cheerde.com)  
to order for pick up!





**Lewes Activity Center**

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

**English Country Dance**

We still need more members to sign up for the **English Country Dance**. English Country Dance is the dance form America grew up with. It has been fun for more than three centuries, and easy to learn. 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 be starting with basic steps and easy dances. Please keep in mind that the cost of the class is FREE to members.

**Halloween Costume Party**

On October 27, we will be having our **Halloween Costume Party**. 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 favor-

ite performers...Imagine. 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 will be having a prize for the best original costume. Please come out and join the festivities at the center.

**Happy Birthday**

Happy Birthday to anyone born in the month of October. We will be having a birthday celebration for everyone born in October on October 18. 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.

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

**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.

**Long Neck Activity Center**

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

*"A fallen leaf is nothing more than a summer's wave goodbye."*

*Unknown*

**Activities**

**Fitness Center:** Opens 8 a.m., every Monday – Friday

**Weight Watchers:** Every Monday, 8 a.m.

**Crocheting:** Every Monday, 12 p.m.

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

**Memory Café:** Every Tuesday, 1 p.m.

**Mahjongg:** Every Tuesday, 1 p.m.

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

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

**Tai Chi is Back:** Tuesday and Thursday, 9 a.m.

**Caregivers Support Group:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 1 p.m.

**Michigan Rummy:** Every Wednesday, 9 a.m.

**Sunshine Singers Practice:** Every Wednesday, 1 p.m.

**Poker:** Thursday, 12:30 p.m.

**Blind Sight DE:** every 3<sup>rd</sup> Thursday

**Ken's Korner:** Thursday, Oct. 5, 10:30 a.m.

**Membership Meeting:** Wednesday, Oct. 11, 10:30 a.m.

**Happy Birthday to all members born in October.**

**This Month's Craft ...****Colorful, Decorative Centerpiece Pinecones****Materials:**

Dry Pinecones (you can find these in nature or a craft store)  
Spray paint (in the colors of your choosing)  
Acrylic paint (in the colors of your choosing)  
Artist paint brushes  
Large decorative bowl

**Directions:**

1. Make sure that your pinecones are clean and dry.
2. The bottom of the pinecone will be the flower, so snap off all of the pieces from the top of the pinecone about halfway down.
3. Spray paint the entire pinecone one color.
4. Use the acrylic paint to add extra flower details.
5. Let dry.
6. Using your large decorative bowl, fill the bowl with your new pinecone flowers.
7. Enjoy your new centerpiece!







### Milton Activity Center

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

### Positive Thoughts

"Life will always have its ups and downs, how you engage with those moments is what matters. Choosing to believe you are valuable and capable, regardless of what's going on, is how to quiet harmful self-talk, stay positive, and bend reality in your favor."

### Happenings

**Oct. 2** – Health and Healing with Michelle

**Oct. 3** – Positive Music Time with Randy

**Oct. 9** – Delaware Volunteer Legal Services

**Oct. 17** – Clear Captions

**Oct. 23** – Picnic in the Park

**Oct. 30** – English Country Line Dancing

This month, we will have our **Halloween Bingo** on the 31<sup>st</sup> from 4:30-6:30 p.m. Come in costume and win a prize for the best dressed.

Our newest program is our **Center Walk** at 12 noon.

Please join us for some of our other programs that we have to offer at our center as we continue to grow.

We offer regular **Yoga** on Monday and Wednesday at 11 a.m.

Also, we have **Chair Yoga** on Tuesday and Thursday at 11 am.

Along with Yoga on Wednesday we have **Bridge** at 10 a.m. and we are always looking for new players.

Mary Ann Huges also has **Board Games** on Tuesdays from 12:30 2:30 p.m.

May this month keep your hearts full of the love that is displayed everyday we see each other.

HAPPY BIRTHDAY  
TO ALL OF THOSE WHO  
ARE CELEBRATING THIS  
MONTH!!

### Arts and Crafts ...

The bulletin board at the Milton center shows off photos of all the members enjoying arts and crafts.



### 40th Anniversary ...

Frank and Susan Meo celebrated their 40th wedding anniversary by renewing their vows at the CHEER center. At left, Susan is the blushing bride waiting to go down the aisle; above - Center Director Rhonda Cannon (right) congratulates the happy couple.

## HONORING ALL WHO SERVED

To be a veteran  
one must know and  
determine one's price  
for freedom!

### VETERANS DAY DINNER DANCE

Friday, November 10 • 5 to 9 p.m.  
at the

**CHEER Community Center**

20520 Sand Hill Road  
Georgetown, DE

**FREE to all Veterans**

Spouse and Guests \$10

Call your local CHEER Center for  
tickets or contact

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





**Ocean View Activity Center**

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

**Autumn Magic**

*“Every leaf speaks bliss to me, fluttering from the autumn tree.”* – Emily Bronte

Get out of the house and come join us this October, as we enjoy the beauty of the Autumn Season.

*“I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.”* –

Nathaniel Hawthorne  
(Autumn quotes found on SplashLearn.com)

Notes on the Beach will kick things off with their **‘Rat Pack’ Parking Lot Concert** on Tuesday, Oct. 3.

**Lisa Miller** will entertain us with Show Tunes after lunch on Oct. 24.

Our fabulous **OV Players** are working on another Twilight Zone episode with Murry, to be performed with dinner on Halloween, Oct. 31.

We’ll visit **Furnace Town** in Snow Hill, have brunch at The Mad Hatter Cafe in Salisbury and participate in a Sea Glass Jewelry workshop (spaces limited) and a True Crime session at the South Coastal Library, to name a few!

Lori Roe, our Chair Yoga Instructor will be offering some **Sound Healing Sessions** Oct.–Dec., to our members for free, as she completes her Practitioner Training – stay Tuned!

**Happenings**

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

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

**Mon – Fri:** Puzzle Mania (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, 9:30 a.m.; Walking Club, 10 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.

**\*Membership Meeting** on the 2nd Monday, 10/9 at 12 noon;

**\*Stand By Me**, 4<sup>th</sup> Monday with Kathleen Rupert, 10/23, 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.

\*Oct 3 - Notes on The Beach perform their **‘Rat Pack’** program for our **Parking Lot Concert**, 12:30 p.m.! Bring a lawn chair and join the fun!

\*Oct. 24 – **Lisa Miller** performing Show Tunes after lunch, 12 noon! (tbd).

\*Oct. 31 - **Dinner and Twilight Zone Play** for Halloween!!! 4–6 p.m. \$6 member / \$8 for guests.

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

**\*Play Practice**, 2–4 p.m., Oct. 4, 11, 18, and 25.

**\*Wednesday Lunch ‘n Learns** – Oct. 11, Diabetes and Heart Disease Prevention with Natalie Andrews of DDHSS, 11:45 a.m.; Oct. 18, PAM Rehab Talk, 11:45 a.m. (topic to be determined).

**\*Parkinson’s Support Group**, 3<sup>rd</sup> Wednesday, Oct. 18, 1 p.m.

**\*Celebrating all October Birthdays** over lunch, Wed. Oct. 25!

**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).

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

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

**Fridays:** Weekly Trips, times vary. Sound Healing with Lori Roe, 9:30 a.m.–12 noon, sign up in advance and see flyer for details! 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 October. 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!

**Thurs., 5th** – Lunch at Doyle’s, then Samaritan’s Thrift Shop in Selbyville, leaving after Ken’s Korner, approx. 11:15 a.m.

**Fri., 6th** – Milton Memorial Park Stroll, Historical Society Visit, then lunch at The Backyard, 9:30 a.m.

**Thurs., 12th** – Dover Mall with Food Court (food can be ordered in from local restaurants), 9 a.m.

**Fri., 13th** – Furnace Town Historic Site (Nassawango Iron Furnace), \$6 - Explore on your own (?’s answered by Eric) and Oaked 110 for lunch, Snow Hill, Md., 9:30 a.m. Please pay at sign up.

**Thurs., 19th** – South Coastal Library for Sea Glass Jewelry (limit 7) or True Crime, 12:45 p.m.! Limiting this outing to our bus, as we need the counts.

**Fri., 20th** – Sunfest in Ocean City – on your own, approx. 10 a.m. – 2 p.m. Leave OV CHEER around 9:15/9:30 a.m.

**Thurs., 26th** – Brunch at the Mad Hatter Café and Rudy’s Choice Shop Stop on way home, Salisbury, 9 a.m.

**Fri., 27th** – Movies at Midway, RB, 11:15ish – depends on show times. Please eat before coming.

~Happy OCTOBER Birthday to all you out there ~

Join us on Wednesday, **October 25<sup>th</sup>**, over lunch, to celebrate all the month’s birthdays!

*Happier ~ Kinder ~ Together*







### Roxana Activity Center

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



### Monthly

**1<sup>st</sup> Thursday**, 10:30 a.m. – Ken's Korner: Our CEO, Ken Bock, has an interactive online Zoom meeting with all of the CHEER centers. 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.  
**1<sup>st</sup> Wednesday**, 10:30 a.m. – Members Meeting  
**4<sup>th</sup> Monday**, 10:30 a.m. – Stand By Me with Kathleen Rupert

### Weekly

#### Mondays:

Morning Café, Socializing and Snacks  
Sit and 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 with Barbara Popiel  
Reading Club and/or Bible Study  
Lunch  
Memory Café

### Special Events

**2nd** – Pastor Dan and Betsy Taylor, Bible Study  
**3rd** – Visit OV for their Parking Lot Concert  
**11th** – Gardeners by the Sea  
**16th** – Pastor Dan and Betsy Taylor, Music Ministry  
**18th** – Speaker on "Diabetes and Heart Disease", Natalie Andrews  
**19th** – DE Botanical Gardens Trip  
**31st** – Entertainment by Imagine, Daycare "Trick or Treaters" Visiting

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

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



### Enjoying the music ...

Roxana members enjoy the music of singer Suzette Pritchett when she visits. Dancing in the back are Elaine Shipley and John Schumacher. Listening to the singer are, left to right, sitting in front - Ora Lee Williams, Anna Bell Reid, Dolores Darnell and our newest member Michael Leonard; second row - Jack Keating and Linda Gabriel.



### Breast Cancer Awareness Day ...

Celebrating "Wear Pink" Day at the Roxana Center are Carol George, Mary Prencipe and Linda Gabriel. (Mary didn't have pink on so she draped the table runner over her shoulders - LOL).

## We Need You to VOLUNTEER!

Please help deliver meals  
to homebound seniors in  
Sussex County.





Call 302-515-3040







# 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.





**CHEER**  
Over 50 Years Serving Sussex Seniors

**TRAVEL CLUB 2023**

***Come Travel With Us!***

[www.cheerde.com/Events/Travel Club](http://www.cheerde.com/Events/Travel Club)

### BUS DAY TRIPS

- 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 10 - **SOLD OUT!** Miracle of Christmas at Sight & Sound Theatre, Lancaster, Pa.

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

- October **CANCELED** New York Finger Lakes
- 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.

Admission is \$5 pre-paid registration

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

***All Reservations Are First Paid, First Served***

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



# WE NEED YOU!



*Help is needed  
for homebound  
meal delivery,  
kitchen and  
senior center  
assistance,  
and for  
non-emergency  
medical  
transportation.*

Milton and Georgetown CHEER Centers

**To Volunteer Today Call**

**302-515-3040**

**or go to [www.cheerde.com/volunteer](http://www.cheerde.com/volunteer)**

