

FREE

DECEMBER 2023

CHEERful Living

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



Halloween Festivities

Shirley Nester (left) won the Best Hat competition at Long Neck Center's Memory Cafe. Other centers had festive costume competitions and fun for the Halloween season. See photos throughout this issue.

Volunteer Honored ...

The annual Meals On Wheels Delaware Beach Brunch was recently held at the Rehoboth Country Club. CHEER's own Richard Neyrinck was honored for his volunteer service. See Page 10.

New Leaders ...

CHEER is under new leadership after the retirement of Ken Bock. Taking the helm as Chief Executive Officer is Beckett Wheatley. Meet her on Pages 5 and 9.

Supporting Beckett is her new Chief Operating Officer Tom Reardon. Meet him on Page 15.



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

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

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

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



Advertising Rates

**Rates are Per Issue. 10% Discount Offered
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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.



Trust experience.

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

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

Personalized treatment plans. Less pain. Quicker recoveries.

William Doran, DO, FAAOS

Locations in Millsboro
and Seaford
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tidalhealth.org/orthopedics



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

Are You Eligible For A Free Cell Phone?

You may be eligible for a free cell phone which provides minutes to use, mobile access to emergency services, and a choice of cell phone plans. There are no contracts, no hidden fees, and no monthly charges. The cell phone has many of the following services: voicemail, texts, call waiting, international calling, caller ID.

You can take part in this program if you have limited income or receive help from other benefit programs such as:

- Medicaid
- Supplemental Security Income (SSI)
- Low Income Home Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance Program (SNAP)
- Public Housing or Section 8

**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!**

**CHEER Has Pet Food
For The Homebound**

For many older adults who live alone, a pet is their closest companion. Pets provide social connection and improve health and well-being. Yet caring for a pet can be challenging for older adults who struggle with mobility or financial limitations.

CHEER, Inc. has received a grant from Meals on Wheels to help meet that challenge. MOW Loves Pets -- Pet Food Grant provides pet food for dogs or cats of seniors who are homebound and receive MOW food.

MOW recipients who need help feeding their dog or cat can call their Outreach Worker at CHEER to request assistance on an as-needed basis. Assistance to the homebound for pet food is available while supplies last.



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



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and businesses throughout the county.
Editor - Carolyn O'Neal
For advertising information,
contact Carolyn O'Neal
at 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."

CHEER Staff

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- Tom Reardon**
Chief Operating Officer
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- Ginger Clifton**
Senior Accountant
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CEO Perspective

By Beckett Wheatley, CEO

During this season of both thanksgiving and giving, I am reminded that we should be grateful and give fully of ourselves every day throughout the entire year. It is so easy to take for granted the day-to-day people and circumstances in our life. Where would we be without them?

With this article being my first as CHEER's CEO, I would like to thank our CHEER Board of Directors for allowing me to lead this great organization into its next chapter. CHEER has been a major part of my life for more than 25 years and has certainly impacted it in a positive way. I have met some of the most wonderful people from coworkers to members, volunteers, vendors, and funders. I have learned and been guided by their stories and actions. Through our connections, we have laughed and we have cried, we have worked and we have played, we have given and we have received. One is not better than the other. Together it makes us whole and gives us meaning in life.

When having casual conversations with coworkers, I know that they are a major reason why CHEER continues to not only exist but has successfully provided services for over 50 years. If it were not for the dedication of our food van drivers and volunteers, in-home direct care workers, and other committed staff that do so much, CHEER would not be able to provide the much-needed services to our Sussex County seniors. I am ever so grateful for my coworkers' hard work, moti-



vation, and support. We have an awesome CHEER team!

There are so many that need each of us. It could be something as "simple" as lending your ear or showing a smile. A smile does not depend on any language or have any barriers. They are free to give and are worth so much to so many.

Do you have some spare time to deliver a meal to a senior's home? It's not just a meal that a senior will be receiving, but a friendly smile, a welcoming ear, and the peace of mind knowing that someone cares enough to check on them. CHEER has volunteer opportunities every weekday from delivering meals to helping in our activity centers throughout Sussex County.

Perhaps you just need to get out and do something different. Join CHEER! A CHEER membership enables you to participate in activities at any of our seven sites. Don't have transportation to a CHEER Center? CHEER Transportation can help with that!

Don't have any spare time? Please consider giving a donation to help CHEER support the healthy and active lifestyles of



CHEER's Next Chapter of Leadership ...

On November 3, Chief Operating Officer Ken Bock retired after 17 years with CHEER. Taking over the CEO duties is former Chief Operating Officer Beckett Wheatley. The Board, staff, family and friends wished Ken well at a Retirement Brunch on October 25.



Board members and friends at Ken's Retirement Brunch were, left to right: seated - Past Board President Bud Clark, past Executive Director Arlene Littleton, and Board President, Walter Koopman; standing - Board members Andy Hartstein and Deborah Guenther, wife Julia Bock, Honoree Ken Bock, incoming CEO Beckett Wheatley, Board members Jane Hovington and Marlene Elliott-Brown, and Car Show Committeeperson John Scheetz.

our Sussex County seniors, as well as providing support for their caregivers. No amount is too small.

For more information, please contact any of our CHEER Activity Centers or call one of our main telephone lines at 302-515-3040 or 302-854-9500 or go online to our website at www.cheerde.com.

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

Let's make a difference in the lives of those around us. As Helen Keller wisely stated, "Alone we can do so little; together we can do so much." Happy New Year everyone!

To meet my new Chief Operating Officer, Tom Reardon, see story on page 15.

Focus On The Holidays - Great Gifts For Seniors

By Christie Shirey Community Resources

Everyone at the Caregiver Resource Center wants to wish you a very happy holiday season. I thought it might be fun to talk about a few great gifts for those who have dementia.

Locator Devices – These come in many forms with most of them using GPS tracking. It could be a watch, shoe insert, or even a necklace.

Picture Phones – Users who want to call a loved one don't have to type anything into the device, they simply need to touch a picture of the person they mean to call.

Mechanical Pets – These pets can provide companionship, reduce anxiety, and increase feelings of self-worth.

Call-Blocking Services – You can purchase your loved one a call blocking service subscription. This service will filter out any unwanted calls and allows only family or doctors to get in touch with the elderly citizen.

Create A Memory Book – Not only do they help to jog the memory, but they also create a calming center. A memory book can also be used as a security tool when the patient goes



Mr. Man - the CHEER Cat, says...
"Find time for yourself!"

somewhere new and unfamiliar.

Jigsaw Puzzles and Memory Games – Some companies have created specialized puzzles for people who suffer from memory loss. The games have borders to keep the pieces from going missing and the pictures are meant to help jog memories.

Specialized Stores for Alzheimer's Products – Life is made a lot easier by retailers such as The Alzheimer's Store (www.alzstore.com) and MindCare (www.mindcarestore.com) that can be found online. The creators of the sites have combed the net for the very best products that can make life a bit easier for people suffering from memory loss.

Mr. Man-the CHEER Cat, that was found by a CHEER driver on the side of the road and now helps CHEER teach caregivers how to fight caregiver burnout, is becoming a big hit. This month's tip is to **find time for yourself**. Mr. Man says find a few minutes for yourself even if you must hide in the Christmas tree.

Please let us know of added services you would like to see by calling Christie Shirey at [302-515-3045](tel:302-515-3045)/cshirey@cheerde.com. Join us for one of our support activities listed below.

This month's resources calendar includes:

Fri., Dec. 1

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

Tues., Dec. 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

Wed., Dec. 6

10:30 a.m. – Online (ZOOM) Caregiver's Chat Group. Registration Required, email: cshirey@cheerde.com or call: 302-515-3045

Thurs., Dec. 7

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

1 p.m. – Memory Café at Greenwood CHEER

Fri., Dec. 8

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

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

Mon., Dec. 11

7 p.m. – Online (ZOOM) Grandparents Raising Grandchildren Support Group. Registration Required, email: cshirey@cheerde.com or call 302-515-3045

Tues., Dec. 12

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

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

Thurs., Dec. 14

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

1 p.m. – Memory Café at Greenwood CHEER

See Holiday Gifts - 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



ADC's Clover and Angel

ADC Member Celebrates 99 Years Of Life

ADC member Annie Margaret Kesler celebrated her 99th birthday on November 2. She attends the day program at CHEER three days a week.

Annie was asked what she wants people to remember about her. Her response was, "that I love children."

Annie was the superintendent of her church's Sunday School for over 20 years.



Holiday Gifts Cont'd from page 6

Fri., Dec. 15

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

Tues., Dec. 19

1 p.m. – Memory Café at Long Neck 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.

Wed., Dec. 20

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

Thurs., Dec. 28

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

1 p.m. – Memory Café at Greenwood CHEER

Fri., Dec. 29

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

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



Animal Therapy At CHEER's ADC Benefits Seniors' Quality Of Life

By Cindy Mitchell
ADC Director

The adult day program welcomes two new members (with white fur, long ears, and little brown noses). They are our bunnies. Our members named them Clover and Angel.

Psychology Today says research suggests that animal-assisted therapy can impact the quality of life of the elderly. This is particularly relevant for those living in long-term care facilities. Here are seven benefits of animal assisted therapy for seniors, from the book *How to Communicate Effectively with Seniors*.

- Increase Physical Activity. This is so true. Some of our members will get off the bus and come directly to the bunnies to check on them. Then they will

check on them throughout the day.

- Increase Mental Activity.
- Increase Communication. Just today, one of my ladies asked me if I talk to them and she said she does.

- Increase Positive and Decrease Negative Emotions.

- Increase Affection and Decrease Loneliness.

- Decrease Negative Behaviors.

- Increase Locus of Control (having control over one's life and environment).

Clover and Angel have only been in the program for a couple of weeks and already the members look forward to seeing them and watching them grow.

To check them out or to see our program call me, Cindy Mitchell, at 302-212-4482.

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

SAND HILL ADULT DAY PROGRAM

*We understand
how difficult it can be.*

Offering respite care for caregivers as we care for your loved ones 50 and older.

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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





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
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Reverse Mortgages Are Not What They Used To Be

(Below is the first segment in a series to explain a Reverse Mortgage)
 By JoAnn Moore

A few years ago, Reverse Mortgages were not viewed in a positive light. Media coverage focused on the few cases where the borrowers didn't understand that even though they didn't have a mortgage payment, they did need to pay their property taxes and insurance.

Things are done differently now to help ensure this doesn't happen going forward. Now, credit reports are pulled to be able to calculate debt payments, homeowners' insurance and property taxes.

To describe a Reverse Mortgage, it can be viewed as a deferred payment loan. The borrower takes funds out of the equity of the home. Payments are deferred until the loan is paid off. It can be tailored to your needs.

If you are 62 years of age or older, you may qualify for a Reverse Mortgage. If you have substantial equity in your home or own your home free and clear, you may qualify.

Probiotics - Good Stuff For Your Gut

By Lisa Harkins, RD, LDN

What are probiotics and why are they such a hot product?

Probiotics are dietary supplements or foods that contain beneficial or "good" bacteria that are like those normally found in our bodies. Some examples include *Lactobacillus acidophilus*, *Lactobacillus casei*, and *Lactobacillus bifidus*. Products may contain one strain or multiple strains due to the theory that our gut is full of hundreds of different types of bacteria, so many more likely combine for the most beneficial effect.

What do these bacteria do? Introducing millions of good bacteria into our system is thought to keep the pathogenic or harmful kinds from running rampant and causing us problems, from a little gastrointestinal (GI) distress to a full-blown infection or disease. Ingestion of good bacteria has been linked to easing symptoms in those suffering from IBS, decreasing bloating

and cramping, and preventing and treating vaginal yeast and bladder infections. Some studies even suggest daily doses may reduce colon cancer incidence and bladder cancer recurrence and may even decrease occurrence of upper respiratory and GI infections.

Probiotics are almost always recommended to an individual who has suffered from diarrhea to replace the good bacteria in the gut that has been rapidly excreted during illness. Some studies even suggest that supplementing the diet with probiotic-containing products may lower blood pressure in hypertensive individuals and assist with lowering blood cholesterol levels.

You can get your daily dose from yogurt, miso, tempeh, and some juices and soy beverages. For those who don't like any of those products, probiotics are available in supplemental form (in chews and capsules).

Open To The Public!

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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)

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May Your Holidays Be Merry and Bright!

CHEER's New CEO Has Been Training For The Top Position For 25 Years

By Carolyn O'Neal
Community Relations

CHEER changed leadership hands on November 3 with the retirement of Chief Executive Officer Ken Bock. Moving up to the CEO position is former Chief Operating Officer, Beckett Wheatley, who has been preparing for the top job for over 25 years.

Beckett first came to CHEER in 1994 as an Accounting Supervisor. She held the position for only a few months when her supervisor left for health reasons and Beckett was moved up to Chief Financial Officer. Her first major task was overseeing an audit by the Delaware Transit Corporation which provides the funding for CHEER's Transportation program.

"A lot of the financial records were done manually on ledger paper by hand," said Beckett. "Reports were printed out with the dot matrix system. I can still hear that dotting noise (of the printer)."

CHEER is a non-profit agency that has dozens of funding sources that require extensive record-keeping and reporting. With Beckett's accounting experience and being a QuickBooks Professional Advisor, she knew that the agency needed to update the Finance Department with software that would accommodate its needs and implemented QuickBooks Enterprise accounting software. "We used to have to do big tape backups every night in Accounting. It is so



CHIEF EXECUTIVE OFFICER Beckett Wheatley stands in front of the CHEER Community Center and Apartments and is ready to begin a new chapter of leadership at the senior services nonprofit agency.

much better and easier to have QuickBooks with all the different programs, activities, and funding sources that CHEER has," admitted Beckett.

Beckett talks about what she considers to be her biggest project so far in the advancement of the agency. She says CHEER's service reporting was, unfortunately, a little "backwards" and every program had a different and separate tracking system.

"Management did not have access to any of the departments' tracking systems," explained Beckett. "We were just given reports."

Beckett started looking for such a program and in 2010 she found ServTracker. The software was written specifically for senior service agencies and community-based organizations to manage all aspects of an organization. ServTrack-

er puts all its information in one place and makes it easily accessible to management.

Beckett then set up ServTracker for CHEER, wrote the procedures for each program specific to CHEER's needs, and then trained the staff. Beckett is now a nationally recognized user, trainer, and referral source for ServTracker.

Heading up a Finance Department that oversees a \$6 million-plus annual budget kept Beckett busy behind a computer for years ensuring all of the financial policies, budgets, work plans and contracts were accurate and complete to keep the agency running. When she was promoted to Chief Operating Officer in 2016, she received the opportunity to supervise all the major programs, manage special Agency projects and serve

as liaison with staff members and agencies associated with CHEER. With the responsibilities of the new position came knowledge and experience in employee management and policy writing that will serve her well as the Chief Executive Officer. She plans to be out more among her employees and the public to build CHEER's future.

"I like to help make the staff's jobs easier by learning more about every position," Beckett explained. She said she understands and has been directly involved with every CHEER staff position except for driving a bus and cooking the meals in the central kitchen, "although I know how to drive and cook," she laughed.

The new CEO has plans to implement a new automated system in the Human Resources Department to upgrade onboarding, performance reviews, time sheets, and other personnel matters. She also plans to provide more on-line training to her employees, for both professional and for personal life matters.

Beckett's first official decision was to retain her predecessor, Ken Bock, as a consultant for the agency's Gateway East project that will eventually produce four new senior apartment buildings, an administrative building and a facility/transportation building located behind the CHEER Community Center on Sand Hill Road, east of Georgetown.

"There are a lot of rules

See CEO - page 12

Volunteer Spotlight ...



CHEER VOLUNTEER Richard (Dick) Neyrinck receives an award from Meals on Wheels Executive Director Anne Love (left), and Nicole Bailey Ashton, chairman of the MOW Delaware Beach Brunch, presented by Fulton Bank.

Annual Meals On Wheels Beach Brunch Honors Volunteers And Raises \$40K

Meals on Wheels Delaware held its annual fundraising Beach Brunch on October 22 at the Rehoboth Beach Country Club. Forty thousand dollars was raised to help feed senior homebound citizens through the generosity of bidders in the live auction and silent auction.

Also at the Brunch, CHEER's volunteer Richard Neyrinck was honored for his services to delivering meals to seniors in Sussex County. Dick has been delivering for MOW since 2020. His route consists of 25-30 meals along the west side of Pot-Nets in Long Neck. Dick has never missed one route. When he is not working at the Giant supermarket, he is the first to pick up routes when other drivers must call out.

Dick retired from the Navy in 1985 where he served as a Weapons Control Officer. He

spent eight years as a public bus driver and then went on to start his own hauling business which he ran for 20 years.

Native to Michigan, Dick enjoys reading, gardening, and spending time with his lovely companion, Cheryl.



DRU TEVIS, SoDel Concepts' Corporate Pastry Chef and winner of The Food Network's Season 9 Holiday Baking Championship, created all the pastry desserts at the Meals on Wheels Delaware Beach Brunch.

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

302-515-3040

or apply at www.cheerde.com

VOLUNTEER
all that's missing is U!

Welcome New Volunteers

Mark Alderfer	Ocean View	Meals On Wheels
Tina Angiuli	Ocean View	Kitchen
Nancy Borreggine	Ocean View	Instructor
Bonnie Caroprese	Harbour Lights	Receptionist
Paula Cohen	Milton	Other/Parties
Jaime Erdley	Greenwood	Kitchen
Carlos Gonzalez	Georgetown	Meals On Wheels
Joan Kelly	Ocean View	Receptionist
Jeanne Loindmar	Roxana	Meals on Wheels
Mary Maloof	Ocean View	Meals on Wheels
Lucille Morinelli	Ocean View	Receptionist/Kitchen
Dan Pendergast	Ocean View	Meals on Wheels
Robert Scharrenberg	Ocean View	Meals on Wheels
Linda Vanname	Roxana	Meals on Wheels

Thank you for your support!

Chase That
Virus Away!



Wash Your
Hands!

This Month's Recipe - December

Christmas Snack Mix

Ingredients:

- 1 pkg. white chocolate chips
- Choice Cereal (Chex, Cheerios, Corn Pops, etc.)
- Choice Pretzels
- Choice Candy (M&Ms, Reese's Pieces, Peppermint, etc.)
- Choice Variation (Popcorn, nuts, marshmallow, dried fruit, coconut, etc.)



• **Combine Ingredients:** Use a large bowl to mix all ingredients. The bigger the bowl, the easier to cover everything with white chocolate.

(Best when made with ingredients that are about the same size. While most ingredients are similar sizes, regular-sized pretzels can easily overpower everything; use itty-bitty pretzels or mini pretzel rods, or break them in half.)

• **Melt white chocolate:** Microwave until melted and then immediately toss with the mix. Work fast.

• **Transfer mix:** Spread on parchment-paper-lined sheet pan to finish hardening.

• **Harden:** Let mix stand at room temperature to harden. If in a rush, refrigerate about 10-20 minutes. Break apart and enjoy your homemade Christmas gift.

When The Time is Right...

Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. We can provide a customized, unique and affordable experience 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

CEO**Cont'd from page 9**

connected to federal and state funding that we receive for construction projects and Ken, being familiar with the project, will continue as construction project manager," Beckett explained. "I am really looking forward to having all the administrative and support staff in one building." Currently, half of CHEER's departments are in the Community Center and the other half are housed in the Adams State Service Building on the other side of Georgetown.

The new CEO thinks her biggest struggle will be filling open staff positions. "There is a shortage for staffing everywhere, that is why CHEER relies so much on our volunteers." CHEER received a major grant last year from AmeriCorps to reach a goal of 1,000 volunteers within two years. Time is counting down and the agency is only halfway there. "If you have a couple extra hours a month to help serve a senior citizen in Sussex County, please get in touch with CHEER," Beckett pleaded. Volunteer opportunities range from delivering meals to homebound seniors, to transporting seniors to non-emergency medical appointments, to assisting in activity centers in the kitchen or overseeing activities, to answering the telephone.

"I am excited about the future of CHEER. I want to provide more services and activities to more seniors. We have already entered a partnership outreach program into the Hispanic community. There are so many seniors not getting services already and there are a lot more seniors moving

into the area," said Beckett. "I want everyone to be aware of what CHEER provides so seniors can live their lives to their fullest. I also want our staff to be empowered and excited to be able to provide those much needed services."

When not at CHEER, Beckett enjoys volunteering for community service activities. She

is president of the Laurel Lions Club, a volunteer for The ARK Educational Resources fund-raisers, a member of Laurel's Centenary United Methodist Church, Sunday school, choir and its finance committee, and volunteers at a variety of other community service projects. She loves to cook, entertain, decorate, and travel with her

husband, Bob. She has three grown children and six grandchildren. She is also a certified Delaware alcoholic beverage server and bartender, which has come in handy a few times for special events at CHEER.

"We have an awesome team. We do what we must do to make things work at CHEER," grinned the new CEO.

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

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.



Please help a senior citizen smile this holiday season!

Operation Christmas CHEER

We are asking the Sussex County Community to help us fill the sleigh so that each senior receiving a meal on Christmas day can have a gift along with their meal.

You can help by bringing a generic wrapped gift with a tag indicating whether your gift is for a senior male, female, or either to any CHEER Center.

The Senior Sleigh will kick off November 27, 2023 and gifts will be accepted until December 18, 2023.

Gift Ideas....

Socks
1 Size Fits All Slippers
Hats and/or Gloves
Sweat Shirts
Scarves
Fragrance Gift Sets

Disposable Razors
Food or Beverage Sets
Shampoo & Body Wash
Personal Items
Deodorant & Soap
Face Cloths

Towels
Lap Robes
Gift Certificates
Candy
Adult Coloring Books
with Markers

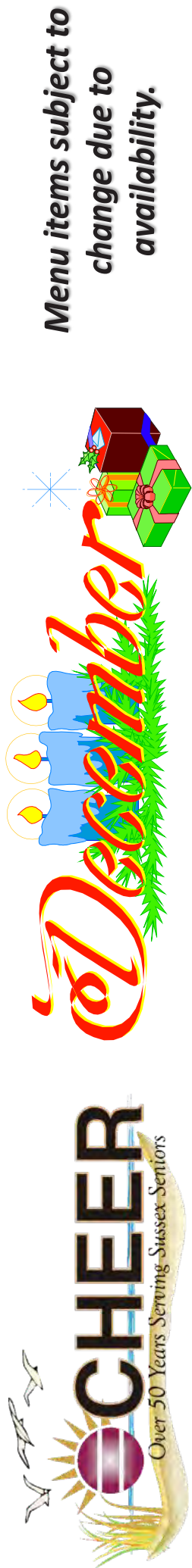


CHEER Community Center
in Georgetown
CHEER Ocean View



County Bank in
Milton and Long Neck
Lewes Meineke Car Care

TOGETHER, WE CAN DELIVER.



Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <p>DELAWARE HEALTH AND SOCIAL SERVICES <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> </div> <div> <p>4</p> <p>Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk</p> </div>	<p>5</p> <p>Pork & Veg Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches & Apples Skim Milk</p>	<p>6</p> <p>Hamburger On Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk</p>	<div>  </div> <p>7</p> <p>Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk</p>	<p>1</p> <p>White Bean Soup Deli Sandwich w/Lettuce & Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk</p>
<p>11</p> <p>Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk</p>	<p>12</p> <p>Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p>13</p> <p>Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>14</p> <p>Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower & Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p>8</p> <p>Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk</p>
<p>18</p> <p>Chili & Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk</p>	<p>19</p> <p>Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushrooms Apple Pie Skim Milk</p>	<p>20</p> <p>Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>21</p> <p>Asian Beef & Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p>15</p> <p>Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk</p>
<p>25</p> <p>Christmas Day. Centers Closed!</p> <div>  </div>	<p>26</p> <p>Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk</p>	<p>27</p> <p>Ham & Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>28</p> <p>Chicken Tahitian w/Fruited Wild Rice Stuffing Fresh Baked Squash Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk</p>	<p>22</p> <p>Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</p>
				<p>29</p> <p>Oven Fried Tilapia Macaroni & Cheese Stewed Tomatoes Boston Cream Pie Whole Wheat Roll/Bread Skim Milk</p>

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

New COO Wants To Engage The Community In What CHEER Does For Our Seniors

(Editor's Note: Meet CHEER's new Chief Operating Officer, Tom Reardon, who is filling the opening left when Beckett Wheatley was promoted to Chief Executive Officer.)

By Carolyn O'Neal
Community Relations

A class project changed the direction of a former religious schoolteacher and turned his professional career toward service to others that eventually led him to Sussex County, Delaware as the Chief Operating Officer of CHEER, Inc.

In 2000, Thomas Reardon was the lead teacher at a religious school in Adams County, Pennsylvania. He had always stressed to his students the importance of practicing their interviewing skills. Then one day, the class asked him when he had last used his interviewing skills. Although Tom loved kids and was very happy with his life as a teacher, he thought the idea would make a good class project.

"The kids researched job opportunities for me and helped me put together a resume," explained Tom. "Then somehow, I ended up with a job interview for executive director of Fulton County Partnership. I never thought I would get it, but I did, and I had a hard decision to make. I discovered I was not serving people as directly as I wanted so I took the offer."

Tom spent five years addressing the needs of Fulton County residents through an integrated, collaborative, and comprehensive system of health, education, and human services. After that, he was the County Administrator/ Director of Technology for the County of Fulton, Pa. before becoming the executive director of the American Red Cross of the Cumberland Valley. He did this job for 10 years, but it required a great deal of travel to disaster areas all over the United States and he yearned for more time with his wife Dawn, and their young family, daughter Bethany and sons Raheem and Fenwick. He also felt that he was not having much of an impact on issues in his own back yard. That changed in 2016 when the position of executive director of Habitat for Humanity of Franklin County, Pa. became available.

Although Tom was raised in the suburbs of Philadelphia, Pa., he has ties to Sussex County. His mother's side of the family are native to Sussex County and maintained a home in Clarksville. He would spend his summers here and had been on the lookout for employment opportunities in Sussex when he saw the advertisement for Chief Operating Officer. He didn't know much about CHEER, but he did his research and found that the non-profit agency was local and had a profound impact on the



TOM REARDON (right), CHEER's new Chief Operating Officer, chats with a CHEER member.

community.

"I liked that CHEER was solely for Sussex County," Tom said. "This is a place where I can be part of the community because that is what I like to serve."

Tom's vision for CHEER centers around serving more. "There is food 'insecure' needs to be addressed here. No senior should be in want of the necessities. No one should have to sit at home hungry. I can't promise change will make things better, but I can promise things will not get better with-

out change," he said.

"I can also promise that no one can beat me at loving, forgiving, praying, giving and serving," Tom promised.

Tom plans to engage with the community and have the agency be more visible. He wants to meet people and help them understand CHEER to engage more people in its service.

"When the community understands why we do what we do, that awareness will have the biggest impact on making change," Tom declared.

PASA Commends 21 Years Of Service By Health Aide

Direct Care Worker Annie Clark has been with CHEER for over 21 years! Annie is very reliable and dedicated to our seniors in need. Annie always has a warm, welcoming smile. The customers who Annie assists enjoy her being there to help and say that she does an excellent job. Earlier this year, Annie transitioned from full-time to part-time.





Georgetown Activity Center

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

Happenings

Dec. 1 – Georgetown visits Greenwood

Dec. 14 – Dinner/Bingo, 4-6 p.m.

Dec. 15 – Greenwood to Georgetown

Dec. 21 – Christmas Party

Dec. 25 – CHEER Closed

Weekly

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

First Thursday – Beckett's Bulletin on Zoom

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.



COMPLETED Halloween collage made by Georgetown members.



OWL TREE colored by Georgetown members and then Director Debbie put together branches to make the tree for the owls to be displayed on.



DEL TECH Occupational Therapy students, along with the OT assistant instructor, worked with Georgetown members to make a Fall/Halloween collage. With the students giving them ideas, the members drew and painted their own canvas and then all the canvases were glued together to make one big collage (shown at left), which was hung on the wall. Left to right seated are: Violet Hopkins, Barbara Jean Bailey, Alva Bell; in back standing are students Kalee Cox and Adiatu Koroma and instructor Hilary Webb. At back table are Sharon Farmer and Bonnie Fritz.



GEORGETOWN members dressed up for Halloween. Left to right are: Barbara Jean Bailey, Sharon Farmer, Pat Holzer, Della Zielinski, Violet Hopkins and Joseph Donovan.



HALLOWEEN HAT decoration contest at the Georgetown Memory Cafe featured, left to right: Sharon Smithson, Pat Holzer, Barbara Jean Bailey, winner Nancy Warner, Bill Warner, Yvette Harris and Joseph Donovan. In front is Memory Cafe Director Christie Shirey.

In Memory ...

Georgetown center lost fun-loving member Tom Jones in late October. He joined CHEER in January 2014 and was a volunteer at the center from Jan. 21, 2015 to June 12, 2023. He was a proud veteran of the U.S. Army.

Tom enjoyed his family at CHEER and loved to help new members feel more at ease. He will be missed.





Greenwood Activity Center

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

Happenings

Dec. 1 – Entertainment by Lisa Miller and guests from the Georgetown CHEER, 10:30 a.m.

Dec. 6 – Prize Bingo and guests from the Laurel Senior Center, 10:30 a.m.

Dec. 7 – CEO Beckett Wheatley discusses happenings and events via ZOOM from the Greenwood CHEER Center, 10:30 a.m.

Dec. 8 – Blood pressure self-monitoring program with Betty Fletcher, 10 a.m.

Dec. 13 – Penny Bingo. Don't forget to bring your pennies at 10:30 a.m. Speaker Victoria Lowry from Highmark "Mystery Day", 12 p.m.

Dec. 15 – Bus departs for the Georgetown CHEER, 9:30 a.m.

Dec. 20 – Long Neck CHEER Sunshine Singers, 10:30 a.m.

Dec. 22 – Christmas party with entertainer Suzette Pritchett, 10:30 a.m.

Dec. 25 – CHEER Closed

Dec. 27 – Bus departs at 9:30 a.m. for trip to New Life Thrift Store and lunch at Applebee's in Rehoboth.

Dec. 28 – Spaghetti dinner and entertainment with the Jones Boys, 5 p.m.

Dec. 29 – Entertainment with "Imagine", 10:30 a.m. Happy New Year!

Monthly

Monday, 10 a.m. - Bible Study
Monday, 12:15 p.m. - Food Lion or Walgreen's

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

Tuesday, 10:30 a.m. and 12:15

p.m. - Prize Bingo

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

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

Thursday, 1 p.m. to 3 p.m. - Memory Café

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

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

2nd Friday, 10 a.m. - Blood Pressure Check with Betty Fletcher

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

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

December Fun Facts ...

On December 5, 1901, a little magic came into the world along with the birth of Walt Disney. Disney released his first cartoon, featuring Mickey Mouse, called Steamboat Willie, at the age of 27. By the time he was 54, the Disney empire grew with the construction of Disneyland in Anaheim, California.

On December 8, 1991, the wheels and cogs of the USSR came to a screeching halt as the USSR was dissolved.

The Bill of Rights came into effect on December 15, 1791. The Bill of Rights included the first ten amendments to the US Constitution, rights which are said to be the pillars of the modern US society and government.

Those born in December are lucky to have two different birth flowers. The first of those flowers is holly, ever-present during the holiday season. In more recent times, the red holly berries have been said to represent the bloody wounds of Jesus as he was nailed to the cross. The second flower is the paperwhite narcissus, a cousin of the common daffodil, that flowers in winter. This pure-looking flower is said to symbolize sweetness.

*We would like to wish
every member born in the
month of December a very
Happy Birthday!*



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

Empty
Nestor?

Flexible
Schedules

Competitive
Pay



Retired and
Bored?

Great
Pay

Good
Benefits



Hiring Direct Care Workers

Apply at www.cheerde.com or email your resume to mchavez@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.



Lewes Activity Center

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

...and just like that, it was the last month of the year! Happy December everyone! I pray that this year has been good for each one of you.

This month, I have some fun and exciting things planned for you! Please look at the final calendar and listen to the announcements about the activities planned at the center. I hope you all enjoy the last month of 2023!

Christmas Cheer

For the month of December, we will be collecting non-perishable food items to help with the homebound clients who will be receiving a hot meal on Christmas Day. Along with the hot meal and the basket of food, they will also be receiving a wrapped Christmas gift. If you are interested in donating a Christmas gift, we are asking that you wrap the gift and label it for male or female. If you need help with what gifts to purchase, please see me at any time for some ideas.

Remember, **CHEER** is Closed on Monday, **December 25**.

Christmas Party

On **Friday, December 8**, we will be having our Christmas Party. We will begin the party at 10 a.m. with some fun puzzle games to give you a chance to win some great prizes! At 10:30 a.m., we will be having entertainment provided by The Jones Boys. They are a new group with us, but they have been around for some time visiting other CHEER centers.

Please come out and enjoy some new entertainment. Following the entertainment, we will be having Free Prize Christmas Bingo. Please come out and join the festivities at the center.

Happy Birthday

Happy Birthday to anyone born in the month of December. We will be having a birthday celebration for everyone born in December on **Wednesday, December 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.

Breakfast Bash

The Breakfast Bash is back! We will be having our first Breakfast Bash on **Wednesday, December 15** at 9 a.m. The cost of the breakfast is \$2. Please sign up for the breakfast at the desk.

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



MAGICIAN Glenn Kohr entertained the seniors at the Halloween party.



HALLOWEEN dress up time, left to right: Melody Jordan, Ramona Betancourt, Sue Vok, Derek Richard, Jean Babiarz, Joan Clemente and Barbara Fox.



Jean Babiarz is the "Bingo Queen."



JOHN ST. JEAN, from Imagine, has some Halloween fun with member Ramona Albert.

Long Neck Activity Center

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

To all the Long Neck members,

May your holidays be bright and Merry Christmas to you and your families!

Dec. 5 - Trip to Dover Mall, bus leaves at 9:30 a.m.

Dec. 7 - Visit to Schellville, 5 p.m.

Dec. 8 - Dr. George Physical Therapist Q & A, 12 noon

Dec. 12 - Big Lots, bus leaves at 9:30 a.m.

Dec. 13 - Christmas Music with Sunshine Singers visit LN center, 10:30 a.m.; Membership meeting, 12 noon

Dec. 22 - Center Christmas Party. Come meet Santa, 9:30 a.m. for entertainment and gift exchange.

Dec. 25 - Christmas Holiday, Center Closed

Dec. 27 - Celebrate all our December birthdays, 12 noon

Weekly

Monday - WW (except 12/25), 10:30 a.m.

Monday/Friday - Penny Bingo, 12:30 p.m.

Tuesday - Memory Café, 1 p.m.

Tuesday/Thursday - Zumba, 9:00 a.m.; Tai Chi, 10:15 a.m.



HALLOWEEN CHEER ... CHEER participated in Georgetown's Trunk or Treat. Top photo shows Nutrition Administration Assistant Megan Jordan with her daughter, Melania, and CHEER Facilities Assistant Joe Muncey at the fire hall giving out candy. Bottom photo shows Volunteer Assistant Monica Mandujano (standing) with Nutrition Director Amy Smith (seated, right), and her daughter, Avery Garrison, all in costume at the Motor Vehicle Department.

This Month's Craft - December ...



Operation Christmas CHEER Needs Your Help

We are asking all Santa's Helpers to create Christmas Cards for local seniors in Sussex County. Cards will need to be completed no later than Wednesday, December 20, 2023. Completed cards can be taken to your local CHEER Center or brought to the CHEER Community Center at 20520 Sand Hill Road Georgetown, Del.



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.





Milton Activity Center

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

POSITIVE THOUGHT:
Watch your thoughts, they become your words. Watch your words, they become your actions. Watch your actions, they produce your future!

Happenings

Dec. 4- Health and Healing w/ Michelle

Dec. 5- Positive Music Time w/ Randy

Dec. 11- Stand-up comedy w/ Dennis

Dec. 14 - Travel Q&A w/ Mason

Dec. 18 - Holiday Party

Dec. 25 - CHEER Closed

Dec. 28 - Music Q&A w/ Mason

Every Wednesday we have Arts and Crafts for our members starting at 9 a.m. **Tuesday and Friday**, we have prize Bingo.

We also offer Yoga and Chair Yoga starting at 11 a.m. **Monday and Wednesday** are regular Yoga, **Tuesday, and Thursday** we have Chair Yoga.

Along with Yoga, we have board games from 12:30 p.m. to 2:30 p.m. on **Tuesday**.

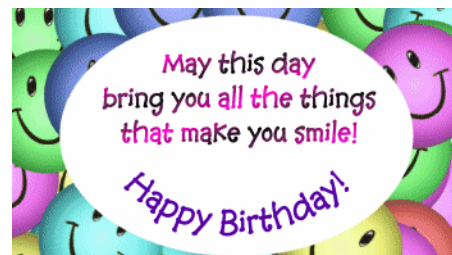
On **Wednesday**, there is Bridge starting at 10 a.m.

On **Thursday**, we also have Mahjongg and are looking for more players from 12:30 p.m. until 2:30 p.m. My ladies are

very competitive and would enjoy new competition.

Breakfast will be every **Friday** starting at 9 a.m.

Our birthday celebration will be on **December 22**. Happy Birthday to all celebrating this month.



Welcome Mayor ...

A special thanks to the mayor of Milton John Collier for coming by the center. Thank you, Monica, for setting that up.



CHEER COASTAL LEISURE CENTER PLAYERS presented the play, "Will The Real Martian Please Stand Up," at the Halloween party on October 31 at Ocean View CHEER Center. Directed by Murray Gatling, cast members were, left to right, seated - Yvonne Banks, Jim Forlenzo and Kitty Cole; standing - Yolanda Gallego, Don Maeby, Lorraine Jordan, Renate Shaw, Murray Gatling and Mark Shaw.



SINGING ALONG with entertainer, Lisa Miller, at Ocean View CHEER are: seated - Arlene Hurley, Gerri Jansen, Rochelle Vandergrift, and Mary Breckinridge; and standing - Kate Michalitsianos.



CELEBRATING her 93rd birthday at Ocean View CHEER was Celie Gnacyk (right) who is congratulated by Barb Goebel, to her left.



Sandhill Cafe

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

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



Call 302-854-9500 or
email - asmith@cheerde.com
to order for pick up!





Ocean View Activity Center

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

~Room At The Table~

The lyrics to Carrie Newcomer's song, "Room at the Table," beautifully says what we try to be about here at CHEER. It's also the perfect message for this holiday season:

"There is room for us all
And no gift is too small

There is room at the table
for everyone.

There's enough if we share
Come on pull up a chair

There is room at the table
for everyone."

We'll be playing her full
song over lunch some, so come
join us at the table and listen
in . . .

Peace & Love,
Yolanda

**FRIDAY, DEC. 1ST,
HOLIDAY BAZAAR, HERE
AT OV CHEER,
9 a.m. – 1 p.m.!**

Bring a Friend or Neighbor
***Operation Christmas CHEER**
gift collections
going on*

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) avail-
able all day; Lunch Daily, 11:30
a.m. – 12:30 p.m. (\$3.50 dona-
tion 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); Walking Club, 10:30 a.m.,
by bus to local locations – dress
warmly (weather permitting or
exercises/brain games indoors);
Mahjongg, 10:30 a.m.; Quilting
Club, Shopping, and (Tablet
Class, tentative), 12:15 p.m.

*Membership Meeting on
the 2nd Monday, **Dec. 11th**, at
12 noon;

*Stand By Me, 4th Mon-
day with Kathleen Rupert, 1–3
p.m., by appointment, 302-685-
2586. (None for December, will
resume in January).

**CLOSED Monday, Dec.
25th, for the Christmas Hol-
iday.**

Tuesdays: Hand and Foot,
9:30 a.m.; Chair Yoga, 10 a.m.,
\$5 (please arrive early so as not
to disturb the class by entering
late); 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, watch
for new programs), Pinochle,
12:15 p.m.

***Dec. 5th** – Holiday Clay
Ornaments with Susan, \$. Sign
up in advance, limit 12. Noon –
1:30 p.m.

***Dec. 12th** – Our Center's
Holiday Luncheon/Dinner will
be held at Mac's Catering this
year – 2 different times. \$15/
person – see flyer for details!
Seating will still be limited,
so sign up early, OV CHEER
members only. Noon with our
bus and 4:30 p.m. drivers only.

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;
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.

*Wednesday Lunch 'n
Learn: **Dec. 6** - Nutrition Talk,
"Season's Eatings – Healthy
Holiday Strategies" with Dieti-
cian Lisa Harkins, RD, LDN on
Zoom, 10:30 a.m.

*Lisa Miller will perform
Holiday tunes at noon on Wed.,
Dec. 20.

*Parkinson's Support
Group, 3rd Wednesday, **Dec.
20**, 1 p.m.

*Celebrating all DECEM-
BER BIRTHDAYS over lunch,
Wed., Dec. 27th!

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

*Beckett's Bulletin, 1st
Thursday, **Dec. 7**, 10:30 a.m.,
on Zoom.

*Alzheimer's Caregiver Sup-
port Group, 1st Thursday, **Dec.
7**, 6 p.m.

*Volunteer Appreciation
Holiday Social for OV/RX Vol-
unteers, 3:30–5 p.m., stay tuned
for more details.

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
(except 12/1), 10:30–11:30 a.m.,
all welcome! Mahjongg and
Poker, 12 noon.

Center Trips

Refer to our December Cal-
endar for updates, etc.

*Please remember that you are
expected to arrive at the Center
a MINIMUM of 15 minutes pri-*

*or to scheduled departure time.
We may leave a little early due
to traffic concerns, etc., and we
don't want you left behind!*

Fri., Dec. 1 – To the Ocean
View Center for our Holiday
Bazaar, 9 a.m.–1 p.m. Arrive
approximately 9:30 a.m.

Thurs., Dec. 7 – Clear
Space Theatre for "Estella
Scrooge"! 9:45 a.m., \$25, please
pay at sign up. Lunch location
to be determined. This is a re-
peat trip from Nov. 30.

Fri., Dec. 8 – Super
Walmart and Golden Eagle
Diner, Seaford, 9:30 a.m.

Thurs., Dec. 14 – As-
sateague Island Nature Center
and National Seashore for Pony
Drive, 9:30 a.m. Need several
members on board with their
Golden Eagle Passport. Group
Choice for lunch in West Ocean
City.

Fri., Dec. 15 – Dover Mall
with Food Court, 9:30 a.m.

Thurs., Dec. 21 – DE Ag-
ricultural Museum, Dover, \$6,
for their Holiday Lights, 9 a.m.
Group choice for lunch location.

Fri., Dec. 22 – Cottage Café
for lunch – enjoy their holiday
cheer, 10:45 a.m.

Mon., Dec. 25 – CHEER
Closed

Thurs., Dec. 28 – ACTS
Thrift Shop and Salted Rim,
10:15 a.m.

Fri., Dec. 29 – Nanticoke
Indian Museum Tour, \$5/per-
son and the Long Neck Diner.
Leave 9:30 a.m. Possibility of
having Raghi Rain there to do
some storytelling – tentative.

*We collect donations here
on an on-going basis for Saint
Vincent de Paul's Local Com-
munity Food Pantry, out of Our
Lady of Guadalupe Mission
Church in Frankford.*

*~Happy DECEMBER Birthday
to all you out there ~*

**Roxana Activity Center**

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

Happenings

4th Monday, 10:30 a.m. - Stand

By Me with Kathleen Rupert

1st Wednesday, 10:30 a.m. -

Members Meeting

1st Thursday, 10:30 a.m. -

Beckett's Bulletin. CHEER

CEO Beckett Wheatley has an

online interactive Zoom meet-

ing with all CHEER centers.

She hosts the meeting from a

different center each month

and provides an update of what

is going on at CHEER and en-

courages our members to ask

questions and voice their sug-

gestions.

Weekly**Mondays:**

Morning Cafe, Socializing and Snacks

Sit and Fit Exercises

Inspirational Reading/Discussion

Lunch

Shopping: Grocery Store, Bank,

Post Office and/or Drug Store

Tuesdays:

Morning Cafe, Socializing and

Snacks

Prize Bingo

Lunch

Walk or Chair Exercises

Arts and Crafts (1 or 2 times a month), Sign up required.

Wednesdays:

Morning Cafe, Socializing and Snacks

Chair Exercises

Lunch

Group Discussion: "This is Us"

Board, Card and Wii Games,

Puzzles, etc.

Thursdays:

Morning Cafe, Socializing and Snacks

Trip Day and Group Outing for

Lunch (See our monthly cal-

endar on the CHEER website:



ROXANA members enjoyed a trip to the Delaware Botanic Gardens.

<http://www.cheerde.com>. **Sign up required - limited seating.**

Fridays:

Morning Cafe, Socializing and Snacks

Chair Yoga with Barbara Popiel

Group Choice: Game/Discus-

sion Group

Lunch

Memory Cafe with Christie

Shirey

Special Events

Dec. 4 - Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Dec. 7 - Trip: Model Train Display, Georgetown Public Library

Dec. 11 and 15 - Roxana CHEER at Ocean View CHEER Center

Dec. 18 - Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Dec. 22 - Holiday Luncheon Party, **Sign up required/donation \$**

Dec. 25 - CHEER Closed



New member Michael Leonard and Ora Lee Williams



Mary Prencipe and Peggy Mance



Ed Fowler and new member Barbara Schnaible



CHEER

Over 50 Years Serving Sussex Seniors

TRAVEL CLUB 2024

Come Travel With Us!

www.cheerde.com/Events/Travel Club

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



Travis-Atlantic

Southern Caribbean



Bahamas

Ireland (2025)



Ark and Creation Museum

Alaska (2024)





Much, Much More!

All Reservations Are First Paid, First Served
Check 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

