

FREE

NOVEMBER 2023

CHEERful Living

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



Power To Inspire ...

During National Senior Center Challenge, seniors chose the theme "Discover Your Power to Inspire." Above, modeling the masks and outfits they created are Roxana seniors Mary Prencipe, Michael Leonard, Dolores Darnell, Albert Oliver, Ora Lee Williams and Edward Fowler. More photos on page 22.

Riding The Ferry ...

Dozens of seniors from all the CHEER centers in Sussex County enjoyed a day together on the water aboard the Cape May-Lewes Ferry. See photos on page 12.



Delmarva Poultry ...

Bill Cobb of Dagsboro has seen the Delmarva poultry industry grow from a back yard venture into a multi-billion dollar industry. Read about some of his experiences during the early days of the chicken business on Delmarva. See story on page 13.



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

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

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

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



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.



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.

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William Doran, DO, FAAOS

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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.

Medicare Open Enrollment

Every year, Medicare’s open enrollment period is October 15-December 7.

Medicare health and drug plans can make changes each year, such as cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when you can change your Medicare health plan and prescription drug coverage for the following year to better meet your needs.

If you are in a Medicare health or prescription drug plan, you should review the materials your plan sends, like the Evidence of Coverage and Annual Notice of Change. If your plans are changing, make sure your plans will still meet your needs for the following year. If you’re satisfied that your current plan will meet your needs for next year, you do not have to take any action. For individuals who do not have a Medicare health plan, now is the time to shop. Medicare Parts A and B do not cover all your medical costs.

Information for next year’s plans will be available October 1.

The Delaware Medicare Assistance Bureau provides free health insurance counseling for people with Medicare. You can call Delaware Medicare Assistance Bureau at 1-800-336-9500 or (302) 674-7364 to set up a free counseling session with a trained volunteer at a convenient site near you.

For assistance in reaching your financial goals and benefits screening, Call Stand By Me 50+ for FREE financial coaching in Sussex County at 302-685-2586.

Long Neck Rotary Pickleball Event To Benefit CHEER And Other Charities

Long Neck Sunrise Rotary Club is sponsoring a Pickleball Tournament on November 3-5 at The Peninsula on the Indian River Bay to benefit area organizations that the club supports – including CHEER’s Meals on Wheels program in Millsboro.

There will be 14 courts open for the event. Men’s and women’s singles, doubles, and mixed will be in competition over the three-day event. It will be double elimination.

Sign-in begins at 8 a.m. Friday with play starting at 9 a.m.

See Pickleball - page 5



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



Partially funded by



CHEERful Living
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for seniors in Sussex County, 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 or call 302-515-3040

CHEER MISSION STATEMENT
CHEER’s mission is “to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over.”

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CEO Perspective

By Kenneth S. Bock, CEO

This will be my last installment of the CEO's perspective. As many of you read this, I will be entering my first days of retirement. It is difficult for me to put into words all that CHEER has and continues to mean to me. It has been a second career for me after working for the State of Delaware for 26 years. Without measure, these last 18 years at CHEER have been among the most rewarding of my professional and personal life.

I have often joked that I left a state job with paid holidays off to come to an organization where my first day of work was Christmas day and I didn't even get paid for it. One of the best decisions I ever made, and I haven't missed a Christmas at CHEER since 2005. When I started at CHEER, I wasn't old enough to be a member. Now I carry my Medicare card and am a member of AARP.

There are so many great memories, experiences, opportunities, and friends for me here at CHEER. Reminiscing about each would far exceed the limitations of this newspaper, but there are a few parting thoughts I would like to share. There are humble faces of grace and gratitude that will be etched in my heart and mind forever.

I have had opportunities to see poverty and loneliness and to experience feelings that come from offering the most simple and modest gifts of compassion and time.

I have seen staff, members,



and volunteers of CHEER quietly reach into their own pockets to help others in their time of need.

I have watched the joy in people's faces as they enjoy Trap Pond chicken, dance, and listen to music at CHEER holiday feasts, return on CHEER buses with treasures from local shopping trips and greet friends coming through the doors of CHEER centers.

I have seen our home health aides and Meals on Wheels volunteers be greeted like long-lost friends by seniors who may not see another person at their door the entire day, or longer.

Truly there is something for everyone at CHEER, and if you are on the giving end with your time and treasure, believe me what you get back will be far more in return. There is nothing that can compare.

As I turn the helm over to my successor, I am confident that her commitment, passion, and dedication will guide CHEER to ever higher levels, achieving and serving even more people. I was blessed to inherit a solid foundation in CHEER and during my tenure, I hope that

I have been able to build upon that. I wish the very best for CHEER and our new CEO as she continues to build a stronger and brighter service future for the senior citizens of Sussex County.

If I had to sum it all up, I reflect back on the words of my predecessor when she recruited me for this job; "CHEER will take over your life." Truer words were never spoken, and I am so grateful that it did.

To all of you, past and present friends, co-workers, volunteers, members, and supporters of CHEER, from all sectors, I thank each of you so very much for all these opportunities. I have been truly honored to have had you in my CHEER life and I will be forever grateful.

Thank you and may God continue to bless CHEER and

Pickleball

Cont'd from page 4

and is open to all teams. Registration is \$25 and bracket fees are \$45-\$65.

Saturday will feature a Money Ball match (minimum of 10 teams) and cash prizes will be awarded. Sunday will have Mixed Doubles.

Upscale retail vendors, physiotherapists and food trucks will be at the event all weekend.

For more information, see the advertisement on page 19 or go to www.longnecksunriserotaryclub.com/pickleballevent.



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located in an actual
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surrender at the
end of WWII

Focus On Helpful Apps For The Caregiver

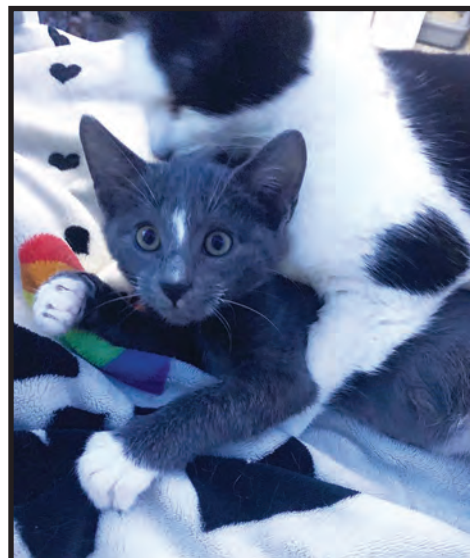
By **Christie Shirey**
Community Resources

Being a caregiver is very rewarding, but it can also be very stressful. You can find yourself in many roles as you care for a loved one. You may need to be a nurse monitoring blood pressure or dispensing medications. Your loved one may need help cooking the meals or cleaning the house. Who will provide companionship? How can you help when the house needs repair? How will they get to the doctor's or get groceries? It all quickly becomes overwhelming.

Last month, I promised

more tips from Mr. Man (the CHEER Cat), who was found by a CHEER driver on the side of the road and now helps CHEER teach caregivers how to fight caregiver burnout. This month's tip is to **"learn to accept help from others."** That seems perfectly simple, but finding it can often be a challenge.

I would like to discuss help that can be found on your phone through apps. There are multitudes of apps available that can assist with the many caregiving roles. You can search to find one that meets your needs but here are some of the highest rated



Avoid Caregiver Burnout ...

Mr. Man learns to accept help from others.

free apps.

Lanacare – Get the practical support you need without feeling like a burden. Share help requests, assign specific tasks, and keep track of your care calendar. You can share your food preferences and cravings and people can easily send meals or have groceries delivered right to your door. Easily schedule help with appointments and

other transportation needs. You can also request help with laundry, to picking up medications, to mowing the lawn.

Lotsa Helping Hands – You can create and coordinate a community of care around a loved one. You can invite whom-ever you'd like to the group — such as family, friends, neighbors, and professional help. I think of this as a calendar app that allows you to post needs and your team can sign up to help.

Caring Village – In this app you can keep track of medications, take advantage of the preparedness checklists, upload important documents you can access anywhere, use the secure in-app messaging feature, and write in a wellness journal.

The Alzheimer's and Other Dementias Daily Companion app – Caregivers can easily navigate through the topics ranging from Social Withdrawal to False Accusations

See Helpful Apps - 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



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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Helpful Apps

Cont'd from page 6

and Paranoia to find advice relating to their specific situation. The descriptions under a topic include possible reasons for a senior client feeling that way and advice on how to remedy the situation or address the specific behavior and prevent it in the future.

Medisafe – Send a reminder for each pill and reminder when your prescriptions are running low. Caregivers can be notified if medications were accidentally missed being taken.

Please let us know of added services you would like to see by calling Christie Shirey at 302-515-3045/cshirey@cheerde.com.

Join us for one of our support activities listed below.

Thurs., Nov. 2

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

1 p.m. – Memory Café at Greenwood CHEER

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

6 p.m. - Caregivers Support Group at Ocean View CHEER

Fri., Nov. 3

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., Nov. 7

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

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

1 p.m. – Alzheimer's Caregivers Support Group 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., Nov. 8

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

Thurs., Nov. 9

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

1 p.m. – Memory Café at Greenwood CHEER

Fri., Nov. 10

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

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

Mon., Nov. 13

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

Tues., Nov. 14

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

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

Wed., Nov. 15

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

Thurs., Nov. 16

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

1 p.m. - Memory Café at Greenwood CHEER

Fri., Nov. 17

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., Nov. 21

CHEER's Holiday Feast - Centers Closed

Thurs. and Fri., Nov. 23 - 24

Closed for Thanksgiving

Tues., Nov. 28

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

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

Learn To Manage Health Problems In Your Life

The Delaware Health and Social Services Division of Public Health is sponsoring an assortment of self-management classes to address the most common chronic disease challenges, including Chronic Self-Management, Diabetes Self-Management, Chronic Pain Self-Management and Cancer: Thriving and Surviving.

Chronic disease includes conditions such as arthritis, asthma, diabetes, lung disease, heart disease and osteoporosis. Diabetes is a complex chronic illness that requires ongoing monitoring to slow or prevent complications. Chronic pain is pain that lasts six months or longer. And the physical, emotional, and mental effects of cancer can be a real struggle.

These informative self-management programs are highly interactive and focus on building skills, sharing experiences, and providing support. Classes

are made up of small groups and are open to adults of all ages and abilities. They are designed to enhance regular treatment and disease-specific education. Participants meet in workshops for 2.5 hours once a week for six weeks.

Participants learn techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep. They also learn appropriate exercises for maintaining and improving strength, flexibility, and endurance, and learn the appropriate use of medications. Communication, nutrition, activity, and treatments are also discussed.

Classes take place in locations such as senior centers, places of worship, provider offices, libraries, and hospitals. For more information on a self-management class in your area or to register, call 302-990-0522 or visit HealthyDelaware.org/Self-Management.

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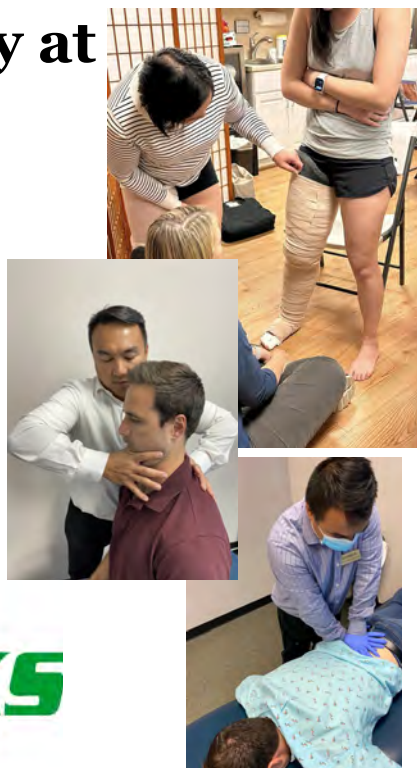


GREENWOOD - M/Th, 8:30-12 (Anne PT)
LEWES - Tu, 8:30-12; Fri, 9-12 (George PT)
MILTON - M/Th, 1-4 (Anne PT)
LONG NECK - Tu/Fri, 1-4:30 (George PT)

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Sand Hill Adult Day Program ...

A Place Where Everyone Can Be Successful

By Cindy Mitchell
ADC Director

The motto for the Sand Hill Adult Day Program is "Everyone can be successful here." This is something that I and my staff strive to make a reality for our members every day. We have a population that ranges in age from 55 to 98 years old with all kinds of abilities and disabilities.

One game that most of the general population enjoys is Bingo. We have many versions and varied difficulty of the game with holiday themes and games ranging from 12 to 25 numbers. The members have started taking turns calling the numbers.

About 25 percent of our current members are low function-

ing with Dementia. My nurses, Christine McCorkle LPN, Margaret Bray RN and Trudy Parker, RN, take pride in collaborating with these members to help them feel successful. They are patient and creative. They make activities with matching, sorting, connecting four, building blocks, dominos, etc. fun and achievable. After a successful activity, a high five is shared and a smile always lights up their face.

Call me, Cindy Mitchell, at 302-212-4482 to find out more about the Sand Hill Day Program.

Does Medicare Cover Memory Care Expenses?

(Editor's Note: Reprinted from the National Council on Aging website, Sept. 25, 2023)

If someone with dementia is age 65 or over and enrolled in Medicare, some—but not all—of the costs associated with their memory care may be eligible for payment. Which services will Medicare cover? Original Medicare: limited coverage for memory care

As with other forms of **long-term care**, memory care typically is not considered medically necessary. That means that health insurance, including Medicare, won't pay for rent or other living costs incurred while staying in a memory care facility. On the other hand, Medicare Part A and Medicare Part B (together known as **original Medicare**) may cover some ser-

See Medicare - page 9

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Operation Christmas CHEER Gives Time and Gifts To Seniors on Christmas Day

For over 25 years, CHEER has been sponsoring Operation Christmas CHEER and providing a nutritious meal plus a gift for seniors on Christmas Day. Gifts for seniors are donated by members of the community, area businesses and local organizations and clubs. It can be anything from a pair of slippers, to a sweater, or perhaps just some toiletries or some puzzle books. Anything you think will put a smile on a senior's face is welcome. You don't even need to wrap the gift. CHEER does that.

Christmas sleighs for collection of gifts have been placed for the convenience of the public at the CHEER Community Center in Georgetown, CHEER Ocean View Activity Center, County Bank locations in Milton and Long Neck, and at Meineke Car Care in Lewes. Gifts can also be dropped off at any CHEER Center in Georgetown, Greenwood, Long Neck, Milton and Roxana.

Volunteers arrive on Christmas morning at the CHEER Community Center to pick up gifts and meals to deliver to the homebound seniors. It only takes a couple hours of time to brighten the holiday for a senior who has no one else. Several families have seen generations of children and

grandchildren give up a couple hours of their day to learn what helping others is all about.

Anyone who would like to volunteer

to deliver Christmas to seniors in Sussex County on Christmas morning is asked to contact Robin Greene at 302-853-4199 or email rgreene@cheerde.com.



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

MEALS ON WHEELS
Sussex County, DE at CHEER
TOGETHER, WE CAN DELIVER.

County Bank in
Milton and Long Neck
Lewes Meineke Car Care

Medicare - Cont'd from page 8

vices that a person with Alzheimer's or dementia might need.

Coverage under Part A (hospital/inpatient insurance) includes:

Up to 100 days in a skilled nursing facility following a recent qualified hospital admission. You may have heard that Medicare also covers nursing home care, and that's true—to a very narrow degree. The care must be medically necessary and not custodial in nature. Most people in memory care fall into the latter category and therefore will not qualify.

Home health care for those who are homebound due to their condition. Similar to Medicare's nursing home coverage, home health care is limited. Services cannot include help with activities of daily living

See Medicare - page 10

Volunteer Spotlight ...

Joe and Pat Beck

Joe and Pat Beck, Meals on Wheels volunteers for Roxana Center, generously share their time, efforts, and energy with CHEER. They go above and beyond and fill in on several of the different Roxana routes. Volunteers do not necessarily have the time - they just have the heart. Joe and Pat are kind, optimistic, reassuring and most of all, selfless.

The same can be said for all of CHEER's Meals on Wheels volunteers. They are the backbone of every delivery. They are the heart of many great causes, and we appreciate all of them enormously. They are a true gift and a force of benevolence when it comes to helping others. We hope they know that all their work does not go unnoticed. Thank you for your pos-



itivity, smiling face, a friendly person to check in on our homebound customers, and for being an inspiration to all.

Medicare - Cont'd from page 9

(dressing, bathing, using the bathroom) or housekeeping.

Hospice care for people whose life expectancy is six months or less. It's critical to understand that in order to qualify for hospice under Medicare, the patient must sign a statement indicating they are freely choosing this option. In most cases, people living with Alzheimer's or dementia will be unable to do this. Having advance directives and a health care proxy in place may help; be sure to consult with a qualified professional for advice.

Coverage under **Part B** (medical/outpatient insurance) includes:

Cognitive testing that may help diagnose dementia. In ad-

dition to any cognitive evaluations performed during an annual Medicare "wellness visit," Part B also pays for a **separate visit with a specialist** who will look for signs of impairment.

Care planning services for people who recently have been diagnosed with dementia. These services help older adults, family members, and caregivers learn about treatment options and additional available support.

Outpatient prescription drugs for Alzheimer's and dementias. Patients still will be responsible for a 20% copay after meeting their Medicare Part B deductible.

Welcome New Volunteers

Mary Ellen Barth Georgetown Kitchen Asst.

Connor Weldon Georgetown Kitchen Asst.

Thank you for your support!

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

Healthy Heart Program Helps Manage Your BP

Do you have high blood pressure (BP) or take medication to control your BP? Do you struggle to keep your BP under control? Do you worry about the health risks of having high BP? If you answered yes to these questions, you can take advantage of the Healthy Heart Ambassador Blood Pressure Self-Monitoring Program sponsored by the Delaware Health and Social Services Division of Public Health.

There is no cost to this program that will teach simple yet effective skills to: manage and understand BP; set and achieve health goals; identify and control triggers that can raise BP; adopt healthier eating habits; and increase physical activity. Participants must be a Delaware resident; over 18 years old; have a high BP diagnosis; have had no cardiac events in the previous one year; don't

have atrial fibrillation or other arrhythmias; and do not have or be at-risk for lymphedema.

Participants will receive at no cost a BP monitor and training on how to measure and track your blood pressure at home. Also featured will be virtual one-on-one support from specially trained facilitators and virtual learning sessions over a four-month period. Cooking demonstrations and nutritional education will be given that will build your confidence to buy, prepare and cook affordable, delicious heart-healthy meals. Long term support is offered to help you make real changes to stay heart healthy.

Classes will be held virtually (at this time).

For more information or to enroll call 302-208-9097 or email DHSS_DPH_HHA@delaware.gov.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

BLOOD PRESSURE HIGHER THAN 180/120 mm Hg IS A CRISIS.

*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT HEART.ORG/HBP

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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

Riding The Waves Aboard The Cape May-Lewes Ferry



It's Been A Wonderful Life ...

Helping To Grow The Chicken Industry On Delmarva

By Carolyn O'Neal
Community Relations

The Delmarva Chicken Festival returned to the area on October 7, 2023 after being absent since 2014. The beloved public event celebrated the 100th anniversary of the first dedicated broiler chicken farm on Delmarva. At the placement of the original chicken coop on the National Historic Register in 1974, Delaware Lt. Gov. Bethany Hall-Long described the birth of the industry as “a mathematical mistake and a resourceful woman accidentally hatched a \$4.8 billion chicken industry.”

According to the Delmarva Chicken Association, the association “organized the annual festival from 1948 (when it was known as the Chicken of Tomorrow Festival) until 2014, when the festival ended. Historically, the Festival featured parades, chicken cooking contests, and fried chicken prepared in the world’s largest pan, 10 feet in diameter. The 2023 festival paid homage to those traditions.”

Ocean View CHEER member Bill Cobb of Dagsboro wouldn’t be born until three years after Cecile Steele of Ocean View ordered 50 chicks to add to her egg-laying operation in 1923, but the hatchery inadvertently added a zero and delivered 500 to her Sussex County farm. Cecile and her husband Wilmer raised the extra birds, and several weeks later sold them to local hotels and other businesses for 62 cents a pound, and Delmarva’s broiler industry was hatched.

Twenty-plus years later in 1946, after returning from two



Bill Cobb

years in the Navy, Bill started in the chicken industry by getting a job at Murray’s Hatchery in Ocean View. He began at the bottom picking up eggs and turning each one every two hours for incubation. He advanced to driving a biddie (baby chick) truck to and from Virginia for three years taking baby chicks to growers along the Skyline Drive. He had to cross the Chesapeake Bay by ferry because the bridge had not yet been built.

“Before leaving, I would inspect every box and make sure all the biddies were alive. That’s why there was always one extra put in them,” explained the WWII Navy veteran who served in the South Pacific and saw the suicide planes at Okinawa, Japan.

“When they started using plastic boxes, they had no lids and the birds got out of the boxes during the trip and were all over the floor of the truck. They were a mess to catch. I told them they had to put lids on those boxes.”

Mr. Cobb also remembered that in the winter his truck couldn’t make it through the snow-covered mountain roads in Virginia. “I would be met at the bottom of the mountain with people in Jeeps who would load up the boxes and take the birds up the mountain to the growers.”

Mr. Cobb made two or three 24-hour trips a week. He usually left home about 6 p.m. and got there about 9 p.m. He unloaded the next morning

and headed back home. The company paid for his gas and food and paid him \$5 a trip. He hauled about 5,000 birds that were packaged 101 birds per cardboard box.

Sometimes Bill would take a friend along on the ride for company and then on the return trip they would take the “scenic” route through Washington, D.C.

“Once a mall ranger stopped me and asked why my truck was in town,” laughed the 97-year-old.

“At one time, Ocean View (Delaware) had the most hatcheries in the country,” said Mr. Cobb. He further explained that the building housing Morris Hatchery in Bishopville, Maryland still stands. It was the largest hatchery in the world under one roof. “They even printed that on their boxes.”

When Mr. Cobb married his late wife, Shirley, and became a family man with three children (son Bill Jr. and daughters Susan Lyons and Jodi Thompson), his salary was not enough to support his family. He was promoted to hatchery manager and remained there for 20 years. Part of his salary was housing in the apartment above the hatchery.

“I loved living at the hatchery. We used to roller skate on the cement floors inside it,” smiled Mr. Cobb. The building that housed Murray’s Hatchery is still standing, but now houses a boutique in the front part of it.

Unfortunately, it was a 24/7 job. The hatchery never closed, not even for holidays. “It was

See Chickens - page 15



Murray's Hatchery



NOVEMBER

Menu items subject to change due to availability.

Monday	Tuesday	Wednesday	Thursday	Friday	
<div></div> <div>DELAWARE HEALTH AND SOCIAL SERVICES <i>Division of Services for Aging and Adults with Physical Disabilities</i></div> <div><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></div>	<div>6 Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk</div>	<div>1 Hamburger on a Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk</div>	<div>2 Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk</div>	<div>3 Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk</div>	
<div>13 Chili and Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk</div>	<div>7 Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait Granola Skim Milk</div>	<div>8 Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</div>	<div>9 Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk</div>	<div>10 Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk</div>	
<div>20 Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</div>	<div>14 Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushroom Apple Pie Skim Milk</div>	<div>15 Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</div>	<div>16 Asian Beef and Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</div>	<div>17 Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</div>	
<div>21 Holiday Feast at the Community Center. All CHEER Centers are Closed Today.</div> <div></div>					<div>24 <h1>Happy Thanksgiving</h1><p>All CHEER Centers are closed</p></div>
<div>27 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk</div>	<div>28 Fish Tacos Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk</div>	<div>29 Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</div>	<div>30 Macaroni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk</div>	<div></div>	

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

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

Chickens

Cont'd from page 13

just too expensive to shut down the equipment for a closing and then restart it," explained Mr. Cobb.

In 1950 when Murray's Hatchery was bought out by Paramount Poultry (a division of Cargill), Cobb became a serviceman for the new company. For the next 20 years, he helped poultry growers from Dover to Virginia produce the best chicken possible. At maximum, Mr. Cobb visited 82 farms once a week. "I knew every back road from Dover down," he laughed.

When asked about the greatest changes he has witnessed in the poultry industry during his time, Mr. Cobb immediately explained how Cecile Steele's Indian River Hatchery developed the Indian River Cross chicken. They were advertised as "Baby Beef Broilers". However, Mr. Cobb claims there was another reason for the new breed.

"Back then, all the chickens were black. When the black pin feathers were plucked off, there were little black dots all over the body. That wasn't too appetizing for the ladies when looking at them in showcases and they stopped buying them. The industry was scared that their business would go under, so Indian River brought down veterinarians from New Jersey to create a more attractive bird," explained the veteran poultryman. He said the vets mated Delaware Cockerels (a meat breed) with the meat-type New Hampshire hens, and the result was the Indian River Cross broilers.

With a sigh, Mr. Cobb declares that he has had a pretty good life. "I have worked since

I was nine years old. I set up pins in a bowling alley for three cents a game."

As far as the greatest changes in the world during Mr. Cobb's 97 years, he remembered a woman he once worked with who swore the space explorations never happened and were only a movie.

"I wonder sometimes why

we are the only people in the universe. There could be others somewhere. But I don't want to see any," the gentleman confessed.

Mr. Cobb has been fairly healthy and active for his age until this past year when he was hospitalized twice. He is now recovering at home and able to get out and do more. He

hopes to return to the CHEER center soon and see his friends again.

"About all I can do now is talk," he chuckled. He has a lot of interesting memories to tell.

(Editor's Note: Some information for this story was taken from the book, Chickens on Delmarva, 100 Years of Backyard Flocks, Farms, and Friends, by Joanne K. Guilfoil.)

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!**

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SHIP
State Health Insurance
Assistance Program



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.

*This Month's Recipe ...***Easy Pumpkin Cheesecake**

2 pkg. (8 oz. ea.) Philadelphia Cream Cheese, softened
 1/2 cup sugar
 1/2 cup canned pumpkin
 1/2 tsp. vanilla
 1/2 tsp. ground cinnamon
 dash ground clove
 dash ground netmeg
 2 eggs
 1 ready-to-use graham cracker crumb crust (6 oz.)
 1 cup thawed Cool Whip topping



- Heat oven to 350 degrees F
- Beat cream cheese, sugar, pumpkin, vanilla, and spices in large bowl with mixer until blended. Add eggs; beat just until blended.
- Pour into crust.
- Bake 40 minutes or until center is almost set.
- Cool. Refrigerate 3 hours.
- Top with Cool Whip just before serving.

**Georgetown Activity Center**

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

Calendar

Fri., Nov. 3: Georgetown visits Greenwood

Wed., Nov. 8: Mobile Dental Clinic, 8:30 a.m.–3:30 p.m.

Thurs., Nov. 16: Dinner/Bingo, 4-6 p.m.

Fri., Nov. 17: Greenwood to Georgetown

Happenings

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

Monday – Friday: Coffee and social hour

Monday: Chair Fitness, 10 a.m.; Bible Study w/Ruth, 10:30 a.m.

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

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

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

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

Monthly activities including Wii bowling, Wii Games, Corn Hole, Arts and Crafts and more.

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

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



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





Greenwood Activity Center

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

Happenings

Nov. 1 – Penny Bingo, 10:30 a.m. Don't forget to bring your pennies.

Nov. 2 – CEO Beckett Wheatley discusses happenings and events via ZOOM from the Long Neck CHEER Center, 10:30 a.m.

Nov. 3 – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center, 10:30 a.m. Full card Bingo, 12:15 p.m.

Nov. 9 – Think First Fall Prevention program presented by Christian Care speaker Kate Angermeier, 10:30 a.m.

Nov. 10 – Healthy Heart Blood Pressure Program, 10 a.m.

Nov. 13 – Music Ministry with Pastor Dan and Betsy Taylor, 12 p.m.

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

Nov. 21 – CHEER Annual Holiday Feast at the CHEER Community Center, 10 a.m. to 2 p.m. CHEER Centers Closed

Nov. 22 – Long Neck CHEER Sunshine Singers, 10:30 a.m.

Nov. 23 and 24 – CHEER CENTERS CLOSED. Happy Thanksgiving.



Monthly Events

Bible Study: every Monday, 10 a.m.

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

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

Entertainer Lisa Miller: First Friday monthly, 10:30 a.m.

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

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

Blood Pressure Check: first Thursday monthly, 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 monthly, 12:15 p.m.

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

Alzheimer's Caregiver Support Group: 1st Thursday monthly, 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 November a very ...



Food Demo ...

Alicia Vogel from the Delaware Food Bank gave a cooking demonstration at the Greenwood Center. Her recipe was “Pumpkin Spice Dessert Hummus.” Samples were delicious!



Dancing To The Tunes...

Bridgeville Senior Center member Ethel Williams and Greenwood CHEER Center member Mildred enjoy dancing to 50's music tunes played by “Imagine”.

November Fun Facts ...

November is the last month of the four months which have 30 days. The other months are September, April, and June.

Many people in the U.S. can recall what they were doing at 12:30 p.m. on November 22, 1963. It was on this day that President John Kennedy, known as JFK, was fatally shot while riding with his wife in a procession of cars in Dallas, Texas. He was rushed to the hospital and pronounced dead at 1 p.m. that day. Kennedy was the fourth U.S. president to be assassinated after Abraham Lincoln, James Garfield, and William McKinley.

Thanksgiving is celebrated on the fourth Thursday in November and has been celebrated since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the pilgrims of Plymouth and New England.

November has just one birthstone, the radiant topaz. The topaz is symbolic of many things, but most of all, it is a symbol of strength and honor. Greeks also believed that the stone had the ability to turn oneself invisible.



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!





Membership Includes:

- Healthy Lifestyle Activities
- Educational and Recreational Trips
- Daily Lunches • Crafts
- Live Entertainment
- Transportation to and from Center
- And Much, Much More...

Join Today Seniors

50+

Are Welcome!

CHEER at Georgetown 20520 Sand Hill Road Georgetown, DE 19947 302-854-9500	CHEER at Greenwood 41 Schulze Road Greenwood, DE 19950 302-349-5237	CHEER at Lewes 34211 Woods Edge Drive Lewes, DE 19958 302-645-9239	CHEER at Long Neck 26089 Shoppes at Long Neck Millsboro, DE 19966 302-945-3551
CHEER at Milton 24855 Broadkill Road Milton, DE 19968 302-684-4819	CHEER at Ocean View 30637 Cedar Neck Road Ocean View, DE 19970 302-539-2671	CHEER at Roxana 34314 Pyle Center Road Frankford, DE 19945 302-732-3662	CHEER Community Center 20520 Sand Hill Road Georgetown, DE 19947 302-854-9500

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



For info call:
302-515-3040



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



Lewes Activity Center

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

There are so many things to be grateful for in this life. Sometimes that can be hard because of the constant life demands, struggles, and worries that give more room for defeat than having a heart full of thanks. Or we forget during our busyness and pressures to simply pause and give thanks for all that God has done and continues to do in our lives.

Every day we have a choice to give Him thanks. We must remind ourselves that no matter what we face, God doesn't just work to change our situations, but He helps us through our problems.

Every Thursday during our morning activities for the month of November, we are going to simply pause to share our gratitude with one another, and to share our favorite Thanksgiving memory. It doesn't matter how big or small, just be open to share with friends.

Also, I'm sure everyone is aware that there are several illnesses going around in our area. I just want to remind you to wash and sanitize your hands as often as possible. If you are feeling ill or have any symptoms, please stay home and contact your doctor if your symptoms progress.

Ticket Sales

As you know, November is a month when CHEER has two very important events. We will be having our **Veterans Dinner Dance** on Fri., **November 10**, from 5 p.m. to 9 p.m. Veterans are free, and spouses and guests are \$10.

On Tues., **November 21**, we will be getting together to celebrate the **Thanksgiving Feast** with all our friends from other centers. Tickets for this event are \$6 for anyone 60+ and anyone under 60, tickets are \$8. Please see Crissy for the tickets.

Happy Birthday

Happy Birthday to anyone born in the month of November. We will be having a birthday celebration for everyone born this month on Wed., **November 15**. 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.

Giving Thanks Party

On Fri., **November 17**, we will be having our monthly party. The theme of the party is Giving Thanks! We will begin the party at 10 a.m. with some fun trivia games to give you a chance to win some great prizes. I am proud to announce that your favorite D.J. will be with us for our entertainment for our party! D.J. Sky Brady will be with us. 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 also be having a prize for the best original costume! Please come out and join the festivities at the center!

As always, check on family and friends as often as possible, pray, meditate, and most importantly...stay healthy and stay safe.

Until Next Time,
Crissy

Long Neck Activity Center

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

Happenings

MONDAY:

Weight Watchers Weigh-Ins, 8:30 a.m.
Trip to Wal-Mart. Bus leaves Center, 10 a.m.
Table Tennis, 1 p.m.

TUESDAY:

Nov. 7 – Trip to Dover Mall and Produce Junction
Nov. 21 – Center Closed for Holiday Feast, 10 a.m.–2 p.m., CHEER Community Center. Get your tickets at the front desk.
Nov. 26 – Trip to Byler's and Produce Junction

WEDNESDAY:

Nov. 4 – Membership Meeting, 12 p.m.
Nov. 27 – Birthday Celebration, 12 p.m. Happy Birthday to all Long Neck CHEER members celebrating in the month of November.

THURSDAY and FRIDAY:

Nov. 23 and 24 – Center Closed for Thanksgiving Holiday
FRIDAY:
Nov. 10 – Veteran's Day Dinner Dance, 5 p.m.–9 p.m., CHEER Community Center. Get your tickets at the front desk.



Milton Activity Center

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

POSITIVE THOUGHTS: The greatest glory in living lies not in never falling, but in rising every time we fall.

Happenings

Nov. 6 – Health and Healing w/ Michelle
Nov. 7 – Positive Music Time w/ Randy
Nov. 9 – Travel Q&A
Nov. 13 – Sunshine Singers
Nov. 30 – Music Q&A

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 Mahjonn and are looking for more players from 12:30 p.m. until 2:30 p.m. My ladies are very competitive.

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

Our birthday celebration will be on November 9. Happy Birthday to all who celebration this month.



Open House Party At Milton ...

Milton Open House had several visitors who enjoyed the festivities on a beautiful summer day. Several seniors got into the beat of the music while dancing in the parking lot, while others enjoyed the quiet time either in the gym or doing crafts.

JOIN THE FUN!

It's a MONSTER PICKLEBALL EVENT

Nov 3 - 5, 2023

The Peninsula on the Indian River Bay

- Men and Women Singles, Women's Doubles, Men's Doubles, Mixed Doubles.
- Ages 16+ positioned in Pickleball Den brackets based on skill levels
- Money Ball Match



Upscale Retail Vendors | Physiotherapists | Food Trucks

Long Neck Sunrise
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Presents



Scan to Learn More and Register
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To Benefit Meals on Wheels Millsboro & Other Organizations We Support



Ocean View Activity Center

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

Our Beloved Community

“Beloved community: a community in which everyone is cared for, absent of poverty, hunger, and hate.

Rev. Martin Luther King Jr. popularized the term during his lifetime of activism and imbued it with new meaning, fueled by his faith that such a community was, in fact, possible.

-Excerpted from Harvard's Graduate School of Education, by Grace Tatter, January 18, 2019

As we enter this season of Thanksgiving, may we continue to hold our hearts and minds open to this philosophy. Let us strive daily to move forward towards creating our beloved community – helping it to spread throughout our neighborhoods, across the country and around the world!

Peace and Love, **Yolanda**

Activities

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

Ocean View Hours:

8:30 a.m. - 4:00 p.m.

Monday - Friday

Monday – Friday: 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 (hopefully resuming in November), 12:15 p.m.

*Mobile Dental Clinic, Highmark, **Nov. 13**, 9 a.m. – 3 p.m.

*Membership Meeting on the 2nd Monday, **Nov. 13**, at 12 noon

*Stand By Me, 4th Monday with Kathleen Rupert, **Nov. 27**, 1 p.m., by appointment, 302-608-2705.

Tuesdays: Pickleball, 9-11 a.m. weather permitting; 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.

*Mark Gratton on Piano, Tuesday, **Nov. 7**, noon–1 p.m.

*Hanky Talk, Tuesday, **Nov. 14**, 11:45 a.m. with Kaysi Miller Weeks and Nancy Flitter.

*Holiday Feast, **Nov. 21** – **Center Closed** – we're all at the Holiday Feast in Georgetown – join us! See Yolanda for a ticket.

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./2:15–1:30 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

Learns: **Nov. 1**, Beebe Healthcare Home Care Services Talk with Lauren Walsh, 11:45 a.m., tentative; **Nov. 15**, PAM Rehab Health Talk with Billy Nutter, RN, 11:45 a.m. (topic to be determined).

*Parkinson's Support Group, 3rd Wednesday, **Nov. 18**, 1 p.m.

*“All About Memories” Musical Performance by new members Jim and Vel, Wednesday, **Nov. 22**, 11:30 a.m.–12:30 p.m. (Bingo will resume afterwards)!

*Celebrating all November Birthdays over lunch, **Wed. 29**.

Thursdays: Weekly Trips, times vary. Pickleball, 9-11 a.m. weather permitting; 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).

*Ken's Korner/Beckett's Roundtable (?), 1st Thursday, **Nov. 2**, 10:30 a.m., on Zoom

*Alzheimer's Caregiver Support Group, 1st Thursday, **Nov. 2**, 6 p.m.

***CLOSED Thursday, Nov. 23.**

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.

***CLOSED Friday, Nov. 24.**

Center Trips

Refer to our **November 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., 2nd – Delaware Botanic Gardens Fall Stroll, after Ken's Korner/Beckett's (?) Roundtable and Lunch, approx. noon. \$15 (or pass from library). If you will need a golf cart to get around, there is now an additional \$10 charge and I need to know in advance, to reserve them.

Fri, 3rd – Parson's Farm and Porto's Pizza and Grill, Dagsboro, 9:45 a.m.

Thurs., 9th – TBD

Fri., 10th – CHEER's Veterans Dinner and Dance, Georgetown, 5–9 p.m., Veterans Free, all others \$10

Thurs., 16th – Target and Delicious Fusion (Sushi and Asian Food), Dover, 9 a.m.

Fri., 17th – Cape Henlopen State Park Seaside Nature Center Program with Kathleen (tentative), 9:15 a.m. and lunch at Big Oyster, Lewes.

Tues., 21st – Holiday Feast at Community Center, Georgetown, 10 a.m.–2 p.m., \$6 (\$8 under 60), 9 a.m. Center is Closed today. See Yolanda for your ticket.

Thurs., 23rd and Fri., 24th – Closed for the Thanksgiving Holiday

Thurs., 30th – Clear Space Theatre for “Estella Scrooged”, 9:45 a.m., \$25, please pay at sign up. Lunch location to be determined.

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

See Ocean View - page 21



Ocean View -
Cont'd from page 20

***SAVE THE DATE - FRIDAY, DEC. 1ST, HOLIDAY BAZAAR, HERE AT OV CHEER, 9 a.m. - 1 p.m.**

Now accepting vendors. We will also be having a White Elephant Sale, Bake Sale, and Lucky Draw, to benefit the Center. Please contact Yolanda before bringing in items as we

have very limited storage space. Bakers can sign up on clipboard at bulletin board. Call 302-539-2671 or ygallego@cheerde.com.

*Happy NOVEMBER
Birthday to all you out there!*
Join us on Wednesday, **Nov. 29**, over lunch, to celebrate all the month's birthdays!
**See Photos Below
and on Page 22**



Tea Time at Lavender Fields ...

Ocean View ladies enjoyed a venture at tea time. Left to right are Barbara Mathewson, Mary Oberg and Kathryn Corbino ...



In front are
Judy Mays and
Judy Condon ...

Left to right are
Helen Whipp, Maureen
Clas, Terri Windlan and
Mikell Lyons.



Roxana Activity Center

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



Chair Exercises
Lunch
Group Discussion: "This is Us"
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 with Christie Shirey

Special Events

6th - Pastor Dan and Betsy Taylor, Bible Study

10th - Veteran's Day Dinner Dance at Georgetown, 5-9 p.m.

20th - Pastor Dan and Betsy Taylor: Music Ministry

21st - Holiday Feast at Georgetown, Center Closed, Tickets Required - See Director

22nd - Positive Music with Randy Potter

***** 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 November, a very special day and beautiful year ahead!

See Photos on Page 22

Monthly

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. - Ken's Korner: Our CEO, Ken Bock, has an interactive Zoom meeting with all of the CHEER Centers online. He hosts the meeting from a different center each month and provides an update of what is going on at CHEER. He also encourages our members to ask questions and voice their opinions.

Weekly

Mondays:

Morning Café, Socializing and Snacks

Sit and Fit Exercises

Inspirational Reading/Discussion

Lunch

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 - Every Other Week

Wednesdays:

Morning Café, Socializing and Snacks

Ocean View and Roxana Discover ...

The Power to Inspire



Bonnie Collins (Ocean View)



Norma Hall and June Adkins (Roxana)



Diane Greene (Ocean View)



Anna Bell Reid, Patricia Cohee, Margaret Mance, Clyde Hickman and Alice Godwin (Roxana)



Helen Whipp (Ocean View)



Pat Droney (Ocean View)



John Schumacher and Elaine Shipley (Roxana)



John Keating and John Hemphill (Roxana)



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

