

FREE

JANUARY 2024

CHEERful Living

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



Holiday CHEER ...

The CHEER Christmas float won Best Theme award, Christmas in Toyland, and second in non-commercial category at the Georgetown Christmas parade. It also appeared in the Milton parade. More photos throughout issue.

Thanksgiving Feast

Sussex County seniors enjoyed the annual Thanksgiving Feast food and activities. See photos on pages 12 and 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.

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-

Tidal Health Is With You At Every Step

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
302-990-3280

tidalhealth.org/orthopedics



Table of Contents

CEO Perspective 4

PASA - Depression 5

Community Resources 6

Adult Day Program 7

Stand By Me 8

Nutrition 9

Recipe 9

Volunteers 10

Veterans' Dinner 11

Giving Thanks 12

Holiday Gifts 13

Menu 14

Greenwood 17

Lewes 18

Long Neck and Milton 19

Ocean View 20

Roxana 22



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



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

Partially funded by



CEO Perspective

By Beckett Wheatley, CEO

Happy New Year! I always look forward to the holidays because I get to spend time with friends and family, typically around food! Those that know me, know that I love to eat! Luckily, I also like to cook, so at least I can control some of those calories.

Spending time with friends and family is important. No one should have to spend their time all by themselves. I hope that you got through the holidays alright; however, I know that the holidays are not always an easy time for everyone. Many have lost people close to them and miss them even more so during the holidays. What if you don't have friends or family close by? Are you new to Sussex County? Let's make a New Year's resolution to get out and make at least one new friend this month.

CHEER has an easy solution for that. Come to any one of our seven CHEER Activity Centers or our CHEER Community Center, make new friends, and you will soon find out they are your new family. CHEER Transportation may even be able to provide a ride to and from your home to a CHEER Activity Center.

Not only does each CHEER Activity Center have their own daily fun-filled activities, but there are other events through-



out the year that you will definitely want to participate in. So much as happened in the past year of 2023 at CHEER such as Operation Christmas CHEER in December, the Holiday Feast and Veterans' Day Dinner and Dance in November, Seniors' Trap Pond Picnic in September, the 13th Annual Car, Truck and Bike Show at the CHEER Community Center in August, Spring and Fall Craft Shows, many fun trips through our Travel Club, and so much more!

Has it been a while since you have been to one of our CHEER Centers? Come on out and visit us in Georgetown, Greenwood, Milton, Lewes (Harbour Lights), Long Neck, Ocean View and Roxana. We have a lot of new and exciting happenings going on. Check out our calendars on our website at www.cheerde.com/events/center-calendars.

See CEO - page 5

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

Beckett Wheatley
Chief Executive Officer

Tom Reardon
Chief Operating Officer

Robert Rogers
Facilities Maintenance
and Transportation Director

Joe Muncey
FMT Assistant

Angela Thomas
Finance Director

Ginger Clifton
Senior Accountant

Amy Smith
Nutrition Program Director

Robin Greene
Congregate Program Director

Megan Jordan
Nutrition Admin. Assistant

Marissa Chavez
Human Resources Director

Debbie Joseph
Personal Assistance
Services Director

Cindy Mitchell
Adult Day Program Director

Debra Dodd
Hospitality Director

Kevin Mutch
Information and
Technology Manager

Christie Shirey
Community Resources

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
Community Relations Director

For advertising information,
contact Carolyn O'Neal
at carolyno@cheerde.com or
call 302-515-3040

Depression: Why the Holidays Could Have Been Hard

By Debbie Joseph
PASA Director

During the holidays, our thoughts may have gravitated to memories of our youth, growing up and time spent with family and friends. But as often happens when we age, family members and friends pass away. Loved ones move far away because of family and job obligations. Some people transition out of the homes where they spent decades of their lives, to making living arrangements that meet their growing care needs. Sometimes this means moving in with family, but not always – older people may not be able to follow their families from place to place because of physical limitations or their financial situations. Feelings of isolation and loneliness can take hold, especially during the holidays, a time that in the past was filled with activities and traditions with family and friends.

It's natural to feel nostalgic, and it's normal for people to feel sad when they think about

the past and good times they had with others who are now far away or have passed away. Though these emotions may be difficult at times to view and address, we must accept that they are natural.

Sometimes, though, these emotions can become concerning and evolve into depression. Depression is common in older people with some estimates showing that eight to 16 percent of older individuals experience clinically significant depressive symptoms, and five percent of people who do not reside in nursing homes meeting criteria for major depressive disorder.

Feeling sad is only one symptom of depression. A person may also lose interest in or no longer enjoy activities that they once took part in. They may have problems with sleep – either sleeping much less or much more than before. A depressed person may complain of low energy, and may experience frequent intrusive, guilty, or ruminating thoughts. Their ap-

petite may decline, and weight may be lost.

A person with depression may find it hard to motivate themselves to get started each morning, or, instead, may find it difficult to sit still, continually fidgeting throughout the day. Concentration may be impaired – they may not be able to focus on what they are doing. People suffering from depression may even state that they feel that life is not worth living or that they're "better off dead." In severe circumstances, they may even contemplate or attempt suicide.

Family, friends and neighbors of older individuals should be on the lookout for changes in an older person's mood or behavior that may indicate depression. If you notice some-

thing different or concerning, don't ignore it – ask the person you're concerned about if he or she is feeling down, or sad. Keep a close eye on how they're doing, and if mood doesn't improve or gets worse over a few weeks, suggest that they see a doctor to determine if what they are feeling is more serious than just the loneliness, sadness and nostalgia that often accompanies the holiday season.

It's also important to support the older person as they manage their depression. If they don't live nearby, give them a call to let them know you're thinking about them or, if possible, offer to visit. Human interaction, in addition to formal treatment approaches, can work wonders for an older adult dealing with depression.

CEO Perspective - Cont'd from page 4

Do you have extra time on your hands? CHEER needs volunteers! Did you know that volunteering your time not only helps others, but it helps you by making you feel good due to time well spent and even reduces your stress. You will make a senior's day by sharing your smile. Remember, no one should have to spend their time all by themselves, neither should you. Whether you have time once a week or once a month, CHEER needs your help! CHEER has always relied on its volunteers to help provide services and support to our seniors throughout Sussex County. We still need

help delivering homebound meals, assistance at our Activity Centers, and transporting seniors to medical appointments. CHEER delivered over 267,000 homebound meals to more than 1,700 clients last year.

We would not be able to do that without the time and dedication of our awesome volunteers. I cannot thank all our wonderful volunteers enough for all they do. Their time and effort are invaluable! Contact our Volunteer Department for more information or visit our website to fill out a Volunteer Application at www.cheerde.com/volunteer.

Thank You

I would like to thank you for the meals. They are great; and the ones that bring them, and the ones that get them ready -- thanks to all of you. I am sorry I cannot give much. I have cancer. I can give a little. If you have to quit bringing the meals, thank you to everyone. I have enjoyed every meal.

Mr. J

(Don't worry Mr. J - CHEER will continue bringing you meals for as long as you need them.)

Many thanks for helping me when I could not help myself. May God bless each of you. I will always remember CHEER.

G.C.

Personality Changes Are The Hardest Part For The Caregiver

By Christie Shirey
Community Resources

Everyone at the Caregiver Resource Center wants to wish you a very happy New Year.

Sometimes being a caregiver can be very frustrating and overwhelming, especially if you are caring for someone with dementia. As the disease progresses, your loved one can display personality changes and challenging behaviors. They may accuse you of things you have not done. They could become combative when you are trying to help. These changes often come unexpectedly and can be the hardest part of caring for someone with

dementia.

These changes are caused by the changes in your loved one's brain. The changes caused by the disease. The Caregiver Resource Library has lots of materials to help you understand the disease. It is also a great resource to join a support group. You will be able to discuss your problems with others who have or are currently experiencing the same problems.

An important tool for coping with challenges is to remember these changes are caused by the disease manifesting itself, not your loved one. Learn to repeat the phrase: "It's us against the



Mr. Man has learned to repeat the phrase, "It's Us Against the Disease."

disease".

Mr. Man - the CHEER Cat, says when you feel like hiding over a bowl of warm Mac & Cheese, repeat to yourself: "It's us against the disease".

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. You may also call Christie Shirey for one-on-one case management and counseling for caregivers.

Please join us for one of our support activities listed below.

Tues., January 2

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

1 p.m. – Memory Café, Long Neck CHEER

1 p.m. – Caregiver's Support Group, Long Neck CHEER

Wed., January 3

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

Thurs., January 4

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

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

6 p.m. – Alzheimer's Caregiver Support Group, Ocean View CHEER

Fri., January 5

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

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

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

Mon., January 8

7:00 p.m. – Online (ZOOM) Grandparents Raising Grandchildren Support Group. **Registration Required**, email: cshirey@cheerde.com or call 302-515-3045

Tues., January 9

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

1 p.m. – Memory Café, Long Neck CHEER

Thurs., January 11

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

Fri., January 12

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

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

Tues., January 16

1 p.m. – Caregiver Support Group, Long Neck CHEER

Wed., January 17

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

Thurs., January 18

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

Fri., January 19

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

See Personality - 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

Routine and Repetitive Activities: Important For The Dementia Population

By Cindy Mitchell
ADC Director

According to Google: Their (dementia sufferers) disease causes them to become confused, and they start looking for ways to alleviate their discomfort. **Repetition** can provide this relief. Repetitive tasks can be highly beneficial for people with Alzheimer's.

Routines help the person with dementia know what to expect and help them continue to do things on their own. Doing so will make them feel better about themselves. People with dementia will eventually lose the ability to carry out these everyday routines and will depend on others to help.

At the Sand Hill Adult Day Program, we strive to be consistent with our activities. **A normal day at the day program is:**

Personality - Cont'd from page 6

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

1:45 p.m. –  Caregiver Support Group at Community Lutheran Church in Dagsboro
Tues., January 23

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

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

Thurs., January 25

9:30 a.m. – Memory Café, Milton CHEER

8:30-9 a.m. – Arrival

9:45 a.m. – Trivia, led by Sandy Mann

10 a.m. – Brain Fitness/Creative, led by Amparo Baker

10:45 a.m. – Break for Lunch

11:15 a.m. – Lunch

12-12:30 p.m. – Music Biography, led by Sandy Mann

12:30 a.m. – Exercise/Physical Games, group split both Sandy Mann and Amparo Baker


1:30 p.m. – Afternoon Snack

2:30 p.m. – Buses start rolling in to take the members home.

Bingo, Dominos, Uno, word, and jig saw puzzles, reminiscing discussions, are just a few of the Brain Fitness activities that we do at the day program.

To find out more about the Day Program give me (Cindy Mitchell) a call, 302-212-4482.

Primary funding is provided by Title III-E of the Older Americans Act and the Division of Services for Aging and Adults with Physical Disabilities.



CELEBRATE BLACK History WITH CHEER

Friday, February 23
10 a.m. - 2 p.m.

CHEER Community Center
20520 Sand Hill Road
Georgetown, DE

For more information contact
Robin Greene 302-853-4199 or
rgreene@cheerde.com

Delicious Lunch

Live Entertainment **Black History Lesson**

**\$6 Over 60
\$8 Under**

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

SAND HILL ADULT DAY PROGRAM

**We understand
how difficult it can be.**

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

Nursing oversight • Assistance with personal care
Secure Facility • Noon meal and snack provided
Brain Fitness and Physical Fitness Programs • Transportation arranged

Monday thru Friday, 9 a.m. to 3 p.m.
CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-854-2882 or email cmitchell@cheerde.com



Reverse Mortgages Are Tools to Fund Our Retirement Years

By JoAnn Moore

Licensed Mortgage Professional

Throughout our lives, we learn that retirement accounts and Social Security income are the tools we use to fund our retirement years. But few realize they can tap into the equity of their homes. This is a major game changer. Plus, it is a tax free income stream.

Reverse Mortgages allow people the freedom to stay in their homes and age in place. They can use the funds however they want; add a room or two, renovate the kitchen, pay off debts, or have funds go into your account each month.

Reverse Mortgages are FHA loans. An upfront mortgage insurance premium is added to the loan balance. Also, a monthly mortgage insurance fee is added each month to the balance along with the interest due. At the same time, the value of your home will appreciate. The standard expectation is the appreciation will be four percent each year.

Reverse mortgages are a powerful way to leverage the equity in your home.



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.

Looking At Your Finances In The New Year

As we welcome 2024, think about improving your financial lifestyle. Whether you have already built strong savings habits or are new to the practice of saving, you can always improve your financial situation. Here are some ways that you can save more money in the new year.

Keep A Budget: Keeping a budget is the simplest way to improve your savings habits. By following a budget, you can make sure that you always have enough money to contribute to your savings. When money is tight, you can lean on your budget to help allocate your spending in the right direction. A little less here and a little more there enables you to save money even when finances are tough. Getting started with a budget doesn't need to be difficult. Meet with a *Stand By Me* Financial Coach to give you free financial coaching so you can be confident when working with money.

Automate Saving: Automating your savings can help you hit your goals without fail. One of the main struggles of saving money is making that consistent deposit. Rather than spending the energy to save, you can set up an automatic transfer into your savings account to make sure that your money is transferred consistently and punctually. This automation takes both the work and the choice out of saving, making it easier to contribute to your savings even when you aren't enthusiastic about it.

Increase Your Savings Return: The money that you have already set aside as savings can be made to help you earn more. You can move the cash that is sitting in a low-interest savings or checking account to a high-yield CD or savings account, earning you more interest per dollar. A few percentage points might not seem significant, but it can make a real difference after a few years of accumulation.

Earn Extra Cash: Another helpful way to save more money is to make more money. Bringing in extra cash can help ease your budget and make it possible to contribute more to your savings. There are many ways that you can grow your income. Try taking on odd jobs in your free time. If you have the skills, you can make some extra dollars by tutoring, dog walking, writing, yard maintenance, or crafting.

Reconsider Your Expenses: The many expenses of life creep up on us throughout the year. You can save money this year by reducing some of your renewing expenses. Try shopping around for deals on utilities, such as your internet provider, or purging superfluous subscriptions services. Take the time to shop insurances. This should be done annually to cut your costs.



Do you have questions about Reverse Mortgages?

I have answers..

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

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



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



Chase That
Virus Away!



Wash Your
Hands!

**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!**

Top 10 Foods Seniors Should Eat Often

By Lisa Harkins, RD, LDN

It's the beginning of another New Year...and many of us will make resolutions to lose weight, get more sleep, increase our exercise, and eat better.

As a Dietitian, I feel like I am always educating people on what they SHOULDN'T eat...but what I really want to be telling them is what they SHOULD eat. So here are my Top 10 Foods you should try to eat as often as possible to meet those resolutions and start the New Year off right.

Blueberries – Packed full of anthocyanins and phenolics (powerful antioxidants), blueberries are also bursting with vitamin C and fiber. Studies have shown these berries may actually slow the aging process.

Broccoli – Packed full of vitamin C, fiber, and cancer-fighting carotenoids, it's a diamond in the roughage. Aim for a cup a day.

Yogurt – Excellent source of probiotics. Look for reduced-fat or light versions since some "regular" yogurts can be very high in

sugar and fat.

Fatty Fish – Swimming in Omega-3s, which have been shown to reduce risk of heart disease and make us more insulin sensitive (good news for diabetics). Go fish at least twice per week with salmon, tuna or trout.

Leafy Greens – Two cups per day give us a generous helping of vitamins C and K, folic acid, some calcium, magnesium, and potassium, as well as large amounts of vitamins A and lutein. Limit your intake though if you are on blood-thinning medications like Warfarin, although many newer medications don't have any interactions with greens.

Tomatoes – Tomatoes contain lycopene, another powerful antioxidant shown to decrease the risk of many cancers including lung, prostate, and stomach.

Quinoa – This whole grain has twice the amount of protein and almost 2g more fiber per cooked cup as brown rice.

Oats – Just three-fourths cup a day may significantly reduce your cholesterol and risk of heart disease.

Beans – A cup of black beans contains 15g of protein, as well as 15g of fiber - half your day's worth.

Almonds – Two tablespoons contain almost 4g of fiber, 75mg of calcium, just 1g of sugar, 9g of monounsaturated fat, and all for about 160 calories.

This Month's Recipe ...

Egg Muffins

Cooking spray or olive oil
1 medium shallot, diced
1-1/2 cups finely chopped
broccoli (about 1 small
crown, about 4 ounces)**
1/2 cup full-fat cottage cheese
1 cup shredded sharp cheddar
cheese (2 ounces)
10 large eggs
1/4 cup whole or 2% milk
1 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper



INSTRUCTIONS

Arrange a rack in the middle of the oven and heat to 400°F. Generously coat a 12-well standard muffin tin with cooking spray or olive oil.

Evenly divide the shallot, broccoli, cottage cheese, and cheddar between the muffin wells.

Place the eggs, milk, salt, and pepper in a large bowl and whisk until the eggs are completely incorporated. Pour into the muffin wells, filling each 1/2 to 3/4 full.

Bake until the muffins are set and lightly browned around the edges, 12 to 14 minutes. Place the pan on a wire rack and let cool for 2 to 3 minutes. Run a butter knife around each cup to loosen the muffins before removing them from the pan. Serve warm or cool completely on a wire rack before refrigerating or freezing.

RECIPE NOTES ** Refrigerate leftovers in an airtight container for up to 3 days or freeze on a parchment paper-lined sheet pan. Once frozen, transfer to a freezer zip-top bag and freeze for up to 3 months.

Open To The Public!

Physical Therapy at



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

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

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

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

Provided by



Physical Therapy Closer to YOU!

Schedule your appointment (302) 422-2518



Volunteer Spotlight ...



CHEER elves at the Georgetown Christmas parade.



Christmas CHEER elves at the Milton parade.

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

Thelma Cottoman	Center	Long Neck
Laura DiBenedetto	Center	Lewes
Jord'n Fluharty	Kitchen	Georgetown
Lynn Hill	Other	Roxana
Randi Hinilicki	Center	Ocean View
Brenda Jones	Center/Kitchen	Long Neck
Jessica Lehne	Kitchen	Lewes
Robert Lindmar	MOW/Center	Roxana
Peter McNamara	MOW/Kitchen	Ocean View
Alan Miller	MOW/Center	Georgetown
Barbara Miller	MOW/Center	Georgetown
Kadeesha Rogers	Center	Milton
Alison Tallarico	MOW/Center	Milton
Timothy Thomas	MOW	Long Neck
Dan Winshel	MOW	Ocean View
Mark Zielinski	MOW/Center	Long Neck



REMEMBRANCE CANDLES were lit for all branches of the armed services. Naval Officer (Ret) Barry Gabler and Korean War Veteran Walt Koopman, CHEER Board President, do the honors.



POW/MIA REMEMBRANCE was performed by Jack McGinley, past president, Chapter 1, Korean War Veterans Assn., Sussex County.



ALL GOOD SOLDIERS know when it is time to chow down on good food.



A RETIRED MARINE dances with his pretty lady after the ceremonies and dinner.



THE TUSKEGEE AIRMEN were honored guests at the CHEER Veterans Day Dinner Dance.

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



Bridgeville seniors put their heads together in the word puzzle.

Giving Thanks



Lunch is served.



State Representative Estelle Parker Selby (center) got aboard the “peace train.”



A little twisting helps work off the calories.



The new CEO enjoys a dance with one of the CHEER members.



The “peace train” at the CHEER Holiday Feast twisted and turned up and down the aisles as almost 100 seniors climbed aboard.

My Favorite Holiday Gift ...



THERESA COSTANZO
Milton, formerly New York
A Shirley Temple doll when I was about 7. Today (Nov. 21), I turned 88.



JOANNE MADDOX
Greenwood
Jewelry. I've loved getting necklaces and bracelets all through my life.



YVETTE HARRIS
Georgetown
An Easy Bake Oven when I was about 9. I baked little cakes and cookies and stuff.



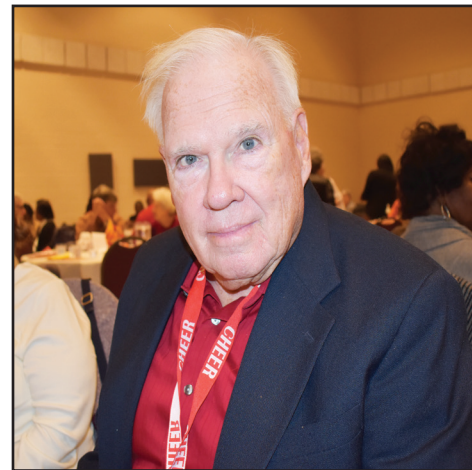
PRESTON NAILOR
Milford
I got a pull Red Rider wagon when I was 8. Put everything in it.



RUTH JOHNSON
Georgetown
I got a toy telephone. It was a big deal because we didn't have a real one when I was 5 years old. I would pretend it was real.



JUNE ADKINS
Delmar
I got a talking baby doll when I was 6.



DOUG BRADEN
Ocean View
I got a dark red bicycle when I was in fifth grade. I felt the same as if I got a car now.



JERRY BAILEY
Laurel
My husband gave me diamond earrings last year.



KATHY CLAUSEN
Long Neck
My boyfriend gave me a lamb when I was about 55. I named her Missy.



BOB SNIVELY
Georgetown
I got my German wife (Irma). We have been married 66 years. She knew no English, and I knew very little German. I misunderstood her name so I have been calling her Ziz every since.







DEBBIE ROORK
Lewes
I got a Pretty Penny doll when I was 9. It was after Mom and Dad divorced and it gave me something to believe in (Santa).



JAMES HOLMES
Millsboro
When I was around 6, I got cap pistols. We used to play cowboys copying the Bonanza sons.

Menu items subject to change due to availability.

January

Monday					Tuesday					Wednesday					Thursday					Friday				
<div>1</div> <div> Happy New Year. All Centers Are Closed.</div>					<div>2</div> <div>Fish Tacos Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk</div>					<div>3</div> <div>Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</div>					<div>4</div> <div>Macaroni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk</div>					<div>5</div> <div>White Bean Soup Deli Sandwich w/Lettuce & Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk</div>				
<div>8</div> <div>Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk</div>					<div>9</div> <div>Pork & Veg Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches & Apples Skim Milk</div>					<div>10</div> <div>Hamburger On Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk</div>					<div>11</div> <div>Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk</div>					<div>12</div> <div>Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk</div>				
<div>15</div> <div> All Centers Are Closed.</div>					<div>16</div> <div>Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</div>					<div>17</div> <div>Baked Manicotti Sauteed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</div>					<div>18</div> <div>Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk</div>					<div>19</div> <div>Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk</div>				
<div>22</div> <div>Chili & Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk</div>					<div>23</div> <div>Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushrooms Apple Pie Skim Milk</div>					<div>24</div> <div>Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</div>					<div>25</div> <div>Asian Beef & Broccoli Steamed or Baked Rice Oriental Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</div>					<div>26</div> <div>Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</div>				
<div>29</div> <div>Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat roll/Bread Fresh Fruit Skim Milk</div>					<div>30</div> <div>Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk</div>					<div>31</div> <div>Ham & Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</div>					<div> DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities "This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</div> <div></div>									

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



This Month's Craft ...

How To Make Paper Bag Snowflakes

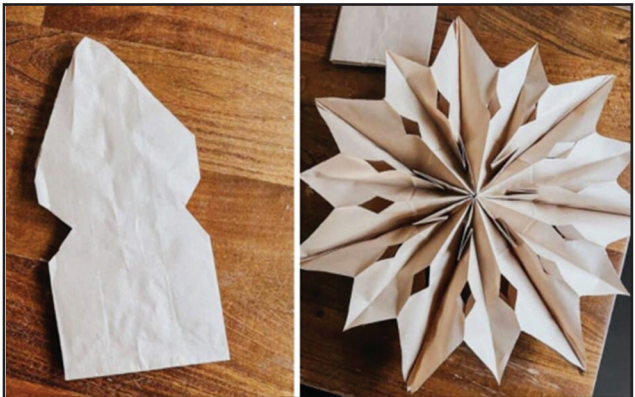
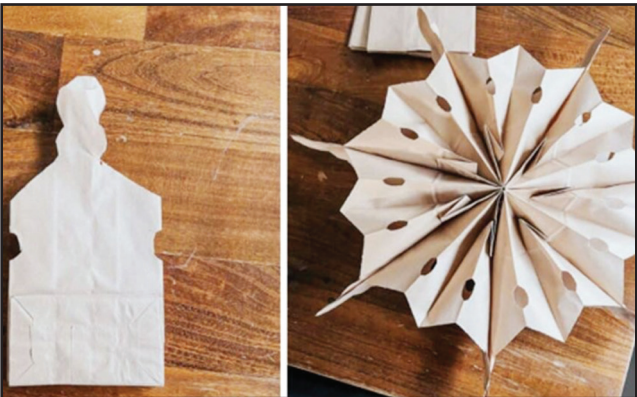
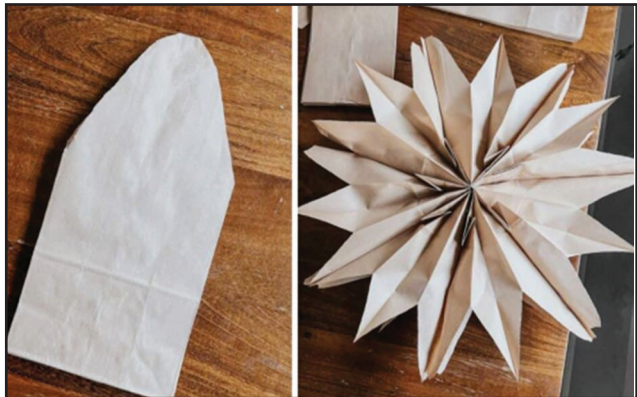
Supplies Needed:
A mix of brown and white paper bags (you'll need 7 per snowflake); hot glue gun (regular glue works fine too, but the glue gun is faster)



Step 1 - Start by gluing 7 bags together in the shape of a "T", along the bottom of the bags, and then down the center (see example above).

Step 2 - Cut out the shapes for your snowflake. There is no right or wrong way (see examples below).

Step 3 - All you need to do is grab the two sides and glue them together and you have created your snowflake. Use a holepunch and a string and hang.



Questions about Medicare?

We can help with expert advice & service at no cost to you!

Call Delaware Medicare Assistance Bureau (DMAB)

302-674-7364

we provide **FREE**,
unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB



**Georgetown Activity Center**

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

Happenings

Fri., January 5 – Georgetown visits Greenwood

Thurs., January 18 – Dinner/Bingo, 4-6 p.m.

Fri., January 19 – Greenwood to Georgetown

Wed., January 31 – New Year's Eve Party

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

Monday thru Friday – Coffee and Social Hour

Monday – Chair Fitness, 10

a.m.; Bible Study with Ruth, 10:30 a.m.

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

First Thursday – Beckett's Bulletin, Zoom, 10:30 a.m.

Every Friday – Breakfast in the Café, \$2 for seniors

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

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

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



THE DELAWARE DEPT. OF PUBLIC HEALTH mobile clinic visited the Greenwood CHEER Center to give flu shots and/or COVID vaccines to the public.



THE HIGHMARK MOBILE Dental Clinic recently spent the day in the CHEER parking lot taking dental appointments from the public.



As our float says, CHEERful Greetings during the holidays.

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.



**WE HAVE GOOD NEWS
AND WE HAVE GREAT NEWS**



The **Good News** is
The Fitness Center is Open
to **All** CHEER Members.

The **Great News** is
As of January 1 it is **FREE** to
All CHEER Members.





Greenwood Activity Center

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

Happenings

Mon., Jan. 1 – Center Closed. Happy New Year.

Wed., Jan. 3 – Penny Bingo, 10:30 a.m. Don't forget to bring your pennies. Full Card Bingo, 12:15 p.m.

Thurs., Jan. 4 – Beckett's Bulletin. CEO Beckett Wheatley discusses events and happenings at CHEER via ZOOM from the Milton CHEER Center, 10:30 a.m.

Fri., Jan. 5 – Entertainment by Lisa Miller and guests from the Georgetown CHEER Center, 10:30 a.m. Full card Bingo, 12:15 p.m.

Wed., Jan. 10 – Positive Music Time with Randy, 10:30 a.m.

Mon., Jan. 15 – Center Closed. Martin Luther King Jr. Day

Wed., Jan. 17 – Bus departs for shopping at the Dover Mall and lunch at Red Lobster, 9:30 a.m.

Thurs., Jan. 18 – “Stroll Down Memory Lane” Music & Memories, “Name That Tune” and Trivia with Mason Dixon, 10:30 a.m.

Fri., Jan. 19 – Bus departs, 9:30 a.m. for trip to the Georgetown CHEER.

Wed., Jan. 24 – AARP Defensive Driving Class, 9 a.m. Please call Sheila to register.

Monthly Events

Mondays, 10 a.m. – Bible Study

Mondays, 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.

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

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

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

Thursdays, 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!

~~~~~

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



**Welcome**

Greenwood CHEER welcomes Sheila Roell as its new center director. Sheila is a transplant to Sussex County and was the center director in Milton before leaving about a year ago. When the opening came in Greenwood, it gave Sheila the opportunity to work close to her retirement home in Heritage Shores in Bridgeville.



**Happy Retirement ...**

Greenwood CHEER wishes Fran and Jim Smith a happy retirement. Fran started with CHEER in 1996 in the accounting department and then as a center director at Georgetown, Milton and now Greenwood. Jim came to CHEER in 2018 as a food van driver and then went to Greenwood to work with his wife in maintenance and then as kitchen manager. We hope they find everything they are “hunting” for in their retirement

**January Fun Facts ...**

The birthstone for January is the garnet. This rare gem comes in a variety of different colors. However, the most popular and lucrative garnets are a deep shade of red.

In the northern hemisphere, January is the coldest month. The lowest temperature ever recorded in the United States was minus 80 degrees Fahrenheit. This was recorded by a weather observer at Prospect Creek in Alaska on January 23, 1971.

On January 19, 1933, 60 inches of snow fell at the Giant Forest Weather Station in California, marking the record for snowfall in the Golden State. Thousands of people were stranded in their cars along the mountain highways for several days during the unexpected blizzard.

Civil rights legend Martin Luther King, Jr. was an instrumental figurehead in the fight for the rights of the African-American community during the time of segregation in the United States. Tragically, Martin Luther King, Jr. was assassinated in 1968. To remember the man and what he stood for, Americans celebrate every third Monday in January. This is because Martin Luther King, Jr. was born on January 15, 1929.





### Lewes Activity Center

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

## Happenings

Happy New Year Everyone! Now that the new year is here many of us are making New Year's resolutions, and setting goals that we wish to accomplish throughout the year.

Most resolutions/goals consists of eating healthy and exercising more. Well, I am proud to announce that I will be helping those that want to get healthy and exercise. We will be starting a few new classes this month. One being an exercise class that will be available to members, and another class that will meet once a month giving healthy recipes. Please see below for more information. There will be more information available for the exercise class later. Please see the full calendar for dates and times.

If you have any ideas on new programs you would like to see at the center, please let me know. I am here to help make your time at the center an enjoyable time doing something that you like. I pray that 2024 is a year filled with love, good health, and lots of laughter.

## Healthy Recipe Class

We hosted Highmark Delaware in November with the Dental Clinic. They returned to us last month to host a prize Bingo. They will be returning this month with a new class that will be held at the center. The class is a Healthy Recipe Class. The first class will be held on **Thursday, January 11**. Please come out and enjoy a new class about healthy recipes, and possibly try some of the recipes. Hope to see you there.



**LEWES MEMBERS** enjoying the Holiday Feast at the **CHEER Community Center** in Georgetown were, left to right - Sue Vok, Melody Jordan, Jean Forry, Betty Guyton, Gilbert Mackey, Ana Perez and Thelma Hecksel.

## Happy Birthday Everyone

Happy Birthday to anyone born in the month of January. We will be having a birthday celebration for everyone born in January on **Wednesday, January 17**. Please come and have cake and ice cream with us! We pray you have a blessed day and a blessed year to follow.

## Winter Wonderland Party

On Friday, **January 19**, we will be having our Winter Wonderland 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 Sounds Like Fun 4 Us DJ Services. We will be having lunch at 11:30 a.m., followed by Free Prize Bingo with a special guest caller. Please come out and enjoy a day of fun at the center.

## Monthly Dinner

Monthly dinners are back! Our first dinner will be on **Tuesday, January 23**. The menu will be announced later. Transportation is available. The cost of the dinner will be \$5. Please sign up for the dinner at the desk.

## Breakfast Bash

Please don't forget that we will be having breakfast at the center every **Thursday**. Breakfast will begin at 8:30 a.m. The cost of breakfast is \$2. Please sign up for breakfast at the desk.

Don't forget to check on family and friends as often as possible.  
*Crissy*

# 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](http://www.cheerde.com) or email your resume to [mchavez@cheerde.com](mailto: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.





**LONG NECK RED SHIRTS** proudly displayed their loyalty to the Long Neck Center by wearing their red shirts to the recent Holiday Feast. Left to right are: Frances Deptula, Bob Harrison, Barbara Duff and Melanie Mills.

### Long Neck Activity Center

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

I want to thank the members, volunteers, and staff for their patience. All of you worked hard to help keep the center moving forward. Please know how much I appreciate all of you!!

Sincerely,  
Robin Greene  
CHEER Congregate  
Director

### Happenings

**Wed., Jan. 3,** 11:30 a.m. - ZOOM Meeting, Nutrition Education with Lisa Harkins, Topic: The Skinny on Fats

**Thurs., Jan. 4,** 10:30 a.m. - Beckett's Bulletin, ZOOM Meeting from the Milton CHEER

**Fri., Jan. 12,** 12 p.m. - Dr. George will be discussing Physical Therapy treatments.

**Fri., Jan. 26,** 10 a.m. - Beat the Winter Blues Party. Wear

your favorite blue outfit. Entertainment by Carroll Schmidt

**Wed., Jan. 31,** 12 p.m. - Happy Birthday to our center members. Come celebrate January Birthdays.

### Trips

**Tues., Jan. 2** - Boscov's in Dover, bus leaves center 9:30 a.m.

**Tues., Jan. 9** - Trip to Lefty's Bowling Alley, bus leaves center 9:30 a.m.

**Tues., Jan. 16** - Target in Dover, bus leaves center 9:30 a.m.

**Tues., Jan. 23** - Trip to Byler's and Produce Junction, bus leaves center 9:30 a.m.

**Every Monday** - WalMart, bus leaves center 9:30 a.m.

**Every Friday** - Dollar Tree, bus leaves center 10 a.m.



### Milton Activity Center

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

**Positive Thoughts:** Remember, most of your stress comes from the way you respond to a situation, not necessarily the way life really is. Adjust your attitude, change your perspective. Look for the good in all situations, take the lesson and find new ways to grow, let all the worrying and overthinking go.

### Happenings:

**Mon., Jan. 1** - Closed for New Year's Day

**Mon., Jan. 8** - Health and Healing with Michele, 10 a.m.

**Thurs., Jan. 11** - Travel Q&A with Mason, 11 a.m.

**Mon., Jan. 15** - Closed for Martin Luther King Jr. Day

**Wed., Jan. 24** - Quilting Club, 1 p.m.-3:30 p.m.

**Thurs., Jan. 25** - Music

Trivia with Mason, 11 a.m.

**Fri., Jan. 26** - Celebration of January Birthdays. Happy Birthday to all celebrating this month.

**Monday and Wednesday** - Regular Yoga.

**Tuesday and Thursday** - Chair Yoga. Board games, 12:30 p.m. to 2:30 p.m. on Tuesday.

**Tuesday and Friday** - Prize Bingo. Yoga and Chair Yoga, 11 a.m.

**Wednesday** - Arts and Crafts for our members, 9 a.m.

**Wednesday** - Bridge, 10 a.m.

**Thursday** - Mahjongg. Looking for more players, 12:30 p.m. until 2:30 p.m. Milton ladies are very competitive and would enjoy new competition.

**Friday** - Breakfast, 9 a.m.



**SANTA'S ELVES ...** Milton Center Director Rhonda Cannon (right) enjoyed a ride on CHEER's float in the Milton Christmas parade. Joining her were volunteer Chris Hazzard and kitchen helper Diane Couto.



**Ocean View Activity Center**

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

**Happy New Year**

Ring in 2024 with us on Tuesday, January 2, with a Reflections Party after lunch.

We'll have other fun reminiscing activities and entertainment throughout the month so stay tuned.

Our big event will be an early evening with Dan Gaffney, local radio personality, and his "Mind Mysteries" performance on **Tuesday, Jan. 23** at 5 p.m.! Sign up early as this is sure to be a popular event. We'll have appetizer stations at 4 p.m. beforehand.

Join us with Ria and friend for a jewelry necklace class on **Tuesday, Jan. 16** and '50's Tunes with 'Remember When' on **Monday, Jan. 22**.

Membership Renewal Reminder – if you have not yet renewed your membership, please do so ASAP, as our new year began **Tuesday, Jan. 2**!

*Peace & Love, Yolanda*

**Happenings**

**New Members** – please pick up your name tags from the front desk.

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

**Monday:** 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.

\* **Monday, Jan. 8**, Membership Meeting on the second Monday at 12 noon.

\***Monday Jan. 22**, Lunch time entertainment with "Remember When" – '50's style – wear your best '50's outfits.

\***Monday, Jan. 22**, Stand By Me, 4<sup>th</sup> Monday with Kathleen Rupert, 1-3 p.m., by appointment, 302-685-2586.

\* **Mondays, Jan. 1 and 15**, CLOSED for the New Year's and 15<sup>th</sup> for Martin Luther King, Jr. Day!

**Tuesday:** 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, see below), Pinochle, 12:15 p.m.

\***Tuesday, Jan. 16**, Jewelry Necklace Making with Ria and Friend, \$10. Sign up in advance, limit 16, 12 noon.

**Wednesday:** 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, Jan. 3**, Lunch 'n Learn: Nutrition Talk, "The Skinny On Fats" with Dietician Lisa Harkins, RD, LDN on Zoom, 10:30 a.m.

\***Wednesday, Jan. 17**, PAM Rehab. Talk, 11:45 a.m.

\***Wednesday, Jan. 17**, Parkinson's Support Group, third Wednesday, 1 p.m.

\***Wednesday, Jan. 31**, Celebrating all January birthdays over lunch.

**Thursday:** Weekly Trips, times vary. 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).

\***Thursday, Jan. 4**, Beckett's Bulletin, first Thursday,

10:30 a.m., on Zoom.

\***Thursday, Jan. 4**, Alzheimer's Caregiver Support Group, first Thursday, 6 p.m.

**Fridays:** Weekly Trips, times vary. Sound Healing with Lori Roe, 9:30 a.m. – 12 noon, sign up in advance and see the flyer for details! Memory Café with Christie Shirey, every Friday, 10:30 – 11:30 a.m., all welcome! Mahjongg and Poker, 12 noon.

**Trips**

Refer to our 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., Jan. 4** – Mad Hatter Café in Salisbury, after Beckett's Bulletin, 11 a.m.'ish.

**Fri., Jan. 5** – Byler's in Dover and Group Lunch Choice, 9:30 a.m.

**Thurs., Jan. 11** – Big Lots and a diner in Seaford, 9:45 a.m.

**Fri., Jan. 12** – Open Hand Thrift Store and Pop's Kitchen, Berlin, Md., 9:45 a.m.

**Thurs., Jan. 18** – Clear Space Theatre for "Mouse Trap" and Purple Parrot for a late lunch, Rehoboth, Beach, \$25/ticket, 9:45 a.m.

**Fri., Jan. 19** – Dollar Tree and On The Way Café, Selbyville, 10 a.m.

**Thurs., Jan. 25** – Sisters Shop and The Sterling Tavern, Berlin, Md., 9:45 a.m.

**Fri., Jan. 26** – TBD, possibly Egg and The Zwannendael Museum or RB Museum.

*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.*



**Sandhill Cafe**

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

**Grab-N-Go**  
**Breakfast**  
7 a.m. til 10 a.m.

**Lunch**  
11 a.m. to 2 p.m.



Call 302-854-9500 or  
email - [asmith@cheerde.com](mailto:asmith@cheerde.com)  
to order for pick up!







# Bazaar Fun ...

Fun went along with the crafts and treasures available at Ocean View Center’s annual Holiday Bazaar.

At left, member Phil Mazzola and member/volunteer Lorraine Jordin kick it up to Barb’s piano tunes.

At right, member and volunteer Kitty Cole show off some of Marie Buckley’s crocheted creations. All proceeds of her’s goes to the Saint Vincent de Paul Food Pantry on Rt. 17 that the Ocean View center supports.



MEMBER Phil Mazzola shows off his textile wares.



QUILTING GROUP members Marie Weisbrod, Sue Phillips and Yvonne Banks show a beautiful basket the group made and donated for the Bazaar’s Lucky Draw.



MEMBER Graydon Meredik sells a 50/50 ticket to Bill Davis.



MEMBERS Marie Boyle (left) and Shirley Stephens (right) enjoy the piano Christmas music played by Barb Clair.



## Roxana's Norma Is Honored At Holiday Feast

Roxana's Norma Hall received an Appreciation Certificate at the recent CHEER Holiday Feast to acknowledge her efforts for the years of fundraising she has done for the agency. Norma has currently taken charge of fundraising at Roxana to restore the center's monetary funds to help its members in need. She wants everyone to know the piggy bank has filled up fast.

Norma says, "Thank you to everyone who has helped restore Roxana's capability to help our members in need. We can now afford to send cards or flowers to cheer our members during difficult times and help those less fortunate be able to go with us on day trips and such. Your help is greatly appreciated."



**CANDY CANE COCOA KARAOKE** was enjoyed by Roxana and Ocean View seniors. Left to right are: above - Ed Fowler, Alice Godwin, Al Oliver, Carol George and Pat Cohee (in back); below - Karen G., Margie W., Bernie Siano, Deb Johnstone and Claudia Marcello.



### Roxana Activity Center

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



## Happenings

### Monthly:

**1st Thursday, 10:30 a.m. –** Beckett's Bulletin. CHEER CEO Beckett Wheatly has an interactive Zoom meeting with all of the CHEER Centers online. She hosts the meeting from a different center each month and provides an update of what is going on at CHEER and encourages our members to ask questions and voice their suggestions.

**1st Wednesday, 10:30 a.m. –** Members Meeting

**4th Monday, 10:30 a.m. –** Stand By Me with Kathleen Rupert

### Weekly:

#### Monday:

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 – 1 or 2 times a month. Sign up required.

### Wednesdays:

Morning Café, Socializing and Snacks

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>.

**\*\*Sign up required – limited seating.**

### Fridays:

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel

Group Choice: Game / Discussion Group

Lunch

Memory Café with Christie Shirey

## Special Events

Dates TBD: Pastor Dan and Betsy Taylor – Bible Study/Music Ministry

**Jan. 17 –** PAM Health Educational Speaker – Topic TBA

## Closings

**Jan. 1** - New Year's Day

**Jan. 15** - In Honor of Martin Luther King Jr.

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





# Mark Your Calendars!

## Special Public Events in 2024

**JANUARY 10 - TRAVEL EXPO.** CHEER Community Center, Georgetown. 5-7 p.m. \$5 pre-paid registration fee.

**FEBRUARY 23 - BLACK HISTORY CELEBRATION.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m. All Centers will be closed.

**MARCH 9 - SPRING CRAFT SHOW.** CHEER Community Center, Georgetown. 9 a.m.-2 p.m.



**MARCH - MARCH FOR MEALS.** Date TBA, All Meals on Wheels centers.

**APRIL - VOLUNTEER APPRECIATION MONTH.** Celebration dates TBA.

**MAY 24 - OLDER AMERICANS DAY CELEBRATION.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m. All Centers will be closed.

**AUGUST 3 - 14TH ANNUAL FUNDRAISING CAR-TRUCK-BIKE SHOW.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m.



**SEPTEMBER 6 - TRAP POND FALL FESTIVAL.** Trap Pond State Park, Laurel. 10 a.m.-2 p.m. All Centers will be closed.

**SEPTEMBER - MILITARY HONORS DAY.** Date TBA, CHEER Community Center, Georgetown.



**OCTOBER 5 - FALL CRAFT SHOW.** CHEER Community Center, Georgetown. 9 a.m.-2 p.m.

**NOVEMBER 8 - VETERANS DAY DINNER DANCE.** CHEER Community Center, Georgetown. 5-9 p.m.

**NOVEMBER 26 - HOLIDAY FEAST.** CHEER Community Center, Georgetown. 10 a.m.-2 p.m. All Centers will be closed.

**DECEMBER 25 - OPERATION CHRISTMAS CHEER.** CHEER Community Center, Georgetown. 9-11 a.m. All Centers will be closed.



*Complete details for each event will be announced as finalized.*

**For info go to [www.cheerde.com](http://www.cheerde.com) or call 302-515-3040.**



# WE NEED YOU!



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

Milton and Georgetown CHEER Centers

**To Volunteer Today Call**

**302-515-3040**

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

