

FREE

FEBRUARY 2024

CHEERful Living

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

Operation Christmas CHEER

Hundreds of senior citizens in Sussex County enjoyed Christmas Day because of a visit from CHEER volunteers with gifts and food. Even Santa's elf had The Grinch in the holiday spirit thanks to Nicole Walter and Aryana Drummond from Enchanted Magical Moments of Millsboro volunteering their time at the Community Center.

More Operation Christmas CHEER volunteer photos on pages 12 and 13, and throughout this issue.

Don't Forget, 2024 Is Leap Year

Why do we have to have another day added in February every four years?
The reason is given on page 11.





**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
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Inside Covers*	10.75 in. x 12 in.	\$700
Full Page*	10.0 in. x 11.25 in.	\$550
Half Page*	10 in. x 5.625 in. OR 4.875 in. x 11.25 in.	\$300
Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 OR 2.3125 in. x 5.625 in.	\$100

INCLUDES COLOR

DEADLINE - 1st of Preceding Month

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



Dr. Doran takes personalized approach to hip surgery.

Tidal Health Is With You At Every Step

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

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

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

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

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

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

TidalHealth Orthopedics has locations in Millsboro and Seaford. To learn more about Dr. Doran, visit tidalhealth.org/orthopedics.



Trust experience.

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

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

Personalized treatment plans. Less pain. Quicker recoveries.

William Doran, DO, FAAOS

Locations in Millsboro
and Seaford
302-990-3280

tidalhealth.org/orthopedics



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MEALS on WHEELS
AMERICA
2024 MEMBER

“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

Can you believe it’s February already! February may be the shortest month of the year, but it sure does pack a big punch! It’s all about love, compassion, acceptance, and kindness; a few words that we should all live by. February is about being mindful about fostering relationships and caring for others, including taking care of yourself and taking the time to recharge.

Take a moment and think about everything and everyone you have compassion for or love. I quickly reflect on those that I spend a lot of time with, my CHEER family. I am surrounded by so many people with such compassionate hearts and eagerness to enhance the daily lives of those around us.

Have you ever met our Central Kitchen staff? They are so adamant about serving the best tasting meals to our seniors. Our menu has been revamped and is outstanding. I may not be considered a ‘senior’ yet (and I am not in any hurry), but I can tell you that the meals are delicious.

Our Homebound Outreach Workers and Personal Assistance Direct Care Workers have such caring hearts for our seniors to make sure that they have what they need to continue being independent in their own homes. Do you have a senior loved one who cannot



get out and needs a daily meal? Contact our Nutrition Program at 302-856-5187. Perhaps there is a Sussex County senior who needs a little help around their home with personal care or housekeeping. Call 302-854-9555 for personal assistance.

Have you heard about our Sand Hill Adult Day Program? It is an amazing program for our loved ones who need a little extra care Monday through Friday. The Adult Day Program is specifically designed to engage members socially, intellectually, and creatively based on their individual needs and functional ability. It also gives their caregivers a break during the weekdays. For more information about our Adult Day Program, call Cindy Mitchell at 302-854-2882.

What about yourself? We need to love ourselves. We all

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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

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FMT Assistant

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Finance Director

Ginger Clifton
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Hospitality Director

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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

CEO Perspective - Cont'd from page 4

need to get out and do something for ourselves, even if it's just a few hours at a time. I realize we are all busy. I am challenging each of you to do something new this month. We need to refresh ourselves. Let's get out and do something we enjoy. Make a new friend. Do something new. Smile more!! I encourage you to become a MEMBER of CHEER! Participate in our many activities at our seven senior activity centers throughout Sussex County at Georgetown, Greenwood, Milton, Lewes (Harbour Lights), Long Neck (Millsboro), Roxana, and Ocean View. We have some great events in February that you will want to check out: Black History Month Celebration on February 23 and Hispanic Wellness Culinary Expo on February 24, both at our CHEER Community Center in Georgetown.

Did you know that, as a CHEER member, you can join ANY of our CHEER FITNESS Centers for FREE? If you join CHEER for only \$30 a year, which covers ALL CHEER Activity sites, you can participate in any of our Fitness Centers, such as gym equipment, Tai Chi, Zumba, Chair Yoga, and more! Check out our Senior Activity Centers' calendars for more information at www.cheerde.com/senior-centers.

There is also a scheduled exercise group called S.L.I.C.E. that meets at the CHEER Community Center every Monday and Wednesday mornings. If you are interested, call 302-854-9500.

We also have a CHEER Travel Club if you would like to expand your horizons! Contact Robin Greene at 302-853-4199 for more information on our upcoming trips.

I am often reminded of a very important message from one of my childhood books written by Aesop: "No act of kindness, no matter how small, is never wasted." My favorite time of the year is National Acts of Kindness Week (February 14-20). It is supposed to be celebrated each year on a specific day (February 17), but I think we should celebrate every day!

There are five main **Acts of Kindness** that I am asking each of us to consider every day:

Call a loved one. When was the last time you reached out to say "hi"? You may think it is a nominal task, but it may mean everything to a lonely senior.

Pay it forward. Consider paying for another person's food, supplies, etc. You will be amazed at how good you feel afterwards!

Give a Compliment. This can never be done too much. It always amazes me how much acknowledging those around us does for everyone involved.

Volunteer. CHEER is so dependent on our volunteers. From time spent helping in our centers to delivering meals. We GREATLY appreciate YOU!

Donate. We could not continue to operate without the support of our donors throughout the year.

Please call CHEER at 302-515-3040 and ask if there is anything you can help CHEER with your donation or support or time. We really appreciate your support!

A young fellow away at college couldn't get home for Christmas. He sent his father a cheap present with a note, "Dear Dad, this isn't much, but it is all you could afford."



Fill The Sleighs Of Christmas CHEER ...

As part of Operation Christmas CHEER, Santa sleighs were placed in businesses around Sussex County for the public to place their donated Christmas gifts for seniors that were then brought to the CHEER Community Center for distribution on Christmas morning. Businesses that allowed Santa to park his sleigh at their buildings were County Banks in Long Neck and Milton, M&T Bank on Rt. 113, Georgetown, and Meineke Car Care Center in Lewes.

Above photo shows Santa helpers at County Bank Long Neck, left to right - Manager Terry Brewster, Personal Banker II Trevor Baull, and Assistant Manager Bonnie Paulson.

Below photo shows Santa's elves at M&T Bank, Rt. 113 Georgetown; Manager Mary Ann Smarte (center) and her staff.



CHEER Values Importance Of Pets For Seniors

By Christie Shirey
Caregiver Resources

Everyone at the Caregiver Resource Center knows how important our pets are. They are our families, sometimes they are the only living thing that we interact with. We also know sometimes we do without so our pets can have the care and food necessary. This month, I would like to cover some of the programs that can assist with providing care for your pets.

Pet Food:

CHEER has pet food for

needed seniors and it just takes a phone call to Megan Jordan at 302-854-2886. Brandywine SPCA also offers a program with cooperation with Meals On Wheels. You can call my office at 302-515-3045 for more information.

Medical Care:

Delaware has several low cost Spayed/Neuter Programs. You can qualify for a voucher if you participate in an assistance program or if you are a veteran with a disability rating of 50 percent or higher. This service is offered at the Brandywine



Mr. Man - the CHEER Cat poses with "Dr. Mike" at Four Paws Veterinary Clinic before he had his procedure and wants to encourage you to get your pets spayed or neutered.

SPCA as well as several local veterinarians including Avenue Veterinary Clinic, Coastal Veterinary, Crossroads Veterinary Clinic, Four Paws Animal Hospital, and Precious Paws Animal Hospital.

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.

February 1

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

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

February 3

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

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

February 6

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

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

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

February 7

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

February 8

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

February 9

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

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

February 12

See Resources - page 7



Caregiver Support Groups/ Memory Cafe

Georgetown CHEER

Memory Cafe -

Every Tuesday, 9:30-11:30 a.m.

Greenwood CHEER

Caregiver Support Group -

1st Thursday of the month, 1 p.m.

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Thursday, 1-3 p.m.

Long Neck CHEER

Caregiver Support Group -

1st & 3rd Tuesday of the month, 1 p.m.

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Tuesday, 1-3 p.m.

Milton CHEER

Memory Cafe -

Every Thursday, 9:30-11:30 a.m.

Dementia Discussion Group

1st Monday, 10 a.m.

Ocean View CHEER

Caregiver Support Groups -

1st Thursday of the month, 6 p.m.

Partnered with the Alzheimer's Assoc.

3rd Wednesday of the month, 3 p.m.

Partnered with the Parkinson's Education

and Support Group of Sussex County

Memory Cafe -

Every Friday - 10 a.m.-11 a.m.

Roxana CHEER

Memory Cafe -

Every Friday, 12 noon-2 p.m.

One-on-One Support Group
available by calling Christie Shirey

302-515-3045

Resources -

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

February 13

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

1 p.m. – Memory Café, Long Neck CHEER

February 15

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

February 16

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

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

February 20

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

1 p.m. – Memory Café, Long Neck CHEER

February 21

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

February 22

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood CHEER

February 23

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

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

February 27

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

1 p.m. – Memory Café, Long Neck CHEER

February 29

9:30 a.m. – Memory Café, Milton CHEER

1 p.m. – Memory Café, Greenwood 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.

Television Viewing And Dementia

**By Cindy Mitchell
ADC Director**

Since television began, there have been studies weighing the pros and cons of its impact. One seldom discussed topic though is “Should dementia patients watch TV?” The reality is, watching TV did not show any positive or negative effect on global cognitive function, immediate memory, verbal fluency, or risk of dementia.

However, the choice of program can be dependent upon the stage of dementia. So which TV shows for people with dementia are good? According to The Village at Gleannloch Farms, people should follow three tips to ensure a good viewing experience for yourself and your loved one.

1. Keep it light. What is most important in television or movies for people with dementia is that you choose something positive in nature. Depression is common for people with Alzheimer's – in fact, up to 40% of people with the disease suffer from significant depression. It is easy for people with dementia to get confused about what is reality and what is a fictional program.

2. Stick to the familiar. For seniors with dementia, watching a familiar program or film can spark memories of a beloved experience.

WE  LOVE
OUR VOLUNTEERS



3. Watch together. No matter what TV show or movie you choose, make it a shared activity. Even if you are not talking while watching something together, just having someone to share the experience with may help people with

dementia focus on the screen or simply relax and enjoy it more because someone is there with them.

To find out more about CHEER'S Sand Hill Adult Day Program call Cindy Mitchell at 302-212-4482.

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

SAND HILL ADULT DAY PROGRAM

*We understand
how difficult it can be.*

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



Here Are Some Examples Of How A Reverse Mortgage Can Be Used

A client of mine owned her home free and clear and had enough funds each month to pay her taxes and insurance but wanted to have extra funds each month to be able to go on cruises with her girlfriends. Getting a reverse mortgage allowed her to have extra discretionary income to enjoy going on cruises and enjoy life in general.

Another client was married to a veteran. He fell ill and moved into a Veterans Home. His VA disability and Social Security then had to be paid to the Veterans Home. This left the wife with just her own Social Security income to live on. She had a few little debts and decided she wanted to receive \$400 per month to give her freedom to be able to go out with friends. The Reverse Mortgage gave her the freedom.

(Provided by JoAnn Moore, NMLS #165477, 302.236.1229)



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.

Save In The New Year

People who make a habit of saving regularly, even saving small amounts, are well on their way to financial independence. It's important to open a bank or credit union account so it will be simple and easy for you to save regularly. Then, use your savings to plan for life events and to be ready for unplanned or emergency needs.

Actions you can take:

- Start saving; form a savings habit, and pay yourself first! To pay yourself first, commit to putting some of your paycheck or Social Security check in a savings account. You can arrange with your bank to automatically transfer a certain amount from your check or your checking account to savings every month.
- Open and keep an account at a bank or credit union that meets your needs.
- Explore moving your savings to a high interest savings account so money will work harder for you.
- Track your savings. You may save more because you have it on your mind.
- Keep the savings in an insured bank or credit union account that you can access if you need it.
- Plan for short-term and long-term goals.
- Build up emergency savings for unexpected events.

**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!



Craft Show

Saturday, March 9, 2024 • 10 a.m. to 2 p.m.

Warren L. & Charles C. Allen, Jr.

CHEER Community Center

20520 Sand Hill Rd. • Georgetown, DE

Tables are only \$35 (8-foot) • Additional tables are only \$10 (6-foot)

No tables may be brought into the show.

Electricity, or wall space, \$5 extra

**For more information or to reserve space contact
Amy Smith at 302-853-4200 or email asmith@cheerde.com**

LUNCH IS AVAILABLE

Hot Dog Meal (Chips & Soda) \$6 • Hot Dog on Bun \$4

Chips, \$1 • Cookie, \$1 • Soda/Water, \$2

Vegetable Soup - \$3 (8 oz), \$6 (16 oz), \$12 (32 oz)

Maryland or Cream of Crab Soup - \$4 (8 oz), \$8 (16 oz), \$16 (32 oz)



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

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condo or HOA fees and maintain property)**

**Turn the equity in your home into funds
you can use in retirement.**



PASA Coordinator Is Essential To The Caregiving Team

By Debbie Joseph
PASA Director

Tamara Briddell has been employed with CHEER since July 2020. She started as a Direct Care Worker and then as the PASA Placement Coordinator in April 2023.

Tamara is an essential part of the CHEER PASA team! She assists with all Customer and Direct Care Worker scheduling needs and answers the multitude of incoming calls. Tamara is great at multi-tasking! She does her job well and is always willing to assist with other tasks.

Tamara is super friendly



Tamara Briddell

and gets along with all office staff and Direct Care Workers and all our Senior customers. She is a pleasure to work with and there has never been a better fit for an office team player than Tamara. She makes the office a fun place to work!

I cannot express enough how much Tamara is appreciated every day. Thank you Tamara for all your dedication to the PASA Program!

Chase That
Virus Away!



Wash Your
Hands!



The offices of CHEER and all Activity Centers will be closed on the following 2024 holidays:

2024 Holiday	Calendar Date	Date Observed
New Year's Day	Monday, January 1	Monday, January 1
Martin Luther King Jr. Day	Monday, January 15	Monday, January 15
President's Day	Monday, February 19	Monday, February 19
Good Friday	Friday, March 29	Friday, March 29
Memorial Day	Monday, May 27	Monday, May 27
Juneteenth	Wednesday, June 19	Wednesday, June 19
Independence Day	Thursday, July 4	Thursday, July 4
Labor Day	Monday, September 2	Monday, September 2
Thanksgiving Day	Thursday, November 28	Thursday, November 28
Friday after Thanksgiving	Friday, November 29	Friday, November 29
Christmas Day	Wednesday, December 25	Wednesday, December 25

2025 Holiday	Calendar Date	Date Observed
New Year's Day	Wednesday, January 1	Wednesday, January 1

Clip and Save

Buffalo Chicken Dip

This tangy, creamy Buffalo Chicken Dip tastes just like Buffalo chicken wings! Perfect for parties and game day, this chicken dip is best served hot with crackers and celery sticks. Everyone loves the results!

Ingredients:

- 2 (10 ounce) cans chunk chicken, drained
- 3/4 cup hot sauce
- 2 (8 ounce) packages cream cheese, softened
- 1 cup ranch dressing
- 1-1/2 cups shredded Cheddar cheese.



Directions:

Gather all ingredients. Heat chicken and hot pepper sauce in a skillet over medium heat until heated through, 3 to 5 minutes. Stir in cream cheese and ranch dressing. Cook and stir until well blended and warm, 3 to 5 minutes.

Mix in 1/2 of the Cheddar cheese and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over top.

Cover and cook on LOW until dip is hot and bubbly, about 35 minutes.

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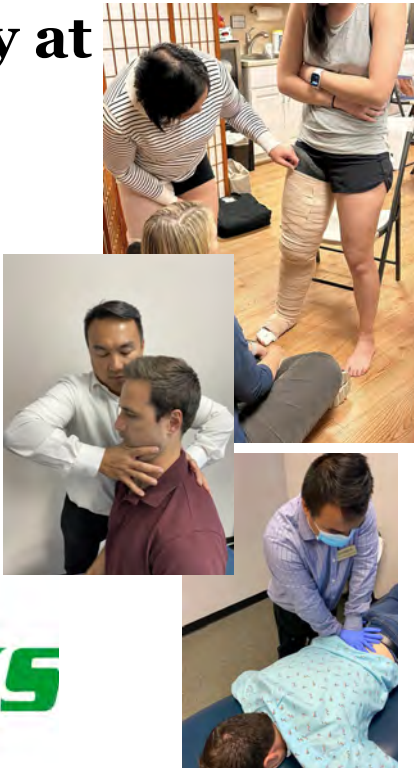


GREENWOOD - M/Th, 8:30-12 (Anne PT)
LEWES - Tu, 8:30-12; Fri, 9-12 (George PT)
MILTON - M/Th, 1-4 (Anne PT)
LONG NECK - Tu/Fri, 1-4:30 (George PT)

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Volunteer Spotlight ...



This month, CHEER salutes Dan Spencer (left) who came down from Dover on Christmas morning to help get the Operation Christmas CHEER gifts out to the seniors in Sussex County. Dan says he was looking for something to volunteer doing for Christmas and CHEER was the first non-profit agency to call him back. In photo, Dan helps Events Director Deb Dodd load up with pet food to take to the seniors.

Welcome New Volunteers

Lauren Cano	Roxana	Center/Kitchen/Fitness
Jessica Colt	Roxana	MOW/Center
Timothy Dorman	Community Center	Center/MOW/Kitchen
Ratrina Harrison	Long Neck	MOW/MED/Center
Richard Hazard	Milton	MOW/Kitchen/Center
Henry Ical-Cacao	Georgetown	Fitness/Kitchen
Joy Jones	Harbour Lights	MOW/MED/Center
Rocio Lares	Milton	Spec. Events/Bilingual
Faith Lynch	Long Neck	Center
Jerri Nickle	Ocean View	Center/MOW
Barbara Powell	Harbour Lights	Center/Front Desk
Sannie Price	Milton	Center
Selena M. Purata	Georgetown/Milton	MOW/Spec. Events/ Bilingual
Monica Ruiz	Georgetown	Center/Bilingual
Margaret Schultz	Harbour Lights	Front Desk/Center
Darlene Selk	Long Neck	MOW/Center
Arelia Wright	Long Neck	Center
Jill Wright	Milton	MOW/Center

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



The Good And Bad About Soy

By Lisa Harkins, RD, LDN

If you read your food labels, you'll likely notice that soy is in just about everything you eat. You may have also heard that this legume is particularly healthy for your heart. But what about those claims that soy isn't so good for you? To understand this complex food, let's start at the beginning.

Soybeans are grown abundantly in the U.S. Soy protein was first isolated for non-food purposes such as paper coatings, artificial silk, and fire-fighting foam on Navy ships in the 1930s. It wasn't until the late 1950s that food-grade soy isolate was developed. *Soy isolate* is made from defatted soy flour and water, and the insoluble parts of the mixture are extracted, while the resulting soy protein curd and whey are separated. The curd is the end iso-

late product used to emulsify, provide texture, and increase the protein content in various food stuffs like salad dressing and imitation meats. The process to produce *soy concentrate* keeps the soy proteins intact during the extraction of soluble carbohydrates, soy whey proteins and salts from the initial soy flour.

Soy protein is considered a "complete" protein -- it contains all 20 essential amino acids critical for human health, like

those found in eggs and beef. This is good news for those trying to limit their intake of animal products, but who still want to maintain a nutritionally adequate diet. Soy has also been shown to decrease bad blood cholesterol levels, which in turn, could decrease the risk of heart disease.

But soy is the second most allergenic food (the first being peanuts). Since soy flour, isolate and concentrate are in a multitude of food products, following

a soy-free diet can be difficult. Although there have been studies that show soy may decrease the risk of certain cancers, particularly breast and prostate, consumption of foods that contain soy isolate or concentrate is cautioned by those with a current or previous diagnosis of breast cancer, since intake may contribute to tumor growth. Whole soy foods like soy milk, edamame, tempeh, miso, and tofu are considered safe to eat.

Why is 2024 A Leap Year?

2024 is a leap year. The 2024 leap day will fall on **February 29, 2024**. The next one is February 29, 2028. We use leap years to keep our calendar in sync with the seasons.

Leap days keep our calendar in alignment with Earth's

revolutions around the Sun. It takes Earth approximately 365.242189 days, or 365 days, 5 hours, 48 minutes, and 45 seconds, to circle once around the Sun. This is called a tropical year, and it starts on the March equinox.

However, the Gregorian cal-

endar has only 365 days in a year. If we didn't add a leap day on February 29 almost every four years, each calendar year would begin about six hours earlier in relation to Earth's revolution around the Sun.

See LEAP YEAR - page 19

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



Rick and Pat Rinderle of Milton double check their delivery list since this is their first time helping at Operation Christmas CHEER.



The Scheetz family of Ellendale enjoyed passing out the gifts, left to right - John, mother-in-law Jennifer Martin and Wendy Scheetz.



Phillip and Sally Craig of Fenwick Island dressed in their holiday best to do their deliveries.



Cinarda and Levonne Moore of Dover have their car packed full of gifts and food to deliver to seniors in Sussex County.



Donna Messick brought her daughter Samantha to help deliver for Operation Christmas CHEER. A student at Salisbury Christian School, Samantha received extra credits for Community Service by helping.



CHEER COO Tom Reardon brought his family to their first experience helping at Operation Christmas CHEER. Left to right - son Fenwick, daughter Bethany, wife Dawn and Tom.

Operation Christmas CHEER



Beth Young and Gladys Martin check their route before heading out to deliver gifts in the Seaford area for the second year.



The Hudson Family of Delmar takes time for a picture with CHEER's CEO Beckett Wheatley and her husband before delivering to seniors. Left to right are: front - David and Lauren Hearn; back row - Beckett, Annabelle Hudson, Bob Wheatley, and David Hearn.

Thank You Volunteers



The Herrington Family is ready to be Santa's elves. Left to right are Wyatt, Kurt, Marshall, Charisse, and niece Lilly.



Maryann Gardenhire assists Daniel Cabrera and Maria Vazquez of Milton with checking in to get their delivery assignments.

Former CHEER Board President Bud Clark and his wife Connie do not miss a year of Christmas CHEER.





Fiona and Vivian Larusso have grown up being CHEER's Santa elves. This is their fifth year of helping. They especially enjoy the visits and cookies.





Menu items subject to
change due to
availability.

Monday	Tuesday	Wednesday	Thursday	Friday
 DELAWARE HEALTH AND SOCIAL SERVICES <i>Division of Services for Aging and Adults with Physical Disabilities</i> <i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i>				
5 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	6 Fish Tacos w/Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk	7 Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	1 Chicken Tahitian w/Fruited Wild Rice Stuffing Fresh Baked Squash Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	2 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk
12 Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk	13 Pork and Vegetable Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches and Apples Skim Milk	14 Hamburger on Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk	8 Macaroni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk	9 White Bean Soup Deli Sandwich w/Lettuce and Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk
19  Presidents Day. CHEER Centers are closed.	20 Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	21 Baked Manicotti Sauteed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	15 Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk	16 Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk
26 Chili w/Monterey Jack Cheese Tossed Garden Salad Cornbread Chilled Fruit Cup Skim Milk	27 Hot Turkey Sandwich Garlic Mashed Potatoes Green Beans w/Mushrooms Apple Pie Skim Milk	28 Chicken Fricassee Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	22 Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk	23 Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk



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

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

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? Let's take a look.

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, Medi-

care Part A and Medicare Part B (together known as **original Medicare**) may cover some services 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. (Custodial is personal care helping with daily activities like eating, dressing, and using the bathroom). 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 (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 addition 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

See Medicare - page 16

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



SHIP
State Health Insurance
Assistance Program



Georgetown Activity Center

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

Happenings

Feb. 2 – Groundhog Day, the day we find out whether winter will last six more weeks or call it quits early.

Feb. 2 – Georgetown visits Greenwood

Feb. 14 – Valentine's Day Party

Feb. 15 – Dinner/Bingo, 4-6 p.m.

Feb. 16 – Greenwood to Georgetown

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

Monday – Friday – Coffee and Social Hour

Monday – Chair Fitness, 10 a.m.; Bible Study with Ruth, 10:30 a.m.

Tuesday – Penny Bingo, 12 p.m.

1st Thursday – Beckett's Bulletin

3rd Thursday – Revive Sound Productions with Randy

Friday – Breakfast in the Café - \$2 for seniors

Friday – Chair Fitness, 10:30 a.m.; 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.

Happy Birthday to all February Birthdays.



Medicare - Cont'd from page 15

available support.

Outpatient prescription drugs for Alzheimer's and dementias. There are two important things to keep in mind: first, Medicare requires prescribing physicians

to enter their patients' information into a federal registry as a condition of coverage. Second, patients still will be responsible for a 20% copay after meeting their Medicare Part B deductible.



The Beauty Of Christmas ...

Michele Fletcher (left), owner of Shear Expressions Beauty Salon in Georgetown, hands over a full box of Mary Kay beauty products to CHEER Community Relations Director Carolyn O'Neal that were gifts for seniors as part of Operation Christmas CHEER. For each product donated by her customers, Michele donated a matching product. This is the third year Michele has participated in the event.

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.



Members Wish Fran And Jim 'Happy Retirement'



At left, husband and wife Jim and Fran Smith hold a framed poem written by one of their members and signed by members at the Greenwood center. Fran is retiring as center director at Greenwood and over 25 years with CHEER and Jim is retiring as kitchen manager although he will continue to serve as evening janitor to keep the center clean for the members.



Greenwood Activity Center

41 Schulze Road • Greenwood, DE
Sheila Roell, Director
302-349-5237

Hello everyone! We at CHEER hope you are enjoying your NEW Year. This is my first opportunity to introduce myself to you. My name is Sheila Roell. I was originally the Milton CHEER Activity Director for almost six years. I retired and recently returned to be the Greenwood CHEER Center Director, upon Fran Smith's retirement.

Fran devoted many years to CHEER, including the past several years at Greenwood.

It's a pleasure for me to step into her role as Center Director and to spend time building memories together. Please feel free to stop in to see me at any time. I'm always available for you!

Happenings

Feb. 1 – CHEER's CEO Beckett Wheatley discusses happenings and events via Zoom, 10:30 a.m.; 1 p.m., Memory Cafe

Feb. 2 – Entertainment by Lisa Miller and guests from the Georgetown CHEER, 10:30 a.m., includes Prize Bingo

Feb. 7 – Penny Bingo. Don't

forget to bring your pennies at 10:30 a.m.

Feb. 8 – Alzheimer's Caregiver Support Group, Thursday, 10:30 a.m.

Feb. 9 – Blood pressure self-monitoring program with Betty Fletcher, 10 a.m.

Feb. 14 – Positive Music Time with Randy, 10:30 a.m.; Valentine's Party with music provided by John Rivero, 11:30 a.m.

Feb. 15 – Stroll Down Memory Lane with Mason Dixon, 10:30 a.m.; Speaker Billy Nutter from PAM Rehab, 12:15 p.m.

Feb. 16 – Bus departs at 9:30 a.m. for trip to Georgetown CHEER

Feb. 19 – Center closed in observance of Presidents' Day Holiday

Feb. 21 – Bus departs at 9:30 a.m. to Byler's in Harrington, followed by lunch at Rudy's

Feb. 22 – Speaker Victoria Lowrie from Highmark, 10:30 a.m.; Dinner and entertainment, 5 p.m.

Feb. 28 – AARP Defensive Driving class, 9 a.m. - 3 p.m.



Above, Mr. Goodwood and his partner, Ken Huff, give Fran a photo of them with her to remember them by during her retirement.



Greenwood member Wayne Pugh presents retiring Center Director Fran Smith with a photo for her to remember her days at Greenwood.



Husband and wife, Jim and Fran Smith, enjoy one last dance as CHEER employees during their retirement party given to them by the Greenwood members.



Lewes Activity Center

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

...and just like that, it is February. February is an exciting month for everyone. Although February is the shortest month in the year, it's a month to enjoy the warmth of a fireplace, cuddles in a blanket on a brisk night, the smell of your favorite brew, and a chance to see snowflakes falling from the sky.

Heart Month

February is American Heart Month. American Heart Month is an annual observance dedicated to raising awareness about heart health and cardiovascular diseases. We bring awareness by wearing red on a dedicated day and provide information about the disease. **February 2**, is **Wear Red Day**, please wear red and come to receive information about American Heart Month.

Valentine's Day

February is a month of love, excitement, and care. We celebrate Valentine's Day, a day that we show those that mean the most to us how much we love them. Whether it's a spouse, sibling, parent, or a close friend. Many believe that Valentine's Day should be celebrated every day of the year, while others look forward to a special moment with a loved one. Whatever you believe, bask in love and all the joys it brings. We will celebrate Valentine's Day on **February 9** at our Valentine's Day Party. We will begin the party at 10 a.m. with games for a chance to win a prize. At 10:30 a.m., we will be having entertainment provided by Imagine until 11:30 a.m. After lunch, we will be having a delicious lunch

followed by Prize Bingo. Please come out and enjoy a day of fun at the center.

Super Bowl

Many enjoy February because it is the month that the Super Bowl takes place. A time to get together for a Super Bowl Party to enjoy good food, football, commercials, and a preview of new shows. Wear your favorite football team colors/ jersey the day after the Super Bowl, which is **February 12**.

Come enjoy a fabulous February filled with lots of love and sweet surprises.

Moving to the Oldies

Last month, we started a new exercise program, Moving to the Oldies. Please don't forget that the exercise class is free for members. This is a chair exercise program, so please don't worry about balance. Join us at the center every **Wednesday** at 9:15 a.m.

Breakfast Bash

Please don't forget that we will be having a breakfast at the center every **Tuesday**. Breakfast will begin at 8:30 a.m. The cost of breakfast is \$2 for members and \$4 for non-members. Please sign up for breakfast at the desk.

Healthy Recipe Class

The healthy recipe class is a fun, engaging and informative cooking demonstration, along with the opportunity to help create the dish. Recipe cards will be distributed along with a host of nutritional facts. We



PJ PARTY TIME ... Those arriving in character for the Holiday Pajama Party at Harbour Lights CHEER were, left to right: seated - Joan Clemente and Louise Sloane; standing - Barbara Fox, Jean Forry, Director Crissy Tunnell, Betty Guyton and Melody Jordan.

embrace community and create a safe space to discuss foods and how we can make better choices in our everyday lives. Come out to relax and enjoy fellowship with one another while we combat healthy eating together one recipe at a time. The next class will be held on **February 15**, at 10:30 a.m.

Dinner and Prize Bingo

We will be having a dinner and Prize Bingo on **February 15**. The dinner will begin at 5 p.m., followed by free Prize Bingo. The cost of the dinner is \$5 for members and \$7 for non-members. The menu for dinner is Lasagna, Caesar Salad, Garlic Bread and Apple Pie. Please sign up for the dinner at the desk. Transportation is available if we have enough riders for the bus.

Happy Birthday

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

in February on **February 21**. 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.

Book Club Meeting

If you are interested in starting a book club, we will be having our first meeting on Thursday, **February 29**. The meeting will be at 10:30 a.m. in person and via Zoom for anyone who is interested in participating. For more information, or to sign up, please see Crissy.

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

*If procrastinators
had a club,
would they ever
have a meeting?*



Long Neck Activity Center
Pelican Cove, 26089 Shoppes at Long Neck • Millsboro, DE
Samantha Harper, Director
302-945-3551

Hello, My name is Samantha Harper, but you can call me “Sam”. I am the new center director in Long Neck. I am very excited to be here, and I look forward to getting to know everyone.

Happenings

- Thurs., Feb. 1 – 10:30 a.m., Beckett’s Bulletin via Zoom
- Fri., Feb. 9 – 12 noon, Dr. George will be hosting a Physical Therapy Seminar
- Wed., Feb. 14 – 9:30 a.m., Valentine’s Party
- Wed., Feb. 28 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our

Leap Year -
Cont’d from page 11

As a consequence, our time reckoning would slowly drift apart from the tropical year and get increasingly out of sync with the seasons. With a deviation of approximately six hours per year, the seasons would shift by about 24 calendar days within 100 years. Allow this to happen for a while, and Northern Hemisphere dwellers will be celebrating Christmas in the middle of summer in a matter of a few centuries.

Leap days fix that error by giving Earth the additional time it needs to complete a full circle around the Sun.

(Ref: TimeandDate website, by Vigdis Hocken and Konstantin Bikos)

“What kind of papers do I need to travel to Europe?” a youth asked a travel agent.
“Basically, a passport and a visa.”
“I have the passport, no problem,” said the youth. “Do you think they’ll accept MasterCard?”

February birthdays.

Trips

- Thurs., Feb. 8 – Trip to Byler’s and Produce Junction, bus leaves the center at 9:15 a.m.
- Tues., Feb. 13 – Trip to Boscov’s in Dover, bus leaves the center at 9:15 a.m.
- Tues., Feb. 20 – Trip to Super Walmart in Seaford and Golden Eagle Diner, bus leaves the center at 9:15 a.m.
- Every Monday – Walmart, the bus leaves the center at 9:30 a.m.
- Every Friday – Dollar Tree, the bus leaves the center at 10 a.m.





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

Postive Thoughts
Just because you cannot predict the ending does not mean you should not start a new beginning.

Happenings

- Mon., Feb. 5 – Health and Healing with Michelle
- Tues., Feb. 6 – Informational Seminar with Drew
- Wed., Feb. 7 – Shopping trip to Walgreens, Food Lion, Dollar General, and the Post Office
- Thurs., Feb. 8 – Trivia with Mason
- Mon., Feb. 12 – Valentine’s Day Party with DJ Daniel
- Tues., Feb. 13 – The history of African American Influence Music with Mason
- Wed., Feb. 14 – Trip to Produce Junction with lunch at Chick-Fil-A

- Mon., Feb. 19 – Closed for Presidents Day
- Tues., Feb. 20 – Cigar Box Comedian Dennis
- Thurs., Feb. 22 – Music Trivia with Mason
- Mon., Feb. 26 – Blue Cross/Blue Shield of DE Engagement Mystery Date with Victoria Lowrie
- Happy February Birthdays!
- Monday and Wednesday Regular Yoga, 11 a.m.
- Tuesday and Friday Chair Yoga, 11 a.m. Board Games. 12:30-2 p.m.
- Wednesday Arts and Crafts, 9 a.m. Bridge, 10 a.m.
- Thursday Mahjongg, 12:30 p.m.-2:30 p.m.
- Friday Breakfast, 9 a.m.

You Don’t Need A Reason To Help People

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**Ocean View Activity Center**

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

Celebrate Black History

"The time is always right to do what is right."

-Rev. Dr. Martin Luther King, Jr.
- minister, activist,
political philosopher

"Never be limited by other people's limited imaginations."

-Dr. Mae Jemison - first African American female astronaut

"My humanity is bound up in yours, for we can only be human together."

-Desmond Tutu -
South African Anglican bishop,
theologian and human rights activist

"I was raised to believe that excellence is the best deterrent to racism or sexism."

-Oprah Winfrey -
American talk show host,
tv producer, actress,
author and media proprietor

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for."

We are the change that we seek."

-Former President Barack Obama

*quotes from Xavier University's Center for Mission and Identity

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

Mon.-Fri.: Puzzle Mania (jigsaw puzzles, word search, crossword, etc.) available all day; Fitness Room (Now FREE to all current members or Silver Sneakers) 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 12:15 p.m.

Mondays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Walking Club, 10:30 a.m., by bus to local locations - dress warmly (weather permitting or exercises / brain games indoors); Mahjongg, 10:30 a.m.; Quilting Club, Shopping, and (Tablet Class, tentative), 12:15 p.m.

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

*CLOSED Monday, **Feb. 19**, for President's Day.

*Stand By Me, 4th Monday with Kathleen Rupert, **Feb. 26**,

1-3 p.m., by appointment, 302-685-2586.

Tuesdays: Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Painting and/or Arts and Crafts (on your own, supplies available, watch for new programs, see below), Pinochle, 12:15 p.m.

*Enjoy Lisa Miller's Performance, Tuesday, **Feb. 13**, noon-1 p.m.

*Celebrate with Mason Dixon (Black history, trivia, music, etc.), Tuesday, **Feb. 20**, 11:45 a.m. - 12:45 p.m.

"Concrete Cowboy" Movie/Talk Back with Murry Gatling and Chili Dinner, Tuesday, **Feb. 27**, 4-6:30 p.m.! \$5 members, \$7 guests.

Wednesdays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Breakfast, 9-10 a.m., \$2; Bingo, 10-11:30 a.m./12:15-1:30 p.m., \$3 donation, if able, for full day; Poker and Pinochle, 12 noon.

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

*Wednesday Lunch 'n Learn: **Feb. 7**, Nutrition Talk "Amazing Antioxidants" with Dietician Lisa Harkins, RD, LDN on Zoom, 10:30 a.m.

*PAM Rehab. Talk, Wednesday, **Feb. 21** at 11:45 a.m.

*Parkinson's Support Group, 3rd Wednesday, **Feb. 21**, 1 p.m.

*Celebrating all February Birthdays over lunch, Wednesday, **Feb. 28**

Thursdays: 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).

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

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

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

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., Feb. 1 - Breakfast Guru, Rehoboth Beach, for brunch after Beckett's Bulletin, 10:45ish a.m.

Fri., Feb. 2 - Harriet Tubman Underground Railroad Museum, Church Creek, Md., 9 a.m. Lunch to be determined.

Thurs., Feb. 8 - ACTS and Salted Rim, Ocean View, 10:15 a.m.

Fri., Feb. 9 - Pizza King for breakfast and Dollar Tree, Millsboro, 9:30 a.m.

See Ocean View - page 21



Sandhill Cafe

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

Grab-N-Go

Breakfast

7 a.m. til 10 a.m.

Lunch

11 a.m. to 2 p.m.



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



Ocean View -
Cont'd from Page 20

Thurs., Feb. 15 – Ollie's and Together Café, Salisbury, Md., 9:30 a.m.

Fri., Feb. 16 – Walmart in Georgetown and lunch at Serendipity Restaurant, Millsboro, 9:30 a.m.

Thurs., Feb. 22 – Nanticoke Indian Museum and Storytelling – tentative - 9:30 a.m., \$5 and Long Neck Diner (rescheduled from December).

Fri., Feb. 23 – Black History Month Celebration at the CHEER Community Center in Georgetown, 10 a.m. – 2 p.m. Please sign up and get your ticket in advance, \$6. Our bus will leave by 9:15 a.m.

Thurs., Feb. 29 – John Dickinson Plantation Tour (part of the Network for Freedom), followed by lunch at Mission BBQ, Dover, 9:15 a.m.

Fri., March 1 – open for rescheduling any cancelled February trips due to inclement weather.

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.

~Happy February Birthday to all you out there ~



Wishing all members born in
February
a very happy, healthy birthday.

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

\$6 Over 60
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Live Entertainment

Black History Lesson

**Roxana Activity Center**

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

**Monthly**

1st Thursday, 10:30 a.m. – Beckett's Bulletin. CHEER CEO, Beckett Wheatly has an interactive Zoom meeting with all 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 also 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**Mondays:**

Morning Café, Socializing and Snacks

Inspirational Reading/Discussion (alternating weeks)

Pastor Dan and Betsy Taylor – Bible Study/Music Ministry (alternating weeks)

Lunch

Shopping: Grocery Store, Bank, Post Office and/or Drug Store

Tuesdays:

Morning Café, Socializing and Snacks

Prize Bingo

Lunch

Group Games/Trivia/Puzzles
Arts and Crafts – 1 or 2X a month – **Sign up required 1 week in advance.**

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

Feb. 7 – Mason Dixon Travel Presentation, Celebrating National "Who Shall I Be?" Day

Closings

Feb. 19 – President's Day

Feb. 23 – Roxana CHEER Center Closed. **** All Centers celebrating Black History at the CHEER Community Center in Georgetown.**

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.

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

The Staff At Operation Christmas CHEER ...

COO Tom Reardon helps his staff pack up fruit baskets for seniors.



Central Kitchen Cook Keith Starkey pulls out more meals from the warming oven to pack for Operation Christmas CHEER.



Community Resources Manager Christie Shirey had help from her daughters, Sky and Nicole. All CHEER staff who worked Operation Christmas CHEER on Christmas morning donated their services and time.



Mark Your Calendars!

Special Public Events in 2024

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 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

