

FREE

MARCH 2024

CHEERful Living

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



Physical Fitness Can Help You Stay Young And Active

CHEER membership includes access to fitness centers in four of our seven locations (Greenwood, Milton, Long Neck and Ocean View). In photo at left, Michael Leonard of Roxana center takes advantage of the Universal machine in the Ocean View fitness center.

Find out how exercise can improve your health on page 12, and see more photos of seniors at the gym on page 21.

Snow Day Memories

Seniors at Long Neck center tell about some of their experiences with snow.
See page 13.



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



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

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

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

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



Advertising Rates

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



TidalHealth Seniors: A Program Designed With You In Mind

In a world constantly evolving, one thing remains timeless - the importance of community, health, and lifelong learning. The rebirth of TidalHealth Seniors, a 55+ membership program, is a testament to the enduring spirit of connection and well-being. This revamped initiative goes beyond the conventional, embracing a holistic approach to enrich the lives of its members.

At the heart of this program is a commitment to educate individuals about their health. Recognizing the diverse needs of its members, the program offers a wealth of resources, workshops, and seminars tailored to address the unique health challenges that come with aging. From nutritional guidance to fitness classes designed for various mobility levels, the aim is to empower individuals to make

informed decisions about their well-being.

This program is not only about health education; it's about fostering a sense of community. In an era where digital connections often take precedence, the program brings people together in a warm and inviting space.

Whether you're seeking to stay active, make new friends, or simply learn something new, TidalHealth Seniors beckons to those who are ready to embrace a new chapter in life. Welcome to a community where age is not a limit, but a badge of honor.

Don't let age define you. Embrace the possibilities that each new chapter brings. Join TidalHealth Seniors today and celebrate life, health, and the pursuit of knowledge!

Learn more at tidalhealth.org/seniors.

Mark your calendars:

TidalHealth Seniors events are held monthly every third Thursday at 1:30 p.m. in Salisbury, Md.



Your joints, our expertise

When it comes to your orthopedic care, experience is everything.

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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

United Way



CEO Perspective

By Beckett Wheatley, CEO

Welcome to the month of March! St. Patrick’s Day will be soon upon us. It’s a day that many of us claim to be Irish, whether we are or not... or else wear green...or we’ll be pinched! Ouch!

An old Irish proverb re-sounds like CHEER’s mission. “May you live as long as you want and never want as long as you live.” CHEER’s mission statement 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.” These two statements bring excitement to many of us at CHEER, both staff and volunteers alike, because we have such a passion to bring health and happiness to our older adults living in Sussex County. I like to think of older adults as “super adults!” These days, older adults are still working, traveling, and having fun at senior activity centers. Let’s make sure the fun continues!

Have you heard that the fees at our CHEER Fitness Centers have been waived for CHEER members? FREE? Yes! Now we have no excuse to not go to the gym. We have fitness centers at our Senior Activity Centers located in Greenwood, Milton, Long Neck, and Ocean View.

You only need to be a CHEER member for a nominal fee of \$30 a year! You can go to any CHEER Fitness Center you would like. Try them all!

Another old term... Have you ever heard of “The luck of the Irish?” It is a phrase that came about during the gold rush in the early 1800’s in Ireland. At that time, many thought that an Irishman could not be successful because they were not smart or skillful, so they must have been lucky in finding so much gold. Wow, how politically incorrect.

I really don’t believe in luck, even though I like certain numbers...which may come more from my love of numbers with having an accounting background. What I do believe in is that hard work and dedication will bring more success. Every day, I am so amazed at those

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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.”

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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

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



Bethany Women Support CHEER Meals On Wheels ...

The Women's Civic Club of Bethany Beach recently made a \$1,100 donation to CHEER's Meals on Wheels program to help feed seniors in Sussex County. Club Vice President Helen Pastis (right) hands the check over to CHEER Chief Executive Officer Beckett Wheatley.

CEO Perspective - Cont'd from page 4

around me who work so hard and have that dedication and passion to serve. How "lucky" or should I say "blessed" are those who get to reap the rewards.

Whether it be our **Cooks** who have a passion to create delicious meals, our **Center Directors** who go all-out for our members to have a fantastic day at any of our sites, our **Homebound Outreach Workers** who are determined that seniors get the services that they need, our **Direct Care Workers** who so lovingly ensure that seniors and their homes are maintained, our **Food Van Drivers and Homebound Meal Volunteers** who ensure meals are delivered and also make sure our Seniors are checked on, or our

Nurses and Aides who ensure that those in our Adult Day Program continue to be active and safe, despite a failing memory, our older adults and those with physical disabilities are served with a full heart which, in turn, blesses those who serve. In a positive way, what goes around, comes around.

Until next month, I will leave you with another old Irish blessing: "May you have all the happiness and luck that life can hold – and at the end of your rainbows, may you find a pot of gold."

Sign on motorway garage:

*"Please Do Not Smoke Near
Our Petrol Pumps.*

*Your Life May Not Be Worth
Much, But Our Petrol Is."*

Dignitaries to March for Meals for Sussex Seniors

CHEER will be holding its Annual March for Meals Campaign on Monday, March 18, 2024. Elected officials and members of local communities will be invited to come and deliver a meal to a homebound senior and then enjoy lunch at the center afterwards. Elected officials will have the opportunity to see first-hand the importance of the meal they deliver and see how the meal benefits them.

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver

these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, you can ensure the seniors in your neighborhood can live healthier, happy and independent lives at home, where they want to be.

If you would like to help deliver meals to homebound seniors in Sussex County on March 18 or any other day, please call Robin Greene at 302-853-4199.

Join Our Email List

Get the most up-to-date information from CHEER... Special Events and Activities, Closings, Holiday Notices, Weather Advisories, etc.

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546 South Bedford St.
Georgetown, DE 19947
or complete form at www.cheerde.com



If you registered to receive emails and you didn't get them, check your junk or spam folder.

How To Keep March Like a Lamb All Month Long

By **Christie Shirey**
Community Resources

I always think of March as a dreary month. The excitement of Christmas has passed, and Spring is just not here yet. This month, I would like to cover some ways to help make March less dreary.

Mr. Man, the CHEER cat, suggests you try a puzzle. It helps stimulate the brain and can be very relaxing. He likes to get his friend, Dusty, to help.

Sitting in the sun can help more than you think. Try to find 15-30 minutes a day to sit in front of a window and let

the sun warm the winter chills away.

Exercise and a balanced diet are very helpful too. Isolation can make it worse, so enjoy some activities and socialization and feel your mood lighten.

Come participate in a Support Group or Memory Cafe. This month's activities are:

Fri., March 1

10:30 a.m. - Memory Cafe, Ocean View CHEER

12:15 p.m. - Memory Cafe, Roxana CHEER

Tues., March 5

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



MR. MAN and his friend, **Dusty**, chase away winter blues by putting together a mind stimulating puzzle.

CHEER

Wed., March 6

10:30 a.m. - Online (ZOOM) Caregiver's Chat Group. Registration required. Email cshirey@cheerde.com or call 303-515-3045

Thurs., March 7

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, Greenwood CHEER

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

Fri., March 8

10:30 a.m. - Memory Cafe, Ocean View CHEER

12:15 p.m. - Memory Cafe, Roxana CHEER

Mon., March 11

7 p.m. - Online (ZOOM) Grandparents Raising Grandchildren Support Group. Reg-

istration required. Email cshirey@cheerde.com or call 303-515-3045

Tues., March 12

9:30 a.m. - Memory Cafe, Georgetown CHEER

1 p.m. - Memory Cafe, Long Neck CHEER

Thurs., March 14

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., March 15

10:30 a.m. - Memory Cafe, Ocean View CHEER

12:15 p.m. - Memory Cafe, Roxana CHEER

Tues., March 19

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

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 -

Cont'd from page 6

Wed., March 20

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

Thurs., March 21

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., March 22

10:30 a.m. - Memory Cafe, Ocean View CHEER

12:15 p.m. - Memory Cafe, Roxana CHEER

Tues., March 26

9:30 a.m. - Memory Cafe, Georgetown CHEER

1 p.m. - Memory Cafe, Long Neck CHEER

Thurs., March 28

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, 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.

WE LOVE
OUR VOLUNTEERS



DAY CARE clients enjoyed making bird feeders as part of their *Bird Tales* therapeutic program.

Bird Tales – A Program For Engaging People With Dementia Through The Natural World Of Birds

By Cindy Mitchell
ADC Director

The Sand Hill Adult Day Program is getting ready to implement the therapeutic program *Bird Tales*. It uses multisensory stimulation and the natural outdoor world of birds to help people living with dementia interact with their environment and share meaningful experiences with others. Observing birds through sight, sound, smell, and touch can encourage staff and family interactions even in elders with advanced dementia and lift their mood for the rest of the day.

The program *Bird Tales* was developed by Randy Griffin, a dementia care specialist, and environmental specialist, Ken Elkins, for the Audubon Society in Connecticut.

I am excited to bring this program to our day program. Think of the connections we can foster by making bird feeders with peanut butter and pinecones, strolling outside in the



garden or around the building, or viewing photographs together of common backyard birds.

We have a family of geese that are visible daily outside the building that houses our program. There are several small birds that live in the shrubbery in front of our porch. We can take pictures of the birds we see

and send them to the newspaper.

We have endless possibilities to take advantage of this program and enrich the lives of our ADC members.

To learn more about the Sand Hill Adult Day Program feel free to call me, Cindy Mitchell, at 302-212-4482.

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

SAND HILL ADULT DAY PROGRAM

*We understand
how difficult it can be.*

Offering respite care for caregivers as we care for your loved ones 50 and older.
Nursing oversight • Assistance with personal care
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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



Ways Savvy Seniors Can Make A Reverse Mortgage Work

By JoAnn Moore, Licensed Mortgage Professional

After you no longer live in the home, it is treated the same as it would be with a regular forward loan. The loan is paid off with either a refinance or purchase loan in the names of who will be inheriting the home or purchasing it. If there is a younger spouse, they can stay in the home keeping the reverse mortgage in place.

Another way to structure things is to downsize and use the reverse mortgage to purchase a new home. Use the proceeds of the sale of your home as a down payment and obtain a reverse mortgage for the rest of the purchase price.

Reverse mortgages have been designed for savvy seniors giving them no mortgage payments, flexible cash options, maintaining their home, and controlled risk.

Reverse mortgages make so much sense once you learn more about them. It is a great way to use the equity in your home to increase your income and improve your lifestyle.



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.

Do You Know If You Are Eligible For Additional Benefits?

Millions of older adults miss out on saving money through public and private benefits simply because they don't apply. BenefitsCheckUp®, offered through the National Council on Aging, helps make it easier for you to find programs you may be eligible for.

You can learn more about the benefits program before applying and find contact information for the agency that offers the program.

BenefitsCheckUp® is a free, confidential online tool that helps older adults and people with disabilities find benefits programs they might be eligible for depending on their location. It is as simple as answering some questions.

Meet with a Stand By Me Financial Coach today to get your BenefitsCheckup. All services are FREE!

**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!**

A small boy swallowed a coin, which got stuck in his throat. His mother ran out to the street looking for help. A man stopped, took the boy by his shoulders, and hit him with a few strong strokes on his back, and the boy coughed the coin out.

*"I don't know how to thank you sir. Are you a doctor?" the mother asked.
"No, I'm not a doctor," the man replied. "I'm from the IRS."*



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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Significant Dates in March History

MARCH 1 – 1790, U.S. Supreme Court convenes for first time; 1872, Yellowstone becomes first U.S. national park; 1932, Hoover Dam is completed.

MARCH 2 – 1836, Texas declared its independence from Mexico; 1933, Movie King Kong premieres.

MARCH 3 – 1931, Star Spangled Banner becomes the National Anthem; 1791, Congress establishes the U.S. Mint; 1899, George Dewey becomes first Admiral of the U.S. Navy; 1933, Mount Rushmore is dedicated.

MARCH 4 – 1789, Constitution of the United States goes into effect.

MARCH 5 – 1770, Boston Massacre occurred; 2004, Martha Stewart is convicted of Obstructing Justice, a felony.

MARCH 6 – 1836, Battle of the Alamo ends as Mexican forces overwhelm and kill all defenders; 1981, Well known and loved Walter Cronkite signs off as anchorman of the CBS Evening News.

MARCH 7 – 1857, Baseball determines that nine innings constitute a full game, not nine runs; 1876, Alexander Graham Bell patents the telephone.

MARCH 8 – 1817, New York Stock Exchange is founded; 1936, First stock car race is run at Daytona Beach, Fla.; 1999, Baseball great Joe DiMaggio dies.

MARCH 9 – 1862, Ironclad ships, the Monitor and the Merrimack, battle in the Civil War; 1959, Mattel debuts Barbie dolls at International American Toy Fair in New York City; 1964, First Ford Mustang rolls off assembly line.

MARCH 10 – 1862, U.S. government issues paper mon-

ey for the first time; 1876, Alexander Graham Bell invents the telephone.

MARCH 11 – 1888, The most famous storm in American history begins, The Blizzard of 1888; 1997, Paul McCartney is knighted by Queen Elizabeth II

MARCH 12 – 1894, Coca Cola is sold in bottles for the first time in a candy store in Vicksburg, Mississippi; 1912, Girl Scouts of USA are founded.

MARCH 13 – 1868, Senate begins impeachment trial of President Andrew Johnson; 1936, Work on Boulder Dam is completed.

MARCH 14 – 1794, Eli Whitney patents the Cotton Gin; 1932, George Eastman, founder of Eastman Kodak Company, dies.

MARCH 15 – 44BC, Julius Caesar is stabbed to death by Marcus Junius Brutus; 2018, After filing for bankruptcy, Toys R Us announces it will close all its toy stores.

MARCH 16 – 1926, Professor Robert Goddard launches the first liquid-fuel rocket; 1968, General Motors produces their 100 millionth automobile, an Oldsmobile Toronado.

MARCH 17 – 1762, First Saint Patrick's Day parade in New York City; 1969, Golda Meir becomes the first female Prime Minister of Israel.

MARCH 18 – 1818, U.S. government approves the first pensions for government service; 1965, Soviet Union cosmonaut Aleksei Leonov becomes the first person to take a space walk.

MARCH 19 – 1911, First International Women's Day, over a million men and women attend rallies around the world; 1981, Congress approves Day-

light Savings Time.

MARCH 20 – 1852, Harriet Beacher Stowe publishes the book Uncle Tom's Cabin; 1930 – Kentucky Fried Chicken is founded by Colonel Harlan Sanders in North Corbin, Kentucky.

MARCH 21 – 1935, Persia is formally renamed Iran; 1963, The infamous Alcatraz prison is closed; 2006, Twitter is created.

MARCH 22 – 1963, The Beatles' first album, "Please, Please Me," is released in England.

MARCH 23 – 1775, Patrick Henry declares "Give me liberty, or give me death!"; 1857, The first elevator was installed at 488 Broadway in New York City.

MARCH 24 – 1958, Elvis

Presley joins the U.S. Army; 1989, The supertanker Exxon Valdez runs aground in Alaska's Prince William Sound and ruptures, spilling million of gallons of oil.

MARCH 25 – 31 A.D., The first Easter celebration is held; 1954, RCA manufactures the first color television; 1957, The European Economic Community (ECC) is established by the Treaty of Rome.

MARCH 26 – 1885, The first motion picture film is manufactured; 1945, U.S. Marines raise the American flag at Iwo Jima.

MARCH 27 – 1909, Fingerprints are used as evidence in a murder trial for the first time; 1964, The biggest earthquake

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Open To The Public!

Physical Therapy at



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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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This Month's Recipe ...

Easy Shepherd's Pie

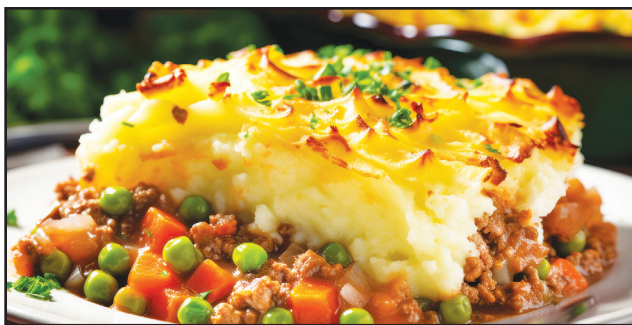
Ingredients:

1 teaspoon salt, plus more to taste
 3 large (1-1/2 to 2 pounds) potatoes,
 peeled and quartered
 8 tablespoons (1 stick) butter, divided
 1 medium onion, chopped (about 1-1/2 cups)
 1 to 2 cups mixed vegetables,
 such as diced carrots, corn, or peas
 1-1/2 pounds ground round beef
 1/2 cup beef broth
 1 teaspoon Worcestershire sauce
 1/4 cup melted butter
 1/4 cup flour
 1 cup shredded cheddar cheese
 Pepper and/or other seasonings of choice

Directions:

Boil the potatoes:

Place the peeled and quartered potatoes in medium sized pot. Cover with at least an inch of cold water. Add a teaspoon of salt. Bring to a boil, reduce to a simmer, and



cook until tender (about 20 minutes).

Preheat the oven to 400°F.

Sauté the vegetables:

While the potatoes are cooking, melt 4 tablespoons of the butter in a large sauté pan on medium heat. Add the chopped onions and cook until tender, about 6 to 10 minutes.

Add vegetables to sauteed onions.

Add the ground beef, then the Worcestershire sauce and broth:

Add ground beef to the pan with the onions and vegetables. Cook until no longer pink. Drain the pan of excess fat, if necessary (anything more than 1 tablespoon). Season with salt and pepper.

Add the Worcestershire sauce and beef

broth. Bring the broth to a simmer and add the roux (1/4 cup melted butter and 1/4 cup flour). Cook until thickened. Add to meat mixture

Taste the cooked filling and, if needed, add more salt, pepper, Worcestershire, or other seasonings of your choice.

Mash the potatoes.

Layer the meat mixture and mashed potatoes in a casserole dish:

Spread the cooked filling in an even layer in a large baking dish (such as a 9 x 13-inch casserole).

Spread the mashed potatoes over the top of the ground beef. Rough up the surface of the mashed potatoes with a fork so there are peaks that will get well browned. You can even use a fork to make creative designs in the mashed potatoes. Top with shredded cheese.

Bake:

Place in a 375°F oven and cook until browned and bubbling, about 30 minutes. If necessary, broil for the last few minutes to help the surface of the mashed potatoes brown.

Questions about Medicare?

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

Trinidad Navarro, Insurance Commissioner

www.insurance.delaware.gov/DMAB



SHIP
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 Assistance Program

Five Factors Critical To Live A Longer, Healthier Life

Edited by
Lisa Harkins, RD, LDN

In a 2018 study from Harvard University, five key factors were found to promote longevity: **a healthy diet, regular exercise, maintaining a healthy weight, not smoking, and moderate alcohol intake.**

Healthy diet was defined as one that lowered the risk of hypertension and dementias along with other chronic diseases; *regular exercise* as at least 30 minutes daily of moderate to vigorous activity; *healthy weight* by a body mass index of 18.5-24.9 and; *moderate alcohol intake* as up to one drink daily for women, and up to two drinks daily for men.

Researchers reported that individuals who incorporated all five factors in their lives lived up to 14 years longer than those individuals who did not. Multiple follow-up studies supported these findings. Addition-

al factors were also identified and included: having a purpose in one's life, fostering social connections, regularly taking part in activities that stimulated the brain, getting good quality sleep, and controlled caloric restriction such as intermittent fasting.

But concerning diets, which one should you choose? The diets most widely recognized to promote longevity and general well-being are those diets mainly comprised of a wide variety of fruits, vegetables, high in fiber and monounsaturated fats but low in saturated fat, refined sugars and sodium. The Mediterranean diet, the DASH diet, and the MIND diet are all excellent choices to follow.

The Mediterranean Diet, born out of observations from a study in the 1960s, found that heart disease was linked to fewer deaths in some Mediterranean countries, such as Greece and Italy, than in the U.S. and

northern Europe. This eating plan stressed consumption of fruits, vegetables, grains, fish, wine, and olive oil, while limiting red meat and foods with added sugars.

The DASH Diet, which stands for "Dietary Approaches to Stop Hypertension," encourages 4-5 servings each of fruits and vegetables, 6-8 servings of whole grains, 2-3 servings of low-fat or fat-free dairy prod-

ucts, and six or less servings of meats low in saturated fats like poultry and fish.

The MIND Diet, which stands for Mediterranean-DASH Intervention for Neurodegenerative Delay, focuses more specifically on foods that have been linked to promote brain health and reduce dementia risk, such as berries, leafy greens, nuts, fish, beans and wine.

PASA Aide Receives Commendation

By Debbie Joseph
PASA Director

Jean Elliott has been employed with CHEER since October 2019 and is one of our full-time Direct Care Workers in our Personal Assistance Service Agency (PASA).

Jean always goes above and beyond her duty. She is always willing to assist our seniors to make sure all their needs are met. The seniors she services enjoy having her in their home.



She is very kind, friendly and compassionate. Thank you, Jean, for all you do.

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

CHEER Fitness Centers Open Doors To One Of The Most Important Things You Can Do For Your Health - Exercise!

CHEER has opened the doors of its fitness centers to free admission for CHEER members. The cost is now included in your membership.

According to the Centers of Disease Control and Prevention, as an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.

- At least 2 days a week of activities that strengthen muscles.

- Plus activities to improve balance, such as standing on one foot.

If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.

Adults aged 65 and over should:

- Aim to be physically active every day, even if it's just light activity;
- Do activities that im-



Fred Parker flexes his muscles on exercise equipment at the Long Neck CHEER Center.

**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.



prove strength, balance and flexibility on at least two days a week;

- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity if you are already active, or a combination of both; and

- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

If you've fallen or are worried about falling, doing exercises to improve your strength, balance and flexibility will help make you stronger and feel more confident on your

feet.

Besides the fitness centers, CHEER offers a wide assortment of exercise programs in the centers, including Wii bowling, chair yoga, Zumba, Tai Chi, regular yoga, and walking club. Consult your center's monthly calendar for times and dates.

Please consult your doctor before beginning any exercise routine. Talk to your center director about the proper use and sanitation of the fitness machines.

See more photos of CHEER members exercising at our fitness centers on page 21.

Let It Snow, Let It Snow, Let It Snow...

Seniors at Long Neck were asked for memories of the snow falls of their youth. Here are their responses:

ROGER COX Age 95

(Formerly from White Marsh, Md.) "We lived in the country and had a long driveway. It was hard to keep it clean and open."



COLLEEN RICHARDS Age 62

(Formerly from Pennsylvania) "I remember it snowed four feet and we couldn't get out our front door."



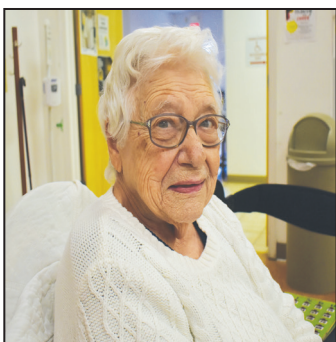
BRENDA BROWN Age 71

(Formerly from New Jersey) "It snowed a lot more up there. I worked for the school district so we got several days off when it did. We (staff) were excited when it was predicted. We would tell the students to wear their pajamas inside out to get it to snow." LOL



LOIS RENOLL Age 93

(Formerly from Pennsylvania) "I was born before the telephone was invented so I've seen a lot. One year my dad was working away from our town and couldn't get home because of the snow. I was their only child at the time, so my mother had me and several other people stay overnight with us. There was the teacher from the school across the road, two boarders, and the minister. I was born in the hospital, but I only weighed 3-1/2 pounds so they sent me home, but I couldn't be picked up because my bones were too brittle."



BUDDY FRIED Age 85

(Born in Sussex County on Rehoboth Avenue in Rehoboth) "I haven't seen a lot of snow in the Mid Atlantic area, but I have seen ice in the ocean. As a small child, I saw icy waves wash up on the shore. I have also seen frozen ponds that we skated on. Don't see that anymore."



MINNIE WOODS Age 87

(Formerly from New Jersey, but born and raised in Georgia) "I was about 30 and working in Newark, N.J. There was so much snow that after it was shoveled up by the town, it had to be dumped in the river. We couldn't go to work. The whole city shut down."



JACKIE GRANT Age 90

(Formerly from the Jersey Shore) "I came down here 28 years ago. I remember coming back from my daughter's in Virginia one time and I was greeted by a lot of snow. As a child in New Jersey, I remember one time walking to school in the snow and when we got there, it was closed and the doors were locked. So we had to walk back home. We then made snow angels in the snow."



JOANN MICHAELS Age 71

(Formerly from Lancaster, Pa.) "We had six feet one time. We had big brick pillars at the end of our driveway and I remember watching the squirrels put nuts on the top of the pillars the day before. The next day after the snow, the squirrels were out getting their nuts. They knew snow was coming."



RICH COOK Age ?

"I remember one year it was snowing and my father sent me to school anyway because I was fighting with my sister. The school was closed, which he knew, so I went back home. But it gave me time to cool my temper and I didn't fight with my sister anymore."



A man was driving home from an out-of-town trip and called his wife on the cell phone. "I'll be home in about three hours," he said. "I see the weather report calls for 20% chance of snow flurries there tonight."

"Well be careful on the road," his wife said. "The children have been building 20% snowmen and having 20% snowball fights since lunchtime."



MARCH



Menu items subject to change due to availability.

Monday		Tuesday		Wednesday		Thursday		Friday											
<div><div>DELAWARE HEALTH AND SOCIAL SERVICES</div><div>Division of Services for Aging and Adults with Physical Disabilities</div><p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p></div>										<div></div>									
4	Seafood Newberg Penne Pasta Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk	5	Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	6	Ham and Beans Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	7	Chicken Tahitian Fruited Wild Rice Stuffing Fresh Baked Squash Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	8	Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk	1	Cream of Tomato Soup Crab Salad Vegetable Pasta Salad Whole Wheat Roll/Bread Pineapple Cubes Skim Milk								
11	Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	12	Fish Tacos Mango Salsa Red Beans and Rice Mixed Green Salad Fresh Fruit Skim Milk	13	Chicken Piccata Buttered Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	14	Macaroni and Beef Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Ice Cream Skim Milk	15	White Bean Soup Deli Sandwich w/Lettuce and Tomato Dutch Potato Salad Rice Crispy Bar Skim Milk	22	Lentil Soup Chicken Salad Croissant Macaroni Salad Chilled Fruit Cup Skim Milk								
18	Meatball Submarine Fried Baked Potato Wedges Mixed Green Salad Pineapple Tapioca Skim Milk	19	Pork and Vegetable Stir Fry Steamed or Baked Rice Whole Wheat Roll/Bread Peaches and Apples Skim Milk	20	Hamburger on Bun Baked Beans Cole Slaw Fruited Gelatin Skim Milk	21	Vegetable Lasagna Italian Vegetables Whole Wheat Roll/Bread Lemon Bar Skim Milk	28	Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk	29	Minestrone Soup Tuna Salad Sandwich on Wheat 3-Bean Salad Mandarin Oranges Skim Milk								
25	Beef Pepper Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk	26	Broccoli Cheese Quiche American Fried Potatoes Spinach Cheese Salad Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	27	Baked Manicotti Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk	28	Crispy Oven Fried Chicken Baked Sweet Potato Wedges Cauliflower and Peas Whole Wheat Roll/Bread Assorted Cookies Skim Milk	29	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.

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 Spotlight ... Carlos Gonzalez

Carlos Gonzalez is the only volunteer “floater” that CHEER has for Meals On Wheels. Carlos is a gem for CHEER to have because he doesn’t mind delivering from any of CHEER’s seven activity centers and can be depended on to substitute when a regular MOW driver cannot help. Thanks, Carlos for your support of our seniors.



Welcome New Volunteers

Martha Alexander	Ocean View	MOW Rider
John Andre	Roxana	MOW
Bonnie Batchellor	Roxana	MOW
Kenneth Bock	Milton	MOW
Cindy Cooper	Ocean View	MOW/MED Transport
Pamela Crews	Milton	Kitchen/Spec. Events
Deborah Davis	Georgetown	Center/Office
Doris Denney	Lewes	Med Transport/Spec. Events
Tim Goucher	Roxana	MOW
Marilyn Hall	Long Neck	Kitchen
Donald Hennessey	Ocean View	MOW
Colleen Higgins	Ocean View	Office/Kitchen
Kate Huddleston	Roxana	Center/Activities
Christopher Jordan	Ocean View	MOW
Stephen Kennedy	Long Neck	MOW
Kristin Lamb	Lewes	Spec. Events/Center
Christine Ledford	Roxana	MOW
James Lester	Long Neck	MOW
Walter Lutman	Greenwood	MOW/Kitchen
Robert Murphy	Georgetown	MOW
Rhianna Powell	Lewes	Center/Activities/Art
Colleen Richards	Long Neck	Center/Kitchen
Dianne Scartozzi	Long Neck	Kitchen/Center
Martin Searcy	Long Neck	Kitchen/Center
Michael Stern	Ocean View	MOW/Center
Fatmir Useini	Ocean View	MOW
Eileen VanGrofski	Long Neck	Office/Center
Frank VanGrofski	Long Neck	Kitchen/Spec. Events
Emma Wilcox	Greenwood	Kitchen/Center
Theresa Yost	Roxana	MOW/Center

Thank you for your support!

**Georgetown Activity Center**

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

Happenings

Fri., March 1 – Georgetown to Greenwood

Tues., March 15 – Greenwood to Georgetown

Thurs., March 21 – Revive Sound Productions

Thurs., March 21 – Dinner/Bingo

Wed., March 27 – Easter Party

Bulletin, 10:30 a.m.

Third Thursday: Revive Sound Productions w/Randy

Every Friday: Breakfast in the Café - \$2 for seniors

Friday: Chair Fitness, 10 a.m.; Penny Poker, 10:30 a.m.; and Prize Bingo, 12 noon

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

Weekly

Mon.-Fri.: Georgetown Café serving breakfast, 8 a.m.–10 a.m.

Mon.-Fri.: Coffee and Social Hour

Monday: Chair Fitness – 10 am - Bible Study w/ Ruth – 10:30 a.m.

Tuesday: Penny Bingo – 12 noon

First Thursday: Beckett's

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



to all March Birthdays

**Seniors Create Masterpieces On Canvas ...**

Paint Day was held at the Georgetown CHEER Center on January 25. Melba Green and her assistant helped members create their own masterpieces on canvas. Top photo shows (left to right) Bernice Bowden, Judy Jones and Loretta Landzaat; bottom photo shows Yvette Harris, Barbara Jean Bailey and Cathryn Sullivan.

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

Empty
Nestor?

Competitive
Pay

Good
Benefits



Retired and
Bored?

Flexible
Schedule

Satisfying
Work

**Hiring Direct Care Workers**

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

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

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

WE 
VOLUNTEERS

**Greenwood
CHEER Center
Is looking for
Volunteers!**

Kitchen Volunteer
(Helping pack meals
For Meals On Wheels
Delivery)
1 morning a week

Substitute MOW's driver(s):
1-2 mornings per month

**Call 302-515-3040
to volunteer**



Greenwood Activity Center

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

Happenings

March is a very important month for all of us here at CHEER.

March for Meals

We host our March for Meals fundraising dinners in all CHEER Activity Centers along with hundreds of local Meals on Wheels programs across the country. Your continued support of this program and contributions are greatly appreciated. Please help us ensure that no senior is left behind, alone, and hungry. Please join us on Thursday, **March 28** at 5 p.m. for Greenwood CHEER's March for Meals Fundraising Dinner. Entertainment will be provided by The Jones Boys. The cost of the meal served that night will be \$6 per person. Also, a 50/50 drawing will be held the night of the dinner. We hope to see you there!

St. Patrick's Celebration

We celebrate St. Patrick's Day on March 17 and because the holiday falls on a Sunday, we will celebrate on Monday, **March 18**, with food and entertainment! See you at 11 a.m.

Travel Club

The CHEER Travel Club has many upcoming day trips for 2024. Some scheduled trips include:

- Philadelphia Flower Show, **March 4**
- National Museum of Women in the Arts, Washington D.C., **May 15**
- Museum of the Bible, Washington D.C., **July 24**
- Green Dragon Farmers

Market and Auction, Lancaster, Pa., **Sept. 20**

• Sight and Sound Theatre, "Daniel", Lancaster, Pa., **Nov. 20**

Please call Robin Greene at 302-853-4199 to schedule the trip of your choice. All day trips depart from CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del. All reservations are on a first come, first served basis. See advertisement on page 23.

Thank you and hope to see you very soon!

Sheila

Dates to Remember

Fri., March 1: Our friends from the Georgetown CHEER visit us for Bingo and entertainment by Lisa Miller.

Wed., March 6: Thursday, Trip to Laurel Senior Center, bus leaves at 9:30 a.m.

Thurs., March 7: Beckett's Bulletin, CHEER's CEO, will bring us up to date on CHEER Happenings via Zoom, 10:30 a.m.

Fri., March 8: Blood Pressure Check with Betty F., 10 a.m.

Sat., March 9: CHEER Craft Show, CHEER Community Center, 10 a.m. to 2 p.m. Lunch is available for purchase.

Tues., March 12: Pat Carney from the Senior Medicare Patrol visits our center, 9 a.m.

Thurs., March 14: Life Coach Virginia Antongiardi, Ontological Life Coach, will present approaches to achieve short term goals. 10 a.m.

Fri., March 15: Greenwood CHEER members visit George-

town CHEER, bus leaves at 9:30 a.m. from the center.

Mon., March 18: St. Patrick's Day Celebration with entertainment, 11 a.m.

Wed., March 20: Trip to Denton, Md.'s Walmart and local stores. Lunch at the Denton Diner. Bus leaves at 9:30 a.m.; Food Bank of DE, 11 a.m. to 12 noon.

Thurs., March 21: Crafts with Sylvia and Charlene; making Easter crafts for our Homebound Seniors. 10:30 a.m.

Fri., March 22: Blood Pressure Check with Betty F., 10 a.m.

Tues., March 26: Our friends from Laurel Senior Center visit Greenwood.

Wed., March 27: AARP Defensive Driving Program, Beginners, 9 a.m. to 3:30 p.m.

Wednesday, Food Smart Program with Alicia Vogel, Food Bank of DE. 4-week program, **March 27, April 3, April 10, April 17**, 10 a.m.-11:30 a.m.

Thurs., March 28: Membership Meeting. Please come and share your thoughts, 12 noon.

Thurs., March 28: March for Meals Dinner and Fundraiser, Entertainment by the Jones Boys, 50/50 drawing, Gift Baskets, Raffles, 5 p.m.

March -

Cont'd from page 9

ever recorded (8.3 on the Richter scale) strikes Anchorage, Alaska.

MARCH 28 – 1939, The city of Madrid falls to the forces of Francisco Franco, ending the Spanish Civil War; 1963, The AFL's NY Titans become the New York Jets; 1979, Three Mile Island nuclear power plant accident occurs in Middletown, Pa.

MARCH 29 – 1848, Ice jams stop the flow of water over Niagara Falls; 1882, The Knights of Columbus is founded.

MARCH 30 – 240 B.C., First recorded perihelion passage of Halley's Comet; 1867, The U.S. buys Alaska from Russia for \$7.2 million; 1870, The 15th Amendment goes into effect, giving black men the right to vote.

MARCH 31 – 1958, The Eiffel Tower opens in Paris, France; 1918, Daylight Savings Time goes into effect for the first time in the U.S.

(Ref: holidayinsights.com)

"I've lost my place in the Jones household," lamented one cat to a neighbor cat.

"What happened?" he questioned.

"The old man bought a laptop computer," the first cat whined.

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.



**Lewes Activity Center**

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

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. and go on until 10 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 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 **March 14** at 10:30 a.m.

St. Patrick's Day Party

On **March 15**, we will be celebrating our St. Patrick's Day Party. We will begin the party at 10 a.m. with games and a chance to win a prize. The entertainment will begin at 10:30 a.m. provided by DJ Sky Brady. Following entertainment, we will have a nutritious lunch at 11:30 a.m. At 12 noon, we will have our contest for the person wearing the most green and conclude the day with free prize Bingo. Please come out and enjoy a day of fun, great food, and fellowship with friends.

Dinner and Prize Bingo

We will be having dinner and prize Bingo in the month of

March. 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 the dinner will be announced later along with the date. Please sign up for the dinner at the desk. Transportation is available if we have enough riders for the bus.

Senior Medicare Patrol

Medicare fraud, errors, and abuse costs us over 60 billion dollars a year. Approximately 250,000 beneficiaries have had their identities compromised, putting their healthcare and future medical benefits forever at risk.

Delaware Senior Medicare Patrol Healthcare Fraud Workshop will be held at the center on **March 22** at 11:45 a.m. Please come to learn about the new fraud schemes designed to target you and gain your personal information. You will be provided with the tools to prevent, detect, and report healthcare fraud, errors, and abuse.

Spring Open House

On **March 27**, we will be having a Spring Open House. We have a fun day planned with activities occurring from 9 a.m. to 2 p.m. We will be having an exercise class, entertainment provided by Lisa Miller, a Magic Show with Magic Jack Noel and FREE prize Bingo. Please come out to enjoy a fun day at the center and to learn about what the center offers.

Wine Tasting

Did somebody say wine tasting? We will be having a wine tasting on **March 28** from 3

p.m. to 5 p.m. This month's theme is Wine From Around the World. The cost is \$5 per person. Come sip, sample, and enjoy different wines from around the world while enjoying light refreshments. Please RSVP by March 25. For more information, please see Crissy.

Happy Birthday...

to anyone born in the month of March. We will be having a birthday celebration for every-

one born in March on **March 20**. Please come and have cake and ice cream with us! Happy Birthday Everyone!!! We pray you have a blessed day and a blessed year to follow.

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

A rich suburbanite had car trouble while on a mountain holiday. He coaxed his car into the yard of a rickety roadside filling station and called to the greasy, bearded attendant, "Have you had any experience with BMWs?"

"Buddy, if I could work on cars like that," the attendant replied, "I don't reckon I'd be workin' here."

The CHEER 14th Annual Fundraising Classic

Wheels For Meals

Filling the Needs of the Seniors of Sussex County

"Cruising Through Our Golden Years"



Saturday, August 3, 2024 • 10 a.m. - 2 p.m.

(Rain Date: Sunday, August 4, 2024)

at the

CHEER Community Center
20520 Sand Hill Road • Georgetown, DE

Car Pre-Registration is \$50 which includes one FREE Ticket to CHEER's Champagne Luncheon. Additional Pre-Registration Luncheon tickets are \$25.

Luncheon Open to the Public, 11:30 a.m. - 1 p.m.; At-The-Door Price, \$30.



For more information contact:

Amy Smith - asmith@cheerde.com - 302-853-4200

or Robin Greene - rgreene@cheerde.com - 302-853-4199

or Walter Koopman - rbdjet61@verizon.net - 302-745-5668

Registration also available on CHEER's website www.cheerde.com

Like us on Facebook at CHEER, Sussex County.



Long Neck Activity Center

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

I would like to thank all my members and volunteers for such a wonderful welcome to Long Neck CHEER.

Happenings

Fri., March 8 – 12 noon, Dr. George will be hosting a Physical Therapy Seminar.

Fri., March 15 – 9:30 a.m., St. Patrick's Day Party.

Thurs., March 21 – 4-6 p.m., Penny Bingo and Dinner.

Wed., March 27 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our March birthdays.

Church sign:

*"Forbidden Fruit
creates many jams."*



Trips

Tues., March 5 – Target, bus leaves at 9:15 a.m.

Thurs., March 7 – Laurel Dutch Market, bus leaves at 9:15 a.m.

Tues., March 12 – Sysco in Pocomoke, Md., bus leaves at 9:15 a.m.

Thurs., March 14 – Aldis in Rehoboth, bus leaves at 9:15 a.m.

Tues., March 19 – Trip to Boscov's, bus leaves at 9:15 a.m.

Tues., March 26 – Evening trip to Frankford Diner, bus leaves at 4:15 p.m.

Every Monday – Walmart, bus leaves at 9:30 a.m.

Every Friday – Dollar Tree, bus leaves at 10 a.m.



Beat Those Winter Blues Away ...

Long Neck members enjoyed a Beat the Winter Blues party at which they had a chance to do a little dancing. At left, Janet Shucai goes with the beat of the music without getting out of her seat. But, at right, Eleanor Travis likes to move her feet on the dance floor.

Milton Activity Center

24855 Broadkill Road • Milton, DE
302-684-4819

Happy March Milton Members! This month, we would like to highlight some of the activities held at the Milton CHEER Center.

St. Patrick's Party

Our center will be turning Irish on **March 15** with a very special Saint Patrick's Day party. There will be special treats, entertainment, and fun for all. Come help us celebrate the Irish culture.

Air Mobility Museum

We will visit the Air Mobility Command Museum, located at the Dover Air Force Base, on **March 14**. This will be a guided tour with a bagged lunch at their canteen and a must-see tour! Come see everything including Air Force Two. Following lunch, a visit to Produce Junction is planned. This is a farmer's market supplying fruit, vegetables and flowers, plus seasonal home decor at really good prices. There is no charge for this trip, but we must have at least eight people sign up to go.

Yoga

Yoga is held **Monday-Thursday** at 10 a.m. This is a very popular program and MaryAnn will make you feel wonderful. There is an addi-

tional donation requested to attend this class.

Memory Café

Memory Cafe is held every **Thursday** morning at 9:30 a.m. This fun activity includes puzzles, games and lots of socialization. It is exercise for the brain, but it is so much fun! This free group is provided through the CHEER Caregiver Resource Center, and you do not need to be a CHEER member to attend.

Bridge Club

We are working very hard on getting our Bridge Club active again. Please let us know if you play Bridge so we can pull a group together. Remember the famous quote from Alfred Sheinwold, "It's not enough to win the tricks that belong to you. Try also for some that belong to the opponents."

Friday Movies

We are trying a new activity, *Friday at the Movies*. A new movie each week will be shown following lunch, but save some room because we might have popcorn to share with those new friends you just met.

Come visit us at Milton CHEER this month!



Call 302-515-3040



**Ocean View Activity Center**

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

"Women Weave The World"
Celebrating National
Women's History Month and
International Women's Day,
March 8th!



**"Here's to strong women.
May we know them,
may we be them,
may we celebrate them."**

-Cheryl Gaines from ideas.hallmark.com

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 12-12:15 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 (weather permitting or exercise/brain games indoors); Mahjongg, 12 noon; Quilting Club, Shopping, 12:15 p.m.

March 11 – 2nd Monday, Membership Meeting at 12 noon.

March 25 – 4th Monday, Stand By Me with Kathleen Rupert, 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), Pinochle, 12:15 p.m. (if enough interest).

March 5 – Victoria Lowrie of Highmark DE Presents Women's Trivia over lunch,

March 12 – Enjoy Suzette Pritchett's Performance, 11:45 a.m.-12:45 p.m.

March 26 – Pacific Island Dance Show with Cezarina Alzona and Julius Scales and a Potato Bar Dinner, 5-7 p.m. \$6 members, \$8 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 Learns:**

March 6 – Nutrition Talk "Living A Long Life – The Latest on Longevity" with Dietician Lisa Harkins, RD, LDN on Zoom, 10:30 a.m.

March 20 – Medicare Fraud with Patrick, Wednesday, 11:45 a.m. (tentative)

March 20 – 3rd Wednesday, Parkinson's Support Group, 1 p.m.

March 27 – Celebrating all March BIRTHDAYS over lunch

• **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).

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

March 7 – 1st Thursday, Alzheimer's Caregiver Support

Group, 6 p.m.

• **Fridays:** Weekly Trips, times vary. Sound Healing with Lori Roe, 9:30 a.m.-12 noon, finishing her appointments this month! Tai Chi will be coming in April on Fridays at 9 a.m. Memory Café with Christie Shirey, every Friday, 10:30-11:30 a.m., all welcome! Mahjongg and Poker, 12 noon.

March 29 – We will be CLOSED in observance of Good Friday.

Center 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!

Fri., March 1 – Open for rescheduling any cancelled February trips due to weather, or we'll choose!

Thurs., March 7 – Lefty's Alley and Eats in Lewes, for lunch and games after Beckett's Bulletin, 10:45 a.m. (approximately).

Fri., March 8 – Dover Mall with Food Court, 9 a.m.

Thurs., March 14 – Clear Space Theatre for "My Fair Lady", \$25 (must pay at time of sign up; if not going on bus, sign up on back under Driving), Lunch afterwards for bus riders at Nicola's, 10 a.m.

Fri., March 15 – Irish Rose in Milford followed by lunch at Irish Eyes in Milton, 9:30 a.m.

Thurs., March 21 – Rehoboth Beach Museum for "Women of RB" and lunch at Dos Locos, 9:45 a.m.

Fri., March 22 – Salvation Army and Red Lobster, Salis-

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!



Uno Fun ...

ROXANA members
enjoying an afternoon
playing Uno on
jumbo size cards are,
left to right: Peggy Mance,
Edward Fowler, Carol
George, Mary Precipe,
Rose Cook and Mike
Leonard.



Ocean View - Cont'd from Page 20

bury, Md., 9:30 a.m.

Thurs., March 28 – Canal Front Park Stroll in Lewes and
lunch at Thompson Island, RB, 9:45 a.m.

Fri., March 29 – CLOSED for Good Friday

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

Fun At The Fitness Center

CHEER has opened its doors to the Fitness Center by
including the fee in the membership dues. Members can
now exercise in our Fitness Centers at no extra cost. Fitness
Centers are located at Greenwood, Milton, Long Neck and
Ocean View. (See story page 12.)

If your center does not have a fitness room, members
can travel to another center and use their's, just as the
members from Roxana are going to Ocean View to stay
physically fit.



Anna Bell Reid from Roxana



Al Oliver from Roxana



Maureen Class of Long Neck



Roxana's Ora Lee Williams



Line Dancing

CHEER Community Center!

Starting March 4th!
Monday Nights 5-7 pm

Cafe Open



burgers, hotdogs, chicken fingers, and fries

Cash Bar



bottled water, soda, beer, and wine
(NO outside food or drink)

Dance Lessons/Music
\$5.00 pp (pay at door)
"Open to the Public"



20520 Sand Hill Road
Georgetown, DE

Certified Dance Instructor: Donna Ignelzi-Ferraro



Roxana Activity Center

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



Happenings

Monthly

4th Monday, 10:30 a.m. – Stand

By Me – with Kathleen Rupert

1st Wednesday, 10:30 a.m. –

Members Meeting

1st Thursday, 10:30 a.m. –

Beckett's Bulletin. CHEER

CEO, Beckett Wheatley 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 also encourages our mem-

bers to ask questions and voice

their suggestions.

Weekly

Mondays:

Morning Café, Socializing and Snacks

Inspirational Reading/Discussion (alternating weeks) – see Center Calendar for dates

Pastor Dan and Betsy Taylor

– Bible Study/Music Ministry

(alternating weeks), see Center

Calendar for dates

Lunch

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

Tuesdays:

Morning Café, Socializing and Snacks

Prize Bingo

Lunch

Games – Member's Choice:

Hand and Foot, Chicken Feet,

Uno, Wii and more

Arts and Crafts – Last Tues-

day of every month – **Sign up**

required, 12 people maxi-

mum.

Wednesdays:

Morning Café, Socializing and

Snacks

Chair Exercises

Lunch

Group Discussion: "This is

Us" – see Center Calendar for

dates

Entertainment/Educational

Speakers – see Center Calen-

dar for dates

Group Games/Puzzles and/or

Trivia

Thursdays:

Morning Café, Socializing and

Snacks

Trip Day and Group Outing for

Lunch– **Sign-up Required**

16 people maximum, see

Center Calendar for details

Fridays:

Morning Café, Socializing and

Snacks

Chair Yoga with Barbara Pop-

iel

Group Choice: Game, Discus-

sion Group

Lunch

Memory Café with Christie

Shirey

****See Center Activity Calendar**

on the CHEER Website: [https://](https://www.cheerde.com)

www.cheerde.com.

Special Events

Tues., March 6: Gardeners by

the Sea, Sign up required – 12

people maximum

Wed., March 13: Healthy

Cooking Class – Sponsored by

Highmark

Wed., March 27: Entertain-

ment – Suzette Pritchett

Fri., March 29: CLOSED,

Good Friday

See our monthly Center Calendar

for the most up-to-date scheduled

Entertainment and Activities, on

the CHEER Website: <https://www.cheerde.com>.

Activities occasionally change.



Roxana Members Say Thanks To Norma ...

Sometimes what you see isn't what you get.

Roxana Center Director Debra Dunkin (left) presented a thank you gift to member Norma Hall (right) at the center's holiday party from her fellow members to express their appreciation for all the hard work Norma puts in to help at the center, including fundraising and assisting other members. Norma was expecting a "rather large" gift inside the wrapped box but what she found was much better - a printed t-shirt expressing what the members feel is Norma's role at the center, "Roxana CHEER Mom." With love, everyone says "thanks Norma."



Bus Driver Retires ...

Roxana wished its bus driver, Rich Porter, well in his retirement. He was the guest of honor at a party where Director Debra Dudkin presented him a cake (left) and members Anna Bell Reid, Ora Lee Williams and Norma Hall (right) gave him a gift to remember them by.



BUS DAY TRIPS

- **Mon., March 4 - Philadelphia Flower Show - "United By Flowers"**. Convention Center. Depart 8 a.m., return approx. 6 p.m. **\$85/person**, lunch on your own.
- **Wed., May 15 - National Museum of Women in the Arts, Washington, D.C.** Depart 8 a.m., Return approx. 6 p.m. **\$65/person**, lunch on your own, cafe on site.
- **Wed., July 24 - Museum of the Bible, Washington, D.C.** Depart 8:30 a.m., Return approx. 7:30 p.m. **\$75/person**, lunch on your own, 2 choices on site.
- **Fri., Sept. 20 - Green Dragon Farmers Market, Lancaster, Pa.** Depart 7:30 a.m., Return approx. 6 p.m. **\$45/person**, lunch on your own, several options on site.
- **Wed., Nov. 20 - Daniel, Sight and Sound Theatre, Lancaster, Pa.** \$160/person, includes show and lunch. Depart 7:30 a.m., Return approx. 6 p.m.

All bus day trips depart from CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del.

For Bus Day Trip reservations, contact Robin Green at 302-853-4199.

(Make Bus Day Trip Checks Payable to CHEER - First Come, First Served!)

EXTENDED STAY and CRUISES

- **May 4, Bahamas Cruise** - 7 Nights. Tampa, Nassau, CocoCay, Grand Bahama Island, Key West, Tampa.
- **Aug. 2, Southern Caribbean Cruise** - 8 Nights. Port Canaveral, Willemstad, Oranjestad, CocoCay, Port Canaveral
- **June 8-21, Alaska Cruise Tour** - 13 Nights - 6 Nights Land Tour, Riverboat Discovery Tour, Wilderness Express Train, Tundra Tour. Call for pricing.
- **Oct. 7-10, The Ark Encounter** - 3 Nights/4 Days. Bus departs Georgetown for Williamstown, Kentucky - 3 Nights Accommodations, incl. 5 Meals (3Bk/2Dr), taxes, meal and driver gratuities and baggage handling. Contact Cruise Planners for itinerary. Single \$1,429; Double \$1,149; Triple \$1,059; Quad \$1,009 (\$20 Discount for CHEER Members and Staff.) **Must reserve before August 1, 2024.**
- **Oct. 17, Canada-New England Cruise** - 9 Nights. Baltimore, Boston, Portland, ME, St. John (2 days), Halifax, Baltimore
- **Oct. 17-23, London, England** - 7 Days, Westminster Abbey, Tower of London, Greenwich, London Theatre, etc. Single, \$3,949; Double, \$3,349; Triple, \$3,319 (price subject to change)
- **April 27, 2025, Trans-Atlantic Cruise** - 14 Nights. Cape Liberty, Ponta Delgada, Malaga, Cartagena, Valencia, Florence/Pisa, Civitavecchia (Rome)
- **April 2025, Celtic Sojourn Tour, Ireland** - 7 Nights. Navan Fort, Titanic Belfast, Giant's Causeway, Glenveagh Castle & Gardens, Slieve League Cliffs, Belleek Showroom, and More! Departure Date and Cost to follow.
- **Several Golf Packages Available** - Rosen Shingle Creek, Orlando, Scottsdale, Hilton Head, Palm Springs, Scotland. Call for details.

Extended Stay and Cruise Reservations must be made through Cruise Planners. Call for details at 302-510-2583 or email Todd at todd.gockley@CruisePlanners.com or Sheila at Sheila.Klopp@CruisePlanners.com.

All Reservations Are First Come, First Served

Check www.cheerde.com/Events/Travel Club for complete details.

WE NEED YOU!



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

Milton and Georgetown CHEER Centers

To Volunteer Today Call

302-515-3040

or go to www.cheerde.com/volunteer

