

FREE

APRIL 2024

CHEERful Living

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

CHEER Offers Language and Cultural Exchange To Sussex Seniors

The Division of Aging held an Hispanic Health Fair at the CHEER Community Center on February 24 (shown at right). CHEER has partnered with the Division to provide a Language and Culture Exchange Program for the adults in Sussex County. English as a Second Language and Conversational Spanish classes will be offered to anyone aged 50+ at several CHEER Centers throughout the county. For more information, see page 5.

Wonderful Life

The life of Ana Perez of Harbour Lights Center in Lewes has been hard, but it has led her to her CHEER family and for that, she is grateful. See story, page 13.

**CHEER Volunteer Appreciation
Dinner Celebration
Thursday, April 25, 2024**



*Volunteer of Year
King/Queen
will be crowned!*

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

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

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

For more information about how you can showcase your business to the public while also supporting the needs of senior citizens, contact Carolyn O'Neal, Community Relations Director, at

carolyno@cheerde.com
or call 302-515-3040.



Advertising Rates

Rates are Per Issue. 10% Discount Offered
For Year-Long (12 month) Contract.

Front Page*	10.75 in. x 2.5 in.	\$1,500
Back Cover*	10.75 in. x 12 in.	\$1,000
Inside Covers*	10.75 in. x 12 in.	\$700
Full Page*	10.0 in. x 11.25 in.	\$550
Half Page*	10 in. x 5.625 in. OR 4.875 in. x 11.25 in.	\$300
Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 OR 2.3125 in. x 5.625 in.	\$100

INCLUDES COLOR

DEADLINE - 1st of Preceding Month

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

TidalHealth is with you at every step

TidalHealth's Dr. William Doran has performed more than 1,000 Mako robotic surgeries, using the most advanced technology to deliver precise and personalized treatment.



Dr. William Doran

Surgery with the Mako robotic arm-assisted surgical device is 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.

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Whether you're seeking relief from joint pain, considering joint replacement, or exploring orthopedic solutions, trust the experience of TidalHealth Orthopedics. The first step to healing starts here.

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



Your joints, our expertise

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

TidalHealth's Dr. William Doran has performed more than 1,000 MAKO robotic surgeries, using the most advanced technology to deliver precise and personalized treatment.

Whether you're seeking relief from joint pain, considering joint replacement, or exploring orthopedic solutions, trust the experience of TidalHealth Orthopedics. The first step to healing starts here.

TidalHealth Orthopedics

Locations in Millsboro and Seaford

302-990-3280

tidalhealth.org/orthopedics



WE L  VE
OUR VOLUNTEERS

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CEO Perspective

By **Beckett Wheatley, CEO**

Did you know that CHEER has royalty in its bloodline? Indeed we do! Every day there is an essential stream running through the heart of CHEER that, without it, CHEER would not survive. Can you hear the heartbeat? It's at every CHEER Center and at the homes of our seniors throughout Sussex County.

I am referring to the awesome power of our dedicated CHEER Volunteers! Our volunteers play a vital part in CHEER's mission of being able to keep our Sussex County seniors happy and independent. CHEER not only survives because of the many efforts of our volunteers, but we thrive! Our CHEER volunteers help us connect to our community, boost our visibility, increase our quality of services by their diversity of skills and, not to mention, reduce costs of providing services to our Sussex County seniors.

Can you spare some of your time to support our Sussex County seniors? Volunteering not only benefits CHEER, but there are endless advantages for you too! I realize that we are all busy, but what a great way to meet new friends and make your life more fulfilled. We can all benefit from that. Volunteering is a great way to get more connected with our community



and at the same time reduce our stress, combat potential depression, and just be a happier you. You may even learn new skills and advance your career (for our 'younger' volunteers). CHEER could certainly benefit from your skills.

Are you considering helping CHEER out, but afraid to make that first step because you are shy or afraid of new experiences? Volunteering is a great way to build self-confidence. CHEER will walk you through each step of our volunteer services.

Who does not want to have a better and more meaningful sense of purpose in life and have fun at the same time? Volunteering for CHEER does not have to be long-term (even though you will want to). You do not have to volunteer every day or all day. CHEER appreciates

See CEO - page 5

CHEER MISSION STATEMENT

CHEER's mission is "to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over."

CHEER Staff

Beckett Wheatley
Chief Executive Officer

Tom Reardon
Chief Operating Officer

Robert Rogers
Facilities Maintenance and Transportation Director

Joe Muncey
FMT Assistant

Angela Thomas
Finance Director

Ginger Clifton
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Adult Day Program Director

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Kevin Mutch
Information and Technology Manager

Christie Shirey
Community Resources



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



Partially funded by



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

Unlock a World of Opportunities with CHEER, Inc.!

CHEER's Language Exchange Adult Program: Bridging Communities

Are you ready to embark on an exciting journey of language and cultural exchange? CHEER, Inc. is thrilled to announce a groundbreaking initiative designed to bring our diverse community closer than ever. Thanks to a generous grant from Delaware Division of Services for Aging and Adults with Physical Disabilities (DSAAPD), we're reaching out to the vibrant age 50+ Hispanic community and beyond, offering FREE language classes that promise more than just learning – they're about connecting hearts and expanding horizons.

What's The Offer?

Complimentary Language Classes: Dive into the beauty of Spanish or English with our expert-led sessions. Whether you're starting from scratch or looking to polish your skills, we have something for everyone. Classes run through June 25th and are scheduled as follows:

Georgetown CHEER Senior Activity Center: Wednesdays, 5:30-8 p.m.

Harbour Lights (Lewes) Senior Activity Center: Thursdays, 5:30-8 p.m.

Milton CHEER Senior Activity Center: Tuesdays, 5:30-8 p.m.

Long Neck CHEER Senior Activity Center: Day TBD, 5:30-8 p.m.

(Participants can join a class any time before April 18 but must independently do all back work.)

A Bundle of Benefits

Each participant will receive a treasure trove of resources, including:

A CHEER Membership, granting access to any of our fitness centers for the remainder of 2024.

A FREE Android Tablet, complete with Cellular Data until June 30, 2024 to support your learning journey.

Access to Babbel Language



Learning Software, making it easier and more fun to master a new language.

An invitation to a grand celebration graduation dinner at the CHEER Community Center on June 25th, where we'll share our progress, experiences, and newfound friendships.

Why Join Us?

Learning a new language is not just about words; it's about opening doors to new experiences, cultures, and opportunities. Especially in Sussex County, with its rich Hispanic heritage, being bilingual is a valuable skill that fosters understand-

ing, respect, and unity within our community. Plus, the cognitive benefits of language learning are immense, enhancing memory, problem-solving skills, and even delaying the onset of dementia.

Join Our Family!

This program is more than classes; it's a celebration of diversity, learning, and community spirit. Whether you're looking to improve your English, dive into Spanish, or simply make new friends, CHEER's Language Exchange Program is where your journey begins.

Spaces are limited, so grab this chance to transform your life and our community. Sign up today and let's build bridges together! For more information and to register, contact us at: cheerde.com/Spanish or cheerde.com/esl or call Monica Mandujano (Bilingual) at 302-854-9500.

CEO Perspective - Cont'd from page 4

ciates any of your precious time you can spare. The opportunities are endless.

Have you heard that April is Volunteer Appreciation Month? CHEER truly appreciates our volunteers! CHEER is having the most spectacular celebration for our volunteers on Thursday, April 25, 2024 from 5-8 p.m. at our CHEER Community Center in Georgetown. We know that our volunteers deserve the ROYAL TREATMENT! Who will be crowned this year's CHEER King/Queen Volunteer of the Year? Join us to find out! There is NO cost to our CHEER Volunteers for a delicious, served dinner and

wonderful evening of entertainment. Bring a guest for only \$10. RSVP no later than April 11 by contacting your local CHEER Center Director or our CHEER Volunteer Services Manager, Monica Mandujano, at 302-500-6720 for more information.

Don't let CHEER skip a beat. Be a part of that life-giving heartbeat. Join CHEER! Volunteer some of your time to help keep our seniors happy and independent. Thank you to our CHEER Volunteers' hearts from my heart for all that you do to keep CHEER providing essential services to our Sussex County seniors!

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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Phone _____

Email _____

Mail to: CHEER Marketing
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.

Focus On Organization To Reduce Stress

By **Christie Shirey**
Community Resources

You always hear about Spring cleaning, but it is also the perfect time to look for better ways to get organized. I am sure I don't have to tell you that being organized will help reduce your stress, but when and how can a caregiver manage this?

The first step is to look at your medication management. Are you always running for refills, or do you wonder if you have forgotten to take a pill? Pill boxes are your best friend. Remember to find a quiet time, like when your loved one is

asleep, to fill the box.

Having trouble finding a pill box or system that works for you? Call the Delaware Assistive Technology Initiatives (DATI) at 302-739-6885. They have many different solutions and can let you try them for free. You can also check with your pharmacy and ask if you can get a medication synchronization (med sync). This consolidates refill times so that all prescriptions can be picked up on a single day each month.

After the medication is organized. Look for frequent an-



MR. MAN, the CHEER cat, is working on his organization plan. He reminds you to add a little mischief and a little fun into the equation.

noyances. This could be trouble with dressing, bathing, or anything that takes up your caregiving time. Look for devices that might help with that task. Something as simple as a handheld shower head can reduce your loved one's fear of a shower and reduce the stress from this task. I am once again going to suggest calling Delaware Assistive Technology Initiatives (DATI). All you must do is tell them what you want to do, and they will suggest what might help.

Come participate in a Sup-

port Group or Memory Cafe. This month's activities are:

Tues., April 2

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

1:00 p.m. - Memory Cafe, Long Neck CHEER

1:00 p.m. - Alzheimer's Caregiver Support Group, Long Neck CHEER

Wed., April 3

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

See Resources - page 8



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

Use Different Colors To Help Dementia Sufferers Distinguish Objects

By Cindy Mitchell
ADC Director

According to *Today's Care-giver* article, "Color Therapy for Dementia Care", Color Therapy can be beneficial for those with memory loss. Joshua J. Freitas, author of *Dementia Concept*, recommends using different colors to provide contrast in spaces and to help distinguish different objects. For example, painting a door a color that contrasts with the wall makes the door easier to find for the dementia sufferer. Putting colorful tape on the handles of walkers makes them easier to locate.

Some researchers suggest using **pink** to reduce combative behavior. **Pink** helps reduce feelings of aggression and anger.

Red promotes participation and stimulates appetite. If patients are not eating enough, using **red** plates may increase

their appetites.

Orange is associated with sociability and happiness. Wearing **orange** may stimulate enthusiasm and creativity.

Yellow speeds metabolism. Although **yellow** is usually considered a cheerful color, research shows that people lose their tempers more often in **yellow** rooms. So, if a patient exhibits aggression, it may be helpful to minimize exposure to **yellow**.

Green is a calming, tranquil color. It is thought to evoke feelings of generosity and relaxation. **Green** is the last color dementia patients lose the ability to see; so **green** is a good color for caregivers to wear.

Blue is associated with tranquility and creativity. It is a popular color for bedrooms since it causes the body to produce the calming hormone melatonin, resulting in more peaceful sleep—

A Reverse Mortgage Can Help With Everyday Expenses

By JoAnn Moore, Licensed Mortgage Professional

Our company recently closed a Reverse Mortgage for an 86-year-old gentleman. He owned his home free and clear and had a fixed income to handle his everyday expenses. He wanted to be able to pull some funds from the equity in his home but didn't want to have payments on it. Enter, Reverse Mortgage, to the rescue.

The gentleman was able to take out \$73,000 at closing and 12 months later have a line of credit available in the amount of \$53,000. With the line of credit, he will be able to take a lump sum amount, monthly distributions, or as needed. The new loan is set up with the property taxes and insurance being paid by the lender.

The senior is now able to get the repairs on his home completed and not have a mortgage payment or insurance and property taxes. It's very rewarding to be able to help people like this.

For more information contact JoAnn Moore, 302-236-1229.



an aid for dementia patients as well as their caregivers.

If wandering is a concern, some therapists recommend placing **black** mats in front of doors or stairs since Alzheimer's patients perceive them to

be holes and thus tend to avoid walking on them.

To learn more about the Sand Hill Adult Day Program feel free to contact Cindy Mitchell at 302-854-2882 or 302-212-4482.



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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(must pay property taxes, homeowners' insurance, condo or HOA fees and maintain property)

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



Resources -**Cont'd from page 6****Thurs., April 4**

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

1:00 p.m. - Memory Cafe, Greenwood CHEER

1:00 p.m. - Caregiver Support Group, Greenwood CHEER

Fri., April 5

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

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

Mon., April 87:00 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 303-515-3045**Tues., April 9**

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

1:00 p.m. - Memory Cafe, Long Neck CHEER

Thurs., April 11

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

1:00 p.m. - Memory Cafe, Greenwood CHEER

Fri., April 12

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

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

Tues., April 16

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

Wed., April 17

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

Thurs., April 18

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

1:00 p.m. - Memory Cafe, Greenwood CHEER

Fri., April 19

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

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

Tues., April 23

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

1:00 p.m. - Memory Cafe, Long Neck CHEER

Thurs., April 25

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

1:00 p.m. - Memory Cafe, Greenwood CHEER

PASA Recognizes Ronda Dobson

Ronda Dobson has been employed with CHEER's Personal Assistance Services since October 2007. She always goes the extra mile to make sure her clients have what they need. Ronda is very dedicated and very caring and is willing to assist whenever possible. She has a beautiful smile that lights up a room.

Ronda is one of CHEER's



shining stars! The PASA program is grateful and blessed to have Ronda in our CHEER family!

Fri., April 26

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

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

Tues., April 30

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

1:00 p.m. - Memory Cafe, Long Neck CHEER

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

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. (Registration form on back.)

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 - 302-853-4200or Robin Greene - rgreene@cheerde.com - 302-853-4199or Walter Koopman - rbdjet61@verizon.net - 302-745-5668Registration also available on CHEER's website www.cheerde.com

Like us on Facebook at CHEER, Sussex County.

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

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CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-854-2882 or email cmitchell@cheerde.com





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.

Spring Clean Your Finances

Spring is a great time to clean up and organize your finances. Here are some tips on how to spring-clean your finances and organize your financial life.

Review Your Budget: Take a close look at your income and expenses and see if there are any areas where you can cut back or adjust. You may be surprised at how much money you can save by simply cutting back on unnecessary expenses.

Create a Financial Calendar: Use a financial calendar to keep track of important dates such as bill due dates, paydays, and any other financial obligations you have. This will help you avoid missed payments and late fees.

Consolidate Your Accounts: This will make it easier to manage your finances. This will also help you save time and avoid unnecessary fees.

Automate Your Finances: Set up automatic payments for bills and savings, so you don't have to worry about missing a payment or forgetting to save. This will also help you save time and reduce stress.

Review Your Credit Report: Reviewing your credit report at least once a year is important to ensure it is accurate and up to date. You can get a free credit report from each of the three major credit bureaus once a year.

Evaluate Your Insurance Coverage: Make sure you have the right insurance coverage for your needs. Review your policies and make any necessary adjustments.

Reduce Your Debt: Plan to pay off your debt and stick to it. Consider using a debt snowball method to help you stay motivated.

Save for Emergencies: This will help you prepare for unexpected expenses such as car repairs or medical bills. Aim to save at least three to six months' worth of expenses in your emergency fund.

Take time this spring to clean up your finances and set yourself up for a successful financial future. Meet with a Free Stand By Me Financial Coach to guide you through the process.

**Call a Stand By Me 50+ Financial Coach for
FREE Financial Coaching today!
Call 302-685-2586 in Sussex County
to schedule an appointment today!**

St. Patrick's Day 'Craic' ...

It was a 'fun' day for CHEER employees and friends at the Milton St. Patrick's Day parade to celebrate the Emerald Isle.

In photo at right are: Megan Jordan, Avery Garrison, Jacqui Bivens, Debra Dodd, Michelle Gibbs, Monica Mandujano, Amy Smith and Latisia Hetherington.



Dedication of Benches Honors Korean War Veterans

All Korean War veterans are invited to join the dedication ceremonies of two Korean War commemorative benches at the CHEER Community Center in Georgetown on Tuesday, April 9. Two metal benches on a concrete patio in front of the center were made possible by a generous gift from the Korean War Veterans, Chapter 1, Sussex County. Wording cut out of the back of one bench says "Remember All Who Served" and the wording on the other is

"Korean War 1950-1953."

The ceremony will begin with a breakfast at 9 a.m. The dedication ceremony will follow at approximately 10 a.m.

All Korean War veterans are invited to attend, whether a member of CHEER or not. Please RSVP by calling 302-854-9500 so that ample food can be prepared.

The CHEER Community Center is located at 20520 Sand Hill Road, at the corner of Route 9, east of Georgetown.



This Month's Recipe ...

Lemon Bars

Ingredients

Crust:

- 2 cups all-purpose flour
- 1 cup butter, softened
- 1/2 cup white sugar

Filling:

- 1-1/2 cups white sugar
- 1/4 cup all-purpose flour
- 4 eggs
- 2 lemons, juiced

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. To make the crust: Blend 2 cups flour, softened butter, and 1/2 cup sugar in a medium bowl until well combined; press into the bottom of an ungreased 9x13-inch pan.
3. Bake in the preheated oven until firm and golden, about 15 minutes. Meanwhile, make the filling: Whisk

remaining 1-1/2 cups sugar and 1/4 cup flour in a medium bowl. Whisk in eggs, then lemon juice until smooth; pour filling over the baked crust.

4. Bake in the preheated oven for 20 minutes. Set the pan aside to cool completely; the bars will firm up as they cool. When cooled, cut into uniform squares.



Questions about Medicare?

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Call Delaware Medicare Assistance Bureau (DMAB)

302-674-7364

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

Trinidad Navarro, Insurance Commissioner

www.insurance.delaware.gov/DMAB



What Is Celiac Disease? How Does It Affect You?

By Lisa Harkins, RD, LDN

What is Celiac disease?

Celiac disease is a condition that damages the lining of the small intestine. The damage is due to a reaction to eating gluten, a protein which is found in wheat, barley, rye, and possibly oats.

When people with Celiac disease eat foods that contain gluten, their immune system reacts by damaging the areas in their intestines called villi, which help absorb nutrients in the gut. Individuals with Celiac disease can become malnourished, no matter how much food he or she eats. It is important to note that the disease can develop at any point in life, and people who have a family member with Celiac disease are at greater risk for developing the disease.

April 19, 1775 - Start of American Revolutionary War; 1995 - Oklahoma City bombing.

What are the symptoms?

Typical symptoms include: abdominal pain, bloating, gas or indigestion, constipation, decreased appetite, diarrhea, nausea and vomiting, unexplained weight loss, and stools that float, are foul smelling, or “greasy” looking.

How is this condition diagnosed?

Blood tests can detect certain antibodies that are present in individuals with Celiac. Your doctor will order these antibody tests if Celiac disease is suspected. If the tests are positive, an upper endoscopy biopsy is usually performed. The biopsy may show a flattening of the villi in the intestine. A follow-up biopsy or blood test may be ordered several months after the diagnosis and treatment. These tests evaluate your response to treatment. Normal results mean that you have responded



to treatment, which confirms the diagnosis.

What is the treatment for Celiac disease?

A gluten-free diet and medications such as corticosteroids may be prescribed to reduce inflammation in the intestines. A registered dietitian can help you with food restrictions and recommend a meal plan. As of today, there is no cure for Celiac disease, only treatment and

management of symptoms.

What is gluten-sensitivity?

It is unclear if there are “degrees” of gluten-intolerance or gluten sensitivity. But if eliminating gluten-containing foods from your diet gives you a greater sense of well-being and reduces physiological side effects you may experience upon intake (such as bloating, constipation, abdominal pain, or diarrhea), there should be no issue with following a gluten-free protocol. Note: gluten-intolerance and wheat allergy are separate conditions; an individual could have a wheat allergy but NOT be gluten-intolerant. Talk to your doctor about testing for both conditions to ensure accurate diagnosis and proper treatment.

For more information on Celiac disease and the gluten-free diet, visit: www.celiac.org.

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

Seniors Learn About Black History At First Annual CHEER Celebration

By Carolyn O'Neal
Community Relations

CHEER hosted its first annual Black History Celebration on February 23 at the CHEER Community Center in Georgetown. Almost 200 people attended the educational and entertaining event that was capped off by a delicious lunch.

The morning's featured presenter was retired educator and counselor Dr. Reba Hollingsworth. The 98-year-old Milford native participated in the 1963 Civil Rights March on Washington, D.C. and was blessed to be in the audience to hear the late Dr. Martin Luther King address that gathering of over 200,000 people. Her topic at the Black History Celebration was to educate the attendees about the Origins of Black History.

Then Tawana Gale did a mime reenactment of the legendary abolitionist Harriet Tubman. Born near Cambridge,



TAWANA GALE did a mime reenactment of the legendary abolitionist Harriet Tubman at the CHEER celebration.

Md., she escaped slavery and became a "conductor" on the Underground Railroad, a network of secret routes and safe houses that helped guide over 100,000 slaves to freedom.

Following Ms. Gale's dance routine, master of ceremonies, Pastor William Waters, educated the audience on the meanings of some of the code words of the "Underground Railroad," such as: agent=coordinator; baggage=fugitive slaves; conductor=person who directly transported slaves; drinking gourd=North Star and Big Dipper; French leave=sudden departure; Heaven=Canada; load of potatoes=escapees hidden under a wagon; pattern roller=bounty hunter; River Jordan=Ohio River; station=place of safety; and Moses=Harriet Tubman.

Shamaya Young then shared an arousing poem she had written in 2017 for a school assignment titled, "An Open Letter to People Who Don't Believe Racism Doesn't Exist."

Pastor Waters emphasized the lesson of the day from the poem and the day's celebration was, "When we learn to appreciate and respect each other, unity will begin."

Hattie Bull shared a reading titled "A Day Without Black People", that enlightened the gathering about all the everyday things that were invented by Black people, including the comb, iron, ironing board, clothes dryer, fountain pen, printing press, traffic lights and lawn mower.

Special guests were representatives of the First State Tuskegee Airmen, a group of African American military pilots and airmen who fought in World War II and were America's first Black military airmen. Dr. Donald Blakey told about the slow acceptance of Black men in the U.S. military. He also said three Delaware State (College) University graduates were members of the Tuskegee Airmen. He invited everyone to share in the celebration of these brave military men on March 28 which is designated as National Tuskegee Airmen Commemorative Day.

Following a delicious lunch prepared and served by the CHEER Nutrition staff, keynote speaker was Sussex County's Register of Wills Greg Fuller. He told the true story of a Black woman born to sharecroppers in Virginia in 1930. Gladys Mae West became a renown mathematician working for the U.S. Naval Proving Ground, only their fourth Black employee. In 1978, she was named project manager of an experimental U.S. ocean surveillance satellite, named Seasat, that provided data on oceanographic conditions. Out of her work came a satellite programmed to create computer models of Earth's surface. This model led to the Global Positioning System, known today as GPS. She was later inducted into the Air Force Space and Missile Pioneers Hall of Fame, the only Black woman to be inducted.

Fuller closed his presentation with two heart-warming vocal musical numbers, ending the celebration.



GREG FULLER, Sussex County Register of Wills, was the afternoon's feature speaker who told the true story of the first Black woman to be inducted into the Air Force Space and Missile Pioneers Hall of Fame.

*It's Been A Wonderful Life ...***CHEER Provides A Sense Of Freedom For Hispanic Senior**

By Carolyn O'Neal
Community Relations

Ana Perez wouldn't describe her life as "wonderful," but her path has led to a "wonderful family" at CHEER's Harbour Lights Center in Lewes.

"I'm happiest here at the center with my CHEER family," said Ana. "We share everything, and we keep in touch. It gives me a reason to get up in the morning."

Ana was born in Honduras, a Central American country bordering the Caribbean Sea. She is the second child of six children – five girls and one boy. With growing friction in the country, when Ana was 17 years old her parents put her on a plane to the United States to get a better education. For the next two years she lived in Miami with relatives and studied English so she could communicate in her new country. She then moved to Washington, D.C. and lived with her mother's cousin for a year. Ana had no money, so she took on jobs babysitting children in nearby Maryland. She had to walk to and from work and even going to the shopping mall consisted of an hour's walk each way.

After another year, Ana went to work for a foreign diplomat as a live-in nanny for his 10-year-old son. During this time, she gave birth to her oldest daughter and then found a new job working for an American family. Unfortunately, she was not able to work and take care of her young baby at the same time, so she sent the child back to Honduras to her family to care for. Ana worked



ANA PEREZ insisted that the photo for this story include her Harbour Lights family. Left to right are: seated - Derek Richard, George Stefan, Ana Perez, Kathy Crowley and Gilbert Mackey; standing - bus driver Chip Zahm, Evelyn DeLazzaro, center director Crissy Tunnell, kitchen manager Jennifer Fisher, Dot Spicer and Debra Rook.

hard to be able to afford to bring her child back to America with her. It took four years, but they were finally reunited.

Ana admits that during her first few years in America she did not have a Green Card to be here. Because of that she says some people used it to intimidate her, therefore, she knew how seriously important it was to obtain legal status in the United States. It took another six years, but she finally achieved her goal.

To get her Green Card, Ana had to return to Honduras. While there, she got reacquainted with her teenage sweetheart and the two were married. They both came back to the United States and lived in the Washington, D.C. area. Two more children joined her daughter before the marriage dissolved 37 years later.

After that heartache, Ana went back to Honduras where

she lived on her mother's farm for the next 13 years. "I loved taking care of the animals," she said. "I had a donkey named Rabbit."

But fate interrupted Ana's peaceful existence once again. In 1998, the country was devastated by Hurricane Mitch which killed about 5,600 people and caused approximately \$2 billion in damage. In October 2020, another hurricane hit the country and totally destroyed Ana's home.

"I lived 40 minutes from town and the only bridge was washed away," remembered Ana. "I lost everything."

With nowhere to go, Ana called her oldest daughter in America. Soon she was on another airplane to the United States and over three years ago settled in Rehoboth with her daughter.

To keep her mother busy, daughter Giselle found out

about CHEER and brought her to the center in Lewes. She has been coming ever since.

"CHEER has been my life, my family. We are best friends here. We know each other's stories, talk about our ailments. I am so happy the center is open full time again," laughed Ana. "Crissy (center director) is the best person. I told her she isn't allowed to take a vacation unless she takes me with her."

"I call Ana the 'mother of the Harbour Lights CHEER Center.' She is always helping someone with something," said Christine Tunnell, the center director.

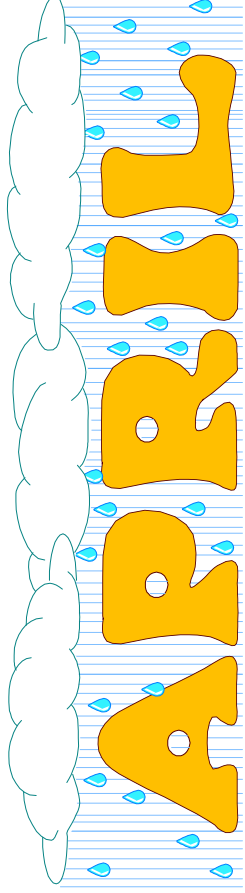
Ana said that when she lived in Washington, D.C. she would see buses go by filled with older people. "I never realized what it was about, but now I know because I am one of them," confessed Ana.

Ana enjoys riding the CHEER bus to go to the bank, shopping, and day field trips. "I enjoy the freedom to go places here at CHEER," Ana said. "We have some good times. The bus drivers are the best."

At present, Ana is the only Hispanic member at the Harbour Lights CHEER activity center. "I want to help CHEER involve more Hispanics," she said. "All this personal involvement is good for our minds."

Ana's younger daughter lives in New York and her son lives in Los Angeles. "My son calls me every Sunday and asks how my week was in 'school'," she laughs. "I tell him about everything we did at CHEER that week. CHEER

See Wonderful Life - page 22



Menu items subject to change due to availability.

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	2	Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	3	Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	4	Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	5	Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk
8	Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	9	Turkey Tetrazzini Green Beans Mushroom Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk	10	Baked Stuffed Chicken Breast Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	11	Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	12	Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk
15	Turkey Divan Steamed or Baked Rice Whole Wheat Roll/Bread Fresh Fruit Skim Milk	16	Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk	17	Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Chilled Fruit Cup Skim Milk	18	Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	19	Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Boston Cream Pie Whole Wheat Roll/Bread Skim Milk
22	Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	23	Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk	24	Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	25	Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk	26	Taco Salad Black Bean and Corn Salad Garnished Watermelon Slice Skim Milk
29	Fish Sandwich French Fries Baked Cole Slaw Pineapple Slices Skim Milk	30	Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk						



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

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



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

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

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

V O L U N T E E R

all that's missing is U!

CHEER Volunteer Appreciation Dinner Celebration Thursday, April 25, 2024

5 til 8 p.m.

CHEER Community Center, Georgetown



Dinner Served
FREE to
Volunteers
Guests - \$10

*Volunteer of Year
King/Queen
will be crowned!*

**For more info or to RSVP by April 11 contact
Monica Mandujano, at 302-500-6720.**

Welcome New Volunteers

Ashlyn Elliott	Georgetown	MOW/Center/Transport
Latonya Jennette	Georgetown	Center
William Leonick	Georgetown	MOW
Cinthia Mera	Georgetown	Center
Yasbel Garcia Mera	Georgetown	Center
Luis Garcia Ortiz	Georgetown	Kitchen
Prisilla M. Ortiz	Georgetown	Center
Jordan Porto	Georgetown	Special Events
Jayron Sanchez	Georgetown	Center
Juan Carlos Sandoval	Georgetown	Special Events
Karla Sandoval	Georgetown	Special Events
Cody Barlow	Lewes	Activity
Falan Mifflin	Lewes	Activity
Tim Thornton	Lewes	Activity
Michael Bonczewski	Long Neck	Center/Activity
Anette Aguilon	Milton	Activity
Jeanne Dukes	Milton	Fitness Zoom
Colette George	Milton	Office
Pat Jones	Milton	Office
Karin Marin	Milton	Special Events
Janessa Olivas	Milton	Special Events
Marcos Olivas	Milton	Special Events
Rocio Olivas	Milton	Activity
Adan Reveriano Purata	Milton	Special Events/Activity
Ellen Rendle	Milton	MOW
Basilio Cachuela, Jr.	Roxana	MOW

Thank you for your support!



Georgetown Activity Center

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

Happenings

Tues., April 2: National Peanut Butter and Jelly Day

Thurs., April 4: Beckett's Bulletin

Fri., April 5: Georgetown to Greenwood

Fri., April 12: Bridgeville to Georgetown

Mon., April 15: Ken Huff Ventriloquist

Thurs., April 18: Revive Sound Productions

Thurs., April 18: Dinner/Bingo, 4-6 p.m.

Fri., April 19: Greenwood to Georgetown

Tues., April 23: Highmark Mobile Dental Clinic

Monday-Friday: 8-10 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: Memory Café, 9:30 a.m. - Penny Bingo, 12 noon

First Thursday: Beckett's Bulletin

Third Thursday: Revive Sound Productions with Randy

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

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 April Birthday!!!

**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.



You Don't Need A Reason To Help People

These hands should be your's!



Empty Nestor?

Retired and Bored?

Competitive Pay

Good Benefits

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

Let's celebrate the month of April and the arrival of Spring, which happens to be the best season! It is not too hot and it is not too cold. You can get a little bit of rain and a bit of sun on the same day and be able to appreciate the rainbows.

The Jewish holiday of Passover begins April 22 and Christians celebrated the sacred holiday of Easter on March 31.

Write A Letter

Did you know that April is designated as National Card and Letter Writing Month? Studies have revealed an association between writing by hand and **brain development and cognition**, increasing neural activity more than typing can. Long after cards and letters are written and sent (and even after their senders and receivers are gone), letters and postcards remain to be read, appreciated, and preserved. Whether displayed on museum shelves honoring famous historical figures or saved in a scrapbook between two old friends, letters protect the memories of lives lived in a way that technological communication cannot. They are tangible, personal and real in every sense of the word and they create lasting memories. Take the time this month to send a note or card to those you've been thinking of. It will brighten someone's day.

Volunteer Month

April is National Volunteer Month. Please join us for a special Thank You dinner to our CHEER volunteers on **Thursday, April 25** at the CHEER

Community Center at 5 p.m. Free for all volunteers; \$10 guests. (See flier on page 15).

Travel Club

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

- National Museum of Women in the Arts, Washington D.C., **May 15**
- Suicide Bridge Cruise, **June 2 (sign up at center)**
- 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, DE. All reservations are on a first come, first serve basis.

Thank you and hope to see you very soon!

Sheila

Dates to Remember

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

Thurs., April 4 – Beckett's Bulletin, CHEER's CEO, will bring us up to date on CHEER happenings via Zoom. 10:30 a.m.

• "Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q and A, and "Name

That Tune". 12 noon

• Memory Café with Christie Shirey. 1-3 p.m.

Fri., April 5 – Our friends from Georgetown CHEER visit us for Bingo and entertainment by Lisa Miller.

Mon, April 8 – Trip to Laurel Senior Center, bus leaves at 9:30 a.m. from the center.

Tues., April 9 – Blood Pressure Check with Betty F., 9:45 a.m.

Thurs., April 11 – Positive Music Time with Randy, 10:30 a.m.

• Memory Café with Christie Shirey, 1-3 p.m.

Mon., April 15 – Visit from Delaware's Insurance Commissioner, Trinidad Navarro, who will bring us up to date on the latest Fraud Schemes around the state of DE, 11 a.m.

Tues., April 16 – our friends from Laurel Senior Center visit Greenwood for Prize Bingo, 9:30 a.m.

Wed., April 17 – Food Bank of DE, 11 a.m.-12 noon

Thurs., April 18 – "Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q and A, and "Name That Tune", 10:30 a.m.

• Memory Café with Christie Shirey, 1-3 p.m.

Fri., April 19 – Greenwood CHEER members visit Georgetown CHEER, bus leaves at 9:30 a.m. from the center.

Tues., April 23 – Blood Pressure Check with Betty F., 9:45 a.m.

Wed., April 24 – Trip to Berlin, MD for shopping on Main Street. Lunch at Blacksmith's. Bus departs the center at 9:30 a.m.

Wed., April 24 – AARP Defensive Driving Program – Refresher Course, 9 a.m. to 1 p.m.

Thurs., April 25 – Volunteer Appreciation Dinner at the CCC, 5-8 p.m.

• Memory Café with Christie Shirey, 1-3 p.m.

Mon., April 29 – Membership Meeting. Please come and share your thoughts, 12 noon

Fulton Bank visits Greenwood CHEER - TBD

Greenwood CHEER Dinner/Entertainment - TBD



*to all our members
born in APRIL!*

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 breakfast at the center **every Tuesday**. Breakfast will begin at 8:30 a.m. and go 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.

Wellness and Longevity

Richard Ferrandino is a retired school teacher with 30 years of service with the state of Delaware. He is originally from New York. In 2019, he set upon a path to health/wellness/longevity. For almost five years now, he has been consuming information about Whole Food Plant Based Nutrition, and various strategies for wellness and longevity. On **Friday, April 12**, at 11:45 a.m., Richard will be at the center to do a presentation. Please come out to obtain information on how to sleep well, eat well, move well and feel well by connecting with nature, self and others.

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 **Thursday, April 18**, at 10:30 a.m.

Happy Birthday Everyone

Happy Birthday to anyone born in the month of April. We will be having a birthday celebration for everyone born in April on **Wednesday, April 17**. 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.

Virtual Chair Yoga

Chair Yoga will begin on **Friday, April 26**. The first class will be an in-person class which will give you the opportunity to meet the instructor, Jeanne Dukes. The class will begin at 10:30 a.m. and will be free to members. After this class, the classes will be virtual. Please spread the word to your friends and come out to support this new class. The cost of the class is FREE to members.

Murder Mystery

Hello All! We are looking for eight actors and actresses to help us host our first Murder Mystery Dinner Theater. Please keep in mind, you will not have to memorize any lines. If you are interested in participating, 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

P.S. Be sure to read the feature story on page 13 about one of Harbour Lights' members.



Long Neck Activity Center

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

Happenings

Wed., April 10 – 10 a.m., Sunshine Singers

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

Mon, April 15 – 10 a.m., Richard Ferrandino: Live well, Eat well, Move well, Feel well

Thurs., April 18 – 4-6 p.m., Prize Bingo and Dinner

Wed., April 24 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our April birthdays.

Trips

Tues., April 2 – Trip to Ollies and Cheddars, bus leaves 9:15 a.m.

Thurs., April 4 – Trip to Boscov's and the food court, bus leaves 9:15 a.m.

Tues., April 9 – Evening trip

to Cracker Barrel, bus leaves 4:15 p.m.

Thurs., April 11 – Trip to Super Walmart and Ruby Tuesdays in Milford, bus leaves 9:15 a.m.

Tues., April 16 – Trip to Byler's Produce Junction and food court, bus leaves 9:15 a.m.

Thurs., April 18 – Trip to Smith's and the secondhand store in Seaford, bus leaves 9:15 a.m.

Tues., April 23 – Trip to Big Lots, Roses, and Stargate, bus leaves 9:15 a.m.

Every Monday – Trip to Walmart, the bus leaves 9:30 a.m.

Every Wednesday – Trip to bank, post office and drug store, bus leaves 9:30 a.m.

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



VALENTINES FUN ... Long Neck members Carol Hutson, Eleanor Travis, Pat Wert and Thelma Cottman enjoyed dancing the Electric Slide at the annual Long Neck Valentine's Day party.

Milton Activity Center

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

Happy April Milton Members! This month, we would like to highlight some of the activities coming to the Milton CHEER Center.

Horseshoe Crabs, Shorebirds, and the Delaware Bay!

Join staff from the DuPont Nature Center as they discuss Delaware Bay's natural history and ecology and explore a few of the incredible species that make our backyard a world-renown environment of importance. In this program, we will not only learn all about our beloved local Horseshoe crabs, but also about the migratory shorebirds that visit our beaches from across

the planet. These species will be arriving all over our shores soon, so this is a great chance to get up to date on the natural phenomenon that is about to take place just a few miles away.

The Delaware Medicare Assistance Bureau (DMAB)

Informative presentation on the original Medicare, Medicare Advantage, Part D Prescription plans and changes that will be coming to Medicare plans. A question-and-answer period will follow and you can arrange to have a one-on-one meeting to discuss which options are best for you.

Stand By Me

Kathleen Rupard will discuss the Stand By Me 50+ program that provides information, resources and support to increase the economic stability of Delawareans age 50 and older. You can receive financial coaching, access to benefits, workshops and retirement planning. This program provides financial coaching that includes one-on-one sessions with a financial coach to meet your personal financial goals and ensure that you maintain your quality of life in retirement.

Other Activities

• Richard Shrout will be visiting monthly to discuss

health issues that concern our members.

• Victoria Lowrie from Blue Cross, Blue Shield has a monthly mystery activity. Come be surprised, have fun, and leave with increased health knowledge.

• Positive Music by Randy Potter

• The Delaware State Fire School will present Steps to Safety.

• Yoga with Mary Ann, fitness room, Moving to the Oldies

• Bible Study, Arts and Crafts, Memory Cafe, and Bingo

Come visit us at Milton CHEER this month!

Open To The Public!

Physical Therapy at



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

Provided by



Physical Therapy Closer to YOU!
Schedule your appointment (302) 422-2518



Come On Out And Learn Some Line Dancing At CHEER

The community (at right) and staff have been enjoying line dancing classes every Monday night at the Community Center in Georgetown from 5-7 p.m. Classes are \$5 a night payable at the door. The cafe is open to purchase refreshments. Top photo shows CHEER Senior Accountant Ginger Clifton, CHEER CEO Beckett Wheatley, and Georgetown Center Director Debbie Landon.





Ocean View Activity Center

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

Trees, Trees, Trees

Our Hug a Tree contest returns! Get out and commune with nature and while there, get a great Tree Hugging photo.

Komorebi
(Japanese)

sunlight filtering through
the leaves of trees
-from "Being with Trees"
by Hannah Fries

Activities

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

Ocean View Hours:

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

Monday - Friday

Monday – Friday: Puzzle Mania (jigsaw puzzles, word search, crossword, etc.) available all day; Fitness Room (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.

Karen Garrison is here most Thursdays and is a public notary.

Mondays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Walking Club, 10 a.m., by bus to local locations (weather permitting or exercises/brain games indoors); Corn Hole resumes in our parking lot, 10 a.m.; Mahjongg, 12 noon; Quilting Club, Shopping, 12:15 p.m.

•Membership Meeting on the 2nd Monday, **April 8** at 12 noon.

•Stand By Me, 4th Monday with Kathleen Rupert, **April**

22, 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).

•Amanda Menasion of DE Solid Waste Authority on Recycling, Tuesday, April 2, 11:45 a.m.

•Greg Fuller, Register of Wills, presentation on **April 23** after lunch (tentative)

“ELVIS” with Frank Raines and Dinner, April 30, 5-7 p.m. \$7 members and \$10 guests – sign up in advance please.

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.

•Nutrition Education with Lisa Harkin on Zoom, **April 10** at 11:30 a.m.

•PAM Rehab Health Topic with Erin Sharpe and Billy Nutter, **April 17**, 11:45 a.m.

•Parkinson’s Support Group, 3rd Wednesday, **April 17**, 1 p.m.

•Celebrating all **APRIL BIRTHDAYS** over lunch, **April 24**

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.

•Beckett’s Bulletin, 1st Thursday, **April 4**, 10:30 a.m., on Zoom.

•Alzheimer’s Caregiver Support Group, 1st Thursday, **April 4**, 6 p.m.

Fridays: Weekly Trips, times vary.

•NEW PROGRAM – TAI CHI BEGINS Fridays, 9:30 a.m. with Ellen Provost, \$5/hour!

•Memory Café with Christie Shirey, every Friday, 10:30–11:30 a.m., all welcome! Mahjongg and Poker, 12 noon.

•Line Dancing with instructor Donna Ferraro, Once Monthly Only, 2nd Friday, **April 12**, 2-3 p.m., \$5. Please sign up if interested! (Minimum of 15 needed for class to run.)

Highmark Mobile Dental Clinic, **April 26**.

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., April 4 – Lunch out following Beckett’s Bulletin. Group Choice, approx. 11 a.m.

Fri., April 5 – Target in Dover and lunch at Fraizer’s on the Water, 9:30 a.m.

Thurs., April 11 – Prime Hook Nature Stroll with Julie McCall and Picnic Lunch at Ford’s Landing Shelter, \$3.50 (Lunch), leave 9:30 a.m.

Fri., April 12 – Cape Henlopen State Park Tree Talk and Walk with Kathleen LaForce, Lunch at the Big Oyster, 9:15 a.m. (tentative)

Thurs., April 18 – Super

Walmart and Decatur Diner, Berlin, Md., 9:30 a.m.

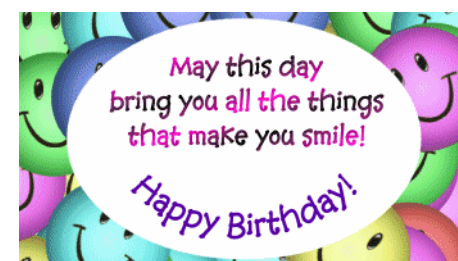
Fri., April 19 – Conley’s Community Thrift Shop and Rudy’s Lunch Choice, 9:30 a.m.

Thurs., April 25 – Lunch at Iron Hill Brewery first, then Nassau Valley Vineyards for a Self Tour (free) and Tastings (\$15), 10:40 a.m.

Fri., April 26 – Assateague Island National Seashore for “Life of the Marsh Trail” (totally accessible and short), and lunch at The Shark on the Harbor, West Ocean City, 9:15 a.m. Please bring your National Park Pass if you have one (one is good for you and 4 others)!

We collect donations here, on a regular basis, for Saint Vincent de Paul’s Local Community Food Pantry, at Our Lady of Guadalupe Mission Church in Frankford. Please be sure to check all expiration dates first. Thanks! Food Pantry hours every Thursday, call for specifics.

~Happy APRIL Birthday to all you out there ~



CORRECTION: The photos in the March issue on page 12 of Fred Parker and on page 21 of Maureen Class were mistakenly mislabeled as members of Long Neck. They are both actually members of Ocean View center. We apologize for the mistake.

April 12, 1861 - The American Civil War begins as Confederate forces fire on Fort Sumter; **1945** - President Franklin D. Roosevelt dies.

'Young' Love At Ocean View CHEER

MEMBERS brought their "sweethearts" to the Valentine's Day party at Ocean View CHEER. Below left are Susan and Lawrence Ash; top right are Ruth Ann and Joe Jamicky; and bottom right are Jim and Bernie Forlenzo.



It's Pickleball Time At Ocean View ...



Nan Colella



Phil Mazzola



Soon Choi



Kathy Alves



Line Dancing CHEER Community Center!

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"



Certified Dance Instructor: Donna Ignelzi-Ferraro



20520 Sand Hill Road
Georgetown, DE

We Need You to VOLUNTEER!

Please help deliver meals
to homebound seniors in
Sussex County.



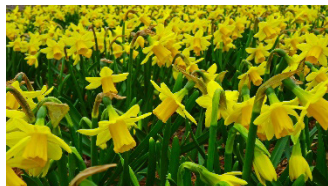
Call 302-515-3040





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 Wheatley has an interactive Zoom meeting online with all of the CHEER centers. The meeting 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

Sit and Fit – Chair Exercises
Pastor Dan and Betsy Taylor – Bible Study/Music Ministry and/or Inspirational Reading/Discussion Group (alternating weeks)

Group Discussion: "This is Us"
Lunch, \$ donation

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

Tuesdays

Morning Café, Socializing and

Snacks

Prize BINGO

Lunch, \$ donation

Games – Member's Choice: Hand and Foot/Chicken Foot/Uno/Wii and more

Arts and Crafts – Last Tuesday of every month. **Sign up required, 12 ppl. maximum.**

Wednesdays

Morning Café, Socializing and Snacks

Entertainment/Educational Speakers

Lunch, \$ donation

Sit and Fit – Chair Exercises

Group Games/Puzzles and/or Trivia

Thursdays

Morning Café, Socializing and Snacks

Trip Day and Group Outing for Lunch. **Sign-up Required, 16 ppl. maximum**

Lunch, \$ donation

Center Activities: On Your Own – Games, Movies, Puzzles, Etc.

Fridays

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel
Lunch, \$ donation

Memory Café with Christie Shirey

Special Events

April 1 – DATI Presentation, DE Assistive Technology Initiative

Roxana Center To Host Yard Sale On May 10

CHEER's Roxana Activity Center has scheduled a yard sale for **Friday, May 10** from 10 a.m. until 2 p.m. Proceeds from this sale will be used to help pay for event fees that some members cannot afford to pay, pay for flowers to members who are in the hospital, and any other member needs.

Item donations from the CHEER staff and the public are welcome. Please, NO clothes. Items can be sent or dropped off at the Roxana center.

The yard sale will be open to the public to set up and sell their items for \$15 per space. Bring your own table. Contact Debra Dudkin if you are interested in participating at 302-732-3662 from 2 til 4 p.m. only or email ddudkin@cheerde.com.

April 3 – Coast Gardeners. **Sign-up Required, 12 ppl. maximum**

April 10 – Entertainment, "Name That Tune" with Mason Dixon

April 17 – Entertainment, music with Imagine

April 24 – Entertainment, music with The Sunshine Singers

*** 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 member John Hemphill gets a selfie with Mr. Goodwood during this recent visit to the center.



April Birthday Members!

Wonderful Life - Cont'd from page 13

doesn't treat us as elderly people who are a burden. They respect us."

"When I die, I want to be known as a good person who liked to help. I am grateful for what I can contribute and they (CHEER) appreciate me," smiled Ana.

For information about any of CHEER's seven activity centers throughout Sussex County go online to www.cheerde.com or call 302-515-3040.



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!





BUS DAY TRIPS

- **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

