

FREE

AUGUST 2024

CHEERful Living

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



Follow us on
FACEBOOK
CHEER, Sussex County

Graduation ...

Dozens of seniors graduated from CHEER's Language Exchange Adult Program after 16 weeks of studying either Spanish or English as a Second Language. Everyone celebrated together at a dinner hosted by CHEER.
See pages 10 and 11 for details.

Pet Dementia ...

Your elderly pet may suffer from dementia and you didn't even know it existed in pets. Learn the symptoms and how you can handle this sad situation during your beloved pet's final days.
See pages 12 and 13 for details.



**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, in-home personal assistance, social, and recreational activities.

The 10.75 inch wide x 12 inch deep sized **CHEERful Living** magazine is published monthly to keep older adults 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 older adults, contact

**Carolyn O’Neal, Community Relations, at
carolyno@cheerde.com
or call 302-515-3040.**



Introductory Ad Rates

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

Front Page*	10.25 in. x 2.5 in.	\$1,500
Back Cover*	10.25 in. x 11 in.	\$1,000
Inside Covers*	10.25 in. x 11 in.	\$700
Full Page*	10.25 in. x 11 in.	\$550
Half Page*	4.845 in. x 11 in. OR 10.25 in. x 5.625 in.	\$300
Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 in. 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 older adults. (Publisher reserves editorial rights.) Text content should be educational. Photos 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.

The surgery is unique in that it provides a personalized

surgical plan. Prior to surgery, a CT scan of the patient's hip or knee joint is obtained. This generates a three-dimensional model of their unique anatomy. The 3D model helps Dr. Doran see details he can't typically see with an X-ray alone, and helps him determine the optimal size, placement and positioning of the patient's implant.

Throughout the procedure, Dr. Doran guides the robotic arm to remove the arthritic bone and cartilage from the hip. As he prepares to place the implant into its final position, the robotic arm guides it to the desired angle predetermined in the surgical plan. This technology helps ensure the appropriate orientation and depth of the implant, resulting in personalized and reproducible outcomes.

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.

(The above is a paid advertisement – CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)



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



Table of Contents

CEO Perspective 4

Community Resources 6

Fiberlicious 7

Stand By Me 8

Frontotemporal Dementia .. 9

Language Exchange..... 10

Dementia in Pets..... 12

Menu 14

Georgetown..... 15

Greenwood..... 16

Lewes..... 17

Long Neck 18

Milton 18

Recipe..... 19

Ocean View 20

Roxana..... 21

Volunteers 22



MEALS on WHEELS
AMERICA
2024 MEMBER

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



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

Partially funded by



CEO Perspective

National Senior Citizen Day

By Beckett Wheatley, CEO

August is my favorite month of the year. It’s my birthday month! Growing up with six brothers and no sisters certainly paved the way for my birthday to be a special occasion. Even now, I like to celebrate it all month long. As I grow older and from working for CHEER so many years, I’ve come to appreciate older adults.

August 21 marks a special occasion known as **National Senior Citizen Day**, a day dedicated to recognizing the contributions and achievements of older adults in society. Established by President Ronald Reagan in 1988, this observance highlights the importance of honoring and appreciating the elderly population who have played pivotal roles in shaping our communities and nation.

Senior citizens possess a wealth of knowledge, experience, and wisdom accumulated over decades. They have lived through significant historical events and have adapted to numerous societal changes. National Senior Citizen Day serves as a reminder to acknowledge their valuable contributions and to express gratitude for their enduring impact on our lives.

One of the key purposes of this day is to promote the

well-being and quality of life for senior citizens. That is exactly why CHEER, Inc. was founded back in 1971 (under another name). As individuals age, they often face various challenges, including health issues, social isolation, and financial instability. National Senior Citizen Day encourages society to address these challenges by advocating for better healthcare services, social support systems, and financial security for the elderly. It is an opportunity to emphasize the importance of creating age-friendly communities where seniors can live independently, safely, and with dignity in their own home. Together, we can make that happen.

Celebrating National Senior Citizen Day can take many forms. All of us can spend quality time with the elderly, listening to their stories, sharing meals, or engaging in activities

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

Marissa Chavez
Human Resources Director

Debbie Joseph
Personal Assistance
Services Director

Cindy Mitchell
Adult Day Program Director

Kevin Mutch
Information
Technology Director

Robert Rogers
Transportation and
Facilities Director

Amy Smith
Nutrition Director

Angela Thomas
Finance Director

Debra Dodd
Hospitality Manager

Isaac Felder
Food Services Manager

Robin Greene
Congregate Manager

Monica Mandujano
Volunteer Services Manager

Carolyn O’Neal
Community Relations Manager

Christie Shirey
Community Support Specialist

CHEERful Living

magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE.

Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

Editor - Carolyn O’Neal

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

CEO Perspective -**Cont'd from page 4**

that bring joy and fulfillment. Spend some time at any of our seven CHEER Activity Centers located throughout Sussex County. CHEER is also always looking for volunteers to help at our Centers, deliver homebound meals, and transport members to medical appointments. Volunteering is another meaningful way to show appreciation and provide companionship to those who may be feeling lonely.

This day also serves as a call to action for policymakers and community leaders to prioritize the needs of the aging population. By implementing policies that support affordable healthcare, affordable housing, accessible transportation, and social inclusion, society can ensure that senior citizens are not left behind. National Senior Citizen Day is a time to reflect on how we can create a more inclusive and supportive environment for older adults.

Remember National Senior Citizen Day on August 21. Take the time to honor and celebrate older adults. It is a day to recognize their contributions, address the challenges they face, and promote their well-being. By valuing and supporting our senior citizens, we not only enrich their lives but also strengthen the fabric of our communities, creating a society that respects and cherishes its older members.

Five-year-old Kristin was showing a neighborhood friend around her house. Her friend had never seen bathroom scales before and was mystified by the dial.

"What is this?" the friend asked.

"I'm not really sure," answered Kristin. "It's some kind of machine that puts grown-ups in a terrible mood."

**Rotary Helps ...**

CHEER, Inc. recently received a \$5,000 check from the Long Neck Sunrise Rotary Club for its Meals on Wheels program. The donation was possible from the proceeds of the club's annual Pickleball Tournament last year. Shown, left to right, are Rotarian Ryan McCoy, Long Neck CHEER Center Director Samantha Harper, and Rotarians John Berner, Anne O'Shea and Christine Tomalin.



Over 50 Years Serving Sussex Seniors

**TRAVEL
CLUB
2024**

Come Travel With Us!

www.cheerde.com/Events/Travel Club

BUS DAY TRIPS

- **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. *(Tickets going fast!!!)*

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

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

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

EXTENDED STAY and CRUISES

- **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**

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.

Focus on Pet Therapy

By Christie Shirey
Community Resources

It is hard to believe, but it has been two years since the CHEER van driver found Mr. Mann. In celebration, this month we decided to look at how useful Pet Therapy can be. According to studies, pet therapy has shown to decrease isolation, stress, and anxiety in people with dementia. Robotic pets can provide similar positive effects without the negative aspects of traditional pets.

One of our caregivers has a robotic cat named Napoleon. Napoleon is a *Joy for All* Com-

panion Pet that looks, feels, and sounds like a real cat. He purrs, meows, moves, and even responds to touch. Best of all, you don't need a litter box, vet, or cat food. Mr. Mann met Napoleon and it was hilarious! He went through all the cat meeting rituals and decided Napoleon was a very good cat friend.

I spoke with Anthony Koko-szka at the Delaware Assistive Technology Initiative in Milford. The Initiative is a service offered by the University of Delaware and offers amazing assistive technology devices to try out without charge. He



MR. MANN, the cat, isn't quite sure of this "kitty."

is looking into ordering robotic pets for the lending library. They come in several breeds of cats and dogs! If you are caring for someone who might benefit from a robotic pet, please call Anthony at 302-831-0767 or the CHEER Caregiver Resource Center at 302-515-3045.

This month's activities include:

Thurs., August 1

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

1 p.m. - Memory Cafe, Greenwood CHEER

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

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

Fri., August 2

10:30 a.m. - Memory Cafe,

Ocean View CHEER

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

Mon., August 5

7 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-3045.

Tues., August 6

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

1 p.m. - Memory Café, Long Neck CHEER

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

Thurs., August 8

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

1 p.m. - Memory Cafe, Greenwood 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, 1 p.m.

Partnered with the Alzheimer's Association

3rd Wednesday of the month, 1 p.m.

Partnered with the Parkinson's Education and Support Group of Sussex County

Memory Cafe

Every Friday - 10:30 a.m.-11:30 a.m.

Roxana CHEER

Memory Cafe -

Every Friday - 10:30 a.m.-11:30 a.m.

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

302-515-3045

Fiber is *Fiberlicious*!

By Lisa Harkins, RD, LDN

Fiber. Why is it such an important nutrient?

Studies show that a diet adequate in dietary fiber can prevent atherosclerosis, removing bad cholesterol (LDL) from our systems and increasing the good stuff (HDL). It can prevent diverticular disease (inflammation of the bowel), it helps manage blood sugars (critical for diabetics) and keeps our bowels moving as they should.

Does it matter what kind of fiber we should be eating?

Yes – kind of. Soluble fiber, which is the type that forms a gel in water and is found in the pulp of fruits and in oatmeal, has been clinically proven to decrease cholesterol levels, keeping our hearts healthy. Insoluble fiber or “roughage”, the kind that our body doesn’t break down, is found in whole wheat bread and brown rice. This fiber has been shown to keep our

gastrointestinal tract in tip-top shape. Bottom line...we need BOTH kinds to get the most nutritional benefit.

Does it matter how much fiber we get a day? You bet. Women 51 years or older should shoot for 21g or more a day, and men 51 years or older need to aim for 30g daily.

What foods are the most fiber rich? Beans and legumes are our friends, and a cup of black beans can give you up to 19g of fiberlicious fiber. Cereals such as Fiber One and All Bran provide about 16g in a 3/4 cup serving, with a medium-sized sweet potato providing about

6g. A slice of whole grain bread generally provides about 3-4g, and an apple about 3g.

Other ways to increase total fiber into your day:

Eat the WHOLE fruit rather than the juice - juice contains virtually none of the original fiber of the fruit it was processed from.

Shoot for three servings of whole grains every day - whole wheat pasta, whole grain bread, whole wheat couscous, brown rice, and whole grain cereals.

Make a pot of chili with two kinds of beans - black and red kidney - serve with whole grain

See Fiber - page 8

Community Resources - from page 6

Fri., August 9

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

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

Tues., August 13

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

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

Wed., August 14

10:30 a.m. - Online (Zoom) Caregivers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-3045.

Thurs., August 15

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

1 p.m. - Memory Cafe, Greenwood CHEER

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

Fri., August 16

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

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

Tues., August 20

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

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

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

CHEER

Wed., August 21

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

Thurs., August 22

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

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., August 23

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

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

Tues., August 27

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

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

Wed., August 28

12 noon – Sussex Pride Aging Support Group

8:30 a.m.-2:30 p.m. - Easter Seals Caregiver Conference

Thurs., August 29

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

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., August 30

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

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

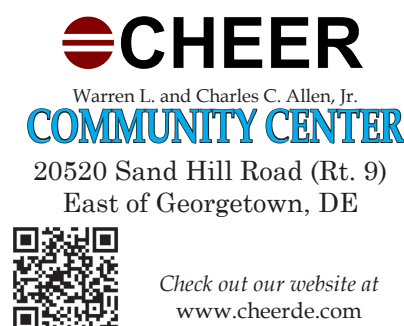


The Perfect Venue for ..

Weddings
Anniversaries
Celebrations
Craft Shows
Health Fairs
Cultural Events

- Large banquet hall that can be divided into 3 smaller rooms with privacy walls (maximum capacity, 325 people set up theater style, rectangular or round tables with chairs)
- Ample Parking
- Catering and Café services available
- Audio Visual Equipment available - podium, microphone, projector, screen, lighting, stage, sound

2024 Dates Still Available - Book Today!
Contact Deb at 302-854-2892 or ddodd@cheerde.com



CHEER
Warren L. and Charles C. Allen, Jr.
COMMUNITY CENTER
20520 Sand Hill Road (Rt. 9)
East of Georgetown, DE

Check out our website at www.cheerde.com





Stand By Me is a joint project of the State of Delaware and United Way of Delaware. Programs are made possible thanks to the support of partners who understand that financial health is crucial to the well-being of all Delawareans.

Two Ways to Pay off Credit Card Debt

Paying back your credit card debt isn't as easy as getting into credit card debt. But it can be done. With a plan, dedication, and discipline, you can achieve a life free of credit card debt.

How Much Can You Pay? The first thing you should do is figure out how much you can afford to pay on your credit card debt. If you have a monthly budget, use it to figure out how much money you have left over. If not, now's a good time to start one. Add up your net monthly income from all sources. Calculate your monthly expenses, including the minimum payments on all your

credit cards and loans. Subtract your expenses from your income. The number you get is your net income - what you can afford to send to your creditors every month. Now that you know how much you can spend paying back your credit cards, the next step is to figure out the order you want to pay your credit cards.

Two Payback Methods

The snowball method is a debt-repayment strategy that focuses on paying down the account with the lowest balance first. As you direct your larger payments toward that balance, you continue to make the minimum payments on your other accounts, so you don't end up paying late fees, hurting your credit or even defaulting. The first balances are easier and quicker to pay off. When you finally pay off a bill, the feeling of accomplishment is motivation to keep you going.

The debt avalanche method focuses payments on high-interest debts first, while making the minimum payments on the rest of your accounts. When the account with the highest interest rate is paid off, put the money you've allocated for it toward the debt with the next-highest interest rate. Repeat the process as many times as necessary until all your credit cards have been paid off.

Paying off credit card debt requires patience and persistence. If you don't want to go it alone and think having some extra guidance to improve your chances of success, work with a Stand By Me 50+ Financial Coach. **Call 302-685-2586** in Sussex County to schedule an appointment today!

Fiber - Cont'd from page 7

chips for a BBQ or with a green salad and whole wheat rolls for a quick dinner the entire family will enjoy.

Commercial supplements like Benefiber or Metamucil also can help increase your daily intake of fiber, but these products tend to contain added sugars and artificial colors and flavorings. Your best bet is to eat fiber-rich whole foods as suggested above. In addition to the fiber, you'll benefit from all the extra vitamins and minerals found in those items, without all the non-nutritive extras you don't need.

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.



Over 50 Years Serving Sussex Seniors

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

Unlock Your Dream Home with a Reverse Mortgage

Are you 62 or older and dreaming of a new home? A Reverse Mortgage could be your key!

Benefits of a Reverse Mortgage for Home Purchase:

- No monthly mortgage payments: Enjoy financial freedom with no monthly mortgage payments.
- Stay in your home for life: Live in your new home for as long as you want, as long as you maintain it and pay property taxes and insurance.
- Flexible Financing Options: Use the equity from your current home or other savings to cover the down payment and closing costs.
- Retain Ownership: You retain ownership of your home, ensuring you can live there for as long as you wish.

How It Works:

- Qualify: Must be 62 or older and meet FHA property standards.
- Choose Your Home: Select the perfect home that meets your lifestyle and needs.
- Get a Reverse Mortgage: Use the reverse mortgage to finance your new home.
- Live Comfortably: Enjoy your new home without the burden of monthly mortgage payments.

For more information contact JoAnn Moore, Licensed Mortgage Loan Originator, NMLS #165477. The Mortgage Market of Delaware, LLC. 302.236.1229, MMODJoAnn@aol.com.

(The above is a paid advertisement – CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)

Damage to the Brain’s Neurons Can Cause Frontotemporal Dementia (Disorder)

By Cindy Mitchell
ADP Director

According to the National Institute on Aging, Frontotemporal disorders (FTD), sometimes called frontotemporal dementia, are the result of damage to neurons in the frontal temporal lobes of the brain. Many symptoms can result, including unusual behaviors, emotional problems, trouble communicating, difficulty with work, or difficulty with walking. FTD is rare and tends to occur at a younger age than other forms of dementia. Sixty percent of people with FTD are 45 to 64 years of age.

FTD is progressive, meaning symptoms get worse over time. In the initial stages, people may have just one symptom. As the disease progresses, other symptoms appear as more parts of the brain are affected.

Symptoms of FTD are often misunderstood. Family members and friends may think that a person is misbehaving, leading to anger and conflict. It is important to understand that people with this disease cannot control their behaviors, other symptoms and lack of awareness of their illness.

To help diagnose FTD a doctor may:

- Perform an exam and ask about symptoms.
- Look at personal and family medical history.
- Use laboratory tests.
- Do genetic testing.
- Order imaging of the brain.
- Conduct test to assess memory, thinking, language skills and physical function.

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



**Are you considering a reverse mortgage?
62 or older?
Own your home?
Have substantial equity on your home?**

*A reverse mortgage may be right for you.
It is a way to turn the equity in your home
into additional retirement funds.*

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





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

**SAND HILL
ADULT DAY
PROGRAM**

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

Offering respite care for caregivers as we care for your loved ones 50 and older.
Nursing oversight • Assistance with personal care
Secure Facility • Noon meal and snacks provided
Brain Fitness and Physical Fitness Programs • Transportation arranged

Monday thru Friday, 9 a.m. to 3 p.m.
CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-212-4482 or email cindym@cheerde.com



Over 50 Years Serving Sussex Seniors



Second Language Education Breaks Down Barriers at CHEER

CHEER, Inc. recently held a dinner and graduation ceremony for participants of its Language Exchange Adult Program (LEAP). For 16 weeks, seniors had the opportunity to learn a second language that can help break down barriers and foster better understanding.

With a mini grant from Delaware's Department of Aging to help senior centers reach out to their communities and, specifically, to the underserved senior Hispanic population, CHEER put together a plan to offer both Spanish and English as a Second Language (ESL) classes free to area senior citizens. With the access to tablets with Babbel Language Learning Software, English speaking adults and non-English speaking Hispanic adults had the opportunity to

improve their thinking skills and increase their job and volunteer opportunities. All graduates received a CHEER membership through the end of the year which gave them access to all CHEER Activity Centers and its fitness centers.

Programs were conducted at CHEER Centers located in: **Georgetown** - ESL class taught by Anna Ornelas-Moore and Spanish class taught by Rocia Oliva and Itzel Hernandez; **Milton** - taught by Anette Aguillon; **Long Neck** - taught by Melinda Justice; and **Harbour Lights** in Lewes, taught by Karen Oliphant. A favorite part of the classes held in Georgetown was that several times both the Spanish and ESL classes got to meet and try to communicate with each other, thus providing a real-life



Laura Passwaters of Greenwood gets a good wrack at piñata at the LEAP graduation celebration.

learning experience.

The graduation dinner at the CHEER Community Center in Georgetown featured Hispanic foods and activities such as knocking down a piñata and, of course, Loteria (Bingo which

is popular for any age in any culture).

At this time, there are no plans for future Spanish and ESL classes because of funding, however CHEER has partnered with Delaware's Division of Aging to open a senior center at the Georgetown site in the evenings geared toward Hispanic foods and activities. More details will be forthcoming as finalized.

Graduates of CHEER's

Maria Angeles-Loper

Gwendolyn Baker, Joanne Bannon, Gina Bevel, Rob Biggart, Rosemary Biggart, Kathy Bradley, Katie Burrows

Kathy Carlson, Matt Clark, Tracy Clark, Isela Clouary, Lois Cuning

David Deans, Lisa Deans

See Languages - page 11



Questions about Medicare?

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

Call Delaware
Medicare Assistance Bureau (DMAB)

302-674-7364

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

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





This project was supported, in part by grant number #90SAPG0104-05-01,
from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

Languages

- from page 10

Jerry Fike, Laurie Fisher,
Ray Fisher, Angela Fleming,
Kathy Ford, Cheryl Fruchtman
Leonel Garcia, Chantal
Garrison, Barb Gillott

Michele Hagan, Laura
Hannu-Eckrote, Anna
Hindman, Sharon Hines, Kim
Holms, Linda Hudak

Oralia Martin, Judy
Matthews, Joann McAfee, Pam
McMillan, Donna Means, Mary
Beth Miller, Tambara Mizzel

Laurie Nelson
Michael O'Reilly, Sandra
O'Reilly

Susan Palmer, Cathy
Parker, Laurel Passwaters,
Liliano Perez, Yanet Pinon,

Barbara Powell
Tom Reardon, Fredi Roblero,
Juano Roblero, Martina Roblero
Doretha Savage, Brad
Schneiderman, Mary Ann
Schneiderman, Donna Shea,
Ernestine Sheinall, Karen
Spencer, Kent Sprunger
David Taylor
Tiffany Walters, Beckett
Wheatley, Elizabeth Williams,
Gloria Williams
Peg Young

An elderly, wealthy man was explaining to a friend that he had fallen in love with a much younger woman.

"Do you think I should tell her I'm 70?" he asked his friend. "Or should I tell her I'm 60?"

"His friend advised, "You should tell her you're 90."



LOTERIA (Bingo) is popular among the young and the elderly in all cultures. Above, Fredy Roblero helps Dorothy Culver find the Spanish words on the Loteria board at the LEAP graduation celebration.

Social Dance Classes

The CHEER Community Center in Georgetown



Swing Dance Classes

**This Fall-Tuesday Evenings 5:30-7:30
September 17th & 24th & October 1st & 8th**

\$10 per person/per class

The All American Dance

Single Step East Coast Swing-Basics & Beyond

Come With or Without a Partner



20520 SAND HILL ROAD – GEORGETOWN, DE

Taught by Yvonne

Dance Moves & Manners

Social Dance Classes for All Ages & All Occasions

Hosted by CHEER and Buckles And Boots-Line Dance Instructor Lily Parsons



FRIDAY 8/23/2024

6:00-10:00 PM

**CHEER COMMUNITY CENTER
20520 Sand Hill Road
Georgetown, DE**



**\$10.00 FEE
CASH BAR!
MUSIC PLAY LIST AND
BY REQUEST!**

***open to the public**

Dementia in Pets

By Carolyn O'Neal
Community Relations

Being the owner of an almost 15-year-old dog and 28-year-old horse, I have entered the sad territory of caring for aging pets. Just like with humans, maintaining the health of senior pets can be time consuming and expensive. But we love them, so we do what we must for those we love.

I have had dogs since I was 11 years old. They were always my best friends and the only child I ever had. They returned my love with their unconditional love and affection. No matter what my mood, they asked no questions and were always there for me in my good times and my bad times.

My first dog was a toy poodle (Pierre), then a half Doberman (Streaker), next came a short-haired Border Collie (Kelly), a red merle American Cattle Dog (Sissy), and now a long-haired Dachshund (Klover). Four of them lived to be 14 years old before I was forced to have three put down because of their health. The Border Collie was hit by a car the first and only time she went across the road; she was also 14 years old. The Dachshund, Klover, will celebrate her 15th birthday on August 25. She is in relatively good physical health, but she is showing signs of deterioration of her mental faculties. She is the first pet I have had that has demonstrated this.

I first noticed Klover being a little confused and disoriented last fall. She would walk under chairs and tables and get stuck on her shoulders but not know how to get out. Then she would wander around in the evenings and go to corners or walls and just stand there and stare at it. Having worked with aging adults for the past 10 years, I realized these symptoms mimicked some of the same symptoms shown by early dementia seniors.

Then Klover suffered a seizure last Christmas night and I found myself at Pet ER for four hours while she was examined and observed. The veterinarian there



Computer generated photo of Klover and Rocky.

explained to me that pets can also suffer dementia when they age, and she believed the seizure was the result of over stimulation from twinkling Christmas lights on the tree plus the interruption of her routine schedule. I did some research on the subject, and the findings were surprising.

Pet Dementia

Pet dementia is called “Cognitive Dysfunction Syndrome” (CDS). It affects aging pets because of a build-up of certain proteins in the brain. CDS remains underdiagnosed due to lack of awareness because pet owners assume the symptoms are a normal part of aging. Symptoms of CDS begin mild and gradually get worse over time. Researchers estimate CDS affects 36% of cats aged 11+, 28% of 11-12-year-old dogs, and a staggering 68% of dogs aged 15-16 years.^(1A)

Symptoms of CDS are:

Confusion or disorientation – Does your pet get lost in familiar places? Do they get trapped in places because they’ve forgotten how to get out? *My Klover has*

forgotten how to back up. I have come home from work and found her stuck under the kitchen table legs, behind the washing machine, and behind the sofa. She has forgotten how to back up to get out. It is heart-breaking to hear her crying when I come into the house because I don’t know how long she has been there – 10 minutes, two hours, or all day? I don’t know. Now when I am away from home I must confine her to an area with no obstacles for her to get under.

Loss of toilet training – Has your pet started having accidents indoors or forgotten where the litter box is? *So far, I have not had too many problems with Klover unless I am late getting back home after work or leave in the evening. Her internal clock is set at 7 a.m., 5 p.m., 8 p.m. and 10 p.m. (If I am home all day and she is more active, there is a 12-noon alarm.) However, I have now gated off the rooms with carpet and confined her to the kitchen with a vinyl floor when I am not at home.*

Change in sleeping pattern. Is your pet sleeping a lot during the day but being awake more at night? *This does occasionally happen with Klover, but thankfully not every night. I have found that when I get home after work, I need to take her for an excursion through the neighborhood in her stroller (her short, old legs can’t walk very far anymore) so that she is more alert and looking around at the birds, squirrels, trees, etc. I do make her walk back up the driveway so that she does get a little exercise. She will usually wander around the living room and kitchen about eight o’clock for 15-20 minutes before she settles down. (This is referred to as “sundowning” by humans.) She will also wander around the bedroom at bedtime for about 10 minutes before going to sleep. Then about once or twice a week, she wakes around 2 a.m. having to go to potty, but goes back to sleep afterwards fairly quickly.*

Change in “themselves.” Have you noticed your pet not behaving like your

See Aging Pets - page 13

Aging Pets - from page 12

pet? Do they seem withdrawn, depressed, or forgetting family members and other pets? *Klover is withdrawn at times and seems to be in some sort of daze; I must either clap my hands or yell at her to shock her out of it. But she still knows me and enjoys other people.*

Memory loss. Has your pet stopped responding to familiar commands, and/or forgetting things they've learned? *Not responding to my commands is hard to judge with Klover because being a Dachshund (which are known to be stubborn), she has always done things in her own time. But she has forgotten things such as how to back out of tight situations, therefore getting stuck in corners and under furniture. It also seems to me that sometimes she forgets what she goes outside to do. Then all of a sudden, she remembers she is there to potty. It's just the expression on her face that worries me.*

Change in activity. Has your pet stopped being active and now paces around and stares a lot? Or is your cat neglecting their self-grooming or doing excessive licking? *I can only answer that from a dog's perspective because I don't have any cats, but this change describes Klover's personality now. However, I must remember she is a 15-year-old dog whose age is equivalent to an 80-year-old person.*

Changes to noise levels. Is your pet more vocal, howl, bark or meow more often for no reason and usually at night? *Klover was never a barker. I only remember her barking at two people in her life – both had questionable character and she could tell. The only time she ever really makes noise is when I am preparing her food, then she is a whiner; that's still the same.*

Change in appetite. Has your pet suddenly stopped eating as much, or are they eating far more because they have "forgotten" they've already eaten? *This is hard to judge with Klover because she always ate like a horse, and still does. I think that's why this condition is so sad – you know they are physically healthy, but their mental state is slowly melting away. It is hard to watch; just like in a human.*

What species suffer from dementia?

Other species besides dogs and cats also get dementia. A study found that rabbits fed a high fat diet are more likely to develop symptoms of dementia. Therefore, avoiding foods high in cholesterol may help to prevent or slow dementia in rabbits. ^(1B)

Horses with neurodegenerative disease can show signs similar to those associated with dementia in people. Hallmark signs are uncharacteristic forgetfulness, confusion, unusual dependency on companions, aimless wandering, depression, and even mood changes such as grumpiness. Dementia can also affect younger horses if they have contracted encephalitis, suffered head trauma or an embolism, developed a forebrain lesion or a number of metabolic disorders. Symptoms include disorientation, failure to recognize handler or an object, inability to be led, frequent yawning, head-pressing, irritability, unprovoked kicking or circling, and dramatic changes in eating or drinking habits. When any of these symptoms appear in horses, do not "wait and see." The problem could be caused by a condition or serious disease. Consult your veterinarian immediately. ⁽²⁾

I have not noticed any mental symptoms of dementia in my horse, Rocky. He is still coming to meet his old friend when I go out into the pasture; our 24-year bond is still there. He accepts the saddle and bit and is seldom startled in the wood's trails. He loves to go to the roping arena and run down a calf or steer although his speed has diminished because of stiff joints and sore muscles so we only do two or three at a time now, just to stay in shape. No more competitions for either of us. He now gets specially formulated senior feed, topped off with muscle and joint supplements. Rocky's 28-year-old body is equivalent to an 80-year-old human's (and my 70-year-old body is equivalent to an aching 70-year-old body, so we both now need supplements). I think this will be Rocky's last year in the roping pen. It's a wait-and-see for me.

No Cure

There are medications we can give our pets to slow down the disease and relieve their anxiety, but nothing can stop it. There is no cure for dementia in any species. However, enriching your pet's diet with antioxidants designed to support brain function may help delay the progression of CDS. Regular exercise, mental stimulation, and a diet rich in vitamin E and vitamin C are key. ⁽³⁾

The most important – and painful – question concerning dementia in our pets is "When is the quality of life over?". None of us wants to face that question so when our pets begin to slow down, we do all within our power to help ease their struggle. However, for their sake we must honestly face the situation and evaluate these questions:

Are they in pain? Do they shake, tremble or pant? Do they hide and not want to be touched or stroked?

Are they struggling to get around? Do they need our help to get up? Are they unable to exercise? Do they lie in the same place all day? Do they often lose their balance? Are they having seizures?

Are they eating and drinking? Have they lost interest in food, drinking less? Do they have diarrhea? Are they losing weight?

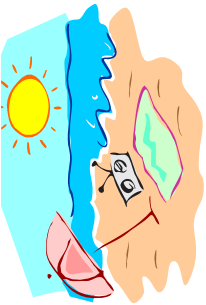
Are they going to the toilet normally? Are they having accidents in the house? Are they pooping and weeing where they rest?

Can they keep themselves clean? Do they smell of wee? Does their fur look duller and less healthy; is it matted? Do they have pressure sores?

Has their behavior changed? Do they still greet you? Are they hiding or sleeping in strange places? Do they seem unhappy, unwell, or confused?

How are you coping looking after them? Do you feel overwhelmed? Are you worried you can no longer meet their needs? Is it stressful to give medications to them?

Are they coping overall? Are they having more bad days than good days? How do you think they rate their quality of life? ⁽⁴⁾



AUGUST

CHEER
Over 50 Years Serving Sussex Seniors

Monday	Tuesday	Wednesday	Thursday	Friday
 5 Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	 6 Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk	7 Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	1 Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	2 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk
12 Fish Sandwich Baked French Fries Cole Slaw Pineapple Slices Skim Milk	13 Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk	14 Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Salad Fruited Gelatin Skim Milk	8 Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk	9 Taco Salad Black Bean and Corn Salad Garnish Watermelon Slice Skim Milk
19 Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	20 Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	21 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	15 Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk	16 Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk
26 Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	27 Turkey Tetrazzini Green Beans w/Mushrooms Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk	28 Baked Stuffed Chicken Breast Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk	22 Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	23 Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk
			29 Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	30 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk

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

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



PAINT DAY at Georgetown with Melba Green produced some “masterpieces” by the members. Left to right are Doris Mason, Priscilla Gaines, Rita Poggi, Cindy Murray, Carol Anderson, Michelle Witman, Ruth Hughes, Barbara Jean Bailey, Joseph Donovan, Ruth Dorsey, Bonnie Fritz, Yvette Harris and Sharon Farmer.



FLAG DAY provided an enjoyable time making crafts. Left to right are Bernice Bowden, Della Zielinski, Ruth Dorsey, Judy Jones, Joseph Donovan and Barbara Jean Bailey.

Aging Pets - Cont'd from page 13

For many seniors, our pets are the only socialization and companionship we have. We want them to outlast us. We are tempted to stick our heads in the sand instead of facing the reality of our pet's aging process. But, when the time comes, we must have a serious conversation with a trusted veterinarian about our loved one's quality of life. The time has come for us to be strong for their sake and make the difficult decision to ease our beloved companion's pain and suffering. Letting them slip away quietly and peacefully can be an act of kindness to a much-loved companion.

I wrote this article not only to help others understand the trials of old age in our pets, but

to also help me figure out how to get through it. I know the time is near for both Klover and Rocky and I am not looking forward to it. Both will leave tremendous holes in my heart that will never be filled. However, I trust that our memories of years together will give me peace.

References:

- 1A and B – <https://www.dementias-platform.uk/news-and-media/blog/dementia-in-other-animals>
- 2 – <https://equimed.com/news/health/dementia-in-your-horse-symptoms-and-how-to-help> June 2013, Flossie Sellers
- 3 – <https://www.animalmedicalcenterofchicago.com/cognitive-dysfunction-syndrome-dementia-in-pets>
- 4 – <https://www.pdsa.org.uk/pet-help-and-advice/looking-after-your-pet/all-pets/dementia-in-pets>



Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE
Debbie Landon, Director
302-854-2896

Happenings

Fri., Aug. 2 – Georgetown to Greenwood

Thurs., Aug. 15 – Jerry Baker – Emotional and Mental Health 5 Week Course

Thurs., Aug. 15 – Revive Sound Productions

Thurs., Aug. 15 – Dinner/Bingo

Fri., Aug. 16 – Greenwood to Georgetown

First Thursday – Beckett's Bulletin

Third Thursday – Revive Sound Productions with Randy, 12–1 p.m.; Dinner/Bingo, 4–6 p.m.

Monday-Friday – Coffee and Social Hour, 9–10 a.m.

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

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

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

Weekly trips to the Bank, Dollar Tree, Walmart and Renders

Trap Pond Fall Festival

Friday, September 6th • 10 a.m. - 2 p.m.

Trap Pond State Park - Laurel, Delaware

\$7 for Seniors 60+ • \$9 Under 60

Free Park Admission!!

Lunch Served at Noon.

Prize Bingo
50/50 Drawing
Horseshoes



Music and Fun
Entertainment
With Sky Brady

Corn Hole Tournament
White Elephant Table



For more information contact:

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

All proceeds go to benefit the CHEER Meal Program.

CHEER
Over 50 Years Serving Sussex Seniors



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."



Greenwood Activity Center

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

Welcome August! August is perhaps the most beautiful month and there is magic in a summer fading out. As Sylvia Plath rightly puts it, "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

August is often a wonderful month for stargazing! It's the month of the Perseid Meteor Shower, which peaks the mornings of August 11, 12 and 13. Midnight to dawn is the best time for viewing, so be sure to keep an eye out.

August is also **National Immunization Awareness Month** (NIAM). NIAM raises the awareness about why vaccines are important for people of all ages and how they can help prevent serious, sometimes deadly, diseases

and illnesses. Our Pharmacist, Randy, will be here to talk more about them this month, date TBD.

Join us daily at 8:30 a.m. for our **CHEERful Morning Café**. Enjoy a breakfast snack, coffee, juices, and some interesting chat. On Friday mornings, we offer a full breakfast for \$2 for seniors, followed by entertainment, various speakers and occasional Bingo. See schedule and calendar for breakfast dates, events and times.

Happenings

Every Monday morning join our **Tai Chi class** with Gary Tomkins. We are happy that members are taking advantage of this easy form of exercise, which can improve balance,



MEMBERS enjoyed the Juneteenth Celebration at the Greenwood CHEER Center. At the podium, left to right, are Arana Pettyjohn, Wayne Pugh and Selena Brison who presented the program.

stability, and flexibility in older people, including those with Parkinsons disease.

Thursday, August 1 at 10:30 a.m. Josh Smith, the Visitor Services Manager for the National Wildlife Refuge System of Coastal Delaware, will be here to give a presentation. He will talk about how the **National Wildlife Refuge Association** protects, promotes, and enhances the Wildlife Refuge System and the landscapes beyond its boundaries.

We have our date for the **CHEER Ferry Trip**. It will be on **Thursday, Sept 19**. The ferry will depart at 11:15 a.m.

The trip will cost \$14.50, which includes a bag lunch, bus transportation, and your ferry ticket. Costs must be paid by Friday, Sept 13th. Be sure to sign up early because seats on the bus will fill up quickly!

Enjoy your summer!

Sheila

Activities:

Thurs., Aug. 1 – Josh Smith will make a presentation on how the National Wildlife Refuge Assoc. protects, promotes, and enhances the **Fri. Aug 2.** – Full Breakfast. \$2 for age 60+, 8:30 a.m.- 9:30 a.m.

- Our friends from the Georgetown CHEER visit us. 10 a.m., followed by musical entertainer, Lisa Miller.

Sat., Aug. 3 – CHEER's 14th Annual Classic Car, Truck, Bike Show. CHEER Community Center, Geo., 10 a.m.-2 p.m.

Mon., Aug. 5, Aug. 12, Aug. 19, Aug. 26 – Tai Chi class with Gary Tompkins. Learn how you can improve balance, stability, and flexibility. 9:15-10 a.m.

Tues., Aug. 6 – "My Mobility Plan," What You Can Do to Stay Independent," presented by Sheila. 9:45 a.m.

See Greenwood - page 17

You Don't Need a Reason to Help People *These hands should be yours!*

Empty Nestor?

Competitive Pay

Good Benefits



Retired and Bored?

Flexible Schedules

Satisfying Work

CHEER
Over 50 Years Serving Sussex Seniors

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.

Greenwood -**Cont'd from page 16**

-Prize Bingo, 10:30 a.m.

Wed., Aug. 7 – Blood Pressure check with Betty, 9:45 a.m.

Thurs., Aug. 8 – Alzheimer's Support Group, 1 p.m.

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

Fri., Aug. 9 – Full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.

-Summertime Musical Entertainment by Imagine, 10:30 a.m. Please join us!

Mon., Aug. 12 – Greenwood CHEER visits our friends at Bridgeville Senior Center, 9:30 a.m. bus departure.

-Music Ministry with Pastor Dan and Betsy Taylor, 12 noon

Tues., Aug. 13 – Prize Bingo, 10:30 a.m.

-Greenwood Police Dept presents Night Out at Greenwood Fire Hall, 6-8 p.m.

Wed., Aug. 14 – Trivia and Games with Alethea and Kayla of Delaware Palliative Care, 10 a.m.

-Ice Cream Sundae Social, donation \$3.50, 12 noon

Thurs., Aug. 15 – Stroll Down Memory Lane with Mason Dixon, 10:30 a.m.

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

Fri., Aug. 16 – Full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.

-Greenwood CHEER visits our friends at the Georgetown CHEER. Bus departure at 9:30 a.m.

Wed., Aug. 21 – Trip Day TBD

-Delaware Food Bank 11 a.m.

Thurs., Aug. 22 – Greenwood CHEER visits Laurel Senior Center, bus departure 9:30 a.m.

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

**Harbour Lights Activity Center**

34211 Woods Edge Drive • Lewes, DE

Cristina Tunnell, Director

302-645-9239

Dinner and Prize Bingo

On **Tues., August 20**, we will be having our monthly dinner. This month, we will be having free prize Bingo. The dinner will begin at 5 p.m., and prize Bingo will begin at 5:45 p.m. The bus is available if we have

Fri., Aug. 23 – Full breakfast, \$2 for age 60+, 8:30-9:30 a.m.

-Bridgeville Senior Center visits Greenwood for Prize Bingo.

Sat., Aug. 24 – St. Johnstone Open House, Greenwood, 11 a.m. – 1 p.m.

Tues. Aug. 27 – Laurel Senior Center visits Greenwood CHEER for Prize Bingo, 10:30 a.m.

Wed., Aug. 28 – Blood Pressure check with Betty, 9:30 a.m.

-AARP Defensive Driving Refresher Course, 9 a.m. – 1 p.m.

Thurs., Aug. 29 – Memory Café with Christie Shirey, 1-3 p.m.

-Dinner and Entertainment at 5 p.m., cost is \$6.

Fri., Aug 30 – Full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.

-Membership Meeting (Unity Club). Please come and share your thoughts. 10:30 a.m.



*to our members born in
AUGUST!*

enough signed up. Bus pick-ups for the day will begin at 1:30 p.m. The menu will be announced later. Please be sure to sign up for the dinner at the desk.

Happy Birthday Everyone

Happy Birthday to anyone born in the month of August. We will be having a birthday celebration for everyone born in July on **Wed., August 21**. Please come and have cake and ice cream with us. Happy Birthday Everyone! We pray you have a blessed day and a blessed year to follow

Milton CHEER Visiting

On **Fri., August 23**, our friends from Milton CHEER Center will be visiting us for the day. We will be doing chair yoga, followed by a delicious lunch and we will conclude the day with prize Bingo. Please show our guests a great time, be respectful and let's enjoy our time together.

Breakfast Bash

The Breakfast Bash is on Thursday's! Breakfast will begin at 8:30 a.m. and go on until 9:30 a.m. The cost of breakfast is \$2 for members and \$4 for

non-members. Please sign up for breakfast at the desk.

**Looking Ahead
Trap Pond Fall Festival**

Trap Pond Fall Festival will be on **Fri., September 6**. Tickets are \$7 for anyone 60 plus and \$9 for anyone under 60. Transportation is available for the event. The bus will be leaving the center at 9 a.m. The last day to purchase a ticket is September 3. Please see Crissy for your tickets.

Annual Ferry Excursion

The Ferry Excursion is **Thurs., September 19**. The cost of the Ferry Excursion is \$14.50 per person. The cost includes the ferry ride, lunch, and transportation to the terminal. If you will be driving, please let Crissy know when you purchase your tickets. Those who will be driving themselves to the terminal are responsible for picking up your lunch at the center **before** arriving at the terminal. If you have any questions or would like to sign up for the trip, please see Crissy.

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

Love, Chrissy

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:

302-856-5187

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.

CHEER
Over 50 Years Serving Sussex Seniors

**Long Neck Activity Center**

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

**Milton Activity Center**

24855 Broadkill Road • Milton, DE
Susan Mitchell, Director
302-684-4819

Happenings

Mon., Aug. 5 – “Kinless” Presentation, 10 a.m.

Mon., Aug. 12 – “Substance Abuse” Presentation, 10 a.m.

Thurs., Aug. 15 – Prize Bingo and Dinner 4-6 p.m.

Mon., Aug. 19 – “Caregiver as a Friend” Presentation, 10 a.m.

Fri., Aug. 23 – End of Summer Party, 9:30 a.m.

Mon., Aug. 26 – “Creating New Networks” Presentation, 10 a.m.

Wed., Aug. 28 – Happy Birthday to our center members. Come celebrate our August birthdays, 12:30 p.m.

Sign at Dry Cleaners:

*“Thirty-seven years
on the same spot.”*

Trips

Thurs., Aug. 1 – Super Walmart and Wayback Burger, Milford, bus leaves 9:15 a.m.

Thurs., Aug. 8 – Parson’s Farm, bus leaves 9:15 a.m.

Tues., Aug. 13 – Roses, Big Lots, and Chick-Fil-A, Seaford, bus leaves 9:15 a.m.

Tues., Aug. 27 – Aldis, BJ’s, and Chick-Fil-A, Millsboro, bus leaves 9:15 a.m.

Thurs., Aug. 29 – Texas Road House, bus leaves 3:15 p.m.

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

Every Wednesday – Bank, Post Office and Drug Store, bus leaves 9:30 a.m.

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

I Scream, You Scream ...

One of my favorite childhood memories was going to my Aunt Mary’s on any given summer Sunday and seeing her old, wooden ice cream churn on the back step. She cranked that old thing by hand and the result tasted like heaven on a spoon. That memory inspired me to host my first ice cream social here at Milton CHEER last month. We had three different flavors and an array of toppings. A “sweet” time was had by all!

Did you ever make ice cream at home? What’s your favorite flavor? Chocolate? Vanilla? Or something else? Do you prefer hand-dipped or soft served? What’s your favorite topping?

I found some “cool” tidbits about ice cream that you may not have heard before. If you want to impress your friends and family with your knowledge about this infamous sweet treat, look at some of the fun facts below:

- It takes 12 pounds of milk to produce just one gallon of ice cream.

- The average number of licks to finish a scoop of ice cream is 50.

- The country that consumes the most ice cream is USA, followed by Australia, then Norway.

- The most popular flavor is vanilla, then chocolate.

- Chocolate ice cream was invented before vanilla.

- Vanilla was rare and exotic in the late 1700’s.

- Ice cream in America in the 1700’s was rare and enjoyed by the elite.

- The first written ice cream

recipe was found in a 1665 recipe book.

- Industrial ice cream production in the US began in 1851.

- The majority of Americans, around 90%, have ice cream in their freezers.

- Some of the strangest flavors found are: avocado, garlic, chili, licorice, Stilton cheese, and bacon.

- Ice cream headaches or “brain freeze” is the result of the nerve endings in the roof of your mouth sending a message to your brain of the loss of heat.

- The tallest ice cream cone was over nine feet tall in Italy.

- The average American eats 45.8 pints of ice cream a year.

- Chocolate syrup is the most popular ice cream topping.

All of this “sweet-talk” has me craving more of the cold stuff. Come join us as we bid farewell to August on the 23rd with our next ice cream social. Hope to see you here!

Happenings

Monday-Friday – Fitness room is open from 8 a.m.-3:30 p.m.; Daily coffee, snack social hour

– Tai Chi, chair exercises, yoga

Tuesdays – DMV Van is here! Chair Yoga, Bingo, and board games

Wednesdays – Arts and Crafts, Bible Study, Bridge, Yoga

Thursdays – Memory Café, Mahjongg, Chair Yoga

Fridays – Breakfast (only \$2 for seniors), Prize Bingo

Weekly trips to Dollar General, Post Office, and Bank

*If it goes without saying,
then let it go without saying.*

Open to the Public!**Physical Therapy at**

Over 50 Years Serving Sussex Seniors

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



This Month's Recipe ...

Shrimp Kabobs

Nothing is more delicious after a hot, sunny day on the water than enjoying some fresh Shrimp Kabobs, right off the grill. This recipe is easy and quick.

Ingredients

- ¼ cup olive oil or melted butter
- 1 tablespoon minced garlic
- 2 teaspoons lemon juice
- ¼ teaspoon pepper
- 1 pinch finely chopped parsley
- 1 pound fresh or frozen shrimp
- Old Bay to taste
- metal skewers
- cooking spray
- Add fresh veggies (peppers, onions, etc.)

Directions

1. Whisk olive oil, garlic, lemon juice, pepper, and parsley together in a bowl and pour into a large resealable plastic bag. Add shrimp and veggies, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 hours.
2. Preheat an outdoor grill for medium heat and lightly oil the grate. Lightly coat metal skewers with cooking spray.
3. Remove shrimp and veggies from the marinade and shake off excess. Discard the remaining marinade. Place about 5 shrimp on each skewer.
4. Cook on the preheated grill until shrimp are bright pink on the outside and the meat is opaque, about 5 minutes; do not overcook.



Walking home from school, a group of children watched a fire truck driving by. The company dog was sitting on the front seat. They began to discuss the dog's habits.

"They use him to keep back the crowds," one child suggested.

"No, it's just for good luck, another kid said.

The discussion ended when one boy explained, "They use him to find the fire hydrant."

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



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

Fitness Centers at Greenwood, Lewes, Long Neck and Ocean View CHEER

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



Won't You Donate? They Are Hungry, Too



Not only do many of the homebound seniors in Sussex County receive meals, but, many times, they will share their food with their furry companions so they can eat also. Your pet food donation will go a long way to the well-being of both the homebound seniors and their comforting friends. For more information or to donate call: 302-854-9500 or email asmith@cheerde.com or mjordan@cheerde.com. You can also drop donations off at the CHEER Community Center, 20520 Sand Hill Road east of the circle on Route 9 in Georgetown.



Donation Suggestions:

Dog/Cat Food (wet or dry) • Dog/Cat Treats • Kitty Litter



Ocean View Activity Center

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

“Beacons Across the Water”

August 1 marks the 165th anniversary of the Fenwick Island Light Station - we hope to visit! ‘Watch out’ for a Light House ID game over lunch sometime this month.

National Lighthouse Day is August 7. “This Day honors the beacon of light that for hundreds of years symbolized safety and security for ships and boats at sea. At one time, the beacon of light could be found across almost all of America’s shorelines.” (from *National Day Calendar*)

More great music is coming our way with Mark Gratton returning on piano over lunch on **Monday, Aug. 5** and Mike Cook will be back on Steel Drum in our parking lot on **Monday, Aug. 12** at 10 a.m. Bring a hat/umbrella for shade, sunscreen/cover up and a reusable water bottle. We also have another new group coming to entertain us for dinner on **Tuesday, 27th**, Richie and Guy – high energy, fun dance music and classic rock.

Dan F. will continue his Watercolor Classes at noon on **Aug. 6th & 20th**, and Lilly P. will continue her Art Journaling on **Tuesdays, Aug. 13th and 27th** at noon. Everyone is welcome to both groups. No charge for either of these programs and supplies are provided. It’s always good to try new things!

Lighthouse Trivia

Which U.S. State has the most lighthouses?

See answer after trip listings (from funtrivia.com)

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 (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, 9:30 a.m., by bus to local locations (weather permitting or exercises / brain games indoors); Corn Hole in our parking lot, 9:15 a.m.; Mahjongg, 11 a.m.; Quilting Club, Shopping, 12:15 p.m.

Enjoy Mark G.’s fantastic Piano Music on Aug. 5th, 11:15 a.m. – 12:15 p.m.

Membership Meeting on the 2nd Monday, 8/12, 12 noon.

Stand By Me, 4th Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302-685-2586, August 26th.

~**Tuesdays:** Chair Yoga, 8:30 a.m. for the summer (added to try to accommodate more members), \$5; Hand and Foot, 9:30 a.m.; Watercolor Yoga, 10 a.m., \$5 (Class Size Limited to space), Pickleball in the parking lot, 8:30 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30

a.m.; NEW – Beginning Water Color Classes continue with Dan F., supplies provided, 6th and 20th, 12 – 1+ p.m.; Art Journaling with Lilly, 13th and 27th at noon; Canasta and Pinochle, 12:15 p.m.

Dinner and Entertainment with Richie and Guy, Tues, 27th, 5 – 7 p.m. \$6 members and \$8 guests – sign up in advance please (you must call to cancel if you cannot make it).

Celebrating all August Birthdays over lunch, Tues., 27th

~**Wednesdays:** Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Breakfast, 9-10 a.m., \$2; Bocce at 9 a.m. in John West Park; Bingo, 10–11:30 a.m./12:15–2 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.

Kathleen R. of Stand By Me – Save \$ on your Phone/TV, 8/7 at 11:45 a.m.

Nutrition Education with Lisa H. on Zoom, 8/14, 11:30 a.m.

Erin and Billy of PAM Rehab on Heat Awareness, 21st, 11:45 a.m.

Parkinson’s Support Group, 3rd Wednesday, 21st, 1 p.m.

Ita C. of the Visually Impaired Group – sharing what they offer, 28th, 11:45 a.m.

~**Thursdays:** Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early – Class Size Limited), Pickleball in the Parking Lot, 8:30 a.m.; Hand and Foot, 12:15 p.m.

Beckett’s Bulletin on Zoom, 8/1, 10:30 a.m.

Alzheimer’s Caregiver Support Group, PLEASE NOTE NEW TIMES: 1st and 3rd Thursdays, 1 p.m., 8/1 and 8/15.

~**Fridays:** Weekly Trips, times vary; TAI CHI, 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; Mexican Train Dominoes, 11:30 a.m.; Mahjongg and Poker, 12 noon;

Music Memories with DJ Dan, 1st Fridays, 8/2, following Memory Café – open to everyone, approx. 11:30 a.m.–12:30 p.m.

Trips

Refer to our Calendar for updates, etc.

Please bring a reusable water bottle on all our trips!

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! Also, if you signed up and cannot make it, please call to cancel.

Thurs., 1st – Warren Station for Breakfast and Fenwick Island Lighthouse, 9 a.m.

Fri., 2nd – St. Ann’s Bazaar, Bethany Beach and Pit and Pub in Selbyville, 9:15 a.m.

Thurs., 8th – Marshall’s and The Shrimp Boat Restaurant, West Ocean City, Md., 9:15 a.m.

Fri., 9th – Local Ocean View Florals Garden Visit and OV Restaurant, 9:30 a.m.

Thurs., 15th – York Beach Mall, South Bethany and Harpoon Hanna’s, Fenwick Island, 9:45 a.m.

Fri., 16th – Indian River Life-Saving Station Self-Guided Tour, \$3, 9:30 a.m. – lunch location to be determined.

Thurs., 22nd – Dollar Tree and a Selbyville Restaurant (saving Kayak Trip for end of Sept.)

See Ocean View - page 21



Roxana Activity Center

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

Activities

1st Thursday, 10:30 a.m.
– Beckett's Bulletin. CHEER CEO, Beckett Wheatly has an interactive online Zoom meeting 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

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

Ocean View -

Cont'd from page 20

Fri., 23rd – VFW Post 7234 for overview and lunch, 11:30 a.m.

Thurs., 29th – Salisbury Mall, shopping and lunch, 9 a.m.

Fri., 26th – The Shops at Henneghan's Run and local group lunch choice, 9:45 a.m.

Lighthouse Trivia Answer:
Michigan

and Snacks

Prize BINGO, \$1

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 – 2x month

Lunch, \$ Donation

Memory Café with Christie Shirey

Special Events

Wednesdays:

7th – 1st Class on Challenges that Seniors Face (5-week class)

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

PASA Recognizes DCW Richard Cox

Richard Cox has been employed as a Direct Care Worker with CHEER's Personal Assistance Services Agency since May 2019. He is a very important team player at CHEER who always goes above and beyond to assist our seniors in need.

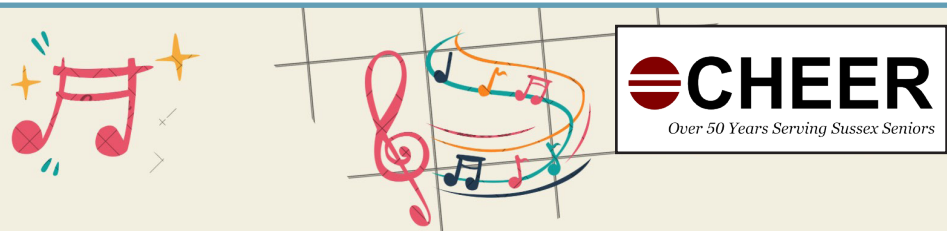
Richard also is a big help to our friends at the Sand Hill Adult Day Program. He has a very kind soul with a big heart and loves assisting our seniors wherever needed.

Richard said he "believes this work is what God wants me to do. I truly love this



work."

Thank you, Richard, for all you do for both programs. We appreciate you!



LINE DANCING CHEER COMMUNITY CENTER

* BEVERAGES AVAILABLE FOR
PURCHASE-BRING SNACKS!

DOORS OPEN 5:00 pm

Beginner Basics Workshop 5:15-5:30 pm

**Dance Lessons Beginner/Improver and
Open Dance Music-ALL levels 5:30-7:30 pm**

Monday Nights -\$5.00 Fee

DANCE INSTRUCTOR:

LILY PARSONS

**20520 SAND HILL ROAD
GEORGETOWN, DE**

***OPEN TO THE PUBLIC**



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 members or the 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

302-500-6720

or apply at www.cheerde.com

V O L U N T E E R
all that's missing is U!



U.S. SENATOR TOM CARPER has been a friend of CHEER for decades. He visited seniors at the Older Americans Celebration and announced that his office has recommended a Federal grant for CHEER of \$1 million to help construct the new administrative and support services building.

Welcome New Volunteers

Graciels Sanchez	Georgetown	Kitchen/Center
Ana Soto-Ortiz	Georgetown	Kitchen/Center
Dee Corbin	Greenwood	MOW/Recept.
Karen Oliphant	Harbour Lights	Center Activity/ Special
Cathy A. Bruzdinski	Long Neck	Kitchen
John B. Dolan	Long Neck	Special Events
Melinda Justice	Long Neck	Spec. Events/ Activity
Karen Oliphant	Long Neck	Center Activity/ Special
Alejandra Garcia	Milton	MOW/Special
Amber O'Connell	Milton	MOW
Michele Dulin	Ocean View	MOW
John C. Everett	Ocean View	MOW/Kitchen
Amy Grubb	Ocean View	Center
Dawn Morsell	Ocean View	Center
Larry Palsha	Ocean View	MOW/Medical Transport
Nancy Buenrostro	Roxana	Recept./Activity
Malik Brewer	Sub	MOW
Nakeisha Deleon	Sub	Special/MOW
Brittany Rouse	Sub	Special
Amaya Thomas	Sub	MOW

Thank you for your support!



Over 50 Years Serving Sussex Seniors

FALL CRAFT FAIR

Saturday, October 5 - 9 a.m. to 2 p.m.

Warren L. & Charles C. Allen, Jr.

CHEER Community Center
20520 Sand Hill Road, Georgetown, DE

Show and/or sell your special craft or hobby at CHEER's Fall Craft Fair. Whatever you make or wish to sell, tables are only \$35 (8-foot). Additional tables are only \$10 each (6-foot). No tables may be brought in to the show. Electricity, if needed, is \$5 extra.

For more information or to reserve your table contact Robin Greene
rgreene@cheerde.com or call 302-853-4199.

WE NEED YOU!



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

**AT ALL CHEER CENTERS
To Volunteer Today Call**

302-500-6720

or go to www.cheerde.com/volunteer



Over 50 Years Serving Sussex Seniors