

FREE

SEPTEMBER 2024

# CHEERful Living

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

## Car Show ...

CHEER's 14th Annual Fundraising Car-Truck-Bike Show was held on August 3. See photos of this year's winners.

*See pages 12 and 13.*

## Spanish Center

CHEER is opening a new Spanish Language Senior Activity Center in Georgetown.

*See page 23 for details.*

### 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





Website



Facebook



OCEAN VIEW CHEER CENTER members gather at the dock before leaving on a Good Vibes Tiki Cruise. This is one of the many fun activities CHEER members have at our local centers. For more information and photos of activities, see stories and photos throughout this issue.





**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](mailto: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](http://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](http://tidalhealth.org/orthopedics)





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*“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 Healthy Aging Awareness Month

By Beckett Wheatley, CEO

Welcome to fall! I hope everyone had a wonderful summer! September is National Healthy Aging Awareness Month and it is an opportunity to focus on the well-being of older adults, emphasizing the importance of health and wellness throughout the aging process. CHEER has been here for over 53 years to help seniors throughout Sussex County to do just that. As the global population ages, understanding and promoting healthy aging becomes increasingly crucial. This month serves as a reminder that aging is not just about the number of years lived, but about the quality of life during those years.

Healthy aging involves maintaining physical health, mental well-being, and social connections. Physical health is foundational, as it directly impacts an individual’s ability to live independently and engage in daily activities. Regular exercise, a balanced diet, and routine medical check-ups are vital components. Exercise helps maintain mobility, balance, and strength, reducing the risk of falls—a significant concern for older adults. Activities such as walking, swimming, and yoga can be tailored to different fitness levels and physical abilities, making exercise accessible and enjoyable for all. Come check out any of our CHEER fitness centers located in Greenwood, Milton, Harbour Lights (Lewes), Ocean View, and Long Neck, which are free to CHEER members.

Nutrition also plays a critical role in healthy aging. A diet rich in fruits, vegetables, lean proteins, and whole grains provides essential nutrients that support overall health. Nutrition education and support can empower older adults to make healthier food choices, contributing to better health outcomes. Our CHEER Nutrition Program serves heart-healthy meals at our CHEER Senior Activity Centers and to our homebound participants throughout Sussex County. Our Registered Dietician also offers monthly nutrition education classes for all members to attend virtually.

Mental well-being is another

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

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Chief Operating Officer

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Natalie Dixon  
Development Director

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Personal Assistance Services Director

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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](mailto:carolyno@cheerde.com) or call 302-515-3040

VISIT US AT [WWW.CHEERDE.COM](http://WWW.CHEERDE.COM) OR LIKE US ON FACEBOOK

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

pillar of healthy aging. Cognitive health is crucial for maintaining independence and quality of life. Engaging in activities that stimulate the mind, such as card games, puzzles, and learning new skills, can help keep the brain active and healthy. Additionally, managing stress through mindfulness practices, meditation, or counseling can improve mental health and overall well-being. Social connections are equally important for mental and emotional health. Loneliness and social isolation can lead to depression and anxiety, significantly impacting an older adult's quality of life.

Remember, September's National Healthy Aging Awareness Month is a crucial initiative that underscores the importance of promoting health and wellness among older adults. By focusing on physical health, mental well-being, and social connections, we can support older adults in leading healthier, more fulfilling lives. As the population ages, these efforts become increasingly vital in ensuring that everyone can age with dignity and grace.

If you are not already a CHEER member, I encourage you to join. Membership is only \$30 a year and gives you access to so many daily activities, including our fitness centers, and gives you the opportunity to make new friends. CHEER also has many volunteer opportunities. For more information on volunteering, call 302-500-6720.

*Then came the Middle Ages when King Alfred conquered the Dames and the Magna Carta proved that no free man should be hanged twice for the same crime.*

**Best Wishes to DCW Melissa Oney**

With much sadness in our hearts, the CHEER Personal Assistance Program says good-bye to one of its finest Direct Care Workers, Melissa Oney. Melissa has been an employee of CHEER since April 2018. The seniors whom Melissa has assisted in their homes during those years will certainly miss her. Melissa is such an amazing person who showed so much compassion to all. Melissa's reliability and dedication never went unnoticed.

The PASA program will miss you, Melissa. CHEER wishes her well in her future endeavors.



**CHEER**

Over 50 Years Serving Sussex Seniors

**TRAVEL  
CLUB  
2024**
***Come Travel With Us!***[www.cheerde.com/Events/Travel Club](http://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](mailto:todd.gockley@CruisePlanners.com) or Sheila at [Sheila.Klopp@CruisePlanners.com](mailto:Sheila.Klopp@CruisePlanners.com).

***All Reservations Are First Come, First Served***Check [www.cheerde.com/Events/Travel Club](http://www.cheerde.com/Events/Travel Club) for complete details.



# Caregiver Sleep Can Be a Real Challenge

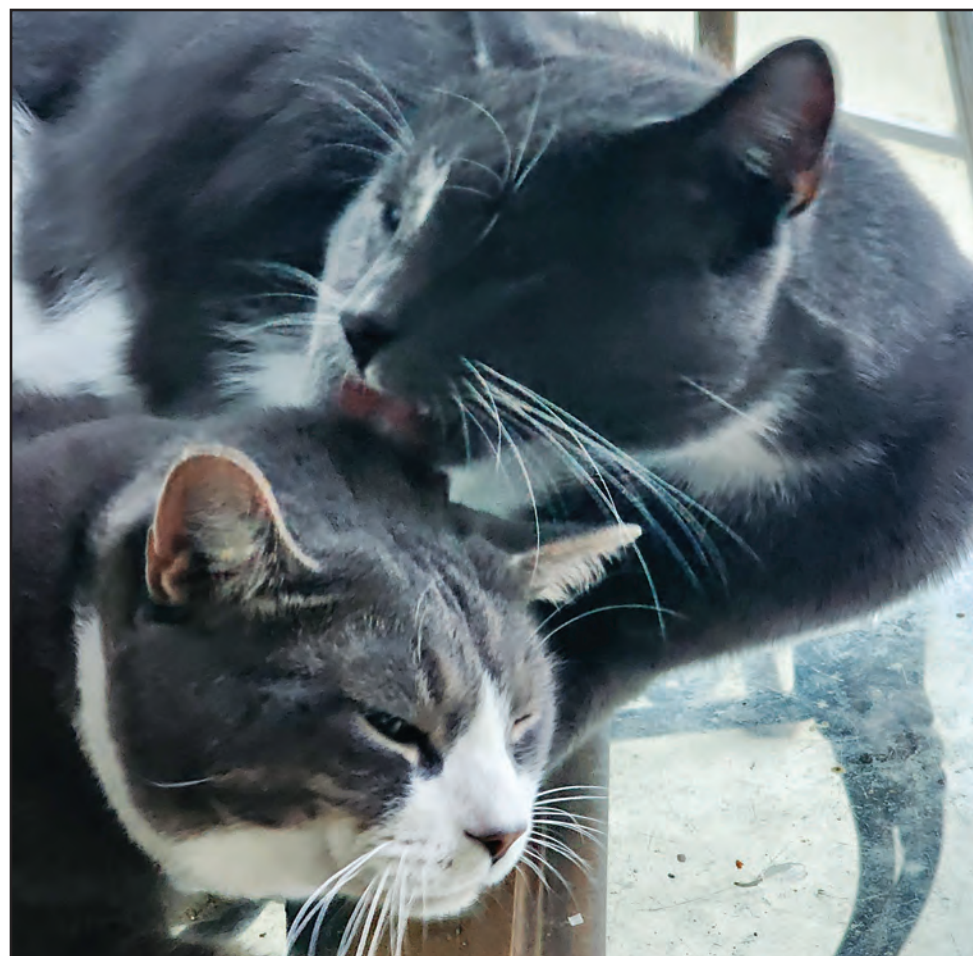
By Christie Shirey  
Community Resources

Getting the proper amount of sleep as a caregiver can be a real challenge. Your loved one might wander at night, or you worry about falls. The stress of caregiving can be overwhelming. Talking to your doctor can be helpful, but I have found a few suggestions that may help as well.

**Set a “Worry Hour”** – Pick a time in the early evening and write on it two lists. Make one

a “to-do” list and the second a list of “things that are worrying you”. When done, put it away for tomorrow. You have everything organized, so you don’t have to think about it as you are trying to fall asleep.

**Check the Meds** – The Mayo Clinic suggests consulting with your doctor and pharmacist if your loved one is keeping you awake at night. Antidepressants like Bupropion and Venlafaxine, as well as cholinesterase inhibitors like



Mr. Mann and his friend, Takis, grab a “cat nap.”

Donepezil, can cause insomnia. Melatonin might also help improve their sleep and possibly reduce sundowning.

**Weighted Blanket** – A 2022 study by the National Library of Medicine found that using a weighted blanket for seniors with dementia helps them fall asleep faster and remain asleep. Their caregivers also noted they had more energy and less anxiety during the day. The study found a “blanket should equal about 10% of a senior’s weight to provide a calming effect”.

**Assistive Technology** – Make use of the Assistive Technology Resource Center at the Wellness Village located at 21 West Clarke Avenue in Milford. They can help suggest video monitors, motion detection, and other devices that will allow you to relax knowing your loved one is safe. You can call the center at 302-739-6885. Just explain

what is keeping you awake, and they will be able to offer suggestions.

This month’s activities include:

## **Tues., Sept. 3**

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

## **Wed., Sept. 4**

9:30 a.m. – Memory Cafe, Milton CHEER

10 a.m. – Beckett’s Bulletin

1 p.m. – Memory Cafe, Greenwood CHEER

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

## **Fri., Sept. 6**

Trap Pond Fall Festival – CHEER Centers Closed

## **Mon., Sept. 9**

7 p.m. – Online (ZOOM) Grandparents Raising Grand-

*See Sleep - 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**



**Sleep -****Cont'd from page 6**

children Support Group.  
Registration required.  
Email [csairey@cheerde.com](mailto:csairey@cheerde.com) or  
call 302-515-3045

**Tues., Sept. 10**

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

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

**Thurs., Sept. 12**

9:30 a.m. – Memory Cafe,

*"I'm only giving you a warning,"  
said the policeman, handing a  
form to a beautiful young woman  
he'd stopped for speeding.*

*"Oh, thank you so much, officer!"  
she said, folding the warning ticket  
neatly into her purse. "I collect  
these."*

Milton CHEER

1 p.m. – Memory Cafe,  
Greenwood CHEER

**Fri., Sept. 13**

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

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

**Mon., Sept. 16**

10:30 a.m. – Online  
(ZOOM) Caregivers Support  
Group. Registration required.  
Email [csairey@cheerde.com](mailto:csairey@cheerde.com) or  
call 302-515-3045

**Tues., Sept. 17**

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

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

1 p.m. – Alzheimer's Care-  
giver Support Group, Long

Neck CHEER

**Wed., Sept. 18**

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

**Thurs., Sept. 19**

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

1 p.m. – Memory Cafe,  
Greenwood CHEER

1 p.m. – Alzheimer's Care-  
giver Support Group, Ocean  
View CHEER

**Fri., Sept. 20**

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

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

**Tues., Sept. 24**

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

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

**Wed., Sept. 25**

12 noon – Sussex Pride Ag-  
ing Support Group

**Thurs., Sept. 26**

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

1 p.m. – Memory Cafe,  
Greenwood CHEER

**Fri., Sept. 27**

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

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

# 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](mailto: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."

## 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](mailto: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](http://www.cheerde.com)





# Yes, You CAN Eat The Bread!

By Lisa Harkins, RD, LDN

If you have been diagnosed with Diabetes, are pre-Diabetic, or are just looking to limit your consumption of carbohydrate-rich foods, you CAN still eat “the bread.” It’s all about the right choice, balance, portion size, and frequency.

The first goal is to choose complex carbs that are nutrient-dense, which means they are rich in fiber, vitamins and minerals, and low in added sugars, sodium, and unhealthy

fats.

**Eat the MOST of these:** whole, unprocessed, non-starchy vegetables. Non-starchy vegetables like lettuce, cucumbers, broccoli, tomatoes, and green beans have a lot of fiber and very little carbohydrate, which results in a smaller impact on your blood glucose.

**Eat SOME of these:** whole, minimally processed carbohydrate foods. These are your starchy carbs, and include



fruits like apples, blueberries, and cantaloupe; whole intact grains like brown rice, whole wheat bread, whole grain pasta, and oatmeal; starchy vegetables like corn, green peas, and sweet potatoes; as well as beans and lentils like black beans, kidney beans, chickpeas, and green lentils.

**Eat LESS (or avoid all together) of these:** refined, highly processed carbohydrate foods like soda, sweet tea and juice, white bread, white rice and sugary cereal, cake, cookies, and candy.

Secondly, **BALANCE** your carb choices out with items that are high in protein and good fats, for example, a slice of whole wheat bread with avocado slices and smoked salmon, or a cup of whole grain pasta with chicken meatballs and a dollop of pesto made with heart healthy olive oil and pine nuts. For snacks, think a handful of grapes with three ounces of low-fat cheese, or six ounces of Greek yogurt and half a cup of blueberries.

Thirdly, watch your **POR-TION SIZES**. Limit pasta, rice,

oats, or couscous to one cup cooked serving max. Enjoy a baked potato but keep it to the size of a softball or split a large sweet potato with your spouse.

Lastly, spread out your carb-rich foods throughout the day, versus eating several servings in one sitting. For example, at breakfast have one cup cooked oatmeal with two turkey sausage links; for lunch enjoy a green salad with sliced chicken and a whole wheat roll (about the size of a baseball); and for dinner dine on baked fish with a cup of green beans and half a cup of cooked quinoa. Spacing out your carb intake will help keep your blood sugars stable.

If you are on insulin and need to count your carbs, it is best to connect with a dietitian to find out how many carbohydrate servings are appropriate for you based on your weight at each meal and snack to ensure the right coverage of units, but a general rule of thumb is up to 45-60g of carbohydrates per meal, with up to 15-30 per snack.

**CHEER**

Over 50 Years Serving Sussex Seniors

TRAVEL CLUB PRESENTS



**GREEN  
DRAGON  
FARMERS**  
MARKET & AUCTION

Enjoy Lancaster's favorite local farmer's market. An incredible indoor and outdoor shopping experience. Seven large market buildings and over a hundred local vendors. Local fresh produce, artisanal food, unique crafts, antiques, homemade baked goods, handmade furniture—a little bit of everything can be found here.

**Location: Lancaster, PA**

**Date: Friday, September 20, 2024**

**Cost: \$45.00 per-person**

*Lunch on your own (several options on site)*

**Departure from: CHEER Community Center**

**20520 Sandhill Road, Georgetown, DE 19947**

**Depart: 7:30 a.m.; Return: approx. 6:00 p.m.**

**Contact: Robin Greene — Call 302-853-4199**

*Reservations are first come, first served.*

*Please make all checks payable to CHEER Inc*



# Gardening Helps Dementia Sufferers Stay Active

By Cindy Mitchell  
ADC Director

The Sand Hill Adult Day Program has been busy gardening.

Gardening can be a wonderful way for people affected by dementia to stay active and improve their wellbeing. The day program is incredibly lucky to have a nice porch and an energetic and nature loving aide and nurse, Amparo Baker and Trudy Parker, RN.

A friend gave me a sign that says, "You are never too old to play in the dirt." That is so true, playing in the dirt or gardening is something anyone can do. It brings back happy memories. Watching something grow gives you something to look forward to. Gardening is a great stress reliever.

The weather has been perfect recently allowing the members to spend the days outside; only coming in to eat and drink. Our members love the porch. They have even figured out a way to play Bingo on the porch.

Call me, Cindy Mitchell, at 302-212-4482 to find out more about the day program.



Aide Amparo Baker helps member Jed Cunningham with his gardening.



99-year-old Anne Margaret Kesler shows off her gardening skills.

A 90-year-old gentleman entered a life insurance office and told the agent he wanted to take out a \$300,000 whole-life policy.

"But you're simply too old," the agent said. "No company will start a new policy for a 90-year-old."

"Sonny boy," the old man said, "do you know the mortality demographic within the U.S. of America for a 90-year-old? What percentage of the population dies between ages 90 and 120?"

"Er, something less than 5 percent," answered the agent.

"Then exactly what is your problem with my age," asked the old man.



Forrest Smith



David Leggins



Amparo helping Kay Pommerenk



John Cesarini

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

## 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](mailto:cindym@cheerde.com)

**CHEER**  
Over 50 Years Serving Sussex Seniors



**We Need You to VOLUNTEER!**  
Please help deliver meals to homebound seniors in Sussex County.

Call 302-515-3040

**CHEER**  
Over 50 Years Serving Sussex Seniors



# September is National Senior Center Month

“Powering Connections” is the National Institute for Senior Centers 2024 theme for National Senior Center Month.

National Senior Center Month is celebrated every year in September. It is an opportunity to showcase CHEER centers and market the valuable programs, activities, and services CHEER offers. It’s also the perfect time to promote a positive image of aging, highlight how CHEER centers improve the lives of local older adults, show CHEER’s importance in the community, and create interest in prospective new participants and collaborative partners.

The 10,000+ senior centers in communities and neighborhoods across the country pro-

## “Powering Connections”



vide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older Americans Act in 1973, and up to today.

Participation in movement and wellness programs is higher than it was before the pandemic. Senior centers connect people to greater economic security through information, referrals, and access to benefits and other resources. Senior centers connect all ages through

intergenerational programs and activities and by supporting the critical role of grandparents. CHEER centers welcome all people.

Senior centers impact the lives of millions of older adults in big and small ways every day through improved socialization, supporting better physical and mental health, increasing community involvement, or offering an evidence-based program that’s changed the life of an older adult for the better—your CHEER center has made an impact on hundreds of Sussex County seniors.

For more information about what CHEER centers can offer your senior, call 302-515-3040 or go to [www.cheerde.com](http://www.cheerde.com).

## 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](http://www.insurance.delaware.gov/DMAB)





# CHEER to Open New Spanish Language Senior Center

CHEER, Inc. has received a grant from the State of Delaware to open a new senior center. It will be a Spanish Language Senior Activity Center located at the CHEER Community Center in Georgetown on Sand Hill Road. Named “Café Vitalida”, it will be open in the evenings on Tuesdays and Wednesdays from 5 until 8 p.m. Opening night will be Tuesday, September 24.

The Innovations in Nutrition Programs and Services (INNU) grant is awarded by the Administration for Community Living (ACL) to states to create positive senior nutrition programs. Successful grants

awarded under this program have demonstrated value, such as improvements in participant well-being; target services to older adults with the greatest social and economic needs; and have the potential for broad implementation throughout the aging services network.

According to the ACL website, it was created around the fundamental principle that all people, regardless of age or disability, should be able to live independently and participate fully in their communities. Since 2017, ACL has funded INNU grants to support testing and documenting innovative and promising practices in state

nutrition programs. Authorized by the Older Americans Act (OAA), the program aims to enhance the quality, effectiveness, and outcomes of senior nutrition programs and services. As with all OAA-funded

nutrition services, the ultimate intent is to reduce hunger, food insecurity, and malnutrition; promote socialization; and enhance the health and well-being of older adults.

For info, call 302-854-9500.

## 9/11 Remembrance to be Held

CHEER, Inc. will remember and honor the victims of the 9/11 terrorists attack and our past and present military at its annual Patriot Day Celebration on Tuesday, September 10 from 10 a.m. until 2 p.m. Educational displays will feature military information and the bell and

flag for 9/11 which occurred 23 years ago on September 11, 2001 when the Twin Towers in New York City, the Pentagon in Washington, D.C., and American Airlines Flight 93 carrying hundreds of citizens over Shanksville, Pa. were attacked

*See 9/11 - page 15*

# COMING SOON



**CHEER's all new Spanish Language Senior Activity Center**  
Tuesday & Wednesday Evenings 4:00 PM to 8:00 PM  
**CHEER Community Center - 20520 Sand Hill Rd. Georgetown**

# GRAND OPENING


**TUESDAY, SEPT. 24 AT 4 PM**

**CHEER**  
Over 50 Years Serving Sussex Seniors


## Remember and Honor our Past and Present Military at Patriot Day Celebration

**Tues., September 10, 2024**  
**10 a.m. to 2 p.m.**

Warren L. & Charles C. Allen, Jr.  
**CHEER Community Center**  
**20520 Sand Hill Road**  
**Georgetown, DE**  
**FREE Admission**



### Educational Displays and Personal Memories

**CHEER**  
Over 50 Years Serving Sussex Seniors

**Register for a table or reserve space for your group:**

☐ Table ☐ Group/School \_\_\_\_\_

**Contact**  
Robin Greene, 302-853-4199 or email [rgreene@cheerde.com](mailto:rgreene@cheerde.com)  
or Walt Koopman, 302-745-5668 or email [rbdj61@verizon.net](mailto:rbdj61@verizon.net)  
or mail form to  
**CHEER, Attn. Robin**  
**20520 Sand Hill Rd., Georgetown, DE 19947**





**BEST IN SHOW**- 2015 Mercedes Benz SLK Hard Top Convertible  
owned by Carl Wright of Lewes.



*Awards presented by Walt Koopman,  
CHEER Board President and  
Beckett Wheatley, CHEER Chief  
Executive Officer.*

# 14th Annual **CHEER** Car-Truck-Bike Show



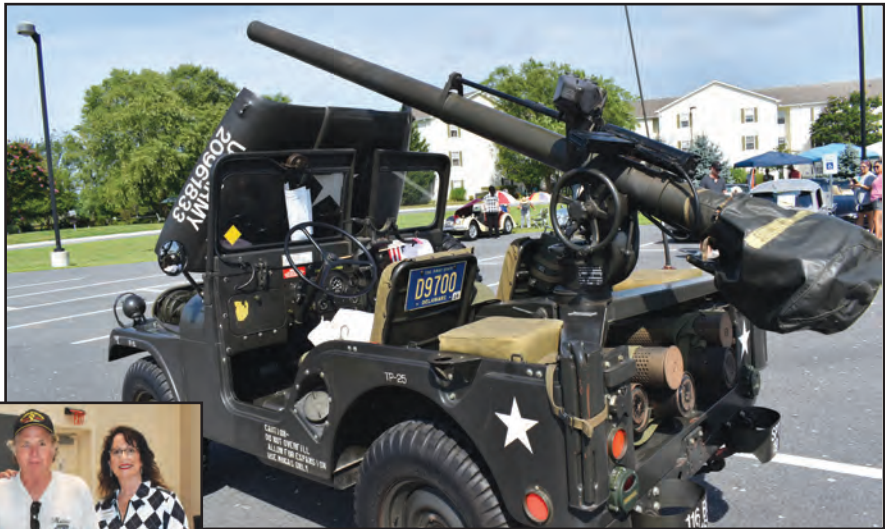
**BEST SUSSEX COUNTY  
VEHICLE**  
1956 Thunderbird  
owned by Chuck Stransky  
of Georgetown.



**BEST CAR**  
1932 Ford 3 Window Coup  
owned by Pat DeDomenicis of Lewes.



**BEST TRUCK**  
1936 P50 Dodge Pickup  
Owned by Ray Galie  
of Georgetown.



**BEST MILITARY VEHICLE**  
1955 Willys Jeep owned by Rob Danzi of Roxana.



# Wheels for Meals

*Filling the Needs of the Seniors  
of Sussex County!*

*Thank you to our Sponsors:*

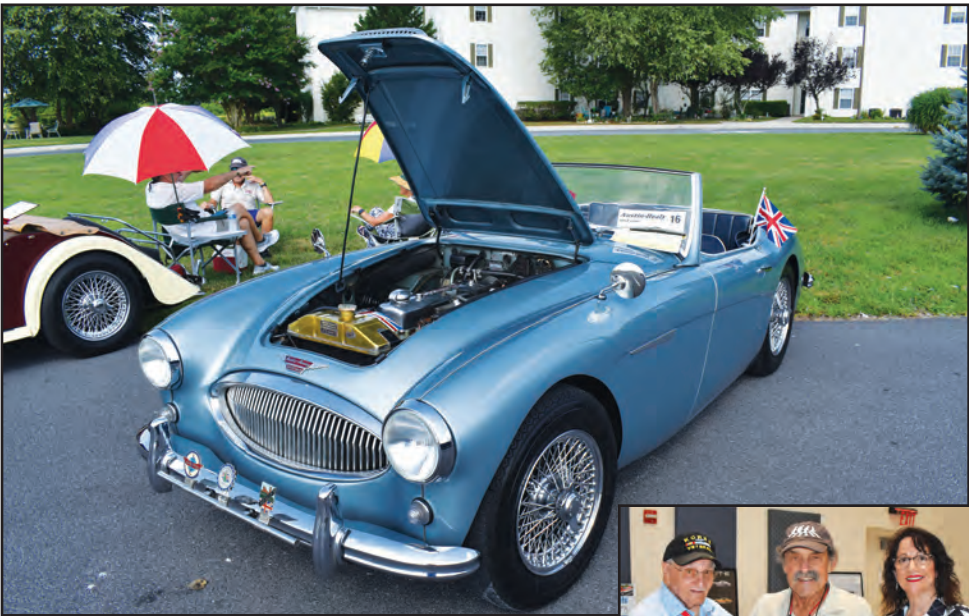
**1st State Chevrolet  
Downs Automotive, Inc.  
Meinke, Lewes**

David A. Banks, Inc.  
Crown Trophy  
Sysco Foods  
CHEER Nutrition

Sussex County Council  
Crown Trophy  
Larry Savage  
Club D'Jet U.S.A.



**RAY INGERSOLL**  
of Lincoln was this year's recipient of the Fred Witmer Memorial Trophy given to an individual in recognition of their dedication to preserving antique and classic vehicles and for their commitment to CHEER.



## BEST IMPORT

1962 Austin Healy 3000  
owned by Michael Tyler  
of Georgetown.



## MOST UNUSUAL

1963 Volkswagen  
Flatbed Pickup Truck  
owned by Grady Chandler  
of Delmar, Md.



## BEST EMERGENCY RESPONSE VEHICLE

1954 Mack - Georgetown Volunteer Fire Department



**A Delicious Champagne Brunch** meal prepared by the CHEER Nutrition Staff was enjoyed by all in attendance.





# September



Monday		Tuesday		Wednesday		Thursday		Friday	
2	Centers are CLOSED for Labor Day.	3	Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk	4	Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Chilled Fruit Cup Skim Milk	5	Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	6	Centers are CLOSED for the Trap Pond Fall Festival.
9		Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	10	Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk	11	Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	12	Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk	
16	Fish Sandwich French Fries, Baked Cole Slaw Pineapple Slices Skim Milk	17	Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk	18	Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Salad Fruited Gelatin Skim Milk	19	Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk	20	Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk
23	Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	24	Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	25	Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	26	Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	27	Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk
30	Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk								

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

VISIT US AT [WWW.CHEERDE.COM](http://WWW.CHEERDE.COM) OR LIKE US ON FACEBOOK



**9/11 - Cont'd from page 11**

by terrorists.

One of the guest speakers at the event will be Captain Tom Lombardo (Ret.), American Airlines pilot whose best friend was a pilot on one of the planes that crashed into the Pentagon. Another speaker will be Andre Swygert, secretary of the First

State Chapter of Tuskegee Airmen, Inc.

Also featured at Patriot Day will be a reading by CHEER Board President Walt Koopman, a Korean War veteran, who will relay the remembrances of a survivor who was on the 25<sup>th</sup> floor of one of the Twin Towers when the fateful attack

occurred.

The public, especially students, are invited to attend this informational patriotic event at the CHEER Community Center located on Sand Hill Road, east of Georgetown. Admission is free.

For more information or to reserve a free eight-foot table for your military display, con-

tact Robin Greene at 302-853-4199 or email [rgreene@cheerde.com](mailto:rgreene@cheerde.com).

**CRITICAL THINKING**

In a "Peanuts" cartoon, Linus asks Lucy, "Why are you always so anxious to criticize me?"

Her response was typical of Lucy, "I just think I have a knack for seeing other people's faults."

## VA Refinancing is Available to Help with Mortgage, Home Improvements

A VA cash out refinance is available to veterans, active duty service members, and certain members of the National Guard and Reserves. It allows you to replace your current mortgage with a new VA loan and take extra funds out.

You can use the funds for home improvements, debt consolidation, set up an emergency fund, or for any purpose. There is no monthly mortgage insurance. There is an upfront funding fee, but if you receive any military disability income, this fee is waived.

VA does not have a set minimum credit score but a score of at least 620 helps the process go much more smoothly. An appraisal will be done to determine the market value of your home. Closing costs such as the attorney fee, title insurance, etc. can be rolled in to the loan.

For more information about VA home loans please contact JoAnn Moore, NMLS #165477, 302.236.1229, [MMODJoAnn@aol.com](mailto: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.)*



**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](mailto:MMODJoAnn@aol.com)  
NMLS #165477



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



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

**Happenings**

**Mon., Sept. 2** – Labor Day, Center Closed

**Wed., Sept. 4** – Sunshine Singers

**Thurs., Sept. 5** – Beckett's Bulletin

**Thurs., Sept. 19** – Revive Sound Productions

**Thurs., Sept. 19** – Dinner/Bingo

**Fri., Sept. 20** – 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.

**Mon. – Fri.** – 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

**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 September Birthdays...**



**THE OCEAN CITY Recreation Dancers** performed for the Georgetown CHEER Center and Bridgeville Senior Center members on July 23. The seniors enjoyed tap, jazz, and line dance performances.





### Greenwood Activity Center

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

September is a beloved month for many, with the changing colors of autumn leaves adding to its appeal. It is a time to rejoice in the season's abundance and is referred to as the Harvest Month. September signals the end of the scorching summer days and the beginning of cooler weather in the northern hemisphere.

What's special about September? September is known as Harvest Month. It's a great month to harvest in preparation for the coming winter months. In fact, in Old England, it was called "Haervest-monath", meaning Harvest Month. Some of the best crops to harvest are onions, apples, raspberries, and tomatoes.

September's full moon, the Harvest Moon, reaches peak

illumination on Tuesday, September 17, at 10:34 p.m. EDT.

This year, it is also a Supermoon!

### Activities

Join us every day 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.

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 bal-

ance, stability, and flexibility in older people, including those with Parkinson's disease. It's a FREE class. Please come and join us.

**Life Coach**, Virginia Antongiorgi, will present "Coping Strategies for Alzheimer's Disease, From a Caregiver's Perspective." Date and time TBD.

There will be a presentation on Tuesday, Sept. 17 at 10 a.m. regarding "**10 Tips for Preventing Identity Theft**." You won't want to miss this important information.

The **CHEER Ferry Trip** will be on Thursday, Sept. 19. The ferry will depart the terminal at 11:15 a.m.

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

**Greenwood Day**, hosted by the town of Greenwood, Dela-

ware will be Saturday, Sept. 21, 2024 with a rain date of Sept. 22. This is a town-wide event with vendors on Mill Street, at Town Hall, and locations throughout the town as well as food, live music, and more at the Greenwood VFW.

Welcome September!

*Sheila*

### Dates to Remember:

**Mon., Sept 2** – Labor Day Holiday. All CHEER centers closed.

**Tues., Sept 3, 10, 17, 24** – Prize Bingo 10:30 a.m. Wed., Sept 4 – Tennant Brown will be here to answer your Medicare Coverage questions. 10 a.m.; Penny Bingo, 10:30 a.m.

**Thurs., Sept 5** – Beckett's Bulletin, CHEER's CEO, will bring us up to date on CHEER Happenings via Zoom. 10:30 a.m.; Alzheimer's Support Group, 1 p.m.; Stroll Down Memory Lane with Mason Dixon, 12 p.m.; Memory Café with Christie Shirey, 1–3 p.m.

**Fri., Sept 6** – All CHEER centers closed to attend Trap Pond Fall Festival. Tickets are still available: \$7 for age 60+

**Mon., Sept. 9, 16, 23, 30** – Tai Chi with Gary Tompkins. Learn how you can improve balance, stability and flexibility, 9:15–10 a.m.; Bible Study, 10 a.m.

**Mon., Sept 9** – Music Ministry with Pastor Dan and Betsy Taylor, 12 p.m.

**Wed., Sept 11** – Blood Pressure check with Betty, 9:45 a.m.; Positive Music Time with Randy, 10:30 a.m.; Nutrition Education with Lisa Harkin, 11:30 a.m.

**Thurs., Sept 12** – Karaoke Party with Wayne. You won't want to miss the fun! 10:30

*See Greenwood - page 17*

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

Empty  
Nester?

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

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

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



## Greenwood - Cont'd from page 16

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

**Fri., Sept 13** – Full breakfast \$2 for age 60+, 8:30-9:30 a.m.

**Tues., Sept 17** – 10 Tips to Avoid Identity Theft, presented by Sheila, 10 a.m.

**Wed., Sept 18** – Trip Day! Hobby Lobby, Target and Kohls in Salisbury, Md. Lunch at Olive Garden. Bus leaves center at 9:30 a.m.; Delaware Food Bank, 11 a.m.

**Thurs., Sept 19** – CHEER Ferry Trip. The trip cost is \$14.50, which includes a bag lunch, bus transportation and your ferry ticket. The ferry will depart the terminal at 11:15 a.m.

**Fri., Sept 20** – Full breakfast, \$2 for age 60+, 8:30-9:30 a.m.; Followed by musical entertainer, Lisa Miller, 10:30 a.m.

**Sat., Sept 21** – Greenwood Day hosted by the town of Greenwood. This is a town-wide event with vendors on Mill Street, Town Hall, and locations throughout town as well as food, live music and more at the Greenwood VFW.

**Tues., Sept 24** – Laurel Senior Center visits Greenwood CHEER for Prize Bingo, 10:30 a.m.

**Wed., Sept 25** – Blood Pressure check with Betty, 9:30 a.m.; Penny Bingo, 10:30 a.m.; AARP Defensive Driving Course – Beginner Course, 9 a.m.–3 p.m.

**Thurs., Sept 26** – Memory Café with Christie Shirey, 1–3 p.m. Dinner and entertainment with Greg Watson playing all of our Country Classics, 5 p.m. Cost is \$6.

**Fri., Sept 27** – Full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.; Membership Meeting



### Harbour Lights Activity Center

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

## Trap Pond Fall Festival

Trap Pond Fall Festival will be on Friday, Sept. 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.

## Breakfast Bash

The breakfast bash is on Thursdays! 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.

## Murder Mystery Practice

The practices for the murder mystery dinner have been going well. Please don't forget to come to rehearsal every Thursday. Our October dinner will be here before you know it. For anyone who is interested, the theme for the murder mystery dinner is 80's theme. Please come dressed in your best 80's attire. There will be a contest for the best 80's costume. I will announce the date of the dinner theater later.

## Dinner and Prize Bingo

On Tuesday, Sept. 17, we will be having our monthly dinner (Unity Club). Please come and share your thoughts, 10:30 a.m.

**Mon., Sept. 30** – Greenwood CHEER visits Laurel Senior Center for Bingo! Bus departs center at 9 a.m.

**HAPPY BIRTHDAY**  
to our members born in  
**SEPTEMBER!**

ner. 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 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

Happy Birthday to anyone born in the month of September. We will be having a birthday celebration for everyone born in September on Wednesday, Sept. 18. 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.

## Annual Ferry Excursion

The Ferry Excursion is Thursday, Sept. 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, you 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. The last day to purchase your ticket is Thursday, Sept. 12.

## Yard Sale & Breakfast

On Saturday, Oct. 12, we will be having a yard sale and a breakfast. A breakfast bag will be available for purchase that includes a breakfast sandwich, hash brown, fruit and orange juice for \$5. Breakfast will be from 7-10 a.m. The yard sale will be from 7 a.m. to 12 p.m. Table rentals are available for \$10. Please contact Crissy to pre-register for table set up.

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

*"I promised my wife I'd turn over a new leaf," Earl said.*

*"From now on, I'm gonna fish in moderation."*

## 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

**Happenings**

**Mon., Sept. 9** – 10 a.m., “Community Living” Presentation

**Wed., Sept. 11** – 10 a.m., Life Coach Virginia Antongiorgi – Goal Setting

**Thurs., Sept. 19** – 4–6 p.m., Evening Event and Dinner

**Wed., Sept. 25** – 12:30 p.m., Happy Birthday to our center members. Come celebrate our September birthdays.

**Trips**

**Tues., Sept. 1** – Berlin, Md., bus leaves at 9:15 a.m.

**Thurs., Sept. 5** – Southern Grill in Ellendale, bus leaves at 4:15 p.m.

**Thurs., Sept. 12** – Suicide Bridge, bus leaves at 10:30 a.m.

**Tues., Sept. 17** – Rehoboth Boardwalk, bus leaves at 9:15 a.m.

**Thurs., Sept. 19** – Cape May/Lewes Ferry, bus leaves at 10 a.m.

**Thurs., Sept. 26** – Dutch Market, bus leaves at 9:15 a.m.

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

**Every Wednesday** – Bank, post office and drug store, bus leaves at 9:30 a.m.

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

*A wealthy man paid twenty-five thousand dollars for an exotic bird for his mother.*

*“How did you like the bird?” he asked her later.*

*She responded, “It was delicious.”*

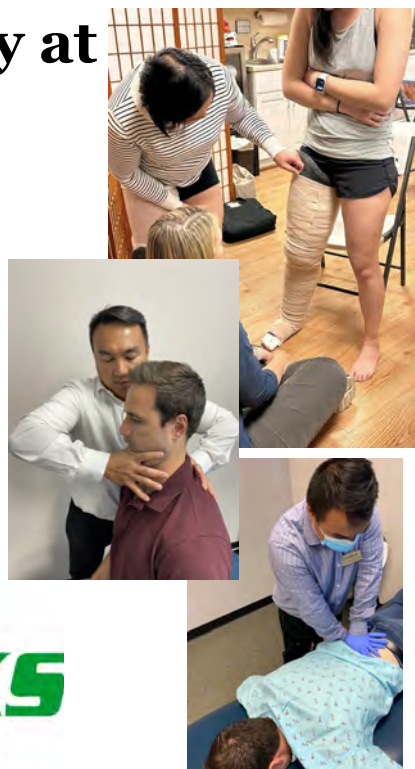
**Open to the Public!****Physical Therapy at****CHEER***Over 50 Years Serving Sussex Seniors*

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***PT WORKS  
DELAWARE****Physical Therapy Closer to YOU!****Schedule your appointment (302) 422-2518****Country Hoedown Dance at Long Neck CHEER**

**Eleanor Travis and  
Pedro Sanchez**



**Thelma Cottman  
in western attire.**



**Shirley Herndon, Lisa Peiffer  
and Thelma Cottman**



**Marge Offidani, Jo Reedy  
and Pat Smidt**



**Shirley Herndon, Thelma  
Cottman, Linda Peiffer  
and Fran Deptula**



**Colleen Richards, Eleanor Travis,  
Thelma Cottman and  
Bernie Redolfi**





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

Hello from Milton!

I'd like to begin with a special "shout-out" to our member, Drew Naylor. For the past several Mondays, Drew has brought us gorgeous, fragrant flowers that we display near our front desk. (I even got a little something for my desk, too!) They've received many compliments and have made people smile. Thank you to Drew (and his green thumb) for bringing more cheer to Milton CHEER!

It's hard to believe that summer has almost come to an end. I do enjoy the fall season – the leaves changing, cooler weather, and (of course), local apple cider. What's your favorite thing about the beginning of autumn?

**SEPTEMBER**

*~by Helen Hunt Jackson*

The goldenrod is yellow  
The corn is turning brown  
The trees in apple orchards  
With fruits are bending down.

The gentian's bluest fringes  
Are curling in the sun  
In dusky pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest  
In every meadow nook  
And asters by the brookside  
Make asters in the brook.

From dewy lanes at morning  
The grapes sweet odors rise  
At noon the roads all flutter  
With yellow butterflies.

By all these lovely tokens  
September days are here  
With summer's best of weather  
And autumn's best of CHEER.

**Happenings**

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

**Monday** – Tai Chi, Yoga

**Tuesday** – DMV Van is here from 10 a.m.-2 p.m. Chair Yoga, Bingo, and board games

**Wednesday** – Arts and Crafts, Bible Study, Bridge Club, Yoga

**Thursday** – Memory Café, Mahjongg, Chair Yoga

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

**Weekly** trips to Dollar General, Post Office, and Bank

**Photo at right - Drew Naylor delivers flowers to Milton Center.**



**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](mailto:asmith@cheerde.com) or [mjordan@cheerde.com](mailto: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

**“POWERING CONNECTIONS”**  
**Celebrating National Senior Center Month**  
**Informative ~ Enjoyable ~ Interactive ~ Cheerful**  
**Join us for a month full of great activities!**

**Matter of Balance Class** is returning, beginning on Tuesday, Sept. 17, running for eight weeks, from 12:30–2:30 p.m. Please sign up, space is limited.

We have a new group starting, **‘Joyful Living’** with Andrew Schubauer, Empowerment Coach, on Mon., Sept. 9 (2<sup>nd</sup> Monday) at 11 a.m.

Join us for a **Falls Prevention Overview and Risk Assessment** by Phoenix PT on Tues. Sept. 24, over lunch. That afternoon, we’ll rock out in the parking lot (weather permitting) at 4 p.m. with ‘Robin & The Hoods’ returning, followed by dinner inside.

We have three more boat trips coming up, as well as our annual Fall Picnic at Trap Pond State Park, so be sure to get signed up! Trip/Dinner Sheets go out one week before the new month begins.

### 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 a.m. 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.

\*‘Joyful Living’ New Discussion Group with Andrew S., Sept. 9, 11 a.m.

\*Membership Meeting on the 2nd Monday, Sept. 9 at 12 noon.

\*Stand By Me, 4<sup>th</sup> Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302 685-2586, Mon., Sept. 23.

**TUESDAYS:** Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (Class Size Limited); 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.

\*Neurographic Art returns with Barb Ritgert on Tuesday, Sept. 10, 12 noon; Pinochle, 12:15 p.m.

\*Falls Prevention and Risk Assessment, Sept. 24, 11:45 a.m. with Phoenix PT.

\*Parking Lot Concert with Robin & The Hoods, followed by dinner inside, Tues., Sept. 24, 4 p.m. \$7 members and \$10 guests – sign up in advance (you must call to cancel if you cannot make it). Rain plan – indoors.

Please sign in/pay inside before concert begins. Please bring a new, canned good (if able) for Hunger Action Month – will go to the Food Pantry on Rt. 17.

**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 9:30 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.

\*Nutrition Education with Lisa H. on Zoom, Sept. 11, 11:30 a.m.

\*Parkinson’s Support Group, 3<sup>rd</sup> Wednesday, Sept. 18, 1 p.m.

\*Celebrating all September birthdays over lunch, Wed., Sept. 25.

**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, Sept. 5 at 10:30 a.m.

\*Alzheimer’s Caregiver Support Group, PLEASE NOTE NEW TIMES: 1<sup>ST</sup> and 3<sup>RD</sup> THURSDAYS, 1 p.m., Sept. 5 and Sept. 19.

**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, 1<sup>st</sup> Fridays, cancelled for September, 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., Sept. 5** – Parson’s Market for Lunch and Shopping, then Agape Creamery, 11 a.m.

**Fri., Sept. 6** – Trap Pond Annual CHEER Fall Picnic, bus leaves Center at 9 a.m. Center is CLOSED. See Yolanda for your ticket.

**Thurs., Sept. 12** – Choptank Riverboat Luncheon Cruise, Hurlock, Md., 10 a.m., \$56 – you MUST pay at time of sign up or we will not hold your spot (this is for everyone who did not get to attend over the summer).

**Fri., Sept. 13** – PAM Rehab. Center Tour, Lunch and Talk, 9:45 a.m., limit 15 (they are treating us to lunch at their facility).

**Thurs., Sept. 19** – Annual Ferry Ride (over and back), \$14.50 all inclusive, 9:45 a.m. Please pay at time of sign up.

**Fri., Sept. 20** – Byler’s in Dover and Group Lunch Choice, 9:30 a.m.

**Thurs., Sept. 26** – To Be Determined

**Fri., Sept. 27** – Coastal Kayak Tour Returns! \$30/person, please pay at sign up. 9:30 a.m. – limit 16.

*Mother: “Jack, you are always procrastinating. You must change.”*

*Jack: “Sure, Mom. I’ll change, I promise. I’ll start Monday.”*





Janet McNeill



Richie Bauer



Irene Madden



Shirley Stephens

Shown above are a few of the Ocean View members aboard the boat for the recent Tiki Cruise.



Linda Miller and Ceil Zipperer stand in front of the WWII Fire Control Tower at DE Seashore State Park where the Ocean View group went on a trip recently. The beachgoers had a marvelous time and others enjoyed themselves in the perfect weather.



**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.**





**Roxana Activity Center**

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

**Activities**

**Monthly:**

**4<sup>th</sup> Monday**, 10:30 a.m. – Stand By Me with Kathleen Rupert  
**1<sup>st</sup> Wednesday**, 10:30 a.m. – Members Meeting  
**1<sup>st</sup> Thursday**, 10:30 a.m. – Beckett’s Bulletin. CHEER CEO, Beckett Wheatly has an interactive Zoom meeting online with all the CHEER centers. The meeting provides an update of what is going on at CHEER and encourages our members to ask questions and voice their suggestions.

**Weekly:**

**Mondays:**

Morning Café, Socializing and Snacks  
Chair Exercises  
Pastor Dan and Betsy Taylor – Bible Study/Music Ministry and/or Inspirational Reading/Discussion Group  
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, \$1  
Lunch, \$ Donation  
Games – Member’s Choice: Hand & 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

See Monthly Activity Calendar for Trip Details.

Lunch, \$ Donation

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

**Fridays:**

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel – 2 times month

Lunch, \$ Donation

Memory Café with Christie Shirey

**Special Events**

**Fri., Sept. 6** – Trap Pond Fall Festival Tickets available at center.

**Wed., Sept. 11** – Sunshine Singers

**Wed., Sept. 18** – Fall Prevention and Screening with Phoenix Physical Therapy Group

**Thurs., Sept. 19** – Cape May–Lewes Ferry Trip with bagged lunch. Tickets available at center.

**Wed., Sept. 25** – “Healthy Living for Your Brain and Body with Karen Holstein, Care Patrol



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



# 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](http://www.cheerde.com)



**MEALS ON WHEELS** volunteer David Burkhart and his dog, Sadie, enjoy delivering meals to the homebound around Milton. Thank you, Dave and Sadie, for serving the seniors of Sussex County.

*A mother had just put her young son to bed for the umpteenth time and her patience was wearing thin. "If I hear you say 'Mother' one more time, I'm going to come and spank you," she warned him sternly.*  
*For a while it was quiet, and then she heard a small voice call from the top of the stairs, "Mrs. Green, can I have a drink of water?"*

## Welcome New Volunteers

Jonah Coughenour	Georgetown	Kitchen/Office
Raphael Encarnacion	Georgetown	Special/Kitchen
Judith Kinkey	Georgetown	Art/Activities
McKayla Lopez	Georgetown	Kitchen/Office
Melanie Lopez	Georgetown	Kitchen/Office
Lex Orta	Georgetown	Kitchen/Office
Jeanne Stone	Georgetown	MOW
Garrett Thawley	Georgetown	Kitchen/Office
Karrie Campbell	Greenwood	Kitchen
Allison Fasano	Greenwood	Kitchen/Recept.
Irene Jones	Greenwood	Kitchen/Other
Daniel Feth	Harbour Lights	Special
Teresa Burkey	Milton	Art/Activities
Aaisha Williams	Milton	Kitchen/Office
Robert Bacon	Long Neck	Office/Kitchen
Wendell Davis	Long Neck	MOW
Linda Macdonald-Drawbaugh	Long Neck	Kitchen
Laura Maculey	Ocean View	Kitchen/Specialist
Margarot Williams	Ocean View	Kitchen
Scott Pacello	Roxana	MOW

*Thank you for your support!*



*This Month's Recipe ...*

**Grilled Chicken Caesar Pasta Salad**

*With the days beginning to get cooler, try this filling and delicious one-dish dinner that's easy to make.*

**Ingredients:**

- 8 ozs. Tri Color Pasta (Boiled)
- 2 small grilled Chicken Breasts
- 2 Hearts of Romaine, chopped into bite-sized pieces
- 1-1/2 cups Cherry or Grape Tomatoes, halved
- 1/2 Small Red Onion, thinly sliced
- 2/3 cup Parmesan Cheese, shreds
- 3 Tablespoons Capers, drained
- Freshly Cracked Black Pepper, to taste
- Caesar Salad Dressing, to coat (approx. 3/4 cup)

**Directions:**

- Cook pasta according to package directions.
- In a very large mixing bowl add the chopped romaine lettuce,



cherry tomatoes, red onion, parmesan cheese shreds, capers, freshly cracked black pepper, cooled pasta, and Caesar salad dressing. Stir with a spatula to evenly coat. Add cooled chopped chicken then fold to combine and serve.

**Social Dance Classes**

**The CHEER Community Center in Georgetown**



**Swing Dance Classes**

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

**\$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**

**CHEER**  
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](mailto: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](http://www.cheerde.com/volunteer)**



*Over 50 Years Serving Sussex Seniors*