

FREE

NOVEMBER 2024

CHEERful Living

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

Reaching Out Against Hunger ...

CHEER's Outreach Workers are the first responders against senior hunger in Sussex County. However, they provide the elderly a lot more than just food.

See story, pages 11-12.

Scarecrow Patrol...

The "Cooking for Seniors" scarecrow (at right) patrols Georgetown's East Market Street during the autumn season. Keep an eye out for this "senior" located past the railroad tracks on the south side of East Market Street coming from the Circle headed east toward Lewes before reaching Grace U.M. Church.



Website

SCAN
ME



Facebook

 CHEER



**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. CHEER serves over half of Sussex County's 50+ population.

The new 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 302-515-0001 Ext. 1001



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.

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

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

(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



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



Partially funded by



CEO Perspective

By Beckett Wheatley, CEO

November is a month rich with gratitude and appreciation, not only because of Thanksgiving, but also because it’s **National Family Caregivers Month**. Both occasions give us the opportunity to reflect on the importance of giving thanks, not just for the blessings in our own lives, but for those who dedicate themselves to the care and well-being of others, especially for our Sussex County seniors.

Thanksgiving has long been a time for expressing gratitude—gathering with family and friends, sharing meals, and acknowledging the many things we are blessed to have. It’s a moment to give thanks for the food on our tables, the people around us, and the opportunities life has presented. It encourages us to look inward and appreciate the good, even amidst challenges. Similarly, National Family Caregivers Month reminds us to honor those who embody the spirit of selflessness and care for others.

Caregivers are the unsung heroes who often go unnoticed providing essential care. These caregivers often sacrifice their own time, comfort, and sometimes their careers to ensure that those they care for live with dignity and support. The parallels between Thanksgiving and National Family Caregivers Month are undeniable.



Both emphasize the importance of community, compassion, and the power of giving.

Being a caregiver requires immense strength, patience, and resilience. Not everyone has the benefit of having family to help with their daily care or family caregivers just need a break. This is where CHEER may be able to offer the support that you or a loved one needs. CHEER has Direct Care Workers available 24/7 offering safe, dependable, and compassionate personal assistance with daily activities like bathing, dressing, light housekeeping, and meal preparation. Assistance can be temporary or long-term. Contact CHEER’s Personal Assistance team at 302-854-9555 for more information. For information on CHEER Meals on Wheels, call 302-856-5187.

This November, as we gather around the Thanksgiving ta-

See CEO - page 10

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 302-515-0001, Ext. 1001

Employee Picnic in the 'Ole' West



Joe Spruill - Transportation Dept.



Debra Dodd - Hospitality Dept.
Tom Reardon - COO



Megan Jordan - Nutrition Dept.
and husband Alan



Carolyn
O'Neal -
Marketing
Dept.



Maria Ramos -
Adult Day Dept.



Tamara
Briddell -
PASA
Dept.



CEO
Beckett
Wheatley



Ginger
Clifton -
Finance
Dept.



Marissa
Chavez
- Human
Relations
Director

CHEER

Come Travel With Us!

www.cheerde.com/Events/Travel Club

TRAVEL CLUB 2024

BUS DAY TRIPS

- Wed., Nov. 20 - Daniel, Sight and Sound Theatre, Lancaster, Pa. (SORRY - SOLD OUT!)

2025 Schedule Coming Soon!

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

For Bus Day Trip reservations, contact Robin Greene at 302-515-0001, Ext. 1162.

EXTENDED STAY and CRUISES

- April 27, 2025, Trans-Atlantic Cruise - 14 Nights. Cape Liberty, Ponta Delgada, Malaga, Cartagena, Valencia, Florence/ Pisa, Civitavecchia (Rome) (Cost TBA)
- 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.

Give Thanks to Your Family Caregiver

By Christie Shirey
Community Resources

Thanksgiving is the perfect time to make sure the family member who has been taking on the main job of caring for a loved one knows they are appreciated. Caregiving can be an incredibly stressful, lonely, and difficult job, and a small thank you can mean so very much to them. The best way to thank your family caregiver would be to give something personal, but I will give you a few ideas to get you started.

The thank you could be a lovely card with a note. You could give a well-deserved gift card for gas or the coffee shop. You could make a basket with goodies or self-care products. It could be something needed like offering to stay with the loved one to give the caregiver a little break. You could also do a DIY coupon book with coupons offering to pick up groceries, cook a meal, or run errands.

The important thing is to let your family caregiver know they are seen and the work they are



MR. MAN, the cat, is thankful for all his friends at CHEER.

doing is appreciated. Everyone at the Caregiver Resource Center, including Mr. Man, wishes you and your families a wonderful Thanksgiving!

This month's activities are:
Fri., Nov. 1

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

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

Tues., Nov. 5

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., Nov. 7

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

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

Fri., Nov. 8

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

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

Mon., Nov. 11

7 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061.

See Thanks - 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
302-515-0001, Ext. 1061

Thanks -

Cont'd from page 6

Tues., Nov. 12

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

1 p.m. - Memory Café, Long Neck CHEER

Thurs., Nov. 14

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

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., Nov. 15

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

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

Mon., Nov. 18

2:30 p.m. - Online (Zoom) Caregivers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061.

Tues., Nov. 19

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

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

Thurs., Nov. 21

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., Nov. 22

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

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

Tues., Nov. 26

10 a.m. - Holiday Feast at the CHEER Community Center

Wed., Nov. 27

12 noon - Sussex Pride Aging Support Group

Thurs.-Fri., Nov. 28-29 - Happy Thanksgiving - CHEER Centers Closed

Doctor: "So you haven't been able to sleep well?"
Patient: "I sleep fine during the night, but during my afternoon naps, I just can't keep my eyes closed."

HONORING ALL WHO SERVED

To be a veteran
one must know and
determine one's price
for freedom!

VETERANS DAY DINNER DANCE

Friday, November 8 • 5 to 9 p.m.
at the

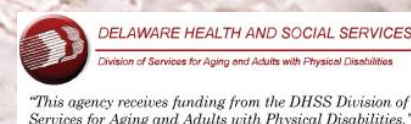
CHEER Community Center

20520 Sand Hill Road
Georgetown, DE

FREE to all Veterans
Spouse and Guests \$10

Call your local CHEER Center for
tickets or contact

Robin Greene, 302-515-0001 ext. 1162,
rgreene@cheerde.com





CHEER members as far as you can see line the corridor to board the Cape May-Lewes Ferry for their annual Delaware Bay adventure.

NOW OPEN

TUESDAY AND WEDNESDAY 4 p.m. to 8 p.m.



Come visit and have a good time.

Located at 20520 Sand Hill Road (Route 9 and Sand Hill Road, east of the circle in Georgetown), the Center will be open Tuesdays and Wednesdays from 4 p.m. to 8 p.m. and features lots of good food and activities with you in mind.

For more information, contact Monica at 302-500-6720 or email mmondujano@cheerde.com.



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



YOU ARE INVITED TO CHEER'S

Holiday Feast

Tuesday, November 26, 2024
10 a.m. to 2 p.m.
at the
Warren L. and Charles C. Allen, Jr.
CHEER Community Center
20520 Sand Hill Road • Georgetown, Delaware

Traditional Thanksgiving Turkey Dinner

Entertainment • Contests • Prizes

Tickets:
\$6 for seniors over age 60
\$8 for under age 60

More Info:
contact your CHEER Activity Center or
Robin Greene 302-515-0001 ext. 1162
email rgreene@cheerde.com

CHEER Remembers Beloved Board Member, Diaz Bonville

CHEER is saddened upon the loss of Board member Diaz Bonville who passed on September 14, 2024. The 68-year-old Rehoboth resident joined the CHEER Board in 2019. He retired from the Indian River School District in 2017 as its Community Liaison and then went to work for U.S. Congresswoman Lisa Blunt Rochester in 2022 as her Kent/Sussex Outreach Coordinator. He was a member of Mt. Pleasant Church in Rehoboth and the co-founder of West Rehoboth Children and Youth Program as well as the president of West Side New Beginnings.



When Diaz joined the CHEER Board, he said that he loved reaching out to people and connecting with the resources they need. “A lot of older people need to get out of their house and come to the CHEER center, even if only for one day a week,” Diaz said at the time. He put that philosophy into action by attending as many CHEER events as he could until illness slowed him down. “I have found everybody there to be cheerful, no one is not enjoying what they are doing,” Diaz once said about the CHEER community.

Diaz is survived by his wife of 44 years, Linda, three daughters, three grandchildren, and five siblings.



MORE FERRY RIDERS ... A long line of agency-wide CHEER members board the Lewes-Cape May Ferry for a sunny day at sea despite some waves from incoming Hurricane Milton. The annual trip is a favorite among the seniors.

Editor’s Note:

The following is dedicated to all the sufferers of Alzheimer’s who would like to send this message to their loved ones and caregivers - if they could.

P.S.: I admit, I choked up while typing this.

cmo

Do Not Ask Me to Remember

Do not ask me to remember,
Don’t try to make me understand,
Let me rest and know you’re with me,
Kiss my cheek and hold my hand.
I’m confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can’t help the way I’m acting,
Can’t be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don’t fail to stand beside me,
Love me ‘til my life is done.

- Owen Darnell

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



Aide Nancy Smith has Spent Years Caring for Her Customers

Nancy Smith has been employed with CHEER since April 1998. She is one of the most reliable Direct Care Workers on the staff. Nancy has flawless attendance and works a lot of hours during the course of a week. Nancy cares about her customers and they always have nice things to say about her. She has been the recipient of the Full-Time Direct Care Worker of the Month designation eight times during the past six years.

The staff always enjoys seeing Nancy in the office every other week. Thank-you, Nancy, for the last 26 years of dedication to our seniors.



CEO Perspective -
Cont'd from page 4

Medicare Open Enrollment

October 15 - December 7, 2024

Did you know?

Delaware Medicare Assistance Bureau (DMAB) can help you:

- ☒ Understand Medicare benefits
- ☒ Sort options to find the best for your situation
- ☒ Complete the enrollment process



**Need help?
Contact
DMAB Today!**

CALL DMAB • 302-674-7364



Trinidad Navarro
Insurance Commissioner
insurance.delaware.gov/dm

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ble, it's important to remember and give thanks for these caregivers—whether they are family members, friends, or professionals. Their dedication and tireless work often go unnoticed, but their contributions are vital to the health and well-being of countless individuals. We also want to remember those who don't have family gathering around their table or enough food for each day. Reach out and support them.

As we celebrate Thanksgiving and reflect on gratitude, we can extend that reflection to the caregivers in our lives. Thankfulness doesn't have to be confined to one holiday or one month, but November gives us an especially fitting time to say thank you. Whether it's through a heartfelt conversation, offering help, or simply acknowledging the hard work they do, we can show our appreciation for caregivers, who embody the essence of giving in its truest form. In the spirit of both Thanksgiving and National Family Caregivers Month, let us express our gratitude for the kindness, love, and care that fills our lives.

Thanksgiving Day was approaching and the family had received a card with a painting of a Pilgrim family on their way to church. Grandma showed the card to her small grandchildren, observing: "The Pilgrim children liked to go to church with their mothers and fathers."

"Oh yeah?" her young grandson replied, "So why is their dad carrying that rifle?"

CHEER's Outreach Workers Provide More Than Food to Homebound Seniors in Sussex County

By Carolyn O'Neal
Community Relations

According to the 2022 statistics compiled by Feeding America, a network of non-profits and government organizations aiding programs necessary to help bridge the meal gap, there is a 7.2 percent senior (60 years plus) food insecurity rate in Delaware. Food insecurity is defined by the U.S. Department of Agriculture as the lack of access to enough food for an active, healthy life. Much of this insecurity rate can be lessened by the SNAP (Supplemental Nutrition Assistance Program), formerly Food Stamps, but a great many more seniors' incomes are too high to qualify for the program, even though medicine costs, housing costs, or mobility limitations limit their access to healthy nutrition.

Closing that gap against hunger is the CHEER Meals on Wheels program that helps seniors age with dignity and stay safe in their homes without the fear of hunger. Income does not disqualify seniors from MOW access. Seniors are reevaluated every six months.

CHEER, Inc. is the Meals on Wheels Delaware representative for most of Sussex County. Just a phone call to 302-515-0001 can get your homebound loved one the nourishment they need to stay healthy during their senior years. When that phone call comes in, it is directed to Megan Jordan.

Megan has been with CHEER for almost two decades. She started in 2006 as a home health aide before moving into the Home Services office as an administrative assistant. In 2022, Megan transferred to the Nutrition Department. A marriage and three children later, Megan is now the Nutrition Assistant who takes the initial referral and begins the necessary paperwork. She will contact the senior's case manager and funding source before turning the case over to the appropriate



OUTREACH WORKERS stand behind a table full of Meals on Wheels bags waiting to be filled with food the next day and delivered to homebound seniors in Sussex County. Left to right are: T'Kara Bolden, Michelle Gibbs, Megan Jordan and Alonda Davis. Absent from photo is Cierra Hicks.

territory Outreach Worker, whom Megan is responsible for training.

CHEER has four Outreach Workers throughout Sussex County. Michelle Gibbs covers the Georgetown area; Alonda Davis does the Greenwood and Milton territories; T'Kara Bolden services Roxana and Ocean View areas; and Cierra Hicks covers Long Neck. One defining characteristic of all the Outreach Workers is that in some way, CHEER and/or Meals on Wheels has helped them or a member of their family in the past.

Michelle Gibbs, Lead Outreach Worker, lives in Lincoln and was a home health aide before joining CHEER in 2023. She worked in manufacturing for over 20 years but sought a new path. Michelle's grandmother and aunt retired from working for CHEER in the kitchen of the center then located in Lincoln. As she aged, Michelle's grandmother began receiving Meals on

Wheels. In fact, the MOW delivery person was the one who found her grandmother laying on the floor and called 911 to help her.

"Thank God he was there," said Michelle. "His quick action (calling 911) allowed us to have the opportunity to say goodbye before she passed. CHEER will be a part of my family forever."

"Just delivering food is only a part of our job," continued Michelle. "The seniors want to talk when we come. A friendly face and a little conversation can go a long way (in maintaining the health of a senior)."

"Sometimes seniors will call me just for conversation," agreed T'Kara Bolden. The former Social Security technician from Laurel has also been a home health aide. Her grandfather and grandmother

See Outreach - page 12

Outreach - Cont'd from page 11

received Meals on Wheels.

"I like to help people. They are so appreciative," she said. T'Kara has been known to deliver Meals on Wheels on her way home from work when a senior was not home at lunch-time because of having a doctor's appointment.

"Their families are appreciative too," added Michelle. "The daughter of a client wrote us a real nice thank you note after her father passed. That makes you feel good (about what you do)."

Alonda Davis of Lincoln was a certified nurse's aide most of her life. This past January she joined CHEER which was supplying Meals on Wheels food to her grandmother.

"I like to get to know my clients and help them," said Alonda. She related how one of her clients came to the CHEER senior center during the day but wanted to have Meals on Wheels for the weekend.

"That lady was so scared to ask me just for weekend meals," laughed Alonda. "But we can supply food for any day it is needed – Monday through Sunday."

Cierra Hicks of Millsboro was the kitchen manager at Milton CHEER for six months before transferring to the Outreach position. "I like being able to assist seniors in getting fed," she said. "There is something special, something different about each one, and there is always a big smile when we come."

Besides the evaluations,



MEALS ON WHEELS Delaware executive Susan Dubb always comes to help CHEER deliver meals to seniors on March for Meals Day in March.

Outreach Workers are responsible for scheduling volunteers as needed to deliver the meals. If a volunteer cannot help for some reason, it is the Outreach Worker's responsibility to deliver the meals themselves. All four Outreach Workers say they go out almost every day to deliver one route or more.

"The seniors keep track of the volunteers too," said Michelle. "One man knew every volunteer he had and was always worried about them if they did not show up on their assigned day. When he passed away, it broke my heart. Another lady was always blessing the volunteers even though she was having a hard time dealing with her cancer treatments. She would talk a lot. For many, talking with us or the volunteers makes their day (because they see no one else)."

for finding help to remove the branch. Fortunately, it was a sturdy-built house, and the lady was not injured.

Megan remembered the time she called every hospital in Delaware because a MOW volunteer could not find a lady when he delivered her meal. Finally, the senior was discovered at a hotel where her family had taken her while repairs were being done to her home, but they forgot to notify CHEER.

"Every day is a journey or an episode. You never know what the day will bring," laughed Michelle about her experience as a CHEER Outreach Worker. "But I sign up to do it again the next day."

That commitment is found in all four CHEER Outreach Workers who have been taught by their families to be caregivers.

"One of my ladies is always complimenting the meal," smiled T'Kara. "They have all become good friends to me."

For information about receiving Meals on Wheels, call Megan at 302-515-0001, Ext. 1165.

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

 **CHEER**

Call 302-515-0001 Ext. 1166 to volunteer!



Please help a senior citizen smile this holiday season!

Operation Christmas CHEER

We are asking the Sussex County Community to help us fill the sleigh so that each senior receiving a meal on Christmas day can have a gift along with their meal.

You can help by bringing a generic wrapped gift with a tag indicating whether your gift is for a senior male, female, or either to any CHEER Center.

The Senior Sleigh will kick off November 19, 2024 and gifts will be accepted until December 19, 2024.

Gift Ideas....

Socks
1 Size Fits All Slippers
Hats and/or Gloves
Sweat Shirts
Scarves
Fragrance Gift Sets

Disposable Razors
Food or Beverage Sets
Shampoo & Body Wash
Personal Items
Deodorant & Soap
Face Cloths

Towels
Lap Robes
Gift Certificates
Candy
Adult Coloring Books
with Markers

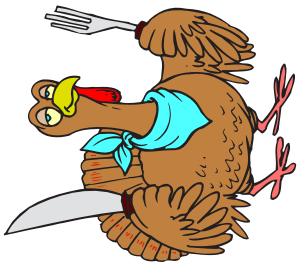


CHEER Community Center
in Georgetown
CHEER Ocean View
M&T Bank in Georgetown



For info call 302-515-0001

County Bank in
Milton and Long Neck
Lewes Meineke Car Care



November



Monday		Tuesday	Wednesday	Thursday	Friday
 Over 50 Years Serving Sussex Seniors		 <i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i> Menu items subject to change due to availability.			
4 Sausage and Peppers Lettuce and Tomato Salad Potato and Cheese Pierogies Applesauce Whole Wheat Roll/Bread Skim Milk	5 Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	6 Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	7 Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	8 Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk	1 Baked Potato Bar Steamed Broccoli Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk
11 Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	12 Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk	13 Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Whole Wheat Roll/Bread Fruited Gelatin Skim Milk	14 Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	15 Minestrone Soup Crab Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk	
18 Turkey Chili Steamed or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	19 Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Apple Pie Skim Milk	20 Honey Glazed Pork Chop Baked Sweet Potato Half Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	21 Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	22 Dijon Crusted Fish Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk	
25 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	26 Holiday Feast at the Community Center! All Centers Closed	27 Greek Roasted Chicken Couscous w/Roasted Vegetables Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	28 All Centers Closed for Thanksgiving!	29 	

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

Trim Your Tailgate Calories by Thinking Outside the Box

By Lisa Harkins, RD, LDN

Fall to many means cooler temps, falling leaves, pumpkin-spiced everything, and FOOTBALL! Everyone loves tailgate food, even if you are just gathering for the game in your living room. But typical snacks are usually filled with fat and scads of sodium. Check out my tips below to provide a healthier but still hearty game-day spread.

1. Everyone loves hot crab, creamy artichoke, French onion, and garden vegetable dips. Instead of full-fat sour cream, yogurt, and cream cheese, substitute low-fat or non-fat versions to cut the calorie content by more than half. Once you mix in the crab, artichoke, or dip seasonings, no one will be able to tell the difference.

2. Salsa and chips. A party staple, salsa and chips can be a healthy and tasty alternative

to higher-calorie and fat-laden snacks. Jarred salsa is an okay choice, but making your own from scratch is healthier, more flavorful and super easy (not to mention much lower in sodium). And don't forget to pair it with multi-grain chips or better yet, baked ones.

3. Meatballs are also a classic. Try 99% lean ground turkey this year instead of ground beef and/or pork to significantly reduce the saturated fat and cholesterol content.

4. Mind the mayo. Did you know that full-fat mayo has 240 calories per Tablespoon to fat-free mayo's 11? And once you blend it in with other foods, it's deceptively delicious; for example, in pasta and potato salads.

5. Get creative with the crudité. I know you're thinking people want pigs in a blanket and chile con queso, but trust me, guests go for the veggie

tray. And think outside baby carrots and broccoli. Try snow peas, strips of jicama, squash and zucchini rounds, asparagus spears, grape tomatoes, and fennel.

6. Don't forego fruit. Just like the veggies, people WILL go for the healthy stuff, especially if served with something a bit naughty like Nutella. Nutella

is a hazelnut spread made with skim milk and cocoa that is simply sinful in small amounts and perfect paired with fresh fruit. Or try low-fat vanilla yogurt blended with a bit of honey and cinnamon for a more angelic pairing.

Think outside the box (literally) when planning your next game-day soiree touchdown!



Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE

Debbie Landon, Director

302-515-0001, Ext. 1961

Happenings

Sun., Nov. 3 – Daylight Savings Time Ends

Wed., Nov. 6 – Last day of Chronic Disease Workshop

Thurs., Nov. 7 – Beckett's Bulletin

Fri., Nov. 8 – Veterans Dinner

Fri., Nov. 15 – Georgetown to Greenwood

Thurs., Nov. 21 – Revive

Sound Productions

Thurs., Nov. 21 – Dinner/Bingo

Tues., Nov. 26 – Holiday Feast at Community Center, 10 a.m.-2 p.m. Activity Center Closed

Thurs. and Fri., Nov. 28 and 29 – Thanksgiving Holiday, CHEER Closed

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

Wednesday – Wii Bowling, 12-1 p.m.

First Thursday – Beckett's Bulletin

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

Every Friday – Breakfast in the Café, \$2.50 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 November Birthday!

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

Empty Nester?

Competitive Pay

Good Benefits



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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 Activity Center

41 Schulze Road • Greenwood, DE
Sheila Roell, Director
302-515-0001, Ext. 1361

November often blows in like a hurricane. Other times, it lingers like the warmth of the sun. For many, the month fills us with gratitude. It represents family holidays, too. As warm and cozy as November seems to many, others consider the 11th month of the year to be somewhat bleary. But if you look closely, holidays like National Cinnamon Day, National Doughnut Day, and National Homemade Bread Day make November quite cozy.

November 3 at 2 a.m. is the end of Daylight Savings Time. Set your clocks BACK one hour on Saturday night at bedtime!

Why is Thanksgiving celebrated on the last Thursday in November?

In 1863, President Abraham Lincoln declared the last Thursday in the month of November to be the national holiday known as Thanksgiving. It is fashioned after the three-day feast of the harvest shared by the Pilgrims and the Wampanoag Indigenous people in 1621.

Why do we celebrate Veterans Day on November 11?

Originally known as Armistice Day, Veterans Day is celebrated on November 11 because it was on this day at 11 a.m. in 1918 that World War I ended.

The **Beaver Moon** lights up in November. It is also called the Frost Moon since the first hard frost of the season typically makes its appearance in November.

Football season is well underway. Basketball and hockey are heating up, too. Teams meet up for cross-country, lacrosse, and more while the weather

holds.

November is also a time for reflection, unity, and participation in the democratic process. Don't forget to vote!

New programs coming soon: Greenwood Public Library program, "Creating a Memory Book," TBA and an Intergenerational Program.

Happy Thanksgiving to you and your families.

Sheila

Happenings

Fri., Nov. 1 – Full breakfast, \$2.50 for age 60+, 8:30-9:30 a.m., Croissant breakfast sandwiches, \$3; (please order by the previous Wednesday). Followed by musical entertainment, Lisa Miller. 10:30 a.m.

Mon., Nov. 4, 11, 18, and 25 – Tai Chi with Gary Tompkins, Learn how you can improve balance, stability and flexibility. 9:15–10 a.m.; Bible Study, 10 a.m.

Tues., Nov. 5, 12, and 19 – Prize Bingo 10:30 a.m.

Wed., Nov. 6 – Blood Pressure Check with Betty, 9:45 a.m.; Pumpkin craft time with Sheila, 10:30 a.m.

Thurs., Nov. 7 – 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.; Memory Café with Christie Shirey, 1-3 p.m.

Fri., Nov. 8 – Veterans' Dinner Dance, CHEER Community Center, 5-9 p.m. FREE to all Veterans. Spouses and guests are \$10. See Sheila for tickets.

Mon., Nov. 11 – Music Ministry with Pastor Dan and Betsy Taylor, 12 noon.

Tues., Nov. 12 – Life Coach,

Virginia Antongiorgi, 10 a.m.

Wed., Nov. 13 – Positive Music Time with Randy, 10:30 a.m.

Thurs., Nov. 14 – Karaoke Party with Wayne. You won't want to miss the fun! 10:30 a.m.; Memory Café with Christie Shirey. 1-3 p.m.

Fri., Nov. 15 – Full breakfast \$2.50 for age 60+, 8:30-9:30 a.m., croissant breakfast sandwiches, (please order by Wednesdays). Cost \$3; Georgetown CHEER members visit Greenwood CHEER.

Wed., Nov. 20 – Delaware Food Bank 11 a.m.

Thurs., Nov. 21 – Memory Café with Christie Shirey, 1-3 p.m.; Dinner and Bingo. 5 p.m. Meatloaf, garlic mashed potato, salad, apple pie, \$6

Fri., Nov. 22 – Full breakfast, \$2.50 for age 60+, 8:30 a.m.- 9:30 a.m., croissant breakfast sandwiches, \$3.(please or-

der by the previous Wednesday)

Tues., Nov. 26 – All Centers Closed today to attend CHEER's Thanksgiving Holiday Feast, at the CHEER Community Center. Info to follow.

Wed., Nov. 27 – AARP Defensive Driving Course – Beginner Course, 9 a.m.–3 p.m.; Blood Pressure Check with Betty, 9:30 a.m.; Penny Bingo, 10:30 a.m.

Thurs., Nov. 28 and Fri., Nov. 29 – All CHEER Centers Closed for the Thanksgiving Holiday; Membership Meeting (Unity Club) date TBA.

*To all our members
born
in the month of
NOVEMBER...*



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:

302-515-0001 ext. 1161 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



Harbour Lights Activity Center

34211 Woods Edge Drive • Lewes, DE
Cristina Tunnell, Director
302-515-0001, Ext. 1661

I hope this message finds you well. As we approach the end of the year and the holidays in November and December, I know many of us struggle with this time due to the loss of a loved one, myself included. Missing someone close to our hearts during the holidays can be especially difficult.

This year, I challenge you to focus not on sadness, but on the beautiful memories you have shared with your loved one. Celebrate those moments and cherish the time you had together. Let's also create new memories by connecting with those we hold dear – whether it's sharing stories, enjoying a meal, or simply being present with one another.

Wishing you all peace and joy during this special time.

Happenings

1. Veteran's Dinner Dance
Date: Friday, Nov. 8, at the Community Center, 5-9 p.m. Cost: Free for veterans; \$10 for spouses and guests.

2. Annual Holiday Feast
Date: Tuesday, Nov. 26 at Community Center, 10 a.m.-2 p.m. Cost: \$6 for anyone 60+; \$8 for those under 60. Tickets: Please see Crissy for all tickets!

We look forward to celebrating with you.

Monthly Party

On **Friday, Nov. 22,** we will be having our monthly par-

ty. We will begin the festivities with games starting at 10 a.m. followed by entertainment at 10:30 a.m. with DJ Jerome Watson. After the party, we will have a delicious lunch followed by free prize Bingo. We look forward to partying with you and enjoying a day of fellowship.

Happy Birthday

Join us for a special birthday celebration on **Wednesday, Nov. 20.** Come enjoy cake and ice cream as we celebrate all November birthdays. We wish you a wonderful day and a blessed year ahead! Hope to see you there.

Breakfast Bash

Don't forget, 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 \$2.50 for members and \$4 for non-members. Please sign up for breakfast at the desk.

Holiday Closing

CHEER will be closed on **Thursday and Friday, Nov. 28 and 29,** so that its employees can enjoy the holiday with their loved ones.

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

*"But why can't I talk inside the library?" Mandy asked her mother.
"Because you have to be quiet. Noise is a distraction. The people around you can't read," answered her mother.*

A puzzled young Mandy replied, "Can't read? They why are they at the library."

Fall Craft Fair Treasures Abound



THE LOBBY of the CHEER Community Center was a splendid location for a vendor to meet and greet every visitor at CHEER's Fall Craft Fair.



DOZENS of fall and holiday arrangements and gifts were available at CHEER's Fall Craft Fair.



A TABLE full of holiday decorated trees that were crafted for purchase was available to the many vendors at CHEER's Fall Craft Fair.



Long Neck Activity Center
Pelican Cove, 26089 Shoppes at Long Neck
Millsboro, DE
Samantha Harper, Director
302-515-0001. Ext. 1561

Happenings

Thurs., Nov. 21 – 4-6 p.m., Evening Bingo and Dinner
Tues., Nov. 26 – Holiday Feast, Georgetown Community Center, 10 a.m.-2 p.m. **Long Neck Closed.**
Wed., Nov. 27 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our November birthdays.
Thurs. and Fri., Nov. 28 and 29 – CHEER Closed for Thanksgiving Holiday.

Trips

Fri., Nov. 1 – Zwaanendael Museum and Bob Evans, bus leaves at 9:15 a.m.
Tues., Nov. 5 – Lefty’s Bowl-

ing, bus leaves at 10:30 a.m.
Thurs., Nov. 7 – Texas Roadhouse, bus leaves at 3:15 p.m.
Thurs., Nov. 14 – DE Agriculture Museum and Dover Hollywood Diner, bus leaves at 9:15 a.m.
Thurs., Nov. 19 – Byler’s, Boscovs, and food court, bus leaves at 9:15 a.m.
Wed., Nov. 27 – Parsons, 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.

End of Summer Party



Allen McIlvain



Bob Harrison

Miniature Golf at Long Neck



Eleanor Travis



Maggie Smith



Angie Musnisky



Brenda Browne

FUN Awaits YOU at CHEER!

Long Neck - Cont'd from page 18



Barbara Snyder and
Joan Bosin



Fran Valentino and
Colleen O'Connor



Barbara Painter and Roger Cox



Milton Activity Center

24855 Broadkill Road • Milton, DE
Susan Mitchell, Director
302-515-0001, Ext. 1461

Happy November, CHEER Family!

November is the month we reflect on THANKFULNESS for our family, friends, health, and cherished memories of times passed.... and TURKEY – we can't forget the turkey! Here's some fun turkey trivia for you.

1. **Both male and female turkeys gobble.** Turkeys make a variety of different sounds including "purrs," "yelps," and "kee-kees." Contrary to popular belief, it's not just male turkeys that gobble. Females gobble too. Male turkeys are called "toms" while females are called "hens."

2. **Wild turkeys can fly.** It's a common myth that turkeys can't fly (most likely because they feed on the ground), but wild turkeys have been

known to fly up to 55 mph in short bursts. For domesticated turkeys, this is unfortunately not the case. They're bred to be heavier in weight, almost twice as much as a wild turkey.

3. **Turkeys can change colors.** Well, their heads do at least. You can tell a turkey's emotions by the color of its head. Colors can change from red to blue to white, depending on how excited or calm they are. The more intense the colors are, the more intense their emotions.

4. **Their "Number 2's" determine if they're male or female.** Who knew? One way to find out if a turkey is a male or female is by checking their droppings. A male's poop will be shaped like the letter J,



Shirley Herndon, Linda Peiffer
and Thelma Cottman

while the female's is more spiral-shaped. (Is this too much information?)

5. **Speedy indeedy.** How fast can a turkey trot? 25 mph

6. **My belly hurts.** According to the US Department of Agriculture, how many turkeys are cooked and eaten in the United States on Thanksgiving? 45 million!

Thurs., Nov. 26 - Holiday Feast at Community Center.

Remember - Thursday and Friday, Nov. 28 and 29, CHEER will be closed for Thanksgiving Holiday.

Happenings

Monday-Friday – Fitness room is open from 8 a.m.-4:30 p.m.

Daily – Coffee, Snack Social Hour

Mondays – Wii Bowling is back. Also, join us for Tai Chi and Yoga

Tuesdays – Chair Yoga, Bingo, and Board Games

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

Thursdays – Memory Café, Mahjonn, Chair Yoga

Fridays – Breakfast (only \$2.50), Prize Bingo

Weekly – Trips to Dollar General, Post Office, and Bank

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



Ocean View Activity Center

30637 Cedar Neck Road • Ocean View, DE
Yolanda Gallego, Director
302-515-0001, Ext. 1761

Autumn Blessings

“When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.”

-Kristin Armstrong
CountryLiving

Welcome November and Autumn Blessings to Everyone!

Take the time to focus on gratitude every day and see how much happier you feel. You're invited to our Monday Walking Club – we leave at 10 a.m. to a local walking spot, by bus – getting fresh air, enjoying nature, friends and a little exercise. Then on the second Monday at 11 a.m., join us for our brand new Joyful Living Discussion group!

“I awoke this morning with devout thanksgiving for my friends, the old and the new.”

-Ralph Waldo Emerson

Happenings

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

Ocean View Hours:

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

Monday - Friday

Mon – Fri: Puzzle Mania (jigsaw puzzles, word search, crossword, etc.) available all day; Fitness Room (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, \$5 for under 60). Most folks show up at 11:30 for lunch and daily activities start

or resume by 12/12:15 p.m.

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

Mondays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Walking Club, 10 a.m., by bus to local locations (weather permitting or exercises/brain games indoors); Corn Hole in our parking lot, 10 a.m.; Mahjongg, 11 a.m.; Quilting Club, Shopping, 12:15 p.m.

*Joyful Living' New Discussion Group with Andrew S., **Nov. 11**, second Monday, 11 a.m. Everyone Welcome!

*Membership Meeting on the 2nd Monday, **Nov. 11**, at noonish.

*Stand By Me, fourth Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302-685-2586, **Nov. 25**.

Tuesdays: Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Pickleball in the parking lot, 9:30 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Pinochle, 12:15 p.m.; and Matter of Balance Class, 12:30–2:30 p.m. (last one Nov. 5).

***Tuesday, Nov. 19** – Dinner Program – to be determined, 4-6 p.m.

Wednesdays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Breakfast, 9-10 a.m., \$2.50; Bocce at 10 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)

*Nutrition Education with Lisa H. on Zoom, **Nov. 6**, 11:30 a.m.

*VIP Group, **Nov. 6**, 1–3 p.m. (visually impaired persons group)

*Parkinson's Support Group, third Wednesday, **Nov. 20**, 1 p.m.

*Celebrating all November birthdays over lunch, **Wed., Nov. 27**

Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Pickleball in the parking lot, 9:30 a.m.; Hand and Foot, 12:15 p.m.

*Beckett's Bulletin on Zoom, **Nov. 7**, at 10:30 a.m.

*Alzheimer's Caregiver Support Group, first and third Thursdays, 1 p.m., **Nov. 7 and Nov. 21**.

Fridays: Weekly Trips, times vary. Tai Chi, 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, first Fridays, **Nov. 1**, 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.

Fri., Nov. 1 – The Backyard in Milton for lunch, followed by The Brimming Horn Meadery, 10:30 a.m.

Thurs. Nov. 7 – Marshall's and All-You-Can-Eat Chinese Buffet, Rehob. Bch., 11 a.m.

Fri., Nov. 8 – Veterans Dinner and Dance in Georgetown, 5–7 p.m. Veterans get your ticket for free, all others, \$10. Bus leaves at 4 p.m. and our Center will close at 4 p.m. today.

Thurs., Nov. 14 – The Shops of Berlin and Lunch on your own, 9:45 a.m.

Fri., Nov. 15 – To Be Determined.

Thurs., Nov. 21 – Byler's and Pat's Pizza in Dover, 9:30 a.m.

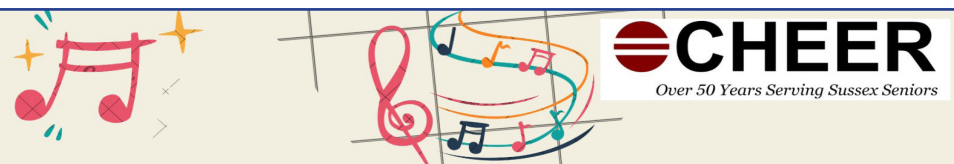
Fri., Nov. 22 – Rehoboth Art League Tour (and project – tentative), 9:30 a.m.

Tues., Nov. 26 – Thanksgiving Feast in Georgetown, 9 a.m. **Center is Closed Today.**

Thurs. and Fri., Nov. 28 and 29 – CHEER and our center will be **Closed** both days for the Thanksgiving Holiday!



ROXANA Center Director Debra Dudkin, right, finds a treasure for herself at the CHEER Community Craft Fair on October 5, as her friend continues shopping.



LINE DANCING

CHEER COMMUNITY CENTER

* BEVERAGES AVAILABLE FOR PURCHASE



DOORS OPEN 5:15 pm
Beginner Basics Workshop 5:30-5:45 pm
Dance Lessons Beginner/Improver and
Open Dance Music-ALL levels 5:45-8:00 pm

Monday Nights -\$6.00 Fee

DANCE INSTRUCTOR:
LILY PARSONS

20520 SAND HILL ROAD
GEORGETOWN, DE

***OPEN TO THE PUBLIC**

Roxana Activity Center
 34314 Pyle Center Road • Frankford, DE
 Debra Dudkin, Director
 302-515-0001, Ext. 1861

Happenings

1st Thursday – 10:30 a.m., Beckett's Bulletin. CHEER CEO, Beckett Wheatley 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

Group Discussion: "This is Us"

Lunch, \$3.50 Donation

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

Tuesdays:

Morning Café, Socializing and Snacks

Prize Bingo or Mingo, \$1

Lunch, \$3.50 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, \$3.50 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, \$3.50 Donation

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

Fridays:

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel – 2x month

Lunch, \$3.50 Donation

Memory Café with Christie Shirey

Special Events

Mon., Nov. 4 – Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Wed., Nov. 6 – Educational Speaker: Karen Holstein, Care Patrol. Topic: Parkinsons Disease

Fri., Nov. 8 – Veterans Dinner Dance at the Community Center in Georgetown: 5-9 p.m. Veterans attend for free, guest \$10. Sign up/tickets available – see Center Director

Mon., Nov. 11 – Veteran's Day Celebration

Mon., Nov. 18 – Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Tues., Nov. 26 – Holiday Feast at the Community Center in Georgetown. Tickets available \$6 seniors; \$8 under age 60. See Center Director. Center Closed.

Thurs.-Fri., Nov. 28-29 – Thanksgiving Holiday. **All Centers Closed.**

See our monthly Center Calendar for the most up-to-date scheduled entertainment and activities on the CHEER Website: <https://www.cheerde.com>. Activities occasionally change.

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)



PT WORKS

DELAWARE

Physical Therapy Closer to YOU!

Schedule your appointment (302) 422-2518

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

302-515-0001 Ext. 1166
or apply at www.cheerde.com

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



IT'S TIME TO FILL THE SLEIGH ... Operation Christmas CHEER is underway. Help fill the sleigh with gifts for homebound seniors. Drop off spots are M&T Bank in Georgetown, County Bank in Milton and Long Neck, Lewes Meineke Car Care, Ocean View CHEER and CHEER Community Center in Georgetown.

Welcome New Volunteers

Judith Kinkey	Georgetown	Kitchen
Walter Kinsler	Georgetown	MOW
Karley Larsen	Georgetown	Special/Center
Stephanie Larsen	Georgetown	Special/Center
Paul Leary	Georgetown	MOW/Kitchen
Deborah McWilliams	Georgetown	Kitchen
William Pinon	Georgetown	MOW/Kitchen
John Rocker	Georgetown	Kitchen/Trans/ Center
Exon K. Rodriguez/Sevilla	Georgetown	Kitchen/Special
Aaron Woods	Georgetown	Special Events
Kristen Woods	Georgetown	Special Events
Rita McCrea	Greenwood	MOW
Kathy Hinton	Harbour Lights	Kitchen/Special/ Center
Cassi Rickards	Harbour Lights	Center
Eva Schmitt-Robbins	Harbour Lights	Center
Wanda Carricato	Long Neck	Admin/Fitness
Nancy Pizzo	Long Neck	Admin/Other
Sharon Troxell	Long Neck	Kitchen
Adley Triscuit	Milton	Center/Kitchen/ Special
Sheldon Bustow	Roxana	Med/MOW/Center
Alan Noll	Roxana	MOW
Pamela Smith	Roxana	MOW
Lauren Waesche	Roxana	MOW

Thank you for your support!

This Month's Recipe ...

Delicious Baked Apples



Adults and kids alike enjoy this delicious fall-time treat that is so easy to make.

Ingredients:

- 4 teaspoon butter
- 2 Tablespoons brown sugar
- 3 teaspoons vanilla sugar
- 3 teaspoons ground cinnamon, or to taste
- 1 teaspoon ground nutmeg, or to taste
- 6 large apples - peeled, cored, and sliced

(You can use pumpkin pie spice to get all the spice flavor.)

Directions:

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a large baking dish with butter.
2. Mix brown sugar, vanilla, sugar, cinnamon, and nutmeg in a small bowl.
3. Layer about 1/3 of the apples in the prepared baking dish; sprinkle with 1/3 of the sugar mixture.
4. Repeat layers twice more.
5. Slice butter into chips and place on the top of the apples.
6. Bake in preheated oven for 30 minutes

(Top with ice cream and caramel sauce.)



SOUP SALE ... CHEER's delicious soups were for sale at the Fall Craft Fair. Nutrition Director Amy Smith (right) dips up some vegetable soup for a customer as her helpers, Mikayla Sommers and Avery Garrison, look on.

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 302-515-0001 Ext. 1170 or ddodd@cheerde.com

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



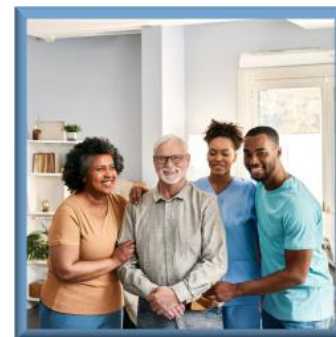
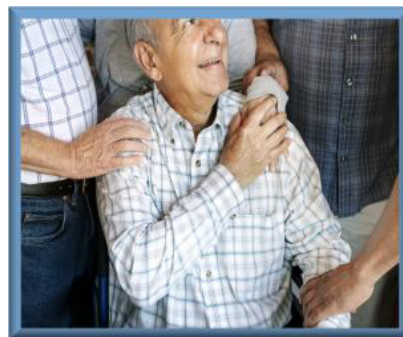
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