

FREE

DECEMBER 2024

CHEERful Living

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

Operation Christmas CHEER

The Coastal Gardeners have been supporting Operation Christmas CHEER to help the Roxana CHEER Center for many years. Read how their efforts are enriching the lives of so many in Sussex County.

See story, pages 12-13.

Café Salud is Open!

See story, page 22

Café Salud está abierto!

Véase el relato, página 22

SCAN ME



Website



Facebook

Operation Christmas



For over 30 years, CHEER has been sponsoring *Operation Christmas CHEER* and providing a nutritious meal plus gifts for seniors over 60 on Christmas Day. Gifts for seniors are donated by members of the community, area businesses, and local organizations and clubs. It can be anything from a pair of slippers, to a sweater, or perhaps just some toiletries or some puzzle books. Anything you think will put a smile on a senior's face is welcome. You don't even need to wrap the gift. CHEER does that.

Christmas sleighs for collection of gifts have been placed for the convenience of the public at the CHEER Community Center in Georgetown, CHEER Center in Ocean View, County Bank locations in Milton and Long Neck, M&T Bank in Georgetown, and at Meineke Car Care in Lewes. Gifts can also be dropped off at any CHEER Center in the county. Gifts will be accepted until December 19.

Volunteers arrive on Christmas morning at the CHEER Community Center to pick up gifts and meals to deliver to the homebound seniors. It only takes a couple hours of time to brighten the holiday for a senior who has no one else. Several families have seen generations of children and grandchildren give up a couple hours of their day to learn what helping others is all about.

For more information about how to sign up for meals/gifts, donating gifts or volunteering your time Christmas morning, call Robin Greene at 302-515-0001, Ext. 1162.



Celebrating 100 Years ...



Annie Margaret Kesler enjoyed a birthday party at CHEER's Sand Hill Adult Day Program to celebrate her 100th birthday. Meet this fiesty lady who everybody loves.

See story, page 5



Veterans Honored

CHEER honored America's veterans at its annual dinner.

See photos, page 10.



**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.



Simplify Your Healthcare, Simplify Your Life

Stay connected with your health and care team right from home with TidalHealth's MyChart! This easy-to-use online tool lets you message your doctor directly, so getting answers to your health questions is as simple as logging in—no office visit needed.

With MyChart, you can check your test results as soon as they're ready. Say goodbye to the waiting game—see results and read your doctor's comments within days to stay fully informed about your health.

Need a prescription refill? Just request it online with a few clicks, and MyChart will help make sure you're never without the medications you need.

Plus, managing appointments has never been easier! Schedule your next visit or check details of past and upcoming appointments, all in one place.

TidalHealth is here to make healthcare simpler and more accessible with MyChart. Sign up today at tidalhealth.org/mychart and take charge of your health anytime, anywhere!

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

You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.



Meet TidalHealth's Dr. William Doran

Dr. William Doran of TidalHealth Orthopedics has performed more robotic joint replacement procedures than any surgeon in the region.

A Delaware local, Dr. Doran graduated from Milford High School and the University of Delaware. He received his Doctor of Osteopathic Medicine and completed his residency in Orthopedics at the Philadelphia College of Osteopathic Medicine in Philadelphia, Pa.

His professional memberships include the American Academy of Orthopaedic Surgeons, the American Osteopathic Academy of Orthopedics, and the American Osteopathic Association.

If you have hip or knee pain and are considering joint replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran. Personalized treatment plans. Less pain. Quicker recoveries.

TidalHealth Orthopedics has locations in Millsboro and Seaford. To learn more, or to schedule an appointment, visit tidalhealth.org/orthopedics.



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MEALS ON WHEELS
AMERICA
2024 MEMBER

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



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

Partially funded by



CEO Perspective

By Beckett Wheatley
CHEER CEO

Reflecting on the past year provides a powerful opportunity to appreciate achievements, recognize growth, and set the stage for an even more fulfilling year ahead. Looking back allows us to acknowledge how our efforts have brought us to where we are. From personal milestones to professional breakthroughs, each accomplishment carries lessons and a sense of pride that can fuel future aspirations.

The CHEER Team has accomplished so much in the past year. One of our members' favorites is removing the fees for our CHEER fitness centers. We have replaced all of the worn-out chairs and installed bigger and better tv/monitors at our Activity Centers, greatly improved the quality and variety of our meals, expanded our Sand Hill Café, enhanced programs including better trips, LEAP language classes, and don't forget about our brand new Spanish-speaking senior center Café Salud!

Our CHEER Community Center has greatly increased its utilization, including the very popular Monday night line dancing, to the point that we are almost running out of dates. If you are interested in renting our space, book your event now!

Our staff has been working



hard. Besides improving our services for seniors, they have been implementing new HR, payroll, and training systems, streamlining purchases to control costs, installing a new phone system with great cost-savings, and enhanced IT security to keep our data safer.

Celebrating wins, big or small, boosts our confidence and reminds us that growth is a journey. We may find that our progress often comes from overcoming obstacles, where resilience and adaptability have been tested. Recognizing these challenges and our responses to them can reveal new strengths and abilities that may not have been apparent at the start of the year. Reflecting also involves understanding areas where we fell short. This self-awareness allows us to identify changes we might make to align

See CEO - page 7

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
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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 carolino@cheerde.com or call 302-515-0001, Ext. 1001

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

100 Years of Life, Transition, and Love for ADP Member Annie Margaret Kesler

By Carolyn O'Neal
Community Relations

Annie Margaret Kesler said her job as a teacher at her church was to teach children to “get rid of their stage fright.”

“I would give the children a verse to learn and when they were called up on stage they would recite it, bow, and then go off the stage,” Miss Margaret said. “I had them trained because you know kids can drive you crazy if you let them.”

However, no one can accuse Miss Margaret of having “stage fright.” During her birthday party on November 1 at CHEER’s Sand Hill Adult Day Program, she entertained and fascinated fellow seniors, staff, and guests with her memories of her 100 years of life.

Some of those memories included ironing clothes with a heated rock put inside a sock so she didn’t burn her hands. She lived with no electricity and no telephone. “My mother always said, ‘make do with what you’ve got,’” Miss Margaret said passing along her mother’s sage advice.

The highly alert, feisty birthday girl was also very proud of her sister who, at the time, was the only Black woman working at the Pennsylvania Gas Company. “They had this big window in the front of their building along the street where my sister sat and worked along with two white girls,” Miss Margaret explained. “Both of those other girls were gone, and my sister was the one who stayed the longest with the company.”

Growing up in Philadelphia,



SAND HILL ADULT DAY member Annie Margaret Kesler receives her CHEER Centenarian Club membership certificate from CHEER CEO Beckett Wheatley.

PA, Miss Margaret was the second oldest of eight siblings – four girls and four boys. She is the last surviving child in her family. Miss Margaret revealed that her father always called her “Big Daughter.” She retired from the Philadelphia School District at the age of 70 after 25 years as a teacher’s aide. She was very active in her church and for many years was the Bible Study Superintendent at United House of Prayer of All People Church.

Miss Margaret laughs when she says she was “fortunate to marry a young man” who was a serviceman in World War II and the Korean War. The couple had four children – three boys and a girl. Her daughter, Linda Miller, lives

in Washington, D.C.; son, Matt, lives in North Carolina; son, Walter, passed away two years ago; and son, James, lives in Georgetown, DE. She sometimes calls James her “older brother” because, now that she has aged, James’ nurturing of her reminds her of her older brother.

Miss Margaret lived independently until she was 95 years old in an apartment in West Philadelphia until the Covid pandemic hit the nation. The state took the social workers out of the Center Philly apartment complexes, so five years ago James became worried about his mother’s safety and insisted she move to Georgetown and live with him and his wife, Tammy, who are both now retired. Ironically,

their house sits at the corner of Margaret and James streets and is the same exact floor plan as James and Tammy’s former house in Philadelphia.

“She loves to sit out on our second-floor deck and watch the world,” Tammy says about her mother-in-law. “I’ve found her on some chilly days sitting out there wrapped up in a blanket. She loves living in Delaware. She says it is very clean and quiet.”

Miss Margaret began going to CHEER’s Sand Hill Adult Program three years ago after it reopened following Covid. She attends three days a week and Tammy says she loves the friends she has made here. “Everybody loves me,” Miss Margaret joked.

As part of the birthday celebration, CHEER’s CEO, Beckett Wheatley, presented Miss Margaret with a membership certificate for the CHEER Centenarian Club. The honor recognizes the member’s 100 years of age and her continued enjoyment of the activities and services of CHEER.

Miss Margaret says she has enjoyed the transition of how different the world is today from what it was 100 years ago. She believes our nation put the world together. “It came about because of education,” Miss Margaret stressed. “You can’t learn too much. There is always a need for more education.” What a beautiful legacy that advice is to leave her four grandchildren and three great-grandchildren, plus all the other young people of the world.

Make Time to Enjoy the Holiday Cheer

By **Christie Shirey**
Community Support

Things are so hectic during the holiday season with so many traditions, shopping and cooking that it is easy to get exhausted, especially if you are a caregiver. This season, try to simplify and save some energy for the things that truly matter.

Your hands are already full so try asking friends and family over to decorate. Let them do it and you can rearrange as needed after they are gone.

Consider letting someone else cook the holiday meal or try going out. If you really want it at home, several restaurants are making meals that you can take home and serve.

Don't forget to allow some self-care time. Take 15 minutes to sit by a sunny window to relax or enjoy the many scents of the seasons for a mini aromatherapy session. Take your loved one for a drive to look at the lights. Maps of routes can often be found online. Remember, the



MR. MAN, the cat, wants to know what's "in" the tree.

perfect holiday is one filled with warm memories of loved ones. Focus and spend time on your loved ones.

Everyone at the Caregiver Resource Center, including Mr. Man, wish you and your families a very enjoyable holiday season!

This month's activities:

Tues., Dec. 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

Thurs., Dec. 5

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., Dec. 6

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

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

Mon., Dec. 9

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

Tues., Dec. 10

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

1 p.m. - Memory Café, Long Neck CHEER

Thurs., Dec. 12

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

1 p.m. - Memory Cafe,

See Holiday - 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

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

Greenwood CHEER

Fri., Dec. 1310:30 a.m. - Memory Cafe,
Ocean View CHEER12:15 p.m. - Memory Cafe,
Roxana CHEER**Mon., Dec. 16**2:30 p.m. - Online (ZOOM)
Caregivers Support Group.
Registration required.Email cshirey@cheerde.com or
call 302-515-0001, Ext. 1061**Tues., Dec. 17**9:30 a.m. - Memory Cafe,
Georgetown CHEER1 p.m. - Memory Cafe, Long
Neck CHEER1 p.m. - Alzheimer's
Caregiver Support Group, Long
Neck CHEER**Thurs., Dec. 19**9:30 a.m. - Memory Cafe,
Milton CHEER1 p.m. - Memory Cafe,
Greenwood CHEER1 p.m. - Alzheimer's
Caregiver Support Group,
Ocean View CHEER**Fri., Dec. 20**10:30 a.m. - Memory Cafe,
Ocean View CHEER12:15 p.m. - Memory Cafe,
Roxana CHEER**Wed., December 25**Merry Christmas! CHEER
Closed**Thurs., Dec. 26**9:30 a.m. - Memory Cafe,
Milton CHEER1 p.m. - Memory Cafe,
Greenwood CHEER**Fri., Dec. 27**10:30 a.m. - Memory Cafe,
Ocean View CHEER12:15 p.m. - Memory Cafe,
Roxana CHEER**Tues., Dec. 31**9:30 a.m. - Memory Cafe,
Georgetown CHEER1 p.m. - Memory Cafe, Long
Neck CHEER**PASA Welcomes New Support Assistant**Please welcome the newest staff member of the PASA Program....**Tamara Burbage, Program Support Assistant!**

Tamara started her employment with CHEER in August and is the perfect fit for the PASA team! She has shown how dedicated she is in just a short time. Tamara enjoys going out to the homes of our seniors to meet them and is always willing to assist with any task. Tamara's sparkling personality makes it a joy to work with every day.

Thank you Tamara for all you do! We are blessed you are a part of the PASA family.

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

more closely with our goals and values in the coming year.

Moving forward, it is essential to set clear, achievable goals that build on the foundation we've established. We can approach goal setting with renewed optimism, balancing ambition with realistic planning. Breaking down larger goals into smaller, manageable steps makes them more attainable, turning our aspirations into consistent progress.

By creating a roadmap for

growth that acknowledges past successes, we can remain focused on new objectives. Each day provides an opportunity for improvement and learning. By combining lessons from the past with a forward-thinking mindset, we can embrace the coming year with purpose, resilience, and confidence. This year can be a time to grow further, face new challenges, and celebrate new accomplishments, while always appreciating the journey that brings us closer to our fullest

potential.

CHEER has made great strides in the past year. This upcoming year, we are looking forward to constructing a new administrative and support services building and another 59-unit low-income senior apartment complex in Georgetown. None of this could happen without each individual who, day in and day out, gives so much of themselves that makes our CHEER team GREAT! We still have a lot of work to do and, together, we will make it

You Don't Need a Reason to Help People

These hands should be yours!

Empty
Nester?Competitive
PayGood
BenefitsRetired and
Bored?Flexible
SchedulesSatisfying
Work

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Hiring Direct Care Workers

Apply at www.cheerde.com or email your resume to mchavez@cheerde.com
302-515-0001 Ext. 1011

*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.



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

Living Within Your Means

Living within your means starts with an understanding of how much you have to spend and what you need to save to achieve your financial goals. Setting a budget and sticking to it can help you achieve longer-term financial goals.

Create a budget: Setting a budget and sticking to it can help you achieve longer-term financial goals like buying a house or retiring early. Use a spreadsheet to capture your monthly income and a list of required expenses, like your rent or mortgage, utilities, and insurance bills.

Track your spending: You may be surprised by the amounts spent on smaller, fun purchases. Looking over receipts may give you a better idea about where you can cut back to live within your means.

Save before spending: Set up automatic savings to divert money from your paycheck before you spend it. When saving, your priority should be building an emergency savings fund to carry you through an unexpected job loss or other financial setback.

Pay down debt: If you're carrying a credit card balance, set up a payment plan and pay down your debt to eliminate interest and improve your credit score.

Pay with cash or debit: If you don't have the current funds to pay for what you want, you'll be forced to wait and think about how much you truly need that item.

Plan large purchases to avoid impulse spending: Saving up in small amounts for large purchases helps you avoid impulse spending that can have a long-term detrimental effect on your finances.

Wait for sales: To save money on large ticket purchases, try to wait for sales. Taking advantage of sales is a great way to buy things you want while still living within your means.

Leave room in your budget for fun: If you like to go out to eat once a week, include your typical restaurant bill in your budget. This may mean prioritizing some expenses over others, but you can find a way to treat yourself to the things you really want by cutting back in other areas.

Now that you have helpful tips on how to live within your means, it's time to put them in action. There's no better time to start than now. For assistance with creating a budget, meet with a free Stand By Me Financial Coach. The coach will assist you in meeting your financial goals.

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

*Mere wealth can't bring us happiness,
Mere wealth can't make us glad.
But we'll always take a shot, I guess,
At being rich and sad!*

This Month's Recipe ...

A Holiday Favorite ... Egg Nog

Ingredients:

- 4 large eggs
- 1/2 cup maple syrup
- 1-1/2 cups milk (dairy or dairy-free)
- 1 cup heavy cream (or coconut cream)
- 1/3 cup brandy or bourbon
- 1/3 cup rum
- 1 teaspoon nutmeg
- ground cinnamon or cinnamon sticks for garnish



Instructions:

1. Add the eggs and maple syrup to a high-powered blender and blend for exactly 4 minutes on high speed. **Make sure to use a timer.**
2. Add the milk, heavy cream, brandy, rum, and nutmeg. Blend for an additional 10 seconds just to combine.
3. Pour the eggnog into an airtight container and refrigerate until it's chilled.
4. When ready to serve, give the eggnog a stir before pouring. Then garnish with cinnamon sticks or a sprinkle of cinnamon on top.

*** For Nonalcoholic eliminate the brandy, bourbon and rum.***

CHEER TRAVEL CLUB 2025

Come Travel With Us!

www.cheerde.com/Events/TravelClub

2025 Schedule Coming Soon!

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

All Reservations are First Come, First Served
Check www.cheerde.com/Events/TravelClub
or call 302-515-0001 for complete details.

Winter is Coming...Should I Stock Up on C?

By Lisa Harkins, RD, LDN

As the weather turns colder and we all spend more time indoors, we'll start thinking about germs and taking care not to "catch colds". Along with chicken soup, vitamin C supplements seem to be a go-to concerning the prevention and reducing the duration of illnesses caused by common viruses. But what else is vitamin C good for, and how does it work in our body to keep us healthy?

Vitamin C, otherwise known as ascorbic acid, is a nutrient our body needs to form blood vessels, cartilage, muscle, and collagen in bones. Vitamin C is also vital to our body's healing process. Vitamin C also helps our bodies absorb and store iron.

Vitamin C is an antioxidant that helps protect our cells against the effects of free radicals, which are molecules produced when our body breaks down food or is exposed to tobacco smoke, radiation from the



sun, X-rays, or other sources. Free radicals might play a role in heart disease, cancer, as well as other diseases.

Our bodies don't produce vitamin C, so we need to get it from our diet. Vitamin C is found in citrus fruits, berries, potatoes, tomatoes, peppers, cabbage, Brussel sprouts, broccoli and spinach. Vitamin C is also available as an oral supple-

ment, typically in the form of capsules and chewable tablets.

Most people get enough vitamin C from a healthy diet. Vitamin C deficiency is more likely in people who smoke or are exposed to secondhand smoking, have certain gastrointestinal conditions or certain types of

cancer, or have a limited diet that doesn't regularly include fruits and vegetables. Severe vitamin C deficiency can lead to a disease called scurvy, which causes anemia, bleeding gums, bruising and poor wound healing.

The US recommended daily allowance for vitamin C is 90 milligrams for adult men and 75 milligrams for adult women. Dietary supplements are usually sold in doses of 500 mg or more. We can safely take up to 3,000 mg daily of Vitamin C in supplemental form. Anything above that amount can cause gastrointestinal distress.

Vitamin C can also interact with certain medications like chemotherapy agents, some statins, and blood thinners, so it's best to consult with your doctor or your pharmacist if you want to take a Vitamin C supplement regularly.

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

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 cmitchell@cheerde.com

CHEER
Over 50 Years Serving Sussex Seniors



TRICK OR TREATERS IN ADC included: front - Aide Amparo Baker, Carol George, Christine McCorkle LPN, Claudie Foreman, Trudy Parker RN, and Jed Cunningham; standing - Beverly Glanding and Donald Friend.



VETS SALUTE FLAG ... MARINE Sgt. (Ret.) Russell Kessler (left) and NAVY Capt. (Ret.) Barry Gabler (right) salute the flag at CHEER's annual Veterans Dinner. They participated in the candle lighting ceremony representing their respective branches of service.

CHEER Honors America's Veterans at Annual Dinner

The 13 Folds of the American Flag

1. The **first** fold symbolizes life and how precious it is.
2. The **second** fold signifies our belief in eternal life.
3. The **third** fold is made to honor and in tribute of the veteran departing our ranks and defending their country.
4. The **fourth** fold symbolizes our weaker nature and reminds us that we are citizens trusting and searching for guidance in war and peace.
5. The **fifth** fold is an acknowledgment and tribute to our country.
6. The **sixth** fold is in honor of where our hearts lie, as we pledge allegiance to the flag.
7. The **seventh** fold is a tribute to the armed forces to protect our country.
8. The **eighth** fold is in tribute to the one who entered the valley of the shadow of death and to honor mothers for whom the flag flies on Mother's Day.
9. The **ninth** fold is in honor of womanhood and their character that has helped make this country great.
10. The **tenth** fold is a tribute to fathers who have given their children in sacrifice to our country.
11. The **eleventh** fold represents the lower portion of the seal.
12. The **twelfth** fold represents the emblem of eternity.
13. The **last fold**, when the flag is completely folded with only the stars exposed, reminds us of our national motto, "In God We Trust."



ARMY Veteran and CHEER Board Member John Scheetz lights a candle to honor fallen comrades.



COAST GUARD AND MERCHANT MARINES were honored by Damage Control First Class Chris Amoroso.



AIR FORCE veteran Andrew Swygert lights the candle to honor fallen airmen.



KOREAN WAR veterans CHEER Board President Walter Koopman and Jack McGinley conduct the ceremony of the Fallen Comrade Table.

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

2025 Dates Still Available - Book Today!

Contact Deb at 302-854-2892 or ddodd@cheerde.com

CHEER

Warren L. and Charles C. Allen, Jr.
COMMUNITY CENTER

20520 Sand Hill Road (Rt. 9, East)
Georgetown, DE



Check out our website at
www.cheerde.com





Please help a senior citizen smile this holiday season!

Operation Christmas CHEER

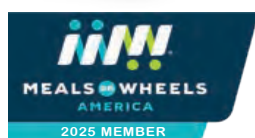
Please help fill the sleigh so that senior citizens over 60 in Sussex County will receive a nutritious meal on Christmas Day and gifts to brighten their day. You can help by bringing a generic wrapped gift with a tag indicating whether for male, female, or either to drop off locations at CHEER Community Center, CHEER Ocean View, M&T Bank in Georgetown, County Bank in Milton and Long Neck and Lewes Meineke Car Care. Gifts will be accepted at these locations until December 19, 2024.

Gift ideas include sock, 1-size-fits-all slippers, hats and/or gloves, scarves, fragrance gift sets, disposable razors, food or beverage sets, shampoo and body wash, personal items, deodorant and soap, face clothes, towels, lap robes, gift certificates, candy, adult coloring books with markers, etc.

VOLUNTEERS ARE NEEDED to help distribute the meals and gifts on Christmas morning! A couple hours of your time will mean so much to a lonely homebound senior -- and will return a warm feeling to you for enriching someone's life. Several families have seen generations of children and grandchildren give up a couple hours of their day to learn what helping others is all about.

For more information about how to sign up for meals/gifts, donating gifts or volunteering your time Christmas morning, call Robin Greene at

302-515-0001, Ext. 1162 or email rgreene@cheerde.com



Coastal Gardeners are Santas for Roxana Seniors

By Carolyn O'Neal
Community Relations

Operation Christmas CHEER is honored to be a beneficiary of the Coastal Gardeners' annual Sip and Shop fundraiser held on November 23. This fundraiser featured many local businesses that donated a certain percentage of their sales during the Sip and Shop to *Operation Christmas CHEER*. Money raised will be used to fill extra-large gift bags with practical and quality treasures for homebound seniors who receive Meals on Wheels through Roxana CHEER Center.

Businesses who committed to the project this year in the Bethany, Ocean View, and Millville areas include Water Lili Clothing, RLynne, Prickly Gal, Bethany Surf Shop, Crazy Ladies, Aloha Boutique, Sandy Pony, Bethany Books, Zoca/Harvest Tide, Drifting Grounds, Pearl's Corner, Yesterday's Fun, Turning Pages Book Lounge and Lord's Landscaping.

Coastal Gardeners is a community improvement civic organization affiliated in 2017 with the National Federation of Garden Clubs. Besides *Operation Christmas CHEER*, they support several other community projects including Healthy Food, Healthy Kids at Phillip Showell Elementary School, Beach and Bay Cottage Tour, planter boxes at the entrance of Beebe Oncology Center and Emergency Room in Frankford, dune grass planting at Tower Beach near Dewey, flowers at the entrance of Dagsboro Town Hall, Backpacks for Kids, and Adopt-a-Highway of two miles in front of the Delaware Botanic Gardens.

"We're not the traditional garden club of the past," says Coastal Gardeners Project Co-chairperson Ruth Boggs. She went on to explain that the club averages about 40 members who divide up into project committees. "As they say, many hands make light work."

Member Tina Siatkowski can attest



MEMBERS of Coastal Gardeners are shown in 2023 with their wrapped holiday gifts for Meals on Wheels seniors in the Roxana area.

to the fact that the club is more than just flowers. She was recruited by her neighbor, Sandy Daniels, who is co-president. "It is much more than I thought," said Tina, who recently moved to the area from Maryland. Her career skills as a nonprofit fundraising writer are very helpful for the club's civic projects.

Although the club is busy with various projects throughout the year, *Operation Christmas CHEER* is their largest fundraiser. Their goal this year was \$3,000. With that money they were able to purchase items to go along with donated items and put together 120 gift bags for Meals on Wheels recipients. Any left-over money will be used to support other projects at the Roxana center throughout the year. Members visit the seniors four or five times a year and do crafts and gardening projects with them.

One of the biggest community supporters of the Coastal Gardeners' *Operation Christmas CHEER* is Lili Oller of Water Lili Clothing in Bethany and Ocean View. Her passion for the project is contagious. She organized the first Sip and Shop, and in 2022, arranged to have the project's wrapping day featured on WBOC's Delmarva's Life television program. Lili also hosted the project's first wrapping day in one of her stores. However, that activity soon outgrew the space and moved to Mill-

ville by the Sea community's clubhouse. On December 17, the club's members will gather to wrap and fill all the gift bags for 2024. It is a fun day packed with laughter and good fellowship that brings the meaning of the holiday season to life.

"It was always my dream that when I retired from my nursing career, I would have the time to get involved with a non-profit and give back to the community," reveals Ruth. "50 percent of our members are retired and enjoy doing the same thing."

For more information on Coastal Gardeners' support of *Operation Christmas CHEER* for the Roxana center, please contact Ruth Boggs at ruthboggs@gmail.com. For information on Coastal Gardeners, contact their website at coastalgardeners.org.

CHEER is a private nonprofit that serves the needs of senior citizens in Sussex County. It has eight senior centers (Georgetown, Greenwood, Lewes, Long Neck, Milton, Ocean View, Roxana, and Café Salud in Georgetown), a personal assistance program, adult day program for early dementia sufferers, a transportation program, and feeds over 1,700 seniors a day through its Meals on Wheels program

See Gardeners - page 13



WATER LILI owner Lili Oller has been a driving force behind Coastal Gardeners' project supporting Operation Christmas CHEER. She organized the first Sip and Shop and continues to be a contagious source of enthusiasm for the endeavor.

Gardeners - Cont'd from page 12
and congregate members.

For more information about how to sign up for meals/gifts, donating gifts or volunteering your time Christmas morning, call Robin at 302-515-0001 Ext. 1162 or email rgreene@cheerde.com.



ROXANA Center Director Debra Dudkin (center) appreciates the support of Coastal Gardeners, including members Ruth Boggs (left) and Tina Siatkowski.

DECORATING shells is just one of the many crafts Roxana seniors enjoy under the guidance of members from Coastal Gardeners.



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302-674-7364

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

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



Navigating Medicare


This project was supported, in part by grant number #90SAPG0104-05-01,



December



Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish Patty Scalloped Potatoes Cole Slaw Whole Wheat Roll/Bread Banana Cream Pudding Skim Milk	3 Pork and Vegetable Stir Fry Steamed or Baked Rice Sugar Snap Peas Asian Blend Whole Wheat Roll/Bread Pineapple with Mandarin Oranges Skim Milk	4 Tamale Pie Chuckwagon Corn Gelatin Skim Milk	5 Chicken Alfredo w/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	6 Baked Potato Bar Steamed Broccoli Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
9 Sausage and Peppers Filling Lettuce and Tomato Salad Potato and Cheese Pierogies Whole Wheat Roll/Bread Applesauce Skim Milk	10 Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	11 Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	12 Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	13 Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk
16 Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	17 Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk	18 Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Whole Wheat Roll/Bread Fruited Gelatin Skim Milk	19 Beef Stew Five-Way Mixed Vegetables Biscuit Chilled Blushing Pears Skim Milk	20 Minestrone Soup Crab Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk
23 Turkey Chili Steamed or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Apple Pie Skim Milk	25  Christmas. Happy Holiday. CHEER is Closed.	26 Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	27 Dijon Crusted Fish Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
30 Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	31 Seafood Gumbo Steamed or Baked Rice Collard Greens Whole Wheat Roll/Bread Fresh Fruit Skim Milk	 		



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

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

Menu items subject to change due to availability.

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



PINK DAY in observance of Cancer Awareness at Georgetown CHEER brought out some bright colors. Above, left to right, are: Carol Anderson, Ellen Adkins, Yvette Harris, Center Director Debbie Landon, Lynn Francis, Gary Turner, Toni Sayles, Catharyn Sullivan and Barbara Jean Bailey.



At right, Carol Anderson, cancer survivor, wears her "I am a Survivor" shirt.



DRESSED for the Halloween party at Georgetown CHEER are, left to right: Ruth Dorsey, Center Director Debbie Landon, Intern Ashlyn Elliott, Violet Hopkins, Barbara Jean Bailey, Joseph Donovan, Lynn Francis, Della Zielinski and Gary Turner.



Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE
Debbie Landon, Director
302-515-0001, Ext. 1961

Happenings

Thurs., Dec. 5 – Beckett's Bulletin

Thurs., Dec. 5 – Shopping

Thurs., Dec. 12 – Georgetown Library Train Display

Wed., Dec. 18 – Imagine Entertainment

Thurs., Dec. 19 – Revive Sound Productions

Thurs., Dec. 19 – Dinner/Bingo

Fri., Dec. 20 – Greenwood to Georgetown

Mon., Dec. 23 – Christmas Party

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 p.m.

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.

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
December Birthdays!
Merry Christmas!!!



Greenwood Activity Center

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

JOY TO THE WORLD! HAPPY HANUKKAH! HAPPY KWANZAA!

These festive expressions are all synonymous with the month of December. This is a time to embrace family and celebrate your beliefs. Holidays are a great excuse to spend a little extra time with those you love the most. Whether it's a meal, a holiday tradition or a quick get-together for dessert, all holiday gatherings are great for the soul. The lights, the music, the movies all come together to create the most cheerful loving atmosphere you could ever imagine. Love and happiness really fill the air – from malls, to neighborhoods, to schools; holiday decorations and cheer can be seen and instantly change your mood for the better.

Lots of holiday celebrations with holiday music to look forward to in December at Greenwood CHEER. We will also have holiday movies, a Secret Santa gift exchange, and a holiday cookie exchange. See the schedule below for more details.

Please consider donating a gift for a senior this Christmas during Operation Christmas CHEER. It can be anything from a pair of slippers to a sweater, puzzle books or perhaps just some toiletries. Anything you think will put a smile on a senior's face is welcome. Remember, Christmas is the season of giving. Please donate your wrapped gift between November 19 until December 19 at Greenwood CHEER. Look for the Operation Christmas CHEER box in the reception area. Also, please tag your gift if it is for a male or female or

either. We thank you for your generosity.

The holidays are the most CHEERful time of the year!

Merry Christmas and Happy New Year to you and your families!

Sheila

Happenings

Now serving Breakfast sandwiches: Monday through Thursday (biscuit, sausage or bacon, cheese and egg) 8:30 a.m.-9 a.m., \$2.

Mondays – Dec. 2, 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, 10:00 a.m.

Tuesday – Dec. 3, Blood Pressure Check with Bett, 9:45 a.m.

Tuesdays – Dec. 3, 10, 17, 31, Prize Bingo, 10:30 a.m.

Thursdays – Dec. 5, 12, 19, 26, Memory Café with Christie Shirey, 1-3 p.m.

Thursday – Dec. 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.

Fridays – Dec. 6, 13, 20, 27, Full breakfast, \$2.50 for age 60+, 8:30-9:30 a.m., Croissant breakfast sandwiches, \$3 (please order by the previous Wednesday)

Monday – Dec. 9, Music Ministry with Pastor Dan and Betsy Taylor, 12 p.m.

Wednesday – Dec. 11, Positive Music Time with Randy, 10:30 a.m.

Thursday – Dec. 12, Trip to Georgetown Library to see

the Train Display, followed by lunch. Leave 10 a.m. from center.

Friday – Dec. 13, Sounds of the Season with Imagine, 10:30 a.m.

Monday – Dec. 16, Christmas/Holiday Cookie Exchange, sign-up sheet in reception. 11 a.m.-1 p.m.

Tuesday – Dec. 17, Blood Pressure Check with Betty, 9:45 a.m.

Wednesday – Dec. 18, Holiday Favorites with the Sunshine Singers! 10:30 a.m.

Thursday – Dec. 19, Dinner and Bingo! Spaghetti and meatballs, garlic bread, salad, dessert. \$6.50. NOTE: Dinner at 4:30 p.m.

Friday – Dec. 20, Christmas Party with Secret Santa gift exchange and Holiday Movie "Elf", 10 a.m.- 12:30 p.m.

Wednesday – Dec. 25, all Centers closed today to celebrate

Christmas Day!

Monday – Dec. 30, "How to Better Budget in the New Year" (Part 1) with Sheila. 11 a.m.

Tuesday – Dec. 31, Membership Meeting (Unity Club), 12 p.m. Your participation is important!

Dover Holiday Lights trip TBD

To all our members born in the month of DECEMBER!



MAGICIAN Glen Kohr entertains Greenwood members.

Won't You Donate? They Are Hungry, Too



Not only do many of the homebound seniors in Sussex County receive meals, but, many times, they will share their food with their furry companions so they can eat also.

Your pet food donation will go a long way to the well-being of both the homebound seniors and their comforting friends. For more information or to donate call: 302-515-0001 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

As we enter the holiday season, remember that it's okay to feel a mix of emotions. Embrace the memories of loved ones who are no longer with us and find comfort in sharing stories and traditions that honor their spirit. Surround yourself with those who uplift you, and allow yourself moments of joy, however small. This time can also be about creating new memories and finding peace in the present. Take it one day at a time and know that it's perfectly okay to celebrate in your own way. You're not alone in this journey—lean on your community and let the warmth of the season guide you.

I know many of our members will be away for the holidays, so I want to take a moment to wish everyone a joyful holiday season! May this time be filled with warmth and love, and I hope that 2025 brings amazing things for each of you. Safe travels and happy celebrations!

Christmas Party

The Harbour Lights CHEER Center is excited to invite everyone to our Christmas Party on **Friday, Dec. 20!** Our friends from the Milton CHEER Center will be joining us for a day of festivities. We'll kick off

the celebration with games, followed by entertainment from Lisa Miller from 10:30 to 11:30 a.m.. After the show, we'll enjoy a nutritious lunch and wrap up the day with some fun prize Bingo. We hope you'll join us for a wonderful day filled with friends and laughter!

Happy Birthday

Join us for a special birthday celebration on **Wednesday, Dec. 18.** Come enjoy cake and ice cream as we celebrate all December 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 \$4.50 for non-members. Please sign up for breakfast at the desk.

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

WE L  VE
OUR VOLUNTEERS



THE MURDER MYSTERY Dinner Theatre at Harbour Lights are a huge success. Members of the cast included: Debra Roork, Derek Richard, Ramona Betancourt, Rose Balzano, Evelyn Delazzaro, Mary Meyer, Christina Tunnell, and in back are Jen Fisher, Doug Mayer, Dot Spicer and Chip Zahm.

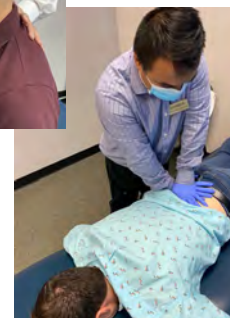
Open to the Public!

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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)



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DELAWARE

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Long Neck Activity Center

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

Happenings

Wed., Dec. 11 – 10:30 a.m.,
Sunshine Singers

Mon., Dec. 16 – 9:30 a.m.,
Cookie Exchange

Wed., Dec 18 – 12:30 P.M.,
Happy Birthday to our center
members. Come celebrate our
December birthdays.

Thurs., Dec. 19 – 4-6 p.m.,
Christmas Mingo and Dinner

Fri., Dec. 20 – 9:30 a.m., Christ-
mas Party and Gift Exchange

Trips

Tues., Dec. 3 – Roses, Big Lots,
Stargate, bus leaves at 10:30
a.m.

Thurs., Dec. 5 – Schellville,
bus leaves at 4 p.m.

Tues., Dec. 10 – Byler's, Bos-
cov's, food court, bus leaves at
9:15 a.m.

Thurs., Dec. 12 – Super
Walmart in Milford, bus leaves
at 9:15 a.m.

Tues., Dec. 17 – Train Gar-
den at Georgetown Library, bus
leaves at 9:15 a.m.

Every Monday – Walmart,
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,
bus leaves at 10 a.m.



HAPPY 69TH ANNIVERSARY to Helen and Charlie Gilcrest who celebrated the occasion with their daughter, Pat Abbondonolo (center) and their Long Neck CHEER family.



OFF TO SEE THE WIZARD OF OZ ... Cierra Hicks, Samantha Harper, Katie Burrows, Sandy Johnson, Bob Harrison.



THE GOLDEN GIRLS at Long Neck CHEER are: Minnie Woods, Gale Eddinger, Maggie Sullivan, and Angie Musnisky.



ZUMBA members at Long Neck CHEER dressed up for their Halloween class.



PEANUT BUTTER AND JELLY
go together just like
Carl and Colleen Richards.



Milton Activity Center

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

Hello again, CHEER Family! It's already December. Are you getting ready for CHRISTMAS???

My two favorite memories of Christmas as a child are:

First would be Christmas Eve. We would go to church for the candlelight service. I felt so special holding the candle on my own and singing the Christmas hymns we all know and love. After church, we went to my aunt and uncle's for a decadent, homestyle feast, and the best Christmas punch in the world. My sister and I would be so worn out, it was impossible to stay awake to listen for Santa. Well played, mom!

My second memory is my Mom and Poppop John hosting a huge Christmas morning breakfast at our house. My sister and I stayed in our pajamas and our whole family would be there.

I share my memories with you because I want you to get to know me. My time at CHEER has brought me such joy and I love getting to know each of you better every day. I'd love to hear more about your memories and traditions.

From the bottom of my heart, I wish you a stress-free, family and friend-filled, beautiful December...and a very Merry Christmas.

"May you never be too grown up to search the skies on Christmas Eve."

Unknown

A new bride had spent two hours preparing her first breakfast. She sat at the table, eagerly watching as her new husband slowly savored each forkful.

"How was it honey?" she asked when he'd finished.

"Well," he began thoughtfully, wiping his lips, "you probably could have beaten the eggshells a little longer. But on the whole, it was a good start."

Happenings

Tuesday, Dec 3 – Revive Positive Music, 10 a.m.

Friday, Dec 6 – Christmas and Tree Decorating party. Music, Christmas carols, games, goodies and HOHOHO... SHH-HH!!! Santa is stopping by!

Tuesday, Dec 10 – Harbor Lights visits Milton

Tuesday, Dec 17 – Trip to the model train display presented by DE Seaside Railroad Club, Georgetown Library

Wednesday, Dec 18 – Dinner and Christmas music by pianist, Mark Gratton. You don't want to miss this!

Friday, Dec 20 – Milton CHEER visits Harbor Lights

Tuesday, Dec 31 – New Year's Eve Day Celebration

Weekly

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

Daily coffee, snack social hour

Monday – Mingo With DJ Dan Feth! Also join us for Tai Chi and Yoga

Tuesday – Chair Yoga, Bingo, and Board Games

Wednesday – Arts and crafts, Bible study, Bridge, Yoga

Thursday – Memory Café, Mahjonn, Chair Yoga

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

Weekly trips to Dollar General, Post office, and Bank

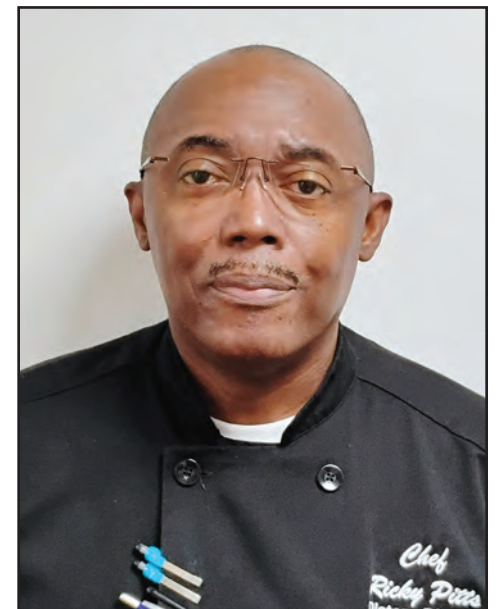


HAPPY HALLOWEEN ... Members at Milton enjoy a fun day of costumes and trick or treating...especially when they get to count their 'loot.'

Welcome Chef Ricky

Ricky Pitts is the new Kitchen Manager at Milton. When asked why he wanted to work for CHEER, he replied, "I like working with the staff and especially for the clients. I've met so many people, and I'm proud to provide them with a smile and a welcoming atmosphere. At the end of the day, I feel like I'm bringing cheer to CHEER."

The members and staff can attest to the fact that Chef Ricky has brought "cheer" with his cooking for us.



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

PEACE, LOVE, JOY

Let us come together,
all faiths, all people,
in Peace, Love and Joy.
“It’s not how much we give,
but how
much love we put into giving.
Mother Teresa, from Postable

“A little bit of light dispels a lot
of darkness.”
-Rabbi Schneur Zalman of Liadi, from
My Jewish Learning

Peace, Love & Joy to you ...
Yolanda

Happenings

NEW MEMBERS, PLEASE
PICK UP YOUR NAME BADGES
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 nota-
ry.

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); Mahjongg, 11
a.m.; Quilting Club, Shopping,
12:15 p.m.

**Lisa Miller Entertaining
Over Lunch,** Monday, Dec. 2,

11:15 a.m.

Joyful Living - New Dis-
cussion Group with Andrew
Schubauer, 2nd Monday, Dec. 9,
11 a.m. Everyone Welcome!

Membership Meeting
on the 2nd Monday, Dec. 9 at
noonish.

Stand By Me, 4th Monday
with Kathleen R. cancelled for
December.

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 en-
tering late); Sit and Fit by DVD,
10:30 a.m.; Mahjongg, Mexican
Train Dominoes, 11:30 a.m.; Pi-
nochle, 12:15 p.m.

Tues., Dec. 17 – **Elvis
Christmas Show** with Frank
Raines and Special Dinner, 4-6
p.m. \$10 members, \$15 guests.

Tues., Dec. 31 – **New Year’s
Eve Party** with Richie and
Guy, 11 a.m.-12:30 p.m. Ring in
the New Year a little early!

*Please remember to cancel
in advance if you signed up for
our monthly dinner and cannot
attend so others may get off the
waiting list (and so you don’t get
charged the naughty fee).*

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; 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.

**Fair Trade Talk/Made
By Hand** International Coop-
erative with Kimberly Grimes,
Wed., Dec. 4, 11:45 a.m.

Nutrition Education with
Lisa H. on Zoom, Dec. 11, 11:30
a.m.

**Care Patrol Lunch Pre-
sentation,** Karen Holston,
Dec. 11, noon

Heart Bingo with PAM Re-
hab., Dec. 18, Erin and Ashley,
noonish

**Parkinson’s Support
Group,** 3rd Wednesday, Dec. 18,
1 p.m.

Celebrating all **December
Birthdays** over lunch, Dec. 18

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

Beckett’s Bulletin on
Zoom, Dec. 5 at 10:30 a.m.

Group Sound Healing
with Lori Roe, Dec. 12, 11-11:30
a.m.

**Alzheimer’s Caregiver
Support Group,** 1st and 3rd
Thursdays, 1 p.m., Dec. 5 and
Dec. 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, usually 1st Friday, fol-
lowing Memory Café – open to
everyone, approx. 11:30 a.m.-
12:30 p.m. However, Decem-
ber’s will be on Dec. 20.

**HOLIDAY BAZAAR,
FRIDAY, DEC. 6TH,
9 A.M. – NOON!**

*Arts & Crafts, Bake Sale,
Lucky Draw, 50/50,
Lunch and Music
with DJ Dan!!!*

*All regular activities are
cancelled today due to Bazaar.*

Trips

Refer to our Calendar for
updates, etc.

Please bring a reusable wa-
ter bottle on all our trips!

*Remember that you are ex-
pected to arrive at the Center a
MINIMUM of 15 minutes pri-
or 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., Dec. 5 – Holiday
Luncheon at Cripple Creek
Country Club, 11:15 a.m. Must
be signed up and prepaid in or-
der to attend, \$28.

Fri., Dec. 6 – Our Center’s
Holiday Bazaar! Bus Riders
here approx. 9:30 a.m.–Noon.

Thurs., Dec. 12 – Clear
Space Theatre’s “White Christ-
mas” \$25, leave Center around
10 a.m. Group choice for lunch.

Fri., Dec. 13 – Made by
Hand, International Coopera-
tive, Fair Trade Store and Beth-
any Diner, 9:45 a.m.

Thurs., Dec. 19 – Dover
Diner and Gift of Lights! Leave
Center at 3 p.m., early dinner
in Dover and on to enjoy the
Lights! \$5, bus included.

Fri., Dec. 20 – Return to
Dover for a Guided Tour of Leg-
islative Hall and the Old State
House, followed by lunch at Mc-
Glynn’s Pub, 8:30 a.m.

**Thurs. and Fri., Dec. 26
and 27** – Bus to Center only for
activities and lunch, approxi-
mately 9:30 a.m.-12:30 p.m.

THE CENTER WILL BE
CLOSED WEDNESDAY, DEC.
25 AND JANUARY 1 FOR THE
HOLIDAYS!

**MERRY CHRISTMAS!
HAPPY HANUKKAH!
HAPPY NEW YEAR!!!**

Q: What happens when you play country music backwards?

*A: Your dog comes back, you get your truck back, and your mamma
gets out of jail.*



TRICK OR TREAT ... Children from the day care at the Pyle Center came across the hall to show off their Halloween costumes to the Roxana CHEER seniors who always have treats for them.



OCEAN VIEW Director Yolanda Gallego has some fun with guests from the Roxana center.



ROXANA members Lois Connors and Mary Prencipe share the "honored guest" at the Ocean View Center.



Linda Gabriel



Ora Lee Williams



Roxana Activity Center

34314 Pyle Center Road • Frankford, DE

Debra Dudkin, Director

302-515-0001, Ext. 1861



Happenings Monthly

1st Thursday – 10:30 a.m., Beckett's Bulletin. CHEER CEO, Beckett Wheatley has an interactive online Zoom meeting with all the CHEER Centers. The meeting provides an update on 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:

CHEERFUL Café: Coffee/ Tea/Hot Chocolate Bar, Snacks and Socializing

Music Ministry and Bible Study – 2 times a month

Chair Exercises

Group Discussions: "This is Us"

Lunch, \$ Donation

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

Tuesdays:

CHEERFUL Café: Coffee/ Tea/Hot Chocolate Bar, Snacks and Socializing

Prize Bingo or Mingo, \$1

Lunch, \$ Donation

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

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

Wednesdays:

CHEERFUL Café: Coffee/

Tea/Hot Chocolate Bar, Snacks and Socializing

Entertainment/Educational Speakers

Lunch, \$ Donation

Sit and Fit – Chair Exercises
Group Games: Family Feud, Puzzles and/or Trivia

Thursdays:

CHEERFUL Café: Coffee/ Tea/Hot Chocolate Bar, Snacks and Socializing

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., Lunch, \$ Donation

Fridays:

CHEERFUL Café: Coffee/ Tea/Hot Chocolate Bar, Snacks and Socializing

Chair Yoga with Barbara Popiel, Yoga Instructor – 2 times a month

Lunch, \$ Donation

Memory Café with Christie Shirey

Special Events

Mon., Dec. 2 – Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Wed., Dec. 4 – Edward W. Pyle State Service Center – Resources/Programs

Wed., Dec. 11 – Gardener's by the Sea. Sign up required, 15 maximum

Fri., Dec. 13 – Roxana CHRISTMAS PARTY. Roxana Members Only. Cost: \$10 each

Mon., Dec. 16 – Pastor Dan and Betsy Taylor, Bible Study/Music Ministry

Wed., Dec. 25 – Christmas Day – All CHEER Centers Closed



Cafe' Salud

20520 Sand Hill Road • Georgetown, DE
Itzel Hernandez, Director
302-515-0001, Ext. 1965

Hello! My name is Itzel Hernandez and I am honored to be the center director for the new pilot program Café Salud. In previous years, I have worked with the Spanish speaking community since 2017 after graduating from the Delaware Tech with an AA in Elementary Education. From working with Telamon as a home visitor to working as a community organizer in Denver, Colorado, I have learned the importance of inclusivity, holding space for all cultures, and being an advocate for marginalized communities. In addition, I am an emerging visual artist and one of my goals is to highlight art activities to engage with our members at Café Salud.

I would like to invite everyone, whether Spanish or English speaking, to come out and join us with upcoming activities to learn from one another! I look forward to seeing everyone there.

Hola! Mi nombre es Itzel Hernandez y tengo el honor de ser la directora del centro del nuevo programa piloto Café Salud. En años anteriores, he trabajado con los hablantes de español desde 2017 después de graduarme de Delaware Tech con un título en Educación Primaria. Desde trabajar con Telamon como

visitante de hogar hasta trabajar como organizadora comunitaria en Denver, CO, he aprendido la importancia de la inclusión, de mantener espacio para todas las culturas y de ser una defensora de las comunidades marginadas. Además, soy un artista visual emergente y uno de mis objetivos es proporcionar actividades artísticas para interactuar con nuestros miembros en Café Salud.

Me gustaría invitar a todxs, ya sean hablantes de español o ingleses, a que vengan y se unan a nosotros en las próximas actividades para aprender de nuestra comunidad! Espero verlxs a todos allí.



CHEER CEO Beckett Wheatley serves dinner to prospective members of the new Cafe' Salud during the opening night.



Welcome to Café Salud!

Your new gathering place for fun, friendship and community.

Tuesdays and Wednesdays | 4:00 PM – 8:00 PM | 20520 Sand Hill Rd., Georgetown, DE

Join us at **Café Salud**, a vibrant and welcoming space designed especially for the Hispanic community. Enjoy culturally and linguistically appropriate services, delicious authentic Hispanic food, and exciting activities that celebrate the rich Hispanic heritage and bring us together.

What's happening at Café Salud?

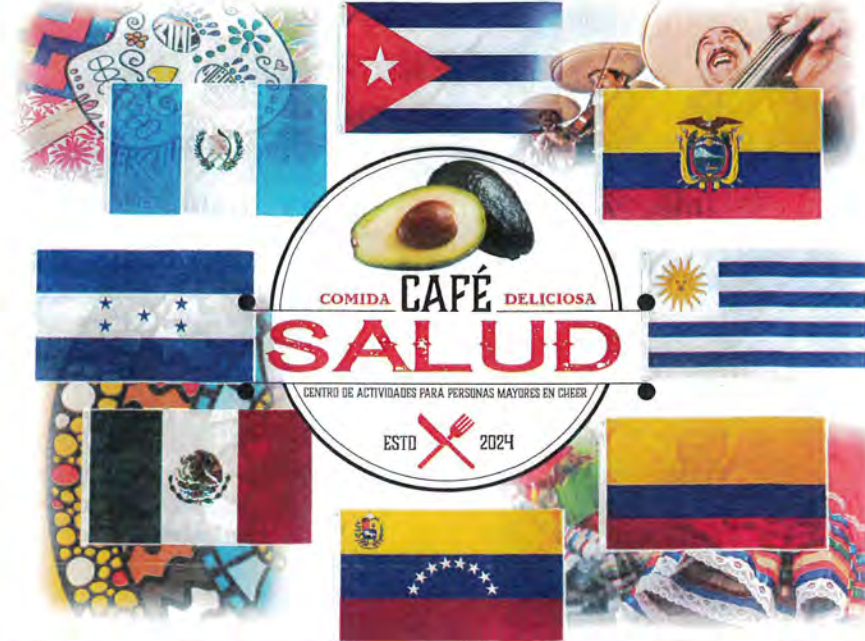
Lotería and Bingocize – Play, stay active, and win prizes!

Hispanic Cuisine – Savor traditional flavors with friends.

Socialize and Connect – Make new friends and create lasting connections.

Fun and Entertainment – Every gathering is full of joy and laughter!

For more information, call Itzel at (302) 515-0001 x 1965.



¡Bienvenidos a Café Salud!

Tu nuevo lugar de encuentro para la diversión, la amistad y la comunidad.

Martes y Miércoles | 4:00 PM – 8:00 PM | 20520 Sand Hill Rd., Georgetown, DE

Únete a nosotros en **Café Salud**, un espacio vibrante y acogedor diseñado especialmente para la comunidad hispana. Disfruta de servicios cultural y lingüísticamente apropiados, deliciosa comida auténtica hispana y emocionantes actividades que celebran nuestra rica herencia y nos unen.

¿Qué hay en Café Salud?

- ♦ **Lotería y Bingoize** – ¡Juega, mantente activo y gana premios!
 - ♦ **Cocina Hispana** – Saborea los sabores tradicionales con amigos.
 - ♦ **Socializa y Conéctate** – Haz nuevos amigos y crea conexiones duraderas.
 - ♦ **Diversión y Entretenimiento** – ¡Cada reunión está llena de alegría y risas!
- ¡Celebremos nuestra cultura, mantengámonos activos y disfrutemos el tiempo juntos!**

Para más información, llama Itzel al (302) 515-0001 x 1965.

¹ This project is supported by the Administration for Community Living (ACL), US Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$598,178.58 with 75 percentage funded by ACL/HHS and \$149,544 amount and 25 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the US Government."

⁴ Este proyecto cuenta con el apoyo de la Administración para la Vida Comunitaria (ACL), del Departamento de Salud y Servicios Humanos de los Estados Unidos (HHS), como parte de un premio de asistencia financiera que asciende a un total de \$598,178.58, con un 75% financiado por ACL/HHS y una cantidad de \$149,544, es decir, un 25%, financiado por fuentes no gubernamentales. El contenido es responsabilidad de los autores y no representa necesariamente las opiniones oficiales ni un respaldo de ACL/HHS o del Gobierno de los Estados Unidos.⁴

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



THE EASTER SEALS group of volunteers were recently honored by Meals on Wheels Delaware as 2024 CHEER Volunteers of the Year. Congratulations to Becky, Caroline, George, Javon, Kevin, Nate and Nicole.

Welcome New Volunteers

Gwendolyn Baker	Georgetown	Kitchen
Arnoldo Bartolon	Georgetown	Kitchen
Linda Hudak	Georgetown	Kitchen
Alexis Justice	Georgetown	Center
Walter Kinsler	Georgetown	MOW/Medical Transp.
Kevin Lonergan	Georgetown	MOW/Kitchen
Nathaniel Longley	Georgetown	MOW/Kitchen
Toni Moore	Georgetown	Data/Special
Caroline Oberle	Georgetown	MOW/Kitchen
Ashley Perez-Flores	Georgetown	MOW/Kitchen
Kathleen Prowitt	Georgetown	Center/Special
Ja'Quasia Reid	Georgetown	MOW/Kitchen
Nicole Thomson	Georgetown	MOW/Kitchen
Rebecca Thornton	Georgetown	MOW/Kitchen
Jaivon Williams	Georgetown	MOW/Kitchen
Timothy Wroten	Georgetown	MOW/Recep/Data
Bre Timmons	Greenwood	MOW/Medical Transport/Center
Alstasia Waters	Greenwood	Kitchen
Diana Casalino	Harbour Lights	Activity
Karen Mitchell	Harbour Lights	Recep/Kitchen/Special
Scott Carter	Long Neck	MOW
Eileen Harvey-Coghlen	Long Neck	MOW
Alexandra Gianesses	Long Neck	MOW
Roberta Davis	Milton	Front Desk/Center
Marie Horsey-Saez	Milton	MOW/Kitchen/Center
Sandy Black	Ocean View	MOW/Special
Joan Darmofalski	Ocean View	MOW
Paul Darmoifalski	Ocean View	MOW
Lori Laskowski	Ocean View	MOW/Recep/Special
Mary Kampman	Roxana	MOW/Medical Transp.
Andrew Oxendine	Roxana	MOW/Medical Transp.

Thank you for your support!



We need you to become a
Meals On Wheels Driver

FLEXIBLE SCHEDULE • NO WEEKENDS • NO HOLIDAYS



Yours may be the only smiling face your homebound
Sussex County senior neighbor sees that day.

Just a few hours of your time can make a big difference
in the lives of others.

Call today - 302-515-0001 Ext. 1166 or email
mmandujano@cheerde.com

