

MARCH 2025

FREE

CHEERful

LIVING

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

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March for Meals:

Delivering Hope, One Meal at a Time

Fifty-some years ago, President Richard Nixon signed a measure into law that would change the landscape of senior care in America. By amending the **Older Americans Act of 1965**, he helped establish a national **nutrition program for seniors 60 and older**, ensuring that those who had spent their lives building our communities would never have to wonder where their next meal would come from.

This March, we honor that legacy through **March for Meals**, a campaign that raises awareness and support for the **Meals on Wheels** program. Right here in Sussex County, our Meals on Wheels program delivers over **1,000 meals daily** to homebound seniors, providing not just nutrition, but also a vital human connection that so many of our elderly neighbors desperately need.

More Than a Meal—A Lifeline

For many seniors, growing older brings unexpected challenges. Health declines, mobility issues arise, and families move away. A once active life can suddenly become lonely and isolating. In Sussex County, thousands of seniors live alone, many struggling with



food insecurity and facing the silent epidemic of social isolation. **The consequences are dire:**

- **Social isolation increases the risk of premature death** as much as smoking 15 cigarettes a day.
- Seniors who feel lonely are at a **50% higher risk of developing dementia.**
- Food insecurity among seniors leads to **higher rates of malnutrition, chronic illness, and hospitalization.**

**Meals on Wheels directly combats these risks—**ensuring that no senior is left hungry, forgotten, or alone. **Each delivery is more than just a hot meal; it is a warm smile, a friendly conversation, and a safety check from a caring volunteer.**

March 24th: Stand with Us to Support Seniors

On March 24th, we will come together as a community for our annual March for Meals event. Local leaders, elected officials, and familiar faces from across Sussex County will step into the shoes of our volunteers to deliver meals, raise awareness, and be a voice for seniors who need us now more than ever.

This event is a call to action—an opportunity for our

*Continued on page 12*



2025 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

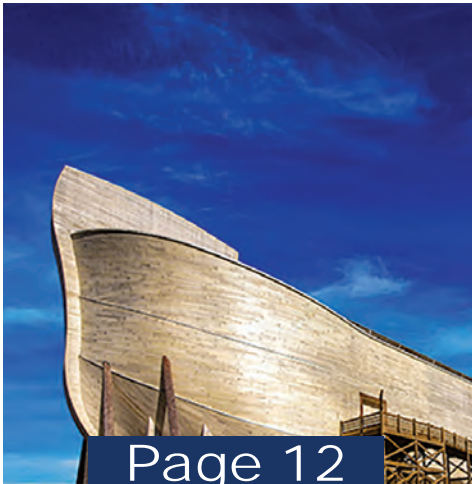


Save the Date!

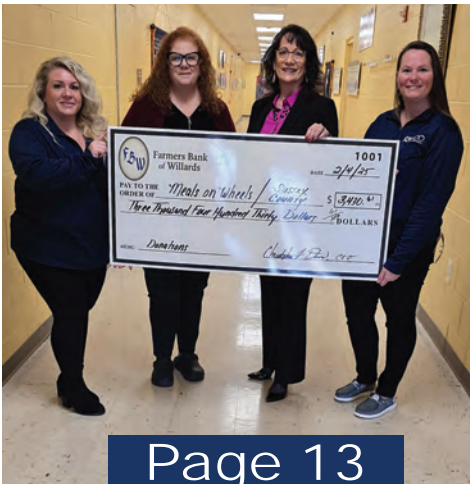
CHEER  
VOLUNTEER  
APPRECIATION  
DINNER

APRIL 3  
5-8 PM

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# CHEER Staff

**Beckett Wheatley**  
CEO

**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

**Greer Stangl**  
Community  
Engagement Director

**Angela Thomas**  
Finance Director

**Debra Dodd**  
Hospitality Manager

**Isaac Felder**  
Food Services Manager

**Robin Greene**  
Congregate Manager

**Monica Mandujano**  
Volunteer Services Manager

**Christie Shirey**  
Community Support Specialist

# CEO Perspective

Every March, communities across the nation come together to support March for Meals, an annual campaign organized by Meals on Wheels America. This initiative raises awareness about senior hunger and the importance of meal delivery services for homebound older adults. CHEER plays a vital role in ensuring that Sussex County seniors receive nutritious meals, companionship, and essential wellness checks. However, with an increasing demand for services in Sussex County, there is an urgent need for more volunteers to help us continue our mission.

March for Meals highlights the challenges faced by homebound seniors, many of whom struggle with food insecurity, isolation, and limited mobility. For these individuals, our homebound meal delivery program is more than just a source of food, it is a lifeline that provides daily interaction and support. Our CHEER Meals on Wheels program not only helps Sussex County seniors maintain their health and independence, but it also reduces the risk of malnutrition and loneliness. By participating in CHEER's March for Meals, individuals and organizations can help raise funds, increase awareness, and recruit much-needed volunteers.

Sussex County's senior population is growing, and, with it, the growing demand for meal deliveries. Unfortunately, CHEER faces challenges in

keeping up with this demand due to a shortage of volunteers. More volunteer drivers are needed to ensure that meals reach those who depend on them. Can you help?

Volunteering for our CHEER Meals on Wheels program is a rewarding experience that allows individuals to make a tangible difference in our community. Delivering meals is more than just dropping off food, it is an opportunity to check in on our seniors, offer companionship, and provide peace of mind to their families. Many volunteers find that their interactions with seniors are just as meaningful as the meals themselves.

There are many ways to support March for Meals and CHEER's mission. Individuals can sign up as volunteers to deliver meals, assist with fundraising events, or help spread awareness about the program. Businesses and community groups can also partner with CHEER to sponsor meal deliveries or organize volunteer teams.

As the demand for senior meal services grows in Sussex County, so does the need for dedicated volunteers. By stepping up to help, community members can ensure that Sussex County's homebound seniors receive the care, nutrition, and support they deserve. This March, consider joining CHEER's efforts to make a lasting impact on the lives of those in need. Please call Amy at (302) 515-0001 ext. 1161 for more information. ●



**Beckett Wheatley, CEO**

## 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."*

## 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.*

**Kathy Motak Singel**  
Editor, CHEERful Living



# 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](http://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.)*



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



# CHEER VOLUNTEER APPRECIATION DINNER

APRIL 3, 2025  
5-8 PM  
CHEER  
COMMUNITY CENTER

CHEER VOLUNTEERS FREE  
GUESTS \$25

PLEASE RSVP  
BY MARCH 20

[CHEERDE.COM/THANKS](http://CHEERDE.COM/THANKS)  
302-515-0001 X1100

**DO MORE DELAWARE 24**

**YOUR GIFT TO CHEER  
DURING THESE  
24 HOURS  
LASTS FOR  
12 MONTHS!**

Your support goes further thanks  
to the matching gifts incentive during  
Do More 24 Delaware!

Any gift received between March 6th at 6pm and  
March 7th at 6pm will give CHEER a chance to  
win even more!

**March 6th-7th  
6pm-6pm**

Delaware Gives Day | [DoMore24DE.org](http://DoMore24DE.org)



Do More 24 Delaware | Powered by United Way of Delaware and Spur Impact  
**CHEERDE.COM**

**Spring  
Craft  
FAIR**

**SATURDAY, MARCH 8  
9 AM to 2 PM**

LOCATED AT Warren L. & Charles C. Allen, Jr.  
**CHEER COMMUNITY CENTER**  
Over 50 Years Serving Sussex Seniors  
**20520 Sand Hill Rd • Georgetown, DE**

Tables are only \$35 (8-foot) - Additional tables are only \$10 (6-foot).  
No tables may be brought in to the show.  
Electricity, or wall space if needed is \$5 extra.

For more information or to reserve your table contact  
Robin Greene, [rgreene@cheerde.com](mailto:rgreene@cheerde.com) or call (302) 515-3048  
Visit us - [www.cheerde.com](http://www.cheerde.com)



# REMEMBER CHEER ON DELAWARE'S DAY OF GIVING

6 PM Thursday, March 6 to 6 PM Friday, March 7!

## What is Do More 24 Delaware?

Do More 24 is a unique 24-hour giving event that showcases the amazing and vital work of nonprofit organizations serving our state. The goal is to inspire Delawareans to come together for 24 hours and contribute as much as they can financially to the causes and organizations that they support. CHEER is able to do more, thanks to this day of giving.

## When is Do More 24 Delaware 2025?

Do More 24 Delaware 2025 will be held over 24 hours on March 6-7, starting at 6 p.m. EST on Thursday, March 6 and ending at 6 p.m. EST on Friday, March 7, 2025.

## How does Do More 24 Delaware Work?

Donations will be processed through the Do More 24 website, which allows nonprofits and donors to track how much is raised over the 24 hour giving day. Thanks to the generous support of sponsors, Do More 24 Delaware also offers a variety of ways for CHEER to receive additional funds throughout the 24 hour period. You can follow along on our donation page as the donations come in! **Here is the link to our special page: [domore24delaware.org/fundraisers/cheer-inc](http://domore24delaware.org/fundraisers/cheer-inc)**

**How do I make a donation to CHEER through on Do More 24 Delaware?**  
Donations may be made online at: **[domore24delaware.org/fundraisers/cheer-inc](http://domore24delaware.org/fundraisers/cheer-inc)**

**Is there a minimum donation amount?**  
The minimum donation on Do More 24 Delaware is \$5. We encourage donors to give whatever amount they feel comfortable. Any amount is much appreciated!

## What if I forget and miss this 24 hour window to donate?

They have a reminder option built in! Simply go to CHEER's fundraising page and click on the orange "Remind me to donate" button. From there, you can set up a reminder! **[domore24delaware.org/fundraisers/cheer-inc](http://domore24delaware.org/fundraisers/cheer-inc)**

## Can I make a donation using my phone?

Yes. The Do More 24 Delaware website is mobile optimized, making it easy to make

a donation using your smartphone. Link: **[domore24delaware.org/fundraisers/cheer-inc](http://domore24delaware.org/fundraisers/cheer-inc)**

## Is my donation safe and secure?

Yes. The Delaware Gives™ platform uses PCI Level I compliant payment services to ensure that all financial data is secure.

## Does it cost anything to participate in Do More 24 Delaware?

The only cost is the amount you decide to give to CHEER. There is no fee to you as a donor. As with any credit card transaction, there are credit card and bank processing fees associated with the charge as well as other costs. For each donation, CHEER will pay a fee of \$1 plus 4% of the donation to cover these costs, which you as a donor have the option to pay at the point of transaction so that CHEER receives the full 100% of the donation. We are happy to receive whatever you can give.

## How else can I help CHEER fundraise during Do More 24?

If you like, you can ask your friends and family to make a donation to CHEER. Many people email the link or post it on Facebook. You can even start your own mini-fundraiser for us! Go to our page and click on "Start a Fundraiser". When done, they will give you a link to share!

## Is my gift tax deductible?

Donations you make to CHEER are 100% tax-deductible to the full extent permitted by law. Once your credit card or EFT donation is processed, you will receive an email confirming the deduction from the Delaware Gives™ platform. Please save this email for your records.

## Is this different than Giving Tuesday?

Yes. Held annually the Tuesday following Thanksgiving, Giving Tuesday has become a global day that encourages people around the world to celebrate nonprofits by donating their time and money to those causes in different ways. Do More 24 is Delaware's day of giving... 24 hours of giving so we can do more for seniors throughout Sussex County!

## Why give through Do More 24 Delaware on March 6-7?

Do More 24 Delaware is intended to be a unique giving holiday for nonprofits serving Delaware. The goal is to ignite a culture of community-wide giving and allow everyone the opportunity to be a philanthropist. As a secondary goal, Do More 24 Delaware aims to empower the next generation of donors to be inspired to give to nonprofits and causes they are interested in and passionate about. ● **[domore24delaware.org/fundraisers/cheer-inc](http://domore24delaware.org/fundraisers/cheer-inc)**

## A Couple Hours Per Week Can Help End Hunger and Loneliness

Did you know that many of our Sussex County seniors are struggling with food insecurity and social isolation? For some, days can pass without a warm meal or the comfort of seeing another person. While CHEER is dedicated to serving residents aged 50+ through a diverse variety of services, we simply can't imagine our neighbors facing such hardships—and we're committed to ensuring they don't have to.

To meet this need, we deliver thousands of meals each week to homebound seniors, but we can't do it without the help of caring volunteers. Right now, we have an **urgent need** for individuals or couples willing to deliver meals one day a week.

### How It Works

- **Pickup:** Meals (already packaged and bagged) are ready for pickup
- **Delivery:** Bring the meals to local seniors' homes.
- **Time Commitment:** Just a couple of hours, one day a week.

For many seniors, you may be the only friendly face they see that day. A warm meal and a kind word can mean the world to someone who might otherwise feel invisible.

We understand life is busy, but this small commitment can make a profound difference in the lives of our neighbors. It's not just about delivering food—it's about delivering hope, connection, and compassion.

To learn more or to sign up, please go to [www.cheerde.com/volunteer](http://www.cheerde.com/volunteer) or contact CHEER at (302) 515-0001 x 1166 today. Together, we can ensure that no senior in our community goes hungry or feels forgotten. *Thank you for considering this opportunity to be a light in someone's day.* ●

# An Important Link Between Dementia and Liver Health

A study from the Virginia Commonwealth University's School of Medicine and the Richmond VA Medical Center have found that about 13% of individuals diagnosed with dementia may suffer instead from reversible cognitive decline caused by liver disease known as hepatic encephalopathy (HE). Both dementia and hepatic encephalopathy (HE) share symptoms like memory loss, confusion, and difficulty concentrating and often affect older adults. This leads to misdiagnoses and improper treatment.

The new VCU-VA analysis suggests that physicians should consider assessing patients with dementia for liver disease. Identifying cirrhosis early on may point to reversible causes of cognitive impairment, potentially improving the lives of these patients. "This important link between dementia and liver health emphasizes the importance of screening patients for potentially treatable contributors to cognitive decline," said one of the study's authors, Jasmohan Bajaj, M.D., a gastroenterologist at the Richmond VA Medical Center. Bajaj said it should not be difficult to incorporate liver assessments into routine care with a noninvasive screening tool called the FIB-4 index which can be combined with routine blood tests.



Mr. Man becomes interested in medical study.

## Caregiver Support Groups/ MEMORY CAFE

**Georgetown CHEER**  
Memory Cafe -  
Every Tuesday - 9:30-11:30 AM

**Greenwood CHEER**  
Caregiver Support Group -  
1st Thursday of the month, 1 PM  
Memory Cafe -  
Every Thursday - 1-3 PM

**Long Neck CHEER**  
Caregiver Support Group -  
1st & 3rd Tuesday of the month, 1 PM  
*Partnered with the Alzheimer's Assoc.*  
Memory Cafe -  
Every Tuesday - 1-3 PM

**Milton CHEER**  
Memory Cafe -  
Every Thursday - 9:30-11:30 AM

**Ocean View CHEER**  
Caregiver Support Groups -  
1st & 3rd Thursday of the month, 1 PM  
*Partnered with the Alzheimer's Assoc.*  
**Parkinson Caregivers**  
3rd Wednesday of the month, 1 PM  
Memory Cafe -  
Every Friday - 10:30 AM - 11:30 AM

**Roxana CHEER**  
Memory Cafe -  
Every Friday - 12:15 PM - 1:30 PM



"Early detection of liver issues, which can contribute to the treatable cognitive decline known as hepatic encephalopathy, in those with dementia could help ensure that patients get access to targeted and appropriate therapies," Bajaj said. Bajaj's interest in the connection between dementia and cirrhosis was sparked by the cases of two older veterans who were thought to have dementia and Parkinson's disease, but whose symptoms dramatically improved after being treated for hepatic encephalopathy. If you would like more information on the study or need any assistance, please call the Caregiver Resource Center - Christie Shirey at (302) 515-0001, ext 1061, email: [cshirey@cheerde.com](mailto:cshirey@cheerde.com).



One-on-One Support Group  
available by calling Christie Shirey  
**(302) 515-0001 ext: 1061**



# Memory Care for March

## Memory Café

**Tuesday:** 9:30-11 a.m. at  
Georgetown  
1-3 p.m. at Long Neck

**Thursday:** 9:30-11 a.m. at  
Milton  
1-3 pm at Greenwood

**Friday:** 10:15-11:30 a.m. at  
Ocean View  
12:15 – 1:30 p.m. at **Roxana**

## Support Groups

**Long Neck** – Caregiver’s  
1<sup>st</sup> and 3<sup>rd</sup> Tuesday at 1 p.m.

**Ocean View**  
Caregiver’s 1<sup>st</sup> and 3<sup>rd</sup>  
Thursday at 1 p.m.

**Ocean View**  
Parkinson’s Small Discussion  
Group 3<sup>rd</sup> Wednesday

**Greenwood**  
1<sup>st</sup> Thursday at 1 p.m.  
  
Online Reservations required  
by calling **(302) 515-0001**,  
**ext 1061** or  
email: [cshirey@cheerde.com](mailto:cshirey@cheerde.com)

**First Monday at 7 p.m.**  
**- Grandparents Raising**  
**Grandchildren**

**Second Monday at**  
**2:30 p.m. – General**  
**Caregiver’s Forum**

# Direct Care Worker



Direct Care Worker Donna Wolf has been employed with CHEER PASA Program since November 2019 !  
Donna has a great personality and is always willing to help out when needed. Donna loves her customers, and they truly care for her and enjoy their time together.  
Her customers rave about her breakfast omelet’s!  
It is always a pleasure to see Donna when she comes into the office. Especially when she brings her four-legged child Bailey! Woof-woof!!  
Thank you Donna for the care you give to our seniors! ●

# Helping is Rewarding... Join Our Team

## Now Hiring Direct Care Workers

- Competitive Pay
- Flexible Schedules
- Good Benefits
- Satisfying Work



Over 50 Years Serving Sussex Seniors

Apply at [www.cheerde.com](http://www.cheerde.com)  
or email your resume  
to [mchavez@cheerde.com](mailto:mchavez@cheerde.com)  
**(302) 515-0001 Ext. 1011**

\*Pre-employment requirements, a background check,  
drug test, physical and PPD.

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, and/or any other protected federal or state class.





## Year of Rebuilding: The CHEER Travel Club Embarks on a Bright New Journey

**A**t CHEER, we believe that every journey is an opportunity to connect, explore, and enrich our lives. That's why we're thrilled to share exciting updates about the CHEER Travel Club! This year marks a season of renewal as we rebuild, reimagine, and revitalize our travel program—bringing fresh opportunities for adventure, camaraderie, and discovery.

Like any great journey, change is part of the experience. Due to shifts in travel providers and the upcoming construction of our new administrative facility and Senior Living apartments, we're making adjustments to ensure the best possible experience for our travelers.

To keep the momentum going, our multi-day trips will now depart from the Milton Senior Activity Center, offering a convenient and accessible meeting point. Day trips will be scheduled on days with fewer activities at the CHEER Community Center in Georgetown, ensuring ample parking for all participants.

And here's the best part—the CHEER Travel Club is open to everyone! No age limits, no membership requirements—just a shared love for adventure and connection. Whether you're looking to explore new places, make new friends, or simply enjoy a day away, our trips offer a perfect blend of excitement and enrichment. Travel isn't just about the destination—it's about staying active, fostering friendships, and embracing lifelong learning, all of which align perfectly with CHEER's mission to promote the highest quality of life and independence for adults 50+.

In this edition of *CHEERful Living*, we're delighted to announce two of our 2025 multi-day trips!

**The Ark Encounter** will take place 6/23-6/28, 2025. After departing aboard a video and restroom equipped motorcoach from Milton Cheer, your first stop will be at a hotel for a good night's rest. Next,

you are on to your accommodations in the Cincinnati area for a three night stay, where you will enjoy trips to see The Ark, a life-size replica of Noah's Ark. The next day, you will visit The Ark's sister attraction, The Creation Museum. On day five you will visit the National Underground Railroad Freedom Center before departing the next day for the trip home! Included in the price is 8 meals, accommodations for 5 nights, admission to all featured stops, and motorcoach transportation for the entire trip! The cost for this wonderful trip is just \$795 per person (double occupancy)! **The deadline to register for this trip is March 16, 2025!** The registration form is available on CHEER's website and at each of our centers. A \$75 deposit by check or money order is due at time of registration. The final payment will be due April 16, 2025.

The CHEER Travel Club will head to Niagara Falls from 9/22-9/26, 2025. With this exciting trip, enjoy 4 nights lodging in the Niagara Falls New York area, 8 meals, a guided tour of Niagara Falls, NY, a journey to The Falls on "Maid of the Mist", a cruise on the Erie Canal, a scenic drive through wine country, a guided tour of Buffalo, and a visit to the Buffalo Transportation Pierce Arrow Museum! The cost of this trip is only \$755 per person (double occupancy). **The reservation deadline is May 22, 2025.** Forms are available on our website or at any center. A \$75 deposit by check or money order is required at the time of registration.



Payment in full is due by July 15, 2025.

Other information, such as the cost for single occupancy, travel insurance and more can be found on the CHEER Travel Club website: [www.cheerde.com/events/travel-club](http://www.cheerde.com/events/travel-club)

Be sure to check our website and next month's issue of *CHEERful Living* when we announce the 2025 day trips and two



more multi-day trips! As always, our website will offer the full schedule of adventures on the horizon as soon as they are announced!

At CHEER, we believe travel should be accessible to every Sussex County resident, whether it's a brief day trip or an international cruise. The joy of exploration and the richness of new experiences should be attainable by all and we are committed to making that vision a reality.

This year is all about change, growth, and new experiences. We can't wait to share the journey with you—so pack your bags, grab your sense of adventure, and let's hit the road together! ●

**For information contact CHEER at**  
**[travel@cheerde.com](mailto:travel@cheerde.com) or**  
**call (302) 515-0001 x1100.**

The CHEER Travel Club website will always have the most current information about trips, so be sure to check it often!  
**[www.cheerde.com/events/travel-club](http://www.cheerde.com/events/travel-club)**



# Please Join **CHEER** for the 2025



Monday  
March 24

• • • • •  
• M A R C H •  
• • F O R • •  
• M E A L S •  
• • • • •  
• • • • • WITH  
MEALS  WHEELS™



Join Local and State dignitaries  
in delivering meals to  
Sussex County's elderly homebound.

To volunteer - Call Amy Smith  
(302) 515-0001 ext.1161

*This year's event kicks off*  
MOW's Community Champions Week  
March 24 - 28, 2025

## Sand Hill Adult Day Program

Today, millions of Americans are trying to balance jobs, personal lives, and caring for a loved one. CHEER understands how difficult that can be. CHEER'S Sand Hill Adult Day Program provides caregivers with a break from their caregiving duties allowing them to pursue other activities while their loved one is cared for by trained professionals in a secure, friendly environment. This program helps to improve the quality of life for seniors with dementia as well as their caregivers.

The Day Program is located inside of the CHEER

Community Center, (20520 Sand Hill Road, Georgetown, DE). It is open Monday – Friday from 8:00 a.m. to 3:00 p.m. The program serves two snacks and lunch. It encourages independence but has professional staff that will jump in at any moment to provide whatever assistance they need.

Next month I will tell you more about what your loved one's can expect to experience while at the day program. ●

To learn more about the day program feel free to call me **Cindy Mitchell** at **(302) 212-4482**.

Are you balancing your job, personal life and caring for spouse, parents, grandparents or loved one?



## SAND HILL Adult Day Program

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

*We understand how difficult it can be.*

**Monday thru Friday, 9 AM to 3PM**



**CHEER COMMUNITY CENTER**  
20520 Sand Hill Rd., Georgetown, DE

Call Cindy at (302) 212-4482 or email [cindym@cheerde.com](mailto:cindym@cheerde.com)

## Is A Reverse Mortgage Right for you?

### Top Points to Consider

- No required monthly mortgage payment
- Disbursements are tax free
- You can delay Social Security benefits
- Can use to pay off current mortgage and other debts
- Home modifications for aging in place
- Funds to hire cleaning, cooking, and care givers
- Use these funds vs. pulling out funds from retirement accounts
- Provides financial stability in Retirement

HUD has rolled out new rules to help reverse mortgage borrowers stay in their homes and avoid foreclosure during financial hardships.

### Here's what's new:

#### 1. Enhanced Repayment Plans

- You can now access repayment plans even if you owe larger amounts or have unpaid HOA or condo fees.
- This update allows you to catch up on missed payments without the immediate threat of foreclosure.

#### 2. At-Risk Extension

- Borrowers aged 80+ with serious health conditions can now delay foreclosure indefinitely, as long as they remain in their home.
- No need to renew this extension annually, offering greater security and peace of mind.

#### 3. Flexible Management for Small Arrears

- If you owe less than \$5,000 in property charges (like taxes or insurance), your servicer can help you resolve the debt without triggering a loan default.
- This flexibility keeps your reverse mortgage active while giving you time to get back on track.

These changes provide stronger protections and more options to help reverse mortgage borrowers maintain their homes and financial stability.

To find out more contact JoAnn Moore, the area's foremost expert on Reverse Mortgages. Located in Georgetown, Delaware. 302.236.1229 [MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)  
The Mortgage Market of Delaware, LLC, NMLS #165477



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

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

JoAnn Moore, local and a fellow senior.  
Contact me for more information.  
Cell 302.236.1229,  
[MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)  
NMLS #165477







DELAWARE  
 Self-Management  
Programs

# STRONGER TOGETHER

**Join our free community workshops  
to manage your diabetes.**

When you join a Self-Management Program, you join a community of people determined to prop each other up — and you become stronger than you ever thought possible. Learn how to manage the symptoms of your diabetes by participating in evidence-based programs, led by someone who knows just what you’re going through.

**Register for a Diabetes Self-Management Program today.**



[HealthyDelaware.org/DSMP](http://HealthyDelaware.org/DSMP)  
[DPHSMP@Delaware.gov](mailto:DPHSMP@Delaware.gov) • 302-990-0522



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health  
Health Promotion and Disease Prevention Section

## To Cheers, or Not to Cheers...?

The Surgeon General's Advisory on Alcohol and Cancer Risk released in the beginning of this year has been a hot topic recently in the media. The scientific evidence has been growing for the past four decades, but most Americans are not aware that alcohol is the third leading cause of many types of cancers, just behind smoking and obesity. How does this happen?

**There are four mechanisms, or ways, that alcohol can cause cancer:**

1. Alcohol breaks down acetaldehyde, which damages DNA in multiple ways, causing increased risk of cancer.
2. Alcohol introduces oxidative stress, which damages DNA, protein, and cells, increasing inflammation in the body.
3. Alcohol alters the levels of a variety of hormones, including estrogen, which can

increase breast cancer risk.

4. Alcohol leads to greater absorption of carcinogens, leading to cancer.

Not surprisingly, the amount of alcohol a person drinks also affects their risk of cancer. The risk of cancer increases as the level of consumption increases, with higher risk at higher levels of consumption, especially over a longer length of time. But even just one drink per day increases risk for most cancers in the US.

How does this information line up with improved heart health and wine consumption? That's a little tricky, as many factors can contribute to heart health, such as increased fruit and vegetable consumption, as well as good fats and whole grains, which are the staples of the Mediterranean diet, along with red wine daily. These

other healthy lifestyle interventions may increase health overall despite the cancer risk. But increased cancer risk can be an issue for certain individuals over others, once you factor in genetics, participation in physical activity, smoking, exposure to environmental toxins, and so on.

Bottom line on bottoms up? Limit your consumption to 1-2 drinks per week, or perhaps just indulge on very special occasions a few times a year. If you do choose to drink alcohol on a more regular basis, understand the risks, and take extra efforts to live more healthfully, such as walking every day, eating 3 or more cups of fruits and vegetables daily, shooting for 30g of fiber daily or more, limiting red meat to once per week, and eating fatty fish 2 times per week. ●

### *Continued from Cover page 1 March for Meals*

community to rally behind our aging neighbors and ensure that Meals on Wheels continues to be a lifeline for those who rely on it.

**We invite you to be part of this movement:**

- **Volunteer to deliver meals**—just one hour of your time each week can change a life.
- **Advocate for senior nutrition programs**—help ensure continued funding and support.
- **Donate to Meals on Wheels**—every dollar helps provide a meal, a visit, and a moment of comfort for a homebound senior.

### **Honor, Support, Cherish**

March for Meals is more than a celebration; it's a commitment. It's about recognizing that our seniors are not just a part of our past but an essential part of our present. They have shaped our communities, raised our leaders, and built the world we live in today. **Now, it's our turn to honor, support, and cherish them.** By standing together, we ensure that no senior in Sussex County is left behind.

Join us on March 24th. **Because every meal delivered is a reminder that they are seen, valued, and never alone.** ●

For more information on how you can get involved, visit [www.cheerde.com](http://www.cheerde.com) or call Amy Smith at (302)515-0001 x 1161.

## Spring Is Coming

### 8 Tips to Bring New Life to Your Finances

1. Review your spending, create a budget and set up automated savings: Creating a budget and setting aside money for savings is one of the best ways to reach financial goals.
2. Throw away your debt: Begin with consumer credit cards, tackling those with highest interest rates first as part of an overall repayment strategy that also addresses student debt and mortgages. You may even be able to pay off some debt with money raised from a spring yard sale.
3. Spruce up your retirement plan contributions: If you began the year with a raise, a good bonus or even got a great tax return, consider setting some of that aside for the future by adding to your workplace account or in an individual retirement account.
4. Review your tax withholding: Set up withholding so that you get the most out of your paycheck through the year without owning any money at tax time in 2026.



5. Dust off your estate or retirement plans: Double check your beneficiaries!
6. Review insurance needs: Do you have all the financial protection you need?
7. Put a new shine on your financial plan: Speak with an advisor or a financial coach to review your accounts and put you on track to reach your financial goals.
8. Sow the seeds of your financial future: Begin to think about financial goals for the rest of the year and beyond — what seeds can you plant today to reap the rewards you seek? ●

Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today! Call 211 or visit [STANDBYMEDE.ORG](http://STANDBYMEDE.ORG) to schedule an appointment.



# Employees of Farmers Bank of Willards Presents Donation to CHEER in support of Meals on Wheels

Farmers Bank of Willards presented a donation to CHEER on behalf of the bank and its employees on Tuesday, February 4, 2025.

“Our staff makes suggestions of charities each year to fundraise for and then each person is given a chance to vote on which one touches them the most. We try to find a charity that serves within same three counties we do; Sussex, Wicomico and Worcester Counties. Meals on Wheels was one charity that rose to the top in the eyes of our employees. FBW wanted to be a part of ‘bringing a smile’ to those seniors in need,” explained Jessica Rogers, Sussex County Branch Manager.

According to CHEER, the need in Sussex County is great.

“Many of our Sussex County seniors are struggling with food insecurity and social isolation. For some, days can pass without a warm meal or the comfort of seeing another person. Our volunteers make Meals on Wheels a reality. Today’s generous donation made by employees of Farmers Bank of Willards makes an immediate difference for our county’s seniors,” explained Beckett Wheatley, CHEER’s CEO.



(Left to Right): Jenn O’Day, Amy Smith, Beckett Wheatley, Jessica Rogers

Giving back is not uncommon for the Farmers Bank of Willards.

“From local Little Leagues and Fire Companies, to helping many worthy charities and causes, we gladly give back to the communities that give so much to us. We are pleased to support economic development initiatives, higher education opportunities and many community development and quality-of-life projects and organizations.” Christopher F. Davis, CEO of the Farmers Bank of Willards.

Both organizations have deep roots in the area. CHEER has been in service to Seniors throughout Sussex County for over 50 years. In addition to a wide variety of classes, trips, activities and more at their eight centers, they provide transportation, in-home assistance services, meals, a mobile mini-mart, and adult day care.

Now celebrating 100 years in operation, the Farmers Bank of Willards has enjoyed the same ownership from founding until today. Through their eight branches, they offer a wide variety of services for personal and business banking. ●



## Questions about Medicare?

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

Call Delaware  
Medicare Assistance Bureau (DMAB)

### 302-674-7364

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

**Trinidad Navarro**, Insurance Commissioner  
[www.insurance.delaware.gov/DMAB](http://www.insurance.delaware.gov/DMAB)



Navigating Medicare

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






# MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	4 Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Skim Milk Apple Pie	5 Honey Glazed Pork Chop Baked Sweet Potato Half Steamed Cabbage Chilled Fruit Cup Skim Milk Whole Wheat Roll/Bread	6 Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Skim Milk Fruited Ambrosia	7 Dijon Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
10 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	11 Seafood Gumbo Steamed or Baked Rice Collard Greens Fresh Fruit Soft Skim Milk Whole Wheat Roll/Bread/Marg	12 Greek Roasted Chicken Couscous With Roasted Veg Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	13 French Dip Sandwich Baked Steak Fries Pickled Beets Apple Crisp Skim Milk	14 Split Pea Soup Egg Salad Sandwich Macaroni Salad Fig Cookie Bar
17 Fish Patty Scalloped Potatoes Cole Slaw Banana Cream Pudding Skim Milk Whole Wheat Roll/Bread	18 Pork & Veg Stir Fry Steamed Or Baked Rice Sugar Snap Peas Asian Blend PineappleW/Mand Oranges Skim Milk Whole Wheat Roll/Bread	19 Tamale Pie Chuckwagon Corn Gelatin Skim Milk	20 Chicken Alfredo W/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	21 Baked Potato Bar Steamed Broccoli Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
24 Sausage & Peppers Filling Lettuce And Tomato Salad Potato & Cheese Pierogies Applesauce Skim Milk Whole Wheat Roll/Bread	25 Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	26 Chicken Linguine W/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	27 Glazed Meatloaf Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	28 Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges
31 Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup 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.**



**CHEER**

Over 50 Years Serving Sussex Seniors



**MEALS ON WHEELS**  
AMERICA

2025 MEMBER



**Georgetown Activity Center**



20520 Sand Hill Road  
Georgetown, DE

Debbie Landon, Director  
(302) 515-0001, Ext. 1961

Happenings

**March 5, 12, 19, 26:**  
Workshops: 9 a.m. – 11:30 a.m.  
**Fall Prevention**

**March 6: Beckett’s Bulletin**  
10:30 a.m.

**March 20: Revive Sound Productions Entertainment w/Randy**

**March 20: 4 – 6 p.m.**  
**Dinner/Bingo**

**March 21: Georgetown to Bridgeville**

**March 28: Bridgeville to Georgetown**

**Sand Hill Café**  
Monday – Friday 8 a.m. – 10 a.m. serving breakfast

**Mon. – Fri.** Coffee and Social hr.

**Monday:** 10:00 a.m. Chair Fitness  
10:30 am Bible Study

**Tuesday:** 9:30 a.m. Memory Cafe’ with Christie  
12:00 p.m. Penny Bingo

**Every Wednesday:** 12:00 Wii Bowling

**Friday** - Breakfast in the Café \$2.50 for seniors  
**Friday:** Chair Fitness - 10:00 a.m., Penny Poker 10:30 a.m. and Prize Bingo – 12:00 p.m.

**Monthly activities including** Trivia games, Wii bowling, Group Jeopardy, Corn Hole, Arts and Crafts and more.  
**Weekly trips** to the Bank, Dollar Tree, Walmart and Redners.

# Its’s Never too Late to Get in Shape!!

## Come Join the S.L.I.C.E. Exercise Class At CHEER Community Center

Sand Hill Road  
Monday ad Wednesday Mornings  
9:30 - 10:30 a.m.  
\$2.00 if Members of CHEER,  
\$5.00 for Non-Member

Low impact exercises will increase your flexibility by stretching,lifting light weights and balance exercises. Exercise makes a profound difference in both physical and emotional well-being. Medical research shows that everyone can grow stronger through increased activity.

### Come and Make New Friends!

## Welcome New Volunteers

LOCATION	NAME/NOMBRE	VOLUNTEER AREAS
GEORGETOWN:	Freisli Perez-Mazariegos	Center/Kitchen/Café Salud
	Chelsea Trotman	MOW, recept.,Kit.,Art/Crfts,Special
	Terrance Williams	Center
	Michael T. Conover	Center, Kit.,Art/Crafts
MILTON:	Jeffery OBrien	MOW, Kichen,Special
	Michelle OBrien	MOW, Kit.,Special
	William Murphy	Receptionist
	Lisa Williams	MOW
HARBOUR LIGHTS:		
	Michaela A. Sciallo	Administrative
	Kim Diefendorf	Kit., Arts/crafts, Admin
LONG NECK:	Denise Shinn	MOW, Admin., Med Tran.,Center
	Vivian J. Handy	Kitchen
	Gina Jacobs	Kitchen
GREENWOOD:	Guthier Juarez Ramirez	Kitchen
ROXANA:	Teresa Weipert	MOW
	Ruby Disabatino	MOW
	Christian Clark	MOW
	Andrea Jackson	Arts/crafts, Admin., Center



# Physical Therapy at



Over 50 Years Serving Sussex Seniors





## BLADDER OR BOWEL PROBLEMS?

(Experiencing urinary incontinence, fecal incontinence, pelvic pain, sexual dysfunction, post-partum pelvic issues, or organ prolapse.)



## DO YOU HAVE SWELLING?

(Lymphedema, Lymphorrhea or Lipidema)

GREENWOOD - Mon/Thurs – (8 a.m. - 12 p.m.) (Anne PT)  
LEWES - Tues/Fri – (9 a.m. - 12 p.m.) (George PT)  
MILTON - Mon/Thurs – (9 a.m. - 4 p.m.) (Anne PT)  
LONG NECK - Tues/Fri – (1 - 5 p.m.) (George PT)

**Schedule your appointment (302) 422-2518 ext 101**

DR. ANNE, can definitely help!

**Greenwood  
Activity Center**41 Schulze Road  
Greenwood, DE**Sheila Roell, Director**  
**(302) 515-0001, Ext. 1361****Happenings**

March is an especially important month for all of us here at CHEER. We host our March for Meals fundraising dinners in all CHEER Activity Centers along with hundreds of local Meals on Wheels programs across the country.

Your continued support of this program and contributions are greatly appreciated. Please help us ensure that no senior is left behind, alone and hungry.

**WHY THE MONTH  
OF MARCH?**

The annual **March for Meals Celebration** commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older.

This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Programs from across the country have celebrated the month of March since 2002 to increase awareness for Meals on Wheels and recruit the support needed to meet rising demand.

**March 27th Thursday, at 4:30 p.m.** Please join us on for Greenwood CHEER's March for Meals Fundraising Dinner. Entertainment will be country singer **"Greg Watson."** The cost of the meal served that night will be \$7 per person. Also, a 50/50 drawing and Gift Basket Raffles will be held that evening. We hope to see you there!

**Calendar Highlights  
for March 2025**

**Beckett's Bulletin** will be held on Thursday, March 6th at 10:30 a.m. via Teams. This is your opportunity to have your voice heard and to ask questions about your CHEER site.

**March 7th - Friday** at 10:00 a.m. **Lisa Miller** will be here to entertain us with her wonderful songs.

**March 11th - Tuesday**, at 10:00 a.m. Bridgeville Senior Center will visit Greenwood CHEER on for Prize Bingo.

**March 12th - Wednesday**, at 10:00 a.m. Greenwood Library presents "Creating a Memory Book."

This will be an ongoing monthly program you will not want to miss!

**March 17th - Monday**, Help us celebrate **St. Patrick's Day** on Whether or not you're Irish, it's hard not to love March 17th each year! We will celebrate

during our midday meal starting at 11:30 a.m. "May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

**March 18th - Tuesday**, at Tuesday, 10:00 a.m.

**Bobby Rogers** will visit us to talk about **Fire Safety and Prevention**.

**March 19th - Wednesday**, at 10:30 a.m. We are looking forward to the **Sunshine Singers singing Spring Melodies**.

**March 20th - Thursday**, Greenwood CHEER visits Bridgeville Senior Center Bus departs the center at 9:30 a.m.

**March 26th - Wednesday**, from 9:00 a.m. to 1:00 p.m. **AARP Defensive Driving** (Refresher Course).

**March 27th - Thursday**, at 4:30 p.m. Greenwood CHEER **March for Meals Fundraising Dinner, Entertainment by Greg Watson.** 50/50 drawing and Basket Raffles will be held. Please come and support this important fundraiser. Donations will be accepted.

These are just a few of the events/activities for March 2025.

Please pick up your March calendar copy at the center for a complete list of activities and events.

Also, please be advised that the dates and times may be subject to change. ●

*Happy March and see you soon!*

# 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. Your pet food donation will go a long way to the well-being of both the homebound seniors and their comforting friends.

**DONATION SUGGESTIONS:**

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



You can also drop donations off at the **CHEER Community Center**, 20520 Sand Hill Road, Georgetown (east of the circle on Route 9)

**For more information:**

**CALL: (302) 854-9500**  
**asmith@cheerde.com**  
**mjordan@cheerde.com**



## Harbour Lights Activity Center

34211 Woods Edge Drive  
Lewes, DE

**Cristina Tunnell, Director**  
**(302) 515-0001, Ext. 1661**



## Happenings

### From the Desk of your Director

As we enter the month of March, we are reminded of the season of renewal and reflection. This is a wonderful time to focus on health, connection, and well-being. Whether it's enjoying the fresh air, spending time with loved ones, or taking a moment to reflect on the past year, March offers many opportunities to embrace both physical and emotional wellness. We encourage all our members to stay engaged, reach out if you need support, and enjoy the joys that this new season brings. If you have any questions or need assistance, we are here for you.

### Women's History

Women's History Month is a time to honor and celebrate the remarkable achievements of women throughout history. It is an opportunity to recognize the countless contributions women have made in every field, from science and politics to art and social justice. This month allows us to reflect on the progress that has been made toward gender equality, while also acknowledging the work still to be done. By highlighting the stories and accomplishments of women, we inspire future generations to continue breaking barriers and shaping the world for the better. Celebrating Women's History Month reminds us that every woman's voice matters,

and every story is worth telling.

### Ash Wednesday/Lent

As the Lenten season approaches, I would like to remind you that fish will be available on Ash Wednesday and every Friday throughout the season. To reserve your fish, please contact the center the day prior. Should you have any questions, feel free to reach out to me at your earliest convenience.

### Monthly Blood Pressure Checks

We're offering monthly blood pressure checks at the center every first Friday of the month at 11:00 a.m. It's a great opportunity to stay on top of your health and ensure your blood pressure is in a healthy range. Stop by for a quick and easy check—no appointment necessary!

### SOUL COLLAGE with Dee Casalino

*"Art washes from the soul the dust of everyday life."* — Pablo Picasso

Diana Casalino, a therapeutic arts facilitator, has dedicated her career to connecting individuals of all ages to their innate creativity across Northern Delaware. Through her work, she's seen firsthand the profound positive impact that art-making can have on the brain and overall well-being—a truth supported by science. Her deep passion for people and their personal growth drives her to make therapeutic art her life's mission.

In this workshop, we will use the art of collage to express what lies within your heart and soul. Dee will guide you

through this fun and accessible process, offering a range of materials for you to explore and use in unique ways. You'll learn how to personalize your collage, creating a piece that is truly one-of-a-kind. There are no mistakes in this process—because there's no mistaking you!

Each individual collage will be part of your own ART JOURNAL—a visual representation of your inner journey, telling the story of your heart and soul.

We invite you to join us for this enriching experience, as we explore who we are and who we are yet to become. The class will take place on March 6th and March 27th at 12:15 p.m. We look forward to having you with us for this exciting new activity.



### Possible New Activities

Chess is a two-player strategy game where the goal is to checkmate your opponent's king, using a variety of pieces that move in unique ways. Blackjack, on the other hand, is a card game typically played in casinos, where the aim is to get a hand value as close to 21 as possible without going over. Both games require skill, strategy, and quick thinking, making them exciting and engaging for players of all levels. If you're interested in learning how to play either game, let me know—there's a new member

who's offering to teach a class if there's enough interest. To sign up, please contact Crissy!

We are considering starting a weekly Bible study group and would love to hear your thoughts! This could be a great opportunity for spiritual growth, fellowship, and deeper engagement with scripture. If you're interested in participating, please let us know! Your feedback will help us determine the best way to organize the group.

### Murder Mystery

As you know, our very first murder mystery dinner theater took place in October, and it was such a success that we're planning another show for the spring of 2025. If you're interested in joining the cast, please reach out to me as soon as possible.

### Happy Birthday Everyone

Join us for a special birthday celebration on March 19, 2025. Come enjoy cake and ice cream as we celebrate all March Birthdays. We wish you a wonderful day and a blessed year ahead! Hope to see you there.

### Breakfast Bash

The breakfast bash will be held every Thursday in the month of March. Breakfast will be served from 8:30 a.m. to 9:30 a.m. The cost of the breakfast is \$2.50 for members and \$4.50 for non-members. Please sign up for breakfast at the desk to reserve your spot.

As always, make sure to stay connected with family and friends, take time for prayer and meditation, and above all prioritize your health and safety. ●



### Long Neck Activity Center

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



## Happenings

**March 6 - Thursday:** 10:30 a.m.  
Beckett's Bulletin

**March 17 - Monday:** 12:00  
St. Patrick's Day Party

**March 20 - Thursday:** 4:00  
– 6:00 p.m. Game Night and  
Dinner

**March 26 - Wednesday:**  
12:30 p.m. Happy Birthday  
to our center members. Come  
celebrate our March birthdays.

### TRIPS:

**March 4 - Tuesday:** – Trip  
to Laurel Dutch Market, bus  
leaves the center at 9:15 a.m.

**March 11 - Tuesday:** – Trip  
to Bylers, Boscovs, and food  
court, bus leaves the center at  
9:15 a.m.

**March 13 - Thursday:** – Trip  
to Texas Roadhouse, bus leave  
the center at 3:15 p.m.

**March 18 - Tuesday:** – Trip  
to Super Walmart in Milford  
and Chick-fil-A, bus leaves the  
center at 9:15 a.m.

**March 27 - Thursday:** – Trip  
to Parsons, bus leaves the  
center at 9:15 a.m.

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

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

**Every Friday** – Trip to Dollar  
Tree, the bus leaves the center  
at 10:00 a.m.



**George Hess in front getting breakfast with the rest of the members**



**Roger Cox enjoying breakfast**



**Bingo time**



**Enjoying each other's company and breakfast at Saturday Morning Super Bingo and Breakfast Bingo**



**Milton  
Activity Center**

24855 Broadkill Road  
Milton, DE

Director  
**(302) 515-0001, Ext. 1461**

Happenings

Membership Meeting Monday,  
March 3<sup>rd</sup> at 10:00 a.m.

Becketts Bulletin Thursday,  
March 6<sup>th</sup> at 10:30 a.m.

**Special Events**  
**St. Patrick’s Day**  
**Celebration Friday** - March  
14, 2025, starting at  
11:00 a.m.

**“March for Meals”** Monday,  
March 24, 2025

**March 31 - Monday:** Trip  
to Target and Lunch Out  
Monday, Bus leaves center at  
8:30 a.m.

**Weekly**  
**Monday** - Mingo with Dan Feth  
every starting at 12:00 p.m.

**Wednesday** - Bible Study  
every at 10:00 a.m.

**Tuesday/Friday** - Bingo check  
calendar for times

**Monday, Tuesday,  
Wednesday, and Thursday**  
Yoga every please check the  
calendar for times.

*Happy Birthday to all that  
celebrate in the month of  
March!!!!!!!*



**CHEER  
MEMBERSHIP**

**\$30  
PER YEAR**

includes FREE  
Access to  
Fitness Center!

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

**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



## Happenings

### “CELEBRATE WOMENS HISTORY MONTH –

#### Moving Forward Together!

#### Women Educating & Inspiring Generations”

*“You may not control all the events that happen to you, but you can decide not to be reduced by them.”*

*-Maya Angelou from bing.com*

We are excited to kick off Women’s History Month with speaker and author Nancy E. Lynch presenting

### “THE REAL WOMEN VETERANS OF VIETNAM”

Tuesday, March 4th at 12 noon. Please join us for lunch at 11:30 a.m., followed by this special program, sponsored by Delaware Humanities – Everyone Welcome!

Then on Tuesday March 11th, Lisa Miller will entertain us over lunch with her amazing vocals and keyboard and we’ll wrap up the month with the fun and talented group, Robin and the Hoods, performing for our dinner program on Tuesday, 25th!

*“Begin doing what you want to do now. We are not living in eternity. We have only this moment, sparkling like a star in our hand and melting like a snowflake.”*

*-Maya Angelou from bing.com*

Peace, Love & Happiness,  
Yolanda

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

Ocean View Hours: 8 a.m. – 4:30 p.m. Monday – Friday

#### ACTIVITIES:

Please see our Calendar for all our regularly scheduled activities, trips and events as well as the ones listed below.

#### MONDAYS

**Joyful Living** - Discussion Group with Andrew Schubauer, 2<sup>nd</sup> Monday, March 10, 10:45 a.m. - All Members Welcome!

Food for Thought Discussion Group with member Joan R.’s every Monday at 11 a.m. (except the 2<sup>nd</sup> Mon.).

#### TUESDAYS

March 4 – Nancy E. Lynch with “The Real Women Veterans of Vietnam, 12 noon!

March 11 – Lisa Miller singing over lunch, 11:15 a.m!

March 25 – Robin & The Hoods, at 4 p.m., followed by dinner, \$10/Members and \$15/Guests, please pay at sign up.



Mind Mysteries show/dinner here Tuesday night with Dan Gaffney! Group guessing game.



Kathy Plumley (he was guessing her birthday and who she was thinking of!)



Nancy E. Lynch, Author  
**PRESENTS**  
**“The Real Women Veterans of Vietnam”**

**Tuesday, March 4th at 12 Noon**

**CHEER**  
**Coastal Leisure Center**  
**30637 Cedar Neck Road**  
**Ocean View**

*Lunch Served at 11:30 AM,*  
**\$3.50 - 60 and Over, \$5 For Under 60**

*Sponsored by a Grant from Delaware Humanities!*  
**Everyone Welcome!**







Yvonne Banks (next to quilt), Sue Phillips & Mary Ellen Henry – some of the ladies from our Quilting Club.

Please remember to cancel in advance if you signed up for our monthly dinner and cannot attend in order to get a refund.

### WEDNESDAYS

\*Celebrating all MARCH BIRTHDAYS over lunch, Wed. 26th\*

**CENTER TRIPS** – Refer to our Calendar for all Current Activities and Trips! The Calendar copies in the Center are the most current . . .

### NOTE:

Pickleball Court Manager that

they want to resume Pickleball in March!

You're encouraged to bring your own reusable water bottle on all our trips - stay hydrated!

***"I raise up my voice – not so I can shout, but so that those without a voice can be heard. ... We cannot all succeed when half of us are held back."***

*-Malala Yousafza, from Good Housekeeping*

Remember that you are expected to arrive at the Center a MINIMUM of 15 minutes prior to scheduled departure time.

Also, if you signed up for a trip and cannot make it, please call to cancel, (302) 515-0001 x 1861.

***"The most alluring thing a woman can have is confidence."***

*-Beyonce Knowles from Good Housekeeping*

## Roxana Activity Center

34314 Pyle Center Road  
Frankford, DE



Ja'Quasia Reid-Norwood, Director  
(302) 515-0001, Ext. 1861

## Happenings

### MONTHLY

**First Wednesday** – 10:30 a.m.,  
Members Meeting

**Fourth 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

### Memory Games

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. 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 month Lunch,  
\$ Donation

**Memory Café** with  
Christie Shirey

**Special Events!** With monthly  
crafts and events please  
reference the calendar on our  
website or in the center! New  
members are always welcome  
to pop in and try out some of  
our programs! Roxana- One for  
all and All for one! ●





## Café Salud

20520 Sand Hill Road  
Georgetown, DE

**Itzel Hernandez, Director**  
**(302) 515-0001, Ext. 1965**



### ENGLISH:

January and February was a great month as we started rolling out programming for our community. Café Salud is dedicated to being a safe space for community members from all backgrounds. If you are interested in cultural exchange, we welcome you with open arms!



### Meet our new Kitchen Manager, Josefina!

Josefina is the newest member of our Café Salud team. She makes a variety of delicious salsas and her homemade cooking is flavorful and scrumptious!

### Conozca a nuestra nueva gerente de cocina, Josefina!

Josefina es la integrante más nueva de nuestro equipo de Café Salud. Ella prepara una variedad de deliciosas salsas y su comida casera es sabrosa y deliciosa.

Aquí hay unas fotos de nuestro pequeño pero poderoso grupo de participantes.

### ESPAÑOL:

Enero y febrero fueron meses excelentes ya que comenzamos a lanzar programación para nuestra comunidad. Café Salud está dedicado a ser un espacio seguro para miembros de la comunidad de todos los orígenes. Si estás interesado en el intercambio cultural, ¡te damos la bienvenida con los brazos abiertos!

### Sesión informativa sobre tus derechos:

Clase de Inglés:

Clase de Español y juegos:

Artes y manualidades:

Stay fit con Adri:



Arts and Crafts



Stay fit With Adri



Spanish Class and Games



## ¡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 Bingocize** – Juega, mantente activo y gana premios!

**Cocina Hispana** – Disfruta de 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

"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."

## 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 al (302) 515-0001 x 1965

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