

MAY 2025  
FREE

# CHEERful LIVING

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

## Table of Contents

|                         |     |
|-------------------------|-----|
| CEO Perspective .....   | 2   |
| Volunteer .....         | 4-5 |
| Older Americans .....   | 6   |
| March for Meals .....   | 7   |
| Memory Care .....       | 8   |
| Menu .....              | 10  |
| Café Salud .....        | 11  |
| Georgetown .....        | 12  |
| Greenwood .....         | 13  |
| Harbour Lights .....    | 14  |
| Long Neck .....         | 15  |
| Milton .....            | 16  |
| Ocean View .....        | 17  |
| Roxana .....            | 18  |
| Adult Day Program ..... | 19  |
| Travel Club .....       | 21  |
| Nutrition Recipe .....  | 22  |
| Flag Presentation ..... | 23  |
| Car Show .....          | 23  |
| Sand Hill Cafe .....    | 24  |

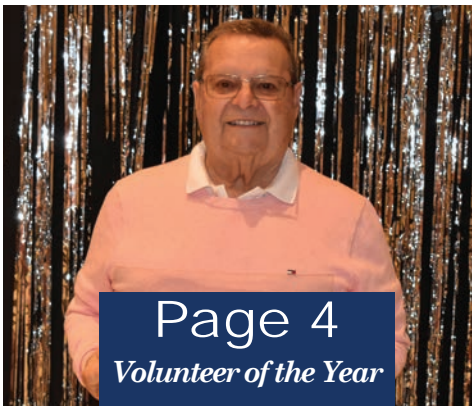


*"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."*



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

Partially funded by





# 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 Coordinator

**Christie Shirey**  
Community Support Specialist

# CEO Perspective

May is a time of celebration—a month dedicated to honoring the women who have shaped our lives. As we recognize Mother’s Day, it’s also an opportunity to appreciate the profound impact of mother figures and female mentors in our personal and professional journeys. These women, whether they are mothers, grandmothers, teachers, colleagues, or industry leaders, provide invaluable wisdom, encouragement, and inspiration that help us navigate the challenges.

Mother figures teach us foundational values that are essential at home and in the workplace—resilience, patience, and compassion. From an early age, they instill in us the importance of hard work, perseverance, and integrity, traits that are critical for success in life and in any career. They show us the value of balancing ambition with kindness, and their unwavering support gives us the confidence to take risks and chase our goals.

Beyond our immediate families, female mentors serve as guiding forces. These trailblazers have overcome obstacles and paved the way for future generations. They give invaluable advice, advocate for personal and professional growth, and offer a unique perspective on leadership. Their mentorship helps us develop

the skills necessary to excel in life. They also foster inclusiveness in our everyday lives and in the workplace, ensuring that everyone is given the opportunity to lead and succeed.

I met my mentor when I first started working for CHEER at the age of 27. CHEER’s past Executive Director, Arlene Littleton, may not have known at the time what tasks lied ahead for her – neither did I! Arlene provided guidance, feedback – sometimes hard to accept – and shared insightful experiences that I have held onto through to this day. Arlene, if you read this, which I am sure you will, thank you for being such an inspiration and shaping my life. I am forever grateful.

Celebrating mother figures and female mentors in May is not just about recognition—it is about gratitude and empowerment. Their lessons extend beyond us, shaping who we are as individuals. By honoring their influence, we inspire future generations to seek mentorship and uplift others. As we celebrate them this month, let us commit to fostering a culture of support, mentorship, and appreciation for the women who help us grow and thrive. ●



**Beckett Wheatley, CEO**



**Arlene Littleton with Beckett Wheatley**

Photo by Monica Mandujano

## 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).**





## Meet CHEER's Volunteer of the Year, Dick Durbano

**W**hether at our eight activity centers, on the road delivering meals or at events, volunteers are the heart of everything CHEER does for seniors across Sussex County. To commemorate Volunteer Appreciation Month in April each year, CHEER recognizes top volunteers across the organization at a dinner dance ceremony in Georgetown.

Based on nominations by CHEER Staff, one volunteer from each of CHEER's eight activity centers and administrative offices are considered for the title of CHEER Volunteer of the Year. This month, we feature the 2025 Volunteer of the Year, Dick Durbano. In the months to follow, we will feature the other nominees for their contributions and dedication to service to the areas they serve.

Ocean View Activity Center Director, Yolanda Gallego, nominated this year's winner, Dick Durbano, for his 20 years of dedicated service to the Ocean View Center. "Dick is always ready to step in and lend a hand. We are all thankful to have Mr. Sunshine at our center".

Whether it's cooking breakfast each Wednesday morning (and staying to clean up) or helping in the center's weight/fitness room, the center members appreciate both his talents and efforts on their behalf. He was even presented with an apron imprinted with "Mr. Breakfast" as a token of appreciation by members.



**Winner**  
**Dick Durbano,**  
**seen here with**  
**Ocean View**  
**Director**  
**Yolanda Gallego**

***"Your time and efforts are invaluable. Not only do you deliver meals, help in our kitchens, centers, and offices, you bring JOY to our seniors. Sometimes you even save a life."***

***Last year, we had over 675 volunteers that contributed over 36,000 hours, worth over \$950,000... but, to CHEER, that is absolutely priceless!***

***We would not be able to survive without you."***

Introductory remarks  
by Beckett Wheatley,  
CHEER CEO, at the annual  
Volunteer Appreciation Dinner  
on April 3, 2025.

While he is known as both "Mr. Sunshine" and "Mr. Breakfast", his long-term commitment to the seniors and of the Ocean View area is gratefully acknowledged by all.

Coming to southern Delaware with bachelor's and master's degrees from West Chester University, Dick leverages his diverse professional and civic backgrounds including recreation, coaching, management and the culinary arts to the benefit of his fellow CHEER members.

Dick shared that he values volunteering as a way to relate to people. When asked if he has any advice for other volunteers, he replied, "When you volunteer, you contract yourself to a job. Be there when assigned and be on time. Members need your commitment."

CHEER congratulates Dick Durbano on this milestone achievement and encourages others, regardless of talent, ability or time constraints to consider a donation of time. This can be done at the center, from home or from a car – but always as little or as much as the volunteer chooses. For information on the types of roles volunteers can play or to sign up, visit <https://www.cheerde.com/volunteer> or call 302-515-0001. ●



*Volunteer  
Appreciation Dinner  
held on April 3<sup>rd</sup>*



Beckett Wheatley CEO  
with Dick Durbano

**Volunteers We Need YOU!**

With eight senior activity centers throughout Sussex County, we are always in need of volunteers. Join a great group of people, share your talents and energy, improve your skills or learn new skills. Help us make a difference within our community.

It is simple to join our team. Volunteer applications are available at [www.cheerde.com](http://www.cheerde.com)

**CHEER is looking for:**  
Meals on Wheels delivery drivers Monday through Friday (1-2 hours out of your day)

- Kitchen, office, activity center, and other areas can use your energy and time -- on your schedule.

**HELP US SPREAD "CHEER"** by joining us today.  
Questions? (302) 515-0001 ext.1166  
or [mmandujano@cheerde.com](mailto:mmandujano@cheerde.com),  
Se habla Espanol Bilingual



# Honoring the Power, Wisdom, and Presence of Sussex County's Seniors



Each May, our nation pauses to recognize Older Americans Month (OAM) — a time to honor the contributions, strength, and enduring presence of our older adults. This tradition began in 1963 when President John F. Kennedy first designated a month to acknowledge the

growing population of older citizens and to spotlight the needs and values of this treasured generation.

At CHEER, we don't need a special month to appreciate the older adults in our lives — we do it every day. But May gives us the opportunity to speak

loudly about what we already know: Older Americans are not just our past — they are our present and our future.

From the farmers who tilled the fields that now grow our food, to the veterans who fought for our freedoms, to the grandmothers and grandfathers raising another generation, the seniors of Sussex County have built this community with their hands and their hearts, and they're not done yet.

Today's older adults are active, engaged, and purpose-driven. They are leading exercise classes, volunteering to deliver meals, mentoring younger generations, and showing up — day in and day out — with wisdom, humor, resilience, and love. Their lives are sermons in patience and perseverance, often delivered without a single word.

This year's theme for Older Americans Month is "Flip the Script on Aging." This focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, we honor older adults' contributions, explore the many opportunities

for staying active and engaged as we age, and highlight the opportunities for purpose, exploration, and connection that come with aging.

At CHEER, that theme resonates deeply. Through our eight senior centers, Meals on Wheels, Adult Day Program, PASA services, transportation support, and a growing list of other initiatives, we work every day to "Flip the Script on Aging." We strive not just to care for our seniors — but to connect them. With one another. With their community, with purpose.

Whether it's a hot meal, a fun concert at a Senior Activity Center, an event at the Community Center, or a Spanish class at Café Salud, these moments help remind our seniors — and all of us — that they are still vital, valued, and very much needed.

As we celebrate Older Americans Month, let's Flip the Script and do more than just honor the past. May we look around and see the beauty and strength of older adults in the now. May we, as a community, do our part to uplift, engage, and cherish them — not just in May, but every month of the year.

To the older adults of Sussex County: CHEER sees you. CHEER values you. We thank God for the gift you continue to be. ●

## Celebrate Older Americans Day

with  **CHEER**



**Friday, May 30<sup>th</sup> • 10 a.m. – 2 p.m.**

at the Warren L. and Charles Allen, Jr.

**CHEER Community Center**

20520 Sand Hill Road, Georgetown, DE

**\$6 (age 60 and over) • \$8 (under age of 60)**

### Lunch Served at Noon

#### MENU

Beef Roulade w/gravy  
Rosemary Potatoes  
Sauteed Green Beans  
Dinner Roll  
Apple Dumpling



For tickets and information, contact your local CHEER Center Director or Robin Greene at (302) 515-0001 ext. 1162 [rgreene@cheerde.com](mailto:rgreene@cheerde.com)

Entertainment  
DJ

Basket  
Raffle

50/50  
Drawing



# March for Meals

Meals On Wheels Delaware's (MOWD) mission is to raise funds, other resources, and awareness to support meal delivery programs to homebound seniors in Delaware.

Volunteers came together at CHEER to help deliver Meals On Wheels, bringing a hot meal, the personal connection that many seniors' treasures. Volunteers come from all walks of life, throughout the Sussex County, including representatives from U.S. Senator Lisa Blunt Rochester office, Insurance Commissioner Navarro, Ocean View Mayor, Ocean View Town Manager, Delaware Health, and Social Services, Sussex County Sheriff's office, Meals on Wheels Delaware, and members of CHEER's board of directors among others.

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. 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. ●



Megan Jordan, Walt Koopman, Joe Bryant, Beckett Wheatley, Allison Hendrickson, Devon Manning, Melissa Meck, Ed Miller and Amy Smith



Chief Deputy Sheriff Steve Smyk, CHEER Board President Walt Koopman, Sheriff Robert Lee, CHEER Nutrition Director Amy Smith, CHEER Food Services Manager Isaac Felder, CHEER Central Kitchen Cook Stacy Hart



Son-Djerry Cameus & Betsey Stang, from Senator Blunt-Rochester's office, Michelle Gibbs, Beckett Wheatley, Susan Dubb Meals on Wheels DE, Walt Koopman, Amy Smith, Ed Miller



Allison Hendrickson, Marie Dermady



Joe Bryant, Fred Stigile



OV Mayor John Reddington & Town Manager Carol Houck



From Senator Blunt-Rochester's office Son-Djerry Cameus & Betsey Stang CHEER Outreach worker Michelle Gibbs



Melissa Meck, Mary Lee Milam



# CHEER Pet Food Program Looking for Help

Having a pet in your life is positive in many ways. Studies have shown that owning a pet can decrease stress, combat isolation, increase your mobility, and possibly slow cognitive decline. Having a pet to interact with is especially helpful for Caregivers, those with cognitive decline and those aging alone. Unfortunately, the cost of pet food has almost doubled in the past several years, causing some Seniors to have to make hard decisions.

The importance of CHEER developing a pet food program became very clear during the Covid years. Many of our members are trying to live on less than \$1000 a month for rent, utilities, food, medicine and everything else. One member thought she was developing dementia. She had stopped refilling her thyroid medicine to buy pet food. Doing without this medicine was the cause of her decreasing cognitive

abilities. CHEER started providing Meals On Wheels and supplemental pet food and the member was able to afford her medicine and returned to normal.

Dawn's story is a perfect reflection of why the pet food program is so important. Dawn is blind to the point she only sees shadows. She says the Meals On Wheels meal is sometimes the only meal she eats during the day. She has an added concern because a veterinarian told her senior cats need a mix of dry and canned cat food due to digestion and teeth issues.

She tries to give them a little canned food whenever possible. If she doesn't have canned food, she tries to cook meat for them when she has it or she has put off paying a bill to fund the purchase of canned food. "The cats don't understand that my husband has died and I lost his pension. I don't have the income.



**Mr. Man asks for your help.**

They don't understand that I can't feed them like I used to. They don't understand my loss of income," Dawn explained.

As the cost of pet food has increased, more funds and food are needed for the program. CHEER has partnered with Chewy, Inc. We are now included in their **Chewy Give Back Wish List Program**. Now you can make a one time or better yet, a recurring online donation to the CHEER Pet Food Program. You only have to go to [https://www.chewy.com/g/cheer-inc\\_b119442681](https://www.chewy.com/g/cheer-inc_b119442681) and sign up. Your donation will be delivered to CHEER and distributed to our Meals On Wheels seniors who love their furry companions. You can also drop donations to Amy Smith, CHEER's Nutrition Program Director, 20520 Sand Hill Rd, Georgetown, DE 19947, (302) 853-4200.

Mr. Man, the CHEER Cat, would like to ask you to please

donate to the CHEER Pet Food Program to help these Seniors to provide for these little lives that bring so much their people. ●

**Georgetown Memory Cafe,**  
Tuesdays 9:30-11:30 a.m.  
Thursdays 1-3 p.m.

**Long Neck Memory Cafe,**  
Tuesdays 1-3 p.m.

**Milton Memory Cafe,**  
Thursdays 9:30-11:30 a.m.

**Ocean View Memory Cafe,**  
Fridays 10:15-11:30 am

**Roxana Memory Cafe,**  
Fridays 12:15 – 1:30 p.m.

**Greenwood Caregiver Support Group,**  
1st Thursday 1-3 p.m.

**Long Neck Caregiver Support Group,**  
1st & 3rd Tuesdays 1-3 p.m.

**Ocean View Caregivers Support Group,**  
1st & 3rd Thursdays 1 p. m.

**Ocean View Parkinson's Support Group**  
3rd Wednesday 1 p. m.

**Grandparent's Raising Grandchildren/Online,**  
1st Monday 7 p.m.

**Caregiver's Support Group/ Online,** 2nd Monday 2:30 p.m.



**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  
NMLS #165477



**Tamara Burbage our PASA Program Support,** has been with CHEER since August 2024. Tamara was a blessing, a great addition to our program. Tamara visits customers in their homes or speaks to them on the phone every 90 days. Our customers enjoy their time together. Tamara is truly a people person and is perfect for her position. Tamara is always willing to learn something new and is ready to help wherever she can.

*Thank you, Tamara, for all you do for the PASA Program.*





## Five Reasons a Reverse Mortgage May Be For You

**R**everse mortgages have been utilized by many individuals as a financial tool to enhance their retirement years. While success stories can vary widely based on individual circumstances, here are a few common scenarios where reverse mortgage funds have made a significant positive impact:

**Financial Stability in Retirement:** Many retirees face challenges in maintaining their desired lifestyle with limited income streams. Reverse mortgages can provide monthly disbursements, line of credit, lump sum payment or a combination of the three. The funds can help cover daily expenses, healthcare costs, home renovations, or travel without relying solely on savings or pensions.

### Debt Consolidation and Relief:

For retirees with existing mortgage payments or other debts, a reverse mortgage can provide a way to consolidate debt and

alleviate financial stress. By paying off existing debts, retirees can free up cash flow and enjoy a more comfortable retirement.

**Home Modification for Aging in Place:** Aging homeowners often require modifications to their homes to accommodate changing mobility and healthcare needs. Reverse mortgage funds can finance these modifications, such as installing ramps, handrails, or accessible bathrooms, allowing seniors to remain in their homes safely and independently.

**Supplementing Retirement Income:** Some retirees find that their retirement savings are not sufficient to cover their desired lifestyle or unexpected expenses. By tapping into home equity through a reverse mortgage, retirees can supplement their income and bridge the gap between their savings and expenses.

Delaying Social Security Benefits:

Delaying Social Security benefits can result in higher monthly payments later in retirement. Reverse mortgage funds can provide income during the early years of retirement, allowing retirees to delay claiming Social Security benefits and maximize their lifetime income.

While reverse mortgages can offer significant benefits, it is essential for individuals to carefully consider their financial situation, goals, and potential risks before pursuing this option. Consulting with a financial advisor or housing counselor can help retirees make informed decisions tailored to their unique circumstances.

- JoAnn Moore, The Mortgage Market of Delaware, LLC. 302.236.1229 or [MMODJOAnn@aol.com](mailto:MMODJOAnn@aol.com) Licensed Mortgage Professional NMLS #165477



## Spend More Time in Your Happy Place!

Get the care you need from home health professionals you can trust.

For most of us, there's no place like home. That's why, for over a century, we've provided exceptional home health services to our friends and neighbors.

Our specially trained professionals can help you or someone you love:

- Recover faster after surgery or childbirth
- Manage chronic health conditions
- Adapt to new diagnosis and needs
- Keep up with medicines and routine activities
- Continue living independently and safely

ChristianaCare HomeHealth is an affordable alternative to extended hospital stays or nursing homes. The cost is often covered by Medicare, Medicaid, and private insurance plans.

We bring care to you, so you can stay comfy in your own home.






➤ Visit [ChristianaCare.org/HomeHealth](http://ChristianaCare.org/HomeHealth) or call 888-862-0001 to learn more.





# MAY



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
|    |   |                                      | 1<br>Chicken & Dumplings<br>Collard Greens<br>Whole Wheat Roll/Bread<br>Ice Cream<br>Skim Milk   | 2<br>Vegetable Beef<br>Barley Soup<br>Shrimp Caesar Salad<br>Chilled Fruit Cup<br>Whole Wheat Roll/Bread<br>Skim Milk          |
| 5<br>Baked Ziti & Meat Sauce<br>Lettuce and Tomato Salad<br>Applesauce<br>Whole Wheat Roll/Bread<br>Skim Milk                                   | 6<br>Bacon Egg & Cheese Taco<br>American Fried Potatoes<br>Steamed Spinach<br>Fresh Banana<br>Skim Milk                                  | 7<br>Swedish Meatballs<br>Buttered Noodles<br>Baby Carrots<br>Whole Wheat Roll/Bread<br>Fruit Of The Day<br>Skim Milk  | 8<br>Garlic Parmesan Chicken<br>Parmesan Potatoes<br>Basil Zucchini Saute<br>Whole Wheat Roll/Bread<br>Assorted Cookies<br>Skim Milk       | 9<br>Cream Broccoli Soup<br>Tomato & Tuna<br>Salad Wrap<br>Pickled Beets<br>Mandarin Oranges<br>Skim Milk                      |
| 12<br>3 Cheese Lasagna<br>Italian Vegetables<br>Whole Wheat Roll/Bread<br>Chilled Fruit Cup<br>Skim Milk  | 13<br>Pork Roast/Sauerkraut<br>Mashed Sweet Potatoes<br>Roasted Brussels Sprouts<br>Whole Wheat Roll/Bread<br>Bread Pudding<br>Skim Milk | 14<br>Shepherd's Pie<br>Garlic Green Beans<br>Whole Wheat Roll/Bread<br>Fresh Fruit<br>Skim Milk                       | 15<br>Orange Glazed Chicken<br>Brown Rice Pilaf<br>Collard Greens<br>Fruited Gelatin<br>Whole Wheat Roll/Bread<br>Skim Milk                | 16<br>Corn Chowder<br>Seafood Salad<br>Mixed Green Salad<br>Whole Wheat Roll/Bread<br>Rice Crispy Bar<br>Skim Milk             |
| 19<br>Hot Dog W/Chili<br>Baked Beans<br>Petite Corn On The Cob<br>Fresh Fruit<br>Skim Milk  | 20<br>Cheese Enchilada<br>Casserole<br>Red Beans and Rice<br>Churros<br>Skim Milk  | 21<br>Pork Fried Rice<br>Steamed Asian Blend<br>Vegetables<br>Chilled Fruit Cup<br>Whole Wheat Roll/Bread<br>Skim Milk | 22<br>Cinnamon Honey Chicken<br>Roasted Sweet Potatoes<br>Winter Mix Vegetables<br>Whole Wheat Roll/Bread<br>Fruited Ambrosia<br>Skim Milk | 23<br>Italian Crusted Fish<br>Macaroni & Cheese<br>Stewed Tomatoes<br>Whole Wheat Roll/Bread<br>Chilled Pineapple<br>Skim Milk |
| 26<br><br><i>Memorial Day</i><br><i>Cheer Centers Closed</i> | 27<br>Baked Glazed Ham<br>Scalloped Potatoes<br>Boiled Cabbage<br>Applesauce<br>Whole Wheat Roll/Bread<br>Skim Milk                      | 28<br>Sloppy Joe<br>Baked Steak Fries<br>Cole Slaw<br>Apple Crisp<br>Skim Milk   | 29<br>Chicken Pesto<br>Couscous With Roasted<br>Vegetable, Buttered Spinach<br>Whole Wheat Roll/Bread<br>Cinnamon Pears<br>Skim Milk       | 30<br><br><i>Cheer Centers Closed</i>     |



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.**



*Over 50 Years Serving Sussex Seniors*






### Café Salud

20520 Sand Hill Road  
Georgetown, DE 19947

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



**ENGLISH:**  
March and April have been great months as we introduced physical exercise, chair yoga, crochet and sewing class just to name a few. Bingocize is another program we will be introducing to help with fall prevention. Please join us to help support your aging journey with us.

**Special Events:**  
Join us May 14th at 4pm for an exciting event as we learn how to cook healthy and flavorful Latin American cuisine with chef Miguel Cuevas. What’s happening at Café Salud so far?  
Crochet and sewing workshop  
Chair Yoga  
Bilingual Class  
Around the table cooking class workshop



**FREE EVENT**

**Learn How to make** ★  
**Latin American**  
**Cuisine Healthy and**  
**Flavorful**

Join us as Miguel Cuevas demonstrates an authentic and flavorful meal to ignite your taste buds and elevate your cooking skills. Watch as he brings traditional ingredients to life, showcasing his expertise and passion for crafting dishes that celebrate Latin America's rich culinary heritage.

**WEDNESDAY, MAY 14TH AT 4:00 PM**  
CHEER Community Center  
20520 Sand Hill Rd.  
Georgetown, DE 19947






**ESPAÑOL:**  
Marzo y abril han sido meses fantásticos, ya que introdujimos ejercicios físicos, yoga en silla, clases de crochet y costura, entre otros. Bingocize es otro programa que presentaremos para ayudar con la prevención de caídas. Únase a nosotros para apoyar su envejecimiento.

**Eventos especiales:**  
Acompáñenos el 14 de mayo a las 4 p. m. en un evento espectacular donde aprenderemos a cocinar comida latino americana saludable y sabrosa con el chef Miguel Cuevas.

¿Qué hay en Café Salud hasta hora?  
Taller de crochet y costura  
Yoga en silla  
Clase bilingüe  
Taller de cocina alrededor de la mesa





**EVENTO GRATUITO**

**Aprenda Cocinar** ★  
**Comida Saludable** ★  
**y Sabrosa de**  
**Latino America**

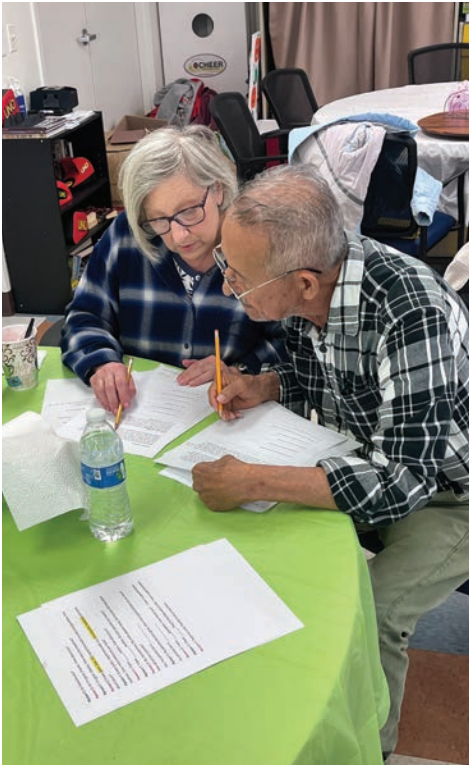
Unase a nosotros mientras el chef Miguel Cuevas demuestra una experiencia autentica y sabrosa. Observe cómo da vida a los ingredientes tradicionales, mostrando su experiencia y pasión por crear platos que celebran la rica tradición culinaria de America Latina.

**MIÉRCOLES 14 DE MAYO A LAS 4:00 PM**  
CHEER Community Center  
20520 Sand Hill Rd.  
Georgetown, DE 19947





Workshop with the community





## Georgetown Activity Center

20520 Sand Hill Road  
Georgetown, DE 19947

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



## Happenings

**May 13:** Bridgeville to Georgetown

**May 15:**  
Arm Chair Travels  
10:30 - 11:00 a.m. Revive Sound Productions 12 - 1 p.m.  
Dinner/Bingo 4-6 p.m.

**May 30th:** All centers closed to attend the Older Americans CHEER Celebration at the CHEER Community Center in Georgetown.  
Friday at 10:00 a.m.

### Every Week

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

### Monday:

Chair Fitness – 10:00 a.m.  
Bible Study – 10:30 a.m.

### Tuesday:

9:30 a.m. Memory Café –  
12:00 p.m. Penny Bingo

### Wednesday:

12 p.m. Wii bowling

### Friday:

Breakfast in the Café: –  
9 – 10:00 a.m.  
Chair Fitness – 10:30 a.m.  
Penny Poker – 12:00 p.m.  
Prize Bingo – 12:00 p.m.

### Monthly Activities

#### Including:

Dollar Tree – every Tuesday  
Walmart – every Thursday

## St. Patricks Day in Georgetown



Pictured left to right: Joseph Donovan, Ruth Dorsey, Gary Turner, Catharyn Sullivan, Pat Holzer, Toni Sayles, and Debbie Landon, GT Center Director.



Pictured left to right: Yvette Harris, Rita Poggi, Bernice Bowden, Don Kellicutt, Anita Steere, Carol Anderson, Tammy Bryant, GT bus driver and Judy Jones. Standing in back James Mears.

## Mardi Gras in Georgetown



Georgetown members make Mardi Gras mask.  
Pictured left to right: Ruth Dorsey, Toni Sayles, Della Zielinski, Yvette Harris, Joseph Donovan and Charlene Hale.



## Physical Therapy at



Over 50 Years Serving Sussex Seniors

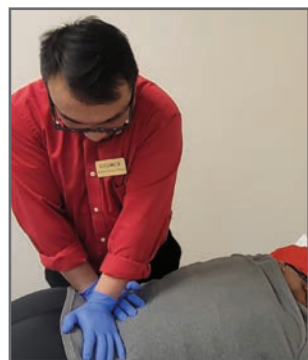


### BLADDER OR BOWEL PROBLEMS?

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

### DO YOU HAVE SWELLING?

(Lymphedema, Lymphorrhea or Lipidema)



DR. ANNE, can definitely help!

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**



## Greenwood Activity Center

41 Schulze Road  
Greenwood, DE 19950

Sheila Roell, Director  
(302) 515-0001, Ext. 1361



## Happenings

Welcome May, Older Americans Month! The theme for 2025 is *Flip The Script On Aging*, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

Check the Greenwood CHEER calendar for additional events featuring the celebration of Older Americans Month, including the celebration on Friday, May 30th from 10:00 am to 2:00 pm, at the CHEER Community Center in Georgetown. Ticket cost will be \$6 for age 60 and older, \$8 under age 60. Lunch will be served at 12:00 p.m. There will be an Entertainment DJ, Basket Raffle and a 50/50 Drawing. Also, in recognition of Older Americans Month, lunches will be \$1 for age 60 and over at all of our centers, including the Greenwood CHEER Center, for the month of May!

*Happy Mother's Day to all our Greenwood CHEER mothers!*

### Every Week

**Monday – Friday** – CHEERful Morning Café 8:30 – 9:30 a.m.  
Bible Study 10:00 a.m.  
Tai Chi with Gary Tompkins 9:15 a.m.

**Tuesdays** – Prize Bingo 10:30 a.m.  
Full Card Bingo 12:15 p.m.

## GW March for Meals Fundraising Dinner



Over 75 members and guests attended the Greenwood CHEER March for Meals Fundraising Dinner, Thursday March 27th. Musical entertainment was provided by Darren Jones of the Jones Boys.



Greenwood CHEER Members celebrating St. Patrick's Day with musician Tony Windsor.

**M/W/F** - Luncheon Card Club 12:30 p.m

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

**Fridays** – CHEERful Morning Café with Full Breakfast 8:30 – 9:30 a.m.  
Ladies Prayer Group 10:00 a.m.

### Bi-Monthly Activities Including:

Blood Pressure Check with Nurse Betty (2 x a month).

### Monthly Activities Including:

Dates determined according to Betty's availability

- Alzheimer's Support Group (1st Thursday of the month 1-3 p.m.)
- Greenwood Library Program – Creating a Memory Book (2nd Wed of the month) 10:00 a.m.
- Ask the Pharmacist and Immunization Clinic (1 x month according to their availability)
- Music Ministry with Pastor Dan & Betsy Taylor (2nd Monday of the month)
- AARP Defensive Driving Course (4th Wed of the month) 9 a.m.-3 p.m. Beginner course, 9 a.m.-1 p.m. Refresher course
- Dinner/Bingo or Dinner/Entertainment (see calendar for date) 4:30 p.m. – 7 p.m.

- Membership Meeting (Unity Club) Last Friday of the month 10:00 a.m.

### Monthly Shopping

**May 6th:** Tuesday at 10:00 a.m. Dr. Robert Rankin from Better Health Medical Center – Lecture on Pain Management Treatments

**May 8th:** Thursday at 10:00 a.m. Elder Law Lecture presented by Meagan Sekscinski, Attorney

May 9th - Friday at 11:00 a.m. Mother's Day Tea Party

**May 15th:** Thursday at 10:00 a.m. Older American's Month Activity – Story Telling

**May 16th:** Friday at 9:00 a.m. Greenwood CHEER members visit Bridgeville Senior Center

**May 22nd:** Thursday at 4:30 p.m. Evening Dinner with entertainment by the Bay City Gospel Group

**May 26th:** All CHEER centers closed for the Memorial Day Holiday

**May 27th:** Tuesday at 9:30 a.m. Bridgeville Senior Center visits Greenwood CHEER

**May 28th:** Wednesday at 9:15 a.m. Trip Day TBD

**May 29th:** Thursday at 10:00 a.m. Greenwood CHEER Membership Meeting (Unity Club)

**May 30th:** All centers closed to attend the Older Americans CHEER Celebration at the CHEER Community Center in Georgetown. Friday at 10:00 a.m.



**Harbour Lights  
Activity Center**34211 Woods Edge Drive  
Lewes, DE**Cristina Tunnell, Director**  
**(302) 515-0001, Ext. 1661****Happenings****Mother's Day Tea**

**J**oin us for a special Mother's Day Tea on May 9th at 10:30 a.m., as we celebrate the extraordinary women in our

lives. Whether you're a mother, a mother figure, or someone who has nurtured and supported others as if they were your own, this event is for you. Bring your favorite teacup, and let's enjoy a relaxing morning together. We want to thank you for your love, care, and guidance for being exceptional women who make the world a better place. Let's gather to sip tea, share stories, and honor the countless ways you make a difference. We can't wait to celebrate you!

Pet therapy is a wonderful way to bring joy, comfort, and emotional support to our community. Interacting with animals has been shown to reduce stress, improve mood, and enhance overall well-being. We're excited to announce our first Pet Therapy session on May 21st at 10:00 AM! Join us for a heartwarming experience as a therapy animal visits, bringing their unconditional love and companionship. It's a beautiful way to connect, relax, and feel the positive impact that animals can have on our lives. We can't wait to share this special moment with you!

Safety is a top priority, especially for our elderly loved ones. We're excited to announce a fun and educational event, Safety Prize Bingo, in collaboration with PAM Rehab, where we'll highlight the importance of safety in everyday life. This event will feature helpful tips, valuable resources, and a chance to win great prizes, all while enjoying a friendly game of bingo! The date will be announced soon, so stay tuned for more details. ●

**ACTIVITIES:**

**May 2nd:** at 10:30 a.m.  
Blood Pressure Checks with  
PAM Rehab

**May 9th:** 10:30 a.m.  
Mother's Day Tea

**May 14th:** 12:15 p.m. AARP  
Defensive Driving Refresher  
Course

**May 20th:** 5:00 p.m.  
Monthly Dinner

**May 21st:** 10:00 a.m.  
Pet Therapy

**May 26th:** Memorial Day,  
Center Closed

**May 30th:** All centers closed  
to attend the Older Americans  
CHEER Celebration at the CHEER  
Community Center in Georgetown.  
Friday at 10:00 a.m.

**Every Week**

**Monday:** Nickel Bingo and  
Mahjongg

**Wednesday:** Nickel Bingo,  
Grocery Store, Bank, Post Office  
and Drug Store

**Friday:** Virtual Chair Yoga and  
Prize Bingo

**Craft Class here at Harbour**

**TUESDAY, MAY 13TH**  
**11AM-9PM**

**YOU EAT- WE GIVE BACK!**

**Present this flyer & Abbott's will donate  
15% of sales back to CHEER, INC..**

**\*Dine In Only; Laurel Location Only**

**\*Must Present Flyer (Printed or Electronically)**

**ABBOTT'S ON BROAD CREEK**  
**111 DELAWARE AVE. LAUREL, DE 19956 | [ABBOTTSGRILL.COM](http://ABBOTTSGRILL.COM)**



### Long Neck Activity Center

Pelican Cove  
26089 Shoppes at Long Neck  
Millsboro, DE 19966  
**Samantha Harper, Director**  
**(302) 515-0001. Ext. 1561**



## Happenings

### TRIPS:

**May 1:** Thursday at 9:15 a.m.  
Trip to Boscovs and food court  
in Dover Mall

**May 7:** Wednesday at 10 a.m.  
M&T Bank credit presentation

**May 8:** Thursday at 9:15 a.m. Trip  
to Dover Air Force Base Museum

**May 12:** Monday at 10:00 a.m.  
Music by Tyler Greene

**May 13:** Tuesday at 9:15 a.m.  
Trip to Kohls and Olive Garden  
in Dover

**May 15:** Thursday at 4:00 p.m.  
Evening Event and Dinner

**May 20:** Tuesday at 9:15 a.m.  
Trip to Parsons

**May 28:** Wednesday at  
12:00 p.m. Birthday Celebration

**May 30th:** All centers closed  
to attend the Older Americans  
CHEER Celebration at the CHEER  
Community Center in Georgetown.  
Friday at 10:00 a.m.

### Every Week

**Monday**  
8:30 Weight Watchers  
12:00 Nickel Poker  
2:00 Knitting and Crocheting



**Maggie Sullivan and Bob Harrison  
celebrating St. Patrick's Day.**

2:30 Penny Bingo  
12:30 Nickel Poker

### Monday

1:30 Hand and Foot  
1:30 Table Tennis

### Tuesday

8:00 Texercise  
9:00 Zumba  
10:15 Tai Chi  
1:00 Mahjongg & Memory Café

**Wednesday**  
8:00 Texercise  
9:00 Michigan Rummy  
12:30 Prize Bingo  
1:00 Bunco

### Thursday

9:00 Zumba  
10:15 Tai Chi  
12:00 Nickel Poker  
12:30 Nickel Poker

### Friday

8:00 Texercise  
10:00 Bible Study  
12:30 Penny Bingo

### Weekly and Monthly

#### Monday

9:15 Walmart

#### Wednesday

9:15 Bank, PO, Drug Store

**Friday** 10:00 Dollar Tree



## 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)





**Milton  
Activity Center**24855 Broadkill Road  
Milton, DE 19968**Ashlyn Elliott, Director**  
**(302) 515-0001, Ext. 1461****Happenings****Older Americans Month**

**M**ay brings beautiful weather but it also promotes awareness and appreciation to our older Americans. Older Americans Month is celebrated each May. This is a time to honor and recognize the contributions and achievements of older adults in our communities. It highlights the importance of aging with dignity, promoting wellness, and celebrating the wisdom and experience that older individuals bring to society. Each year, the observance is marked by events and activities that foster connection, support, and appreciation for older Americans, encouraging people of all ages to engage with and learn from older generations. Milton CHEER is so thankful to all the members, we wouldn't be Milton CHEER without you!

**Mother's Day Appreciation**

To the incredible women who fill our lives with love, laughter, and light. Your unwavering strength, endless patience, and boundless compassion are the foundation of our families. Today, we celebrate with you and thank you for every hug, every word of wisdom, and every sacrifice you've made. Happy Mother's Day to all the wonderful Mothers! ●



**Left to Right: Theresa Costanzo, Anna Martin, Ed Layton, Maria Gamble, Peggy Robinson, Mary Weitzel, Diana Croteau, Marie Phair, Karen Foraker, Charles McCray**

**WEEKLY**

**Every Monday- Friday:**  
Fitness Center Open  
8:00 a.m – 3:30 p.m.

**Mondays:**  
Tai Chi at 9:00 a.m.  
Mingo with Dan Feth  
starting at 12:00 p.m.

**Tuesdays:**  
DMV GO 10 a.m. – 2 p.m.  
Located in Milton CHEER  
parking lot

**Wednesdays:**  
Bible study at 10:00 a.m.  
Bridge Club at 1:00 p.m.

**Thursdays:**  
Mahjong w/ Maryann  
at 12:30 p.m.

**Tuesdays and Fridays:**  
Bingo check calendars  
for times

**Mondays, Tuesdays,  
Wednesdays and  
Thursdays:**  
YOGA, check calendar  
for times.

**Second Wednesday  
of each Month:**  
Stand By Me, Financial  
Educational Resources with  
Janet Hoskins

**First Tuesday  
of Each Month:**  
Blood Pressure Check and  
Chair Exercise with Erin from  
PAM Rehab

**Wednesday of each Month:**  
Trip to Bank, Post Office and  
Drug Store 12:30 p.m.

**Thursdays of each Month:**  
Computer and Smartphone  
clinic 12:00 p.m. – 2:00 p.m.,  
Call us to set your  
appointment.

**Fridays of each Month:**  
\$2.50 Breakfast for those  
60 and over 60  
\$4.50 breakfast for guests  
under 60  
Trip to Dollar General  
1:00p.m.

**ACTIVITIES:**

**May 2nd:**  
Friday, 10:00 a.m. Women's  
Mamo Clinic importance and  
Information/appointment  
scheduling with Parker Boots

**May 8th:**  
Thursday, 12:00 p.m. May  
Birthday Celebrations, Come  
Celebrate our members  
Birthdays with Ice cream!

**May 12th:**  
Monday, at 9:00 a.m. Trip  
to Byler's and Lunch Out.  
Bus Departs Milton CHEER  
Center at 8:00am.

**May 16th:**  
Friday, at 10:00 a.m.  
Mother's Day Celebration  
and Mary Kay Skin Care  
with Ruthann

**May 21st:**  
Wednesday, 4:00 p.m. to  
6:00 p.m. Mother's Day  
Dinner and Bingo \$8.00  
60 and over, \$9.00 under 60.

**May 30:** All centers closed  
to attend the Older Americans  
CHEER Celebration at the CHEER  
Community Center in Georgetown.  
Friday at 10:00 a.m.



## Ocean View Activity Center

30637 Cedar Neck Road  
Ocean View, DE 19970

**Yolanda Gallego, Director**  
(302) 515-0001, Ext. 1761



## Happenings

### Welcome May!!

**H**appy Older Americans Month – this year's theme is "Flip the Script on Aging!"

The ACL's (Admin. for Community Living) theme this year "focuses on transforming how society perceives, talks about, and approaches aging."

Join us here in OV to do just that – with our fitness activities, we can get you moving, our games, activities and speakers will keep your mind working, and our friendships will keep you coming back for more!

Be sure to sign up for our dinner on Tuesday, May 20th, as our very own Ocean View Players will entertain us with "Angels with Dirty Faces"!

On Wednesday May 28th, we're encouraging everyone to try to get a little more active for National Senior Health & Fitness Day – so stop by to use your Fitness Center and stroll around the parking lot with us after lunch!

Check out all of our other

events going on under Special Happenings and remember that for the month of May, everyone 60 and over gets to eat lunch for \$1!

May flowers smile upon you and bring you happiness, ●

Please refer to our monthly calendar for our regularly scheduled daily activities.

### Outdoor Activities have Resumed (weather permitting)!

**In May: Mondays** at 9:15 a.m., Corn Hole in our parking lot, near our bus; **Tuesdays** and **Thursdays** at 9 a.m., Pickleball in our parking lot;

**Wednesdays** at 10 a.m., Bocce next door at John West Park.

### MONTHLY TRIPS:

**May 1st:** Thursday 9:30 a.m. The Sunny Bay Café and Tanger Outlets, Rehoboth Beach (group choice, pick one).

**May 2nd:** TBD

**May 8th:** Thursday 10:00 a.m. Clear Space Theatre in RB for "Spring Awakening", \$30, please pay at sign up! Late lunch afterwards at The Purple Parrot.

**May 9th:** Friday, 10:30 a.m. RB Boardwalk Stroll followed by Mother's Day Luncheon at Victoria's at 11:30 a.m.

**May 15th:** Thursday 9:30 a.m. – Tentative – Discovery Battery 519 Fort Miles Tour at Cape Henlopen State Park in Lewes, \$6 and Thompson Island, RB.

**May 16th:** Friday 9:30 a.m. Super Walmart and Surf & Turf in Milford.

**May 22nd:** Thursday, 9:30 a.m. The Farmer's Porch and Titanic Pizzeria, Milton.

**May 23rd:** Friday 9:45 a.m. The Shops at Heneghan's Run in Ocean View and The Salted Rim, Millville.

**May 29th,** Thursday 9:30 a.m. Doyle's for Breakfast/Lunch followed by Harris Teeter and Ice Cream Shop.

**May 30:** All centers closed to attend the Older Americans CHEER Celebration at the CHEER Community Center in Georgetown. Friday at 10:00 a.m. See Yolanda for your ticket.

### SPECIAL HAPPENINGS:

**May 1st – May 22nd:** Thursdays at 1 p.m. Spring Matter of Balance Class continues, wrapping up on the 22nd.

**May 6th:** Tuesday at 11:30 a.m. Mark Gratton on Piano, entertaining us over lunch!



**Anna Bell Reid with Therapy dog Boulder today in Ocean View**

**May 12th:** Monday at 10:45 a.m. Joyful Living Discussion Group with Andrew S., 2nd Monday monthly.

**May 13th:** Tuesday at Noon "Helpful Tips with the Register of Wills", Greg Fuller!

**May 20th:** Tuesday at 12 Noon, Arts & Crafts Club with Judi and Tricia, 3rd Tuesday monthly.

**May 20th:** Tuesday at 5 p.m. Dinner & Play! "Angels with Dirty Faces" by our own OV Players and Directed by Murry Gatling, \$10 Members, \$15 Guests. Please sign up and pay in advance.

**May 27th:** Tuesday at 11:45 a.m. PAM Rehab Lunch 'n Learn with Erin Scharp.

**May 28th:** Wednesday, National Senior Health & Fitness Day! We'll play some Fitness Bingo, Walk the Parking Lot and try to get Everyone to use our Fitness Room today!



**Our Center through a cherry tree**



**Mahjongg/card players Dottie Steele, Louise LaManna, Judy Condon, Mary Ellen Henry & Kathy Brendel**



**Hand & Foot card players Louise LaManna, Carol Strott & Char Koller**



**Roxana Activity Center**

34314 Pyle Center Road  
Frankford, DE 19945

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

**Happenings**

**N**orma is one of our CHEER members who is talented at creating art projects. Not only is she selling the crafts she has made, but she has generously offered to teach everyone at our center how to make them with the goal of donating them to support the growth of our center. Please come out to support and purchase one of Norma's beautiful items on sale for \$7.00. ●



**Alice Godwin**



**Musical Bible Study with Pastor Dan and Betsy**

**WEEKLY**

**Monday - Friday:**  
CHEERful Morning Café at 9:30 a.m.

Lunch 11:30 a.m. Wordle (Earn candy on Friday)

**Tuesday:**  
Prize Bingo 10:30 a.m. (\$1 Donations)  
Uno Challenge 10:30 a.m.

**Wednesday:**  
Breakfast at 9:30 a.m.

**Friday:**  
Memory Café with Christie Shirey 12:15 p.m.

**BI-WEEKLY:**  
**Friday:**  
Chair Yoga with Barbara 10:30 a.m.

**“NEW” on Friday:**  
Chair Zumba with Marty 10:00 a.m.

**TWICE A MONTH:**

**Monday:**  
Music Ministry with Pastor Dan & Betsy Taylor 10:00 a.m.

**MONTHLY**  
**Monday:**  
Shopping—Grocery, Bank, P.O. and/or Drug Store



**Bingo at the center**



**First Wednesday of the Month:**  
Blood Pressure Screenings by PAM Health 11:00 a.m.  
Hangman Game 11:00 a.m.  
Movie with Popcorn 11:00 a.m.  
Card Game 11:00 a.m.

**Thursday:** Weekly/Monthly Trips (sign-up required)

**May 1:** Trip to Byler's Country Market, Harrington, DE

**May 15:** Trip to Parsons Farm Produce, DE

**May 22:** Trip to Zwaanendael Museum and McDonalds- (Optional) Lewes, DE

**May 29:** Walmart Supercenter Georgetown, DE



**Imagine Singers**

**ACTIVITIES:**

**May 8th:**  
Thursday, 10:30 a.m.  
Mother's Day Celebration

**May 8th:**  
Thursday, 12:00 p.m.  
Norma's Mother's Day Craft

**May 13th:**  
Tuesday, 10:00 a.m.  
Financial Empowerment with Janet Hoskins

**May 14th:**  
Wednesday, 10:30 a.m.  
Delaware Public Health with Cheryl

**May 20th:**  
Tuesday, 10:30 a.m. Safety Bingo with Erin from Pam Health

**May 30th:** All centers closed to attend the Older Americans CHEER Celebration at the CHEER Community Center in Georgetown. Friday at 10:00 a.m.



# CHEER’s Sand Hill Adult Day Program



Bingo being called by our aide Sandy Mann.



World puzzle put together by Ava Allen.



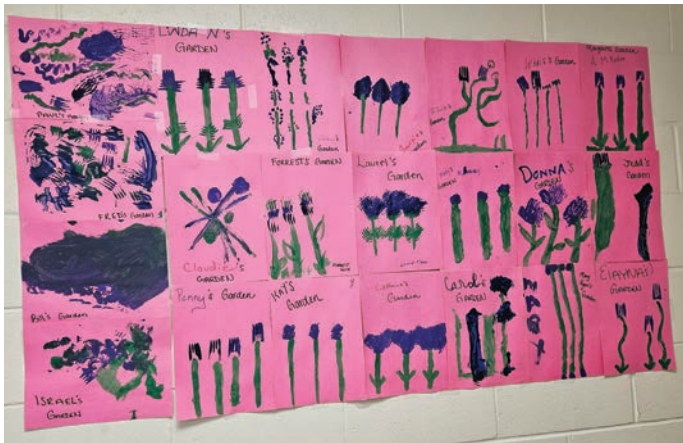
Annie Margaret Kesler (100 years old) playing BINGO with an assistive from the DATI organization borrowed for our use by Elayna Tush an Occupational Therapy student.



Linda Netzel and Mary Pagnotta working on their crossword puzzle.



Crosswords puzzle with Elayna Tush Occupational Therapy student and Sandy Mann.



Art project done with members and Elayna Tush, Occupational Therapy student.

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**  
Over 50 Years Serving Sussex Seniors

**CHEER COMMUNITY CENTER**  
20520 Sand Hill Rd., Georgetown, DE  
Call Cindy at (302) 212-4482 or email [cindym@cheerde.com](mailto:cindym@cheerde.com)



# Miller Trusts

**D**o you have aging parents or loved ones in Delaware that will need help paying for their nursing care? If so, Medicaid may pay for their nursing care costs but you must qualify. If your income is too high for the state limits to traditionally qualify for Medicaid, there is a way to help.

Delaware is an “income cap” state and in order to qualify for Medicaid in Delaware, you must have no more than a set amount of total monthly gross income. If your total monthly gross income is above the state limit [currently set at \$2,417.50 for 2025], then in order to qualify for Medicaid benefits you must setup an Irrevocable Income Trust also known as a “Miller Trust.”

A “Miller Trust” is a special purpose trust set up and used in conjunction with a bank account to hold the excess monthly income that a person earns, over and above



the state limit or “cap”. Miller Trusts allow individuals to receive Medicaid benefits for long term care services, like nursing home care, if their incomes are above the Medicaid eligibility limit.

When a Miller Trust is established, the person’s income is deposited into the trust which is used to pay for the cost of their care.

## What will a Delaware Miller Trust pay for?

The income deposited into the trust will be used to determine the individual’s Patient Pay Liability, which is the amount they are required to pay towards the cost of their care. However, before paying the Patient Pay Liability, the income can be used for other things such as:

- Community spouse – if the individual is married, the funds from the Miller Trust can be used towards the amount of money their spouse requires for monthly expenses, also known as a Minimum Monthly Maintenance Needs Allowance. If the spouse’s income is less than their monthly bills then the amount they fall short can be deducted from this trust account each month. Example – Mike enters a nursing home, his income is \$2,500 and is entered into the Miller Trust. His wife Pat has an income of only \$700 but her monthly expenses are \$1,400. They can use \$700 each month from his income to make up the shortfall of income for Pat.
- Medicare premiums
- Medical costs not covered by Medicaid.

Upon the person’s death, funds remaining in the Miller Trust are used to reimburse the State’s Medicaid program for the cost of the care that the person received.

Specific rules apply to the establishment and use of Miller Trusts. Anyone interested in setting up a trust should consult with an elder law attorney. Stand By Me cannot help to open a Miller Trust, but can help you to plan your budget while using a Miller Trust.

**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.**

Stand by me is not affiliated with CHEER.



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

## 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







# Join CHEER’s Travel Club for an unforgettable five-day journey to Niagara Falls and upstate New York!



Formed over 12,000 years ago by melting glaciers carving out the majestic Niagara River, the Falls straddle the border between New York State and Ontario, Canada, creating one of the world’s most breathtaking natural wonders. Experience the awe-inspiring power and beauty up-close aboard the legendary “Maid of the Mist,” cruising right into the heart of the basin. Capture spectacular panoramic views from the Observation Tower, showcasing all three magnificent waterfalls—Horseshoe Falls, American Falls, and Bridal Veil Falls.

Our adventure continues beyond the falls, featuring a leisurely cruise along the historic Erie Canal, and a scenic drive through New York’s enchanting wine country with a delightful stop for wine tasting at a charming local winery. Embrace the vibrant fall foliage, adding splashes of brilliant color to every moment of the journey. The trip concludes with an engaging guided tour of Buffalo, including a fascinating visit to the Buffalo Pierce Arrow Museum. This Travel Club excursion promises natural wonders, rich history, and wonderful camaraderie!

Departing September 22 from Milton CHEER, enjoy admission to more than five popular sights, comfortable hotel accommodations for four nights and eight meals for only \$755 per person (double occupancy). Traveling solo? Enjoy all of this for only \$170 more.

Reserve your seat for only \$75 per person, but hurry! The deadline to register is May 22! The final payment is due July 15, 2025.

Looking for more destinations? Join the

CHEER Travel Club when they travel to The Ark Encounter and Creation Museum 6/23-6/28, Atlantic City from November 2-4, 2025 and celebrate Christmas in New York City, December 6-8, 2025.

For more information visit CHEER Travel Club online at <https://www.cheerde.com/travel-club/>, email [travel@cheerde.com](mailto:travel@cheerde.com) or call 302-515-0001 Ext 1100.



## CHEER Travel Club Presents Multi-Day Trips

### Niagara Falls, USA Tour # 2197266

Mon. Sep. 22 to Fri. Sep. 26  
5 Days / 4 Nights  
Reservation Deadline 5/22/2025  
Final Payment 7/15/2025  
**\$755\*** per person  
(based on double occupancy  
add \$170 for single occupancy).



### Christmas in New York City The Big Apple Tour Tour # 2152311

Sat. Dec. 6 to Mon.  
Dec. 8 - 3 Days / 2 Nights  
Reservation Deadline 8/6/2025  
Final Payment 9/29/2025  
**\$479\*** per person  
(based on double occupancy  
add \$139 for single occupancy).



### Atlantic City Tour # 2203382

Sun. Nov. 2 to Tue.  
Nov. 4 - 3 Days / 2 Nights  
Reservation Deadline 7/2/2025  
Final Payment 8/26/2025  
**\$339\*** per person  
(based on double occupancy  
add \$102 for single occupancy).



### Details:

#### Reservation for all Multi-Day Trips is \$75.

All Multi-Day trips depart 8 a.m.  
from Milton Activity Center  
24855 Broadkill Road, Milton, DE  
A group Trip Minimum of 35  
Passengers/Maximum  
of 52 Passengers is required.

For information and/or reservations  
contact **CHEER Travel Club:**  
(302) 515•0001 ext. 1100  
or email [travel@cheerde.com](mailto:travel@cheerde.com)

Visit: [www.cheerde.com/travel-club/](http://www.cheerde.com/travel-club/)

### Cancellation Policy:

If the group trip minimum  
of 35 passengers is not met  
by final payment date, then the tour  
will be cancelled and all monies  
paid will be refunded.

If an individual passenger needs  
to cancel the trip up to 2 weeks prior  
to departure date, and the minimum  
of 35 passengers has been met,  
then a full refund will be issued.

**ADD SOME PEACE OF MIND  
TO YOUR TRIP!** Travel Confident®  
Trip Protection Plan  
is available for purchase,  
[www.travelconfident.com](http://www.travelconfident.com)







# Asparagus is an A+ Veg!

**A**sparagus is a vegetable available year-round but is best enjoyed during its peak availability in the spring. When you buy asparagus fresh from the farmers market or grocery store, it's best to eat it right away as the delicate stalks can spoil quickly.

Asparagus pairs well with lots of other spring vegetables and flavors—like peas, garlic or new potatoes. It can be enjoyed raw in salads or dipped into light dressing as a snack, stirred into soups, or served simply roasted as a side.

If you need more reasons to enjoy this tasty and nutritious vegetable, read on to discover all the ways asparagus is good for you.

It's a blood pressure booster: Asparagus contains potassium, an important nutrient for keeping your heart, bones, kidneys and nerves functioning and healthy. It also consists of a compound

called asparaptine, which may help improve blood flow, and in turn, may decrease blood pressure.

It's a cancer fighter: Asparagus is rich in glutathione, which helps break down carcinogens and other harmful compounds like free radicals. Eating asparagus may help protect against and fight certain forms of cancer, such as bone, breast, colon, throat, and lung cancers.

It's an awesome anti-aging and anti-inflammatory veg: Packed full of antioxidants, asparagus may help slow the aging process and reduce inflammation in the body.

It's a brain buddy: Asparagus is rich in vitamin B12, which has been shown to increase cognition and slow mental decline. Foods rich in B12 are especially important to eat as we get older, because our bodies aren't able to absorb this critical nutrient as readily as we age. ●

## Healthy Chicken and Wild Rice Soup

This recipe features a seasonal spring favorite, asparagus. It's high in protein, low in sodium, and rich in heart healthy potassium and bone-protective calcium.

*Recipe and nutrient analysis provided by:  
Lisa Harkins, RD, LDN, CHEER Dietitian*

**Makes 8 servings.**

### Ingredients ~

- 1 cup uncooked wild rice
- 3 garlic cloves, minced  
(or 1 TBSP pre-minced garlic)
- 1 cup yellow onion, diced
- 2 cups fresh carrots, diced
- 2 cups fresh asparagus, diced
- ½ stick (4 TBSP) unsalted butter
- 1 cup all-purpose flour
- 4 cups low-sodium chicken broth
- 4 cups cooked chicken, diced
- 1 teaspoon thyme
- 1 bay leaf
- 1/2 teaspoon nutmeg
- 4 cups low-fat milk (2%)
- Salt and fresh ground pepper to taste



### Directions ~

1. Prepare wild rice per manufacturer's directions (using water versus chicken broth for lower sodium content of soup), set aside.
2. Mince the garlic (if fresh/raw). Dice the onion, carrots, and asparagus.
3. In a large soup pot or Dutch oven, melt the butter, then add the garlic and onion, sautéing until tender. Add the carrots and asparagus. Continue to cook the vegetables until tender.
4. Mix in flour and cook over low heat for approximately 8-10 minutes, stirring frequently, creating a roux.
5. Pour in the 4 cups chicken broth slowly, using a wire whisk, blending contents until smooth.
6. Dice cooked chicken. Add chicken and seasonings to vegetables, and then slowly add in the milk. Simmer for 20 minutes.
7. Fold in prepared wild rice, stir, add salt and pepper to taste.

#### Nutrition Info per serving (1 C) ~

|                   |                  |
|-------------------|------------------|
| Calories 335      | Cholesterol 55mg |
| Protein 23g       | Sodium 162mg     |
| Carbohydrates 38g | Potassium 582mg  |
| Total Fat 10g     | Calcium 179mg    |
| Sat Fat 6g        | Fiber 3g         |



## Special Flag Presentation Ceremony

In the heart of our CHEER Apartments in Georgetown resides a quiet hero, Mr. Cook, affectionately known as “Cookie.” A Navy veteran,

Mr. Cook has taken it upon himself to ensure our community’s American flag flies proudly each day. Recently, Mr. Cook mentioned to representatives at Fairville, the company that manages CHEER Apartments, that the flag had become tattered, a testament to its faithful service. Everyone agreed the flag would need to be replaced and assured Mr. Cook that this issue would be addressed immediately. Little did “Cookie” know, his dedication would soon be met with a gesture of profound appreciation on March 27, 2025.

Mr. Cook recently underwent triple bypass surgery, a challenging ordeal. Thankfully,



he has returned home, his spirit as strong as ever. In recognition of his service to both our country and our community, CHEER and Fairville arranged for a special -- and surprise -- tribute to Mr. Cook.

CHEER invited residents of Mr. Cook’s building and local dignitaries to a meeting in CHEER’s Community Center in Georgetown. After breakfast and the introduction of dignitaries in attendance, announcements and discussion relating to topics of interest to residents followed. The

highlight of the morning was the surprise recognition of Mr. Cook closed out the meeting.

Fairville secured the donation of an American flag that was flown over the United States Capitol and presented it to Mr. Cook as a symbol of appreciation, honor and respect. He was also presented with a proclamation by the Delaware General Assembly. The event concluded outside at the community’s flagpole. ●

## Wheels For Meals Returns For 15<sup>th</sup> Anniversary Year

Fifteen years ago, CHEER’s Car-Truck-Bike Show, a fundraising classic, “Wheels for Meals”, was created so that no Sussex County Senior would go hungry. Over the years, it has grown as many special people entered and attended. The support CHEER’s Meals on Wheels program receives is essential support for the program throughout the year.

This year the “Meals for Wheels” fundraiser for Sussex County Seniors will take place on Saturday, September 20 from 10 AM to 2 PM at the Milton CHEER Center located at 24855 Broadkill Rd in Milton, DE. This is because the traditional site for the show, the Warren L. and Charles Allen, Jr. Community

Center in Georgetown, will be experiencing construction that will provide much-needed housing for seniors.

Attendees can expect to see a wide variety of cars, trucks and motorcycles as well as enjoy food trucks, music and more. There is no fee for the public to attend, but donations will be accepted.

A special addition to the show this year will be a Model Car Show inside the Milton CHEER Center. Visitors will enjoy not-seen-before, very rare, 100% true classic models from an automobile historian’s private collection museum and other displays.

For those participating in the show, there will be

multiple prizes awarded. For any car, truck or motorcycle that preregisters, the fee is \$20. For those who enter the day of the show it will be \$25. Registration is accepted online, in person at the Warren L. and Charles Allen, Jr. Community Center in Georgetown (from 8 a.m. to 4 p.m., Monday through Friday), or by mail. CHEER welcomes business and community sponsorships in support of this important fundraising event.

The Wheels for Meals Fundraising Classic Co-Chair, Walter Koopman, encourages all to attend saying, “Bring the family and kids and enjoy the day with us!”. ●

For more information, to sponsor, or to register online visit

[www.cheerde.com/car-show](http://www.cheerde.com/car-show).  
Inquiries may be directed to [cheerevents@cheerde.com](mailto:cheerevents@cheerde.com) or 302-515-0001 x 1162.

**15<sup>th</sup> Annual Fundraising Classic**  
**Wheels for Meals**  
Car - Truck - Bike Show  
2025

**Saturday, September 20<sup>th</sup>**  
**10 a.m. - 2 p.m.**  
(Rain Date Sunday Sept. 21<sup>st</sup>)  
PRIZES - FOOD TRUCKS - MODEL CAR SHOW  
To Benefit CHEER Meals on Wheels  
Milton CHEER Activity Center  
24855 Broadkill Road • Milton, DE 19968

**CHEER**  
Over 40 Years Serving Sussex Seniors  
CAR - TRUCK - BIKE SHOW • \$20 Pre-Registration • \$25 Day of Show  
For Information and Registration:  
(302) 515-0001 ext. 1162 or [www.cheerde.com/car-show/](http://www.cheerde.com/car-show/)





Open to the Public  
Monday thru Friday

Breakfast 7 - 10 a.m.  
Lunch 11 a.m. - 2 p.m.  
Dine in or Grab 'n' Go

*Place your order for pickup!*

Cash, Check and Debit/Credit Cards Accepted!

CALL: 302-854-9500

OR EMAIL: [jbivens@cheerde.com](mailto:jbivens@cheerde.com)

### BREAKFAST Served 7 to 10 a.m.

**Breakfast Sandwich** \$4.00  
Egg and Choice of Bacon, Sausage or Scrapple

**French Toast Platter** \$4.00  
French Toast w/Bacon or Sausage

**Chicken Biscuit** \$3.00

**Scrambled Egg Platter** \$4.00  
Scrambled Eggs and choice of Bacon  
or Sausage and Biscuit

**Omelet** \$4.00  
Cheese, Veggie or choice of Bacon or Sausage

### FRIDAY ONLY:

**Cream Chipped Beef over Biscuit** \$4.00  
\*\*\*\*\* Turkey Sausage Available \*\*\*\*\*

### LUNCH MENU Served 11 a.m. to 2 p.m.

Available Daily

**Salad of the Day** (Chicken or Tuna)  
Served on a Croissant Roll \$4.00

**6 Inch Cold Cut Sub** \$5.00

### Beverage & Dessert

12 Ounce Coffee/Tea \$1.00

Can of Soda \$1.25

Dessert of the Day \$2.00

### Weekly Specials

**Monday:** Fried Chicken (5 pcs) \$5.00

**Tuesday:** Hot Dog \$4.00  
With Fries \$6.00

**Wednesday:** Cheeseburger \$5.00  
With Fries \$7.00

**Thursday:** Chicken Tenders \$4.00  
With Fries \$6.00

**Friday:** Changes Weekly  
Check Website and CHEER Facebook



**Sand Hill Café**  
20520 Sand Hill Road  
Georgetown, DE 19947

# BBQ FRIDAYS



## Starting in May Through Labor Day

BBQ Chicken Leg Quarter,  
Potato Salad, Baked Beans  
& Cornbread

*Add a Mini Pie for \$1*

**\$15**

