

JUNE 2025  
FREE

# CHEERful LIVING

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

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## SUMMER FUN AT CHEER



*"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



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Georgetown CHEER  
Volunteer of the Year



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Day Trips Announced!



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Cruise-In

## CHEER Staff

**Beckett Wheatley**  
CEO

**Tom Reardon**  
Chief Operating Officer

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**Debbie Joseph**  
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**Christie Shirey**  
Community Support Specialist

# CEO Perspective

**A**s I think about the month of June, it brings back memories of freedom and relaxation, such as when school closed out for the year and summer was upon us, but it really makes me think about Fathers' Day and my dad and the many lessons taught by him.

My dad instilled in me not just strong work ethics, but that I should always listen to what people have to say, carefully consider what is said, be fair and kind, and don't ever think that any of it is a sign of weakness.

Another interesting lesson I learned is to always firmly shake a person's hand and look them in the eyes when you meet them. I once lost a potential boyfriend because he failed to do that with my dad. Don't be weak and show your confidence! Growing up with my six brothers, we always had to make sure our chores were done before my dad got home from work. Even though many hands make lighter work, I felt that with being the only girl, I was in charge to make sure everything was done to my dad's (and my) satisfaction. My dad passed away on my birthday in 2012. I eventually realized that it was a beautiful gift to always remember him and all that he taught me.

As we grow older, we often feel we've earned the right to rest on our experience. And while wisdom certainly comes with age, some truths remain hard to hear—no matter how much life we've lived. Words like "You still have more to give," or "Comfort can become a cage," challenge us to stay engaged and purposeful, even when society subtly tells us to slow down or step aside. But these words matter. They remind us that strong work ethics aren't just for the young, they are a lifelong virtue. Discipline, follow-through, and a commitment to doing our best are habits that enrich not just our work, but our character. Whether it's contributing to a community, mentoring younger generations, or learning something new, the willingness to stay active and accountable keeps us vital.

The truth is growth doesn't stop with age. Older adults carry a unique strength: the ability to combine experience with effort. By continuing to embrace hard truths and strong values, we set an example—not just of what we've done, but of who we continue to be. And in doing so, we prove that dignity and purpose aren't tied to age, but to attitude and action. Pass it on. ●



**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).**



## Meet Georgetown CHEER's Volunteer of the Year!

**V**olunteers are the heart of what we do at CHEER. At our annual Volunteer Appreciation Dinner in April, we selected the 2025 CHEER Volunteer of the Year. We recognized Richard (Dick) Durbano, as well as each of the nominees selected by each of our Center Directors. From now through the end of the year, we will introduce each of these special individuals and highlight how their generous gift of time makes a difference every day! This month, we salute Roxane Turiano from CHEER's Georgetown Senior Activity Center!

### 1. How does it feel to be chosen as a Volunteer of the Year for your CHEER center?

I was very surprised! It was a wonderful feeling hearing that they think I am doing a good job.

### 2. Tell us about your background. How did you spend your time before you retired and became a volunteer?

Before retiring and moving to Delaware, I was an elementary school teacher for 35 years. Then, for a few years, I was a home companion. I loved both situations.

### 3. Do you have any hobbies, interests, favorite teams or destinations?

My favorite activities are spent with family and friends, beach vacations with family, get togethers for special occasions or just spending time together, going out or away with friends or just having them over.

### 4. How many years have you been coming to the center?

Start date – 08/31/2020

### 5. How many years have you been a CHEER volunteer?

I have volunteered for 15 years.

### 6. How has volunteering with CHEER impacted you personally?

It feels good to know that I am helpful to others – even if it is in a small way.



**Volunteer**  
**Roxane Turiano**

### 7. What initially drew you to volunteer with CHEER?

When I first moved to Delaware in 2016 and I retired, I was looking for something as a volunteer that would be helpful or beneficial to others. I saw an article in the paper that talked about Meals on Wheels. It mentioned they needed volunteer drivers so I decided to investigate it. I liked the people at CHEER, the clients I met, and the whole idea of the program, so I decided to volunteer.

### 8. What advice do you have for current and future CHEER volunteers?

Treat all the clients with kindness and concern. For some, we are the only other people they interact with on many days.

### 9. Tell us about a time you knew your volunteer efforts helped others that you'll never forget.

Most of my clients are very appreciative of the Meals on Wheels program and, after chatting for a few minutes, they will always thank me for their meal. One day though I was at a client's home longer than usual – I brought the meal in and was in the kitchen talking to the client and his wife. As we were all talking, the client fell off the chair and was bleeding. Not at all what I had planned for the day! While his wife took care of him, I called 911, gave them information and then waited outside for the ambulance (so they could find the house) and waited inside with the wife until the ambulance EMTs had him ready to go. His wife was very glad not to be alone.

Everyone at CHEER appreciates the contributions of our volunteers; without them, so much of what we do for seniors across our county would not be possible. Please join us in recognizing Roxane Turiano from CHEER's Georgetown Senior Activity Center!

Every day across Sussex County, quiet acts of courage and compassion light the way through the darkness of Alzheimer's disease. This month, as we mark Alzheimer's Awareness Month, we choose not to dwell on the disease itself, but to honor the people who meet its challenges with love and resilience: the caregivers. These unsung heroes—often spouses, adult children, and friends—give so much of themselves to care for those struggling with dementia, turning ordinary moments into extraordinary acts of grace.

Alzheimer's is a devastating illness that gradually robs individuals of memory and independence. More than 6 million Americans are living with this disease today, and behind each of them is usually a dedicated caregiver. In fact, over 11 million Americans provide unpaid care for loved ones with Alzheimer's. It's a role that can be physically exhausting and emotionally draining, as caregivers juggle medications, daily routines, and the heartache of seeing memory fade. Yet through this heavy toll, caregivers consistently show remarkable strength, patience, and even moments of tenderness and humor. Their strength, grace, and courage in the face of Alzheimer's inspire us all.

At CHEER, Inc., we see these everyday heroes up close and are committed to supporting them. CHEER offers several Caregiver Resources right here in Sussex County to help ease the journey. For example, our Caregiver Support Groups allow those caring for a loved one to share experiences and learn from one another, so no one has to feel alone in this struggle. We also host Memory Café gatherings – informal social events with fun activities to help maintain memory skills – which are especially helpful for individuals with memory loss and their caregivers. Additionally, caregiver resource libraries at CHEER centers provide educational videos, guidebooks, and knowledgeable staff ready to assist families in finding answers. These programs and resources offer a lifeline of understanding, relief, and practical advice. Just as important, they

## *A Beacon of Hope: Honoring ALZHEIMER'S Caregivers This Awareness Month*



create spaces where caregivers can laugh, relax, and find camaraderie – small but vital moments of respite and connection.

Encouragingly, even as caregivers carry the day-to-day burden, scientists are working hard to lighten that load in the future. After decades of frustration, the past couple of years have brought real breakthroughs in Alzheimer's treatment. For the first time, new medications are not just treating symptoms but actually slowing the disease's progression. One major clinical trial showed that a drug called Donanemab was able to slow early-stage Alzheimer's decline by about 35%, echoing similar results seen with another new therapy, Lecanemab. These treatments, approved by the FDA in 2023 and 2024, don't cure Alzheimer's, but they can give families something profoundly precious: more time. More time to share stories, hugs, and moments of recognition – more time to simply be together.

Researchers are also uncovering hopeful news about prevention. A 2024 report from researchers suggested that up to 45% of dementia cases could be prevented by addressing key lifestyle factors ([alzdiscovery.org](http://alzdiscovery.org)). In other words, steps like staying socially active, exercising, eating healthily, and managing conditions like diabetes and high blood pressure might dramatically reduce the risk of Alzheimer's. This is a powerful reminder that even as we hope for new medicines, there are things we can do now to foster healthier brains and communities. Perhaps

most astonishing, early-stage research is exploring ways to reverse the damage of Alzheimer's. In laboratory studies, scientists have succeeded in restoring lost memory function in Alzheimer's mice ([pennmedicine.org](http://pennmedicine.org))—even when treatment was started later in life ([pennmedicine.org](http://pennmedicine.org)). It's still a long road from mouse studies to human treatments, but these discoveries spark real hope that future generations may live in a world where Alzheimer's is no longer feared.

This sense of hope is something we carry with us at CHEER as we stand by our caregivers. We know that until there is a cure, caregivers remain the heart of the Alzheimer's story. They are the daughters who gently remind a mother with dementia how to brush her hair each morning; the husbands who, even when their own names are forgotten, still hold their wife's hand at every doctor's visit. Their compassion and resilience shine through the toughest days, illuminating a path of dignity and love for those most vulnerable. So this Alzheimer's Awareness Month, let us salute the caregivers—those who give so much of themselves to ensure that no one walks this journey alone. You are not alone either: your CHEER family and the wider community see you, appreciate you, and are here to support you every step of the way. In the fight against Alzheimer's, you are the beacon of hope guiding us all forward. ●

# Discussion on Respite Care

One of the hardest challenges for Caregivers is to find time for themselves. The constant 24/7 job of caregiving leads to burnout, stress and other health problems. Respite Care may be a solution that will allow you the time to care for yourself, as well as your loved one. Respite Care can be found in several forms.

CHEER holds several Memory Café sessions at various centers each week. Bringing your loved one to Memory Café can provide a fun and safe environment for your loved one while you take an hour or so to relax, have lunch or maybe just sit and read a bit. There are also support groups for caregivers available during some of these sessions. There is no charge for Memory Café and you can find out more by calling Christie Shirey on (302) 515-0001 ext. 1061.



Mr. Man says sometimes you just need to sit down

CHEER also offers dependable and compassionate respite services to give caregivers a break. You may need a few hours, a whole day or maybe even a weekend. For more information on

cost and availability, call Personal Assistance Services coordinators at (302) 854-9555.

The Sand Hill Adult Day Program is designed to engage members socially, intellectually and creatively, based on their individual needs and functional ability. A continental breakfast is served each day along with a nutritious daily lunch and healthy afternoon snack. Group activities focus on mental and physical fitness with active staff participation. Activities change constantly according to the needs of members so that no one is left out no matter their condition at any given moment. Members can attend five days a week, one day a week, or any time in between. To get more information on this program call (302) 854-2882.

Please contact the CHEER Caregiver Support Center for more information by calling Christie Shirey at (302) 515-0001 ext. 1061 or email at [cshirey@cheerde.com](mailto:cshirey@cheerde.com).

**Georgetown Memory Cafe**  
Tuesdays 9:30-11:30 a.m.

**Greenwood Memory Cafe**  
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 a.m.

**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.

## 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



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

## June Is Men's Health Month!

Americans are living longer than ever, but American men still aren't living as long as American women. The average life expectancy for men in the US is now roughly 75 years. For women, it's more than 80.

Exactly why men are shorter-lived than women isn't entirely clear. Even in infancy, boys run a higher risk of dying than girls and researchers aren't sure why. However, research suggests that a leading reason for the "longevity gap" between men and women is that men don't take care of themselves as well as women do.

For example, surveys have found that women are much more likely to have a regular healthcare provider and to see their provider within the course of the year than men are. Men are also more likely to engage in "risky" behaviors – like smoking and drinking heavily – than women. Experts agree that by taking better care of themselves, men can increase their odds of living healthier, longer lives. ●

- **Bone health evaluation**—Periodically. Osteoporosis is not just a women's disease. Your healthcare provider should evaluate your risk and possibly recommend further testing. Remember: exercise strengthens the bones at any age.
- **Blood pressure check**—At least once a year.
- **Cholesterol test for high blood cholesterol levels**—Cholesterol screening should be done after consulting with your healthcare provider. Screening frequency depends on your age and general health.
- **Diabetes check**—At least once; if you have high blood pressure or high blood cholesterol levels, or diabetes runs in your family, get checked every three years
- **Screenings for Prostate Cancer and Colorectal Cancer**—Geriatrics experts now do not recommend screening for either colorectal or prostate cancer without first considering life expectancy. Studies have shown that the short-term risks may not be worth the benefits if life expectancy is under 10 years. You should talk to your healthcare provider if you have any concerns about these screenings.
- **Hearing and vision screening**—Every year.
- **Depression screening**—If you feel down, sad, or hopeless for two or more weeks, or have little interest in or get little pleasure from things you once enjoyed, you may be depressed. Don't try to "tough it out." Untreated depression is bad for your mental

and physical health. Talk to your healthcare provider and get the treatment you need.

● **Abdominal aortic aneurysm screening:** Once between the ages of 65 and 75 if you've ever smoked. An abdominal aortic aneurysm is an enlarged or swollen blood vessel in your abdomen that can be dangerous. If your healthcare provider finds you have an abdominal aortic aneurysm, it can be treated.

● **Dental check-up**—As often as your dentist recommends, and at least once a year. Your dentist should clean your teeth and check for cavities. If you wear dentures, they should be checked to make sure they still fit properly. Your dentist should also check for signs of diseases of the mouth, including cancer.

● **Sexually transmitted disease screening**—If you are sexually active but not in a monogamous relationship, these screenings are important at any age. Talk with your healthcare provider about this and how to practice safe sex.

● **Discussion about sexual concerns**—Erectile dysfunction (ED), or difficulty getting or maintaining an erection, is relatively common among older men. You should let your healthcare provider know if you have ED both because it can be treated and because it can be an early warning sign of heart and artery disease.

● **Other screening tests**—As recommended by your healthcare provider.

*DISCLAIMER: This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care provider. Always consult your healthcare provider about your medications, symptoms, and health problems. June 2019*

*Health in Aging Foundation, the Official foundation of the American Geriatrics Society, [healthyaging.org](http://healthyaging.org)*

## Recognizing PASA Direct Care Worker Stephanie Vaughan

While servicing one of our seniors in their home, Stephanie demonstrated remarkable observation of a customer in need of medical assistance. Stephanie noticed a concerning change of the customer's facial features. Specifically, a droop to one side of the customer's face. Stephanie's keen awareness led her to act promptly by calling 911.

The First Responders arrived on scene and a thorough assessment was performed that ultimately led to decision to transfer

the customer to nearest hospital for further evaluation. Direct Care Worker Stephanie followed the ambulance to the hospital where she waited until a family member arrived to be with their loved one.

This level of care and commitment to our customers is commendable and exemplifies the high standards we strive for at PASA. Thank you, Stephanie, for your dedication and for going above and beyond in ensuring the safety and health of those we serve. ●



# How a Reverse Mortgage Helped Ben Gain Peace of Mind

**B**en is a 79 year old retiree and has lived in his home for 30 years. He loves his home and the memories it holds. His fixed income from Social Security and pension was barely covering his monthly expenses.

The cost of living was steadily rising. His desire to maintain his independence was beginning to weigh on him. He had considered downsizing, but wanted to stay in the neighborhood he loved. He spoke with his daughter to try and come up with ways to improve his cash flow. She suggested a Reverse Mortgage which they had heard about, but hadn't considered.

They met with a reputable mortgage broker and learned that he could qualify. The steps to obtain the loan were very simple.

1. He had a counseling call with a FHA approved counselor to go over the pros and cons.
2. His home was appraised at \$400,000 and was eligible to tap into 50% of his home's equity.
3. He chose to receive some funds upfront at closing for some renovations with the remaining available funds as regular

monthly disbursements to supplement his Social Security and pension income.

***The Reverse Mortgage allowed Ben to:***  
Cover his monthly expenses without having to use funds in his savings account.

1. Pay off some small credit card balances.
2. Set aside funds for home maintenance.

Ben now enjoys financial stability and to be able to remain in his home and has peace of mind.

This story shows how a Reverse Mortgage can empower older homeowners to leverage their home equity for a more secure retirement.

*JoAnn Moore is a licensed mortgage originator and owns The Mortgage Market of Delaware. NMLS #165477  
[MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com) (302) 236.1229.*

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



## 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.



# Travel to Atlantic City with CHEER Travel Club this Fall!

**T**ravel to Atlantic City with CHEER Travel Club this Fall!

This trip offers an opportunity to visit some amazing casinos, a chance to explore the arts, culture, and history, taste some of the awesome foods of many cultures, and to share stories and experiences with friends made along the way! Offering over five miles of boardwalk along its white sandy beaches, Atlantic City, NJ is a perfect getaway for fun and memorable experiences! Along the boardwalk, Atlantic City's hotels offer casino gaming, live entertainment, amazing restaurants and lounges, exciting nightlife, tons of shopping and more! Check it all out and view the events calendar at [www.visitatlanticcity.com](http://www.visitatlanticcity.com).

Departing from Milton CHEER on Sunday, November 2, 2025 and returning Tuesday, November 4, 2025, this trip not only provides everything you need for a relaxing getaway, but it also offers flexibility so that you do exactly what you want, when you want! Enjoy two nights in Atlantic City at Bally's Atlantic City, or a similar property! \* Bally's offers a full casino, 500 slot machines, multiple restaurants and lounges, and newly renovated rooms! Your package includes a casino bonus for Bally's for some extra fun!

For history buffs and explorers, there are many unique options including



viewing over 100 murals painted over 48 blocks, multiple memorial museums, the Civil Rights Garden, Absecon Lighthouse, Gardner's Basin maritime park and Steel Pier! Some of Atlantic City's biggest shows happen at Jim Whelan Boardwalk Hall, which is a mid-size arena hosting many of the most popular acts in entertainment with leading performers, acts, shows, sporting events, and concerts. Learn more at [www.boardwalkhall.com](http://www.boardwalkhall.com).

Are you a shopper? This trip has you covered! Atlantic City offers hundreds of shops on the Boardwalk, more inside of the nine gaming properties, and throughout the downtown area. There's even a Tanger Outlets nearby! There are dozens of "fun" shops along the Boardwalk too, offering souvenir T-shirts, novelties, gifts, their famous saltwater taffy and more!

Worried about getting around town on foot? There is a Jitney Bus option close by the hotel to give you ease of



moving along the Boardwalk area and it's available 24/7, and 365 days a year with a low cost of \$3 with a senior discount is available!

This excursion departs at 8 AM on Sunday November 2, 2025, from Milton CHEER\*\*, allowing you to arrive in time to enjoy a three-day spectacular gaming, touring, shopping, and entertainment experience! Along with motor coach transportation and your two nights' lodging in a casino hotel, you'll be treated to 3 meals, a casino bonus and an amazing getaway package! This unbelievable itinerary is just \$339 per person (double occupancy)! Traveling solo? Enjoy all of this with our group for only \$102 more and have your own room! This



trip is open to the public, but attendees must be age 21 or over.

Reserve your seat for only \$75 per person, but do it soon! The deadline to register is July 2, 2025! The final payment is due August 26, 2025. We accept checks or money orders only. Please make your check payable to Diamond Tours.

Looking for more destinations in 2025? Join the CHEER Travel Club when they travel to Niagara Falls, September 22-26 and celebrate Christmas in New York City December 6-8! Check out page 21 to discover our single day trips that were just announced!

For more information on our full lineup of trips, 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.

\*While our accommodations are expected to be at Bally's Hotel and Casino, a similar casino hotel property may be used. CHEER Travel Club will confirm the exact location closer to the trip date, but rest assured that if an alternate is used, it will not be less than Bally's.


\*\*Milton CHEER is located at 24855 Broadkill Rd, Milton, DE



# JUNE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Dirty Rice Okra And Tomatoes Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	3 Turkey Pot Pie Succotash Pineapple with Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	4 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	5 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	6 Vege Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
9 Baked Ziti & Meat Sauce Lettuce And Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk	10 Bacon, Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	11 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	12 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	13 Cream of Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
16 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	17 Pork Roast/Sauerkraut Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Roll/Bread Bread Pudding Skim Milk	18 Shepherd's Pie Garlic Green Beans Whole Wheat Roll/Bread Fresh Fruit Skim Milk	19 <b>CLOSED in Observation of Juneteenth</b>	20 Corn Chowder Seafood Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk
23 Hot Dog with Chili Baked Beans Petite Corn On The Cob Fresh Fruit Skim Milk	24 Cheese Enchilada Casserole Red Beans And Rice Churros Skim Milk	25 Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	26 Cinnamon Honey Chicken Roasted Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	27 Italian Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
30 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk				



**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

### Café Salud

20520 Sand Hill Road  
Georgetown, DE 19947

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



*Spring had its fling- now it's time to cannonball into summer!*

We dove into healthy nutrition with Sugieri Garcia from Delaware Extension, continued our bilingual classes, our wonderful sewing classes, and chair yoga just to name a few. Our Paint night with

Gilberto Rodriguez was a huge success! Stay tuned for the next event!

**ACTIVITIES**

**Wednesday –**  
Bilingual Nutrition classes with Sugieri Garcia

**Tuesday –**  
June 3rd and 17th  
Bilingual class!  
What to expect?  
Exchange vocabulary, charades and music!

**Tuesday – June 10th**  
Sewing workshop with Ruthy. ●



**Georgetown Activity Center**



20520 Sand Hill Road  
Georgetown, DE 19947

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

**Happenings**

**June 20:**  
Friday, Bridgeville to Georgetown

**June 26:**  
Thursday,  
Arm Chair Travels  
10:30 - 11:00 a.m.  
Revive Sound Productions  
12 - 1 p.m.  
Dinner/Bingo 4-6 p.m.

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

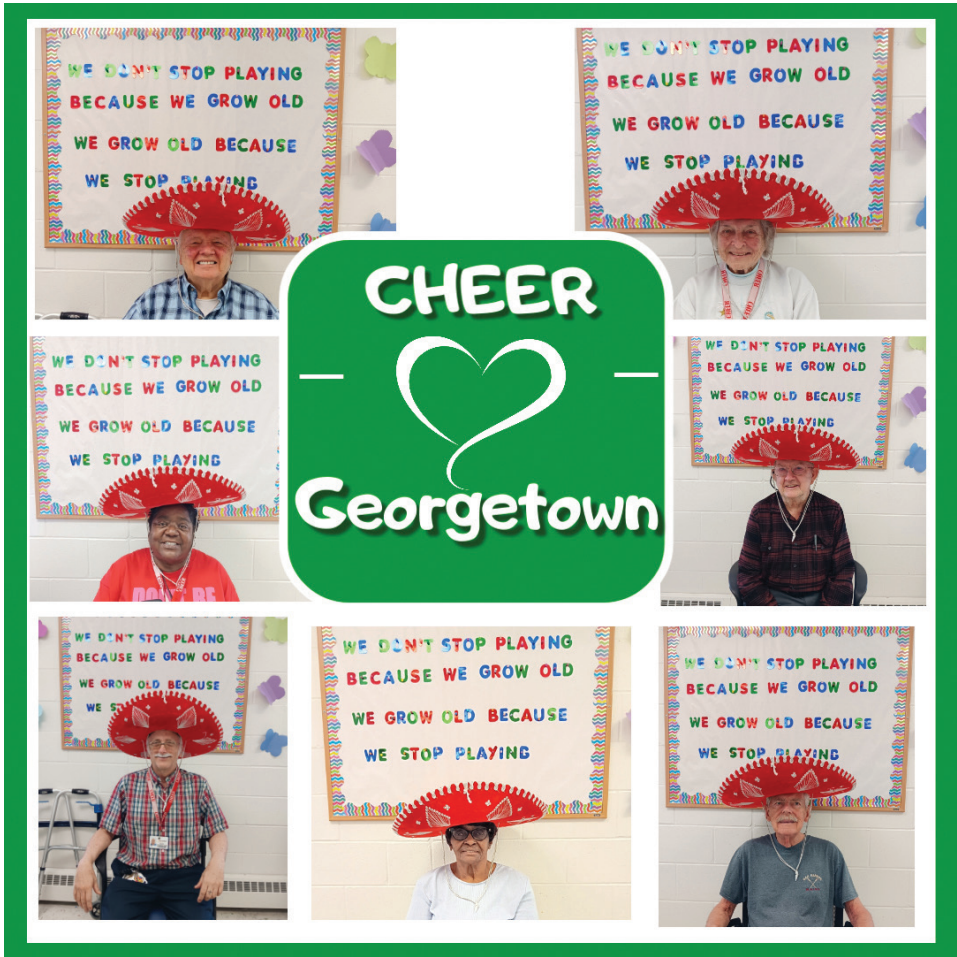
**Monday:**  
Chair Fitness – 10 a.m.  
Bible Study – 10:30 a.m.

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

**Wednesday:**  
Wii bowling – 12:00 p.m.

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

**MONTHLY:**  
Dollar Tree – every Tuesday  
Walmart – every Thursday





# 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)



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

## Greenwood Activity Center

41 Schulze Road  
Greenwood, DE 19950

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



## Happenings

Welcome June, National Safety Month! National Safety Month (NSM) is an annual month-long observance in the United States that takes place in June. NSM highlights the leading causes of preventable injury and death and encourages individuals and organizations to make efforts to reduce them. The National Safety Council (NSC) was established in June 1996. During National Safety Month, people can make a difference in their home, work, and community by: Identifying risks, Improving safety standards, and Increasing first aid and emergency awareness.

Be sure to join us on Monday June 23rd at 10:00 a.m. when Robert Rodgers III of the Georgetown Fire Dept will talk to us about increasing your first aid and emergency awareness.

We will celebrate our Fathers on Friday, June 13th at 11:00 a.m. Entertainment TBA

On Thursday, June 19th, all CHEER centers will be closed in observance of the Juneteenth holiday. Juneteenth commemorates the end of slavery in the United States, observed annually on June 19. It became a federal holiday in 2021.

We are excited that June is finally here and that our members will be taking their trip to Suicide



**Making Easter Wreaths, shown left to right: Winnie Vincent, Beverly Jones, Mary Kipp, Nora Meeds, Liz Yates and Denise Herring**



**Magician Glenn Kohr  
Left to Right: John Campbell, Julie Hudson, Donna Anthony and Jim Anthony**

Bridge on Thursday, June 12th. It's sure to be a wonderful time!

Please don't miss our Parking Lot Cookout on Saturday, June 28th at 11:30 a.m. The Jones Boys will be entertaining us. Please be sure to make your reservation by calling the Greenwood CHEER at (302) 349-5237

*Happy Father's Day to all our Greenwood CHEER fathers!*

## WEEKLY

**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.

**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

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

## MONTHLY

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.
- 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
- 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. (check calendar to verify)

## MONTHLY

Shopping or Educational/Entertainment Trip and Lunch out (usually 3rd Wed of the month) 9:15 a.m. bus departure. Dates vary.

## SPECIAL HAPPENINGS

**June 6th:** Friday at 10:00 a.m. Entertainment by Lisa Miller

**June 12th:** Trip to Suicide Bridge. Bus leaves at 10:00 a.m. Includes 2 hour boat tour with lunch. \$56 per person

**June 13th:** Friday at 11:00 a.m. Father's Day Party

**June 17th:** Tuesday at 9:30 a.m. Trip to Rehoboth Beach Boardwalk

**June 18th:** Wednesday at 10:30 a.m. Celebrate Juneteenth Holiday and learn about the important significance of this holiday

**June 19th:** Thursday - Juneteenth Holiday. All CHEER Centers closed.

**June 23rd:** Monday Increasing First Aid and Emergency Awareness with Robert Rogers III of the Georgetown Fire Dept at 10:00 a.m.

**June 25th:** Positive Music Time with Randy at 10:30 a.m.

**June 27th:** Monthly Membership Meeting (Unity Club) at 10:00 a.m.

**June 28th:** Saturday at 11:30 a.m. Parking Lot Cookout with the Jones Boys. 50/50 raffle. Reservations required by Monday June 16th. Please RSVP by calling Greenwood CHEER at (302) 349-5237

## Harbour Lights Activity Center

34211 Woods Edge Drive  
Lewes, DE

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



## Happenings

### Father's Day Breakfast

**W**hile we may not have many fathers who regularly attend the center, we believe it's important to recognize and celebrate the meaningful role fathers and father figures play in our lives. Whether by offering guidance, support, love, or a steady presence, these individuals help shape our families and communities in powerful ways. Please join us as we honor the fathers among us, as well as those who have stepped into that role for others, at a special Father's Day Breakfast on Thursday, June 12th, from 8:30 to 9:30 a.m.

**Menu:** Pancakes, sausage, bacon, scrambled eggs, hashbrowns, fruit, coffee, tea and juice. We hope you'll share in this time of appreciation, good food, and heartfelt connection.

### Pet Therapy

We're excited to welcome back **Paris, the Standard Poodle**, to another heartwarming pet therapy visit on Tuesday, June



**Craft Class here at Harbour: Loretta Landzaat, Ana Perez, Sharon Cherry, George Stefan, Louise McDonald, Jean Forry, Betty Guyton and Michael Sciallo**

17th at 10:30 a.m. Paris is a gentle and loving therapy dog who brings smiles, comfort, and joy wherever she goes.

Pet therapy has been shown to reduce stress, ease anxiety, lift spirits, and even improve overall well-being. Whether you're a dog lover or just curious, spending time with Paris is sure to brighten your day.

Come say hello, give a few pats, and enjoy the calm, comforting presence of our furry friend. We look forward to seeing you there!

### Membership Dinner Thank You, Harbour Lights Members!

We are incredibly grateful for your continued support and involvement in the Harbour Lights CHEER Center. Your dedication helps make our center a warm, welcoming, and vibrant community.

As a token of our appreciation, we invite all Harbour Lights CHEER Center members to join us for a **free Membership Dinner** on

**Tuesday, June 24th at 5:00 p.m.** This special event is our way of saying thank you and giving back to those who make this community so special. Please RSVP by June 17, 2025.

We look forward to sharing a delicious meal and celebrating you, our valued members!

### Floral Fun with Erin from PAM Rehab!

Join us for a delightful afternoon of creativity and community as we create beautiful floral arrangements together! This hands-on event will be led by our wonderful friend Erin from PAM Rehab, who will guide us step-by-step in crafting lovely floral arrangements to take home or share.

It's a great way to socialize, laugh, and make something beautiful to brighten your day. We hope to see you there! The event begins at 12:15 p.m. on June 25th. ●

### WEEKLY

**Monday:** Nickel Bingo and Mahjongg



**Left row: Ana Perez, Louise McDonald, Betty Guyton, Diana Casalino and Loretta Landzaat In the back Glen Cline Right row: Sharon Cherry, George Stefan, Jean Forry, Michael Sciallo and Kathy Crowley**

**Wednesday:** Nickel Bingo

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

**Every Wednesday:** Grocery Store, Bank, Post Office and Drug Store

### SPECIAL HAPPENINGS

**June 6th:** Friday, 10:30 a.m. Blood Pressure Checks with PAM Rehab

**June 12th:** Thursday, 8:30 a.m. Father's Day Breakfast

**June 17th:** Tuesday, 10:30 a.m. Pet Therapy with the Standard Poodle Paris

**June 19th: CLOSED** Thursday, Juneteenth Center

**June 24th:** Tuesday, 5:00 p.m. Membership Dinner

**June 25th:** Wednesday, 12:15 p.m. Floral Bar with Erin from PAM Rehab



**Group ready for Safety Bingo**



**Dot Spicer and Melody Jordan**



**Clifford Soisson**

Long Neck  
Activity Center

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



Happenings

WEEKLY

Monday

8:30 Weight Watchers  
12:00 Nickel Poker  
12:00 Knitting and Crocheting  
12:30 Penny Bingo  
12:30 Nickel Poker  
1:30 Hand and Foot  
1:30 Table Tennis

Tuesday

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

Wednesday

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



Long Neck Members returning from the Shorebirds game

Thursday

9:00 Zumba  
10:15 Tai Chi  
12:00 Nickel Poker (Back Room)  
12:30 Nickel Poker (Dining Room)

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 a.m. Dollar Tree

SPECIAL HAPPENINGS

June 3: Tuesday at 9:15 a.m.  
Trip to East Coast Garden  
Center

June 4: Wednesday, 4:30 –  
6:30 p.m. Delaware Sea Grant  
Emergency Preparedness  
Workshop

June 5: Thursday, 9:15 a.m.  
Trip to Produce Junction and  
Byler's in Dover

June 6: Friday, 10:30 a.m.  
Music and Memories

June 12: Thursday at  
4:00 – 6:00 p.m. Radio Theater  
and Dinner

June 20: Friday at 10:30 a.m.  
Music and Memories

June 24: Tuesday at 9:15 a.m.  
Trip to Dupont Nature Center  
with seashell presentation and  
craft

June 26: Thursday at  
9:15 a.m. Trip to Conley Thrift  
Shop, American Veterans  
Thrift Shop, Cracker Barrel

June 26: Thursday at 3:15 p.m.  
Trip to Texas Road House

Music and Memories turned into a dance party in Long Neck this morning.



Shirley Nester playing  
Headbanz



Betty Van and Art Dalen playing  
Headbanz



Thelma Cottman and  
Warren Vetter during  
Music and Memories



Judi Scheely and  
Maggie Smith – Music  
and Memories



Elaine Matula – Music  
and Memories



Mary Snead – Music  
and Memories

## Milton Activity Center

24855 Broadkill Road  
Milton, DE 19968

Ashlyn Elliott, Director  
(302) 515-0001, Ext. 1461



## Happenings

### The History Behind Juneteenth

**J**uneteenth, celebrated on June 19th, commemorates the emancipation of enslaved African Americans in the United States. It marks the day in 1865 when Union troops, led by Major General Gordon Granger, arrived in Galveston, Texas, and announced that all enslaved people were free—more than two years after the Emancipation Proclamation was issued. Juneteenth represents a significant milestone in American history, symbolizing freedom, resilience, and the ongoing fight for equality. Observed with celebrations, reflections, and educational events, it became a federal holiday in 2021, underscoring its importance as a day of remembrance and progress.

### Father's Day

Father's Day is a heartfelt occasion to honor and appreciate the fathers, father figures, and caregivers who have made a profound impact on our lives. It's a chance to express gratitude for their love, guidance, sacrifices, and support, which help shape us into who we are. Whether through a simple "thank you," a thoughtful gift, or quality time spent together, Father's Day celebrates the irreplaceable role they play in our families and communities. It's a day to let them know how much they are

valued and cherished. Thank you to all the father figures out there and enjoy your day! ●

### WEEKLY

#### Every Monday- Friday:

Fitness Center Open

8:00 a.m – 3:30 p.m.

#### Mondays:

Tai Chi at 9:00 a.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



Mary Weitzel



Ed Layton and Anne Martin

## Flowers on Earth Day!

Kim Elliott from the Soil Conservation District presented soil education and gardening tips for Milton Members! She even brought goodies for our members to start their own garden! Wonderful way to spread knowledge on how to protect our earth and keep it strong! Thank you Kim!



#### Tuesdays and Thursdays:

Chair 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 Rehabilitation

#### 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 – 2:00 p.m.  
Call us to set your appointment.

#### Fridays of each Month:

\$2.50 Breakfast for those 60 and over \$3.50 breakfast for guests under 60

Trip to Dollar General 1:00 p.m.

### SPECIAL HAPPENINGS

**June 4th:** Wednesday at 9:00 a.m. Trip to Boscov's and Lunch Out. Bus Departs Milton CHEER Center at 9:00 a.m.

**June 10th:** Tuesday 9:30 a.m.

Membership Meeting

Tuesday at 10:30 a.m. Advance Directive Care Plan Information with Representative from Beebe Healthcare

**June 11th:** Wednesday 12:00

p.m. Mingo, musical Bingo with Daniel Feth

5 – 11 p.m. Crusin Car Show Food, Prizes, Model Car Show Join us!

**June 12th:** Thursday 12:00

p.m. June Birthday Celebrations - Come Celebrate our members Birthdays with ice cream!

**June 13th:** Friday, 12:00 p.m.

Juneteenth Celebration

**June 16th:** Monday, 12:00 p.m.

Penny Bingo. Bring your Pennies!

**June 17th:** Tuesday, 10:00 a.m.

Information on palliative Care with Delaware Hospice.

**June 18th:** Mobile Health Unit

10 a.m. – 3 p.m.

**June 19th:** Juneteenth Holiday CHEER Center Closed

**June 20th:** Father's Day

Celebration Friday at 12:00 p.m.

## Ocean View Activity Center

30637 Cedar Neck Road  
Ocean View, DE 19970

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



## Happenings

### Summertime Fun!

Summer shines with endless possibilities, whispering hope and promising joy in every moment. "Summer is singing with joy and beaches are inviting you with dancing waves." -Debasish Mridha from [www.stresslesscountry.com](http://www.stresslesscountry.com)

Get ready for the return of our engaging Boat Trips – we'll be going on everything from Pontoon Rides to a Kayak Trip, Eco Tours, a Tiki Ride and Riverboat Lunch Cruises, from now through September. So if you don't get on one this time

## Hug a Tree



around, hopefully you'll catch the next one!

Be sure to join us on Wednesday 6/18 from 11:45 a.m. – 12:45 p.m. for our Juneteenth Celebration with Lewes Historical Society showing their film "Voices Heard: The African American History and Legacy of Lewes,

DE"! See our flyer for more details – Everyone Welcome. ●

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

Everyone is Reminded to Stay Hydrated – be sure to use our in Center Water Station or try to bring your own Reusable Water Bottle (healthier for You and Our Planet), especially for outside activities, trips, etc. and to be sure to protect yourself from the sun and heat!

### MONTHLY TRIPS

**June 5th:** Thursday 9:15 a.m. Assateague Island Nat'l Seashore Drive and Marsh Boardwalk Trail Stroll, Lunch at Roadie Joe's, Berlin MD (need 4 members with Nat'l Park Senior Passes to sign up and bring!)

**June 6th:** Friday, 9 a.m. Honey's at Station 26 for Breakfast and Gallery One to view great local artists' works!

**June 12th:** Thursday, 10 a.m. Choptank Riverboat Lunch Cruise, Hurlock, MD, \$56.00, 12:30-2:30 p.m. (Must Pay at sign up!)

**June 13th:** Friday 10:15 a.m. Prickly Gal and Shaka Shack, Millville.

**June 19th:** Thursday – CHEER is Closed today, in Celebration of Juneteenth!

**June 20th:** Friday, 10 a.m. Christine's Consignments and The Salted Rim.

**June 25th:** Wednesday, 10 a.m. Beach Clean Up at IRLSS and The Big Chill Beach Club.

**June 26th:** Thursday, 9:15 a.m. Trap Pond Pontoon Ride, \$6 (pay at sign up please), and Stargate Diner, Seaford.

### SPECIAL HAPPENINGS

**June 3rd** – Tuesday at 11:30 a.m. Lisa Miller entertains us over lunch!

**June 9th** – Monday at 10:45 a.m. Joyful Living Discussion Group with Andrew S., 2nd Monday monthly.

**June 17th** – Tuesday at 12 p.m. Arts & Crafts Club with Judi and Tricia, 3rd Tuesday monthly. Sign up at Bulletin Board.

**June 18th** – Wednesday, 11:45 a.m. – 12:45 p.m. Juneteenth Celebration with Lewes Historical Society, "Voices Heard" Film and discussion! Bingo will resume and run a half hour later today ...

**June 24th** – Tuesday at 11:45 a.m., Lunch 'n Learn with Physical Therapists from Aquacare.

**June 24th** – Tuesday at 5 p.m., Dinner and Entertainment with (*The Short Term Memories*) \$11 Members, \$15 Guests. Please sign up and pay in advance.

## Parking Lot Concert with 'Richie & Guy'



## Roxana Activity Center

34314 Pyle Center Road  
Frankford, DE 19945

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



## Happenings

**Y**ard Sale will be happening at the beginning of July to help raise money for Roxana CHEER Center!

Looking for Volunteers this summer with a positive attitude that can help the seniors with activities. They really want to learn more about the Spanish Culture.

Looking for Volunteers to help in the kitchen with serving the seniors their meals. Looking for Volunteers to help



### The Band: Richie & Guy

**"Years may pass, but the music never fades."**

at the reception desk logging the seniors in and out for the day with fun activities.

Join today and become a member at the Roxana CHEER Center, if you live in the area transportation is \$1.00. ●

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

- Arts and Crafts
- Cardboard Games
- Family Feud:

### TWICE A MONTH:

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

### MONTHLY

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

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

### First Wednesday of the Month:

Blood Pressure Screenings by PAM Health 11:00 a.m.  
Hand & Foot, Dominos, Connect 4, Puzzles. 11:00 a.m.  
Movie with Popcorn 11:00 a.m.  
Card Game 11:00 a.m.

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

**June 19 - Parsons Farm Produce and Thrift Store**

**June 26 - Walmart Supercenter and Pizza Palace, Georgetown, DE**

### SPECIAL HAPPENINGS:

**June 5th:** Thursday "National Thank You Day" Thanking Everyone with a special celebration!!!

**June 11th:** Wednesday 10:00 a.m. Coastal Gardeners Arts and Crafts

**June 19th: Thursday Juneteenth - Center Closed**

**June 25th: Wednesday** Cooking Class- National Strawberry Parfait Day Special Breakfast that day!!!

Sunshine Singers - 10:30 a.m.

## Physical Therapy at CHEER

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

### 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:

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

# CHEER's Sand Hill Adult Day Program had a lot to Celebrate

We celebrated Mr. Forrest Smith's 1 month accomplishment of quitting smoking. He has smoked for over 50 years, but has now kicked the habit. Fantastic job Forrest!

We had a bittersweet celebration for Elayna Tush. She is about to graduate from DT&CC Occupational Therapy program. She has been with us every day for the last 3 months. Elayna's youth and energy level has been a breath of fresh air for our program, staff, and members. She has done daily individual and group activities with our members. She went to the DATI organization and borrowed two hearing devices to help make it easier for two of our members to participate in the group activity. The day program hates to see her leave, but wish her the absolute best for the future that is ahead. ●



Forrest Smith



Elayna Tush



Art Project making flower arrangements for Mother's Day.



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)

# Do You Have A Student Loan In Default?

The Department of Education will resume collections through the Treasury Offset Program beginning on May 5th, 2025. The Treasury Offset Program includes federal payments such as an IRS Tax Refund, Social Security benefit payments, and Railroad and Office of Personnel Management (OPM) retirement benefits.

***Income based repayment options are available!***

If you would like to establish a monthly payment schedule and there have been no recent changes to your income or marital

status, you will need to send both pages of your most recent Federal 1040 tax return either signed by you or stamped by your tax preparer. All documents must be submitted to the following address:

U.S. Department of Education  
Default Resolution Group  
P.O. Box 5609 Greenville,  
TX 75403-5609

If there have been recent changes to your income or marital status, or you would like to hear other repayment options, please call the Default Resolution Group at 1-800-621-3115.



To learn more about the loan rehabilitation program and consolidation, please visit [StudentAid.gov/manage-loans](http://StudentAid.gov/manage-loans) for more information

**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.*

# VOLUNTEER OPPORTUNITIES

**Homebound Meal Delivery Driver: Meals on Wheels**

Volunteer Meals-on-Wheels Delivery Drivers are always needed to deliver pre-packaged nutritious meals to seniors in Sussex County. Each driver will utilize their own personal vehicle. Each delivery route requires 1 to 1.5 hours of your time.

**Medical Transportation Driver**

Volunteers are needed to transport seniors to and from medical appointments. Each driver will utilize their own personal vehicle. Seniors are picked up from their homes and transported to a direct location; then returned back to their residence. Mileage reimbursement.

**Administrative Support**

Volunteers needed to assist Center Director or agency staff with clerical support, answering telephones, and welcoming visitors to the building. Volunteers provide tours of centers, receive and sort mail, documents and packages, scanning in members, taking lunch monies, and assisting where needed by Center Director.

**Recreation/Arts Instructor**

Volunteers are needed to assist members with arts and crafts, and/or exercise including assisting in the fitness center; assist in planning and delivery of various activities, including fun games; setting up for activities; and assist in Fitness Center, including cleaning the equipment at fitness center before and after use. Note: Ability to lift up to 20 lbs (fitness center only).

**Kitchen Assistant**

Volunteers help prepare and/or serve meals for our Congregate seniors in every CHEER center. We need your special culinary skills in our kitchen to assist with our CHEER lunchtime, Homebound meal packaging, as well as special events. Must wear closed toe shoes, no sandals, no shorts.

**Special Events Assistant**

Volunteers are needed to assist at special events held for the membership or public. Duties can include, but not limited to, clerical, kitchen assistant, setup and cleaning. Events may take place during day, evenings and/or weekends.

**Phone-A-Friend**

Volunteers are needed to make wellness calls to homebound seniors to check on their health and safety on a daily basis. Volunteers are assigned a client call list. Volunteers communicate any health or safety concerns to the Volunteer Director for follow up.

**For More Information Or To Volunteer, Contact**

CHEER Volunteer Director –  
(302) 515-0001 ext: 1166  
[volunteer@cheerde.com](mailto:volunteer@cheerde.com)  
Or apply at [www.cheerde.com/volunteer](http://www.cheerde.com/volunteer)



**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



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

## CHEER Travel Club Announces Two Exciting Day Trips!



### Lancaster's Green Dragon

Escape for a fantastic Friday! On October 17, 2025, CHEER Travel Club invites you on a comfortable motor coach trip from Milton CHEER to the renowned Green Dragon Farmers Market & Auction in Lancaster, Pennsylvania. This one-of-a-kind experience at one of the largest flea markets on the East Coast promises an unforgettable day of discovery.

Located in the heart of Amish Country, the Green Dragon offers an incredible indoor and outdoor shopping experience with over 100 local vendors spread across 7 buildings. You'll find everything from fresh produce and Amish baked goods to unique antiques and handcrafted treasures. With lunch options available self-pay as you go, you can explore and eat at your own pace. Travel with CHEER Travel Club in comfort aboard a luxury coach bus equipped with restrooms, reclining seats, entertainment, charging ports, and climate control. Reserve your spot today! Don't miss this chance to explore a prized PA flea market!

#### Green Dragon Trip Details:

Date: Friday, October 17, 2025

Destination: Green Dragon Farmers Market, Lancaster, PA

Departure: 8:30 a.m. from Milton CHEER (24855 Broadkill Rd, Milton DE)

Arrival: 11:30 a.m.

Departure from Green Dragon: 5:00 p.m.

Return: 8:30 p.m. to Milton CHEER

Cost: \$50 per person



### Noah at Sight & Sound

On Tuesday, November 11, 2025, CHEER Travel Club is offering a special motor coach trip from CHEER's Milton Senior Activity Center to Lancaster, PA to witness the spectacular 30th Anniversary show of Noah at the renowned Sight & Sound Theatre.

Embark on a journey back in time as the biblical story of Noah's Ark comes to life on stage in a breathtaking production. Prepare to be amazed as live animals fill the stage and aisles, immersing you in one of the world's most extraordinary voyages. This special anniversary performance promises an even more captivating experience of this beloved tale.

Your day of wonder begins with a comfortable ride aboard a luxury coach bus, equipped with restrooms, reclining seats, entertainment, charging ports, and climate control. The journey includes a delightful lunch at the famous Shady Maple Buffet, a Lancaster County institution known for its vast and delicious offerings – all included in the trip price! Secure your seats now for this special Veterans Day journey filled with inspiration and wonder! Don't miss this incredible opportunity to witness the magic of Noah at Sight & Sound and enjoy a meal at the famous Shady Maple Buffet!

#### Sight & Sound Trip Details:

Date: Tuesday, November 11, 2025

Destination: Sight & Sound Theatre - Lancaster, PA

Departure: 8:00 a.m. from Milton CHEER (24855 Broadkill Rd, Milton DE)

Arrival at Shady Maple Buffet: 11:30 a.m.

Departure from Shady Maple Buffet: 1:15 p.m.

Arrival at Sight & Sound Theatre: 2:00 p.m. (Show starts at 3:00 p.m.)

Departure from Sight & Sound Theatre: 5:30 p.m.

Return to Milton CHEER: 8:00 p.m.

Sight and Sound Cost & Special Offer:

Cost: \$165 per person (includes lunch at Shady Maple and the Sight & Sound show ticket)

Veterans Discount: As a special thank you on Veterans Day, all veterans with a valid Military ID will receive a 10% discount on the trip cost!

#### Payment and Cancellation Policy:

Payment: Check payable to CHEER, Inc. or Cash

Minimum: 50 people (first come, first served)

Cancellation: Full refund if canceled up to 30 days prior, provided the minimum number of passengers is met.

#### Formore information and reservations:

Call: (302) 515-0001 Ext 1100

Email: [travel@cheerde.com](mailto:travel@cheerde.com)

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

Visit: Any CHEER Center for a flyer and form.



# June is Alzheimer's and Brain Awareness Month – Eat to Beat Your Risk!

**D**ementia is a broad term for a decline in cognitive function that interferes with daily life. It is a condition that affects an individual's memory, thinking, reasoning, and social abilities. While Alzheimer's disease is the most common cause, dementia can result from various other conditions, including vascular issues, infections, and neurological disorders. It is important to note that those with Diabetes have a significant risk for developing dementia, due to increased risk for stroke, insulin resistance, and brain damage cause by hyperglycemia.

Recent studies strongly suggest that lifestyle choices can influence dementia risk. For example, maintaining strong social connections, exercising regularly, and following a healthy diet may help lower the chances of developing dementia. Interestingly, research also indicates that receiving the shingles vaccine could reduce dementia risk by up to 20%!

A brain-healthy diet can play a significant role in reducing the risk of dementia. Research suggests that the Mediterranean diet and the MIND diet are particularly beneficial.

### These diets emphasize:

- Leafy greens (spinach, kale) for brain-protecting antioxidants.
- Fatty fish (salmon, sardines) rich in omega-3s, which support cognitive function.
- Berries packed with flavonoids that help combat oxidative stress.
- Nuts and olive oil, which provide healthy fats and vitamin E to protect brain cells.
- Whole grains and legumes, which support vascular health.
- Turmeric, known for its anti-inflammatory properties.

Limiting processed foods, excessive sugar, and saturated fats is also recommended.

So this month, make it a point to call a friend weekly to catch up, take a walk daily after dinner, and partake in the seasonal produce available in the warmer months. It's never too late to adopt some healthy habits to reduce your risk of dementia and cognitive decline. ●

## Simple Summer Salad (that can substituted as a Smoothie!)

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

**Makes 4 servings.**



### Salad Ingredients:

- 4 C Leafy Greens (Kale, Spinach, Arugula, Spring Mix – your choice)
- 1 C fresh blueberries
- 1 C fresh strawberries, sliced
- 4 TBSP of Hemp Seed (shelled) or Flax Seed (Ground)
- 2 tsp Tumeric powder

### Salad Dressing:

- 1 TBSP balsamic vinegar
- 3 TBSP light olive oil
- 2 TBSP lemon juice
- 1 tsp Dijon mustard
- 1 tsp Maple Syrup
- ½ tsp salt
- ½ tsp pepper

### Directions:

1. Mix together all salad ingredients, set aside.
2. Whisk together all dressing ingredients.
3. Drizzle dressing over salad mixture, then lightly toss until evenly coated.
4. Serve promptly.



### Switch it up for a Smoothie ~

For the Smoothie, if you use fresh berries, add 1 C crushed ice and 1 C of cold water in a blender (or Nutribullet/Ninja) to the greens, hemp seed or flax seed and turmeric powder. Pulse/blend until smooth. Optional: add 1 tsp of the Maple syrup and 1 TBSP of the lemon juice before blending.

As an alternative, use frozen berries, and add 2 C of cold water to other ingredients in a blender and pulse/blend under smooth.

Feel free to use any fresh in season or frozen fruit you prefer!

### Nutrition per Serving of Salad with Dressing:

Calories 205 Protein 6g Carbohydrates 13g Fiber 5g Total Fat 16g Sat Fat 2g Monounsaturated Fat 8g Polyunsaturated Fat 6g Sodium 37mg

# June is Alzheimer’s and Brain Awareness Month

Worldwide, more than 55 million people are living with Alzheimer’s or another dementia. In the US, rates are increasing. The good news is not everything is a sign of Alzheimer’s or dementia, but it’s important to know the signs. We found this information from the Alzheimer’s Foundation to be informative! ●

## What is the difference between Alzheimer’s and typical age-related changes?

Signs of Alzheimer’s and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

# BBQ FRIDAYS

Starting in May  
Through Labor Day

BBQ Chicken Leg Quarter or  
BBQ Ribs, includes Potato Salad,  
Baked Beans & Cornbread

Add on of 3 RIBS for \$5 to Chicken Platter!

Add a Mini Pie for \$1



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



# Cruise-In at Milton



June 11<sup>th</sup>  
Wednesday  
5 til 8 p.m.

Milton CHEER Activity Center  
24855 Broadkill Road • Milton, DE 19968

Free and Open to the public  
to participate or sightsee.  
Bring Your Car!  
Model Car Show in Activity Center!  
*Donations Accepted*

**For Information:**  
(302) 515-0001 ext. 1162  
or [www.cheerde.com/milton-cruise-in](http://www.cheerde.com/milton-cruise-in)

Hot Dogs,  
Baked Beans,  
Chips and Drink

**\$5**

# CHEER Travel Club 2025 Trips

**MULTI-DAY**

## 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).

**SELLING FAST**



**MULTI-DAY**

## The Ark Encounter & Creation Museum

Tour# 2204193

Mon. June 22 to

June 28 / 5 Days / 4 Nights

Reservation Deadline 4/1/2025

Final Payment 4/16/2025

**\$795\*** per person (based on double

occupancy add \$229 for single occupancy).

**WAIT LIST**



**MULTI-DAY**

## 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).

**SELLING FAST**



**DAY TRIP**

## Sight & Sound Theater-NOAH Lunch at Shady Maple

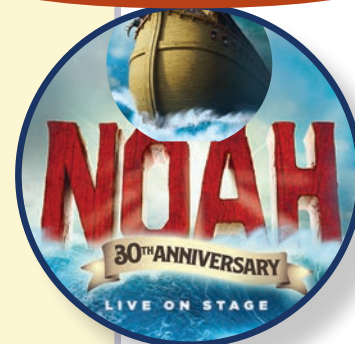
Tuesday, November 11, 2025

Location: Lancaster, PA

Trip Cost: **\$165** per person

*See page 21*

**Just Announced!**



**MULTI-DAY**

## 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).

**SPACE AVAILABLE**



**DAY TRIP**

## Green Dragon Farmers Market

Friday, October 17, 2025

Location: Lancaster, PA

Trip Cost: \$50 per person

*See page 21*

**Just Announced!**



### Multi-Day Trip Details:

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

All Multi-Day trips depart Milton CHEER.

A group Trip Minimum of 35 Passengers/Maximum  
of 52 Passengers is required.

### ADD SOME PEACE OF MIND TO YOUR

**MULTI DAY TRIP!** Travel Confident®

Trip Protection Plan is available for purchase,

[www.travelconfident.com](http://www.travelconfident.com)

**Full Details:** [www.cheerde.com/travel-club](http://www.cheerde.com/travel-club)

**All Trips Depart Milton CHEER Senior Center  
24855 Broadkill Road, Milton, DE**

### Single Day Trip Details:

If the group trip minimum of 50 passengers is not met  
by final payment date, then the tour will be canceled  
and all monies paid will be refunded.

### Single Day Trip Cancellation Policy:

If an individual passenger needs to cancel the trip up  
to 30 days prior to departure date, and the minimum of 50  
passengers has been met, then a full refund will be issued.

### For information and/or reservations

contact CHEER Travel Club:

(302) 515-0001 ext. 1100

or email: [travel@cheerde.com](mailto:travel@cheerde.com)

