

JULY 2025
FREE

CHEERful LIVING

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

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**Samuel
Warrington**
Navy Veteran
99 years old
Meals on Wheels
Recipient

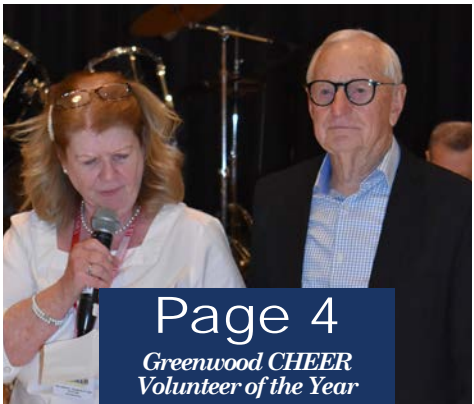
Maintaining Independence

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



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Volunteer of the Year



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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."

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CEO Perspective

As we approach July, a month synonymous with Independence Day, it's a perfect time to reflect on the true meaning of independence. For many, this holiday brings to mind fireworks, barbecues, and patriotic displays. However, for our seniors, independence holds a deeper, more personal significance.

Independence is a cherished value for seniors, representing the ability to live life on their own terms. It's about maintaining control over their daily routines, making their own decisions, and staying in the comfort of their own homes. This sense of autonomy is crucial for their well-being and quality of life.

At CHEER, Inc., we understand the importance of independence for our senior community in Sussex County, Delaware. Our services are designed to support seniors in their quest to remain self-sufficient and live independently. From providing nutritious meals through our Meals on Wheels program to offering transportation services for medical appointments and social activities, we are committed to helping seniors maintain their independence.

Our in-home personal assistance services ensure that seniors receive the help they need with daily activities, allowing them to stay in their homes safely and comfortably. Additionally, we have eight senior activities centers to choose from for social and recreational programs that provide opportunities for seniors to stay active, engaged, and connected with their community.

*Independence
is not just
an individual
endeavor;
it's a
community effort.*

Our new bilingual Café Salud and Georgetown CHEER Senior Activity Center are both located in our CHEER Community Center on Sand Hill Road. Other locations include Greenwood, Milton, Lewes (Harbour Lights), Long Neck, Roxana, and Ocean View (Coastal Leisure). One low membership fee of \$30 a year gives you access to all sites, including free fitness centers for members.



Beckett Wheatley, CEO

Independence is not just an individual endeavor; it's a community effort. We encourage everyone to support our seniors in their journey towards independence. Whether it's through volunteering, donating, or simply spending time with a senior, every effort counts.

As we celebrate Independence Day this July, let's also celebrate the independence of our seniors. Let's honor their contributions, respect their desire for autonomy, and support them in living their best lives. At CHEER, Inc., we are proud to be a part of this mission, and we invite you to join us in making a difference.

For more information on CHEER services, visit our website at www.cheerde.com ●

Meet Greenwood CHEER's Volunteer of the Year Charlie Melson!

Volunteers 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 Charlie Melson from CHEER's Greenwood 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 weather forecaster in the Air Force for 28 years, 15 plus years working in classified programs for the Boeing Company in St. Louis, Mo..

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

My favorite activities is Gardening and Pickleball

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

Start date – 2019

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

I have volunteered for 4 years.



Volunteer
Charlie Melson

6. How has volunteering with CHEER impacted you personally?

I like meeting new people and helping them in any way I can..

7. What initially drew you to volunteer with CHEER?

We were looking for some way to help the folks in the community!

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

Just Do It!

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

I delivered this meal to this lady and she was stressed out because she could not get in contact with her daughter. I stayed with her for awhile and was trying to get in touch with her daughter. Finally, her daughter called and she was on the beach with a friend. She told me to tell her mother that she would be there at 3:00 p.m.

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 Charlie Melson from CHEER's Georgetown Senior Activity Center! ●

Independence: A Matter of Life and Liberty

The year was 1776. It was hot in Philadelphia. Not just the weather. The room was hot. With ideas. With tension. With men who believed that independence was not something to be asked for—but something to be claimed. They flipped the script. They declared it.



*Independence
is not a moment.
It's a mindset.*

This summer, as we celebrate Independence Day, we remember that freedom was not given to this country. It was fought for, and it was written down in plain words: that all men are created equal, and that they are endowed by their Creator with certain unalienable Rights. Among these are Life, Liberty, and the Pursuit of Happiness.

Now, nearly 250 years later, we at CHEER fight for independence, too—not with muskets or declarations, but with meals, companionship, and service. Our mission is simple, but not small: “To promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of individuals fifty plus.”

We believe that independence doesn't fade with age. It only deepens. It matures. It becomes more precious. A man in his seventies who still takes the time to help a neighbor, a woman in her eighties teaching her great-granddaughter to bake bread from scratch, a couple in their nineties still holding hands at dinner—these are the quiet stands of independence.

May was Older Americans Month. The theme was “Flip the Script on Aging.” We've taken that to heart. Just as the Founding Fathers flipped the script on tyranny, we flip the script on aging. Where the world sees limitation, we see wisdom. Where others see fragility, we see resilience.

Aging is not the slow loss of life. It is the steady gain of perspective. It is not the closing of a door but the opening of new ones, quieter perhaps, but filled with stories that matter. Our seniors are not a burden to society; they are its backbone, its memory, and, more often than not, its soul.

And so, when we deliver a meal, we're not just feeding a stomach—we're nourishing that independence. When we open the doors of our Senior Centers, we're not just offering a place to gather—we're offering freedom from isolation. When we care, we liberate.

This July, as the fireworks bloom in the sky and flags wave in the warm breeze, let's remember that freedom comes in many forms. For some, it was crossing the Delaware on a frozen night. For others, it's getting out of bed with aching knees and still making it to bingo.

Independence is not a moment. It's a mindset.

To our seniors: You built this nation. You carried it through war, through change, through hardship and through hope. You earned your independence—and we are honored to help you keep it.

At CHEER, we stand with you. We don't fight age. We honor it. And in doing so, we honor the very spirit of July 4th.

Because the pursuit of happiness doesn't end at fifty. Neither does liberty. Neither does life. ●

The Caregiver Resource Center is grateful to find Contractors For A Cause



Finding assistance for our seniors who need it can be a challenge, especially if it involves housing. Just moving into an apartment isn't really an option in Sussex County. Affordable apartments have a 2 – 4 year waiting list. Often, the best option is to keep the senior in their current homes, but home repairs can be very expensive and programs hard to find. The Caregiver Resource Center luckily found Contractors For A Cause. This is a group of local contractors and business owners who have formed a non-profit to assist with home repairs, ramps and needed services.

Their story began in August 1997, Jim Kyger and Mike Cummings were enjoying a lunch at Cripple Creek Country Club. The conversation turned to gratefulness and what they could do to give back to the community; that following October, Contractors For A

Cause had its first CFAC golf tournament. They reached out to some other local friends and contractors to help; thus, our organization was created.

Contractors for a Cause services the Southeast corner of Sussex County and also the Northeast corner of Worcester County. Their Helping Hands program offers free professional home construction, maintenance, and repair services and advice to disadvantaged community members. Generally, these items include handicap ramps, handicap accessibility (grab bars, shower/toilet support devices), minor leaks, and flooring.

One of our ramp recipients was thrilled to be able to leave their home, "Zooming" again, and no longer having to rely on others to carry them downstairs to get to a ride. Others are just happy to shower again in their own homes. "It's these messages that keep our organization filled with joy, knowing that we provide comfort and peace," explained Sharon Moore-Corraliza, administrator for the group.

Their most recent event, Denim and Diamonds, is an annual fundraiser providing us the monetary means to put back into the community. They do accept outside donations that are tax deductible.

Contractors For A Cause also helps other 501(3)C organizations, like CHEER, with



Ramp installed by Contractors For A Cause

modifications. Their flagship build was the Justin W Jennings Beach House in Bethany, where they negotiated discounts for materials and provided construction management to help build a beautiful respite house for families with ill children. They have provided help to the Sonshine Equestrian Therapeutic Facility, Camp Barnes, and so many more.

"I am so happy to have a partnership with Contractors For A Cause," said CHEER Resource Coordinator, Christie Shirey. "Some of our Seniors are living on less than \$1,500 a month and don't have family to help. Finding a way to afford a ramp, accessibility devices or home repairs can be difficult. Without help from partners like Contractors For A Cause, some of these seniors would be unable to continue to live in their home, and some would become homeless. I am so grateful to have local businesses willing to make such a difference in our seniors' lives."

Contractors For A Cause members are solely volunteers

unified group is committed to giving back to the community. For those needing assistance in southeastern Sussex County, Contractors For A Cause has an application on their website. The Resource Center at CHEER would be happy to help with this application. ●

For senior citizens needing assistance in other parts of Sussex County, contact Christie Shirey at CHEER. Her email is cshirey@cheerde.com or call (302) 515-0001 x1061.

CHEER thanks Contractors For A Cause for all they do to better the lives of Seniors Citizens across Sussex County!

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.



Mr. Man knows the importance of a home

Maintaining Independence

Cover Story

Samual W. Warrington was drafted into the US Navy in January, 1944,– and went to Bainbridge, Maryland for boot camp. He first went to Ft. Lauderdale, Florida for Fire Control & Radar School but was only there 3 weeks due to a vision problem with depth perception and was sent to Little Creek, Virginia for 6 weeks of Mine Sweeper School.

Sam then went to Lorraine, Ohio (near Cleveland) and was assigned to a mine sweeper that was being commissioned. After 1 month, the ship traveled through the St. Lawrence Seaway to Nova Scotia, then to Boston Ship Yard and ended up in Norfolk, Virginia where the ship served as convoy escort duty for the next 6-7 months traveling back and forth from Norfolk to Bermuda. The mine sweeper then traveled through the Panama Canal to the Pacific then to Seattle, Washington where arms were unloaded and in June of 1945 traveled to Cold Bay, Alaska where the mine sweeper was decommissioned and turned over to the Russians.

Sam, came home on leave, returned to Philadelphia Navy Yard for a few weeks, then traveled by train to Treasure Island Receiving Station in San Francisco, California where he boarded a transport ship that went to the Philippines where he remained for 6-7 months at land station.



Mr. Warrington with volunteer Chris Goldsmith from CHEER meals on wheels making his delivery.

Sam went back to the Philadelphia Navy Yard for a few weeks then traveled by train to San Diego, California and boarded the LST #1148 (Land & Ship Tank) that transported whatever was needed back to all the islands that the Japanese had relocated them from.

In October 1947, Sam returned to the US via Guam then took a ship to San Fransisco where he was discharged.

He returned to Millsboro on his birthday

November 4th, 1947. He was married for 55 years (Ida Mae) and had two children, and currently lives Georgetown. He worked as an auto mechanic and worked in a control room for a local power company. He retired at 66. He also is a Mason and was a past master in the Lodge #12 in Georgetown.

Currently living in Georgetown and living independently. Sam will be 100 years old in November of this year. ●

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Are you considering a reverse mortgage?
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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



Reverse Mortgage – The Home Pension Plan

In Europe, the term for reverse mortgages is the home pension plan. It really is a way to plan and handle your finances in retirement. There is no limit on how you can use the funds from a reverse mortgage.

One great strategy to boost your income would be to use the funds from a reverse mortgage to purchase an investment property.

Another way to structure the funds is to set up a line of credit to have disbursements every month to enhance your lifestyle.

And, another way would be to take a lump sum at closing and make renovations to your home or add onto your home. You will have the funds ready to pay the contractor and not have to deal with draws on a construction loan. Your home gets a huge boost in value and continues to appreciate.

A reverse mortgage loan is for seniors over the age of 62 that have enough equity in their home and want to access it. The Home Equity Conversion Mortgage is insured by the US Federal government and is only available through an FHA lender.

The beneficiary of the property will be given a certain amount of time to either sell or refinance the home. If the heirs do not want to acquire the property they are not required to pay off the debt. They simply advise the lender that they will not be keeping the home.

There are many ways to use the funds from a reverse mortgage. The one thing that is especially helpful to seniors is that there is no principal and interest payment due each month. This frees up more of your monthly income to enjoy your daily life. Provided by JoAnn Moore, The Mortgage Market of Delaware, LLC. NMLS #165477, 302.236.1229

JoAnn Moore is a licensed mortgage originator and owns The Mortgage Market of Delaware. NMLS #165477 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.)

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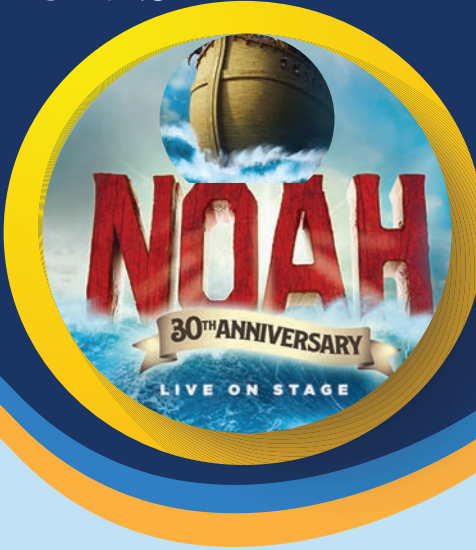
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CHEER Travel Club 2025 Trips

CHEER Travel Club

Presents

Day Trips



Sight & Sound Theater - NOAH

30th Anniversary Show

Lunch at Shady Maple

Date: November 11th, 2025


Cost: \$165 per person

* 10% Discount for Veterans with Military ID

DEPART/RETURN:
Milton CHEER Senior Activity Center
24855 Broadkill Rd, Milton DE
Departs from Milton CHEER: 8:00 a.m.
Arrive Shady Maple Buffet: 11:30 a.m.
Depart Shady Maple Buffet: 1:15 p.m.
Arrive Sight & Sound Theater:
2:00 p.m. for Show 3:00 p.m. start time
Depart Sight & Sound Theater:
5:30 p.m. Return Milton CHEER: 8:00 p.m.
Reservation Deadline: 9/11/2025

TRIP COST: \$165 PER PERSON
* 10% Discount for Veterans with Military ID (trip is happening on Veterans Day)
Payment: by Check payable to CHEER, Inc., or Cash
Trip Minimum: 50 people *reservations are first come, first serve
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.

TRIP DETAILS:
*Lunch at Shady Maple Buffet (included in the price)
*Noah-Special 30th Anniversary Show at Sight & Sound Theater
-A journey back in time as the Bible comes to life inside the enormous ark as this extraordinary story is experienced live!
-Experience one of the world's best-known voyages as live animals fill the stage and aisles
*Luxury Coach Bus with restrooms, high back reclining seats, TV, DVD player, USB charging ports, AC/Heat, reading lights, electrical outlets



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Visit: www.cheerde.com/travel-club
Stop by any CHEER Center for flyer and reservation form

CHEER Travel Club

Presents

Day Trips



Green Dragon Farmers Market & Auction

Date: October 17th, 2025

Cost: \$50 per person

DEPART/RETURN:
Milton CHEER Senior Activity Center
24855 Broadkill Rd, Milton DE
Departs from Milton CHEER: 8:30 a.m.
Arrive time Green Dragon: 11:30 a.m.
Depart Green Dragon: 5:00 p.m.
Return Milton CHEER: 8:30 p.m.
Reservation Deadline: 09/01/2025
(Free entry to Green Dragon)

TRIP COST: \$50 PER PERSON
Payment: by Check payable to CHEER, Inc., or Cash
Trip Minimum: 50 people *reservations are first come, first serve
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.
*Luxury Coach Bus with restrooms, high back reclining seats, TV, DVD player, USB charging ports, AC/Heat, reading lights, electrical outlets



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Visit: www.cheerde.com/travel-club
Stop by any CHEER Center for flyer and reservation form

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).
See page 9

SPACE AVAILABLE



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



For information and/or reservations
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JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	2 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	3 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	4 CLOSED in Observance of INDEPENDENCE DAY
7 Dirty Rice Okra And Tomatoes Fresh Fruit Soft Whole Wheat Roll/Bread/Marg Skim Milk	8 Turkey Pot Pie Succotash Pineapple with Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	9 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	10 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	11 Vege Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
14 Baked Ziti & Meat Sauce Lettuce And Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk	15 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	16 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of the Day Skim Milk	17 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	18 Cream Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
21 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	22 Pork Roast/Sauerkraut Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Roll/Bread Bread Pudding Skim Milk	23 Shepherd's Pie Garlic Green Beans Whole Wheat Roll/Bread Fresh Fruit Skim Milk	24 Orange Glazed Chicken Brown Rice Pilaf Collard Greens Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	25 Corn Chowder Seafood Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk
28 Hot Dog W/Chili Baked Beans Petite Corn On The Cob Fresh Fruit Skim Milk	29 Cheese Enchilada Casserole Red Beans And Rice Churros Skim Milk	30 Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	31 Cinnamon Honey Chicken Roasted Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll/Bread Fruited Ambrosia 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



Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

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



ACTIVITIES

Tuesday –
July 8th 4:30–5:30 p.m.
Taller de Nutricion con Sugieri y bingocize
5:30–6:00 p.m. la cena
6:00 p.m. Loteria

July 13th and 20th
4:30–6 p.m.
Bilingual class!

BingocizeTaller de jardineria/
Gardening workshop

July 27th 4:30–6 p.m.
Dance Party.

Wednesday –
July 9th 4:30–5:30 p.m. Clase Bilingue Fiesta!
5:30–6:00 p.m. la cena
6:00 p.m. Hot Sauce Band!

July 14th 4:30–6 p.m.
Aprende Cocinar/ Learn to Cook with Miguel Cuevas

July 21st 4:30–5:30 p.m.
Silla de Yoga-Chair Yoga
Speaker Abigail from GT Library

July 28th 4:30–6 p.m.
Taller de Crochet con Ruthy/ Crochet Workshop

SPECIAL HAPPENINGS
July 2nd and 15th we have Zumba with Jessica Haro. Come and enjoy dancing and feeling great!

Back by popular demand: Gilberto Rodriguez for Paint night! Registration is open see flyer below for details.

Noche de Pintura con Gilberto

BILINGÜE

MIÉRCOLES 30 DE JULIO A LAS 4:00 PM
UBICADO EN
CHEER COMMUNITY CENTER
20520 SAND HILL RD,
GEORGETOWN, DE 19947

BOLETOS SON
\$8-60 AÑOS O MÁS
\$10-60 AÑOS O MENOS

INCLUYE MATERIAL Y LA CENA

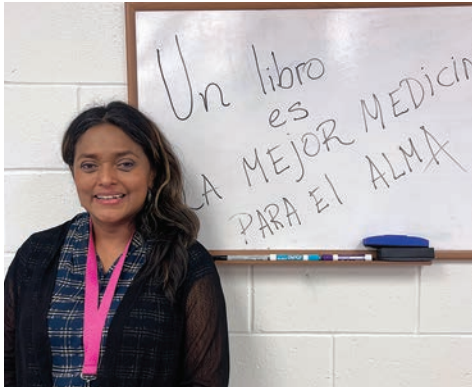
PARA REGISTRATE LLAME A ROBIN
AL 3302-515-0001 EX 1162



Makeup bag workshop with Ruthy Calloway



The workshop making was a success! Although we have seasoned sewers, we also had first timers and they truly enjoyed being with the community.



We had the honor of having Abigail McCallister share with us her passion for books and helping us register for a library card. There are amazing things happening at the Georgetown Library. Go check it out!



Chef Miguel Cuevas: Miguel prepared us delicious empanadas, mediterranean salad and a scrumptious treat for the group.



Chef Miguel Cuevas: shares ways on how to cook healthy yet flavorful food.

**Georgetown
Activity Center**



20520 Sand Hill Road
Georgetown, DE 19947

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

Happenings

July 9:
National Sugar Cookie Day

July 17:
10:30 – 11:30 a.m.
Arm Chair Travels

12 – 1 p.m.
Revive Sound Productions

4 – 6 p.m. Dinner/Bingo

WEEKLY

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

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

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

Wednesday:
12:00 p.m. Wii bowling

Friday:
9 – 10 a.m.
Breakfast in the Café

10 a.m. Chair Fitness
10:30 p.m. Penny Poker Prize
Bingo – 12:00 p.m.

MONTHLY:

Dollar Tree – every Tuesday
Walmart – every Thursday



Some members of the Georgetown Senior Center made Memorial day wreaths. Pictured left to right: Ruth Dorsey, Priscilla Gaines, Toni Sayles, Della Zielinski, Carol Anderson, Joseph Donovan and Judy Jones. Sitting in front: Yvette Harris.



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



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 July! It's time to grab the lemonade and brush up on tips for staying cool. The dog days of summer are just ahead. The seventh month brings the 4th of July holiday when the U.S. celebrates Independence Day.

Ready the fireworks, cookouts and red, white and blue decorations. The Fourth of July – also known as Independence Day or July 4th, has been a federal holiday in the United States since 1941. What this holiday commemorates is the adoption of the Declaration of Independence on July 4, 1776, by delegates from the 13 colonies. On the 4th, the Continental Congress approved the final wording of the Declaration of Independence. This is the day we proudly celebrate the birth of the United States of America! ●



Greenwood mothers celebrating Mother's Day.
Left to Right, Nora Meeds, Liz Yates, Selena Pettyjohn, Pat Marshall and Matilda Bakas

WEEKLY

- Monday – Friday**
8:30 – 9:30 a.m. CHEERful Morning Café
10:00 a.m. Bible Study
9:15 a.m. Tai Chi with Gary Tompkins
- Tuesdays**
10:30 a.m. Prize Bingo
12:15 p.m. Full Card Bingo
- M/W/F 12:30 p.m.**
Luncheon Card Club
- Thursdays –**
1 – 3 p.m. Memory Café with Christie Shirey
- Fridays**
8:30 – 9:30 a.m. CHEERful Morning Café with Full Breakfast

BI-MONTHLY

- Fridays**
Blood Pressure Check with Nurse Betty (2 x a month).
- Fridays**
10:00 a.m. Ladies Prayer Group

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 Wednesday 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

- July 1st:** Staying Cool in the Summer heat presented by Sheila at 10:00 a.m.
- July 2nd -** Yaneris Roa-Green from Fulton Bank at 10:15 a.m. will present "Preventing Fraud and Identity Theft."
- July 4th: Center Closed Independence Day**
- July 16th:** Wednesday at 9:00 a.m. Trip To Parsons Farm Produce. Eating lunch at Parsons.
- July 17th:** Trivia & Games with Alethea Franceschi of Delaware Palliative Care at 10:30 a.m.
- July 18th:** Friday at 10:30 a.m. Entertainment by Lisa Miller
- July 22nd:** Tuesday at 9:30 a.m. Bridgeville Senior Center visits Greenwood CHEER
- July 23rd:** Wednesday at 10:30 a.m. Summertime Tunes with the Sunshine Singers
- July 25th:** Friday at 10:00 a.m. Monthly Membership Meeting (Unity Club)
- July 30th:** Wednesday at 10:00 a.m. Milford Bowling Lanes. Followed by lunch at River Lights Café, Ruby Tuesdays or Arena's



Greenwood CHEER members enjoy an evening of Gospel Music by the Bay City Ministries and Petersburg Little Grand Old Opry of Camden. Featuring Jimmy Passwaters and member Gloria Holland

**Harbour Lights
Activity Center**34211 Woods Edge Drive
Lewes, DE**Cristina Tunnell, Director**
(302) 515-0001, Ext. 1661**Happenings****Encouraging Message
from your Director
Keep Moving, Keep Shining!**

As the summer sun warms our days, July is the perfect time to celebrate the strength, wisdom, and resilience that come with age. Every step you take, whether it's a walk in the park, a stretch in the living room, or a smile shared with a friend, adds to your journey of wellness and joy.

Remember, it's never too late to try something new, care for your health, and connect with others. This month, take pride in your progress, no matter how small, and keep showing the world the power of staying active and engaged at every age. You're an inspiration, keep moving, keep shining, and enjoy all the beauty July brings!

Join Us for a **FREE** Wellness Class on July 10th at 10:00 a.m.! We're excited to welcome a licensed physical therapist Lisa Jordan to our center who is passionate about helping others stay active and healthy. With a strong background in mobility and rehabilitation, she is now bringing her expertise to a new fitness offering, Tai Chi and Chair Aerobics classes designed for all levels of ability.

Tai Chi is a gentle, flowing practice that improves balance, reduces stress, and enhances overall well-being. Chair Aerobics offers a fun, low-impact cardio workout that's perfect for those with limited mobility or

**Pet Therapy with Paris (Standard Poodle), Analia Perez****Left to Right Clifford Soisson and Eli Watkins**

just getting started with fitness.

Whether you're looking to increase flexibility, boost energy, or simply try something new in a supportive environment, this is the perfect opportunity. Don't miss our **FREE** introductory class on Wednesday, July 10th at 10:00 a.m. Come see which class is right for you and bring a friend! Please sign up for the class at the desk.

**Join Us for
Our Monthly Party!**

Mark your calendars for Thursday, July 18 at 10:30 a.m. and get ready for a fantastic time! This month's celebration will feature live entertainment by the always fabulous **Positively Toni Marie**, bringing energy, music, and fun to the stage. Don't miss out on great vibes, good company, and unforgettable entertainment!

We can't wait to see you there!

July Dinner

Join Us for Our Monthly Dinner & Prize Bingo – July 22nd! Mark your calendars for a fun-filled evening at our Monthly Dinner and Prize Bingo on Monday, July 22nd. Dinner will be served at 5:00 p.m., followed by exciting rounds of Prize Bingo beginning at 5:45 p.m.

The cost for the evening is \$8.00 for members and \$10.00 for non-members. The menu will be announced at a later date, so stay tuned for more delicious details.

We hope you'll join us for a great night of good food, fun, and fantastic prizes! ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Wednesday: Nickel Bingo

Friday: Blood Pressure Checks, Virtual Chair Yoga and Prize Bingo

Every Wednesday:

Grocery Store, Bank, Post Office and Drug Store

SPECIAL HAPPENINGS**July 4th: CLOSED
Independence Day****July 9th:**

Wednesday at 12:15 p.m.
Heart Healthy Bingo

July 10th:

Thursday at 10:00 a.m.
FREE Tai Chi/Chair
Aerobics with Lisa

July 17th:

Thursday at 10:30 a.m.
Pet Therapy with Paris

July 18th:

Friday at 10:30 a.m.
Entertainment provided
by Positively Toni Marie

**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
12:00 Nickel Poker
1:00 Mahjongg
1:00 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 (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 a.m. Walmart
Wednesday
9:15 a.m. Bank, PO, Drug Store
Friday 10:00 a.m. Dollar Tree

SPECIAL HAPPENINGS

July 3: Thursday at 9:15 a.m.
Trip to Laurel Dutch Market

July 4th: Center Closed
Independence Day

July 7: Monday at 12:00 p.m.
4th of July Celebration

July 8: Tuesday at 9:15 a.m.
Bylers and Rudys in
Harrington

July 10: Thursday at 1:00 p.m.
Peer Support DE

July 11: Friday at 10:30 a.m.
Music and Memories

July 16: Wednesday at
10:30 a.m. Sunshine Singers

July 17: Thursday at 9:15 a.m.
Super Walmart in Milford
4:00 p.m. Evening Bingo and
Dinner

July 24: Thursday at 9:15 a.m.
DE State Fair 60+ Free
Admission

July 29: Tuesday at 9:15 a.m.
Aldis, Petsmart, BJ's, and
Chick fil A

July 30: Wednesday at
12:30 p.m. July Birthday
Celebration

Prom Night at Long Neck



Barbara Harrsion



Sharen Beatie and George Hess



Tom and Shirley Herndon



Pedro Sanchez and Eleanor Travis



Barb Painter and Roger Cox



Bob Bacon and Joan Lott



Dick Neyrinck and
Cheryl Larson

Milton Activity Center24855 Broadkill Road
Milton, DE 19968**Ashlyn Elliott, Director**
(302) 515-0001, Ext. 1461**Happenings****Why is Independence Day important?**

Independence Day, celebrated on July 4th in the United States, is an incredibly significant occasion. It marks the anniversary of the adoption of the Declaration of Independence in 1776, when the thirteen American colonies declared their freedom from British rule. The day represents the ideals of liberty, self-governance, and the pursuit of happiness that are central to the nation's identity.

Beyond its historical importance, it's a time for us as Americans to come together to reflect on their shared values and the sacrifices made to achieve independence. Festivities like fireworks, parades, barbecues, and public readings of the Declaration symbolize pride and unity. It's not just a celebration of history, it's a reminder of the ongoing efforts to uphold the principles of freedom and democracy.

In Loving Memory —

Milton CHEER lost a very devoted member Richard Allen, Sr, in the month of May. Richard also known as Dick Allen was the sweetest, most crafty and loving man. From building birdhouses for other members, to building things for the center, he did it all. He and his wife Norma have been members of Milton CHEER for many many years.

Dick Allen and his son attended breakfast on Fridays, and Dick himself, attended the center daily. We had a celebration of life at Milton CHEER on June 6th where family and friends of Dick Allen celebrated the kind person he was and the impact, he left.

Although we are sad to see him go, he is reunited with his loving wife of 76 years and is no longer suffering. Milton CHEER sends our condolences to the family and friends of Dick Allen. ●

WEEKLY**Every Monday - Friday:**

Fitness Center Open
8:00 a.m – 3:30 p.m.

Mondays:

Tai Chi at 9:00 a.m.
Pickleball, 10:00 a.m. Sign in and grab your paddles inside

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.
Pickleball, 10:00 a.m. Sign in and grab your paddles inside!

Tuesdays and Fridays:

Bingo check calendars for times

Tuesdays and Thursdays:

Chair Yoga, check calendar for times

Every Monday- Friday:

Fitness Center Open
8:00a.m – 3:30 p.m.

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.

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

July 3rd: Arts and Crafts at 12:00 p.m.

July 8th, 15th, 22nd, and 29th:

Health and Nutrition Coach classes, starting at 10 a.m.

July 4th: Center Closed Independence Day**July 10th:** Thursday 12:00 p.m.

July Birthday Celebrations- Come Celebrate our members Birthdays with Ice cream!

July 16th: 4 to 6:00 p.m.

Dinner and Bingo
\$8.00 60 and over,
\$9.00 under 60

July 17th: Arts and Crafts at 12:00 p.m.

July 18th: Safety bingo with PAM Health.

July 21st: 10:00 a.m. Creative Arts with Phoebe Canakis

July 23rd: 10 a.m.– 3 p.m. Mobile Health Unit

July 30th: Wednesday at 9:00 a.m. Trip to Parsons Farm and Lunch. Bus Departs Milton CHEER Center at 9:00 a.m.

**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

**Ocean View
Activity Center**



30637 Cedar Neck Road
Ocean View, DE 19970

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

Happenings

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!

Please note that for the summer our Friday trips have moved to Tuesdays and Wednesdays (unless they are in Ocean View or Millville) . . . due to the traffic. ●

Angels With Dirty Faces, directed by Murry Gatling, members & volunteers!



MONTHLY TRIPS

- July 1st:** Tuesday at 11:30 a.m. Lunch Entertainment with Tony Sciuto - Come try out our latest entertainer!
- July 4th:** Center Closed Independence Day
- July 8th:** National Ice Cream Sundae Day at noon on Tuesday!
- July 14th:** Monday at 10:45 a.m.

- Joyful Living Discussion Group with Andrew S., 2nd Monday monthly.
- July 15th:** Tuesday at 12 Noon, Arts & Crafts Club with Judi, 3rd Tuesday monthly. Sign up at Bulletin Board, \$5 each – please pay at sign up! Stay tuned for July project ...
- July 23rd:** Wednesday at 11:45 a.m., Lunch ‘n Learn with OLLI – Osher Lifelong Learning Institute!
- sJuly 29th:** Tuesday at 5 p.m., Dinner and Entertainment with Notes on the Beach, \$11 Members, \$15 Guests. Please sign up and pay in advance.
- July 30th:** Wednesday, 12 noon – 1 p.m. Stroke/TIA Workshop with Beebe (bingo to follow and play until 2:30 p.m.).
- Join us this month for more summertime fun.**
We have two more great boat

trips offered – Cape Water Tours Dolphin Watching Cruise with a team member from MERR along on the 16th and Good Vibes Tiki Cruise out of Dewey Beach for a relaxing cruise along with lunch on the 22nd!

Tony Sciuto will kick off the month by entertaining us over lunch on Tuesday, July 1st and Notes on the Beach with wrap up the month for us over dinner with new pieces on the 29th! Be sure to sign up in advance.

Join us for a Tropical State of Mind.



Craft workshop at Ocean View

***Tiki Paradise!!!
Feel the
Island Vibes . . .***

***“To escape and sit
quietly on the beach –
that’s my idea
of paradise.”
-Emilia Wickstead***

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

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



Happenings

WEEKLY

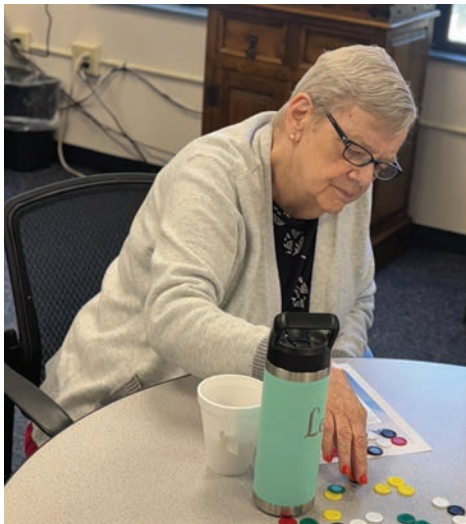
Monday - Friday:
CHEERful
Morning Café
at 9:30 a.m.
Lunch 11:30 a.m.



Safety Bingo

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

Wednesday:
Breakfast at 9:30 a.m. (\$2.50)



Looking over Bingo Prizes

Safety Bingo

Friday:
Chair Yoga with Barbara Popiel
“Strength from Within”
Memory Café with Christie Shirey

BI-WEEKLY:

July 3: Dollar Tree
Choice of Restaurant

July 10: Parsons Farm
Choice of Park

July 17: TBD

July 24: TBD

July 31: Walmart Pizza Palace

SPECIAL HAPPENINGS:

July 1: Tuesday at 10:00 a.m.
“National U.S. Postage Stamp Day” Mingo/Bingo

July 2: Wednesday at 11:00 p.m. Blood Pressure Screenings by PAM Health

July 4th: Center Closed
Independence Day

July 7: Monday at 10:30 a.m.
Pastor Dan and Betsy Taylor:
Inspirational Music

July 8: Tuesday at 10 a.m.
Prize Mingo and Music Memory

July 11: Chair Yoga at 10:30 a.m. with Barbara
“Strength from Within”

July 16: Community Yard Sale at Roxana CHEER Center
From 9:00 a.m. to 2 p.m.

July 21: Monday at 10:30 a.m.
Pastor Dan and Betsy Taylor:
Bible Study

July 25: Chair Yoga at 10:30 a.m. with Barbara
“Strength from Within”



**CHEER**

YARD SALE

ROXANA ACTIVITY CENTER
July 16, 2025
9:00 am - 2:00 pm
34314 Pyle Center Rd
Frankford, DE 19945

HOT DOG
MACARONI
SALAD
CHIPS AND A
DRINK
\$5

Sand Hill Adult Day Program

Opening an In-House Thrift Store



Margaret got a pretty towel

The day program has always been extremely fortunate to have items donated to us. However, we have not always known what to do with them. Now we do. We have cleaned out the spare room and have set it up as a thrift store with shelves, cabinets, and a clothing rack. It is open to the Day Program members. The best part is everything is free.

The members will not only visit the store at least once a week, but they will be encouraged to be the caretakers of it; overseeing the sorting, sizing, folding of the clothes donated. The members will dust the Knick knacks and organize the jewelry, etc. We hope this will jog their memories for those that worked retail or used to visit the thrift stores. In hopes of encouraging involvement. Those who volunteer will get to shop first.

As a rule, the thrift store is not open to the public, however, it is certainly able to assist people in need. We often have walkers, wheelchairs, shower chairs, portable toilets, depends, etc. Please call Cindy Mitchell (302) 212-4482 if you are in need or have any donations to make.

To add to the theme of the thrift store, we are having a weekly show n tell featuring weird items. The members will examine the item and try to figure out what the item is, and what it is used for. ●



Keith got a belt



Carol got a doll



Linda, Shirley and Ava hard at work

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

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

We understand how difficult it can be.

Monday thru Friday
9 AM to 3 PM


Over 50 Years Serving Sussex Seniors

Partially Funded by


Have you received an email like this from Xfinity or another company?



“Hello samplecustomer@yahoo.com, Please check your card info and make a payment.

We wanted to remind you that your Xfinity services will be suspended soon, and to say thank you for your time with us. It’s been our pleasure to serve you.

As a reminder, here’s a quick summary of your

service suspension:

Last day of service:

Tuesday, 03 June 2025

We were unable to process your recent payment of \$98.83 with the Card on file. Please update your payment information or make a one-time payment today to avoid a service downgrade.

If you don’t make a payment within 1 days, your service will be

suspended. You can update your service, just visit My Account.”

Scary, right? How can you tell if an email is a scam? First, look carefully at the email itself. This email does not address anyone by name, which Xfinity would certainly do. On this sample, you will find a space between the email address and comma, where a space doesn’t belong. Also, note how the date is written. In America, we do not write the day before the month. Additionally, is the amount the amount you usually pay?

This is an example of a very good scam email. If you receive an email like this, NEVER click on the link in the email. The safest way to check your account is to call the company or log onto the website on a new tab. If you have questions, feel free to reach out to a Stand By Me Financial Coach. **Contact a Stand By Me 50+ Financial Coach for FREE Financial Coaching today! Call 211 or visit STANDBYMEDE.ORG to schedule an appointment.**

Stand By Me is not affiliated with CHEER.

Simplify your healthcare, simplify your life

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



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

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


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

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


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

Paint Night
with Gilberto

BILINGUAL




FOR MORE INFORMATION: CALL ROBIN
AT 302-515-0001 EX 1162



WEDNESDAY JULY 30TH AT
4:00 PM
LOCATED AT
CHEER COMMUNITY CENTER
20520 SAND HILL RD.
GEORGETOWN, DE 19947

TICKETS ARE
\$8-60 AND OVER
\$10-60 AND UNDER

INCLUDES MATERIAL
AND DINNER.



“THIS PROJECT IS SUPPORTED BY THE ADMINISTRATION FOR COMMUNITY LIVING (ACL), US DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) AS PART OF A FINANCIAL ASSISTANCE AWARD TOTALING \$598,178.58 WITH 75 PERCENTAGE FUNDED BY ACL/HHS AND \$149,544 AMOUNT AND 25 PERCENTAGE FUNDED BY NON-GOVERNMENT SOURCE(S). THE CONTENTS ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REPRESENT THE OFFICIAL VIEWS OF, NOR AN ENDORSEMENT, BY ACL/HHS, OR THE US GOVERNMENT.”

The Difference Between Acute Rehabilitation and Rehabilitation in a Skilled Nursing Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the post acute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisplinary approach which includes: Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call (302) 672-5810 to speak to an admissions coordinator.

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



Acute Rehab

One on one tailored therapy for three hours per day

Dr. Check up daily

1 nurse per 6-7 patients

7-14 day stay

On site dialysis

Admit directly from home

VS.

Skilled Nursing Facility

Less intensive therapy, may be in a group setting

Dr. Check up once within the first week and then once every 30 days

1 nurse per 20 patients

20-60 day stay

Off site dialysis

3 night hospital stay required for admissions

3 locations to serve you Dover-Milford-Georgetown



New stand alone location opening in Milford this October!



JULY is National Grilling Month... let's get cooking...SAFELY!

Nothing beats a burger or brat grilled to perfection on a beautiful summer's day. But there are some food safety considerations you should know before you fire up the BBQ.

Be sure to separate raw and cooked foods.

To prevent foodborne illness, do not use the same platter, cutting board or utensils for raw and cooked foods. Harmful bacteria in raw meat and poultry and their juices can contaminate cooked food.

Cook all your foods thoroughly.

Cook food to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill tends to brown quickly on the outside, so use a food thermometer to ensure the food has reached a safe minimum internal temp. NEVER partially grill meat or poultry and finish cooking later.

MEATS

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temp of 145°F as measured with a food thermometer.

GROUND MEATS

All raw ground beef, pork, lamb, and veal should be cooked to an internal temp of 160°F as measured with a food thermometer.

POULTRY

Poultry should be cooked to a minimum internal temp of 165°F as measured with a food thermometer.

Keep Cold Food Cold

Keep meat and poultry refrigerated until ready to use. Only take out what will immediately be placed on the grill. When using a cooler, keep it out of the direct sunlight by placing it in the shade or under a table. Avoid opening the lid too often, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in a separate cooler.

Keep Hot Food Hot.

After cooking meat and poultry, keep it hot until served — at 140°F or warmer. Keep cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they could overcook.

About those Leftovers & Reheating...

Refrigerate any leftovers promptly in shallow containers. Discard any food left out more than 2 hours (1 hour if temperature outside is above 90°F/ 32°C). When reheating fully cooked meats like hot dogs or hamburgers, grill to 165°F (74°C) or until steaming hot. ●

Watermelon Salad

A fresh and savory side to compliment any outdoor meal.

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

Makes 4 servings.

Salad Ingredients:

Serves 8

- 6 C watermelon, chopped into bite-sized pieces
- 2 C cherry tomatoes, sliced in half
- 1 C crumbled feta cheese
- ¼ C balsamic vinegar
- ¼ C extra virgin olive oil
- ½ tsp each of Salt and Pepper
- ½ C chopped fresh Basil

Directions:

1. Carefully toss the chopped watermelon and tomatoes together in a large serving bowl.
2. In a separate small mixing bowl, lightly whisk the vinegar, oil, and salt and pepper until combined.
3. Immediately pour the dressing over the fruit mixture, stirring lightly to coat. Add feta and basil, and lightly toss all the ingredients, being careful not to mash them together.
4. Chill up to 2 hours or serve immediately for best flavor.



Note: you can add 1 C chopped raw bell pepper to amp up the fiber content. “Zima” yellow tomatoes instead of red cherry make for an even more colorful presentation.

Nutrition per Serving
(approximately 1C)

Calories 150	Fiber 1g
Carbohydrates 11g	Vit A 150mcg
Protein 4g	Potassium 229mg
Sat Fat 3.4g	

Celebrated Older American Day at CHEER



Cruise-In at Milton





William Doran, DO, FAAOS



Get on the path to recovery

When it comes to something as life-changing as hip surgery, experience matters. Dr. William Doran, the area's most experienced robotic hip surgeon, understands you're not just looking for a solution — you're looking for the chance to walk, move and live pain-free again.

Backed by the region's leading health system, Dr. Doran combines the newest technology with a personal, compassionate approach to your care. From first consultation to recovery, you'll feel supported every step of the way.

TidalHealth Orthopedics
Locations in Millsboro and Seaford
302-990-3280
tidalhealth.org/orthopedics

