

AUGUST 2025  
FREE

# CHEERful LIVING

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

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Marie Schrack  
*CHEER member at  
Roxana Senior Activity Center  
enjoying the outdoors!*

**CHEERful Living**

magazine is published monthly  
by CHEER, Inc. to support healthy  
and active lifestyles for older adults  
in Sussex County, DE.  
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throughout Sussex County  
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throughout the county.

Kathy Motak Singel  
Editor, CHEERful Living



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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 the warm embrace of August settles in, it's the perfect time for seniors to engage in delightful summer activities that bring joy and vitality. This month, we celebrate not only the beauty of summer, but also the special moments that make life truly wonderful.

August offers many opportunities for seniors to stay active and enjoy the outdoors – especially in Sussex County! One of my favorites, gardening, can be a therapeutic and rewarding experience. Whether it's growing flowers, vegetables, or herbs, gardening provides a sense of accomplishment and a connection to nature. Exploring our local beaches, parks and trails through walking and hiking can be a great way to stay fit and enjoy the beauty of nature.

Walking with friends or family adds a social element that makes the experience even more enjoyable. Organizing a picnic in a nearby park is a wonderful way to spend a sunny afternoon. I hope you will be joining us on Friday, September 5th for our Trap Pond Fall Festival in Laurel! Water activities such as swimming, water aerobics, or simply relaxing at the beach or by the pool

are perfect for staying cool and active during the summer months. Engaging in creative activities like painting, knitting, or crafting can be both relaxing and fulfilling, too. It's a great way to express yourself and create something beautiful.

August is a special month for me as I celebrate my birthday. I hope everyone takes the time to celebrate their own milestones and the joys of life. Birthdays are a reminder to cherish the moments we have and to appreciate the people around us. Whether it's a small gathering with loved ones or a quiet moment of reflection, celebrating life is important.

*Birthdays are  
a reminder to  
cherish the  
moments.*

As we enjoy the warmth and beauty of August, let's make the most of the summer by engaging in activities that bring us happiness and fulfillment at any of our eight senior activity centers. Remember to celebrate the special moments, big or small, and to appreciate the joy that life brings. Here's to a wonderful summer filled with laughter, love, and memorable experiences. Happy August! ●

*For more information on CHEER services, visit our website at [www.cheerde.com](http://www.cheerde.com)*



Beckett Wheatley, CEO

*“Birthdays are  
good for you.  
Statistics show  
those who  
have the most  
of them live  
the longest.”*

*Mark Twain*



## Meet Harbour Lights CHEER's Volunteer of the Year Kathy Crowley!

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 Kathy Crowley from CHEER's Harbour Lights Senior Activity Center in Lewes.

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

I'm overwhelmed with gratitude. Being chosen as Volunteer of the Year is something I never expected and it means more to me than I can put into words. Volunteering has always been about giving from the heart, not for recognition, so to be honored like this is incredibly touching.

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

I had the privilege of working as a cafeteria manager at three different schools, two elementary schools, and one high school. My time there was meaningful; the staff and students felt like a second family to me. I'm also a proud parent of four wonderful children, Kathy, Teresa, Pat, and Bobby—and a grandparent to two amazing grandchildren. Spending time with my family brings me great joy.

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

Before I began to lose my vision, I loved baking, especially brownies and carrot cake. It brought me so much joy to share those treats with family and friends.

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

I've been a proud member of the CHEER Center for the past 23 years.

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

I've had the honor of volunteering at the CHEER Center for the past 23 years and it's been one of the most rewarding parts of my life.



Volunteer  
Kathy Crowley

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

CHEER has had a meaningful impact on my life. It's given me the opportunity to help others, which brings me a deep sense of joy and purpose. It's truly a wonderful place to be, the people are kind and welcoming, and the lunches are delicious!

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

What drew me to volunteer with CHEER was the chance to stay active and involved while spending time at the center. I was happy to step up and help in the kitchen. It felt good to know that my support made a difference to the hardworking kitchen staff.

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

My advice to current and future volunteers is to give from the heart and be present in every moment. Even the smallest act of kindness can make a big difference in someone's day. Stay open, stay compassionate, and remember that the joy you give often comes back to you in the most unexpected and beautiful ways.

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

One moment that has always stayed with me is when a kitchen manager pulled me to the side and thanked me for always helping her. She told me that my help in the kitchen made her work load a lot easier. It reminded me that sometimes just showing up and being there for others can have a lasting impact.

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 Kathy Crowley from CHEER's Harbour Lights Senior Activity Center! ●



# Tips to Improve Your Brain Health

Most of us know that physical activity is a valuable part of an overall body wellness plan, but how often do you consider your brain in that planning? Studies indicate we can reduce the risk of cognitive decline by choosing key lifestyle habits—such as engaging in regular cardiovascular exercise to elevate the heart rate and increase blood flow to both the brain and body.

When it comes to improving and preserving brain health, the good news is it's never too late to start. Consider physical activities that may also be mentally or socially engaging, such as walking with a friend, taking a dance class, joining an exercise group or golfing.

## Heed the head-heart connection

Growing evidence suggests that many factors that increase the risk of heart disease also may increase the risk of dementia. These factors include smoking, obesity, diabetes, high cholesterol and high blood pressure. Adopt these healthy lifestyle habits for improved brain health:

- Visit your doctor regularly.
- Get your “numbers” checked, including weight, blood sugar, blood pressure and cholesterol. When needed, actively seek treatment to keep yourself within healthy ranges.
- Stop smoking. If you don't smoke, don't start.
- Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short and long term benefits for your brain.
- Take action to minimize stress. Studies have found that regular physical activity decreases stress, increases your ability to manage stress and leads to better mood overall.
- Get enough sleep. Inadequate sleep due to conditions like insomnia or sleep apnea can result in problems with memory and thinking.

- Avoid excess alcohol.
- Seek professional assistance to address anxiety, depression or other mental health concerns.

To explore more about the 10 Healthy Habits for Your Brain, visit [alz.org/healthyhabits](http://alz.org/healthyhabits) or call the Alzheimer's Association 24/7 Helpline at (800) 272-3900.

## About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support, and research. The Delaware Valley Chapter serves 18 counties in Delaware, South Jersey and Southeastern Pennsylvania. For more information, contact the Alzheimer's Association 24/7 Helpline at (800) 272-3900 or [alz.org/delval](http://alz.org/delval).

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**Caregiver Resource Coordinator**



546 South Bedford Street  
Georgetown, DE 19947

Christie Shirey, Coordinator  
(302) 515-0001, Ext. 1061

# Loneliness

Loneliness can be a serious problem with the senior population. Many things can lead to this feeling including mobility issues, distance from family, decrease in energy and health issues. In January, the National Institutes of Health released results from multiple studies saying that loneliness can increase the chance of dementia by 31%. The studies also found that the chance of feeling social isolation is 35% greater in people who experience dementia and that it increases the likelihood of hospitalizations.

## The Caregiver Resource Center is expanding its Parkinson’s support group services.

Beginning in August, separate support groups will be held simultaneously for those with Parkinson’s and in another area, their caregivers. These meetings will be held on the third Wednesday of each month at 2:30 pm at the Ocean View CHEER Center. The hope is to provide more individualized support and an option to avoid the summer traffic. Please contact Chrisie Shirey for more information.  
[Cshirey@cheerde.com](mailto:Cshirey@cheerde.com) or (302) 515-0001, ext. 1061



## Mr. Man warns about the dangers of loneliness.

John Hopkins hospital participated in the studies and discussed the results in a press release. “Socially isolated older adults have smaller social networks, live alone, and have limited participation in social activities,” says Alison Huang, Ph.D., M.P.H., senior research associate at the Johns Hopkins Bloomberg School of Public Health. “One possible explanation is that having fewer opportunities to socialize with others decreases cognitive engagement as well, potentially contributing to increased risk of dementia.”

There are many ways to help with loneliness. Studies have found that social media can help if you are tech-savvy. This would include email, social media sites, voice calls, and texting. Senior Centers

are also a wonderful choice as it offers social connections, exercise options, as well as healthy balanced meals. Other options to consider are adopting a pet, attending church, or volunteering.

The challenge increases if you are living alone with dementia. It is important to identify a person you can trust to be your social and emergency contact. Consider in-home and community-based services like senior centers. You can also join a support group or attend Memory Café. If you would like more information, please contact the CHEER Caregiver Resource Center by calling 302-515-0001 ext. 1061 or email at [cshirey@cheerde.com](mailto:cshirey@cheerde.com).

Article taken from: *New Studies Suggest Social Isolation Is a Risk*

*Factor for Dementia in Older Adults, Point to Ways to Reduce Risk | Johns Hopkins Medicine*

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

**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.



# Thank You, Volunteers—We Couldn't Do It Without You!

To our incredible volunteers -- thank you. Every smile you've shared, every hand you've lent, and every moment you've dedicated has brought light into the lives of those who need it most. Without you, our mission to bring warmth, joy, and connection to our community simply wouldn't be possible.

From decorating CHEER centers, delivering meals, or just spending time listening to someone who needs it—you've made a



difference in ways that words can't fully capture. You are the heart of what we do and we appreciate you more than you know.

Thank you, again, to all of our current volunteers. You are true heroes in our community.

## Join the Movement—We're Looking for Volunteers!

If you've ever wanted to give back, now is the perfect time. We're looking for kind-hearted, energetic volunteers to help us

spread cheer at our local CHEER Senior Activity Centers. Whether you can spare an hour or a day, your time matters. You'll be joining a team of passionate people who believe in lifting others up—and having fun while doing it!

Be a part of something beautiful. Share your heart. Bring your smile. Help us make our community a little brighter, one cheerful moment at a time.

Interested in volunteering?

*Sign up today! Visit your local CHEER Senior Activity Center or visit [cheerde.com/volunteer](http://cheerde.com/volunteer).*

## —VOLUNTEERS NEEDED—

For nearly 55 years, CHEER has served the needs of Sussex County's Senior Citizens. We offer a variety of programs, both at home and in our eight senior activity centers located in Georgetown, Greenwood, Lewes, Milton, Long Neck, Ocean View and Roxana. We also offer Meals on Wheels and other services, such as an Adult Day Program, Mobile Mini- Mart and transportation.

CHEER is looking for volunteers. Whether it is one hour per month, one day per month, or one month at a time, we have a spot for you! These are the positions CHEER is currently filling:

### TRANSPORTATION

#### 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. Volunteers can deliver once per month or several times per month.**

#### 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 to their residence. Mileage reimbursement is provided.

#### ADMINISTRATIVE SUPPORT

Volunteers needed to assist at CHEER senior activity centers in Georgetown, Greenwood, Lewes, Milton, Long Neck, Ocean View and Roxana. Center Director

or agency staff need assistance with a variety of tasks: clerical support, answering telephones, welcoming visitors to the building, providing tours of centers, receiving and sorting mail, scanning in members as they arrive, collecting lunch monies, and assisting where needed by the Center Director. Administrative Assistants also help at special events. Volunteers can devote their time to certain duties or be available for all duties, as needed.

#### ARTS AND CRAFTS

Volunteers are needed to assist members with arts and crafts, planning and delivery of various activities, including fun games and setting up activities. If you have a particular talent, hobby, or craft that you would like to lead or share, please let us know.

#### RECREATION

##### FITNESS CENTER ASSISTANT

Volunteers are needed to assist members in the Long Neck, Milton, Ocean View and Greenwood fitness center, provide oversight, and clean the fitness center equipment before and after use. Note: Ability to lift up to 20 lbs. required for fitness center roles.

##### RECREATION LEADER/ASSISTANT

Volunteers are needed to assist in the planning and delivery of various activities, classes and trips. If you have a talent or activity to share, please let us know.

#### CULINARY AND EVENT STAFF

##### SPECIAL EVENTS ASSISTANT

Volunteers are needed to assist with special events held for CHEER members and the public. Duties can include,

but are not limited to, administrative assistance, kitchen assistance, room set-up, decorating and cleaning. Events may take place during the day, evenings and/or on weekends.

##### KITCHEN ASSISTANT

Volunteers help prepare and/or serve meals for our congregate seniors in every CHEER center. Those with culinary skills or interest are needed in our senior centers to assist with lunch service and homebound meal packaging. Volunteers must wear closed-toe shoes and appropriate attire (no sandals and no shorts).

#### VOLUNTEER FROM HOME

##### 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 (the number of clients to call is determined by the volunteer). Volunteers communicate any health or safety concerns for follow up.

#### FOR MORE INFORMATION

CONTACT CHEER VOLUNTEER COORDINATOR,  
MONICA MANDUJANO (302) 515-0001 EXT: 1166  
OR [VOLUNTEER@CHEERDE.COM](mailto:VOLUNTEER@CHEERDE.COM)

#### APPLY ONLINE

[www.cheerde.com/volunteer](http://www.cheerde.com/volunteer)  
Para Obtener Más Información O Para Ser Voluntario,  
Póngase En Contacto Con Monica Mandujano  
(302) 515-0001 ext: 1166, [volunteer@Cheerde.com](mailto:volunteer@Cheerde.com)

## Many Veterans have not taken advantage of VA home loans.

**W**ith Dover Air Force Base located in Delaware there are many Veterans that chose to live here. There are numerous active American Legion and Veterans of Foreign Wars chapters. A lot of benefits to Veterans are brought to the attention of those whom have served. It is surprising though that many Veterans have not taken advantage of VA home loans.

In my opinion, a VA home loan is the best loan available. There is no required down payment, no mortgage insurance, lower interest rates, and they offer flexible guidelines when it comes to credit.

The first step is to obtain your Certificate of Eligibility. You provide a copy of your DD214 form that you would have received when you were discharged from service. The certificate of eligibility states if you are eligible for a VA loan. It also states whether you are exempt from the upfront funding fee or not.

The next step is to have your credit report run and provide your income and asset documents. With these, your loan originator can figure out whether you can qualify for a VA home loan or not. Plus, they will be able to ascertain the purchase price you can go up to.

With VA home loans being 100% financing, you truly can purchase a home with no down payment. Plus the seller of the home

can help with some of your closing costs. The lender can also help with some lender credit.

Veterans with 10% or more military disability income have no up front funding fee.

With manufactured homes very prevalent in Delaware, they work well with VA home loans. VA lends on Class C manufactured homes that have been converted to real property. The title is retired and the county has done an inspection to change the status of the home to fee simple.

There are great refinancing opportunities with VA home loans as well. There is a streamline one called an IRRRL and a cash out one. IRRRL stands for Interest Rate Reduction Refinance Loan. With this loan, there isn't much documentation to provide. It is based on the fact that you are qualified for the loan when you purchased the home, so you are viewed as a good candidate for this new loan. The new loan would have benefits to it such as lower interest rate, low closing costs, and lower payment.

Government loans are typically lower than Conventional loans. There is no pre-payment penalty.

To sum up, there are numerous benefits to VA home loans; no down payment, no monthly mortgage insurance, and competitive interest rates.

*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.)*

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## CHEER Travel Club Returns from Inspiring Midwestern Journey

**GEORGETOWN, DE** – The CHEER Travel Club has successfully concluded an enriching and memorable six-day bus excursion, returning home on Saturday, June 28, 2025, after a journey filled with historical insights, spiritual exploration, and lively camaraderie. The trip, which departed on Monday, June 23, took members through Ohio with significant stops at the Creation Museum, the Ark Encounter, and the National Underground Railroad Freedom Center.



CHEER Travel Club's leader, Deb Dodd, shared a summary of the experience, saying "The CHEER Travel Club offered an amazing experience where 42 strangers became 'Travel Buddies' during a spiritual journey over six days. Many photos were taken and shared, amazing discoveries were made together, and lots of laughter occurred throughout... it truly was a fun adventure!"

The adventure began with a travel day, picking up a sub-group in Washington D.C. before settling into an interim hotel in Ohio for the first night. By Tuesday, June 24, the group arrived at their main hotel in Cincinnati, Ohio, where they enjoyed a relaxed evening. Members dispersed for shopping, engaged in spirited card games in the lobby, or simply mingled over cocktails, setting a friendly tone for the days ahead.

Wednesday, June 25, marked a deeply engaging day at **The Creation Museum**. Travelers explored over 140 Bible exhibits, wandered through the serene Botanical and Bible Gardens, and marveled at the vibrant Butterfly Garden and Zoo. For the more adventurous, ziplining provided an exhilarating perspective. The evening culminated in a grand buffet dinner hosted by the tour operator, bringing together various groups for an evening of dancing,

including lively line dancing and a fun-filled conga line, fostering a true sense of community.

The journey continued on Thursday, June 26, with a visit to the awe-inspiring **Ark Encounter Museum**. Here, the club experienced the monumental, life-size Noah's Ark, built precisely to the biblical dimensions and instructions. The museum provided extensive documentation and historical context for the Ark's construction, offering a profound and immersive experience. The site also featured its own Botanical Garden and Zoo. The day concluded with a delightful dinner at a local Italian restaurant, followed by a relaxing

evening of games and socializing back at the hotel lobby.

Friday, June 27, offered a poignant and educational experience at the **National Underground Railroad Freedom Center**. This powerful museum provided a moving exploration of the history of slavery and the heroic efforts of those who sought freedom through the Underground Railroad. Following this impactful visit, the group enjoyed sightseeing in downtown Cincinnati, catching a glimpse of the iconic Reds' baseball stadium and savoring lunch at "The Yard" restaurant. The day concluded with another night in a hotel, featuring dinner, last-minute shopping, and more games and conversation in the lobby.

The return journey on Saturday, June 28, was filled with shared reflections as members recounted their favorite highlights from the trip and enjoyed movies on the bus. The CHEER Travel Club's latest adventure proved to be a perfect blend of education, entertainment, and fellowship, leaving participants with lasting memories and a desire for future explorations. ●

The CHEER Travel Club offered an amazing experience where 42 strangers became Travel Buddies during our spiritual journey of 6 days to The Ark and Creation Museums, Underground Railroad Freedom Center, and Downtown Cincinnati Ohio area including a glimpse of the Cincinnati Reds Baseball stadium! Many photos were taken and shared, amazing discoveries made together, lots of laughter, it truly was a fun adventure!

*For more information on upcoming day and multi-day trips offered by CHEER Travel Club, please visit [www.cheerde.com/travel-club](http://www.cheerde.com/travel-club) or email [travel@cheerde.com](mailto:travel@cheerde.com).*


AUGUST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Italian Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
4 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	5 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	6 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	7 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	8 Chicken Tortilla Soup Mexican Chef Salad Fig Cookie Bar Skim Milk
11 Dirty Rice Okra And Tomatoes Fresh Fruit Soft Whole Wheat Roll/Bread/ Margarine Skim Milk	12 Turkey Pot Pie Succotash Pineapple W/ Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	13 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	14 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	15 Vegetable Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
18 Baked Ziti & Meat Sauce Lettuce and Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk	19 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	20 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	21 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	22 Cream of Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
25 3 Cheese Lasagna Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	26 Pork Roast/Sauerkraut Mashed Sweet Potatoes Roasted Brussels Sprouts Whole Wheat Roll/Bread Bread Pudding Skim Milk	27 Shepherd's Pie Garlic Green Beans Whole Wheat Roll/Bread Fresh Fruit Skim Milk	28 Orange Glazed Chicken Brown Rice Pilaf Collard Greens Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	29 Corn Chowder Seafood Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk



### Café Salud

20520 Sand Hill Road  
Georgetown, DE 19947

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



In July, we celebrate more than just Independence—we celebrated unity through diversity. Our seniors from the Latinx community and our friends who are learning Spanish have come together over the past few weeks to share in beautiful art classes, sewing class, and delicious food.

Through creating, we’ve explored our stories and heritage. In bilingual class, we’ve lifted our voices in more than one language, and with every shared meal, we’ve nourished not only our bodies, but our spirits.

Placemat workshop with Ruthy



Graduation for Eating Smart-Moving More Nutrition workshop- with Sugieri Garcia

This gathering is a reminder that our strength as a community lies in our differences—our languages, traditions, and expressions.

Together, we build bridges between cultures, generations, and backgrounds.

Let’s end summer off with a bang!



Mr. Oliver is feeling super proud with his design!



Tammy is all smiles with her handmade Mickey Mouse Placemat.

ACTIVITIES

August 12th and 26th:  
Zumba class

August 6th and 20th:  
Art and Crafts and Bingocize

August 13th:  
Sewing workshop with Ruthy

August 5th and 19th:  
Bilingual Class

August 27th:  
Special speaker TBA.

Please join our Café Salud group on Facebook to stay up to date on our activities!

<https://www.facebook.com/groups/472658739166871>





**Georgetown Activity Center**



20520 Sand Hill Road  
Georgetown, DE 19947

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

**Happenings**

August 8:  
Georgetown to Bridgeville

**August 14:**  
National Creamsicle Day

**August 21:**  
Arm Chair Travels  
10:30 – 11:30 a.m.

**August 21:**  
Revive Sound Productions  
12-1 p.m.



**Lynne Francis and Donald Kellicutt sitting with Ana Sofia Roman with Coast Television.**



**Joseph Donovan, Georgetown CHEER member being interviewed by Ana Sofia Roman with Coast TV, about the high outside temperatures.**

**August 21:**  
Dinner/Bingo 4-6 p.m.

**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

**Friday:**  
10:30 p.m. Penny Poker 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)



**Volunteers WE Need YOU!**

This project was supported, in part by grant number #90SAPG0158-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



## Greenwood Activity Center

41 Schulze Road  
Greenwood, DE 19950

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



## Happenings

**A**ugust is perhaps the most beautiful month and there is magic in a summer waning out. As Sylvia Plath rightly puts it, "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."

August is often a wonderful month for stargazing! It's the month of the Perseid Meteor Shower, known for its bright and frequent meteors, which peaks the mornings of August 12 and 13. Midnight to dawn is the best time, so be sure to keep an eye out.

August is also National Immunization Awareness Month (NIAM). The annual observance is designed to remind everyone that staying up to date on vaccinations is an important way to protect not only their health, but the health of everyone around them. ●

### 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



**Celebrating Father's Day with Country Music Musicians: Greg and Teresa Watson**

#### 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). Dates determined according to Betty's availability.

#### 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



**L to Right members: John Campbell, Julie Hudson, Winnie Vincent, Lavern McCarty, Jamie Erdely, Marge Schrock, Ruthella Smith**

- 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

#### August 1st:

Friday, at 10:30 a.m. Musical Entertainment by Lisa Miller. Today, we also celebrate National Ice Cream Sandwich Day which falls on Saturday August 2nd

**August 6th:** Wednesday at 10:00 am – 11:30 a.m. Crafts with Charlene!

**August 7th:** Thursday at 9:15 a.m. Trip to Ocean State Job Lot, Teen Challenge and Label Shopper in Seaford. Lunch at Stargate Diner.

**August 12th:** Tuesday evening from 6:00 p.m. – 8:00 p.m. Join us at the Greenwood Firehall for the Greenwood

Police Dept. National Night Out. There will be Food and Drinks, an Ice Cream Truck, and giveaways from Community Partnerships.

#### August 14th:

Thursday at 12:30 p.m. Painting with Judy! "Fireflies In August." Cost is \$25 members/\$30 non-members.

#### August 20th:

Wednesday at 10:30 a.m. PAM Rehab presents "Let's Talk About The Heat" Trivia.

#### August 21st:

Thursday at 9:15 a.m. Trip to Fifer's Farm Store & Kitchen in Camden, followed by Byler's in Harrington, lunch at Rudy's Family Restaurant.

#### August 27th:

Wednesday at 10:00 a.m. Virtual Tour of Zion National Park

#### August 29th:

Friday at 10:00 a.m. Monthly Membership Meeting (Unity Club).

#### August date TBA:

Dementia 101 with Jacqueline Reilley  
Coming September 11th  
Suicide Bridge Lunch  
Cruise Trip



## Harbour Lights Activity Center

34211 Woods Edge Drive  
Lewes, DE

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



## Happenings

### Stay Cool & Hydrated This Summer!

**H**ot summer days can pose serious health risks for older adults. As we age, our bodies become less efficient at regulating temperature, making it especially important to stay cool and hydrated. Drink plenty of water throughout the day, even if you don't feel thirsty. Wear lightweight, breathable clothing, avoid outdoor activities during peak heat hours, and stay in air-conditioned spaces whenever possible.

To help keep everyone safe and comfortable, all CHEER bus trips will have cold water available for riders, if needed. A little preparation can go a long way in ensuring a healthy, enjoyable summer!

### Senior Art Workshop and Exhibition

Phoebe, a member of the Developing Artist Collaborative Studios in Rehoboth, is creating a special art piece that will highlight the unique spirit of several CHEER Centers. As part of this initiative, she will lead a watercolor and mixed media art workshop inspired by florals, where each participant will create their own expressive piece.

These artworks will be professionally displayed in a culminating Senior Art Exhibition, held on Thursday, August 21, 2025, from 10:00 AM to 1:00 PM at the Developing



**Left to Right: Michael Sciallo, Betty Guyton, Louise McDonald, Crissy Tunnell, Ana Perez, Derek Richard**

Artist Collaborative Studios in Rehoboth.

The exhibition will celebrate the creativity and voices of participating seniors. It is also a meaningful opportunity for older adults from different CHEER communities to come together, share stories, and be recognized for their artistic contributions. At the conclusion of the exhibition, all artworks will be returned to the artists.

Phoebe will be at the center to teach the art workshop on Friday, August 8, 2025, at 10:00 a.m. Please sign up for the workshop by August 5, 2025.

We hope you'll join us in making this a vibrant and memorable celebration of senior creativity.

### You're Invited to Our August Party!

Join us at the center on Friday, August 29th at 10:30 a.m. for a day filled with fun, laughter, and great company!

We'll kick things off with live entertainment from our favorite group, Imagine, followed by a delicious lunch and an exciting round of FREE prize bingo to wrap up the festivities.

Don't miss this wonderful opportunity to relax, connect with friends, and enjoy a lively day at the center. We can't wait to see you there!



**Loretta Landzaat, Sharon Cherry, Ana Perez, Ramona Betancourt, Michael Sciallo, Louise McDonald, and Jean Forry**

### August Monthly Dinner & Entertainment Evening

We warmly invite you to join us for our monthly community dinner on Tuesday, August 26, 2025, beginning at 5:00 p.m. This month's menu features a hearty and delicious selection: Savory pork chops with gravy, Stuffing, Seasoned green beans, Dinner Roll, and Cheesecake for dessert.

The cost of the dinner is \$8 for members and \$10 for non-members.

Following the meal, we're excited to present entertainment by our new favorite — DJ Carroll Shmitt! Come enjoy a lively evening of great food, good company, and outstanding music.

Please sign up for the dinner at the front desk to reserve your spot. We look forward to sharing another memorable evening with you filled with laughter and dancing!

### Get Ready for the Next Murder Mystery Dinner Theatre!

Plans are underway for our next Murder Mystery Dinner Theatre, tentatively scheduled for October! If you're interested in being part of the cast or helping behind the scenes, please let Crissy know, we'd love to have you involved.

Our first planning meeting is expected to take place in September, so stay tuned for details.

This is always one of our most thrilling and talked-about events of the year — don't miss your chance to be part of the mystery, the drama, and the fun! ●

### 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

**August 8th:** 10:00 p.m. Senior Art Workshop

**August 26th :** 5:00 p.m. Dinner and Prize Bingo

**August 27th :** 12:15 p.m Heart Healthy Prize Bingo with Pam Rehab

**August 29th :** 10:30 a.m Monthly Party Entertainment provided by Imagine



### 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

**Aug 1:** Friday at 10:30 a.m.  
Music and Memories

**Aug 4:** Monday at 9:30 a.m.  
Watercolor and Multimedia Workshop

**Aug 5:** Tuesday at 9:15 a.m.  
Trip to Parsons

**Aug 14:** Thursday at 9:15 a.m.  
Trip to Teen Challenge and Smith's Café

**Aug 15:** Friday at 10:30 a.m.  
Music and Memories

**Aug 19:** Tuesday at 9:15 a.m.  
Trip to Dupont Nature Center for Seashell presentation and craft

**Aug 21:** Thursday at 9:15 a.m.  
Trip to Art Exhibition to view art from our workshop on 8/4

**Aug 25:** Monday at 10:00 a.m.  
Music by Suzette Pritchard

**Aug 27:** Wednesday at 12:00 p.m. August Birthday Celebration



Pedro Sanchez is ready for the rain



Texercise class celebrated Linda Payn's birthday. She introduced us to Texercise.



**Milton Activity Center**



24855 Broadkill Road  
Milton, DE 19968

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

**Happenings**

August is the gateway to late summer’s charm. It’s the month of sun-soaked afternoons, the hum of cicadas, and fleeting moments of golden light. August welcomes you with the promise of warm evenings perfect for stargazing, ripe fruits bursting with flavor, and perhaps a hint of bittersweet nostalgia as summer begins to bid farewell. It’s also a time for preparing

for transitions, whether it’s getting the children back to school or simply reflecting on the season’s memories. August feels like a gentle reminder to savor every drop of summer’s essence. ●

**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

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

**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 \$5 breakfast for guests under 60  
Trip to Dollar General 1:00 p.m.

**SPECIAL HAPPENINGS**

**August 4th:**  
Monday at 12:00 p.m.  
Penny Bingo.

**August 5th:**  
Tuesday, Health and Nutrition Coach classes, starting at 10:00 a.m. 12:00 p.m.  
Tuesday 12:00 p.m.  
Blood Pressure Check  
Bingo will start at 12:30 p.m. for a game of Full card!

**August 11th:**  
Monday at 12:00 p.m.  
Guess that song!

**August 14th:**  
Thursday 12:00 p.m. August, Birthday Celebrations- Come Celebrate our members Birthdays with Ice cream!

**August 18th:**  
Monday at 12:00 p.m.  
Penny Bingo

**August 20th:**  
10 a.m. – 3 p.m.  
Mobile Health Unit  
4:00 p.m. to 6:00 p.m.

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

**August 25th:**  
Monday at  
12:00 p.m. Charades

**August 27th:**  
Wednesday at  
9:00 a.m. Bus Departs at  
8:00 a.m. for Ollies Bargain Outlet, Lunch is at cheddars after shopping

**August 29th:**  
Friday at 10:00 a.m.  
Heart Bingo w/ PAM



**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**



**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.

And, please be aware that some trips may be cancelled or



Arts & Crafts Club LtoR: Debbie Ewart, Nancy Borreggine, Judi Ronco (instructor), Barbara Bandel, Bernie Siano and Richie Bauer.

changed due to the heat/weath-  
er. Also, due to traffic, some of  
our regular summer trips have  
been changed. ●

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

MONTHLY TRIPS

**August 5th:** Tuesday, Cape Water  
Tours, Eco Tour, \$28, 9 a.m., lunch  
at Irish Eyes, Lewes. Please Pay at  
Sign Up!

**August 7th:** Trap Pond State  
Park Pontoon Ride and Abbott's on  
Broad Creek, Laurel, 9:15 a.m. - \$6.

**August 14th:** Super Walmart and  
Lunch Choice, Seaford, 9:30 a.m.

**August 15th:** Flip Flop Restaurant,  
Millville, 11 a.m. (if open, otherwise  
other local restaurant).



Group playing was the Short Term Memories:  
Seen dancing, Murry Gatling, Tanya Karoly and Kitty Cole



Judy Mays, Millie Robinson, Janet McNeill and Gin Shockney



Kathryn & Vincent Corbino  
from front cover.



Caz & Ceil Chodnicki

Advice from  
a LIGHTHOUSE

“Stand tall  
Be shore of yourself  
Look on the bright side  
Weather life's storms  
It's OK to be a little flashy!”

**August 21st:** Seniors Art Show in at  
the Developing Artist Collaborative  
Studios in Rehoboth and Iron Hill  
Brewery, 9:30 a.m.

**August 22nd:** ACTS and The  
Salted Rim, approx. 10 a.m.

**August 26th:** Lighthouse Beach  
Golf and Agape Creamery at The  
Millville Boardwalk, \$10 sr. mini  
golf, pay there, 10:45 a.m., back to  
Center for a late lunch!

**August 28th:** Seaside Country  
Store and Harpoon Hanna's,  
Fenwick Island, 9:45 a.m.

Under The Sea!

Be sure to join us on Wednesday,  
August 6th, over lunch, as  
MERR (Marine Education,  
Research, and Rehabilitation)  
DE's Stranding Team, shares  
with us about the important and  
interesting work they do!

*Be sure to visit our Ocean View  
page on the CHEER website for  
our calendar, menu and pics!  
[https://www.cheerde.com/  
ocean-view](https://www.cheerde.com/ocean-view)*

Next Free the Ocean Trivia Question  
Most of Earth's oxygen is produced by  
these ocean-dwelling organisms.  
\*Kelp, \*Algae, \*Jellyfish  
\*Phytoplankton

Stay tuned for the correct answer  
in next month's edition.

July Trivia ANSWER  
from Free the Ocean  
Saltwater covers about how  
much of Earth's surface?  
71%



**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.  
**In addition**  
Music Social, and  
Wordle/Word Games

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

**Wednesday:**  
Breakfast at 9:30 a.m.  
(\$2.50 for Seniors 60 plus)

**Thursday:** Trip Day

**Friday:**  
Memory Café with

**Starting in August on  
Wednesday at 9:00 a.m.  
-11:30 a.m.**

**We will be having  
Delaware Public Health  
complete a six-week  
Self-Management  
Program (SMP) course  
on the following topics:**

- Chronic Pain
- Chronic Disease
- Diabetes
- Self-management
- Thriving with Cancer



**“Don’t miss out on Roxana CHEER Center next big dessert.”  
Or “Be sure to catch Roxana CHEER Center next cooking class”.**

Christie Shirey  
Pass The Bomb—Beach Ball  
Exercise Edition

**BI-WEEKLY:**

Weekly and monthly Trips on  
Thursday (sign-up required)

**August 7:** TBD

**August 14:** Parsons Farm

**August 21:** TBD

**August 28:** Walmart  
Group Choice of Food

**SPECIAL HAPPENINGS:**

**August 6:** Wednesday at  
10:30 a.m. Blood Pressure  
Screenings- PAM Health

**August 6:** Wednesday at 12:00  
p.m. Pam Health Activity with  
Erin



**August 8:**  
Friday at 10:30 a.m. Chair  
Yoga with Barbara “Strength  
from Within”

**August 12:**  
Tuesday at 11:30 Join Ocean  
View Leisure Center for lunch  
and Expressive Watercolor  
Art Project

**August 18:** Monday  
at 10:30 a.m. Pastor  
Dan and Betsy Taylor:  
Bible Study

**August 25:**  
Monday at 10:00 a.m.  
Coastal Gardeners-  
Arts and Crafts Project

**August 22:**  
Friday at 10:30 a.m.  
Chair Yoga with  
Barbara “Strength  
from Within”



### Sand Hill Adult Day Program

20520 Sand Hill Road  
Georgetown, DE 19947

Cindy Mitchell, Director  
(302) 515-0001, Ext. 1141



# The Best Friends Approach to Alzheimer’s Care.

This approach by Virginia Bell & David Troxel, is my favorite style to use when caring for someone with Alzheimer’s.

## Performing Personal Care

Caregivers with knack work to turn the sometimes-daunting tasks of personal care into activities. The following activities include aspects of personal care.

- Taking a bath can become a bubble bath, with laughter and bubble blowing.
- Dressing can become a fashion show.
- Brushing teeth can become a taste test for a new toothpaste.
- Combing hair can become an opportunity for a quiet sing-along.
- Toileting can be a time to provide extra reassurance.
- Applying makeup can be a time to make fun faces in the mirror.
- Giving a manicure can be a time to compliment the person.
- Massaging can create intimacy for a married couple.
- Eating a meal can be a time to ask for an opinion.

Next month, I will share more ideas about Caregiving from the Best Friends Approach. Please feel free to contact Cindy Mitchell at 302-212-4482 to learn more about the Sand Hill Adult Day Program

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

## SAND HILL Adult Day Program



• Nursing oversight	• Brain Fitness and Physical Fitness Programs
• Assistance with personal care	• Transportation arranged
• Secure Facility	• Noon meal and snacks provided

*We understand how difficult it can be.*  
Monday thru Friday, 9 AM to 3 PM



# 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)

# Senior Citizen Day

## AUGUST 21

### A SPECIAL APPRECIATION EVENT FOR OUR 65+ CUSTOMERS!



**112 Market St,  
Bridgeville, DE 19933**

**18208 Sussex Hwy,  
Bridgeville, DE 19933**

**For additional information please reach out to:**

**Antique Alley of Bridgeville  
(302) 337-3137 OR  
Downtown Alley  
(302)956-6984**



# 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.)*

# WHAT IF?

*What if...*you are using Medicaid for health insurance and it suddenly goes away?

*What if...*your Social Security changes your monthly expected payment due to the collection of a student loan that’s past due or a previous overpayment?

*What if...*the semi-annual LIHEAP benefits you’ve been receiving to help pay for heating and electricity lose funding?

*What if...*your rent is raised and you can no longer afford your lease? These are scenarios that many Delaware residents are facing or may be facing in the near future. Preparing for an emergency is the way to get through an emergency. Do you have savings put aside to help if something goes wrong? If not, planning your monthly budget is the way to start. Need options?

## Looking for resources?

Reach out to a Stand By Me Financial Coach and get your plan in motion for free.

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.



# Five Myths About Aging

Myth 1

The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.

Myth 2

Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.

Myth 3

Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.

Myth 4

Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.

Myth 5

Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.

Visit [www.nia.nih.gov/health/10-myths-about-aging](http://www.nia.nih.gov/health/10-myths-about-aging) for more information about aging and older adults.

Courtesy from HealthinAging.org, Information is not affiliated with CHEER.



# CHEER Travel Club 2025 Trips

## Green Dragon Farmer's Market in Lancaster, PA: A One-of-a-Kind Experience!

Millions of shoppers and foodies alike have visited this treasured Lancaster County Amish market since 1932! Enjoy a beautiful Friday at Lancaster's favorite local farmer's market! The Green Dragon Farmers Market & Auction sits humbly on a spacious 60-acre site in the heart of Amish Country. Since its inception in 1932, it's grown to become one of the largest flea markets on the East Coast.

Some of Green Dragon's best offerings are the 30+ acres of free parking, an incredible indoor and outdoor shopping experience, and of course, their specialty vendors! With seven large market buildings and over a hundred local vendors, you're sure to find whatever you're looking for at this prized Lancaster farmer's market! Check out their website to learn more about the unique vendors, auctions, and additional offerings! [www.greendragonmarket.com](http://www.greendragonmarket.com)

### Five Must Do's at The Green Dragon Market

- 1. Local Produce
- 2. Antiques & Handmade Furniture
- 3. Amish Baked Goods
- 4. Clothing, Jewelry & More!
- 5. Food, Food & More!

### CHEER Travel Club Presents Day Trips

#### Green Dragon Farmers Market & Auction



Date:  
October 17<sup>th</sup>, 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.  
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**TRIP COST: \$50 PER PERSON**  
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# BBQ FRIDAYS

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# The Essentials of Eye Health: How good nutrition and specific supplements can boost your vision.

Maintaining good eye health is vital at every stage of life, yet it often depends on more than just routine eye exams. Nutrition plays a significant role in protecting vision and preventing age-related eye problems such as macular degeneration and cataracts.

## Foods for Optimal Eye Health

A diet rich in fruits, vegetables, and healthy fats is fundamental. Leafy green vegetables like spinach, kale, and collard greens are abundant in lutein and zeaxanthin, antioxidants that help filter harmful blue light and support retinal health. Carrots, sweet potatoes, and other orange or yellow vegetables are high in beta-carotene, a precursor to vitamin A, which is essential for good night vision and overall eye function.

Fatty fish such as salmon, mackerel, and sardines offer omega-3 fatty acids, which contribute to the health of the retina and may help prevent dry eyes. Citrus fruits, berries, and bell peppers provide vitamin C, an antioxidant that combats oxidative damage. Nuts and seeds, especially almonds and sunflower seeds, are good sources of vitamin E, which also plays a role in slowing age-related eye damage.

## Supplements for Eye Health

While a balanced diet is the best way to obtain nutrients, certain dietary supplements can offer additional support, particularly for individuals at risk of eye disease. Popular supplements include:

- Lutein and Zeaxanthin: Linked to reduced risk of chronic eye diseases.
- Omega-3 fatty acids: May alleviate dry eye symptoms and support retinal function.
- Vitamin C and E: Antioxidants shown to slow macular degeneration progression.
- Zinc: Vital for transporting vitamin A from the liver to the retina.

Before starting any supplements, consult with a healthcare provider to ensure safety and appropriate dosage.

Eating a balanced, colorful diet and considering targeted supplements can help keep your eyes healthy and your vision sharp for years to come!

## Tangy Carrot Salad

### Ingredients:

Serves 4

- 1/2 cup pumpkin seeds, pine nuts or sunflower seeds, toasted
- 8 large carrots
- 2 cups kale or romaine lettuce, chopped
- 1/2 cup dried cranberries, cherries or golden raisins

Dressing:

- 1/3 cup frozen orange juice concentrate, thawed
- 2 Tbsp lime juice
- 3 Tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- Salt and pepper to taste

### Directions:

1. Toast the nuts or seeds in a dry skillet over medium heat for 2 or 3 minutes, until golden brown (don't let them burn). Salt lightly if desired, remove from pan and let cool\*.
2. You can either grate the carrots or make long ribbons of them with a vegetable spiralizer or peeler.\*
3. Place carrots in a large bowl with the lettuce\*, and dried fruit. Mix well.
4. In a small bowl, mix together the dressing ingredients. Pour over salad in large bowl and toss. Sprinkle the toasted nuts or seeds over the top and serve.

\*To make this salad even easier, you can buy toasted nuts or seeds, fresh carrots already shredded, as well as pre-chopped salad greens. But note, these items may be more expensive, so if you can prepare the ingredients yourself (or have a family member assist) you may save a few dollars!



### Nutrition Information per Serving:

Calories 204, Protein 11g, Carbohydrates 34g, Fiber 12g, Total Fat 15g, Saturated Fat 2.5g, Sodium 175mg, Cholesterol – 0mg,	Vitamin A 1,100 mcg, Vitamin C 39mg, Calcium 140mg, Iron 3.2mg, Potassium 731mg
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# Walt Koopman's, CHEER Board President's, 90<sup>th</sup> Birthday!



## Banquet Hall at CHEER!

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