

SEPTEMBER 2025
FREE

CHEERful LIVING

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

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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.

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Editor, CHEERful Living

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Long Neck CHEER
Volunteer of the Year



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New York



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Trap Pond
Friday, Sept. 5th

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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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SCAN ME



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CEO Perspective

There's something special about the shift from summer to fall. The air feels just a little softer, the sunlight a little more golden. September always feels like a second spring — a chance to start fresh, come together, and reconnect.

Years ago, when I was growing up, Trap Pond was the place to go in the summer instead of the beach. I remember swimming in the pond (back when that was still allowed!) and paddle-boating with friends until our arms were sore and the sun was setting. Those days are long gone, but I still carry the joy of that togetherness — the easy laughter, the shared meals, the breeze through the trees.

That's why I love September at CHEER. It's a time of reconnection. With the busyness of summer winding down, our CHEER Centers buzz with energy — filled with the kind of community that improves not just our moods, but our overall health and well-being.

Social isolation can be just as harmful as chronic illness. But at CHEER, every time you walk through the door, someone is happy to see you. Every meal shared, every game played, every song sung — they all add up to

something more than just fun. They build resilience, lift spirits, and remind us that we are not alone.

This September, we invite all seniors to join us for one of our favorite events of the year: the CHEER Trap Pond Fall Festival — happening Friday, September 5th at Trap Pond State Park in Laurel.

There will be music, dancing, food, games, and plenty of laughter under the trees. Old friends will be reunited and new friendships will form. If you've never been, this is the year to come. And if you've been many times before — welcome

back!

Worried about transportation? Don't be. CHEER's transportation services are here to help. Our handicap-accessible buses will provide rides for CHEER Members to and from the festival and to our CHEER Centers and even back to your home. All you have to do is call your local CHEER Center Director. It's one more way we're removing barriers so everyone has the chance to participate.

CHEER Centers throughout Sussex County offer nutritious meals, engaging programs, and daily opportunities to stay active and social — all in a



Beckett Wheatley, CEO

welcoming, supportive environment. For many, these centers are lifelines. For all of us, they're reminders that aging doesn't mean shrinking back from life — it means leaning in with purpose and joy.

If you've been feeling a little stuck at home or haven't been to a CHEER Center in a while, let September be your nudge. Come for a delicious meal. Come for a class. We have a lot of new ones with our CHEER Academy. Come for the company. Call for a ride — we'll come get you.

You have a seat at the table and you are wanted here. The season is changing and with it comes the chance to bloom again.

As author Brene Brown reminds us: "Connection is why we're here. It is what gives purpose and meaning to our lives."

Here's to coming together, again and again. ●

Meet Long Neck CHEER's Volunteer of the Year Jean Bender!

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 Jean Bender from CHEER's Long Neck Senior Activity Center in Long Neck.

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

Excited and honored. 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, 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?

Before retiring to Delaware, my husband, Irv (of 61 years), lived in Pennsylvania. We have 3 children. I worked in the school system cafeteria for 32 years, 25 of those as a manager. I loved my work.

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

Before arthritis came to my fingers, I did embroidery and crafts to keep me busy.

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

I came to CHEER center in Long Neck when it opened. I was not ready for the rocking chair and needed busy work. I started at the front desk and then decided the kitchen was the place for me. Robin Greene was the director at the time.

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

I've had the honor of volunteering at the Long Neck CHEER Center for the many years ever since it opened.



Volunteer
Jean Bender

6. How has volunteering with CHEER impacted you personally?

I enjoy doing the work – helping other people who are in need. I don't do it for recognition but for the sheer joy and I will continue to do it as long as the good Lord allows.

7. What initially drew you to volunteer with CHEER?

The need to keep active and busy as long as I am able to help.

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

If you need to be fulfilled, useful and helpful – this is the place for you. 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. 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, I gave a woman lunch and she thanked me with tears in her eyes. 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 Jean Bender from CHEER's Long Neck Senior Activity Center! ●

Mission In Motion: The Church On Wheels

Calling the Church to Carry More Than Just a Meal

There is a quiet crisis in our community.

Each morning in Sussex County, hundreds of our neighbors wake up not to the sounds of laughter, conversation, or the bustle of a busy day; but to silence. Their world has grown small. Their doors stay closed. Their phones don't ring. Their chairs remain empty across the kitchen table.

And for far too many, the only knock they hear, the only voice they'll speak to that day, comes from a CHEER volunteer, carrying a warm meal and a warmer heart.

Meals on Wheels is not just about food.

Yes, it provides nourishment. Yes, for some it's the only hot meal they'll receive that day. But it is also, perhaps more importantly, a connection. A moment of light. A chance to say, "You are not forgotten. You still matter. You are seen."

At CHEER, we deliver more than meals. We deliver safety checks. We deliver compassion. We deliver dignity.

But lately, we're struggling to deliver at all.

Now, we are asking the Church to be the Church.

In the early Church, the widows were fed. The sick were visited. The lonely were gathered. There were no committees or sign-up sheets, just people loving people. Somewhere along

the way, we replaced our sandals with meetings and our hands-on service with potlucks.

It's time to put the mission back in motion.

Mission in Motion is CHEER's initiative to reconnect the Body of Christ with the body of need. We're asking local churches to adopt a simple model: One Route. Once a Week.

We call it a **Mission Unit**, your church's weekly commitment to covering one CHEER Meals on Wheels route. Whether it's a team of 52 members who each take a single week a year, or two faithful souls who serve every Tuesday, the impact is profound.

This is the kind of Kingdom work that echoes into eternity.

Let's be blunt: We're short on volunteers. And that shortage is not a scheduling inconvenience, it's a threat to life and well-being.



When volunteers don't show up, seniors go without meals. They go without conversation. They go without being checked on. They go deeper into loneliness. And sometimes, tragically, they just go.

So here is the call. Loud and clear.

Are you part of a local congregation? Would you be the champion for this mission at your place of worship? Would you rally your church family, not for a fundraiser, not for a building campaign, but for people?

We need you. We need you to stand in the gap between isolation and community. We need you to help us carry the weight, not just of meals, but of mercy.

We need you to put wheels on the Gospel. Because the Gospel should move.

And right now, it needs to move down a country road, knock on a senior's door, and say with a smile, "Hey there, we brought you lunch... and love."

If you're ready to answer that call, contact Monica Mandujano at volunteer@cheerde.com or **(302) 515-0001 ext. 1166**. Let's talk about how your church can step into this holy work. It's not just a delivery. It's a ministry. ●

Let's get this mission in motion.

CHEER, Inc. – Serving Sussex County Seniors with Compassion, Dignity, and Purpose.

Caregiver Resource Coordinator

546 South Bedford Street
Georgetown, DE 19947

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



Slowing Cognitive Decline Study

Alzheimer's Association released the results of the U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER). It was a two-year clinical trial to evaluate whether lifestyle interventions that simultaneously target many risk factors protect cognitive function in older adults who are at increased risk for cognitive decline.

U.S. POINTER is the first large-scale, randomized controlled clinical trial to demonstrate that an accessible and sustainable healthy lifestyle intervention — a combination of diet, exercise, heart health, and cognitive challenge and social engagement — can protect cognitive function in diverse populations in communities across the United States. The results were published in The Journal of The American Medical Association (JAMA) on July 28, 2025, and simultaneously presented at the Alzheimer's Association International Conference® (AAIC®).

The exciting thing is that a lot of what was done during the study can be done at a CHEER Center. CHEER offers a heart healthy diet every day for lunch. Exercise requirements can be achieved with the use of the fitness center and the



Mr. Man tries out new foods that help his brain

exercise programs like Tai Chi and Yoga. CHEER also provides many opportunities for social engagement and cognitive challenges. One example is Memory Café where brain exercises include puzzles and games. ●

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.

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 Caregiver Support Group
1st & 3rd Thursdays 1 p.m.

Ocean View Parkinson's Support Group
3rd Wednesday 2:30 p.m.

Grandparents Raising Grandchildren/Online
1st Monday 7 p.m.

Caregiver Support Group/Online 2nd Monday 2:30 p.m.

BUILD A MINI-FOREST!

SCAN THE QR CODE TO APPLY

APPLY NOW FOR A COMMUNITY SCHOLARSHIP

- ✔ We will train you on how to build your very own mini-forest, classes start October 9th
- ✔ You choose a mix of native flowers, shrubs, and trees for your own mini-forest.
- ✔ We provide plants, fences, signage, and a bench. You provide the "planting hands".

FOR MORE INFORMATION:

✉ mnoefellows@inlandbays.org

☎ 302-226-8105 x723

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A Century of Chapters: The Enduring Spirit of Katherine Evans

In the quiet corners of Ocean View, Delaware, resides a living testament to a century of change, resilience, and the enduring power of a good story. Katherine Evans, who celebrated her 104th birthday in July, is more than just a centenarian; she’s a vibrant character in her own right, with a quick wit and a twinkle in her eye that belies the remarkable span of her years.

Born in the roaring 1920s, Katherine’s life has unfolded alongside some of the most pivotal moments in human history. From her early days at Smith School in Bridgeville, a small-town upbringing steeped in community values, to her distinguished career as a librarian, Katherine’s journey is a rich tapestry woven with threads of intellect, dedication, and an unwavering sense of humor. “My third-grade teacher always said, ‘Knowledge is power, Katherine, but a good laugh is even more powerful.’ I think she was onto something”.

Growing up on a farm, “books were my escape, my teachers, my friends. I always loved books,” she explains. “And after a while, I realized I wanted to be the one who helped other people find their escape, their teachers, their friends, in those pages. Plus, it beat mucking out the barn!” she adds with a playful wink.

During her tenure as a librarian, Katherine witnessed countless children discover the magic within pages. “Seeing a child’s eyes light up when they found just the right book,” she muses, “that moment when they discovered a new world, a new idea.”

Katherine’s personal life was also marked by deep love and connection. She was married to Harold Evans, a brave soul who served in the US Navy during World War II, “Harold... he was my rock.” “Brave, kind, and he had the most infectious laugh. We built a wonderful life together. He always said I was the only thing more dependable than a good ship’s anchor.”

Katherine had two children, a son and daughter. “And, if I’m being honest, a bit of strength in sheer stubbornness.”

When asked for a piece of advice

gleaned from a century of living, Katherine offers wisdom steeped in both practicality and CHEER. “Read more books, laugh more often, and don’t take life too seriously. It’s going to throw curveballs, so learn to duck, or better yet, hit ‘em out of the park. And always, always



Katherine Evans with member/volunteer Kathy DiSabatino

be kind. You never know what battle someone else is fighting.” As the afternoon light streams into her home in Ocean View, Katherine Evans embodies the enduring power of the human spirit. Her story is a reminder that every life is a collection of precious chapters, and with a bit of humor, resilience, and a love for learning, each one can be a masterpiece. ●

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20520 Sand Hill Rd • Georgetown, DE

For more information

Robin Greene, rgreene@cheerde.com or

call (302) 515-0001 ext. 1162

Visit us - www.cheerde.com

How to Enhance your Retirement

I received a call from a lady that owns her home that is paid off and it is valued at one million dollars.

She is a widow and is struggling to keep up with expenses. Her small pension and social security were not enough to cover her monthly bills. We talked further about how a reverse mortgage could help her situation.

- When comparing a home equity line of credit, a cash out refinance, and a reverse mortgage, the reverse mortgage is the only one that doesn't require a monthly payment.
- She could get funds at closing to make renovations to her home, pay off any debts, and be able to have a nest egg for any unexpected expenses.
- Twelve months after closing she has the ability to get another lump sum, have monthly disbursements, let the line of credit grow over time, or any combination of these.

She decided to proceed with the reverse mortgage to be able to enhance her retirement life.

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.)

VETERANS DAY Dinner Dance Friday, November 7th

MENU: Ham, Sweet & Sour Meatballs,
Fried Chicken, Coleslaw, Potato Salad,
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– Music by Sky Brady –

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For more information and tickets contact:
Robin Greene • rgreene@cheerde.com
(302) 515-0001 ext. 1162 • www.cheerde.com



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JoAnn Moore, local and a fellow senior.
Contact me for more information.
Cell 302.236.1229,
MMODJoAnn@aol.com
NMLS #165477

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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 multidisciplinary 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.)



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SEPTEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ALL CENTERS CLOSED in Observance LABOR DAY	2 Cheese Enchilada Casserole Red Beans & Rice Churros Skim Milk	3 Pork Fried Rice Steamed Asian Blend Vegetables Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	4 Cinnamon Honey Chicken Roasted Sweet Potatoes Winter Mix Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk	ALL CENTERS CLOSED TRAP POND FALL FESTIVAL
8 Spaghetti And Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	9 Baked Glazed Ham Scalloped Potatoes Boiled Cabbage Applesauce Whole Wheat Roll/Bread Skim Milk	10 Sloppy Joe Baked Steak Fries Cole Slaw Apple Crisp Skim Milk	11 Chicken Pesto Couscous With Roasted Veg Buttered Spinach Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	12 Chicken Tortilla Soup Mexican Chef Salad Fig Cookie Bar Skim Milk
15 Dirty Rice Okra And Tomatoes Fresh Fruit Whole Wheat Roll/Bread/ Margarine Skim Milk	16 Turkey Pot Pie Succotash Pineapple W/ Mandarin Oranges Whole Wheat Roll/Bread Skim Milk	17 Stuffed Bell Pepper Mashed Red Potatoes Carrots Gelatin Whole Wheat Roll/Bread Skim Milk	18 Chicken And Dumplings Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	19 Vegetable Beef Barley Soup Shrimp Caesar Salad Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk
22 Baked Ziti & Meat Sauce Lettuce and Tomato Salad Applesauce Whole Wheat Roll/Bread Skim Milk	23 Bacon Egg & Cheese Taco American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	24 Swedish Meatballs Buttered Noodles Baby Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	25 Garlic Parmesan Chicken Parmesan Potatoes Basil Zucchini Saute Whole Wheat Roll/Bread Assorted Cookies Skim Milk	26 Cream of Broccoli Soup Tomato & Tuna Salad Wrap Pickled Beets Mandarin Oranges Skim Milk
29 Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Roll Skim Milk	30 Baked Egg Omelet American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk			

Café Salud

20520 Sand Hill Road
Georgetown, DE 19947

(302) 515-0001, Ext. 1965

- ACTIVITIES
- September 2nd:**
Bilingual Class with Michelle

September 3rd:
Bingosize and Chair Yoga

September 9th:
Bilingual Class with Michelle

September 10th:
Bingosize and Chair Yoga

September 16th:
ZUMBA class with Jessica Haro

September 17th:
Arts and Crafts

September 23rd:
ZUMBA class with Jessica Haro

September 24th:
Arts and Crafts

September 30th:
Ruthy’s sewing class

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

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



Josefina’s Street corn! You have to try it out!



Everyone is focused for paint night. Shout out to our volunteers for making our night run smoothly!



Patricia Carranza, and her mother-in-law.



Rosemarie Morace-Davis being guided by Gilberto



Placemat workshop



Fidelina Casillas with handmade bookmark!



Shrimp tacos, empanadas, rice and beans on the menu!



Susie Gibbs concentrating on Loteria



Our prize winners for Loteria, (far left) Judy Jones, Susie Gibbs, Manuel Davis, Rosemarie Morace-Davis, Connie Cooper, Vanessa Thomas

Georgetown Activity Center



20520 Sand Hill Road
Georgetown, DE 19947

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

Happenings

September 1:
Labor Day – All CHEER Centers Closed

September 5:
Trap Pond Fall Festival

September 11:
Group Trivia

September 15:
Balloon Volley



Dressed for July 4th. Pictured l to r: Della Zielinski, Judy Jones, Don Kellicutt, Ruth Dorsey and Carol Anderson. Seated in front Yvette Harris.

September 18:
Arm Chair Travels

September 18:
Revive Sound Productions

September 18:
Dinner/Bingo



Red, White and Blue glow in the dark wrist bands worn by Georgetown seniors to celebrate 4th of July.

September 22:
Autumn Begins

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 a.m. Penny Poker/Prize Bingo – 12:00 p.m.

MONTHLY:
Dollar Tree – every Tuesday
Walmart – every Thursday



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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

September is a beloved month for many, with the changing colors of autumn leaves adding to its appeal. It is a time to rejoice in the season’s abundance and is referred to as the harvest month. September signals the end of the scorching summer days and the beginning of cooler weather in the northern hemisphere.

What’s special about September? September is known as Harvest Month. It’s a great month to harvest in preparation for the coming winter months. In fact, in Old England, it was called “Haervest-monath”, meaning Harvest Month. Some of the best crops to harvest are onions, apples, raspberries, and tomatoes.

September’s full moon, the Corn Moon, reaches peak illumination on Tuesday, September 7th, at 2:09 p.m. Eastern Time. It will be below the horizon at this time, so be sure to watch for it after sunset. ●

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



What’s more fun than pizza, brownies and music with Darren Jones

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). Dates determined according to Betty’s availability.

Fridays
10:00 a.m. Ladies Prayer Group

MONTHLY

- 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

September 4th:
Thursday, at 10:30 a.m. Join us for Beckett’s Bulletin, CEO of CHEER, Inc. This is your chance to have your voice heard and to ask questions about your CHEER site.

September 5th:
Friday, All centers closed to attend Trap Pond Fall Festival.

September 11th:
Thursday at 10:00 a.m. Trip to Suicide Bridge for 2 hour lunch cruise.

September 12th:
Friday at 9:30 a.m. Trip to Laurel Senior Center.

September 16th:
Tuesday at 10:00 a.m. Laurel Senior Center visits Greenwood CHEER for Bingo.

September 17th:
Wednesday at 10:30 a.m. Fulton Bank’s Yaneris Roa-Green will be here to present Budgeting and Savings.

September 18th:
Thursday at 9:30 a.m. Trip to Middletown DE’s Dutch Country Amish Market for shopping. Lunch at Middletown Family Restaurant and Diner.

September 19th:
Friday, at 10:30 a.m. Musical Entertainment by Lisa Miller.

September 23rd:
Tuesday, at 10:00 a.m. Bridgeville Senior Center visits Greenwood CHEER for Bingo!

September 25th:
Thursday at 10:30 a.m. Summer Fun Positive Music Time with Randy.

September 26th:
Friday at 10:00 am. Monthly Membership Meeting (Unity Club)

September 29th:
Monday at 9:15 a.m. Greenwood CHEER visits Bridgeville Senior Center

Harbour Lights Activity Center

34211 Woods Edge Drive
Lewes, DE

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



Happenings

As summer fades and the days grow cooler, September brings a quiet beauty on its own. It's a time to slow down, enjoy the changing season, and take comfort in familiar routines. Whether it's a walk in the fresh air, a warm cup of tea, or a chat with a friend, these small moments matter.

This month, we'll be offering activities that celebrate the season and the stories we carry with us. From cozy crafts to conversations and community events, there's something for everyone. Let's make the most of this peaceful and thoughtful time of year together.

Murder Mystery Practice Begins This September!

Lights, camera... murder?! Get ready to step into the spotlight as we kick off our very first Murder Mystery practice this September! This year's thrilling theme: Bullets on Broadway. A tale of drama, deception, and deadly ambition set in the glitzy world of theater.

Whether you're a seasoned investigator or a rising star, join us as we rehearse our roles, sharpen our clues, and bring the mystery to life. Costumes, characters, and a few secrets await...

Stay tuned for exact dates and details and prepare to bring



Painting Projects at the center

your best stage presence (and poker face)!

Diamond Painting

We kicked off our diamond painting journey with Crissy in August, and it's been a sparkling success! From shimmering skies to dazzling designs, we've already created some beautiful pieces and we're just getting started.

Whether you're new to the craft or already hooked on the sparkle, we're excited to keep the creativity flowing and make even more stunning artwork together. Bring your sparkle and let's create one magic diamond at a time!

New in person Chair Yoga Class with Brenda Jones!

Looking to improve flexibility, reduce stress, and boost your well-being all from the comfort of a chair? Join us for a new Chair Yoga class led by certified instructor Brenda Jones! This gentle, accessible practice is perfect for all ages and mobility levels. Whether you're new to yoga or looking for a low-impact way to stay active, Brenda's warm and welcoming guidance will help you feel relaxed and refreshed.

The first class is scheduled for September 11th at 9:30 a.m.



Monthly party at the center

and will be free of charge for the initial class. If participants enjoy the class and wish to continue, future sessions will cost \$3.00 per person. Please sign up at the front desk to reserve your spot. ●

WEEKLY

Monday: Nickel Bingo and Mahjongg

Wednesday: Nickel Bingo

Friday: Blood Pressure Checks and Prize Bingo

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

SPECIAL HAPPENINGS

September 1st: Labor Day, Center Closed

September 5th: Center Closed ~ Trap Pond Fall Festival



Abstract painting

September 10th:

Wednesday at 12:15 p.m. AARP Refresher Defensive Driving Course

September 11th:

Thursday at 9:30 a.m. Chair Yoga

September 16th:

Tuesday at 9:30 a.m. Dover Trip, Lunch on your own

September 23rd:

Tuesday at 5:00 p.m. Dinner and Prize Bingo

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)

“AUTUMN
CARRIES MORE
GOLD IN ITS
POCKET THAN
ALL OTHER
SEASONS”
-JIM BISHOP-



Barbara Harrison and Fran Deptula enjoying the music at the 4th of July celebration.



Barbara Harrison, Barb Painter, and Roger Cox are all “Proud to be an American”.

- 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

- September 4:**
Thursday at 9:15 a.m.
Trip to Parsons
September 5:
Friday at 10:30 a.m.
Music and Memories
September 9:
Tuesday at 9:00 a.m.
La Red Mobile Unit

- Tuesday at 9:15 a.m.
Trip to Super Walmart
in Milford
September 10:
Wednesday at 12:00 p.m.
Membership Meeting
September 18:
Thursday at 4:00 p.m.
Evening event and dinner
September 23:
Tuesday at 9:15 a.m.
Trip to Boscovs and food court
September 24:
Wednesday at 12:30 p.m.
Birthday Celebration
September 30:
Tuesday at 9:15 a.m.
Trip to Rehoboth
Boardwalk



Minnie Woods celebrated her birthday with her Long Neck CHEER family.

Milton Activity Center



24855 Broadkill Road
Milton, DE 19968

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

Happenings

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:
Bingo check calendars for times

Mondays and Wednesdays:
YOGA, check calendar for times.

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

Thursdays:
Memory Cafe 8:30 a.m.
Pickleball,10:00 a.m. Sign in
and grab your paddles inside!
Mahjong w/ Maryann
at 12:30 p.m.

Tuesdays and Fridays:
Bingo check calendars for times

Tuesdays and Thursdays:
Chair Yoga, check calendar
for times

Tuesday:
Nutrition Education with
Mary Edwards @10.00 a.m.



Elizabeth Dillon



Ben William & Mary Weitzel

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

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

Fridays of each Month:
\$2.50 Breakfast for those
60 and over \$5 breakfast
for guests under 60
Trip to Dollar General 1:00 p.m.

SPECIAL HAPPENINGS

September 5th:
Friday Trap Pond Festival
Centers are Closed. The festival
is located at Trap Pond in
Laurel, DE. See Center Director
for a ticket.



Anna Martin

September 8th:
Monday Membership
Meeting 9:30 a.m.

September 11th:
Thursday 12:00 p.m.
September Birthday
Celebration

September 17th:
Wednesday 4:00 – 6:00 p.m.
Dinner and Bingo

September 25th:
Thursday 8:00 – 9:00 a.m.
Milton Chamber Mixer



Janet Workman on the piano.



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)

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)

DR. ANNE, can definitely help!

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

From sunny days at the fairgrounds to sandy toes at the beach, and sweet moments with family. Thank you for spending part of your summer with us! We know you could be anywhere, and we're grateful you chose to be here with CHEER.

Got an hour or two?

Help us keep the love rolling! We're always looking for compassionate hearts to join our volunteer family. Right now, there's a continued need for Meals on Wheels drivers across all our centers.

Your time can make someone's whole day. A warm meal and a friendly face go a long way.

Message us or visit cheerde.com to learn more and sign up. Let's keep spreading cheer together! ●

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

MONTHLY TRIPS

September 4th: Shaka Shack and Prickly Gal, 11 a.m., following Beckett's Bulletin.

September 5th: Trap Pond State Park FALL PICNIC! Center is CLOSED today. See Yolanda for a ticket, \$7 & \$9, bus leaves at 9 a.m.

September 10th: Cape Water Tours (rescheduled) Narrated Dolphin Tour w/MERR, \$30, 9 a.m. and Big Oyster, Lewes. Remember to tip your boat crew!

Good Vibes Tiki Cruise at Dewey Beach!



September 11th: Old State Building Tour at 10:30 a.m. and Hollywood Diner, Dover, 9 a.m.

September 12th: Kayak Eco Tour at Coastal Kayak, Fenwick Island, 1 ½ hrs., \$40, 9:30 a.m. Return to Center for lunch. Be sure to mark single or tandem kayak... Minimum of 6 or max of 16 for trip to go out.

September 18th: Trap Pond Pontoon Ride, \$6 and Abbots on Broad Creek, Laurel, 9:15 a.m. (if you went on the pontoon ride in August, please let others have this one).

September 19th: Brittingham Farm Tour, \$10, and Two Meatballs, Millsboro, 9:30 a.m.

September 25th: Ocean City Seacrets Distillery Tour following lunch at the Center, \$15, 12 noon.

September 26th: Boscov's in Dover & Pat's Select Pizza Grill, 9:15 a.m.

SPECIAL HAPPENINGS

Date TBD – Lisa Miller Entertaining us over lunch!

Reminder – our Center is Closed on Monday, September 1st, for the Labor Day Holiday.

September 5th: Beginning Friday, Tai Chi Instructor Ellen Provost is adding in a beginner class from 9-9:30 a.m., \$3!

September 8th: Monday at 11:30, Lisa Miller Entertaining us over lunch!

September 9th: Tuesday at 11:45 a.m. Falls Prevention Talk and Trivia with Erin of PAM Rehab. and, our new Acrylic Painting Class with the Rehoboth Art League begins on the 9th at 12:30! It will be held the 2nd Tuesday, monthly from 12:30 – 2:30 p.m.! Be sure to sign up in advance.

September 17th: Wednesday at 11:45 a.m. Arthritis Talk with PA-C Christine Bruce, of St. Luke's University Health

Network, Pottsville, PA!

September 24th: Wednesday Noon – 1 p.m., Diabetes Management and Nutrition and Logan Jarrell and Beebe

Healthcare – bring a friend to lunch and the presentation!

September 30th: Tuesday from 3 – 4:30 p.m. Parking Lot Concert and Dinner Appetizers, \$ – please pay at time of sign up. Event will be held Indoors for inclement weather.

*Date TBD – Scam Prevention with Officer Russell Carter of the Ocean View Police Department. *Be sure to visit our Ocean View page on the CHEER website for our calendar, menu and pics!* <https://www.cheerde.com/ocean-view>

August Trivia ANSWER from Free the Ocean

Most of Earth's oxygen is produced by these ocean-dwelling organisms.

*Phytoplankton

this is the correct answer 'Phytoplankton are tiny ocean plants that produce most of Earth's oxygen. These microscopic powerhouses float near the surface and work like underwater forests, fueling life on the planet!' - Free the OCEAN

Roxana Activity Center

34314 Pyle Center Road
Frankford, DE 19945

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



Happenings

WEEKLY

Monday - Friday:

Morning chats and snacks
Lunch 11:30 a.m.

In addition in the afternoon

- Games: UNO, Hand & Foot, Cards, Yahtzee, Connect 4 and Charades
- Virtual Games: WII, Trivia, Family Feud
- Word Games: Wordle/Word Games, Unscramble, and Boggle

Tuesday:

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

Wednesday:

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

Starting on August 13 - Sept. 24, 2025, Every Wednesday 9:30 a.m. to 12:00 p.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

Thursday:

Trip Day and Movie Day

Friday:

Memory Café with Christie Shirey
Chair Exercise or Chair Yoga with Barbara-Strength from Within

BI-WEEKLY:

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

September 4:

East Coast Garden Center and Harris Teeter

September 11:

Nanticoke Indian Center and Group Choice of Food

September 12:

Parsons Farm
Chair Yoga-Barbara From Strength From Within

September 16:

Selbyville Library

September 18: Walmart and Group Choice Restaurant

September 25: Trap Pond Picnic and Pontoon Boat Ride-TBD

SPECIAL HAPPENINGS:

September 3:

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

September 3:

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



Annabell, Joan, Debra, James and Alice



Debra, Al, Ed and Delo

September 5:

CHEER Center Closed:
Trap Pond Fall Festival

September 8:

Monday at 10:00 a.m.
Cooking Club with Public Health Natasha

September 15:

Monday at 10:00 a.m.
Pastor Dan and Betsy Taylor: Inspirational Music

September 19:

Friday at 10:30 a.m.
Chair Yoga with Barbara "Strength from Within"

September 22:

Monday at 10:00 a.m.
Dan Feth-Stump the DJ

September 26:

Friday at 10:00 a.m.
Dan Feth Watercolor Painting (Sign-Up Required)

September 29:

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

*I used to love September, but
now it just rhymes with remember.*

Dominic Riccitello

Sand Hill Adult Day Program



20520 Sand Hill Road
Georgetown, DE 19947

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

Personal Assistant Services Agency



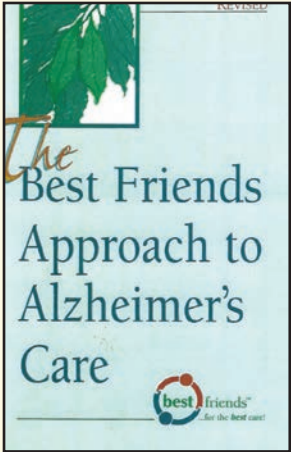
546 South Bedford Street
Georgetown, DE 19947

Deborah Joesph, Director
(302) 515-0001, Ext. 1031

Continuing ideas from the Best Friends Approach to Alzheimer’s Care

The Best Friends Philosophy of Communications – (Part 1)

- Remember the basics of good communication.
- Understanding the person’s desire to communicate
- Make a good first impression.
- Create an environment that facilitates good communication.
- Treat the person as an adult.
- Maintain caregiving integrity.
- Respond to emotional needs.
- Remember that behaviors communicate a message.
- Do not take the person too literally.
- Employ good timing.
- Use repetition to facilitate better communication.
- Do not argue or confront.
- Screen out troubling messages or news.
- Speak using positive language.
- Employ humor in communication.
- Do most of the work.



The Best Friends Approach to Alzheimer’s Care By Virginia Bell & David Troxel

Next month I will share more of the details about their philosophy on communication.

Please feel free to contact Cindy Mitchell at cmitchell@cheerde.com or 302-212-4482. to learn more about the Sand Hill Adult Day Program

Marie Von Gries has been employed in our PASA program since March 2016. Marie is kind, compassionate and very reliable. She has a warm friendly smile and a happy disposition. The customers that she helps in their homes think that she is wonderful. Marie is always willing to assist when asked.



Thank you, Marie, for all you do!

We appreciate YOU!

CHEER Needs You!

Have an hour or two? Whether it is once a month, once a week or once a day, you can help us keep the love rolling right in your community! We’re always looking for compassionate hearts to join our volunteer family. Right now, there’s a continued need for Meals on Wheels drivers throughout the county. A warm meal and a friendly face go a long way to making someone’s day a little better.

We’d like to thank to our volunteers for spending part of their summer with us! We know they could be anywhere, and we’re grateful they chose to be here with CHEER. Here’s a special shout out to volunteer Barbara McBride, who delivers Meals on Wheels in the Long Neck area! From filling in for routes to riding with other drivers assisting with deliveries, there are no words to express our gratitude for all of Barbara’s help!



Find your special place at CHEER! Email Monica at volunteer@cheerde.com, call 302-515-0001 x1166 or explore positions and sign up online at cheerde.com.

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.)

LIHEAP



If you previously were approved for LIHEAP (Low Income Home Energy Assistance Program) keep your eyes open for the renewal application for 2026.

Catholic Charities has recently sent out the renewal application for this incredibly important program but the application has changed in appearance.

Make sure to include all household members, all heating and electric accounts, proof of income and rent/mortgage and check the boxes that apply to you.

For those who have never applied for LIHEAP, they will accept new applications between August 1, 2025 and March 31, 2026. This benefit helps to pay for electric and heating costs.

Eligibility for LIHEAP does NOT guarantee a benefit will be paid. LIHEAP funding is limited, and its availability is dependent on the number of clients that apply. Clients are encouraged to complete the LIHEAP application process to also be eligible for other supplemental programs such as Summer Cooling, Crisis, Weatherization, etc.

To apply, go to <https://www.ccwilm.org/basic-needs/energy-assistance/>

LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM 2026

- NEW CASTLE: 302-654-9295
- KENT: 302-674-1782
- SUSSEX: 302-856-6310

If you need assistance applying for LIHEAP, a Stand By Me Financial Coach can help

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.



CHEER Travel Club 2025 Trips

Tis the season...join the CHEER Travel Club as we go on a fun and festive holiday adventure in New York City and a 2nd bus has been added!

Enjoy the holiday magic for 3 days/2 nights 12/6-12/8 2025: budget friendly price \$479 per person-double occupancy/add \$139 single occupancy includes:

- Deluxe Motor Coach transportation
- 2 nights lodging at New York City area hotel
- 4 Meals: 2 Breakfasts/2 Dinners
- Visit One World Observatory for a stunning view of New York City
- Full day guided tour of the city including a photo stop at Rockefeller Center, and views of Central Park, Time Square, Wall Street, 9/11 Memorial and more
- Macy's shopping experience with views of the amazing window displays
- Enjoy a fun and festive dinner party and entertainment with all of the groups traveling on this date including the 2nd Bus of CHEER Travel Club members

After feeling the magic of the holidays, you will begin your journey home and chat with friends and share the joy of your holiday experience!

To sign up for this amazing experience, go to our CHEER website www.cheerde.com/travel-club/ for reservation form/flyer or stop by any one of our CHEER Senior Centers or the CHEER Community Center in Georgetown. Call with any questions (302) 515-0001/Ext 1100.

DAY TRIP

Green Dragon Farmers Market

Friday, October 17, 2025
Location: Lancaster, PA
Trip Cost: \$50 per person
Reservation Deadline: 09/01/2025

SELLING FAST



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 9/15/2025
Final Payment 9/29/2025
\$479* per person
(based on double occupancy
add \$139 for single occupancy).

SECOND BUS ADDED



Banquet Hall at CHEER!

Looking for the perfect venue to host your private party or celebration? Our event space is the ideal location for weddings, birthdays, reunions, baby showers, business meetings, events, concerts and other gatherings. With ample space and comfortable seating for up to 325 guests, our event space can accommodate your entire group.

- Full CHEER Catering and Bartending Services
- Stage, podium, microphones, sound system, and other audio-visual equipment for band/DJ
- Centrally located in Sussex County with ample parking



CHEER
www.cheerde.com

CHEER Community Center
20520 Sand Hill Road, Georgetown, DE 19947
Contact Debra Dodd at (302) 515-0001
ext. 1170 events@cheerde.com



September is Ovarian Cancer Awareness Month!

A diagnosis of ovarian cancer presents not only medical challenges but also prompts patients to consider how their daily habits, including diet, can support their health during and after treatment. While no specific diet can cure ovarian cancer, sound nutrition is essential in maintaining strength, supporting the immune system, and improving quality of life.

Ovarian cancer affects the ovaries, which are part of the female reproductive system. Treatment options often include surgery, chemotherapy, targeted therapies, and, in some cases, radiation. These treatments can have significant side effects that impact nutritional status, such as loss of appetite, nausea, vomiting, diarrhea, constipation, taste changes, and weight fluctuations.

Optimal nutrition can help to maintain body weight and muscle mass, support immune function, reduce treatment-related

side effects, and enhance overall well-being and energy levels. The following general guidelines offer a foundation for most individuals facing ovarian cancer:

Plant-Based Foods: Aim for a diet rich in fruits, vegetables, whole grains, legumes, nuts, and seeds. These foods provide essential vitamins, minerals, antioxidants, and dietary fiber.

Whole Grains: Include brown rice, quinoa, oats, whole wheat bread, and barley instead of refined grains, like white bread. These offer more fiber, B vitamins, and antioxidants.

Legumes and Beans: Beans, lentils, and peas provide plant-based protein, fiber, and micronutrients like folate and iron.

Lean Proteins: Protein is crucial for tissue repair, immune function, and maintaining muscle mass, which can be threatened by cancer treatments. Choose

Poultry, Fish, Eggs and Low-Fat Dairy, and try some Plant-Based Proteins like tofu, tempeh, and seitan.

Healthy Fats: Replace butter and margarine with extra virgin olive oil for cooking and dressings, eat nuts and seeds, limit saturated and trans fats, found in red meats and processed snack foods.

Hydration: Aim for at least 8 cups (about 2 liters) of fluids per day, unless otherwise directed by a healthcare provider.

Many people undergoing cancer treatment wonder about the need for vitamin or mineral supplements. It is best to discuss any supplements with your oncologist or a registered dietitian, as some can interfere with treatment or may be unnecessary if dietary intake is sufficient. Supplements might be recommended for those who have specific deficiencies or difficulty eating enough.

Tofu and Eggplant Parmigiana

Makes 8 servings, about 1 cup each

Ingredients:

- 3 cans diced tomatoes
- 1 large eggplant, peeled and sliced into ½ inch rounds
- Extra virgin olive oil (about 4 TBSP worth)
- 1 package of firm tofu, sliced into ½ inch slices
- 1 package shredded 2% skim mozzarella cheese

Optional: tear bits of fresh basil and sprinkle on top of slightly cooled bake.

Directions:

1. Preheat oven to 375 degrees F.
2. Pour 1 and a half cans of the tomatoes in the bottom of a 8x12 baking dish.
3. Layer the eggplant slices on top of the tomatoes. Drizzle with olive oil (2 TBSP).
4. Layer the tofu slices. Drizzle with a little bit more olive oil (2 TBSP).
5. Pour the rest of the tomatoes (a can and a half) over the tofu.
6. Sprinkle the cheese or veggie shreds on top of the tomatoes.
7. Bake for 35-40 minutes or until eggplant is soft and cooked through and bake is bubbling.
8. Allow to cool for about 10 minutes before cutting into slices and serving.

A tasty veggie alternative to chicken parmigiana. Eggplant is in season late summer and early fall making this the perfect recipe for a cooler September evening.



Nutrient Information (per 1 C serving)

Calories: 246	Carbohydrates: 14g
Total fat: 14g	Fiber: 4g
Saturated fat: 4.75g	Sodium: 625mg
Protein: 13g	

TRAP POND – Fall Festival –

Trap Pond State Park - Laurel, Delaware

Friday, September 5, 2025

Time: 10 a.m. – 2 p.m.

Lunch Served at 12 noon

Ticket Prices:

\$7 for Seniors 60+ • \$9 under 60

Cornhole Tournaments
with 1st, 2nd, and 3rd place prizes!

White Elephant Table

Trap Pond Nature Walk

Prize Bingo 50/50 Drawing

Horseshoes

Free Park Admission!!

*For more information contact:
Robin Greene (302) 515-0001 ext:1162
or email rgreene@cheerde.com*

All proceeds go to benefit the CHEER Meal Program.



**Music and Fun
Entertainment
with Sky Brady**



Over 50 Years Serving Sussex Seniors



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."*



Get the care you need when it matters most

At TidalHealth, our team of experienced, patient-focused providers are committed to giving you the comprehensive individualized healthcare you deserve. We specialize in preventative visits, chronic illness management, and a wide range of medical services tailored to fit your specific needs. Come experience the difference at TidalHealth. We believe in delivering quality medical care backed by personalized attention and trust. Please call your practice of choice or visit tidalhealth.org/primarycare.

Providers at the following locations are accepting new patients:

Bridgeville

9111 Antique Alley
Unit 1
Bridgeville, DE
302-297-2581

Delmar

38552 Sussex Highway
Unit 101
Delmar, DE
302-297-2583

Georgetown

503 W. Market St.
Georgetown, DE
302-297-2587

Lewes

1526 Savannah Road
Lewes, DE
302-297-2431

Millsboro

30265 Commerce Drive
Suite 206 & 207
Millsboro, DE
302-732-8400

Seaford

TidalHealth Mears Campus
100 Rawlins Drive
Seaford, DE
302-990-3300

