

OCTOBER 2025  
**FREE**

# CHEERful LIVING

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

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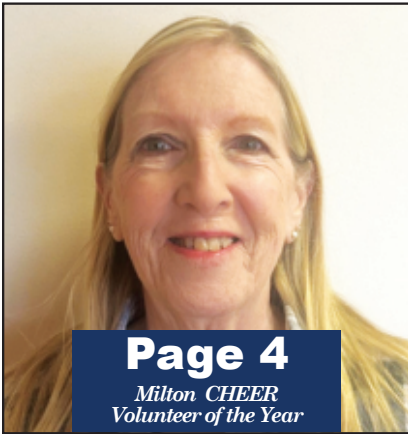


**CHEERful Living**

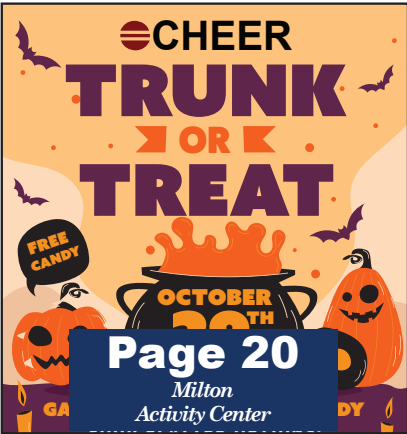
*magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.*

Kathy Motak Singel  
Editor, CHEERful Living

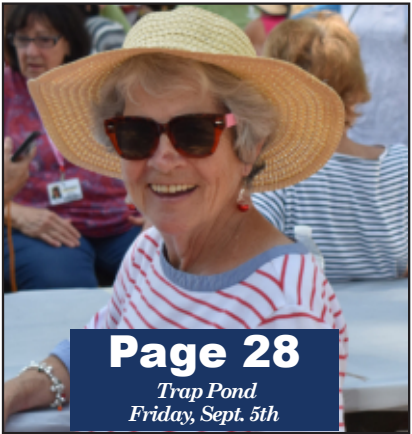
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Friday, Sept. 5th



## CHEER Staff

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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

At CHEER, Inc., our mission has always been clear: to promote and maintain the highest quality of life and independence for seniors across Sussex County. But as the needs of our community evolve, so must we. That is why CHEER has begun the important process of updating our Strategic Plan — a roadmap that will help ensure we continue meeting the changing needs of those we proudly serve.

We recognize that Sussex County is growing rapidly and with that growth comes both new opportunities and new challenges for older adults. From rising healthcare costs and transportation needs to food security, social connection, and access to affordable housing, seniors face unique and complex issues. Our Strategic Plan will guide CHEER's priorities and resources to address these realities head-on, keeping seniors at the heart of everything we do.

This isn't just a planning exercise; it's a chance to pause, reflect, and ask ourselves important questions. Are we doing enough to meet the needs of today's seniors? Are we prepared for the Sussex County of tomorrow? And most importantly, how can we strengthen our role as a trusted partner in improving the lives of older adults across our community?

The first step has been to listen. We have begun engaging seniors, volunteers, staff, community partners, and local leaders to better understand what matters most. The conversations have been heartfelt and often eye-opening. We have

heard stories from seniors who rely on CHEER's home-delivered meals to stay healthy, caregivers who depend on our Adult Day Services for support, and families who count on CHEER's transportation to stay connected to friends, healthcare, and community life.

One theme is clear: seniors want to remain active, engaged, and independent for as long as possible. They want to live not just longer, but better. Our Strategic Plan will be built around this goal, reaffirming our commitment to empowering seniors to thrive in every aspect of life.

*“Seniors want to remain active, engaged, and independent for as long as possible.”*

CHEER has always been at the heart of Sussex County, operating several sites where seniors come together to connect, learn, and stay active. As we update the plan, we are looking closely at how these centers can serve as hubs for wellness, education, and social connection, like our CHEER Holiday Feast coming up in November. Whether it's health and fitness classes, nutrition programs, group outings, or cultural events, CHEER is committed to offering services that improve both physical and emotional well-being.



Beckett Wheatley, CEO

As we plan for the future, we are exploring ways to strengthen and expand these services to ensure no senior is left behind.

We are also looking at ways to embrace innovation and technology to better support seniors and their families. From improving access to information to streamlining our internal systems, our goal is to make every interaction with CHEER simple, personal, and empowering.

While this process is still underway, one thing will not change: CHEER's deep commitment to the people we serve. Our roots run deep in this community and we remain grounded in our belief that every senior deserves dignity, independence, and connection. As Sussex County's senior population continues to grow, CHEER is preparing to grow right alongside it — ensuring we can meet today's needs while planning for tomorrow's challenges.

If you're a senior, caregiver, volunteer, or community partner, we invite you to share your thoughts, ideas, and hopes for the future. Give us a call at 302-515-0001 or visit [www.cheerde.com](http://www.cheerde.com). Together, we can build a stronger, more connected Sussex County for all seniors. ●

## Meet Milton CHEER's Volunteer of the Year Joyce Mellor!

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

This month, we salute Joyce Mellor from CHEER's Milton Senior Activity Center.

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

I was very surprised and honored to be chosen to be the volunteer of the year of the Milton CHEER Center.

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

Raising a family and working full time. Yearly family trips together and camping, too! In PA, I worked in various jobs, Welfare Dept in NJ, Environmental field, Health and Safety Dept.; also worked in school district for almost 20 years.

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

I am an artist at the Milton Art Guild, Eagles and Phillies teams, camping, and traveling to new places. Love to hear music played by various groups. Riding my Bike and walking.

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

I came to the Milton CHEER Center in the beginning of July 2015. It's been a rewarding experience.



Volunteer  
Joyce Mellor

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

I've had the honor of volunteering at the Milton CHEER Center for 10 years shortly after it opened.

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

I got to give back to my community and help people. I was here during COVID when a lot of things were closed and helped at an important time for everyone.

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

I heard CHEER was opening a new center and decided to go over and check it out and see what I can do for them. I decided I wanted to give back and help people after I retired. I've been a receptionist since July 2015.

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

It's great to volunteer at CHEER. You get to meet people and make great friends and you get to help the center with delivering Meals on Wheels and have activities at the center.

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

Just volunteering at the center, it keeps the center open, make sure meals on wheels continues, lets the community get to use the facilities and enjoy it. I am glad I get to do that every week and help the center continue. Also, during COVID, I came on my Thursday, at the front office to continue to help at a difficult time. ●



# An Epidemic of Loneliness and How You and CHEER Can Help

Loneliness is a silent epidemic and its effects are particularly devastating for senior citizens. The U.S. Surgeon General’s Advisory, “Our Epidemic of Loneliness and Isolation,” highlights that social connection is as crucial to our well-being as food and water. This is especially true for older adults, who are at an increased risk of social isolation, which in turn can lead to a host of health problems, from heart disease to a more rapid progression of dementia.

## The Dangers of Isolation

The Surgeon General’s report emphasizes that a lack of social connection can be as dangerous as smoking 15 cigarettes a day. For seniors, this can manifest in a variety of ways, including an increased risk of heart disease, stroke, and mental health issues like depression and anxiety. Furthermore, chronic loneliness in older adults can increase the risk of developing dementia by approximately 50%. The report calls for a societal shift in how we view and foster social connections, urging individuals, communities, and organizations to work together to combat this public health crisis.

## Socializing for a Sharper Mind

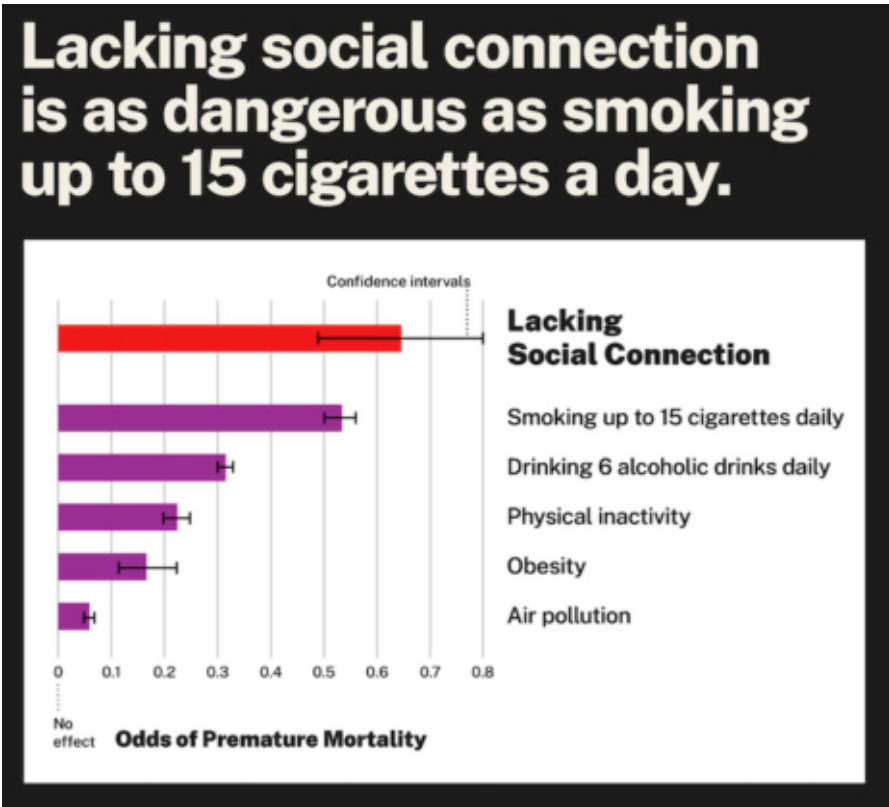
Research has consistently shown a strong link between social interaction and cognitive health. Engaging in social activities helps to build “cognitive reserve,” which is the brain’s ability to withstand age-related changes and disease.

Regular social engagement can stimulate the brain, helping to delay the onset of dementia and slow the progression of memory related disorders such as Alzheimer’s disease. Even something as simple as a 10-minute conversation each day can significantly improve the well-being of a person with dementia. For those with Alzheimer’s, social interaction can help to improve their mood, reduce agitation, and even improve their communication skills.

## The Rural Reality

For senior citizens living in rural areas, the challenges of loneliness are often magnified. The lack of public transportation, the greater distances between neighbors, and the out-migration of younger generations can make it difficult for older adults to stay socially connected.

By understanding the profound effects of social isolation and taking steps to foster greater social connection, each of us can help our elders live longer, healthier, and more fulfilling lives. ●



To combat loneliness in our communities, CHEER offers many options for seniors, their caregivers and volunteers.

## For those wishing to volunteer:

- **Make a phone call to a senior once per week.** CHEER is implementing an innovative program that is based on its former “Phone-a-Friend” program. This new program is called “Kindness Calls”.
- **Join CHEER’s volunteer driver program** to provide transportation for CHEER members to medical appointments.

## For seniors looking for opportunities to interact with others:

- **Visit one of CHEER’s senior activity centers.** For \$30 per year, any Sussex resident age 50 or older can join CHEER. Members have access to the eight centers where they will receive a hot meal, enjoy their choice of several ways to meet new people, and socialize over games such as Bingo and Uno, take local trips, enjoy music, arts and crafts, use the gym on site, and more!
- For those with memory-related needs, seniors can **attend “Memory Café”** while their caregiver attends a support group.
- For those with Alzheimer’s and other memory-related conditions who need a supervised setting that provides stimulation and activities, consider CHEER’s **Adult Day Program** which also provides respite for the caregiver.
- Seniors needing assistance with housekeeping, grooming, or companionship should explore CHEER’s **PASA** program!

## For more information:

Learn about CHEER Centers, Memory Café, Adult Day Program, PASA and volunteering at [cheerde.com](http://cheerde.com) or by calling (302) 515-0001.

## Be a Healthy Caregiver

Caring for someone with dementia can be overwhelming, and you may find that with all the responsibilities you face you neglect taking care of yourself. The best thing you can do for the person for whom you provide care for is to stay physically and emotionally strong. Here are tips for being a healthy caregiver.

### See the Doctor

Be sure to visit your physician regularly and listen to what your body is telling you. Any exhaustion, sleeplessness or changes in appetite or behavior should be taken seriously. Ignoring these symptoms can cause your physical and mental health to decline.

### Get Moving

Exercise is an important part of staying healthy—it can help relieve stress, prevent disease, and make you feel

good. *Here are some ideas for integrating exercise into your schedule:*

- Take friends and family members up on their offers to help. You can get a good workout in a short amount of time—even a 20-minute break.
- Find something you love to do. It will be easier to make it a habit.
- Exercise at home. While the person with dementia naps, pull out a yoga mat and stretch, use a stationary bike, or try exercise tapes.
- There are ways to be active with the person with dementia. Take a walk together, do seated exercises at home, dance together, garden, or do other activities you both enjoy.

### Eat Well

Heart-healthy eating patterns, such as the Mediterranean diet, are good for overall health and research indicates it may help protect the brain. Adopt a diet

that emphasizes whole grains, fruits, vegetables, fish, nuts, olive oil and other healthy fats. Try new recipes that involve cooking with the person with dementia.

### Participate in a Caregiver Support Group

Caregiver support groups offer a safe space for sharing, getting educated, finding local resources, and feeling less alone. Find an Alzheimer's Association virtual or in-person group that meets your needs.

### 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). Alzheimer's Association is not affiliated with CHEER.*



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# Empower people with Parkinson’s disease



Tom Cosentino is a truly inspiring individual who has turned a very personal challenge into an opportunity to help others. His mission to empower people with Parkinson’s disease is a powerful example of living with a purpose.

Tom was born 66 years ago in Oak Lawn, Illinois. He had a relatively normal childhood, but had a burning desire to go to college. He began his journey by enlisting in the U.S. Army at age 18, serving as a military policeman at Fort McClellan, Alabama, which enabled him to use the GI Bill to earn a college degree. This education paved the way for his professional career, where he eventually became a Director of National Accounts for a food distribution service. In 1988, he met his wife, Sandy. Love blossomed and they married and have a son and a daughter.

About ten years ago, Tom received a diagnosis of Parkinson’s disease and was declared 100% disabled by the VA in 2024. Rather than allowing the diagnosis to define him, Tom has dedicated himself to raising awareness and providing resources for others with the condition.

Tom’s central belief is that people with Parkinson’s deserve to understand their diagnosis beyond just taking medication. He wants them to have the knowledge to ask informed questions and make decisions about their own health. To achieve this, he has become a speaker and a facilitator for several foundations and support groups in Delaware over the past four years.

His key message for managing the disease is a holistic approach focused on four main pillars:

- **Healthy eating:** Promoting the role of nutrition in managing symptoms.
- **Exercise:** Highlighting physical activity as a crucial tool for living well with the disease.
- **Support groups:** Encouraging people to connect with others who understand their experience.

Tom’s work has transformed him into a valuable resource and his goal is to share this information widely so that others can feel empowered to make better, more informed decisions about their own health.

CHEER hosts a Parkinson’s Support Group meeting the 3rd Wednesday each month at 2:30 p.m. at CHEER’s Ocean View Activity Center, 30637 Cedar Neck Road in Ocean View. The meetings are FREE and open to the public and are for both the person with Parkinson’s and their caregivers. Here you will have the opportunity to meet others and share experiences. To know you are not alone.

*If you would like more information please feel free to contact Christie Shirey at CHEER. Her email is [cshirey@cheerde.com](mailto:cshirey@cheerde.com) or call her (302) 515-0001 ext. 1061.*



## Coastal Resilience



### OPEN HOUSE

SCAN THE QR CODE TO LEARN MORE

**Discover Coastal Resilience in the Inland Bays Watershed**  
**Two dates, different locations, same program:**

- **Wednesday, October 15, 3-6 pm, Frankford Library**
- **Tuesday, October 21, 3-6 pm, Georgetown Library**

Join us for an interactive open house to learn how coastal resilience impacts our community – and explore together to protect it.

FOR MORE INFORMATION:

 [mnoefellows@inlandbays.org](mailto:mnoefellows@inlandbays.org)

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- **Finding the right doctors:** He emphasizes the importance of having a medical team that people are comfortable with.





# VETERANS DAY *Dinner Dance*

Friday, November 7<sup>th</sup>  
**CHEER Community Center**  
20520 Sand Hill Road, Georgetown, DE  
5 to 9 p.m.

MENU: Ham, Sweet & Sour Meatballs,  
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Dinner Rolls, Fruit, Vegetable,  
and Cheese Trays, Iced Tea and Water

– *Music by Sky Brady* –

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[rgreene@cheerde.com](mailto:rgreene@cheerde.com)



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## CHEER

*Over 50 Years Serving Sussex Seniors*



# Get the Basics: Fall Prevention

Falls are not a normal part of getting older.

Falls are the number one cause of hospital admissions in older adults. They can lead to injury, loss of independence, and even death. However, many falls are preventable.

## What is a fall?

A fall happens if a person lands on the ground or a lower level without meaning to. Most falls occur at home and are related to a slip, trip, or loss of balance.

Falls rarely have one cause. Usually, several risks combine to make falls more likely. Risks include those related to a person’s body and medical conditions, medications, environment, and lifestyle. *For more information,* [www.healthinaging.org](http://www.healthinaging.org)

## What You Can Do

- Tell your healthcare provider if you have had a fall. Even if you were not hurt, information about your fall can help you avoid falling again.
- Get evaluated for your fall risk at least once a year by a healthcare professional.
- Make a fall prevention plan with your healthcare team. They may recommend solutions to help reduce your fall risk. For example, changes to your eyeglass prescription or wearing a different type of shoe.
- Set a goal to include the types of exercise needed to reduce your fall risk. Work with your health care provider to help you get to a target of:
  - at least 150 minutes of endurance exercises and
  - 2-3 times per week of balance and strengthening exercises, such as Tai Chi.
- Review a home safety checklist to keep your home safe from falls. Check your home for dangers, such as loose wires, dim lighting, or clutter on the floor.

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546 South Bedford Street  
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Christie Shirey, Coordinator  
(302) 515-0001, Ext. 1061



## Masking Forgetfulness

Most of us have experienced a “senior moment” and know how unsettling it can be. Fears that our memory is fading is common as we age. We not only fear losing ourselves, but our independence like the ability to drive or live in our own homes. It is very common to try to hide or mask these episodes, but that is the worse thing you could do. It limits the abilities of your loved ones to assist you and can prevent early treatment if it really is dementia.

Seniors with dementia may frequently forget names, appointments, or even recent conversations. To cover their forgetfulness, they might resort to writing notes, setting reminders or downplaying the significance of their lapses.



**Mr. Man does not recommend Masking but does wish you a Happy Halloween!**

It is also common for someone to withdraw from social interactions by avoiding gatherings, activities, or conversations that they once enjoyed. Isolating themselves can be a way of concealing their cognitive decline from loved ones. Family members and caregivers should pay attention to these subtle hints and gently encourage them to seek medical evaluation.

Don't give into the temptation to mask your symptoms. It is very important to discuss your concerns and to let your doctor know. It is probably normal aging, but it is very important to find out and seek treatment if it is not. ●

*Please contact the Caregiver Resource Center if you would like more information by calling Christie Shirey at 302-515-0001 extension 1061*

## Caregiver Support Groups/ MEMORY CAFE

**Georgetown CHEER**  
Memory Cafe -  
Every Tuesday - 9:30-11:30 AM

**Greenwood CHEER**  
Caregiver Support Group -  
1st Thursday of the month, 1 PM  
Memory Cafe -  
Every Thursday - 1-3 PM

**Long Neck CHEER**  
Caregiver Support Group -  
1st & 3rd Tuesday of the month, 1 PM  
*Partnered with the Alzheimer's Assoc.*  
Memory Cafe -  
Every Tuesday - 1-3 PM

**Milton CHEER**  
Memory Cafe -  
Every Thursday - 9:30-11:30 AM

**Ocean View CHEER**  
Caregiver Support Groups -  
1st & 3rd Thursday of the month, 1 PM  
*Partnered with the Alzheimer's Assoc.*  
**Parkinson Caregivers**  
3rd Wednesday of the month, 2:30PM  
Memory Cafe -  
Every Friday - 10:30 AM -11:30 AM

**Roxana CHEER**  
Memory Cafe -  
Every Friday - 12:15 PM - 1:30 PM

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

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



 **CHEER**  
*Over 50 Years Serving Sussex Seniors*

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



### Volunteer Coordinator-Bilingual

546 South Bedford Street  
Georgetown, DE 19947  
Monica M. Mandujano,  
Coordinator  
(302) 515-0001, Ext. 1166



I would like to take a moment to express my admiration for Julie Hudson’s incredible dedication as a receptionist at Greenwood since 2015, as well as her remarkable commitment to volunteering with CHEER over the past decade. Julie’s passion for helping others truly shines through and it’s inspiring to see how she connects with so many wonderful people in our community.

I understand that while losing members can be challenging, Julie’s focus on addressing the needs of those around her reflects a genuine

*“I have enjoyed meeting so many wonderful people; losing members is always difficult; however, I know there are many in the community with needs, and I am happy to help. I love working and helping people.”*

desire to make a difference. It’s clear that Julie is not only an asset to our agency, but also a beacon of support for those who need it most. THANK YOU for spreading “CHEER”, your dedication makes a difference!



**Julie Hudson Receptionist at Greenwood CHEER since 2015**



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**Saturday,  
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9 AM to 2 PM**

***Food Available  
for sale  
at the  
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**CHEER**  
Over 50 Years Serving Sussex Seniors

**COMMUNITY  
CENTER**

**20520 Sand Hill Rd  
Georgetown, DE**

For more information  
Robin Greene, [rgreene@cheerde.com](mailto:rgreene@cheerde.com) or  
call (302) 515-0001 ext. 1162  
Visit us - [www.cheerde.com](http://www.cheerde.com)

## Using a Reverse Mortgage to Purchase a Home

**W**hen researching Reverse Mortgages, you will come across the term “Principal Limit”. There is a chart using ages of the borrowers and interest rates to show what determines the amount the borrower can use for a reverse mortgage. FHA has this in place to make sure borrowers don’t take too much equity out of their homes. The principal limit helps the funds to stay available for a very long time.

If there isn’t enough equity to obtain a reverse mortgage, then another option would be to sell that home and use the proceeds to purchase a smaller home. The utilities, property taxes, and home owners insurance will most likely be less too. There may be enough equity in the new home to be able to get a reverse mortgage for the remaining purchase price.

Depending on the age of the borrowers and current interest rates you may be able to purchase the new home with 40%- 60% of the purchase price. The reverse mortgage would cover the balance of the purchase price. The purchase would be structured like this: Buyer’s cash from sale of their home= down payment and closing costs on the new home, and the Reverse Mortgage loan covers the balance of the purchase price.

Large home sells for \$500,000

Mortgage pay off and selling costs = \$280,000

New proceeds = \$220,000

New smaller home costs \$350,000

FHA Reverse mortgage covers \$175,000  
(depending on age and rate)

Buyer’s contribution \$175,000

Remaining \$35,000 can be used for closing costs

*JoAnn Moore is a licensed mortgage loan originator. The Mortgage Market of Delaware, LLC. Georgetown, Delaware. [MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com) 302.236.1229 NMLS #165477*

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





You are invited to CHEER's  
***Holiday Feast***

CHEER Community Center  
20520 Sand Hill Road • Georgetown, DE

**Tuesday  
November  
25<sup>th</sup>  
10 a.m. - 2 p.m.**

**Traditional  
Thanksgiving  
Turkey Dinner**

- Entertainment
- Contests
- Prizes

**TICKETS:**

**\$6 for Seniors over age 60  
\$8 for under age 60**



*Over 50 Years Serving Sussex Seniors*


***More Information:***

Contact any CHEER Activity Center  
(302) 515-0001 ext. 1162  
email: [rgreene@cheerde.com](mailto:rgreene@cheerde.com)



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Dutch Cherry Cobbler Skim Milk	<b>2</b> Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	<b>3</b> Cream of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
<b>6</b> Cheese Manicotti Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>7</b> Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	<b>8</b> Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	<b>9</b> Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	<b>10</b>  <b>Hispanic Heritage Celebration</b>
<b>13</b> Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	<b>14</b> Turkey Chili Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>15</b> Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	<b>16</b> Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>17</b> Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk
<b>20</b> Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>21</b> Shrimp Fried Rice Steamed Broccoli Fresh Fruit Whole Wheat Roll/Bread Skim Milk	<b>22</b> Pulled BBQ Pork on Bun Baked Sweet Potato Fries Cole Slaw Cinnamon Apples Skim Milk	<b>23</b> Moroccan Chicken Basmati Rice Peas And Carrots Whole Wheat Roll/Bread Fruit Of The Day Skim Milk	<b>24</b> New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk
<b>27</b> Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	<b>28</b> Turkey a la King Steamed or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	<b>29</b> Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	<b>30</b> BBQ Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>31</b> Cheeseburger on Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk



## Café Salud

20520 Sand Hill Road  
Georgetown, DE 19947

Ruthy Calloway, Director  
(302) 515-0001, Ext. 1965



In October, Café Salud community will highlight breast cancer awareness with a special pink pumpkin painting event on October 1st. Later in the month, on October 15th, we will welcome Nic Hitchens from The Lost Figures band. Nic will join us to share his talent and guide participants in learning new karaoke singing skills. Lastly, we will close the month with a sewing class, where participants will create ghost mini pillows.

### ACTIVITIES

**October 1, 8, 14, 21, 28th:**  
Bingocize

**October 1st:**  
Pumpkin Painting

**October 7th:**  
Arts and Crafts with Josefina

**October 8th, 22nd:**  
Rehoboth Art League with Maria

**October 10th:**  
10 a.m. – 2 p.m.  
**Hispanic Heritage Celebration**

**October 14th, 21st:**  
Zumba

**October 15th:**  
Karaoke with Special Guest  
Nic Hitchens from the  
Lost Figures

**October 29th:**  
**Sewing Class with Ruthy**  
Ghost Pillows

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

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



**Activity at the center**



**Bingo at the center**



**October 15, Karaoke with Special Guest Nic Hitchens from the Lost Figures**



**Exercise class at center**



**Georgetown Activity Center**



20520 Sand Hill Road  
Georgetown, DE 19947

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

Happenings

October 1 thru November 5:  
9:30 a.m. (Every Wednesday)  
Diabetes Workshop

October 9:  
12 p.m. Group Trivia

October 16:  
10:30 a.m. Arm Chair Travels

October 16:  
12 p.m.  
Revive Sound Productions

October 16:  
4 – 6 p.m. Dinner/Bingo

October 30:  
Halloween games and party  
10:30 a.m. – 12 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 a.m. Penny Poker/Prize

12:00 p.m. Bingo

MONTHLY:  
Dollar Tree – every Tuesday  
Walmart – every Thursday

SPECIAL HAPPENINGS

October 1 thru November 5:  
9:30 a.m. Diabetes Workshop  
(Every Wednesday)

October 9:  
12 p.m. Group Trivia

October 16:  
10:30 a.m. Arm Chair Travels

October 16:  
12 p.m. Revive Sound Productions

October 16:  
4 – 6 p.m. Dinner/Bingo

October 30:  
10:30 a.m. – 12 p.m.  
Halloween games and party



**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)  
We have a New Office in Harrington and Milford!

**Schedule your appointment (302) 422-2518 ext 101**

*“October is a symphony of permanence and change.”*

Bonaro W. Overstreet



### Greenwood Activity Center

41 Schulze Road  
Greenwood, DE 19950

Mikayla Somers, Director  
(302) 515-0001, Ext. 1361



## Happenings

In October, autumn comes into full swing and foliage season has officially begun across much of the United States. Why do leaves change colors? Did you know that fall’s vivid colors are actually hidden underneath summer’s green? The main reason for the color change is not autumn’s chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown. ●

### WEEKLY

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

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

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

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

**Fridays**  
8:30 – 9:30 a.m. CHEERful  
Morning Café with Full Breakfast

### BI-MONTHLY

**Fridays**  
Blood Pressure Check with Nurse Betty (2 x a month). Dates determined according to Betty’s availability.  
  
10:00 a.m. Ladies Prayer Group



Ashley Haldeman from Pam Rehab in Georgetown, visit Greenwood CHEER

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

### SPECIAL HAPPENINGS

**October 2nd:**  
Thursday from 10:00 a.m. – 12:00 p.m.  
Flu Clinic with Randy the Pharmacist.

**October 8th:**  
Wednesday at 10:30 a.m. Library Program with Yvonne.

**October 14th:**  
Thursday at 9:30 a.m. Laurel Senior Center visits Greenwood CHEER for bingo and lunch.

**October 15th:**  
Wednesday at 10:15 a.m. Visit and Lecture on Strokes and the Smart 911 System by Sussex County Emergency Medical Services. (Tentatively)

**October 16th:**  
Thursday, Trip to Parson’s Farm & Produce, Lunch at Parson’s Café. Bus departs at 9:30 a.m.

**October 22nd:**  
Wednesday at 10:30 a.m.  
“Bones” Bingo  
with Ashley from PAM Rehab.

**October 23rd:**  
Thursday at 9:15 a.m. Members from Greenwood CHEER Center visit Laurel Senior Center.

**October 23rd:**  
Thursday, NO dinner this month.

**October 29th:**  
Wednesday at 10:30 a.m. “Imagine” will be here to entertain us with their wonderful music and we will have our Halloween Party. Don’t forget to wear a Halloween costume for the occasion. We will award prizes for the top 3 costumes!

**October 31st:**  
Friday at 10:00 a.m. Monthly Membership Meeting (Unity Club).

**October:** Trunk or Treat  
with La Red TBA

## Harbour Lights Activity Center

34211 Woods Edge Drive  
Lewes, DE

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



## Happenings

### Upcoming Changes to Our Breakfast Schedule

We've noticed a decline in breakfast participation recently and we'd like to try something new to encourage more involvement. Beginning October 2nd, we will be serving breakfast **every other week** instead of weekly.

Here's what's coming up on the new breakfast schedule:

- **October 2:** Scrambled eggs with cheese, hash browns, sausage, and waffles
- **October 16:** Creamed chipped beef over a biscuit, scrambled eggs, and a hash brown
- **October 30:** Scrapple, egg, and cheese sandwich on a croissant with a hash brown

We hope these new menu items and schedule changes will bring more of you out to enjoy a hearty morning meal with us. Your feedback is always welcome! Please sign up for the breakfast at the desk.

**The Delaware Council on Gambling Problems (DCGP)** is a non-profit 501(c)(3) health agency founded in 1979. Their mission is to provide essential programs and services for individuals struggling with problem gambling and their families. What sets them apart is that many of them have experienced gambling issues and truly understand what you're going through.

They are gambling neutral meaning they neither support nor oppose gambling. Their focus is solely on helping



**Monthly party with DJ Carroll Schmitt**

those affected by gambling problems find hope and healing.

Problem gambling doesn't just affect the gambler; it impacts entire families and social circles. Many individuals struggling with gambling may not fully grasp the toll their behavior takes on others and often feel powerless to stop on their own.

At DCGP, they provide free and confidential services for both gamblers and their loved ones. This includes clinical assessments, personalized action plans, and tools for long-term recovery through our 12-step-based approach.

They also understand the unique challenges different groups face:

- **Seniors** may turn to gambling to cope with loneliness. They help them explore healthier social alternatives.
- **Young people** often don't recognize the long-term consequences of gambling. They educate them about the risks and help them make informed choices.

Living with a problem gambler can be overwhelming, but you don't have to face it alone. DCGP is here to help you restore balance and stability in your life.

Join us for a special presentation on October 24, 2025, at 11:45 a.m. at the Harbour Lights CHEER Center to learn more about gambling addiction and how you or someone you love can get help.

### Dinner & Prize Bingo – Join Us for a Fun-Filled Evening!

Mark your calendars for Tuesday, October 28th, 2025, at 5:00 P.M. as we host a special Dinner and Prize Bingo Night! We'll be serving a delicious meal of fried chicken, mac and cheese, corn on the cob, a dinner roll, and apple pie for dessert. After dinner, stick around for an exciting evening of prize bingo filled with fun, laughter, and the chance to win some great prizes. Please sign up for the dinner at the front desk. We can't wait to share this enjoyable evening with you!

### Halloween Party – Don't Miss the Fun!

Join us on Thursday, October 31st, 2025, for a spooktacular Halloween Party you won't want to miss! The fun kicks off at 10:30 a.m. with live entertainment by DJ Carroll Schmitt, spinning all your favorite tunes to get the party started.

Come dressed in your best costume. There's a prize for the best one! After the music and dancing, we'll wrap up the festivities with a lively game of bingo.

*continued on page 19*



Harbour Lights  
Activity Center  
*continued from pg 18.*

It’s sure to be a morning full of laughs, music, and Halloween fun. We can’t wait to see your spooky spirit!

Join Us for Bible Study with  
Minister Angela Ballard

As many of you know, we recently began a new Bible study led by Minister Angela Ballard and it’s been a truly inspiring experience. Minister Ballard is a gifted teacher with a passion for sharing God’s Word and we would love for you to be a part of it!

Bible study takes place every Tuesday at 12:15 p.m.

Don’t forget to bring your Bible! We’re excited to grow and learn together! ●

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

**October 3rd:**  
10:30 a.m. Blood Pressure Checks


**October 21st:**  
9:30 a.m.  
Dover Trip Lunch on your own

**October 24th:**  
11:45 a.m.  
Gambling Problems Presentation

**October 31st:**  
10:30 a.m.  
Halloween Costume Party

**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

**October 7th:**  
9:15 a.m. Bylers,  
Produce Junction and  
Dover Mall food court  
**October 28th:**  
9:15 a.m.  
Roses, Big Lots, Stargate Diner  
**October 29th:**  
12:00 p.m. Birthday Celebration  
**October 31st:**  
10:00 a.m. Halloween Party with  
entertainment from Dan Feth



## Milton Activity Center

24855 Broadkill Road  
Milton, DE 19968

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



## Happenings

### WEEKLY

**Every Monday - Friday:**  
8:00 a.m. – 4:00 p.m. Fitness Center Open

**Mondays and Wednesdays:**  
11:00 a.m. YOGA, check calendar for times.

**Mondays:**  
9:00 a.m. Tai Chi  
12:00 p.m. Mingo with Dan Feth  
1:30 p.m. NEW!!! seated Tai Chi  
Qigong with Deb

**Tuesdays:**  
1:00 p.m. NEW!!  
Tai Chi/ Qigong with Deb

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

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

**Tuesdays and Fridays:**  
Bingo-Check calendars for times

**Tuesdays and Thursdays:**  
11:00 a.m. Chair Yoga

**Tuesday:**  
DMV GO 10 a.m. – 2 p.m.  
Mobile Unit set up in parking lot

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

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

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

### SPECIAL HAPPENINGS

**October 7th:**  
9:00 a.m. – 11 a.m., Tuesday  
Immunization Clinic with Ivira Pharmacy from Milford, Get your Shots! Flu, RSV, Covid.

10:00 a.m. Blood Pressure Checks and Chair Exercise  
11:00 a.m. Membership Meeting

**October 9th:**  
12:00 p.m. – Thursday,  
Birthday Celebrations

**October 10th:**  
10:00 a.m. – 2:00 p.m.  
Friday – Milton  
CHEER Closed –  
Georgetown CHEER  
Community Center  
Hispanic Heritage  
Celebration

**October 14th:**  
TBD Nutrition  
Education with  
Mary Edwards

**October 29th:**  
5 p.m. – 8 p.m.  
Wednesday,  
Trunk or Treat at  
Milton CHEER-Bring  
your family and friends  
for a CHEERful and  
spooktacular time!

**October 31st:**  
11:00 a.m. – 1:00 p.m.,  
Friday HALLOWEEN  
Celebration.  
Come dressed in your  
best costume! Join us  
for sweet treats and  
snacks.

**CHEER**

**TRUNK OR TREAT**

**OCTOBER 29<sup>TH</sup>**  
**5 – 8 p.m.**

**FREE CANDY**

**GAMES • FOOD • CANDY**

**FOOD PLATTER OPTIONS:**  
**HOT DOG, CHIPS AND DRINK \$5**  
**HAMBURGER, CHIPS AND DRINK \$6**

**Come join us for a spooktacular time!**  
**Bring the kids and enjoy a night**  
**of family and Milton CHEER fun!**

**MILTON CHEER ACTIVITY CENTER**  
**24855 BROADKILL ROAD, MILTON, DE**



## Ocean View Activity Center

30637 Cedar Neck Road  
Ocean View, DE 19970

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



## Happenings

### “De Colores” Made of Colors

We are celebrating National Hispanic Heritage Month (9/15 – 10/15) during October and are very excited to have Delaware Humanities speaker Charito Calvachi-Mateyko here with “Diversity in Latin America” to kick off the month on Wednesday, Oct. 1st from Noon – 1 p.m.!

Invite a friend to join us for lunch and this program.

On Friday, Oct. 10th, we'll head to CHEER Community Center in Georgetown for our first Hispanic Heritage Celebration, 10 a.m. – 2 p.m.!

We'll finish out the month with our Murder Mystery Dinner Theatre, “Color Me Dead” on Tuesday, Oct. 28th! ●

Be sure to visit our Ocean View page on the CHEER website for our calendar, menu and pics!

<https://www.cheerde.com/ocean-view/>

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

We will be joining in a free virtual on-going Bone Builders Class, Tuesday mornings at 9 a.m. and if we have enough interest, we'll add in the Thursday morning one also, same time.

### MONTHLY TRIPS

**October 2nd:** Conley's Thrift Shop, Angola and La Tonalteca in Millsboro, 9:30 a.m.

**October 3rd:** Bearhole Farms Tour (tentative), Crabcake Factory, Selbyville, 9:30 a.m.



**Chair yoga group**

**October 9th:** Cape May/Lewes Ferry Ride (tentative), with Picnic Lunch and Bus, all inclusive, \$20 – time to be determined ...

**October 10th:** Hispanic Heritage Celebration, CHEER Community Center in Georgetown, 9 a.m., \$6 / \$8.

**October 16th:** Fifer's Farm in Camden Wyoming – Pumpkins, Apples, Corn Maze, and more plus Lunch & Ice Cream! Leave 9 a.m. (group can decide to eat there or Chili's Grill & Bar on the way home)

**October 17th:** Spence's Bazaar and El Nopal, Dover, 9:30 a.m.

**October 23rd:** Trap Pond Pontoon Ride, \$6 and Abbott's Grill, Laurel, 9:15 a.m.

**October 24th:** Ocean City Sunfest, MD, 10 a.m. On your own for several hours – Rudy will let you know time & location to meet back!

**October 30th:** Goat Joy Farm, Harbeson and lunch choice afterwards, 10 a.m.

**October 31st:** Historic Berlin, on your own, 9:30 a.m.  
The new Ghost Museum (\$11) might be a fun spot to visit!

### SPECIAL HAPPENINGS

**October 1st:**  
Wednesday at Noon  
DE Humanities Speaker, Charito Calvachi-Mateyko, “Diversity in Latin America”!

**October 6th:**  
Monday at 11:30 a.m.  
Piano Music with Mark Gratton.

**October 7th:**  
Tuesday at 11:45 a.m.  
Caring Transitions – “Starting the Conversation: Important Discussions for Seniors and Families” – invite a family member to join you, if possible!

**October 8th:**  
Wednesday at 11:45 a.m.  
Medicare Updates with Tennant Barron.

**October 10th:**  
Friday bus leaves at 9 a.m.  
Hispanic Heritage Celebration in Georgetown, 10 a.m. – 2 p.m.  
**Center is CLOSED today.**

**October 28th:**  
Tuesday from 5 – 7 p.m. or so ...  
“Color Me Dead” Murder Mystery Dinner Theatre, \$7/Members and \$10/Guests

**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.  
Music Social  
Monday- Friday: Lunch, \$ Donations

**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 and Movie Day

**Friday:**  
Memory Café with  
Christie Shirey

### BI-WEEKLY:

**October 2:**  
Byler's Store  
Group Choice of Food

**October 7:**  
Visit Lutheran Church for Food  
Pantry

**October 9:**  
Thrift Store Shopping  
Choice of Food

**October 15:**  
Visiting a Friend in Seaford-Packed  
Lunch Provided

**October 16:**  
Visiting a Friend in Berlin (TBD)  
Packed Lunch Provided

**October 23:**  
Visit Selbyville Library  
Parson Farm (Pick a Pumpkin)

**October 30:**  
Walmart-Group Choice of Food

### SPECIAL HAPPENINGS:

**October 1:**  
Wednesday at 10:30 a.m. Blood  
Pressure Screenings- PAM Health

**October 1:**  
Wednesday at 12:00 p.m. PAM Health  
Halloween Craft Activity with Erin

**October 3:**  
Friday at 10:30 a.m. Chair Yoga with  
Barbara "Strength from Within"

**October 6:**  
Monday at 10:30 a.m. Pastor Dan and  
Betsy Taylor: Bible Study

**October 8:**  
Wednesday at 10:00 a.m. Nancy  
Lynch speakers about -THE REAL  
WOMEN, VETERANS OF VIETNAM

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

**October 20:**  
Monday at 10:30 a.m. Pastor Dan and  
Betsy Taylor: Bible Study

**October 31:**  
Halloween Movie Day Celebration  
with Snacks

Sometime in October we will also  
have Dan Feth- Stump the DJ

Another Cooking with Jay Tasty  
Treat Special

Painting a Pumpkin last week  
of October



**Are you considering a reverse mortgage?  
62 or older?  
Own your home?  
Have substantial equity on your home?**

*A reverse mortgage may be right for you.  
It is a way to turn the equity in your home  
into additional retirement funds.*

JoAnn Moore, local and a fellow senior.  
Contact me for more information.  
Cell 302.236.1229,  
[MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)  
NMLS #165477



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



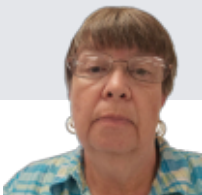
*"In the entire circle of  
the year, there are no  
days so delightful as  
those of a fine October."*  
Alexander Smith



### Sand Hill Adult Day Program

20520 Sand Hill Road  
Georgetown, DE 19947

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



### Celebrating 80 Years



#### David Leggins

David is from Mobile, Alabama. He was raised in Milton, Delaware. He has five children. David worked as a mechanic and a Security Officer at the Georgetown Court House. He attends the day program 2 days a week.



#### Silvio Nardo

Silvio was born in Italy. He came to America when he was nine. He and his wife met when they were 14 and 12 respectively and have been together ever since. He grew up in Philadelphia, then moved to Delaware County, PA. He has two children, five grandchildren, and two great granddaughters. Silvio worked as a brick layer, builder, contractor since he was 16 years old. He attends the day program a couple of times a week.

# Medicare Open Enrollment

October 15 - December 7, 2025

## Did you know?

Delaware Medicare Assistance Bureau (DMAB) can help you:



Understand Medicare benefits



Sort options to find the best solution for your situation



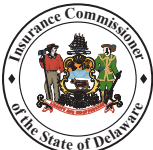
Complete the enrollment process



**Need help?  
Contact DMAB Today!**

**CALL DMAB • 302-674-7364**

Trinidad Navarro, Insurance Commissioner  
[insurance.delaware.gov/dmab](http://insurance.delaware.gov/dmab)



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# Medical Debt Relief

**G**reat news for those with unpaid medical debt! Recently, Governor Matt Meyer announced a partnership between the State of Delaware and national nonprofit Undue Medical Debt, using \$500,000 in state funds to purchase and eliminate up to \$50 million in medical debt for an estimated 17,000 or more Delawareans. Undue Medical Debt will purchase bundled medical debt portfolios from providers like hospitals and commercial debt buyers to then settle that debt at pennies on the dollar.

**There is no application process.** Qualifying residents will receive a letter from Undue Medical Debt notifying them that their medical debt has been relieved.

**In order to qualify for debt relief, Delaware residents must have annual household income at or below 400% of the federal poverty level or have medical debt that equals 5% or more of their annual household income.**

Family Size	Gross Annual Income Limit	Gross Monthly Income Limit
1	\$62,604	\$5,217
2	\$84,600	\$7,050
3	\$106,608	\$8,884
4	\$128,604	\$10,717
5	\$150,600	\$12,550
6	\$172,608	\$14,384
7	\$194,604	\$16,217
8	\$216,600	\$18,500

**Medical debt relief will be announced in waves in the coming months.**

If you are having problems with medical bills past or present, 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](http://STANDBYMEDE.ORG) to schedule an appointment. Stand By Me is not affiliated with CHEER.*

# Simplify your healthcare, simplify your life

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

without the medications you need.

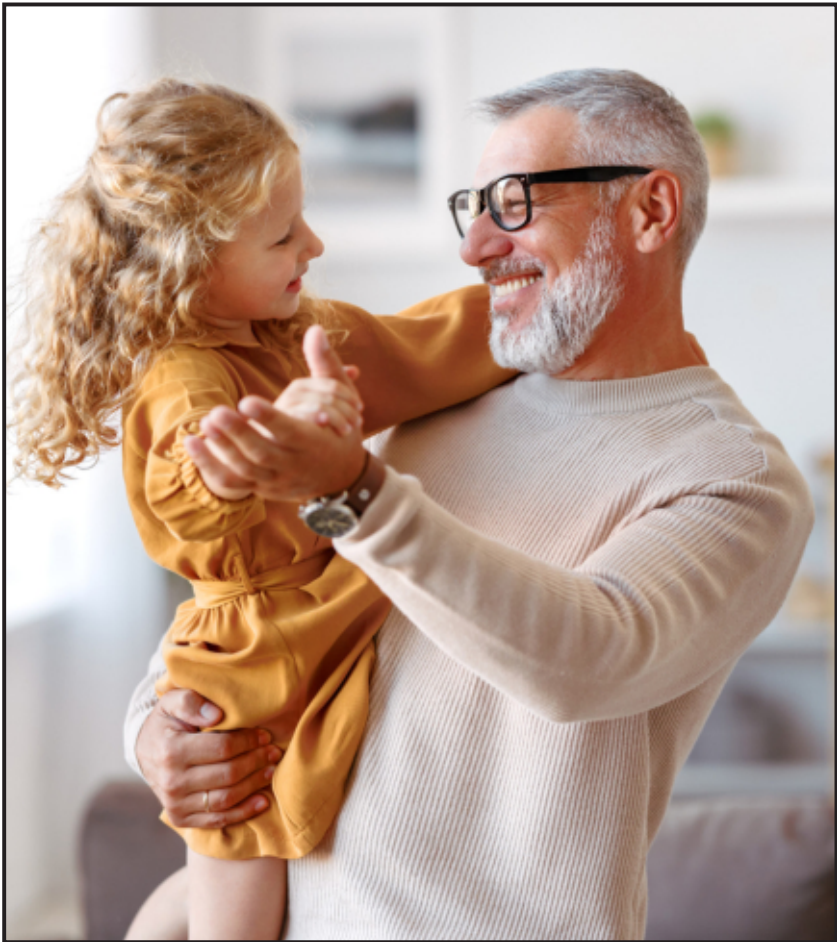
Plus, managing appointments has never been easier! Schedule your next visit or check details of past and upcoming appointments, all in one place.

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.

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!

Need a prescription refill? Just request it online with a few clicks, and MyChart will help make sure you’re never

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





# CHEER Travel Club

# Coming Soon!



# Trips for 2026

## 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.

- Catering and Bartending Services available
- 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](http://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](mailto:events@cheerde.com)





# **CHEER**

## *Kindness Calls*

A few minutes.

A real difference.

A new friend.

As a CHEER Connect caller, you make friendly, weekly phone calls to a local older adult. Signup Today!

**Questions?**  
**[volunteer@cheerde.com](mailto:volunteer@cheerde.com)**

**VOLUNTEER  
AT CHEER!**



Scan the QR to sign up  
and learn more about  
volunteering at CHEER!  
[cheerde.com/volunteer](http://cheerde.com/volunteer)



# **CHEER** **MINI-MARKET**

**Over 100 Staple and Paper  
Products Available-Perishables  
Available by Special Order**

***A Grocery Store on Wheels can bring them to YOU!***



**Rotating Schedule Throughout Sussex County**

***Stocked with 100 Staple Grocery Items!***

***No Application Fee – No Delivery Fee!***

***Available to Any One Over 50 Years of Age!***

**WE ACCEPT:**

- Debit and Credit Cards, Cash and Checks
- Delivery is on a 2-Week Schedule
- Non-Perishable items on the Mini-Market Van
- Perishable items upon request!



**FOR MORE INFORMATION OR TO SIGN UP**

**CALL 302-856-5187**



# Trap Pond Fall Festival









By Lisa Harkins, RD,  
LDN,  
CHEER Dietitian



# The Best Foods to Beat Breast Cancer

**B**reast cancer remains one of the most prevalent types of cancer affecting individuals nationally, with over 300,000 new cases reported in 2024 alone. One in 8 women will be diagnosed with breast cancer in the US, and 1 in 43 will unfortunately die from the disease. Lifestyle and dietary patterns have been increasingly recognized as vital factors influencing its risk. In recent years, scientific research has expanded our understanding of how certain foods and nutrients may play a role in preventing breast cancer. Let's take a look at some of the best foods to beat breast cancer risk and recurrence:

**Cruciferous vegetables**, such as broccoli, cauliflower, kale, Brussels sprouts, and cabbage, have gained considerable attention for their cancer-fighting potential. These vegetables are rich in *glucosinolates*, sulfur-containing compounds that, when broken down during digestion, produce

biologically active metabolites that have been shown to inhibit the growth of breast cancer cells and which also limit estrogen metabolism, potentially reducing hormone-driven cancer risk.

**Berries**, including blueberries, strawberries, raspberries, and blackberries, are rich in flavonoids and other compounds recognized for their antioxidant and anti-inflammatory properties. New research has demonstrated promising evidence that berries may slow the growth of breast cancer cells and inhibit tumor formation.

Consuming **whole grains** such as oats, brown rice, quinoa, barley, and whole wheat provides a robust source of dietary fiber. Fiber promotes a healthy gut microbiome and helps regulate hormones, especially estrogen, which is an influence on breast cancer risk.

**Fatty fish** such as salmon, sardines, mackerel, and trout are excellent

sources of omega-3 fatty acids, which hold anti-inflammatory properties and support cellular health.

Recent clinical studies suggest that regular consumption of fatty fish may lower the risk of breast cancer by inhibiting tumor growth. Omega-3s also help counteract chronic inflammation, a known risk factor for many cancers.

Decades of human studies have established that diet is a manageable risk factor in the development of many cancers, including breast cancer. Foods rich in antioxidants, fiber, phytonutrients, and healthy fats have been associated with reduced risk, while diets high in saturated fats, processed meats, and sugary beverages are often linked to increased risk. Although genetics and environmental factors also contribute substantially, dietary choices present a practical means of exerting control over one's cancer risk probability.

## Cauliflower & Couscous Pilaf

Serves: 6 servings, generous 3/4 cup each

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 4 cups finely chopped cauliflower florets, (about 1 medium head)
- 1/2 teaspoon salt
- 3/4 cup reduced-sodium chicken broth
- 1 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 1/4 cup raisins
- 2/3 cup whole-wheat couscous
- 1/2 cup sliced scallion greens

### Directions:

1. Heat oil in a large saucepan over medium heat. Add cauliflower and salt; cook, stirring, until softened, about 3 minutes.
2. Add broth, orange zest, juice and raisins; bring to a boil over high heat.
3. Stir in couscous and scallions. Remove from heat and let stand, covered, until the liquid is absorbed, about 5 minutes. Fluff with a fork.



*Nutrient Information (per 1 C serving)*  
Calories: 163

Fat: 3g	Protein: 6g
Sat fat: 0g	Fiber: 6g
Carbohydrates: 31g	Sodium: 239mg



# Coming SOON! 2026 CHEER Calendar!



Cover Photo by Terry Fok  
Bethany Beach - Sunrise

## *CHEER was excited by the response to our recent photo contest!*

We received 69 entries depicting scenes from across Sussex County. From that, a committee representing all departments in CHEER as well as judges from the community selected the top 13 submissions that will make up our 2026 CHEER calendar. Ten photos were selected for honorable mention as well. This calendar not only showcases scenes from the county, but it also helps to celebrate CHEER's 55 years of service to seniors. Calendars will be available at all CHEER locations and at CHEER events starting in November.

Winners will be announced in the November issue of CHEERful Living and will be recognized with their photos in the calendar. Thank you to all who entered!

It's time to start collecting photos for the 2027 calendar! We are particularly interested in photos that are seasonal in nature, so start capturing photos of sights such as pumpkin patches, geese in flight, snowy roads, spring flowers and our abundant wildlife. Of course, we still love those summer water scenes! Does anyone have a photo of the night sky? Photos do not have to be taken in 2025 or 2026, but they do need to be unedited (no filters or touch-ups) photos of Sussex County.

## **Here are the important dates for the next contest:**

- **Monday, May 18, 2026:**  
Photo contest starts
- **Wednesday, July 15, 2026:**  
Photo contest ends

*We can't wait to see what the next contest brings!*





# Join us for HealthFest: Care for Generations!

- Health screenings
- Education & resources
- Fun for all ages!

**9 am to noon**  
**Saturday, Oct. 25, 2025**  
**CHEER Community Center**  
**20520 Sand Hill Road, Georgetown, DE 19947**

To learn more about this free event, call 410-543-7558 or visit [tidalhealth.org/healthfest](http://tidalhealth.org/healthfest).

