

FREE

JANUARY 2023

CHEERful Living

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

Milton Reopening

Marion Thomas shows off the caricature drawing that Kyrin Hopkins did of her during the Milton Reopening festivities (right). More Event Photos - Pages 12 and 13

It's Been A Wonderful Life

Larry Savage was a cook for the Brigadier General at Redstone Arsenal Missile Base in Alabama. The former banker says he really enjoyed that time of his life. - Page 7

Memorable New Year - Page 10

Center Events - Pages 16-20





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

CHEER, Inc. has been serving Sussex County's senior citizen population for over 50 years. The private, non-profit agency offers an array of programs including nutrition, transportation, home health assistance, social and recreational activities. CHEER serves over half of Sussex County's 50+ population.

The new tabloid-size (10.5 in. wide X 12 in. deep) **CHEERful Living** magazine is published monthly to keep seniors informed about social activities and senior services offered to them. The magazine's circulation is 5,000 which goes straight into the hands of CHEER members in our seven senior centers, hundreds more homebound seniors receiving CHEER's Meals on Wheels and their caregivers, and hundreds more who pick it up in medical offices, businesses and public buildings throughout Sussex County. All advertising revenue from this magazine goes straight toward providing high quality services to help keep our senior citizens in their homes.

For more information about how you can showcase your business to the public while also supporting the needs of senior citizens, contact Carolyn O'Neal, Community Relations Director, at

carolyno@cheerde.com
or call 302-515-3040.



Advertising Rates

Rates are Per Issue. 10% Discount Offered
For Year-Long (12 month) Contract.

| | | |
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| Front Page* | 10.75 in. x 2.5 in. | \$1,500 |
| Back Cover* | 10.75 in. x 12 in. | \$1,000 |
| Inside Covers* | 10.75 in. x 12 in. | \$700 |
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DEADLINE - 1st of Preceding Month

*With Purchase of Ads Half Page or Larger, client receives a comparable space for written word copy: Front, Covers and Full = 500 words; Half = 250 words. Articles are to be written by client's representative and feature company info or services offered to senior citizens. (Publisher reserves editorial rights.) No sales pitch shall be in text. Photos to fill space as needed.

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From The Editor ...

Hello Friends -

As you can see, our monthly newsletter and quarterly magazine have now been combined into one publication that will be published monthly. We believe this new format will better serve the seniors of Sussex County by having greater exposure throughout the county not only to seniors but also to the public. Copies will not only be available in all CHEER centers, but be left each month in doctors’ offices, medical buildings, and various businesses for everyone to pick up and enjoy.

The publication will also combine written copy. It will continue to contain events of each center, the monthly menu, recipes and crafts that were in the newsletter, plus contain feature stories and photo spreads that you found in the magazine. Now it all will be in one.

With the rising costs of paper and labor, having one combined publication just makes sense financially. Also, you no longer have to keep track of two items because it’s all together now.

Another change in the publication is that CHEER’s Marketing team is taking on the task of completely producing it - from writing all articles, to doing the design and layout, plus selling the advertising. This way, all advertising sales money stays in the agency to help provide services for Sussex County’ seniors. There is no longer a middle man taking a portion of the proceeds. As our advertising increases, the number of pages increases which will allows more features and photos to be published.

Businesses are now being approached about supporting CHEER by purchasing advertising in our media. We can provide a target audience for businesses that serves senior citizens. A complete advertising cost list can be found on page 2. You will find that they provide good return on your investment. But, these introductory prices won’t last long, so get your order in soon. If you would like to advertise in **CHEERful Living**, please contact me, Carolyn O’Neal at 302-515-3040 today.

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



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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.”

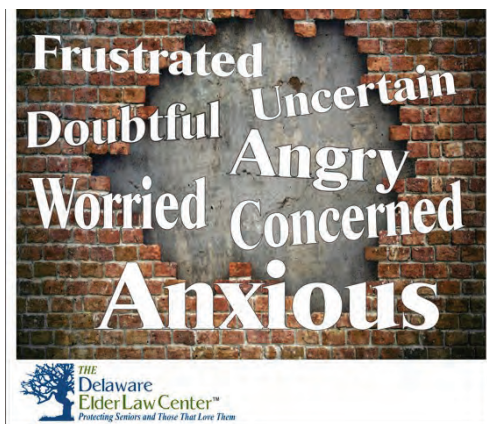
CHEERful Living
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to support healthy and active lifestyles for seniors in Sussex County.
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Over The Wall Of FUDWACA

By Wade Scott
Delaware Elder Law Center

You've acknowledged to yourself that you have hit the wall of FUDWACA (Frustrated, Uncertain, Doubtful, Worried, Angry, Concerned, Anxious). Something must change; you can't do this by yourself anymore. You must find a way through, over, around, or under the wall. But how?

Begin to prepare for the journey. The first tool you will need is for your loved one to have a Durable Power of Attorney (POA) naming you as their agent. Without this document in place, you are powerless to help them should they suddenly lose their decision-making capacity. If your loved one has nothing in place, please schedule an appointment with an Elder Law Attorney immediately.

Even if your loved one has a POA in place, take it to an Elder Law Attorney to review for content and validity. This legal document is not fungible; one is not as good as another regardless of origin. What powers are granted, and when they can be exercised, are critical. If you know that the document in place originated from a non-Elder Law Attorney, it, more likely than not, will lack important powers.

So, what happens if there is

CEO Perspective

Our Year in Review

As the year 2022 passes behind us, I am looking optimistically toward 2023. This past year has been exceptionally challenging on many levels, but I have also seen it bring out some of the very best in people. If there is one bright spot among an otherwise bleak 2022, it is the people who have continued to show up and step up in every way to make a positive difference in the lives of others. For these people, it's not about what is in your job description, it's about what it takes to serve; to get the job done. To each of those very special people, I cannot say it sincerely enough; thank you so very much.

As I talk with friends, peers and colleagues, almost all of us clearly remember our first jobs and the jobs we have held throughout our lives. Some jobs have been better than others, but each has helped to shape who we are. They built character, taught perseverance, and helped give us a sense of pride and worth. It's been a long time since I bagged customers' groceries and collected carts in the parking lot of the Safeway supermarket in Dover, but from my perspective today, I clearly see how those lessons from my youth impacted who I have be-



Ken Bock, CHEER CEO

come and what I still do in much of my daily life. We worked for what we got and took pride in our accomplishments. I can honestly say that I am better off for each of these experiences, both the good and the bad.

For the vast majority of employers, 2022 will be remembered as the year of the "Help Wanted" signs, critical staff vacancies and the year of the "Great Resignation." Employers everywhere were scaling back their businesses not because of lack of demand for the goods and services they provide, but because they could not hire and retain enough employees. In many cases, wages went up, benefits improved, and still it did not matter. It is clear we cannot afford to spend our way out of this. People were not applying for jobs and often when they did apply, they would not show up for interviews or accept

offers that were made. At the same time, many people faced their own challenges or had re-focused their own priorities coming out of the pandemic. During COVID, the world had changed in ways many of us had not foreseen. Help wanted, going out of business, and vacancy signs mark the small business landscape.

As we move forward into 2023, it is my hope that together employers and employees can find better ways to restore some of those lessons from the past. Certainly the world has changed and employment expectations and requirements have to evolve with the times. But at the same time, we need to preserve those important lessons from the past and preserve the opportunities for the up and coming generations. Each of us is blessed with our own unique talents. Everyone is important and everyone can make a difference. We each have a part to play in helping to shape our future and the future of our society. We should not be content to sit back and blown around by the winds of fortune. Collectively, I look forward to being part of a solution that helps restore opportunities to employees and employers alike that allows us to restore the best of the past as we venture into the new normal.

Best wishes to all for a happy and healthy new year.

a medical emergency and your loved one suddenly lacks decision making capacity? You, as caregiver, will have to hire an attorney to petition the court to become your loved one's Guardian. This court process is very expensive and should be avoided if possible. See one of our previous blogs on a valid Power of Attorney

document at: <https://www.delawareelderlawcenter.com/post/what-is-a-valid-power-of-attorney-document>



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It's Time To Enjoy Life Again!

It's Been A Wonderful Life ...

Service To His Country Started As A Cook For Uncle Sam

By Carolyn O'Neal
Community Relations
Director

When one graduates from high school, he has all sorts of dreams and expectations for life's path. But back in 1966, the path of young males over age 18 was usually dictated by the United States Armed Forces. That is what happened to Larry Savage who was raised in Frankford.



After graduating in 1965 from William C. Jason High School in Georgetown (now part of Del Tech), Uncle Sam called

for the 19-year-old on October 4, 1966. He dutifully answered the draft and entered the service and underwent basic training at Fort Lewis in Washington. Advanced Individual Training was received at Fort Wuachula in Arizona. Then it was off to Redstone Arsenal Missile Base in Huntsville, Alabama where for six months Larry served as a cook for the Marine recruits.

While in Alabama, Larry's orders were changed and he found himself for one year serving the Brigadier General of the base as a personal aide. Larry liked the job because he had civilian hours, working from 8 a.m. until 5 p.m. five days a week versus having to work three shifts to feed the troops. The work in the mess hall was very regimental except for Sundays when the recruits were allowed to have

their eggs "cooked to order off the grill" instead of the normal scrambled way. For the Brigadier General's schedule, Larry especially enjoyed having his weekends off when he could fly home to see his family. He also liked working the military parties given by his senior officer which gave Larry the opportunity to meet several top military and government personnel.

Larry said the Brigadier General traveled a lot, so "the hardest part of the job was walking his terrier dog."

Larry received his own walking orders when he was honorably discharged on October 4, 1968 as an Army Specialist (E4). He received the National Defense Service Medal and the Good Conduct Medal for his military service.

When Larry came back to Delaware, his father, John who was a masonry contractor, had hopes that his son would join him in the field.

"Dad wanted me to join him in the business," Larry explained. "But I wanted something easier (physically). I just didn't like that shovel."

That "something easier" turned out to be computer programming school in Wilmington. In 1970, Larry began working for the old Wilmington Trust Bank as a computer operator before transferring to Milford as a bank teller. Twelve years later, he was transferred to the bank's location in Georgetown as head teller. He later became a loan officer and then Director of New Accounts.



LARRY SAVAGE, far left, salutes the flag at the CHEER Veterans Breakfast along with his military brothers: Ed Hiner, Ocean View (Army); Rob Manning, Georgetown (Air Force); Bill Cook, Georgetown (Navy); and Charles Lindle, Millsboro (Army).

Larry retired from the Harrington branch of the bank in 2009 after 39 years with Wilmington Trust.

The greatest changes Larry saw in the banking industry during his tenure was the invention of ATMs and automated deposits. "Both cut down the workload for personnel that resulted in staff cuts," he said.

When Larry was transferred to Milford, he and his wife, Vermella, moved to Milton where they have been ever since. The couple has been very active in their community with Larry serving as treasurer of the Milton Community Foundation for 10 years. "When you're a past banker, every club wants you to be its treasurer," Larry laughed. He is also a member of the Milton Town Council and a member of the Sussex County Advisory

Council on Aging.

Larry continues his service, but a little closer to home. He is a Deacon at his church and puts his past culinary skills to work as a cook at the various church dinners. "The Brigadier General believed in attractive food bars and so do I," declared Larry. Although it is no longer his career, Larry enjoys cooking at home too. He is a past volunteer for CHEER Meals on Wheels in Milton, and continues to enjoy sharing his Christmas mornings at CHEER's Operation Christmas CHEER by delivering meals and gifts to shut-in seniors in Sussex County.

Larry was recently seen at CHEER's Veterans' Day Breakfast. "I am so thankful to have had the honor to serve our country," proclaimed Larry, "the United States of America!"

After The Holidays

By Mikayla Somers
CHEER Hospitality Director

Happy January! I am Mikayla and I am the Hospitality Director at CHEER. I organize and plan events for CHEER. If you have any birthdays or events coming up, feel free to give me a call.

After all the holiday decorations come down, it's hard to figure out what to do then. With winter still in full swing, it's still a little too early to bring out the spring colors and flowers, but here are some ideas to spruce up your dining table for any company you may have this winter,

To begin we have to discuss the difference between the types of place settings. A **Formal Table Setting** consists of the most pieces. A formal place setting isn't one seen often and is typically used for very important events at very expensive restaurants. It's not one that is often used at home. Next is a **Casual Table Setting** which consists of less than the Formal settings. This table setting is similar to a simple place setting. It's used for a vast majority of dining experiences. It is also used for weddings and other semi-formal events. Lastly, is the **Basic Table Setting**. It could be considered the "meat and potatoes" of place settings. It consists of just what is necessary: your plate, flatware and a drinking glass. This place setting is used for just about every other food-related experience, including informal dining, dinner parties and just eating at your own dining room table. For the purpose of our decorations, you can feel free to choose whichever



A formal table setting is used at all important events such as CHEER's gala 50th anniversary celebration.

place setting feels right for your events.

A classic dinner table consists of a few key elements – a tablecloth or a "runner" (a long, skinny tablecloth that goes just over the middle section of the table), the place setting, and a good centerpiece. When

See Table Settings - Page 9

When The Time is Right...

We are all living in a different time right now. Sheltering in place and keeping our distance from others when we go out for necessary errands has put your special events and activities on hold for now.

This will not last forever and CHEER Hospitality wants you to know we will be here for you when the time is right and you are ready.

Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. Our caterer will provide a customized, unique and affordable menu to make your day even more special.

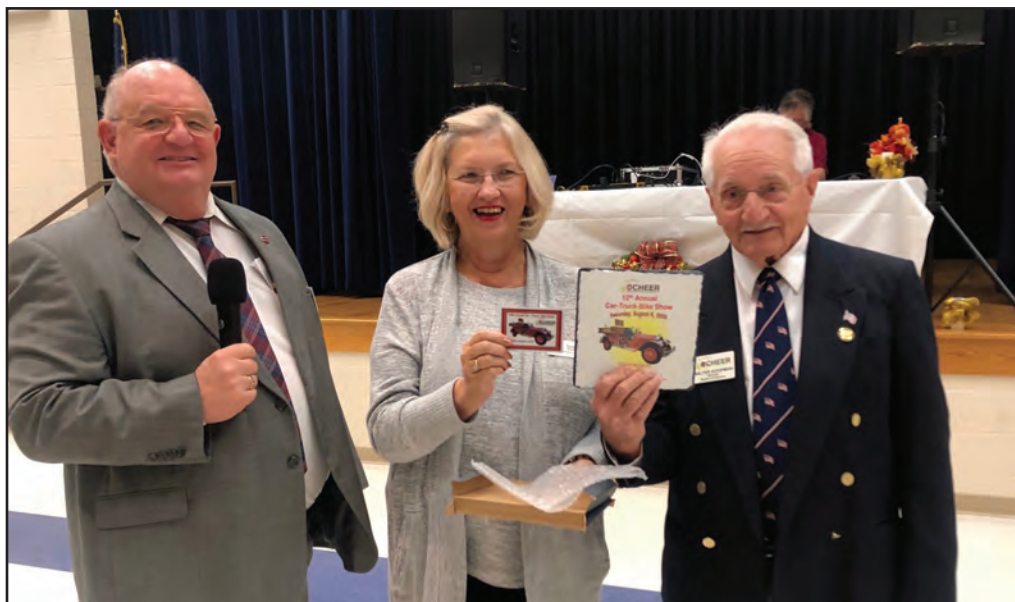
If your special event is smaller such as a bridal shower, baby shower, graduation, retirement, etc., you may wish to take advantage of the space at one of the CHEER Activity Centers located in:

Greenwood • Lewes • Long Neck • Milton • Ocean View



20520 Sand Hill Road • Georgetown, DE
302-854-9500 • www.cheerde.com





Thank You Meals On Wheels Delaware ...

Meals On Wheels Delaware Executive Director Susan Dubb receives an appreciation gift for her support of CHEER and the annual car show from CHEER CEO Ken Bock (left) and CHEER Board President Walter Koopman.

Table Settings - Continued From Page 8

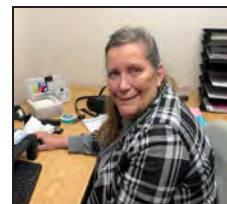
setting up a dining table, you should always start with a tablecloth as a base. You can find many different amazing options at your local thrift store. For winter, the best colors to go with are shades of blue, white, tan, and light gray. Using these colors versus reusing the tablecloth you had on for Christmas helps differentiate and give off a beautiful winter look that can stay on through February.

When choosing how to arrange your place settings, a good rule of thumb is to make sure that it's still functional. For example, if you're dining with your young grandchildren, there's no need to have the wine glasses out or if you're having dessert make sure to have dessert plates incorporated into the spread. For the purpose of this, the easiest place setting is your dinner plate in the center, your fork to the left, and your knife and spoon to the right, as well as your glass in the right hand corner of the place setting. This is the easiest place setting, but feel free to change it to fit your needs and get creative with it.

Centerpieces are easy to buy pre-made but just as easy to DIY! The easiest centerpiece to make at home would just be a fake floral arrangement. All you need is a vase and fake flowers which can be bought at any store for less than \$5. When working with flowers try to keep the colors similar to your tablecloth and napkins. You could also use clear glasses with tea light candles and a bit of water which gives off an elegant, clean look when the candle floats. Any fake forgery such as vines and ivy are amazing at filling space on the table.

Now that we have all the elements, it's time to assemble. Don't forget that this is meant to be enjoyable and if something doesn't work for you, change it! There are no rules to break when it comes to this. It's all about what you like and what works for you!

If you have a special event coming up, please consider the CHEER Community Center. I would be happy to help you make it an event to remember. Call me at 302-854-9500.



COMMUNITY RESOURCE CENTER

CHEER Administrative Office, Adams State Service Bldg.
Georgetown, DE 19947
Christie Shirey, Director
302-515-3040

Dealing With The Winter Blues

It's officially winter and that means dealing with the winter blues. The sun doesn't shine as much, it's calm after the recently-ended holidays, and I really dislike gray, cold days! Caregivers and seniors are particularly susceptible to the winter blues, so here are a few tips to battle it.

Seek out the sun: Place a chair by a sunny window and let the rays warm your face for 10 minutes each day. This doesn't just feel good, it helps with enhancing serotonin levels and sleep patterns.

Do something out of your normal routine: Get a massage, take a class, try a new food or recipe, start yoga or tai chi, or learn to crochet. You could also come visit our Memory Café. We really have fun and it is great to socialize. Check www.cheerde.com for locations and times.

Maintain a healthy diet and make sure you are getting protein and vitamin D: Don't forget that lunch is available at CHEER, and it's a great opportunity to make new friends.

Get Moving: Try the 10x10x10 Plan: exercise for 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening.

Keep your sleep routine: Avoid the desire to sleep late or go to bed early. Changes in sleep patterns can disrupt circadian patterns and cortisol levels.

It wasn't on any list, but my favorite is a little chocolate! Just remember to give yourself a little treat once in a while.

Please call or email for more information about Memory Café, Support Groups, Dementia Discussion Groups, Parkinson's Support Groups and Grandparents Raising Grandchildren Groups. I am also a resource if you need to connect with assistance programs or State services. Contact Christie at cshirey@cheerde.com or 302-515-3045.

Sen. Carper Visits CHEER



U.S. Senator Tom Carper chats with a senior during his visit to CHEER's Holiday Community Feast at the Community Center in Georgetown.

What Is Your Most Memorable New Year's?



NORMA HALL, Roxana – Fifteen years ago, I moved back to Delaware from Virginia. I am so happy to be back with family.

MARY ANN FALLENDER, Georgetown – In 1981, I was in New York City on New Year's Eve. The partying was wild. I lost my hat and things got a little crazy.

CLAIRE CAVANAUGH, Long Neck – I had eight brothers and sisters. I was the second child and oldest girl. One New Year's Eve when I was a teenager, my mother and father left my oldest brother and I to babysit our younger siblings while they had an infrequent night out. While they were gone, my brother and I got into an argument that escalated into a fight. He knocked me back into my father's chair and the leg broke off it. Realizing we would be in deep trouble, we duck taped it back on. When my parents got home, my father complimented

my brother and me for being so responsible and grown up while looking after the other youngsters. He then lit a cigar and sat down in his chair, which flipped over backwards and planted him on the floor upside down. We ran out of the house into the dark and hid for a long time. My mother laughed but my father made sure we regretted that argument.



DAN PHILLIPSON, Roxana – 1978 was the year I graduated from high school. We had a big party even though there was a lot of snow in Buffalo, N.Y.

BETTY GUYTON, Harbour Lights – My father (William Daniel Purnell) was born on New Year's Eve in 1919 so his birthday was the biggest holiday in our family. We celebrated together every year.

KIRK STONNELL, Ocean View – When I was younger, I went on a memorable date with a young lady. *(Editor's note – Mr. Stonnell would not give any details, but just said, "I'll always remember it.")*



TOM JONES, Georgetown – In 1978, I was working in a bar and got hit in the head with a mop handle. It was not in a fight but by the cleaning guy who accidentally turned as I was coming up from picking something off the floor. It knocked me out cold.

MILTON WOLF, Seaford – In 1989, we had a party at an ice skating rink and the evening ended with fireworks.

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Enjoying the CHEER Veterans Appreciation Breakfast were Air Force Vet John Laskey and his wife Janelle (above).

CHEER Day Care Aide Christine McCorkle (right) is also an Air Force veteran.



Military vets and wives from Georgetown attended CHEER's Veterans Appreciation Breakfast (above). Seated, left to right, are: Ramona Anderson, Air Force Vet Thurman Anderson and Army Vet Gerald White. Standing: Thelma Folke, Martha Warren and Joyce White.

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Milton CHEER

After being closed for a month, CHEER's Milton Activity Center held its Grand Reopening December 5th to introduce the new staff and new programs and activities. Everyone enjoyed the great food and entertainment and was happy to be back to their CHEER home.



Lisa Miller entertaining at Milton CHEER's reopening.



Outreach Worker Rhonda Cannon welcomes members as the bus once again rolls up to the Milton center.



Milton Center is full again with happy members.



CHEER Chief Operating Officer Beckett Wheatley chats with members at the Milton reopening.



Edward Layton and Peggy Bowman enjoy the reopening.



Kitchen workers preparing meals for Milton center.



Milton ladies Diana Croteau, Debra Rook and Mary Weitzel are happy to be back to the center.



Christie Shirey leads members in games.

January

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| <p>All CHEER Centers Closed</p> | <p>3 Fresh Fruit Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Skim Milk</p> | <p>4 Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Glend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p> | <p>5 Chicken Breast Taco Seasoned Spanish Rice Fiesta Corn Flour Tortilla Cinnamon Pears Skim Milk</p> | <p>6 Roast Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Whole Wheat Roll/Bread Hot Fruit Compote Skim Milk</p> |
| <p>9 Chicken Pot Pie Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</p> | <p>10 Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p> | <p>11 Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk</p> | <p>12 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk</p> | <p>13 Beef Vegetable Soup Chicken and Pasta Salad Garnish Lettuce and Tomato Whole Wheat Roll/Bread Cinnamon Apples Skim Milk</p> |
| <p>16 Salisbury Steak w/Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Spiced Peaches Skim Milk</p> | <p>17 Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p> | <p>18 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk</p> | <p>19 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk</p> | <p>20 Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk</p> |
| <p>23 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk</p> | <p>24 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p> | <p>25 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Topped Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p> | <p>26 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p> | <p>27 Baked Salmon Brown Rice Pilaf French Style Green Beans Whole Wheat Roll/Bread Ice Cream Skim Milk</p> |
| <p>30 Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p> | <p>31 Chicken Breast Parmesan Pasta in Sauce Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p> | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>DELAWARE HEALTH AND SOCIAL SERVICES <small>Division of Services for Aging and Adults with Physical Disabilities</small></p> <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p> </div> <div style="text-align: center;">  <p>CHEER <small>Over 50 Years Serving Sussex Seniors</small></p> </div> <div style="text-align: center;">  <p>iMw <small>MEALS ON WHEELS AMERICA 2022 MEMBER</small></p> </div> </div> | | |

VISIT US AT WWW.CHEERDE.COM OR LIKE US ON FACEBOOK



Reverend Dr. Martin Luther King, Jr. Remembrance, Jan. 16

Martin Luther King, Jr. (1929-1968) was the nation's most prominent leader in the 20th century struggle for civil rights.

King was born in the segregated south of Atlanta, Georgia and after graduating from Morehouse College, Crozer Theological Seminary, and Boston University, he entered the Christian ministry. He married Coretta Scott King in 1953, and became a pastor in Montgomery, Alabama. In 1954, he joined the leadership of the local NAACP chapter, the Montgomery Improvement Association, and helped create the Southern Christian Leadership Conference (SCLC), an organization formed to provide leadership for the burgeoning civil rights movement.

Following Rosa Parks' arrest

in 1955 for refusing to move to the back of a bus in Montgomery, King organized a year-long bus boycott. The "Montgomery Movement" led to the integration of the city's buses and launched a non-violent protest movement that spread across the United States. King, along with Fred Shuttlesworth and others, led the Birmingham Campaign to desegregate Birmingham, Alabama. The brutality displayed towards the Campaign's demonstrators and King's "Letter from a Birmingham Jail", written while he was incarcerated, brought national and international attention to the civil rights movement. Ultimately, King was arrested 30 times for his participation in civil rights activities.

In 1963, King was one of the organizers for the March on Washington and the following year he received the Nobel Peace Prize. In 1965, King helped to organize the Selma to Montgomery marches.

He worked tirelessly to assure the passage of the Civil Rights Act of 1964 and was in attendance when President Johnson signed both that Act and the Voting Rights Act of 1965 into law. In the final years of his life, he expanded his focus to include poverty and the Vietnam War.

In 1968, Martin Luther King was assassinated while in

"EVERYBODY CAN BE GREAT... BECAUSE ANYBODY CAN SERVE. YOU DON'T HAVE TO HAVE A COLLEGE DEGREE TO SERVE. YOU DON'T HAVE TO MAKE YOUR SUBJECT AND VERB AGREE TO SERVE. YOU ONLY NEED A HEART FULL OF GRACE. A SOUL GENERATED BY LOVE."

- DR. MARTIN LUTHER KING JR.



Memphis, Tennessee, to help striking sanitation workers. His legacy lives on and his writings and speeches, including "I Have a Dream," from the March on Washington and "I've Been to the Mountaintop," given just hours before his death, continue to inspire new generations.

There will be a MLK Celebration Dinner on Sat., January 14 at the CHEER Community Center. Call 302-344-6510 for details.



Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE
Debbie Landon, Director
302-854-2896

Greetings CHEER Members

MONTHLY EVENTS

- First Thurs. - Ken's Corner.
- Mon. - Fri. - Coffee and Chat, 8:30 - 10 a.m.
- Each Mon. - Chair Fitness, 10 a.m. Bible Study w/Ruth, 10:30 a.m.
- Each Tue. - Memory Café, 9:30 a.m. with Christie. Penny Bingo.
- 2nd Thurs. - Milton CHEER visiting.
- Each Thurs. - COVID-19 Vaccinations by LaRed Health, 10 a.m. All doses. You must call for an appointment.
- Each Fri. - Breakfast in the Café. Chair Exercises, 10:30

- a.m. Prize Bingo, 12:30 p.m.
- Each Mon., Tue., Thurs., Fri. - Trip to P.O., Bank, Dollar Tree, Redner's, Walmart, and Food Lion.
 - 3rd Fri. - Greenwood CHEER visiting.
 - 4th Fri. - Visiting Greenwood CHEER.
 - Wii® Bowling and Corn Hole games.
 - Jan. 20 - Greenwood CHEER visiting.
 - Jan. 25 - Birthday Party.

Happy Birthday to:

Robin R..... Jan. 5
Don M..... Jan. 24



Greenwood Activity Center

41 Schulze Road • Greenwood, DE
Fran Smith, Director
302-349-5237

GREENWOOD ACTIVITIES

MONTHLY EVENTS

- Daily - CHEER Café Studio, 11:30 a.m. Entertainment, speakers, and more.
- Each Mon. - Bible Study, 10 a.m. Food Lion or Walgreen's, 12:15 p.m.
- Each Mon., Wed., and Fri. - Luncheon Card Club, 1 p.m. Enjoy "Hand and Foot" with friends.
- Each Tue. - Prize Bingo, 10:30 a.m.-12:15 p.m. Dominoes, 1 p.m.
- Each Thurs. - Memory Café, 1 p.m.
- First Wed. - Blood Pressure Check w/Betty Fletcher, 10 a.m. Alzheimer's Caregiver Support Group, 1 p.m.
- Second Fri. - "Life Smatters" w/Robin Miller, 12:15 p.m.
- Each Week - Bingo, Games, Guest Speakers, Movies, Virtual Tours and more.

ACTIVITIES

- Jan. 2 - Center Closed. Happy New Year.
- Jan. 4 - Penny Bingo, 10:30 a.m. Don't forget to bring your pennies.
- Jan. 5 - Ken's Korner, 10:30 a.m. CEO Ken Bock discusses happenings and events at CHEER.
- Jan. 6 - Georgetown CHEER visiting.
- Jan. 10 - Laurel Senior Center Visiting.
- Jan. 11 - Positive Music Time w/Randy, 10:30 a.m.
- Jan. 12 - Cooking Demonstration Featuring Foods From Food Bank of

Delaware, 10:30 a.m.

- Jan. 13 - Life Smatters w/ Robin Miller, 12 p.m.
- Jan. 16 - All CHEER Centers Closed for Martin Luther King, Jr. Day.
- Jan. 18 - Music Ministry w/Pastor Dan and Betsy Taylor, 10:30 a.m.
- Jan. 19 - "Stroll Down Memory Lane", 10:30 a.m.
- Jan. 20 - Visiting Georgetown CHEER, 9:30 a.m.
- Jan. 25 - AARP Defensive Driving Class, 9 a.m. to 3:30 p.m. You must preregister. Call Fran.
- Jan. 27 - Visiting Laurel Senior Center, 9:30 a.m.

COMING IN FEBRUARY

We will be hosting the "Eat Smart, Live Strong" classes presented by the Food Bank of Delaware.

The classes are offered for lower-income adults aged 60+ who want to learn techniques to age well, and learn to stretch your food budget and save money on groceries. All classes begin at noon and may include a live food demo. Prizes, games, handouts and recipes will be offered at each session.

- Session 1: Reach Your Goals, Step by Step, Feb. 13.
- Session 2: Challenges and Solutions, Feb. 20.
- Session 3: Colorful and Classic Favorites, Feb. 27.
- Session 4: Eat Smart, Spend Less, Mar. 6.

Until next time, Fran

Families Raising Families



Monthly Support Meetings

for Seniors Raising Other's Children

Caregivers Support - 2nd Wed., Noon til 1 p.m.
Family Support - Last Monday, 5:30 til 7:30 p.m.

CHEER Community Center

20520 Sand Hill Road, Georgetown, Del.

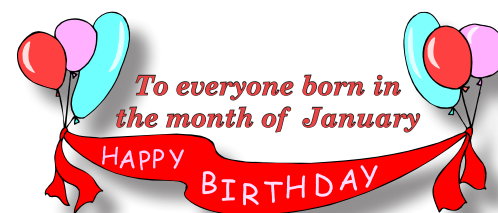
To Register Call Christie at

302-515-3040

Guest Speakers Open Discussion Resources Shared



A partnership with the Division of Services for the Aging and Adults with Physical Disabilities through funding for the Caregiver Resource Center.





Lewes Activity Center

34211 Woods Edge Drive • Lewes, DE
Cristina Tunnell, Director
302-645-9239

HARBOUR LIGHTS HAPPENINGS

Encouraging Words From Your Director

Greetings Everyone! Hopefully, everyone was able to spend this holiday surrounded by family and friends for some good old-fashioned fun. Take time out to reflect on the past year and make new goals and resolutions for the year ahead. The New Year brings hopes and aspirations for us to live by for the year. In order to start a new year with great enthusiasm and have a positive outlook, one should be motivated in the best way possible.

With the New Year here, I'm sure many of you will be making New Year's Resolutions to accomplish a goal before the end of the year. My goal this year is to make every moment count, to see the beauty in every situation and to be grateful for the present. I pray that each of you have an amazing year. I'm looking forward to what this year has to offer. Happy New Year Everyone!

Membership Renewal

We have reached the month of January and it's time to renew your membership! Please pick up your membership renewal form at the desk or see me. If you have a friend that is interested in becoming a member or a volunteer, please let me know. I would love to meet with them. Membership for the year is \$30. Once you are a member of one CHEER Center, you are eligible to visit any CHEER Center as long as you have transportation. Looking forward to a fun-filled year with everyone!

Beat the Winter Blues

"There are strange and mysterious sounds when the wind

blows of winter blow. The long nights are crystal-clear and cold, and the fields and meadows are covered with snow. The stars are frosty against the sky, and the wind's whistle is shrill, and the snow blows against the house and drifts against the hill. Yet, I like to see during the winter a white carpet on the ground, to plod aimlessly in the deep snow, where deer tracks abound. I like to feel the stillness of crisp winter's night, watching a full moon rise over the horizon, exposing a winter wonderland beautiful and bright". ~By: Joseph T. Renaldi.

We will be having a Beat the Winter Blues Celebration on January 13, 2023. The festivities will begin at 10 a.m. with some games followed by entertainment at 10:30. Entertainment will be provided by Lisa Miller. Once the entertainment is completed, we will be having a nutritious lunch followed by free prize bingo. Please come out to enjoy a fun-filled day with friends.

Breakfast Bash

We will be having our breakfast bash in January. Please look for the date on the calendar and listen during the lunch announcements. The breakfast bash will begin at 9 a.m., and the cost is \$2 per person. Please sign up for it at the desk.

Happy Birthday to anyone born in the month of January. We pray you have a blessed day and a blessed year to follow.

As always, check on family and friends as often as possible, pray, meditate, and most importantly...stay healthy and stay safe.

Until Next Time,

Crissy



CHEERMOBILE Mini Market "A Grocery Market on Wheels"

Having trouble getting to the grocery store or know someone who does?
The CHEERMOBILE delivers groceries right to your front door.

Stocked with over 175 staple grocery items - ranging from bread, rice, peanut butter, cereal, sugar, flour, canned fruit and vegetables to laundry detergents and cleaning supplies to pet food.



For info call:
302-515-3040

**Thank you to all our
dedicated volunteers!**



Ocean View Activity Center

30637 Cedar Neck Road • Ocean View, DE
Yolanda Gallego, Director
302-539-2671

OCEAN VIEW HAPPENINGS Lights, Camera, Action

Happy 2023 Everyone. Time to Ring in the New Year!

Celebrate a '60's Music Program w/Mason Dixon January 4th, our Drama Team will Perform "Bugsy Malone, a Satire" on the 10th, we'll check out this year's Fire and Ice Festival on the 27th and wrap up the month on the 31st with Live Entertainment by Lisa Miller. We will also Celebrate Gertrude's 100th Birthday January 25. Join us and share your good wishes.

Reminder that the CHEER Year begins January 3, so please take care of your membership, if you have not already.

Wishing You All Peace, Love and Happiness in the New Year!

Yolanda

CENTER ACTIVITIES

- **Mon. - Fri. - Puzzle Mania** available all day. **Fitness Room** (\$20/month) available all day. **Drive Thru Lunch**, 11 a.m. (reservation required). **Lunch Daily**, 11:30 a.m. - 12:15 p.m. \$3.50 donation requested 60+, \$4.50 under 60.
- **Each Mon. - Yoga**, 9 a.m. \$5; **Walking Club**, 10:30 a.m. by bus to local locations; **Mahjongg/Corn Hole**, 10:30 a.m.; **Tablet Class; Quilting Club** - 1 p.m.
- **Each Tues. - Hand & Foot**, 9:30 a.m.; **Chair Yoga**, 10 a.m., \$5; **Chair Exercises**, DVD, 10:30 a.m.; **Mahjongg and Mexican Train Dominoes**, 11:30 a.m.; **Painting**, 12:15 p.m.
- **Each Wed. - Yoga**, 9 a.m. \$5; **Breakfast**, 9 a.m. \$2; **Bingo**, 10:15 a.m. - 12:15 p.m., \$3 donation, if able; **Knitting Club/Poker**, 12:15 p.m.; **LaRed COVID Booster Shots** - call for appointment.

- **Each Thurs. - Zoom Painting w/Marina**, 12 p.m., \$; **Chair Yoga**, 10 a.m.; **LaRed COVID Shots**, by appointment only.
- **Each Fri. - Memory Café** with Christie Shirey, 9:30 a.m.; **Poker/Mahjongg/Bridge**, 12 p.m.; **Line Dancing**, meeting at member's home.
- **Jan. 2 - Closed for New Year.**
- **Jan. 9 - Membership Meeting.**
- **Jan. 10 - Afternoon or Dinner and Play.**
- **Jan. 16 - Closed for Martin Luther King Day.**
- **Jan. 18 - DE Food Bank SNAP Presentation w/Melissa Campino**, 11:45 a.m. **Parkinson's Support Group.**
- **Jan. 23 - Stand By Me**, 11:30 a.m.
- **Jan. 25 - Celebrating Gertrude's 100th Birthday**, noon.
- **Jan. 31 - Entertainment w/ Lisa Miller**, 12 p.m.

TRIPS

Refer to our January Calendar for a complete list.

- **Jan. 5** – Lunch at Synergy Café, 11:30 a.m.
- **Jan. 6** – Movie Matinee.
- **Jan. 12** – Salisbury Mall and Food Court or Red Lobster.
- **Jan. 13** – Samaritan's Thrift Shop and Doyle's.
- **Jan. 19** – Lunch out and Dogfish Head Quick Sip Tour & Tasting.
- **Jan. 20** – DE Assistive Technology/Po' Boys in Milford.
- **Jan. 27** – Salted Rim and Fire & Ice Festival.

CHEER strongly encourages everyone to be fully vaccinated before attending!

We are no longer required to wear face masks, however, please wear one if you're more comfortable doing so, or for health reasons. If you don't feel well, please stay home. Center hours are 8:30 a.m. to 4 p.m.

YOUR RECIPE CORNER

Hummus

This healthy, creamy delight hails from the Middle East. Plump full of super foods, you will find it a great substitution for those store-bought dips and you will love it.

Ingredients

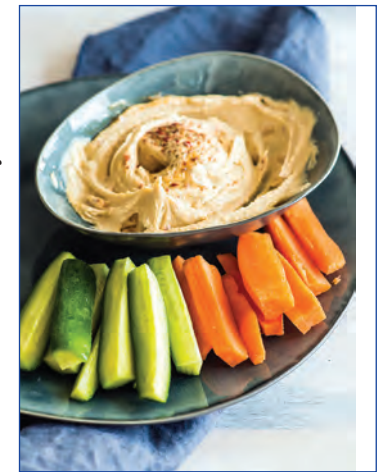
- 1 (15 ounce) can garbanzo beans (chick peas) drained
- 3 TBLSP Tahini
- 2 TBLSP olive oil
- 1 TBLSP lemon juice
- 1/4 cup water
- 3 cloves garlic

Instruction

Place beans, Tahini, olive oil, lemon juice and garlic in a food processor and process until smooth. Transfer to bowl and refrigerate.

Variations: Roasted red pepper, avocado, sun dried tomato and pesto.

Enjoy with carrot sticks, pita chips or spread on a sandwich or crackers!!!!



Welcome Veterans ...

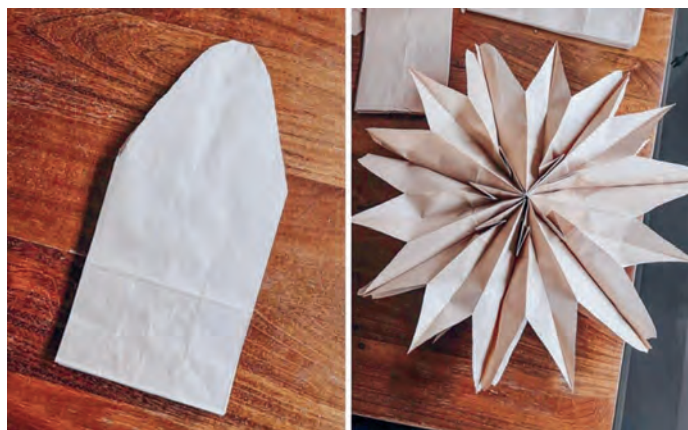
Veterans Day at Ocean View CHEER Center brought out some of Sussex County's finest. From left to right: Ed Hiner, Wabash Moore, Jim Forlenzo (back row), Stanley Bartkowiak, Bob Rush, Bill Davis (back row) and Millard Gomez.

FUN CRAFT PROJECTS

Paper Bag Snow Flake

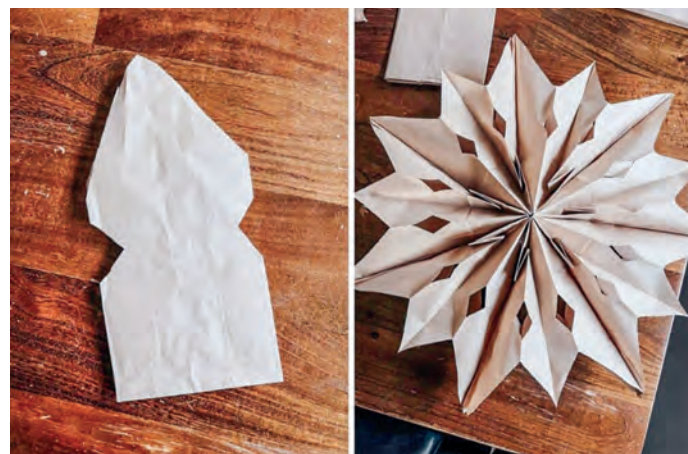
Materials Needed:

- Brown or White paper lunch bags - 2 lb. size bags
- Hot Glue Gun
- Scissors
- Twine or clear fishing line for hanging
- Hole Punch



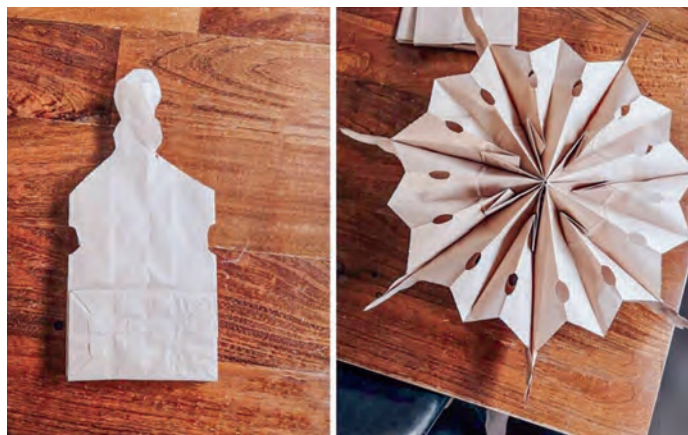
Step 1:

Glue a stack of white paper bags together with a hot glue gun. Hot glue paper bags making a T with glue, lay another bag on top and smooth it down. Then repeat. Use between 7-9 bags. The more paper bags you use, the bigger the snowflake will be, but it will also be thicker and harder to cut.



Step 2:

Now is the time to be creative! Cut along the sides of the paper bags. Cut shapes like wedges, triangles, or feathery cuts. All of them will create beautiful patterns. Be careful not to cut into the folded bottom area.



Step 3:

Unfold the bags like a fan. If you like what you made, glue the flat sides together with hot glue. If not, fold it back up and add a few more cuts.

After you have glued the ends together use the hole punch to create a hole. Cut the fishing line or twine to desired length so that you can hang your creation.



Roxana Activity Center
 34314 Pyle Center Road • Frankford, DE
 Debra Dudkin, Director
 302-732-3662

ROXANA HAPPENINGS

Happy New Year! My name is Debra Dudkin and I am pretty new to the CHEER family.

I started working here in August of 2022. I am a transplant from New Jersey. I grew up in a little town, in the central part of the state called Laurence Harbor, which is located at the top of the shore line. Years later, I moved with my husband and three sons to northern New Jersey in Warren County, just outside of Pennsylvania, near the Delaware Water Gap. Our sons and their families still live there. We have been blessed with seven grandchildren: five girls (two of which are twins) and two boys.

I was hired as an Outreach Worker for Roxana and Ocean View, assisting our Meals On Wheels clients. I am currently still in that position while in training to become your new Director for the Roxana Activity Center and will be working with our Congregate Members, once a replacement Outreach Worker is hired.

The Roxana CHEER Center will re-open once the new Outreach Worker is on board. I am really looking forward to transitioning into the Director position and getting to know all of our wonderful members better, welcoming new members, planning fun activities, trips, educational events and most of all making memories together.

For me, the New Year is a great time to reflect on the past, as well as looking forward to the future and new beginnings.

I have learned that the Roxana and Ocean View CHEER Centers have a history of being of great support for each other - opening their hearts and doors to help each other.

I have also heard similar stories of other centers supporting and hosting each other in their time of need. This is exactly the type of organization and community that I am grateful to be a part of.

Wishing everyone Peace, Love, Happiness and Good Health.

Sincerely, Debra



An appropriate time for Peggy Mance, right, and Mary Prencipe, left, to welcome Roxana's new director, Debra Dudkin, was during the Ocean View/Roxana's festive holiday bazaar.

Join Our E-Mail List

Get the most up-to-date information from CHEER ... Special Events and Activities, Closings, Holiday Notices, Weather Advisories, etc.

Fill Out the Form Below



Name _____

Home Address _____

Town _____ State _____ Zip _____

Phone _____

E-Mail _____

Mail to: CHEER/Marketing
 546 South Bedford St.,
 Georgetown, DE 19947



or complete the form at www.cheerde.com

If you registered to receive emails and you didn't get them, check your Junk or Spam Folders.

Chase That Virus Away!



Wash Your Hands!

Holiday Feast



Georgetown table



Greenwood table



Harbour Lights table



Roxana table



Laurel guests are busy doing the word game.

Turkey gobbling contestants



HELP WANTED

□ **Direct Care Workers:** Provide personal non-medical in-home assistance to Sussex County's senior population. Applicants must have a valid driver's license, up-to-date auto insurance, and reliable transportation. Must be available to work a minimum of 20 hours per week and every other weekend. Overtime hours available. Must pass background check, drug test, have 2-step PPD, and physical prior to start date.

□ **Outreach Worker (Roxana):** Looking for talented individual to manage cases for CHEER's homebound senior population. Skilled in case management (assessments, documenting needs requirements, case notes) scheduling volunteers for meal delivery and willing to deliver for Meals on Wheels program. Must have a 2-year Associate Degree or two years of experience in substitution of each year of education.

□ **Fund Development Coordinator:** Responsible for the administration of grant and donation related monitoring, compliance and recognition activities for established fundraising efforts involving public and private grants and donations. Efforts focus primarily, although not exclusively, on supporting fund development activities including the development of information to be used in applications and solicitations for funds as well as administering activities associated with drawing funds, monitoring progress and reporting accomplishments.

□ **Center Directors (Milton and Long Neck):** Full-Time, Monday – Friday. Duties include: Scheduling, computer entry, report writing with correspondence, planning and organizing activities for our congregate members. Strong computer skills and ability to multitask in a fast paced environment is a must. Associate's Degree required.

□ **Kitchen Helper [Roxana (located in Georgetown)]:** CHEER is looking for a kitchen helper in our Georgetown center. The applicant must be able to lift up to 30 pounds. Must be able to stand for long periods of time while filling bags or cartons with portions of food, serving meals, transferring supplies and performing other administrative duties. Must be able to multitask and follow basic kitchen duty directions.

□ **Cooks: Night Shift – 1 a.m. to 9:30 a.m.:** At CHEER's Central Kitchen in Georgetown, Del. Varied hours and occasional overtime when needed. Must have minimum 3-5 years of cooking experience with ability to interpret documents and safety rules. Applicants must be able to multi-task in fast-paced kitchen and have ability to lift minimum 50 lbs. ServSafe certified preferred.

□ **Part Time Bus Driver:** Daytime and occasional other shifts in the evening and some weekends for special occasions when needed. Up to 20 hours per week. Must have current CDL License with passenger endorsement.

**If you or anyone you know may be interested in the above positions, please contact Human Resources at your earliest convenience
302-515-3043 or 302-515-3040**

VOLUNTEER OPPORTUNITIES

HOMEBOUND MEAL DELIVERY DRIVER

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

MEDICAL TRANSPORTATION DRIVER

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

ADMINISTRATIVE SUPPORT

Volunteers needed to assist Center Directors or agency staff with clerical support, answering telephones, and welcoming visitors to the building. Volunteers provide tours of centers, receive and sort mail, documents and packages.

KITCHEN ASSISTANT

Volunteers help prepare and/or serve meals for our Congregate seniors in every CHEER center. We need your special culinary skills in our kitchen to assist with our CHEER lunchtime, Homebound meal packaging, as well as special events.

PHONE-A-FRIEND

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

CHEER-A-PET PROVIDER

Volunteers can provide companionship with an approved pet to CHEER members. Visits are pre-scheduled. All pets must have proof of all vaccinations and must be licensed as may be required by law. Handlers and pets must have a caring and compassionate personality.

RECREATION/ARTS INSTRUCTOR

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

SPECIAL EVENTS ASSISTANT

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

**FOR MORE INFORMATION
OR TO VOLUNTEER, CONTACT
CHEER Volunteer Director
302-515-3056 or 302-515-3040
Or apply at www.cheerde.com**



Mark Your Calendars!

Special Public Events in 2023

JANUARY 10 - Travel Expo. CHEER Community Center, Georgetown. 5-7 p.m. Must have reservations. For tickets at \$5 each, call 302-853-4199.

FEBRUARY (TBA) - Black History Celebration. CHEER Community Center, Georgetown.

MARCH 4 - Spring Craft & Hobby Show - CHEER Community Center, Georgetown. 10 a.m. til 2 p.m.



MARCH 17 - March for Meals. Delaware's elected officials showing their support for CHEER by delivering meals to seniors.

APRIL 28 - Volunteer Appreciation Gala. CHEER Community Center, Georgetown. 5-9 p.m. Agency-wide celebration.

MAY 19 - Older Americans Day Celebration. CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

AUGUST 5 - 13th Annual Car, Truck & Bike Show. CHEER Community Center, Georgetown.



SEPTEMBER 8 - Trap Pond Fall Festival. Trap Pond State Park, Laurel. 10 a.m.-2 p.m.

SEPTEMBER 11 - Military Honors Day. CHEER Community Center, Georgetown.



OCTOBER 7 - Fall Craft & Hobby Show. CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

NOVEMBER 10 - Veterans Day Dinner-Dance. CHEER Community Center, Georgetown. 5-9 p.m.

NOVEMBER 21 - Holiday Feast. CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

DECEMBER 25 - Operation Christmas CHEER. CHEER Community Center, Georgetown.

Complete details for each event will be announced as finalized.

For info go to www.cheerde.com or call 302-515-3040.

My New Year's Resolution...

Help the senior community recover from the COVID pandemic thru service work by

Supporting Meals On Wheels



*Help is needed
to deliver
homebound meals,
kitchen
assistance
in the
senior centers and
for
non-emergency
medical
transportation.*

Call 302-515-3040

or go to www.cheerde.com/volunteer

