

FREE

MARCH 2023

CHEERful Living

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

Celebrating A Centennial Jubilee

Gertrude Sochurek of Dagsboro celebrated her 100th birthday at the Ocean View CHEER Center.
See Page 12

Bugsy Malone

Ocean View Players present a fun-filled theater play for the seniors.
See photos, Page 9

St. Patrick's Day

Learn about the festive holiday that changed religious history.
See Page 21





**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.

Front Page*	10.75 in. x 2.5 in.	\$1,500
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Inside Covers*	10.75 in. x 12 in.	\$700
Full Page*	10.0 in. x 11.25 in.	\$550
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Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 OR 2.3125 in. x 5.625 in.	\$100

INCLUDES COLOR

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.

TidalHealth is with you at every step



Dr. Doran takes personalized approach to hip surgery.

Dr. William Doran has performed more robotic joint replacement procedures than any robotic surgeon in the region, and he's the only surgeon in Delaware who performs robotic anterior hip surgery.

Robotic surgery is performed with a MAKO robotic arm-assisted surgical device, and it's best for people suffering with severe hip pain or stiffness resulting from degenerative joint disease, including but not limited to osteoarthritis, post-traumatic arthritis, or avascular necrosis and rheumatoid arthritis. It can be life-changing for individuals who have failed conservative treatment options such as physical therapy, oral medications, and steroid injections.

The surgery is unique in that it provides a personalized surgical plan. Prior to surgery, a CT scan of the patient's hip or knee joint is obtained. This generates a three-dimensional model of their unique anatomy. The 3D model helps surgeons see details they can't typically see with an x-ray alone. This information help Dr. Doran de-

termine the optimal size, placement and positioning of each patient's implant.

Throughout the procedure, MAKO provides real-time data to the surgeon. This allows him to continuously assess the movement and tension of the new joint and adjust the surgical plan if needed. In the operating room, Dr. Doran guides MAKO's robotic arm to remove the arthritic bone and cartilage from the hip. As Dr. Doran prepares to place the implant into its final position, the robotic arm guides it to the desired angle predetermined in the surgical plan. This technology helps ensure the appropriate orientation and depth of the implant, resulting in personalized and reproducible outcome

If you have hip or knee pain and are considering joint replacement surgery, choose the most experienced robotic surgeon with proven outcomes – choose Dr. Doran

TidalHealth Orthopedics has locations in Georgetown, Millsboro and Seaford. To learn more about Dr. Doran, visit tidalhealth.org/orthopedics.



Trust experience.

Dr. William Doran has performed more robotic joint replacement procedures than any surgeon in the region, and he's the only surgeon in Delaware who performs robotic anterior hip surgery.

If you need hip replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran.

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William Doran, DO, FAAOS

Locations in Georgetown,
Millsboro and Seaford
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tidalhealth.org/orthopedics



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Mark Your Calendars ...

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

MARCH 20 - March for Meals. Delaware's elected officials showing their support for CHEER by delivering meals to seniors.

APRIL 26 - Volunteer Appreciation Gala. CHEER Community Center, Georgetown. 5-9 p.m. Agency-wide celebration

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

AUGUST 5 - 13th Annual Car, Truck & Bike Show, CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

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 more info go to www.cheerde.com
or call 302-515-30490

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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

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

Editor - Carolyn O'Neal
Graphic Design - Rich Taylor

For advertising information, contact Carolyn O'Neal
 at carolyno@cheerde.com or call 302-515-3040



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



Partially funded by



CEO Perspective



Ken Bock, CHEER CEO

By: Kenneth S. Bock

For many, winter is a time for hibernation. Some that are able head for warmer climates. Others hunker down under sweaters and blankets and wait for warmer days. A select few seem to enjoy freezing temperatures and the thought of snow, but those numbers appear to be less and less as we age.

Typically, things tend to slow down a little for many of us during the colder months. For those of us at CHEER, this year has been an exception in the extreme. As more and more people are coming back to CHEER programs and services since the pandemic has subsided, the challenges before each of us have never been greater. We are continually working each day to attract new members to our team at a time when employers across the nation are scaling back services and hours due to unheard of staffing shortages. Rising costs are stretching everyone's budgets, in many cases to the breaking point and beyond. In the face of these challenges, CHEER continues to serve and we will continue to serve. So many people

depend on us and we take that sacred trust very seriously.

During this period of "hibernation," CHEER is working harder than ever to help ensure that every senior citizen in Sussex County has the opportunity to "Age In Place" ... to live out each day in the comfort and safety of their own home in their own community. We are working with our elected officials at the Federal, State and local levels to help ensure that the financial resources are available to serve an expanding and aging population here in Sussex. Many of these officials recognize the needs and importance of supporting our seniors. They continue to make their voices heard in support of CHEER and the people we serve. In the face of rising food, fuel and labor costs, that support is more important today than ever. Each of you also has a chance to help make a difference by taking every opportunity to remind your senators, representatives and councilman of the importance of their support programs for our senior citizens. Speak out and let your voices be heard.

As the days start to get longer, the temperatures begin to warm, and we crawl out from under our sweaters and blankets, maybe this is the time to make room in your life for a little more CHEER. The opportunities are endless. Maybe you just want to get out of your house a day or two each week to play a little cards, participate in an exercise program, enjoy a noontime meal with friends, or catch a ride to the local grocery store or pharmacy. Maybe you are interested in sharing your

March For Meals Puts Focus On Senior Nutrition



Throughout the month, the Meals on Wheels network is joining forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Each year, the March for Meals celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This legislation supported the rapid growth of the nationwide network of senior nutrition programs – commonly referred to as Meals on Wheels – that collectively serve more than 247 million meals to 2.8 million seniors each year.

CHEER invites local, state and federal officials, local celebrities and other prominent community figures to safely deliver meals, speak out for seniors and raise awareness for the power of their work during Community Champions Week March 20-24, 2023. Meal deliveries at CHEER for March for Meals will be Monday, March 20.

If you would like to be involved in this program, please contact Amy Smith at 302-853-4200.

CEO Perspective - Continued

time and talents to help others by volunteering to deliver meals, teach a craft, or just help answer the phone at your local CHEER center. Whatever your need, there is always something for everyone at CHEER.

I feel honored to be part of an organization where so many people go above and beyond to

help fulfill CHEER's mission of service for seniors throughout Sussex. It is the people, our customers, volunteers, and staff who are the heart of CHEER and CHEER has a good heart.

Come be part of us. It will change your heart in ways you might not be able to imagine.

Mark Your Calendars ...



Delaware's Giving Day.
3/2 - 3/3 • 6 PM - 6 PM
DoMore24Delaware.org

Assistive Technology Can Make Life Easier For Seniors

By Chrissy Shirey
Community Resource Director

I visited the DATI (Delaware Assistive Technology Initiative) Resource Center this month and I would like to invite you to visit as well. This center is located in the old Milford hospital near the old main entrance where the old gift shop was: (21 W. Clarke Ave., Milford, Delaware for those who don't do Sussex County directions.) The DATI Resource Center has all kinds of equipment to help Delawareans be more independent, and they have specialists to help you find the best equipment for whatever task you would like to be able to do. It is set up as a lending library, so you can take your device home to try it to make sure it is exactly what you need. Most of the items cost under \$100, but they have aid to assist with the purchase if you should need it.

On display is equipment to help make the telephone and TV accessible, magnifying devices that actually work, as well as many other devices for hearing and vision loss. The specialist demonstrated a fork that stays stable even when the hand has tremors. I was excited

over the devices that help you remember when to take your medications, some are even covered by Medicare.

I was most impressed with all the items available for caregivers, especially those caring for loved ones with memory loss or have loved ones not living with them. There is a range of monitoring devices and alarms that will alert caregivers of movements or if the person has not followed their normal routine. These items can really help ease some of the worry that comes with caregiving.

I also want to mention the Assistive Technology Exchange. This is like a free "want ads" section of devices people no longer need. This is a great way to find a deal on equipment you can use or an easy way to find a home with equipment you no longer need.

Delawareans can contact DATI through its website: www.dati.org, email: dati-ud@udel.edu, or phone: 800-870-3284. DATI is operated by the University of Delaware's Center for Disabilities Studies with primary funding from the U.S. Department of Health and Human Services.



Exercise Reduces Cognitive Decline

By Cindy Mitchell
ADC Program Director

Every afternoon you can find the members of the CHEER Adult Day Program exercising. They will be doing everything from dancing to their favorite music to playing with a beach ball or balloon. Often they follow along with 60 minutes of Exercise for Seniors, UTube video, on the television screen.

According to Dementia Australia's article, *Physical Exercise and Dementia*, "physical exercise is essential for main-

taining good blood flow to the brain and may encourage new brain cell growth and survival." Physical exercise is an important part of a healthy lifestyle, contributing to general fitness, muscle control and coordination, and to a sense of wellbeing.

Several prospective studies (where large groups of people are followed up on over time) have found that higher levels of exercise are associated with less cognitive decline in older people. Other studies have found that people who exercise experience a slower loss of brain tissue as they age.

At the CHEER Adult Day Program we strive to have everyone be successful. When some of our members are cognitively challenged and cannot participate in some of our brain fitness activities, they will get excited when a ball is thrown to them or copy their neighbor with general exercises.

Call Cindy Mitchell at 302-212-4482 to learn more about the CHEER Adult Day Program.

Loneliness Anytime Is Dangerous For Seniors

By Debbie Joseph
PASA Director

Winter can make an older adult that already feels lonely, feel worse. But it can attack at anytime

What are common causes of loneliness in the elderly?

Older adults are at increased risk for loneliness and social isolation because they are more

likely to face factors such as living alone, the loss of family or friends, chronic illness, financial difficulties and hearing loss. Loneliness is the feeling of being alone, regardless of the amount of social contact.

Reach out to loved ones, neighbors and friends who are elderly and are at risk of being lonely by calling or visiting.

For information about Personal Assistance Services, contact Debbie at 302-515-3042 or email djoseph@cheerde.com

ARE YOU BALANCING YOUR JOB, PERSONAL LIFE AND CARING FOR SPOUSE, PARENTS, GRANDPARENTS, or LOVED ONE?

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We understand
how difficult it can be.

Offering respite care for caregivers as we care for your loved ones 50 and older.
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Monday thru Friday, 9 a.m. to 3 p.m.

CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-854-2882 or email cmitchell@cheerde.com







This is What CHEER Does ...

A CHEER employee is to be commended for his compassion and selflessness in helping a client during her time of need.

The client became ill and had to be hospitalized. She has a collection of four pet birds that received no attention for four days. Upon recovering, the client called the CHEER employee from the hospital desperately needing someone to tend to her birds. The CHEER employee went to her house and found the birds severely dehydrated. He took them all to a bird sanctuary to receive care. The sanctuary tended to the birds and called the client in the hospital to assure her the birds would be cared for while she was ill.

Today, the client and her birds are all now happily at home together.

Downsizing 101

Thinking of Downsizing? But don't know where to start? We are here to help!

We have been there and moved many times, so we know how stressful it can be! But we do our best to make the process as stress-free as possible. We know it can be overwhelming to pack up a lifetime of memories and furniture. But you don't have to go through the process alone! Our listing specialists can help you navigate the sale of your existing home. We will be there every step of the way. We work with stagers to ensure your home looks its best. And we work with other organizations that will help you declutter and help with donations or auctions, if needed. Whether you are relocating to a smaller home in Delaware or somewhere out of state, we can connect you with the right resources.

Things to Consider When Selling Your Home:

There's no denying there's a lot going on in the housing market this season. That may leave you with some questions about whether it still makes sense to sell your house. Here are three of the top questions you may be asking, and the data that helps answer them so you can make a confident decision.

1. Should I wait to sell?
2. Are buyers still out there?
3. Can I afford to buy my next home?

We can help you answer each of these questions so you can make an informed decision about your next move. For more information contact Active Adults Realty, 302-424-1890.

Things to Consider When Selling Your Home



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Here's A Home For Your Next Corporate Meeting

By **Mikayla Sommers**
Hospitality Director

Finding the right location for meetings and seminars is just as important as the content itself.

The Warren L. and Charles C. Allen, Jr. CHEER Community Center in Georgetown offers an array of different options to choose from that fit all different occasions and group sizes. The Banquet Room holds up to 330 people banquet style and about 230 people classroom style which allows for larger meetings to be comfortably accommodated.

While not everyone has large meetings, CHEER can also accommodate smaller meetings

with our smaller meeting rooms accommodating up to 64 people banquet style and about 40 people classroom style. Our meeting room also has a build-in projector and screen for convenience as well as a microphone to assist in those larger meetings.

The CHEER Community Center is centrally located in Sussex County at 20520 Sand Hill Road in Georgetown, Delaware. It is perfectly suited to host your next meeting or seminar. Feel free to reach out to Mikayla Somers at Msomers@cheerde.com or call 302-854-9564 to schedule your next meeting!



The CHEER Community Center on Sand Hill Road, east of Georgetown, provides a central location for your corporate meetings, seminars and banquets. Shown above, the Banquet Room provided seating for eating and information at CHEER's recent Travel Expo. WiFi and audio equipment are available to you. Almost any type of event can be handled. Call Mikayla today to reserve your space, 302-854-9564.

When The Time is Right...

Create the wedding ceremony and/or reception you've always dreamed of by using our renovated venue at the CHEER Community Center. New neutral paint on the walls and sparking new tile flooring ensure that your color scheme will enhance the ambiance of the occasion. Set-up for tables and chairs will be ready for your special touch decorating the day before your wedding day. Dining seating available for up to 400 guests.

An unique, delicious and affordable menu can be customized for you.

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





Bev Donovan

Ocean View Players
Present ...

Bugsy Malone



Bob Murra



THE CAST ... Left to right, front row seated - Bev Donovan, Marsha Smith, Chantal Willis, Renate Shaw; front standing - Annlynn Ayres (w/bowtie), Yvonne Banks (polka dot dress), and Bob Murra (w/yellow folder); second row standing - Bernie and Jim Forlenzo, Mark Shaw, Lorraine Jordin, Kathy Plumley, Murry Gatling and Cecelia Zipperer.



Jim Forlenzo



Mark and Renate Shaw, and Kathy Plumley



Lorraine Jordin

A Nutritious Diet Helps Seniors Fight Illness

Winter brings cold and flu season, and less access to local fresh produce. This is why it is important for seniors to maintain a nutritious diet that will keep the immune system strong enough to fight oncoming illness. Below are tips on how to maintain a nutritious diet throughout the entire year.

Fill Up on Produce

Dark colored fruits and veggies carry important vitamins, enzymes and antioxidants. Frozen produce is also an option, as long as it has not been stored for longer than one year from purchase. For those who have a hard time consuming hard foods, steaming vegetables or making smoothies is always an option. (cabbage, kale, potatoes, sweet potatoes, citrus fruit, kiwi, oranges, pineapple, broccoli, etc.)

Favor Whole Grains

When cruising down the bread, cereal or pasta aisles at the store - choose the whole wheat options. Brown rice and quinoa are great fiber boosters. Those with intestinal issues should always consult with their doctor before increasing their daily fiber intake. (barley, oats, quinoa, etc.)

Small Meals, Big Benefits

It is crucial for seniors to maintain their weight and blood sugar levels throughout every season. Eating 5-6 small meals a day can boost your calorie intake, improve digestion and keep insulin levels normal. This method of eating can also be helpful for seniors who do not have the appetite for large meals or get bored eating a lot of the same things.

Lunch is Important

Many seniors who live alone do not feel the need to have a full meal during the lunchtime. Also, they do not have the energy to go grocery shopping during the winter season. Hence, they start skipping lunch and, in turn, fall weak easily. In such a condition, their health suffers enormously leading to fatal conditions.

It is important for seniors to eat a healthy and fulfilling meal during the lunchtime. Hence, one should always be present with the senior to help them with daily chores like buying groceries and preparing meals. If your beloved lives alone, having a Direct Care Worker personal as-

sistant can ensure that the senior is eating properly, saving him/her from fatal health perils.

Hydration is Key

Proper water intake during cold weather season can help aid digestion and blood circulation, while also improving joint and muscle performance. Aiding your joints and muscles during the winter is important, since many seniors do not exercise as much outdoors when it is cold. Hydration can also aid in recovering from colds and flu. If water seems too boring for you - eat more soups, drink real fruit juices, drink milk or decaffeinated coffees and teas.

Maintain Brain Health

You can take proactive measures to help increase your brain health by regularly consuming fish, which has been shown to help improve cognitive ability. The omega-3 fatty acids that are found in fish can play a vital role in preserving cell membrane health and supporting cognition and memory — but since our bodies do not produce omega-3, it can be essential that we get them through our diet. (Omega-3 vitamins, flaxseed, pumpkin seeds, walnuts, etc.)

Nutritional information obtained from the MedLine Plus website, an agency of the U.S. Dept. of Health and Human Services.

State Legislators Serving Sussex County

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Dist. 21	Bryant Richardson	Bryant.Richardson@delaware.gov	302-744-4298



Ocean City Elks Make Donation To Roxana CHEER ...
CHEER's Roxana Activity Center was the recent recipient of a \$2,000 donation from the Ocean City, Maryland Elks Lodge 2645. The donation is a percentage of the funds raised at the Elks' annual Bill Thompson's Clothing for Kids Golf Tournament. The money is designated for the Meals on Wheels program providing meals to homebound seniors in the Roxana and Fenwick Island area. Approximately 53,000 meals are sent out of the Roxana center every year and delivered by volunteers. Making the check presentation are, left to right: Nick Costa, committeeman of the Clothing for Kids tournament; Bill Thompson, chairman of the tournament for the past 22 years; Amy Smith, CHEER Nutrition Director; Jeff Heyne, golf tournament volunteer and Meals on Wheels volunteer; and Debra Dudken, CHEER's Roxana Center representative.

SPRING
CHEER
Craft and Hobby Show
Saturday, March 4, 2023 • 10 a.m. to 2 p.m.
Warren L. & Charles C. Allen, Jr.
CHEER Community Center
20520 Sand Hill Rd. • Georgetown, DE

LUNCH IS AVAILABLE
Chicken Salad, \$4 (5 oz) • Vegetable Soup, \$3 (8 oz) - \$5 (16 oz)
Broccoli & Cheddar Cheese Soup, \$3 (8 oz) - \$5 (16 oz)
Cream of Crab Soup, \$4 (8 oz) - \$7 (16 oz) • Soda and Water - \$1

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It's Been A Wonderful Life ...

A Positive Attitude Can Take You Through 100 Years Of Challenges

By Carolyn M. O'Neal
Community Relations

Gertrude Elizabeth Sochurek of Dagsboro became the newest member of CHEER's Centenarian Club when she celebrated her 100th birthday at the Ocean View Center on January 25. The prestigious, but small, club honors CHEER members who have reached the age of 100 and who continue to enjoy the activities and/or services of CHEER. Gertrude credits having a positive attitude and keeping her mind active for her being able to live 100 years. She admits, though, the years could be challenging and it wasn't always easy.

Gertrude was the middle daughter of three sisters born to Katherine and Edward McWilliams of Baltimore, Md. Warren Harding was the 29th President of the United States at the time. In 1926 when she was only three years old, her father died in a work-related accident



Gertrude was about 20 years old in this photo.



Gertrude Sochurek turned 100 years old on January 28. She was honored at the Ocean View center on January 25.

and her young mother was left with three small girls to raise. She tells that she and her older sister, Norma, would walk to their grandfather's bakery for day-old baked goods to sustain them during the Depression. The two little girls would also walk several miles to the bank to pay the mortgage bill for their mother. Gertrude's mother kept her daughters busy by doing chores for neighbors that helped supplement the family income as well as by doing their own various home chores. However, Gertrude loved to read and sometimes tried to hide in the bathroom with a good book. But her mother always knew where to find her.

"I did a lot of odd jobs (as a child) that my mother found for me that didn't pay a lot or I left them before getting paid," giggled Gertrude.

In the 1930s, Gertrude's mother remar-

ried and her stepfather took on the role as a loving father. Her brother, Grant, soon joined the family. During grade school, she met her future husband, Ferdinand Sochurek who was an only child.

After graduating from high school, Gertrude got a job at Epstein's Department Store in Baltimore working for the founding owner's two sons. Being good with numbers and money, she was soon promoted to head cashier.

"That was when the women's clothes were on one side (of the store) and the men's were on the other," explained Gertrude. "My station was right in the middle so people came to me to pay for their stuff."

Gertrude and Ferdinand were married in her mother's living room in 1943 when he returned from military boot camp. She said that life was challenging when she lived with her in-laws while her new husband was off to fight in World War II. While living there, her father-in-law, who managed the company store for Bethlehem Steel, twice suffered pneumonia which required Gertrude to stay at home from work to nurse him.

When Ferdinand returned home in 1945, they lived with Gertrude's mother until they saved enough money to move into their own apartment. Their first son, Ferdinand, Jr. (Ferdie), was born in 1947. Ferdinand found a job at A. Hoen and Company, a printing business in Baltimore that made maps and printing materials for publications such as *National Geographic*. He remained there until retiring in the 1980s. They finally were able to move to their own home, a townhouse in Parkville, Md., in the early 1950s. Her second son, Jan, was born in 1952 and the family was complete. Gertrude then became a stay-at-home mother for her two boys.

See Gertrude - page 13

Gertrude - Cont'd from page 12

In the 1960s, the Sochurek family moved to a larger ranch-style house where Gertrude continued to make her family her working priority until the end of the decade when she took a job outside the home. Son Ferdie was drafted into the Army in the spring of 1969 and died during the Viet Nam conflict in February 1970. During this difficult time, Gertrude worked for an insurance company in Towson, Md. To help them cope with the loss of their son, the couple went on two trips to help ease the heart-break, one to Hawaii and another to the Caribbean. Members of VFW Post 7234, Ocean View, honored Gertrude on her 100th birthday as a Gold Star Mother. State Senator Gerald Hocker also sent a written tribute from the Delaware State Senate in honor of her "Centennial Jubilee."

During the 1980s, Gertrude and Ferdinand both retired and doted on granddaughter, Tiffany, who had been adopted from Korea in 1985 by son Jan and his first wife. The end of the decade was hard for Gertrude because her loving husband passed away from liver cancer on New Year's Eve 1989. She also lost her younger sister, Wanda, and baby brother Grant during the next decade.



Gertrude (right) and her late husband, Ferdinand, at the marriage of their son, Jan, and his new wife, Jowina.



Members of Ocean View VFW Post 7234 honored the Gold Star Mother upon her 100th birthday.

The 1990s found Gertrude on her own for the first time in her life. She downsized her car to a Toyota Camry which she owned for almost 20 years. When she bought it, she had to take remedial driving lessons because Ferdinand had done most of the driving for the couple. Son Jan married for a second time to Jowina and they gave Gertrude a grandson, Derek. In 1991, Jan and Jowina invited Gertrude to live with them and the kids in their new house in Ellicott City, Md. Gertrude was happy to help around the house and have dinner ready each night when the family came home. During the day, she got involved with the senior center in Ellicott City, Md. and enjoyed taking many day trips and extended trips with the group, plus exercising and socializing with friends she made there.

The 2,000 decade was also the time when Gertrude had to endure many medical procedures. Due to arthritis, she has had two knee replacements, two hip replacements, and two shoulder replacements; the last at the age of 94. Her family affectionately calls her "The Bionic Woman."

In 2018, Jan and Jowina retired and decided to move to Delaware. Gertrude tagged along and now enjoys complete retirement away from cooking duties and household chores. She has made many new friends around her new home near Vines Creek, east of Dagsboro, and has be-

come a regular at the Ocean View CHEER Center.

Knowing that Gertrude needed a form of socialization outside the home, Jan and Jowina investigated opportunities for seniors around their area and found CHEER. They appreciate that the CHEER bus comes directly to their front door and picks up their mother and then brings her back home. They also say they feel comfortable that she is well cared for and safe if something were to happen to her.

"Yolanda (the Ocean View center director) treats her just like her own mother," said Jowina.



Gertrude is congratulated by CHEER's Ocean View center director, Yolanda Gallego.

"The problem with getting so old is that I have out-lived all my friends at the Ellicott City senior center so there was no reason to stay in Maryland," said Gertrude. "I needed some new friends."

See Gertrude - page 15



MARCH

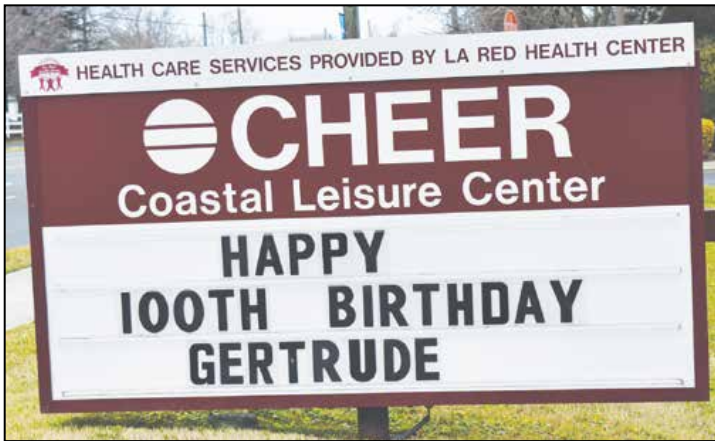


Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cheesy Ravioli and Marinara Sautéed Zucchini Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>2 BBQ Chicken Baked Sweet Potato Wedges Steamed Broccoli Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p>3 Corn Chowder Tuna Salad Sandwich on Wheat Cucumber Onion Sour Cream Mandarin Oranges Skim Milk</p>	<p>4 Baked Cod w/Lemon Sauce Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</p>	<p>5 Baked Sweet Potato Wedges Au Gratin Potatoes Collard Greens Whole Wheat Roll/Bread Pineapple Cubes Skim Milk</p>
<p>6 Chef Salad w/Turkey Corn Salad Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p>	<p>7 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>8 Chicken Monterey Baked Potato w/Sour Cream Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>9 Sweet Sour Pork Steamed or Baked Rice California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p>10 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Ambrosia Deluxe Whole Wheat Roll/Bread Skim Milk</p>
<p>9 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>10 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>11 Philly Beef on Bun w/Peppers Fried Baked Potato Wedges Confetti Cole Slaw Gelatin Whole Wheat Roll Skim Milk</p>	<p>12 Chicken Cacciatore Penne Pasta French Style Green Beans Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</p>	<p>13 Beef Vegetable Soup Chicken Caesar Salad Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>
<p>13 Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>14 Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>14 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>15 Garlic Pepper Pork w/Brown Gravy Sweet Potatoes Seasoned Cabbage Whole Wheat Roll/Bread Fruit Mix Skim Milk</p>	<p>16 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>
<p>14 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>15 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>17 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>17 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>18 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>
<p>15 Grilled Lemon Pepper Fish Brown Rice Pilaf Spinach Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>16 Chicken and Pasta Alfredo Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>18 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>19 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>19 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>
<p>16 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>17 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>20 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>20 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>20 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>
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<p>24 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>25 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>28 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>28 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>28 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>
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<p>31 Stuffed Cabbage Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>32 Shepherd's Pie Steamed Capri Vegetable Blend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>35 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>35 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>	<p>35 Chicken Gumbo Soup Whole Kernel Corn Cornbread Pudding Skim Milk</p>

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities

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

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



The Ocean View CHEER Center sign says it all.

Gertrude -
Cont'd from page 13

Friends Gertrude has made at the CHEER Center. She received 57 birthday cards from the packed room of people attending her birthday party.

"I like to say Good Morning and ask everyone personally how they are when I walk into the (senior) center. I try to address them by name, but sometimes I can't remember," Gertrude admitted.

Gertrude still loves to read and do puzzles to keep her mind active. She also participates in the chair yoga classes at CHEER led by Lori. Yolanda Gallego, center director at Ocean View, said the instructor made U-Tube tapes during COVID and Gertrude uses them to do her exercises at home even if she doesn't come into the center that day. She also has a personal trainer, Scott Hanna, who comes to her home one day a week to work privately with her.

"He always asks when he comes in if I have been doing my walking," laughed Gertrude.

When asked about what invention in the past 100 years impresses her the most, Ger-

trude laughed when her son mentioned the eight-inch RCA television she and her husband bought in 1948.

"We paid \$500 for that little thing," Gertrude revealed.

Gertrude says she is blessed to have her son and daughter-in-law willing to take care of her at home. She also has some good genes; sister Norma, who is two years older, is still living and resides with her daughter, Diana, in Baltimore.

Whatever the reason for her longevity, Gertrude is a role model for all the seniors at CHEER. She always has a smile on her face and nothing is too much for her to try. Welcome to the club Gertrude.

(Daughter-in-law Jowina contributed to this story with content and photos.)



Gertrude's friends at Ocean View/Roxana CHEER gave her 100 Candy Kisses for her centennial birthday.

Volunteer Spotlight ...
Volunteering Is Part Of Family History For Fred and Judy Dean



Fred and Judy Dean have lived in Georgetown for the past 31 years and have a long history of volunteering with Meals on Wheels. It all started with Judy's father who was also a MOW volunteer. When her dad couldn't deliver to his homebound clients, she would take his route for him.

Judy was born and raised in Georgetown. Her parents owned and operated Henry's Newsstand and Luncheonette in town where locals frequented. Together, Judy and Fred have been delivering monthly for MOW for 23 plus years.

When not volunteering, the couple are both successful realtors serving Sussex and Kent counties. Both are past presidents of their local Board of Realtors. In addition, Judy is on the Board of Directors for the Georgetown Chamber of Commerce, serves on two real estate committees at the State level and on two committees at the County level. She has been a realtor for 36 years.

Fred has been a realtor for 22 years and serves on the National Association of Realtors as well as the State and local levels of various realtor committees. Fred enjoys being the head of set construction for the Possum Point Players in Georgetown that is celebrating its 50th year.

Interestingly, the Meals on Wheels program began in Georgetown at their own church, St. Paul's Episcopal.

They also enjoy spending time with their dog, Teddy.

Welcome New Volunteers ...

New Volunteer	Center	Department
DECEMBER 2022		
Barnitt, Gerri	Long Neck	MOW
Byrnes, Kathy	Long Neck	MOW
Chappel, Anne	Georgetown	MOW
Moore, Theresa	Long Neck	MOW
Moore, Tori	Long Neck	MOW
Schwartzentruber, Marlin	Georgetown	MOW
Vermillion, Nancy	Roxana	MOW
Warner, Pat	Long Neck	MOW
JANUARY 2023		
Adrian, Gerald	Long Neck	MOW
Barnitt, Gary	Long Neck	MOW
Bevenour, Mike	Ocean View	MOW
Bickel, Mary	Ocean View	MOW
Bonanno, Kathy	Ocean View	MOW
DiGiacoma, Dianna	Georgetown	MOW
Easter Seals	Georgetown	Kitchen/MOW
Eberhardt, David	Long Neck	MOW
Getgen, Linda	Ocean View	MOW/Kit/Recep
Getgen, Rodney	Ocean View	MOW
Ho, Dick	Long Neck	Kitchen
Leslie, Bruce	Ocean View	MOW
Loukides, Kelly	Milton	MOW
Prince, Shelley	Long Neck	MOW
Shoup, Loretta	Long Neck	MOW



Georgetown Activity Center

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

Mar. 9 - Lisa Miller with entertainment

Mar. 15 – DTCC Treasures of the Sea Exhibit

1st Thursday – Ken’s Korner

Mon. – Fri. - Coffee and social hour

Monday - Chair Fitness, 10 a.m.; Bible Study with Ruth, 10:30 a.m.

Tuesday - Memory Cafe’, 9:30 a.m. with Christie and Penny Bingo, 12:30 p.m.

Every Thursday - Covid-19 vaccinations by La Red Health, 10 a.m. All doses. You must call for an appointment.

Every Friday - Breakfast in the Cafe’

Friday - Chair Fitness, 10:30 a.m. and Prize Bingo, 12:30 p.m.

3rd Friday - Greenwood visits Georgetown

4th Friday - Georgetown visits Greenwood

Monthly activities including Wii bowling, Wii golf, Corn Hole, Arts and Crafts and more. Weekly trips to the Bank, Dollar Tree, Walmart and Redner’s.

March Birthday

Gary Turner – 13th



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



Call Us for a Free Consultation
302-648-5552

We also Do Online Auctions

Discover and Bid on Unique and Everyday Treasures



Bidding Start at \$1
Shop Our Sales at SoDel.CTBids.com

Thank you to all our dedicated volunteers!



Greenwood Activity Center

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

Mar. 1 — Penny Bingo at 10:30 a.m. Don't forget to bring your pennies.

Mar. 2 — Ken's Korner. CEO Ken Bock discusses happenings and events at CHEER at 10:30 a.m. via ZOOM from Harbor Lights CHEER.

Mar. 3 — Entertainment with Lisa Miller at 10:30 a.m. "Life Smatters" with Robin Miller from the Greenwood Library at 12 p.m.

Mar. 6 — "Eat Smart, Live Strong" presented by Alicia Vogel from the Delaware Food Bank. Session 3 "Colorful and Classic Favorites" at 12 p.m.

Mar. 8 — Positive Music Time with Randy at 10:30 a.m.

Mar. 9 — Crafts with Sylvia and Charlene at 10:30 a.m.

Mar. 10 — Karaoke with Wayne at 10:30 a.m.

Mar. 13 — "Eat Smart, Live Strong" presented by Alicia Vogel. Session 4 "Eat Smart, Spend Less" at 12 p.m.

Mar. 15 — Music Ministry with Pastor Dan and Betsy Taylor at 10:30 a.m.

Mar. 16 — "Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q and A, and "Name That Tune". Put on your thinking caps, 10:30 a.m.

Mar. 17 — Bus departs for the Laurel Senior Center at 9:30 a.m.

Mar. 22 — AARP Defensive Driving Class from 9 a.m. to 3:30 p.m. Must register with Fran.

Mar. 22, Mar. 23, and Mar. 24 — We visit Georgetown CHEER. Bus departs 9:30 a.m.

Mar. 28 — Prize Bingo and guests from the Milton CHEER Center, 10:30 a.m.

Mar. 30 — Guest speaker Dr. George Rodriguera, PT "Back Pain", 10:30 a.m.

Mar. 30 — March for Meals Fundraiser Dinner, 5 p.m.

Monthly Events

- **Bible Study** - every Monday, 10 a.m.
- **Luncheon Card Club** - Monday and Wednesday, 12:30 p.m. and Friday, 1 p.m. Enjoy "Hand & Foot" with your friends.
- **Mobile Food Pantry** - 3rd Wednesday, 11 a.m. Please call Fran for registration information.
- **Entertainer Lisa Miller** - First Friday monthly, 10:30 a.m.
- **Prize Bingo** - Tuesdays, 10:30 a.m. and 12:15 p.m.
- **AARP Defensive Driving class** - Fourth Wednesday monthly, 9 a.m. to 3:30 p.m.
- **Blood Pressure Check** - First Thursday monthly, 10 a.m. with Betty Fletcher
- **Food Lion or Walgreen's** - Every Monday, 12:15 p.m.
- **"Life Smatters" Program** - With Robin Miller from the Greenwood Library, second Friday monthly, 12:15 p.m.
- **Memory Café** - Every Thursday from 1 p.m. to 3 p.m.
- **Alzheimer's Caregiver Support Group** - First Thursday monthly, 1 p.m.
- Bingo, games, guest speakers, movies, virtual tours, and more every week.

We would like to wish every member born in the month of March a very Happy Birthday.



Unclaimed Property

Do you have unclaimed property waiting for you? You may have hidden money you don't even know about!

What is unclaimed property? A wide range of reportable property includes, but is not limited to:

- Dormant checking and savings accounts
- Uncashed money orders or cashiers' checks
- Unclaimed insurance benefits
- Mineral royalty payments
- Safe depository contents
- Unused gift certificates
- Dividends, stocks, or bonds
- Utility deposits or refunds

Check the following website to see if you have unclaimed property: <https://unclaimedproperty.delaware.gov/>

Follow the directions on the website to claim your property or call a Financial Coach to assist you. Financial coaches provide free financial coaching and benefits screening and access.

Call a Stand By Me 50+ Financial Coach for FREE financial coaching and Benefits screening today!

Call 302-601-3896 in New Castle County, 302-415-1542 in Kent County or 302-608-2705 in Sussex County to schedule an appointment today!

All of our services are FREE!

Stand By Me is a joint project of the State of Delaware and United Way of Delaware. Our programs are made possible thanks to the support of partners who understand that financial health is crucial to the well-being of all Delawareans.

The **CHEER Travel Club** has many upcoming day trips. Some scheduled trips include:

- Philadelphia Flower Show, March 6
- Suicide Bridge Cruise, June 21
- Trip to African-American Museum in Washington, D.C., September 13
- New York City trip, December 6

• Sight and Sound "Miracle of Christmas, December 13 (See advertisement on page 23.)

Please call Robin Greene at 302-853-4199 to schedule the trip of your choice. All day trips depart from CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del. All reservations are First Come, First Served.

Does Your Club Need A Guest Speaker?

I can tell you all about the services at CHEER.

Contact Carolyn at 302-515-3044 or email carolyno@cheerde.com





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

**Encouraging Words
 From Your Director**

Happy March Everyone!
 We have reached the third month of the year! Seems like just yesterday it was January. I've decided to do things a little different this month. I've chosen a word that we can focus on for the month. This month, our word is "Resilience". Resilience is the capacity to withstand or to recover quickly from difficulties.

At some point in our lives, we all have faced difficult times, but the way we respond to these difficult times can mean the difference between getting stuck in them and overcoming them. I believe the first thing to do is to understand that it's okay to not be okay. When you have resilience, you harness the inner strength that helps you recover from a variety of setbacks or challenges. Resilience won't make your problems go away, but it can give you the ability to see past them so you're able to handle things better. You can improve your resilience by becoming more connected, make every day meaningful, remain hopeful, be proactive, learn from every experience and, most importantly, take care of yourself.

I will leave you with a quote by Elizabeth Edwards...

"Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you lost, or you can accept it and try to do something that's good."

Senior Medicare Patrol

On Friday, March 10, 2023, at 11:45 a.m., a representative of Senior Medicare Patrol will be at the center to give a presentation. Senior Medicare Patrol is a program through a federal grant that offers outreach and education. The presenter will go over different methods to prevent, detect and report suspected Medicare fraud, errors and abuse. Please come out for an informative presentation to learn about ways you can protect yourself from being scammed.

St. Patrick's Day Celebration

Saint Patrick, who lived during the fifth century, is the patron saint of Ireland and its national apostle. Born in Roman Britain, he was kidnapped and brought to Ireland as a slave at age 16. He later escaped, but returned to Ireland and was credited with bringing Christianity to its people. The most known legend of Saint Patrick is that he explained the Holy Trinity using the three leaves of a native Irish Clover known as the Shamrock. St. Patrick's Day is celebrated annually on March 17th, which is believed to be the anniversary of St. Patrick's death.

We will be having our St. Patrick's Day Celebration on Friday, March 17, 2023. The party will begin at 10 a.m. with some fun games, followed by entertainment at 10:30 a.m. Entertainment will be provided by DJ Sky Brady. Following entertainment, we will be having lunch and then conclude our day with FREE Prize Bin-

go. The person with the best St. Patrick's Day attire will win a prize! We are looking forward to dancing the day away and enjoying a fun-filled day!

Breakfast Bash

We will be having our breakfast bash in March. 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 March. 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




**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.



Ocean View Activity Center

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

“Up, Up and Away”

First, Huge Kudos to Murry Gatling, Director, and the Ocean View Players for an awesome production of “Bugsy Malone” on Jan. 31st! And, many thanks to Jim Forlenzo, for helping to make our dinner so special! We all had a great time!

(See photos on page 9.)

February was quite a busy month, for being so short, what with Black History Month, Valentine’s, Mardi Gras and our Winter theme! This month looks to be busy and interesting as well ...

March winds will herald in the Spring, we’ll watch the movie “Up”, Celebrate Women’s History Month, St. Paddy’s Day and March for Meals! It is also Read Aloud Month – take turns reading to a friend or family member – it’s lots of fun!

Some of my book picks:

The Violin Conspiracy; Black Cake; Eli’s Promise; The Giver of Stars; and, Water from My Heart ...

Peace & Love,
Yolanda

Activities

REMINDER THAT OUR NEW YEAR BEGAN ON JANUARY 3RD, in case you have not yet renewed your membership. NEW MEMBERS, PLEASE PICK UP YOUR NAME TAGS FROM THE FRONT DESK!

Ocean View Hours: 8:30 a.m.-4 p.m., Monday - Friday

Mon – Fri: Puzzle Mania available all day; Fitness Room (\$20/month) available all day; Drive Thru Lunch, 11 a.m.-12 noon (reservation required, \$); Lunch Daily, 11:30 a.m.-12:15 p.m. (\$3.50 donation requested

for 60 and over, \$4.50 for under 60).

Mondays: Yoga, 9 a.m., \$5; Walking Club, 10 a.m., by bus to local locations (weather permitting) or exercises/brain games indoors; Mahjongg, 10:30 a.m.; Quilting Club, Shopping, and Tablet Class, 12:15 p.m.

Membership Meeting on the 2nd Monday, March 13, 12 noon

Stand By Me, 4th Monday with Kathleen Rupert, 2/27, 1–3 p.m., by appointment, 302 608-2705

March for Meals, 20th, 10:30 a.m. – Delaware’s elected officials assist in delivering Meals on Wheels to our clients!

Tuesdays: Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, 11:30 a.m.; Mexican Train Dominoes, Painting and/or Arts and Crafts, Pinochle, 12:15 p.m.

Spring Dinner and Entertainment by Lisa Miller, March 21st, 4–6 p.m., \$6

Wednesdays: Yoga, 9 a.m., \$5; Breakfast, 9-10 a.m., \$2; Bingo, 10–11:30 a.m. / 12:15–1:30 p.m., \$3 donation, if able, for full day; La Red COVID Booster Shots, times vary, by appt.; Knitting Club, Poker, Pinochle, 12:15 p.m.

Parkinson’s Support Group, 3rd Wednesday, 1 p.m., March 15.

Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5; Hand and Foot, 12:15 p.m.; Parkinson’s Exercise (on hold until a new instructor is found).

Ken’s Korner, 1st Thursday, March 2, 10:30 a.m., on Zoom; and, Alzheimer’s Care-

Reception Honors Volunteers



Jim Forlenzo, reception and food prep, and Jim Howard, medical transportation.



Linda Miller (Jill of all trades) enjoys some treats at the reception.



Marsha Smith, tablet class teacher, etc., does the word games.



Volunteer Director Laura Berkin (right) chats with Carol Niehaus, MOW driver for OV1, Route Coordinator and driver for OV2.

giver Support Group, 1st Thursday, March 2, 6 p.m.

Fridays: Weekly Trips, times vary. Memory Café with Christie Shirey, every Friday, 9:30–11:30 a.m., all welcome! Mahjongg and Poker, 12:15 p.m.

Center Trips

Refer to our March

Calendar for updates, etc.

Thurs., 2nd – Laurel Coffee Shop, following Ken’s Korner at Center on zoom, around 11:15/11:30 a.m.

Fri., 3rd – Aldi’s and Country Kitchen, Millsboro, 10 a.m.

Thurs., 9th – Cape Henlopen State Park Fort Miles Tour, \$5 (tentative), and Lewes Oyster House, Lewes, 9:30 a.m.

Fri., 10th – Super Walmart, Berlin, Md. and Group Lunch Choice, 9:45 a.m.

Thurs., 16th – Clear Space Theatre, Rehoboth Beach, for “Damn Yankees” the musical, \$20 (please pay at sign up) and Nicola Pizza, Lewes, 9:45 a.m.

Fri., 17th – Irish Eyes in Lewes – Celebrate St. Paddy’s Day!

Thurs., 23rd – Seaside Outlets and Buffalo Wild Wings, 9:45 a.m.

Fri., 24th – Kite Loft in Ocean City – look for kites flying by the boardwalk and visit the shop, then enjoy lunch at Shenanigan’s, Md., 10 a.m.

Thurs., 30th – Visit a local farm for lambs or alpacas (tentative) and Parson’s Farms Produce, Dagsboro, 10 a.m.

Fri., 31st – Spence’s Bazaar, Dover, 9:30 a.m.

Celebrate Women’s History Month and Read Aloud Month all throughout March!


Happy MARCH Birthday to all you out there.

Join us on Wednesday, March 29th, at noon, to Celebrate all the March Birthdays!

Happier ~ Kinder
~ Together



ROXANA Center members give a loving good-bye to Ocean View Center Director Yolanda Gallego (kneeling) as they prepare to return to their home center. Left to right are: Anna Belle Reid, Al Oliver, Linda Gabriel, Alice Godwin, Ora Lee Williams, Jo Montague, Mary Prencipe, and Peggy Mance. Roxana has been joining the Ocean View members for a few months while their center was restructuring.



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

Roxana CHEER Center is Open... Hooray!

We are so excited to welcome them back and enjoy quality time with our members here at the Roxana CHEER Center. They are so much more than members... they are Family! Below is a list of our current weekly activities. We will be adding new programs, entertainment and fun trips. Please stay tuned for updates.

The Roxana Center is very pleased to introduce our new Outreach Worker, Joanna Loper. She joined the CHEER team in December 2022. However, she has been in the field of caring for people for over 20 years. Welcome Joanna!

Our Center has also been very lucky to welcome Christina Gulab, our resident intern, who we share with the Ocean View CHEER Center. Christina is studying Human Services at Delaware Tech. Welcome Christina!

Please pass the word along that we are open and would love to have new members/friends

join us. Feel free to stop in for a visit and/or join us for lunch!

Monthly Activities

1st Thursday, 10 a.m. – Ken’s Korner: Our CEO, Ken Bock, has an online interactive zoom meeting with all of the CHEER centers. He hosts the meeting from a different center each month and provides an update of what is going on at CHEER. He also encourages our members to ask questions and voice their opinion.

Weekly Activities

Mondays: Morning Café, Socializing and Snacks; Mind and Body Exercises and Games, Lunch, Shopping: Grocery Store, Bank, Post Office and Drug Store

Tuesdays: Morning Café, Socializing and Snacks, Prize Bingo, Lunch, Arts and Crafts

Wednesdays: Morning Café, Socializing and Snacks, Hand and Foot Card Game/Sit and Fit; Lunch; Board and Card Games

Thursdays: Morning Café,

Irish Recipe for March



Crock Pot Corned Beef & Cabbage

INGREDIENTS

- 10 baby red potatoes, quartered
- 4 large carrots, peeled and sliced
- 4 cups of water
- 1 (4 pounds) corned beef brisket w/ spice packet
- 6 ounces’ beer
- ½ head cabbage coarsely chopped

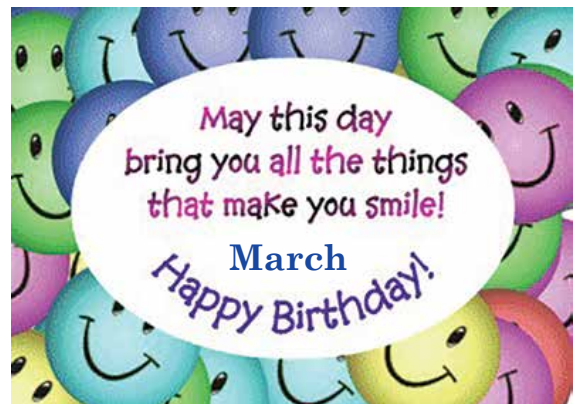
DIRECTIONS

Step 1: Place potatoes, carrots and onions into bottom of crock pot, add water and place brisket on top of vegetables. Pour beer over brisket, sprinkle spices from packet and cover.

Step 2: Cook on high for 7 hours, stir in cabbage and cook for 1 more hour.

Socializing and Snacks; Trip Day – See our monthly calendar
Fridays: Morning Café, Socializing and Snacks; Reading Club; Lunch; Memory Café

*****Special Event:
 March 17th –
 St. Patrick’s Day Party***



The Holiday of St. Patrick's Day is always on March 17, which is the day of his death. Saint Patrick is credited with bringing Christianity to Ireland, which was previously a pagan country. Interestingly, he was not Irish! Born in British Rome, he was enslaved and brought to Ireland later in his life. In Ireland, Saint Patrick is respected as an important religious figure.



In Ireland, the holiday is celebrated by feasting and drinking. March 17 falls during the season of Lent, so many break their fast from meat in order to commemorate this special day in Irish history. However, you'd probably be surprised to hear that the U.S. has larger and grander St. Patrick's Day celebrations than all other countries, including Ireland! In fact, the first parade for the holiday was held in the Spanish colony located in Florida in 1601. Today, cities throughout the U.S. celebrate with huge parades, the biggest of which being the New York City St. Patrick's Day Parade. One lesser-known celebratory tradition is the Chicago River being dyed green!

Throughout history, many Irish immigrants have settled in the United States. The larg-

est period of Irish emigration occurred during the Great Potato Famine of 1845, with almost one million Irish settlers coming to the U.S. To commemorate their heritage and culture, they began celebrating this traditional holiday of their homeland. Eventually, other Americans adopted those celebrations as well. St. Patrick's Day is also recognized in other countries where Irish people have emigrated over the years, such as Russia and South Korea.

For many, whenever they hear the words "St. Patrick's Day," images of leprechauns, clovers, and pots of gold pop into their minds. Legend has it that when Saint Patrick was spreading Christianity throughout Ireland, he used a three-leaf clover, or shamrock, to assist him in explaining the Holy Trinity. As

for the leprechauns, they were fairy-like creatures often found in Celtic folktales. Before Saint Patrick converted the country

to Christianity, many Irish believed in the pagan Celtic religion. The leprechaun and the legends associated with it led to the tradition of pinching people who aren't dressed in green, as well as the popular image of a pot of gold at the end of a rainbow. The shamrock and the leprechaun have evolved over time to become symbols not just for St. Patrick's Day, but for Ireland itself.

This year, the holiday falls on Friday, March 17. Don't forget to wear green!

ST. PATRICK'S DAY WORD SEARCH

ST. PATRICK'S DAY

G E M D S D N I H C I W G D J
 M Y L Y L H V T P N O Y C N X
 E O Z I E T A I E B V I R A K
 G C H H P D C M N R T S L L A
 R M U L R S N I R L B B J E W
 M V B U E X A E E O R L T R O
 W C S N C R O C M Z C E N I H
 W O H X H J T M C K J K G S P
 I I T D A V I E I L S P I T G
 F N G X U K S G K U O R O B A
 W S R A N E F A S P I V Q D W
 Z A E M M V K X B X Y F E L Z
 J A E P V C J W L U C K A R E
 S O N W T P F U Z G M K B I N
 B B O L R I P X O Z Y C P M E

- | | | |
|---------------|---|-----------|
| 1. SHAMROCK |  | 7. CLOVER |
| 2. LEPRECHAUN | | 8. IRISH |
| 3. IRELAND | | 9. GREEN |
| 4. RAINBOW | | 10. LUCK |
| 5. GOLD | | 11. JIG |
| 6. CELTIC | | 12. COINS |

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simplykellydesigns.com



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.

» **Center Director (Milton):** 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 multi-task in a fast-paced environment is a must. Associates Degree required.

» **Registered Dietitian:** Responsible for providing nutritional counseling for Homebound and Congregate clients. Provide menu analysis for Fall/Winter and Spring/Summer menu cycles, and assists with developing nutrition education materials based on subjects agreed to with DSAAPD State Nutritionist and the Nutrition Program Director. Part-time contractual position, 12 hours weekly, \$30/hour.

» **PASA Placement Coordinator:** Must have minimum of one (1) year experience with coordinating client schedules with aides, documenting need requirements, case notes and schedule changes in computer, working On-Call line when needed, and preparing timesheets for payroll. Requirements: computer skills, creating reports, filing, good written and oral communication skills. Applicants must be able to multi-task.

» **Fund Development Coordinator:** Responsible for the administration of grant and donation related monitoring, compliance and recognition activities for established fund raising 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.

» **Part-time Kitchen Manager (Ocean View):** Minimum 2-3 years cooking experience with ability to interpret documents and safety rules, able to multi-task in busy CHEER kitchen, and lift up to 50 lbs. frequently. Experience with inventory and ordering preferred. Sweep, mop, and vacuum the center, clean restrooms and empty trash. Hours 7:30 a.m. to 1 p.m. Pay commensurate with experience and qualifications.

» **Part-time LPN/RN (Adult Day Program):** Energetic and skilled LPN/RN looking for part-time work in the CHEER Adult Day Program. Mondays, Wednesdays and Fridays, 8 a.m.-4:30 p.m.

» **Full-time Cook, Night Shift:** 1 a.m.-9:30 a.m. at CHEER Central Kitchen in Georgetown. 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. Must have up-to-date driver's license. EOE

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**

CHEER
Over 50 Years Serving Sussex Seniors

TRAVEL CLUB 2023

Come Travel With Us!

www.cheerde.com/Events/Travel Club

BUS DAY TRIPS

- **Mon., March 6 - Philadelphia Flower Show**, Convention Center, \$75 person. Leave at 8 a.m., return at 6 p.m. Lunch on your own.
- **Wed., June 21 - Suicide Bridge Cruise**, Hurlock, Md. \$98 person inc. transportation, lunch and cruise. Depart 10:30 a.m., return 3 p.m.
- **Wed., September 13 - African American Museum in Washington, D.C.** \$50 person, Lunch on your own. Depart 8:30 a.m., return 8 p.m.
- **Wed., December 6 - New York City "On Your Own at Christmas."** \$75 person (No show tickets included). Depart 7 a.m., return 11:30 p.m.
- **Wed., December 13 - Miracle of Christmas at Sight & Sound Theatre, Lancaster, Pa.** *Save The Date* - Details will be finalized soon!

All bus day trips depart from CHEER Community Center, 20520 Sand Hill Road, Georgetown, Del.

For Bus Day Trip reservations, contact Robin Green at 302-853-4199.
(Make Bus Day Trip Checks Payable to CHEER)

CRUISES

- **February 12-19** - Bahamas Anthem of the Seas Cruise, depart Bayonne, NJ
- **April 2-9** - Oasis of the Seas Eastern Caribbean Cruise; Bahamas, San Juan, Puerto Rico, St. Maarten; depart Philadelphia Airport to Miami
- **April 13-17** - Celebrity Cruise; depart Philadelphia Airport to Miami
- **June 10-15** - Bermuda Liberty of the Seas Cruise, depart Bayonne, NJ
- **August 17-26** - Vision of the Seas Bermuda & Bahamas Cruise; depart Baltimore, Md.
- **October 12-21** - Vision of the Seas Canada/New England Cruise; depart Baltimore, Md.

Cruise reservations can be made through Mike Moyer Travel, email michael.moyer@cruiseplanners.com or Todd at todd.gockley@cruiseplanners.com or call 410-441-0644.

All Reservations Are First Come, First Served

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

