

FREE

JUNE 2024

CHEERful Living

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

Volunteer Queen of the Year ...

Colleen O'Connor of Long Neck (at right) was crowned CHEER's Volunteer Queen of the year during an appreciation dinner for CHEER's volunteers. The dinner was made possible by a grant from Meals on Wheels Delaware.

*Meet the members of her court
pictured on page 22.*

Hug A Tree ...

Winners of Ocean View's Annual Hug A Tree Photo Contest are announced.

See photos on page 12

Pickleball Anyone?

Pickleball has become a very popular sport among older adults. Read about the fun it brings to CHEER seniors.

See story on page 13



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CHEER, Sussex County

CHEER
Over 50 Years Serving Sussex Seniors



**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, in-home personal assistance, social and recreational activities. CHEER serves over half of Sussex County's 50+ population.

The new 10.75 inch wide x 12 inch deep sized **CHEERful Living** magazine is published monthly to keep older adults 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 older adults, contact Carolyn O'Neal, Community Relations, at

carolyno@cheerde.com

or call 302-515-3040.



Over 50 Years Serving Sussex Seniors

Introductory Ad Rates

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

Front Page*	10.25 in. x 2.5 in.	\$1,500
Back Cover*	10.25 in. x 11 in.	\$1,000
Inside Covers*	10.25 in. x 11 in.	\$700
Full Page*	10.25 in. x 11 in.	\$550
Half Page*	4.845 in. x 11 in. OR 10.25 in. x 5.625 in.	\$300
Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 in. 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 older adults. (Publisher reserves editorial rights.) Text content should be educational. Photos fill space as needed.

TidalHealth is with you at every step

TidalHealth's Dr. William Doran has performed more than 1,000 Mako robotic surgeries, using the most advanced technology to deliver precise and personalized treatment.



Dr. William Doran

Surgery with the Mako robotic arm-assisted surgical device is 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 Dr. Doran see details he can't typically see with an X-ray alone, and helps him determine the optimal size, placement and positioning of the patient's implant.

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Whether you're seeking relief from joint pain, considering joint replacement, or exploring orthopedic solutions, trust the experience of TidalHealth Orthopedics. The first step to healing starts here.

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



Your joints, our expertise

When it comes to your orthopedic care, experience is everything.

TidalHealth's Dr. William Doran has performed more than 1,000 MAKO robotic surgeries, using the most advanced technology to deliver precise and personalized treatment.

Whether you're seeking relief from joint pain, considering joint replacement, or exploring orthopedic solutions, trust the experience of TidalHealth Orthopedics. The first step to healing starts here.

TidalHealth Orthopedics

Locations in Millsboro and Seaford

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tidalhealth.org/orthopedics



WE L  VE
OUR VOLUNTEERS

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CEO Perspective

By Beckett Wheatley CEO

Last month, CHEER and communities across the United States celebrated Older Americans Month, a time dedicated to honoring the contributions and experiences of older adults. It's a reminder that age is not just a number; it's a reflection of a life filled with experiences, memories, and wisdom. As we recognized Older Americans Month, let's delve into why age should be celebrated, not just acknowledged.

With age comes a wealth of wisdom and experience. Older adults have lived through decades of challenges and triumphs, gaining insights that younger generations can learn from. From navigating personal relationships to overcoming professional obstacles, older individuals offer invaluable guidance based on their life experiences. Whether it's mentoring the next generation or sharing stories of resilience, embracing the wisdom of older adults enriches our communities and fosters intergenerational connections.

Despite the richness of their experiences, older adults often face stereotypes and misconceptions about aging. Society tends to view aging as a decline, overlooking the vibrant and diverse lives led by older individuals. It's essential to challenge these stereotypes and recognize



the unique contributions of older adults in various spheres of life. By shifting our perceptions of aging, we can create a more inclusive and age-friendly society that values the wisdom and vitality of every individual, regardless of age.

Maintaining health and well-being is crucial at every stage of life, but it takes on added significance as we age. Older adults can prioritize their health by staying physically active, engaging in mental stimulation, and maintaining social connections. Regular exercise, proper nutrition, and preventive healthcare can help older adults lead fulfilling and independent lives. Additionally, cultivating a positive mindset and embracing new experiences can contribute to overall well-being and quality of life as we age. CHEER Activity Centers can be your place to do that.

See CEO - page 5

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."

CHEER Staff

Beckett Wheatley
Chief Executive Officer

Tom Reardon
Chief Operating Officer

Marissa Chavez
Human Resources Director

Debbie Joseph
Personal Assistance
Services Director

Cindy Mitchell
Adult Day Program Director

Kevin Mutch
Information
Technology Director

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Maintenance Director

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Nutrition Director

Angela Thomas
Finance Director

Debra Dodd
Hospitality Manager

Isaac Felder
Food Services Manager

Robin Greene
Congregate Manager

Monica Mandujano
Volunteer Services Manager

Carolyn O'Neal
Community Relations Manager

Christie Shirey
Community Support Specialist

CHEERful Living
magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE. Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.
Editor - Carolyn O'Neal

For advertising information, contact Carolyn O'Neal at carolino@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



CHEER CEO Fights For Seniors In DC

CHEER, Inc.'s CEO, Beckett Wheatley, had the honor of representing Delaware's older adults on behalf of Meals on Wheels America at a Communities in Action: Building a Better Delaware forum held at the White House in Washington, D.C. Mrs. Wheatley joined other Delaware leaders on April 11, to discuss the positive impacts on Delaware from the Biden-Harris Administration's Investing in America agenda and showcase local initiatives working to improve the lives of Delawareans. President Biden made a surprise visit and addressed the delegation.

Delaware's senior population continues to grow and age. Today, 19 percent of Delaware's population is age 65 and over. Sussex County's rate is 30 percent, which is where CHEER, Inc. provides a wide array of senior services, including homebound and congregate meals.

CHEER's Nutrition Program relies partly on federal funding from the Older Americans Act (OAA) whose purpose is to reduce hunger, social isolation and loneliness, and improved older adults' health and well-being. Increased funding and modernized OAA policies are needed to continue to support and improve services to meet the needs of our seniors for successful aging in place. These meals play a very important role in helping to keep our seniors healthy and independent in their own homes, which can potentially reduce costs by avoiding higher hospitalization and institutional spending. The need for the government to improve funding is essential for the lives of our Delaware seniors.



CHEER CEO Beckett Wheatley was joined by President Joe Biden at a forum to discuss seniors' needs.

CEO Perspective - Cont'd from page 4

Creating a culture of respect and inclusion involves valuing the contributions of older adults and ensuring their voices are heard in decision-making processes. It also entails addressing ageism and discrimination in all its forms, whether in the workplace, activity centers, or broader society. Initiatives that promote age-friendly environments, combat age-related stereotypes, and support older adults' rights are essential for building a society where people of all ages can thrive. By

celebrating aging and embracing the diversity of experiences that come with it, we can create a more inclusive and equitable world for people of all ages.

Are you an adult 50 or more years young? Are you a CHEER member yet? Come join us at any of our seven CHEER Activity Centers throughout Sussex County. We also have activities at our CHEER Community Center in Georgetown. Interested in volunteering? Visit www.cheerde.com for more information.

BUS DAY TRIPS

- **Wed., July 24 - Museum of the Bible, Washington, D.C.** Depart 8:30 a.m., Return approx. 7:30 p.m. **\$75/person**, lunch on your own, 2 choices on site.
- **Fri., Sept. 20 - Green Dragon Farmers Market, Lancaster, Pa.** Depart 7:30 a.m., Return approx. 6 p.m. **\$45/person**, lunch on your own, several options on site.
- **Wed., Nov. 20 - Daniel, Sight and Sound Theatre, Lancaster, Pa.** **\$160/person**, includes show and lunch. Depart 7:30 a.m., Return approx. 6 p.m. *(Tickets going fast!!!)*

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.](mailto:Robin.Green@cheerde.com)

(Make Bus Day Trip Checks Payable to CHEER - First Come, First Served!)

EXTENDED STAY and CRUISES

- **June 8-21, Alaska Cruise Tour** - 13 Nights - 6 Nights Land Tour, Riverboat Discovery Tour, Wilderness Express Train, Tundra Tour. Call for pricing.
- **Aug. 2, Southern Caribbean Cruise** - 8 Nights. Port Canaveral, Willemstad, Oranjestad, CocoCay, Port Canaveral
- **Oct. 7-10, The Ark Encounter** - 3 Nights/4 Days. Bus departs Georgetown for Williamstown, Kentucky - 3 Nights Accommodations, incl. 5 Meals (3Bk/2Dr), taxes, meal and driver gratuities and baggage handling. Contact Cruise Planners for itinerary. Single \$1,429; Double \$1,149; Triple \$1,059; Quad \$1,009 (\$20 Discount for CHEER Members and Staff.) **Must reserve before August 1, 2024.**
- **Oct. 17, Canada-New England Cruise** - 9 Nights. Baltimore, Boston, Portland, ME, St. John (2 days), Halifax, Baltimore
- **Oct. 17-23, London, England** - 7 Days, Westminster Abbey, Tower of London, Greenwich, London Theatre, etc. Single, \$3,949; Double, \$3,349; Triple, \$3,319 (price subject to change)
- **April 27, 2025, Trans-Atlantic Cruise** - 14 Nights. Cape Liberty, Ponta Delgada, Malaga, Cartagena, Valencia, Florence/Pisa, Civitavecchia (Rome)
- **April 2025, Celtic Sojourn Tour, Ireland** - 7 Nights. Navan Fort, Titanic Belfast, Giant's Causeway, Glenveagh Castle & Gardens, Slieve League Cliffs, Belleek Showroom, and More! Departure Date and Cost to follow.
- **Several Golf Packages Available** - Rosen Shingle Creek, Orlando, Scottsdale, Hilton Head, Palm Springs, Scotland. Call for details.

Extended Stay and Cruise Reservations must be made through Cruise Planners. Call for details at 302-510-2583 or email Todd at todd.gockley@CruisePlanners.com or Sheila at Sheila.Klopp@CruisePlanners.com.

All Reservations Are First Come, First Served

Check www.cheerde.com/Events/Travel Club for complete details.

Caregivers Can Find Help At CHEER's Resource Library

By Christie Shirey
Community Resources

Mr. Man, the CHEER Cat, decided to visit the CHEER Center in Georgetown to find out what services are available to caregivers. He was scared because he doesn't go out much, but he ran into Amy Smith, CHEER's Nutrition Program Director. Amy took him to the Caregiver Resource Library and showed him all the available resources.

Amy also told Mr. Man about the CHEER Meals on Wheels services available to caregivers

and their loved ones. Nutritious meals are delivered Monday through Friday, plus weekend meals, for both the loved one and their caregiver. All meals are supervised by a Registered Dietitian and are heart healthy. Having a healthy meal each day cuts down on one of the caregiver's many tasks and helps relieve stress, improves health, and gives the caregiver a little extra time. You can sign up for CHEER Meals on Wheels by calling 302-854-9500 or filling out the online referral form at www.cheerde.com to get the



MR. MAN, the CHEER Cat, gets a tour of the Caregiver Resource Library at the CHEER Community Center from Nutrition Director Amy

process started right away.

Amy also told Mr. Man about the advantages of attending the center, Memory Cafe, Personal Assistance services, and the Adult Day Center. You can find out more about these services by calling any CHEER Center or the Caregiver Resource Center at 302-515-3045.

This month's activities include:

June 3

7 p.m. - Online (ZOOM) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-3045

9:30 a.m. - Memory Cafe, Georgetown CHEER

1 p.m. - Memory Cafe, Long Neck CHEER

1 p.m. - Alzheimer's Caregiver Support Group, Long Neck CHEER

June 5

7 p.m. - Online (ZOOM) Care-

givers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-3045

June 6

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, Greenwood CHEER

1 p.m. - Caregiver Support Group, Greenwood CHEER

6 p.m. - Alzheimer's Caregiver Support Group, Ocean View CHEER

June 13

9:30 a.m. - Memory Cafe, Milton CHEER

1 p.m. - Memory Cafe, Greenwood CHEER

June 14

10:30 a.m. - Memory Cafe, Ocean View CHEER

12:15 p.m. - Memory Cafe, Roxana CHEER

June 18

9:30 a.m. - Memory Cafe, Georgetown CHEER

See Resources - page 7



Caregiver Support Groups/ Memory Cafe

Georgetown CHEER

Memory Cafe -

Every Tuesday, 9:30-11:30 a.m.

Greenwood CHEER

Caregiver Support Group -

1st Thursday of the month, 1 p.m.

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Thursday, 1-3 p.m.

Long Neck CHEER

Caregiver Support Group -

1st & 3rd Tuesday of the month, 1 p.m.

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Tuesday, 1-3 p.m.

Milton CHEER

Memory Cafe -

Every Thursday, 9:30-11:30 a.m.

Dementia Discussion Group

1st Monday, 10 a.m.

Ocean View CHEER

Caregiver Support Groups -

1st Thursday of the month, 1 p.m.

Partnered with the Alzheimer's Association

3rd Wednesday of the month, 1 p.m.

Partnered with the Parkinson's Education and Support Group of Sussex County

Memory Cafe

Every Friday - 10:30 a.m.-11:30 a.m.

Roxana CHEER

Memory Cafe -

Every Friday - 10:30 a.m.-11:30 a.m.

One-on-One Support Group
available by calling Christie Shirey

302-515-3045

Community Resources - from page 6

1 p.m. - Memory Cafe, Long Neck CHEER	Fenwick Island June 25
1 p.m. - Alzheimer's Caregiver Support Group, Long Neck CHEER	9:30 a.m. - Memory Cafe, Georgetown CHEER
3 p.m. - Caregivers Presentation at Independence Community	1 p.m. - Memory Cafe, Long Neck CHEER June 26
June 20	12 noon - Sussex Pride Aging Support Group, Zoom June 27
9:30 a.m. - Memory Cafe, Milton CHEER	9:30 a.m. - Memory Cafe, Milton CHEER
1 p.m. - Memory Cafe, Greenwood CHEER	1 p.m. - Memory Cafe, Greenwood CHEER June 28
June 21	10:30 a.m. - Memory Cafe, Ocean View CHEER
10:30 a.m. - Memory Cafe, Ocean View CHEER	12:15 p.m. - Memory Cafe, Roxana CHEER
12:15 p.m. - Memory Cafe, Roxana CHEER	June 24
June 24	10 a.m. - Caregiver Support Group, Bayside Community,

*I know the exact day I gave up jogging.
It's on my birth certificate.*



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Benefits Of Reverse Mortgages

Part 2: Four More Reasons A Reverse Mortgage Is Beneficial For Retirees

No Risk of Default or Foreclosure: As long as the borrower continues to meet the loan requirements, such as paying property taxes, homeowners' insurance, and maintaining the property, they can remain in the home without the risk of foreclosure.

Option for Aging in Place: For retirees who wish to age in place and may need funds for home modifications or healthcare expenses, a reverse mortgage can provide a way to access those funds without sacrificing their living situation.

Protecting Other Assets: Retirees can potentially preserve other investment accounts or savings for other expenses or unexpected costs by using home equity through a reverse mortgage.

Peace of mind: Reverse mortgages typically don't require repayment until the borrower moves out of the home permanently, sells the home, or passes away. This can provide peace of mind to retirees knowing that they can access funds without immediate repayment obligations.

Provided by JoAnn Moore, Licensed Mortgage Originator, NMLS #165477. The Mortgage Market of Delaware, LLC. Georgetown, Delaware 302.236.1229 MMOD-JoAnn@aol.com

After his annual checkup, the doctor told the elderly man, "There's no reason why you can't have a completely normal life, as long as you don't try to enjoy it."



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

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

JoAnn Moore, local and a fellow senior.

Contact me for more information.

Cell 302.236.1229,

Office 302.855.1300

MMODJoAnn@aol.com

NMLS #165477

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The CHEER 14th Annual Fundraising Classic

Wheels For Meals

Filling the Needs of the Seniors of Sussex County

“Cruising Through Our Golden Years”



Saturday, August 3, 2024 • 10 a.m. - 2 p.m.

(Rain Date: Sunday, August 4, 2024)

at the

CHEER Community Center
20520 Sand Hill Road • Georgetown, DE

Car Pre-Registration is \$50 which includes one FREE Ticket to CHEER's Champagne Luncheon. Additional Pre-Registration Luncheon tickets are \$25.

Luncheon Open to the Public, 11:30 a.m. - 1 p.m.; At-The-Door Price, \$30.

 **CHEER**

Over 50 Years Serving Sussex Seniors

For more information contact:

Amy Smith - asmith@cheerde.com - 302-853-4200

or Robin Greene - rgreene@cheerde.com - 302-853-4199

or Walter Koopman - rbdjet61@verizon.net - 302-745-5668

Registration also available on CHEER's website www.cheerde.com

Like us on Facebook at CHEER, Sussex County.

Vascular Dementia Is Just One of 8 Types of Dementia

By Cindy Mitchell
ADC Director

Alzheimer's disease is not the only form of dementia that you should be concerned with.

For most people, Alzheimer's disease is the first condition they think of when they hear the word dementia – and for understandable reasons. Degenerative brain disease is the most common type of dementia, an umbrella term for loss of memory, language, and other thinking abilities that become severe enough to interfere with a person's daily life. However, Alzheimer's is far from the only one, according to *8 Types of Dementia and How to Recognize Their Symptoms, According to Experts* (by Marisa Cohen, Published: Aug. 30, 2021). This month, I am highlighting just



one of the forms of dementia. Next month, I will highlight another, Lewy body dementia.

Vascular dementia occurs when blood flows to part of the brain is blocked off. This often

occurs after a major stroke or series of small strokes (TIA) or it can be due to high blood pressure, diabetes, or atherosclerosis. People over 65 are the most affected. Early symptoms are difficulties with language, inability to pay attention, inappropriate emotional outbursts, and poor planning and judgment. Later symptoms include memory loss, confusion, im-

paired motor skill, depression, loss of bladder control, and even hallucinations.

There are hundreds of different conditions that can cause memory loss, confusion, personality changes, and problems with walking, speaking, and comprehension, according to Douglas Scharre, MD., Director of the Division of Cognitive Neurology at Ohio State Wexner Medical Center. "Dementia means that the brain isn't working well – there are treatable types, and types we have limited options for," he says.

To learn more about the CHEER Sand Hill Adult Day Program contact me, Cindy Mitchell, at 302-212-4482.

Next month, I will highlight Lewy body dementia and include some of the tests that the doctors will want to do to learn and better help you.

Know-it-all: a person who knows everything there is to know about nothing.

**WE HAVE GOOD NEWS
AND WE HAVE GREAT NEWS**



The **Good News** is
The Fitness Center is Open
to **All** CHEER Members.

The **Great News** is
As of January 1 it is **FREE** to
All CHEER Members.

CHEER
Over 50 Years Serving Sussex Seniors

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

**SAND HILL
ADULT DAY
PROGRAM**

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how difficult it can be.*

Offering respite care for caregivers as we care for your loved ones 50 and older.
Nursing oversight • Assistance with personal care
Secure Facility • Noon meal and snack provided
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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

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Significant Dates in the Month of June

D-Day Invasion of Normandy

June 6, 2024 - D-Day (coded designation merely for Day) was the name given to the June 6, 1944 invasion of the beaches at Normandy in northern France by troops from the United States, Canada, the United Kingdom, and other countries during World War II. France at the time was occupied by the armies of Nazi Germany and the amphibious assault—codenamed Operation Overlord—landed some 156,000 Allied soldiers on the beaches of Normandy by the end of the day. Despite their success, some 4,000 Allied troops were killed by German soldiers defending the beaches. At the time, the D-Day invasion was the largest naval, air and land operation in history and within a few days about 326,000 troops, more than 50,000 vehicles, and some 100,000 tons of equipment had landed. By August 1944, all of northern France had been liberated and in spring of 1945 the Allies had defeated the Germans. Historians often refer to D-Day as the beginning of the end of World War II. (Ref. - history.com/topics/world-war-ii/d-day)

American Flag Day

June 14, 2024 - Flag Day is a celebration of the American flag that occurs each year on the anniversary of the flag's official adoption, June 14. What we know fondly as the "Stars and Stripes" was adopted by the Continental Congress as the official Ameri-

can flag on June 14, 1777, in the midst of the Revolutionary War. Congress made the Flag Resolution of 1777, stating: "The flag of the United States shall be thirteen stripes, alternate red and white, with a union of thirteen stars of white on a blue field ..." Official announcement of the new flag was not made until Sept. 3, 1777. "Flag Day" was celebrated as a patriotic occasion for many decades, but it was President Woodrow Wilson who made the observance official by a presidential proclamation on May 30, 1916. (Ref. - almanac.com/content/flag-day-celebration-american-flag)

Father's Day

June 16, 2024 - The inspiration for a day dedicated to dads goes back to the early 1900s. After a woman named Sonora Smart Dodd's mother died during childbirth, she and her siblings were raised by her father, a Civil War veteran named William Smart. To express her gratitude for all her father did for her, Dodd initiated a day designated to "instill the same love and reverence for the father as is the mother's portion." Dodd chose June based on the month of her father's birthday. President Richard Nixon signed a proclamation in 1972 that Father's Day became an official holiday on the calendar. (Ref. - today.com/life/holidays/when-is-fathers-day-rena31413)

See June Dates - page 19



Questions about Medicare?

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302-674-7364

we provide **FREE**,
unbiased & confidential counseling

Trinidad Navarro, Insurance Commissioner
www.insurance.delaware.gov/DMAB





This project was supported, in part by grant number #90SAPG0104-04-00,
from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

Don't Forget Food Safety This Summer

By Lisa Harkins, RD, LDN

Warmer weather brings with it picnics, poolside snacks, and backyard barbecues. The higher temps mean we need to take care to keep our food safe from spoilage and making us sick. Here's some great tips to help you and your loved ones avoid foodborne illness all summer long.

Thawing Foods

Just because Mom used to leave the chicken out on the counter all day to thaw doesn't mean you can! Unfortunately, current food processes and a new bacterial environment prohibit us from this practice. Today, there are several options to thaw foods quickly and safely:

Put the food to be thawed in the refrigerator for an appropriate amount of time (for example, a 10 lb. chicken will need at least 48 hours to thaw; rule of thumb: 24 hours for every 5 lbs. of meat). Be sure to place



the food in a container that can catch any drips, so the other foods are not contaminated.

Place the food completely submerged in a clean sink and run cool (70 degrees F or cooler) water over it until thawed.

Thaw frozen foods in the microwave ONLY if that food is to be eaten immediately after it is completely cooked.

Thaw the food as part of the cooking process (for example frozen chilis, pizza, vegetables, soups, etc.).

Storing Foods

Many people are unsure of how long to keep leftovers or opened food products in the refrigerator – here is a handy guide to the most common items we keep:

Leftovers (which includes meats and poultry) - within three days

Milk and Yogurt - use by the expiration date or at least no more than 1-2 days past.

Eggs - use within 4-5 weeks past the "Pack Date" or "Julian

Date", which is usually about three weeks after purchase

Lunchmeats - eat within three days of opening or by the expiration date if not opened.

Proper Refrigerator Temperature

Ensure your refrigerator is kept between about 37-40 degrees F. Bacteria can begin to grow and multiply at temperatures between 41 degrees F and 140 degrees F (what is known as the Temperature Danger Zone). A thermometer for your refrigerator is inexpensive and a good way to ensure your food is stored at the proper temp.

And when in doubt...throw it out! Don't use smell or appearance to determine if a food item has expired. Many harmful bacteria, viruses and fungus are odorless and invisible to the naked eye.

For more food safe tips visit: <https://www.cdc.gov/food-safety/index.html>.

When The Time is Right...

Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. We can provide a customized, unique and affordable experience 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



 **CHEER**

Over 50 Years Serving Sussex Seniors

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

CHEER's Annual Hug a Tree Photo Contest Winners Announced



MOST PICTURESQUE
Nancy and Bill Crouch



GROUPS - trees donated in their honor through NCP
Tree Poem Group

Barbara Bandel, Karen Garrison, Bernie Siano, Margie Wallace and Deb Johnstone



YOUNG AT HEART - tie
Barbara Goebel



Janet McNeill



TREES ARE TERRIFIC
Peggy Lank



STAFF WINNER
T'Kara Bolden



GROUPS, Honorable Mention - tie
Top - Georgetown CHEER
Bottom - Roxana CHEER



CHEER members at Ocean View enjoy a game of Pickleball during a beautiful spring morning. Playing teams are: left - Abby Donnelly and Barb Monahan vs. right - Renate Shaw and Kathy Alves.

Pickleball Phenomenon Hits CHEER

By Carolyn O'Neal
Community Relations

The COVID pandemic pushed many people beyond their ability to cope. Being forced to stay in their homes with little or no socialization with others caused many to have trouble sleeping and to feel anxious or nervous. Kathy Alves of Ocean View was one of those sufferers in 2020 who needed something to do outside. Then one day her neighbor painted a Pickleball court on his driveway – and the games began.

“It’s so much fun,” said Barb Monahan, a Pennsylvania transplant who retired from teaching after 35 years, “and it’s a good form of exercise that is not strenuous and tons of fun!”

Pickleball is a paddle sport that two or four players hit a perforated, hollow plastic ball over a 34-inch-high net until one side is unable to return the ball or

commits a rule infraction. The court is the same size as a doubles badminton court and measures 24x44 feet. It can be played by all ages.

The game’s origin is credited to Washington State Congressman Joel Pritchard and businessman Bill Bell who returned from playing golf and found their families bored with nothing to do. Pritchard’s property had an old badminton court, so he found some ping-pong paddles and a perforated plastic ball. Since that day in 1965, pickleball has become the fastest growing sport in America. According to the 2023 Topline Participation Report by the Sports & Fitness Industry Association, up to 8.9 million players in the United States are over the age of sixty years old. The game’s name is credited to Pritchard’s dog, Pickles, who would steal the balls.

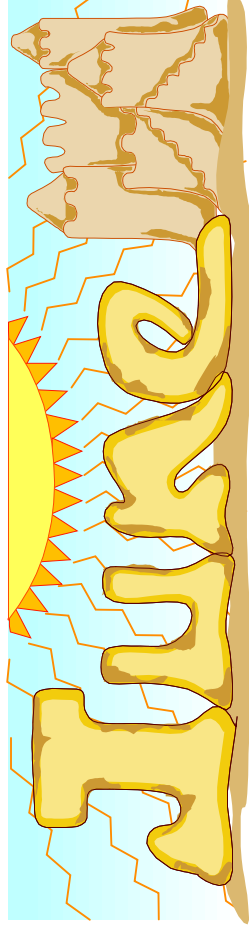
The explosive growth of Pickleball in Sussex County, Delaware is primarily

based on the retiree population that has moved here. The game gets seniors more active, less lonely, and more engaged; some have even recovered from depression due to the increased activity.


With Pickleball becoming a popular activity for seniors in the Ocean View area, in August 2016 an established group came to CHEER to give a demonstration. It was so well received that many CHEER members wanted to give it a try. One of CHEER’s members, Nancy Colella, was already a big Pickleball player in the area so she took the lead at CHEER.

“Nancy approached me about having courts at the center. I went to our administration about it and they agreed to paint two courts on our parking lot,” explained Center Director Yolanda Gallego. “Our members raised the money for equipment and getting the courts painted! They start-

See Pickleball - page 15



Menu items subject to change due to availability.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish Sandwich Baked French Fries Cole Slaw Pineapple Slices Skim Milk	4 Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk	5 Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Salad Fruited Gelatin Skim Milk	6 Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk	7 Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk
10 Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	11 Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk	12 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	13 Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	14 Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk
17 Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	18 Turkey Tetrazzini Green Beans with Mushrooms Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk			21 Cream of Tomato Soup Cottage Cheese w/Fruit 3 Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk
24 Turkey Divan Steamed or Baked Rice Whole Wheat Roll/Bread Fresh Fruit Skim Milk	25 Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk	26 Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Chilled Fruit Cup Skim Milk	27 Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	28 Oven Fried Tilapia Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Boston Cream Pie Skim Milk



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Lunch Served 11:30 a.m. til 12:30 p.m.

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Pickleball - Cont'd from page 13

ed out on the other side of the pond, then moved to the present location, first as two courts and finally to the current version of three. CHEER did give us some extra equipment one year. Play began in the Fall of 2016 with "Pickleball Nan" leading the way."

"The participation has grown tremendously since then. We have a traveling team that plays eight weeks in the spring and eight weeks in the fall in tournaments and represents CHEER. It's called CHEER Crush," said Yolanda.

Every Pickleball player at Ocean View credits Nancy Colella, whom they affectionately call "Pickleball Nan", for beginning the sport at CHEER. Barbara Monahan, one of the two captains of the CHEER players, said, "Nan has a heart of gold and welcomed any and all people to the pickleball courts. Her perseverance, dedication, and friendly attitude was the main catalyst for the growth of Pickleball in the area."

"On good (weather) days, we have between 20-30 people playing," added Barbara. "They come even in bad weather."

"Pickleball is equal for men and women," Mark Shaw added. The second CHEER captain of the players, Mark sets up the courts on Tuesdays and Thursdays for play time from 10 a.m. til noon, in the spring and fall and earlier for summertime. He also makes the call if they play or not during adverse weather conditions. However, Center Director Yolanda sometimes will help to make that decision by parking her car on the courts if she believes it is too windy or wet.



PICKLEBALL captians at Ocean View CHEER are, left to right - Mark Shaw, Nan Colella and Barbara Monahan.

A mixture of ping pong, tennis and badminton, the serving is different in Pickleball. Many claim the hardest part, however, is learning how the scoring works. Newbies are welcome to join but a requirement is that they must work with an accomplished player for a while to learn the playing rules and safety rules. All players must wear sneakers on the court.

"The number one injury in Pickleball is a player trying to run backwards and falling and trying to catch themselves with their hands, thus breaking a wrist. That is why we are adamant about no running backwards on the courts during play," said Mark Shaw.

Center Director Yolanda added, "In any sport, injuries can happen, so the criteria must be taught. Some players have gotten more competitive as time has passed and have joined higher ranked teams. Some people play seven days a week somewhere."

"I used to play tennis," said Abby Donnelly, "but I can't cover the court anymore.

Pickleball brought me to CHEER and I love it."

Kathy Alves' husband, Buddy, also played tennis at one time. He was even rated 4-5. "I went to play tennis recently after playing Pickleball for a while and the ball looked like it was 50 miles away and about pea-sized coming straight toward me. My depth perception from playing Pickleball had thrown off my tennis perception."

An athlete all his life, the 76-year-old Vietnam veteran retired as the Marketing Director for the Maryland Transit Authority in Baltimore. Buddy claims that Pickleball is a great game for anyone. "As I

have progressed in play, I have gotten better," he said.

John and Pat Horoschak are six-month snowbirds who migrated from Harrisburg, Pa. for a six-month stay at Evans Park in Millville. Every Tuesday, they can be found at CHEER playing Pickleball.

Barbara Monahan invites seniors to come try Pickleball at CHEER. "It gets people out and socializing. The people at CHEER are so friendly," she said.

The game is very inexpensive. The only fee is that seniors must become members of CHEER for a fee of \$30 per year which entitles them to join the Pickleball Club on Tuesdays and Thursdays, plus access to the fitness center and other center activities.

For more information about Pickleball at Ocean View CHEER or other center activities, contact Yolanda at 302-539-2671 or email ygallego@cheerde.com.

(Editor's Note: Pickleball courts are also painted in the parking lots of the Milton and Greenwood CHEER centers. If members there would like to begin play, please talk to the appropriate center director. Players from Ocean View would gladly come give a demonstration.)



SNOW BIRDS John and Pat Horoschak from Harrisburg, Pa. came to Ocean View CHEER just to play Pickleball while they are summering at their home in Millville.



Georgetown Activity Center

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

Happenings

- June 6** – Beckett’s Bulletin
- June 7** – Georgetown to Greenwood
- June 15** – Outdoor Yard Sale at Georgetown Senior Center
- June 16** – Father’s Day
- June 19** – Juneteenth – Center CLOSED
- June 20** – Revive Sound Productions
- June 20** – Dinner/Bingo
- June 21** – Greenwood to Georgetown

- Monday–Friday** – 8–10 a.m., Georgetown Café serving breakfast
- Monday–Friday** – Coffee and Social Hour
- Monday** – Chair Fitness – 10 a.m.; Bible Study with Ruth, 10:30 a.m.
- Tuesday** – Memory Café, 9:30

a.m.; Penny Bingo, 12 noon
First Thursday – Beckett’s Bulletin via Zoom
Third Thursday – Revive Sound Productions with Randy; Dinner/Bingo
Friday – Breakfast in the Café, \$2 for seniors
Friday – Chair Fitness, 10 a.m.; Penny Poker, 10:30 a.m.; Prize Bingo, 12 noon
Monthly – activities including: Wii Bowling, Wii Games, Corn Hole, Arts and Crafts and more.
Weekly – trips to the Bank, Dollar Tree, Walmart and Redner’s
Happy Birthday to all June Birthdays!



GEORGETOWN members craft dolls out of yarn. Showing off their creations are, left to right: seated - Yvette Harris, Sharon Farmer and Thomasine Andrews; standing - Bernice Bowden, Ruth Dorey, Della Zielinski, Carol Anderson, Joseph Donovan and Judy Jones.

The determined angler staggered up to the counter with an armload of the latest gear. As the cashier was ringing up the total, which came to several hundred dollars, the angler commented, “You know, you could save me an awful lot of money if you’d just start selling fish here.”



NUTRITION SURVEY WINNER ... Barbara Jean Bailey, Georgetown CHEER member, received flowers, balloons and a gift certificate from Irene M. Soucy, MS, RD, CSG, LDN, FAND, Contracted State Nutritionist, after her name was pulled from a drawing from a nutrition survey that Barbara participated in last year.

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Sign in a London department store: “Bargain Basement Upstairs.”



Greenwood Activity Center

41 Schulze Road • Greenwood, DE
Sheila Roell, Director
302-349-5237

Welcome June, National Safety Month! National Safety Month (NSM) is an annual month-long observance in the United States that takes place in June. NSM highlights the leading causes of preventable injury and death and encourages individuals and organizations to make efforts to reduce them. The National Safety Council (NSC) was established in June 1996. During National Safety Month, people can make a difference in their home, work, and community by: Identifying risks, Improving safety standards, and Increasing first aid and emergency awareness.

Morning Café

Join us daily at 8:30 a.m. for our CHEERful Morning Café. Enjoy a breakfast snack, coffee, juices and some interesting chat. On Friday mornings, we offer a full breakfast for \$2 for seniors followed by entertainment, various speakers or Bingo. See schedule and calendar for breakfast dates and times.

Tai Chi Class

Our Monday morning Tai Chi class (with Gary Tomkins) is growing and we are happy that members are taking advantage of this easy form of exercise. Research shows that practicing Tai Chi can improve balance, stability, and flexibility in older people, including those with Parkinsons disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia.

Special Activities

Monday, June 17 we will celebrate Father's Day with a party and entertainment by

Imagine. Happy Father's Day to all our Greenwood CHEER fathers!

On **June 18**, Greenwood CHEER will be hosting a National Safety Month activity called My Mobility Plan, "What You Can Do to Stay Independent."

On **Wednesday June 19**, all CHEER centers will be closed in observance of the Juneteenth holiday. Juneteenth commemorates the end of slavery in the United States, observed annually on June 19. It became a federal holiday in 2021.

We are excited that June is finally here and that our members will be taking their trip to Suicide Bridge Restaurant on **Thursday, June 20**. It's sure to be a wonderful time!

Activities To Remember

June 3, 10, 17, 24 – Mondays, Tai Chi class with Gary Tompkins. Learn how you can improve balance, stability and flexibility. 9:15–10 a.m.

June 5 – Penny Bingo is back! 10:30 a.m.

June 6 – Thursday, Beckett's Bulletin, CHEER's CEO, will bring us up to date on CHEER Happenings via Zoom. 10:30 a.m.

• Alzheimer's Support Group, 1 p.m.

• Memory Café with Christie Shirey, 1-3 p.m.

June 7 – Friday, full Breakfast \$2 for age 60+, 8:30-9:30 a.m.

• Victoria Lowrie from Highmark will visit Greenwood for games and fun! 9:45 a.m.

• Our friends from the Georgetown CHEER visit us, 9:30 a.m.

June 10 – Monday, Alzheimer's Program with Erica, Learn the Ten Warning signs, 10 a.m.

• Music Ministry with Pastor Dan and Betsy Taylor, 12 noon

June 11 – Tuesday, Blood pressure check with Betty, 9:45 a.m.; followed by Prize Bingo, 10:30 a.m.

June 12 – Wednesday, Trip to Milford Museum, shopping, and lunch at Arena's, 9:30 a.m.

June 13 – Wednesday, Positive Music Time with Randy, 10:30 a.m.

• Memory Café with Christie Shirey, 1-3 p.m.

June 14 – Friday, full Breakfast, \$2 for age 60+, 8:30-9:30 a.m. followed by entertainment by Lisa Miller.

June 17 – Monday, please join us for our Father's Day Party with entertainment by Imagine, 10:30 a.m.

June 18 – Tuesday, Come join us for a National Safety Month activity called My Mobility Plan, "What You Can Do to Stay Independent," presented by Sheila.

June 19 – Wednesday, All CHEER centers CLOSED in observance of the Juneteenth holiday.

June 20 – Thursday, trip to Suicide Bridge. Don't forget

your sunscreen and hat! Time TBD.

• Memory Café with Christie Shirey, 1-3 p.m.

June 21 – Friday, full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.

• Greenwood members visit our friends at Georgetown, 9:30 a.m.

June 25 – Tuesday, Blood pressure check with Betty, 9:45 a.m.; followed by Prize Bingo, 10:30 a.m.

June 26 – Wednesday, Trivia and Games with Alethea Franceschi of Delaware Palliative Care, 10 a.m.

• AARP Defensive Driving Course – Refresher, 9 a.m.–1 p.m.

June 27 – Thursday, Dinner and Entertainment TBD, 5 p.m.

June 28 – Friday, full Breakfast, \$2 for age 60+, 8:30-9:30 a.m.

• Membership Meeting. Please come and share your thoughts, 10 a.m.; followed by Prize Bingo.

While trying to run four different programs in memory and juggle data between them, a typist saw this error message appear onscreen:

FORGET IT.

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CHEER

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Lewes Activity Center

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

Monthly Party

On **June 21**, we will be having our monthly party. We will begin the party at 10 a.m. with games and a chance to win a prize. The entertainment will begin at 10:30 a.m., provided by Lisa Miller. Following entertainment, we will have a nutritious lunch at 11:30 a.m., and conclude the day with free prize Bingo. Please come out and enjoy a day of fun, great food, and fellowship with friends.

Happy Birthday

Happy Birthday to anyone born in the month of June. We will be having a birthday celebration for everyone born in June on **June 26**. Please come and have cake and ice cream with us! Happy Birthday Everyone! We pray you have a blessed day and a blessed year to follow.

Breakfast Bash

The breakfast bash is on Thursdays! Breakfast will begin at 8:30 a.m. and go on until 10 a.m. The cost of breakfast is \$2 for members and \$4 for non-members. Please sign up for breakfast at the desk.

Night of Elegance

This month, our dinner will be something different, but so exciting. We will be having a Night of Elegance on **June 18**. If you do not want to dress up for dinner, you don't have to; I thought it would be nice to get dolled up. We will have entertainment by Mark Gratton. The menu will consist of chicken cordon bleu, red skinned mashed potatoes, asparagus, dinner roll and

cheesecake. The cost of the dinner is \$6 for members and \$8 for non-members. Wine will be available for an additional cost. Please sign up for the dinner at the desk.

Virtual Chair Yoga

Don't forget we had our first Chair Yoga class last month. We will continue to have Chair Yoga every Friday at 10:30 a.m. Please spread the word to your friends and come out to support this new class. The cost of the class is FREE to members.

Murder Mystery

Hello All! Thank you to everyone who is interested in helping with the murder mystery. We are looking for a few more actors and actresses to help us host our first Murder Mystery Dinner Theater. I would like to start having rehearsals next month. Please keep in mind, you will not have to memorize any lines. If you are interested in participating, please see Crissy.

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*



Long Neck Activity Center

Pelican Cove, 26089 Shoppes at Long Neck • Millsboro, DE
Samantha Harper, Director
302-945-3551

Happenings

Fri., June 7 – 10 a.m., “Horse-shoe Crabs, Shorebirds, and the Delaware Bay” presented by The Dupont Nature Center

Thurs., June 20 – 4–6 p.m., Prize Bingo and Dinner

Wed., June 26 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our June birthdays.

Fri., June 28 – 12:30 p.m., Strawberry Festival

Trips

Tues., June 4 – Salisbury Zoo and Dayton restaurant, bus leaves at 9:15 a.m.

Thurs., June 13 – Dover Air Force Base Museum and Arby's, bus leaves at 9:15 a.m.

Tues., June 18 – Aldi's and Chic-fil-A, bus leaves at 9:15 a.m.

Thurs., June 25 – Parson's Farm, bus leaves at 9:15 a.m.

Every Monday – Walmart,



LONG NECK'S Roger Cox, Colleen Richards, Maggie Smith, Thelma Cottman, and Lois Renoll are folding pocket flags to send to our troops.

bus leaves at 9:30 a.m.

Every Wednesday – Bank, post office and drug store, bus leaves at 9:30 a.m.

Every Friday – Dollar Tree, bus leaves at 10 a.m.

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Milton Activity Center

24855 Broadkill Road • Milton, DE
Susan Mitchell, Director
302-684-4819

I'd like to thank everyone again for such a warm welcome to Milton CHEER! Happy June to everyone. Time to enjoy the beach... and maybe a little ice cream?

“JUNE”

by Lottie Brown Allen

Oh what is more sweet than the month of June

When our senses thrill and our hearts keep tune

To the song of the birds and the rose in bloom?

Oh what is more joy than the early gray

Of the dewy morn and the sun's first ray

That herald the dawn of a perfect day?

Oh what is more fair as the sun climbs high

Than the azure hue of the summer sky

And the snow-white clouds drifting idly by?

Oh what is more pure than the summer air

That wafts from the woodlands and gardens fair

A fragrance and perfume so rich and rare?

Oh what is more dear than the twilight hour

When the daylight fades and

each nodding flower

Is kissed by the moonbeams' mystic power?

O, Summer Queen! you are gone too soon

With your sunny days and your shining moon,

With your golden grain and your wealth of bloom.

And if we could hold in some magic way

To your trailing robes for a single day,

Dear month of June, we would bid you stay.

Happenings

Monday-Friday – Fitness room is open from 8 a.m.-3:30 p.m.; Daily coffee, snack social hour

Mondays – Tai Chi, chair exercises, yoga

Tuesdays – DMV Van is here! Chair yoga, Bingo, and board games

Wednesdays – Arts and crafts, Bible study, Bridge, Yoga

Thursdays – Memory Café, Mahjongg, Chair Yoga

Fridays – Breakfast (only \$2 for seniors), Prize Bingo

Weekly trips to Dollar General, Post Office, and Bank

Definitely a trip in town to King's for ice cream.

June Dates - Cont'd from page 10

Juneteenth

June 19, 2024 - Juneteenth is the oldest-known celebration marking the end of slavery in the United States, first recognized by the state of Texas. On June 19, 1865, U.S. Maj. Gen. Gordon Granger delivered the message to the people of Galveston, Texas. This day soon became known as “Juneteenth,” a verbal shorthand for June 19. In 1980, Texas called it “Emancipation Day.” Since then, at least 48 states and the District of Columbia have acknowledged Juneteenth as a holiday or observance. On June 17, 2021, U.S. President Joseph R. Biden signed into law the Juneteenth National Independence Act, which establishes June 19th as a federal holiday. (Ref. almanac.com/juneteenth)

Milton Center Loses Its Longest-standing Member

It is with great sympathy to report that Aileen Leggins of the Milton CHEER Center passed away on Friday, April 26, 2024 at the age of 83. Aileen was Milton CHEER Center's longest-standing member. She was a member of Slaughter Neck CHEER before it was moved to Milton. She attended CHEER five days a week for several decades.



Aileen lived at Luther Towers in Milton and was always the first stop on the bus route. She has attended every major CHEER event since the beginning of CHEER. She never missed a CHEER Beach Day, Trap Pond, and the Older Americans event. We will truly miss Aileen and everything she did for the Milton CHEER Center. Enough can't be said about Aileen's decent and compassionate nature. May she rest in peace.

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VOLUNTEER OPPORTUNITIES

HOMEBOUND MEAL DELIVERY DRIVER

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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 and general office support.

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.

CENTER ASSISTANCE

Volunteers are needed to assist members with arts and crafts, opening, or exercise including assisting in the fitness center; assist in planning and running various activities, including fun games; setting up for activities; cleaning the equipment at fitness centers 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 members or public. Duties can include, but not limited to, clerical, kitchen assistant, setup and cleanup. Events may take place during day, evenings and/or weekends.

FOR MORE INFORMATION
OR TO VOLUNTEER, CONTACT

302-515-3040

or apply at www.cheerde.com

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The Queen's Court ...



GEORGETOWN

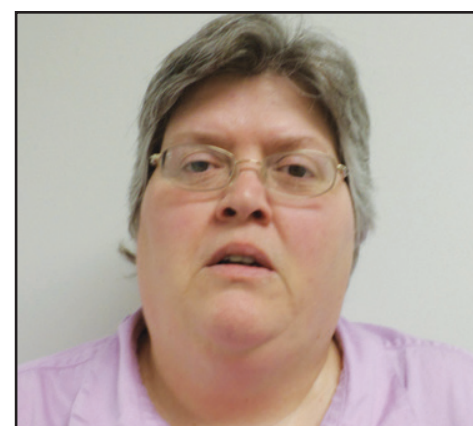
Carlos Gonzalez

Carlos is a bilingual volunteer who helps wherever he is needed at the center.

MILTON

Jim King

Helps in the kitchen any way he can. *(No photo available.)*



GREENWOOD

Julie Hudson

Julie has the skills and dedication of an ideal volunteer. She is compassionate, hardworking, trustworthy and pleasant to work with.



OCEAN VIEW

Karen Garrison

Karen is busy with the Walking Club on Monday and being the all-day receptionist on Thursday. She helps in the office with the paperwork, provides medical transportation to seniors, and plans special events. Her kindness, generosity and creativity have touched many at Ocean View center.



LEWES

Evelyn DeLazzaro

Evelyn has been volunteering at Harbour Lights for almost three years. She works three days a week as a receptionist and calls Bingo several times a week. She is a joy to have at the center and is a tremendous help for everyone.

ROXANA (at right)

Joann Strawser

Joann is the coordinator for two meals-on-wheels routes in the Roxana area. Her bubbly personality makes it easy for her to recruit new volunteers.



CHEER Crowns Queen

Colleen O'Connor was crowned CHEER's Volunteer Queen of the Year during a recent banquet at the community center, made possible by a grant from Meals-on-Wheels Delaware. Colleen has been volunteering at the Long Neck CHEER Center for one-and-a-half years. She spends three days a week working as the receptionist for the Long Neck center.

Colleen and her finance, Richard, moved to the area about two years ago from Delaware County, Pennsylvania. She had worked full time as the office manager in a medical office for 47 years. She has three sons - one in Texas, one in Pittsburgh, Pa., and one in Kennett Square, Pa. She also enjoys her eight grandchildren.

Colleen found out about CHEER when reading the *CHEERful Living* newspaper while waiting for her physical therapy appointment. She sought it out and volunteered immediately.

Following the surprise announcement, Colleen says she was almost (emotionally) "done in" when she happened upon CHEER. "I really enjoy the members here," she said. "CHEER has been a life saver for me. I feel like I'm still going to work."

In photo at left, CHEER CEO Beckett Wheatley (standing) congratulates Queen Colleen following the crowning ceremony.



Welcome New Volunteers

Sama Jean Denis	Georgetown	Kitchen/Center
Pamela Graves	Lewes	Kitchen
Shirley Herndon	Long Neck	Activity/Special
Ricardo Luzietti	Long Neck	MOW
Marguerize Offinani	Long Neck	Activity
Suzanne Parmeler	Long Neck	Kitchen/Admin.
Juan Perez Perez	Long Neck	Center/Kitchen/Rep
Donna Reynolds	Long Neck	MOW
Jennie Vucinich	Long Neck	Activity/Special
Irene Winters	Long Neck	Activity/Special
Catherine Young	Long Neck	Kitchen
John A. Blair	Ocean View	Kitchen/Admin
Carly Juanez	Ocean View	Center/Intern
Oscar Cisneros	Roxana	Kitchen
Lois Connors	Roxana	Center
Maria Dawson	Roxana	MOW
Rodney Malchow	Roxana	Med/Center
Catherine McCraw	Roxana	MOW

Thank you for your support!

LINE DANCING

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DANCE INSTRUCTOR:
LILY PARSONS

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 GEORGETOWN, DE

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Ocean View Activity Center

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

“Fun in the Summertime”

Summertime is here and there is lots of fun to be had, so keep reading to find out! We're kicking off the month with a Celebration on **Saturday, June 1**, 8-11:30 a.m. – Pickleball, Danishes and a Parking Lot Concert with Dale Teat from 10–11 a.m.! Please bring your own chair (we will not be taking our new chairs outside). We'll also Celebrate World Oceans Day (June 8) with a Beach Clean Up on **Friday, 7th**! And, join us for a Steel Drum Parking Lot Concert on **Tuesday, 11th** from Noon – 1 p.m. (bring own chair)!

As famed American Marine Biologist, Oceanographer, Explorer, Author and Lecturer Dr. Sylvia Earle tells us, “*We need to respect the oceans and take care of them as if our lives depended on it. Because they do.*”

~Sylvia Earle (AZ Quotes)

Activities

NEW MEMBERS, PLEASE PICK UP YOUR NAME TAGS FROM THE FRONT DESK!

Ocean View Hours:

8 a.m. - 4:30 p.m.

Monday - Friday

Monday-Friday: Puzzle Mania (jigsaw puzzles, word search, crossword, etc.) available all day; Fitness Room (FREE to all current members or Silver Sneakers) available all day; Lunch Daily, 11:30 a.m.–12:30 p.m. (\$3.50 donation requested for 60 and over, \$4.50 for under 60). Most folks show up at 11:30 for lunch and daily activities start or resume by 12/12:15 p.m.

•Karen Garrison is here most Thursdays and is a public

notary.

Mondays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Walking Club, 9:30 a.m., by bus to local locations (weather permitting or exercises/brain games indoors); Corn Hole in our parking lot, 9:15 a.m.; Mahjongg, 11 a.m.; Quilting Club, Shopping, 12:15 p.m.

•Membership Meeting on the 2nd Monday, **June 10** at 12 noon.

•Stand By Me, 4th Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302-685-2586, **June 24**.

Tuesdays: Chair Yoga, 8:30 a.m. for the summer (added to try to accommodate more members), \$5; Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (Class size limited to space), Pickleball in the parking lot, 9 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Arts and Crafts on your own, supplies available); Canasta and Pinochle, 12:15 p.m.

•Steel Drum Parking Lot Concert with Michael Cook, **Tuesday, 11th**, Noon – 1 p.m. – BRING YOUR OWN CHAIR! (will reschedule for inclement weather).

•“The Short Term Memories” and Dinner, **Tuesday, 25th**, 5–7 p.m. \$6 members and \$8 guests – sign up in advance please (you must call to cancel if you cannot make it).

Wednesdays: Yoga, 9 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Breakfast, 9-10 a.m., \$2; Bocce at 10 a.m. in John West Park; Bingo, 10–11:30 a.m./12:15–2 p.m., \$3 donation,

if able, for full day; Poker and Pinochle, 12 noon.

•Knitting Club on your own, (with Marie when available), 12:15 p.m.

•Nutrition Education with Lisa Harkin on Zoom, **Wed. tbd**, 11:30 a.m.

•Rehab Topic Talk with Billy and Erin of PAM Rehab, **Wed., 19th**, 11:45 a.m.

•Parkinson's Support Group, 3rd Wednesday, however, none in June as we're closed for Juneteenth!

•Celebrating all JUNE BIRTHDAYS over lunch, **Wed., 26th**

Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early – Class Size Limited), Pickleball in the parking lot, 9 a.m.; Hand and Foot, 12:15 p.m.

•Beckett's Bulletin, 1st **Thurs., June 6**, 10:30 a.m., on Zoom

•Alzheimer's Caregiver Support Group, stay tuned, times/days possibly changing.

Fridays: Weekly Trips, times vary. Tai Chi, Fridays, 9:30 a.m. with Ellen Provost, \$5/hour! Memory Café with Christie Shirey, every Friday, 10:30–11:30 a.m., all welcome! Mexican Train Dominoes, 11:30 a.m., Mahjongg and Poker, 12 noon.

•Music Memories with DJ Dan, 1st Fridays, **June 7**, following Memory Café/Lunch – open to everyone, Noon–1 p.m.

•Line Dancing with instructor Donna Ferraro, Once Monthly Only, **2nd Fri., June 14** 2–3 p.m., \$5. Please sign up and pay in advance, to secure class (Minimum of 10 needed for class to run – if not enough your \$ will be returned, of course).

Keep trying -- Look at that man who put a hole in a Life Saver and made a mint!

Trips

Refer to our Calendar for updates, etc.

Please remember that you are expected to arrive at the Center a MINIMUM of 15 minutes prior to scheduled departure time. We may leave a little early due to traffic concerns, etc., and we don't want you left behind! Also, if you signed up and cannot make it, please call to cancel.

Thurs., June 6 – Ocean City Lifesaving Museum Coastal Bays Exhibit and Shark on The Water, 9 a.m.

Fri., June 7 – World Oceans Day Beach Clean Up Celebration and Dockside Marina, 9:30 a.m.

Thurs., June 13 – Ultimate Eco Tour with Cape Water Tours and Taxi, 9 a.m., \$30 (pay at sign up to reserve your seat).

Fri., June 14 – DE Botanic Gardens, \$15 (or special pass from Library) and Salted Rim – Walking Tour only (as I might not be able to get carts - \$10 extra), 9:30 a.m. and Salted Rim Margarita Bar & Grille.

Thurs., June 20 – Choptank Riverboat Luncheon Cruise, \$56/person, includes crabcake/chicken luncheon – must pay at sign up! 11 a.m.

Fri., June 21 – All Saints Thrift Shop, RB and Fin & Claw in Ocean View, 9:30 a.m.

Thurs., June 27 – Cape Henlopen State Park Nature Stroll with Kathleen, \$6, and The Big Oyster, 9 a.m.

Fri., June 28 – DE Seashore State Park, Beach Time or hang out on mini boardwalk, and Big Chill Beach Club, 9:30 a.m.

**We collect donations here, on a regular basis, for Saint Vincent de Paul's Local Community Food Pantry, at Our Lady of Guadalupe Mission Church in Frankford. Please be sure to check all expiration dates first.*



HISTORIC LEWES ... Roxana CHEER members enjoyed a visit to Historic Lewes. Standing in one of the historic houses are, left to right: Historical Society volunteer dressed in period clothing, Al Oliver, Edward Fowler, Center Director Debra Dudkin, Dolores Darnell, Jack Keating, Mary Prencipe, Peggy Mance, Lois Connors, and another volunteer in period clothing. Before returning to the center, the group stopped to pay a quick visit to one of their members who is in a rehabilitation center.

This Month's Recipe ...

Pimiento Cheese

Need a new recipe for your upcoming Fourth of July picnic that will have everyone waving their flag in your honor? Try this delicious Pimiento Cheese recipe on some toasted bread, veggies, chips or crackers.

Ingredients:

- 1 (4-oz.) jar diced pimiento, drained
- 1 ½ cups mayonnaise
- 1 tsp. Worcestershire sauce
- 1 tsp. finely grated yellow onion
- ¼ tsp. cayenne pepper
- 1 (8-oz.) block extra-sharp yellow Cheddar cheese, finely shredded
- 1 (8-oz.) block sharp yellow Cheddar cheese, shredded



Directions:

- Step 1 - Stir together pimiento, mayonnaise, Worcestershire, onion, and cayenne in a large bowl.
- Step 2 - Stir cheeses into pimiento mixture until well combined.
- Store covered in the refrigerator up to one week.

This can be used as a sandwich spread on bread or crackers. Also can be used for dipping for vegetables, corn chips, etc.

Only in America ... do we leave cars worth thousands of dollars in the driveway and leave useless things and junk in boxes in the garage.



Roxana Activity Center

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

Monthly

1st Thursday, 10:30 a.m. – Beckett's Bulletin. CHEER CEO, Beckett Wheatley has an interactive online Zoom meeting with all of the CHEER Centers. The meeting provides an update of what is going on at CHEER and encourages our members to ask questions and voice their suggestions.

1st Wednesday, 10:30 a.m. – Members Meeting

4th Monday, 10:30 a.m. – Stand By Me with Kathleen Rupert

Weekly

Mondays:

Morning Café, Socializing and Snacks

Sit and Fit – Chair Exercises
Pastor Dan and Betsy Taylor – Bible Study/Music Ministry and/or Inspirational Reading/Discussion Group (alternating weeks)

Group Discussion: "This is Us"

Lunch, \$ Donation

Shopping: Grocery Store, Bank, Post Office and/or Drug Store

Tuesdays:

Morning Café, Socializing and Snacks

Prize Bingo or Mingo

Lunch, \$ Donation

Games – Member's Choice: Hand and Foot/Chicken Foot/Uno/Wii and more

Arts and Crafts – Last Tuesday of every month. Sign up required, 12 ppl. maximum.

Wednesdays:

Morning Café, Socializing and Snacks

Entertainment/Educational Speakers

Lunch, \$ Donation

Sit and Fit – Chair Exercises

Group Games/Puzzles and/or Trivia

Thursdays:

Morning Café, Socializing and Snacks

Trip Day and Group Outing for Lunch– Sign-up required, 16 ppl. maximum

Lunch, \$ Donation

On Your Own – Games, Movies, Puzzles, Etc.

Fridays:

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel

Lunch, \$ Donation

Memory Café with Christie Shirey

Special Events

June 3 – Pastor Dan and Betsy Taylor – Music Ministries

June 4 – Father's Day Celebration with Entertainment by Dan Feth

June 7-14 – Roxana Members will meet at OV Center

June 17 – Pastor Dan and Betsy Taylor – Music Ministries

June 19 – All Centers are CLOSED in honor of Juneteenth

June 25 – Arts and Crafts – Introduction to Watercolors, sign up required.

June 26 – Music with Jerry Lee Adkins

See our monthly Center Calendar, for the most up-to-date scheduled Entertainment and Activities, on the CHEER Website: <https://www.cheerde.com>. (Activities occasionally change.)

Wife: "You're always wishing for something you haven't got."

Husband: "What else is there to wish for?"

WE NEED YOU!



*Help is needed
for homebound
meal delivery,
kitchen and
senior center
assistance,
and for
non-emergency
medical
transportation.*

**AT ALL CHEER CENTERS
To Volunteer Today Call**

302-515-3040

or go to www.cheerde.com/volunteer