

FREE

MAY 2024

# CHEERful Living

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

## *CHEER Has Gone To The Dogs ...*

Paws for People canine stars came to visit the seniors in Milton. At left, Meili, a Golden Retriever, enjoys the attention she is receiving from senior Charlie McCray.

*More photos on page 15*

## *Veterans Honored*

Area veterans were recently honored by a Quilt of Valor and two commemorative benches at the CHEER Community Center.

*See photos on page 5*



POWERED BY CONNECTION: MAY 2024

**Celebrate Older Americans Day**

with



**Friday, May 24, 2024 • 10 a.m. til 2 p.m.**

at the Warren L. and Charles C. Allen, Jr.

CHEER Community Center

20520 Sand Hill Road • Georgetown, DE

**\$6 age 60 and over - \$8 under age 60**

*Lunch Served At Noon*

*See details on page 13*





**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](mailto: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
Back Cover*	10.75 in. x 12 in.	\$1,000
Inside Covers*	10.75 in. x 12 in.	\$700
Full Page*	10.0 in. x 11.25 in.	\$550
Half Page*	10 in. x 5.625 in. OR 4.875 in. x 11.25 in.	\$300
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

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.

Throughout the procedure, Dr. Doran guides the robotic arm to remove the arthritic bone and cartilage from the hip. As he 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 outcomes.

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](http://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

302-990-3280

[tidalhealth.org/orthopedics](http://tidalhealth.org/orthopedics)



WE L  VE  
OUR VOLUNTEERS

**Table of Contents**

CEO Perspective ..... 4

Area Veterans Honored ..... 5

Community Resources ..... 6

DCW Honored ..... 7

Playing Dominos ..... 9

Recipe ..... 10

Nutrition..... 11

March For Meals ..... 12

Older Americans Day ..... 13

Menu ..... 14

Volunteers ..... 15

Georgetown..... 16

Greenwood..... 17

Lewes and Long Neck..... 18

Milton ..... 19

Ocean View ..... 20

Roxana..... 22

# CEO Perspective

**By Beckett Wheatley, CEO**

Have you ever taken the time to enjoy a Tootsie Pop? Oh! So many flavors to pick from (my favorite is red); however, that is not my point. An ‘old’, gracious veteran stopped by the CHEER Community Center in Georgetown one slow afternoon. Much to our staff’s surprise, he brought so much joy and tears to our hearts and eyes! This bright and inquiring face wanted to know what we had in store for an old soul like him. But, Mr. Smith, brought a lot more to us than he perhaps would ever know.

Of course, CHEER has a lot of services to provide to our Sussex County seniors! We told Mr. Smith about all of our upcoming trips and activities. He could become a CHEER member and attend any of our local CHEER Senior Activity Centers at a low annual membership price of only \$30 a year! We have locations in Georgetown, Greenwood, Milton, Lewes (Harbour Lights), Long Neck, Roxana, and Ocean View.

There is something for everyone! CHEER offers delicious, nutritious lunches, breakfasts, and even dinners with fun activities. All of our CHEER Fitness Centers are free to our members. Each location offers something different. Take your pick! Even our CHEER Community Center offers an array



of activities such as day-time exercise classes to our evening line dancing lessons.

But let us focus back on Mr. Smith. His wife passed away a few years ago and now he is living alone. Unfortunately, that is the case for too many of our seniors. Living alone at any age can take a toll on any of us. CHEER’s number one goal is to keep our Sussex County seniors healthy, active, and engaged so they may live a happy life, even if they are independent.

No one wants to leave their home. That is their recognized, safe place. CHEER offers a wide array of services to keep our Sussex County seniors actively independent in their own homes from personal assistance services, home-delivered meals, active-lifestyle senior centers with transportation, to our adult day program with dementia-trained staff to keep your

*See CEO - page 5*

## CHEER Staff

**Beckett Wheatley**  
Chief Executive Officer

**Tom Reardon**  
Chief Operating Officer

**Robert Rogers**  
Facilities Maintenance  
and Transportation Director

**Joe Muncey**  
FMT Assistant

**Angela Thomas**  
Finance Director

**Ginger Clifton**  
Senior Accountant

**Amy Smith**  
Nutrition Program Director

**Robin Greene**  
Congregate Program Director

**Megan Jordan**  
Nutrition Admin. Assistant

**Marissa Chavez**  
Human Resources Director

**Debbie Joseph**  
Personal Assistance  
Services Director

**Cindy Mitchell**  
Adult Day Program Director

**Debra Dodd**  
Hospitality Director

**Kevin Mutch**  
Information and  
Technology Manager

**Christie Shirey**  
Community Resources



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



Partially funded by



### 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, Del.*

*Available for FREE*

*throughout Sussex County in CHEER Centers and businesses throughout the county.*

**Editor - Carolyn O’Neal**  
**Community Relations Director**

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

## Area War Veterans Are Remembered For Their Valiant Service



CHEER's Ocean View Bus Driver Rudy Drummond (center) was recently honored by VFW Post 7234 by being awarded a Quilt of Valor for his service during the Vietnam War. Rudy was wrapped in the handmade quilt in appreciation for his service in the US Navy and his dedication to his country. Proudly looking on were his daughter, three grandchildren and many friends.

### CEO Perspective - Cont'd from page 4

loved one safe during the day. We even offer several day-time caregiver support services. Are you an active senior? We have pickleball, card games, and more.

Mr. Smith told us many local stories of days gone by. He had a wealth of information from people I used to know. Tell me more! Oh, to be able to hold on to so many beautiful memories and so many names he remembered! After a while, Mr. Smith asked us if we had any single women who were interested in just talking to an ol' local. Of course!

Mr. Smith offered each and every staff member gathering to listen to a wise ol' man a special gift. Much to our surprise, Mr. Smith took out of his pocket a Tootsie Roll Pop for everyone! With this sweet treat, he offered

a very wise word to us all. Take 15 minutes each day to enjoy a Tootsie Pop lollipop and act like a kid. Enjoy each day. Live life to its fullest!

Thank you, Mr. Smith, for reminding us to always take a moment to stop and enjoy life, at least 15 minutes a day, and act like a kid again. Mr. Smith, thank you for your service to our country. Smile big and enjoy that Tootsie Roll lollipop! I put mine prominently on my tackboard to remind me every day!

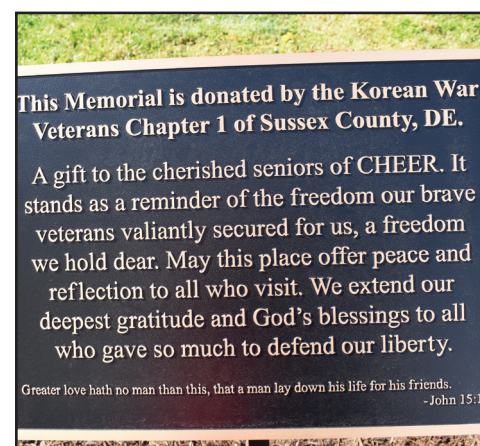
During this month of May, celebrate Older Americans Month. Live life to its fullest and embrace your surroundings. Reach out if you need us to keep you smiling. CHEER is here for YOU! We are Sussex County Seniors....and together we are STRONG!



FOUR Korean War Veterans seated on the two new commemorative benches at the CHEER Community Center are flanked behind by the other military veterans in attendance at the dedication ceremony. Seated, left to right, are Korean War veterans Walter Koopman, Jack McKinley, Captain Tom Terrell (Ret) USMC, and Ed Johnson. Veterans behind the benches are John Scheetz, Major Ben Jester, Ray Ingersol, Greg Fuller, William Cook and Lloyd Wurst, Jr.

At right, a bronze plaque was erected at the commemorative area to remind all who visited it about the sacrifice over 47,000 service people gave in the 5th deadliest war in US history.

Below, three veterans who have served as president of the Korean War Veterans Chapter 1 of Sussex County, DE are, left to right: Jack McKinley, Ed Johnson who traveled up from Florida for the ceremony and Walter Koopman.



## Make New Friends At CHEER

By Christie Shirey  
Community Resources

May brings nicer weather and it is the perfect time to get out of the house and make a few friends. I would like to suggest attending one of CHEER's Memory Cafes. This activity is designed to assist caregivers and their loved ones with dementia, but it is open to all seniors.

Each Memory Cafe is started by everyone discussing their week. This helps by making you remember what you did and encourages you to do something, so you have something to talk about. This is followed by an ac-

tivity that helps stimulate the brain. This could be a puzzle, word search, scramble, or memory challenge. The remainder of the time is spent playing a game that helps clear the dust from your mind.

Benefits of Memory Café include building friends and support systems. Caregivers can connect or just enjoy a fun time with the group. They can also choose to drop their loved one off at one of our Memory Cafes and use that time to run errands or just relax over a cup of coffee. People with dementia gain a feeling of normalcy as they are having fun and can feel



**MR. MAN** playing the game of “who can find more birds and squirrels” at his Memory Cafe. Mr. Man thinks he might win.

confident in their contributions to the group. It also helps build a dementia friendly community.

Mr. Man decided to try a “Cat” Memory Café. The group is participating in the game of who can find more birds and squirrels. Mr. Man thinks he might win.

This month's activities include:

### Wed., May 1

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

### Thurs., May 2

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

### Fri., May 3

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

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

### Sat., May 4

Parkinson's Educational Expo – Rehoboth Convention Center

### Tues., May 7

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

### Thurs., May 9

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

1 p.m. - Memory Cafe, Greenwood CHEER

### Fri., May 10

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

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

### Mon., May 13

7 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email [cshirey@cheerde.com](mailto:cshirey@cheerde.com)

*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, 6 p.m.

*Partnered with the Alzheimer's Assoc.*

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

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

Memory Cafe -

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

### Roxana CHEER

Memory Cafe -

Every Friday, 12 noon-2 p.m.

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

**302-515-3045**

## Community Resources - from page 6

[com](http://www.cheerde.com) or call 302-515-3045

**Tues., May 14**

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

**Wed., May 15**

1 p.m. - Parkinson's Support Group, Ocean View CHEER

**Thurs., May 16**

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

1 p.m. - Memory Cafe, Greenwood CHEER

**Fri., May 17**

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

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

**Tues., May 21**

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

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

**Thurs., May 23**

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

1 p.m. - Memory Cafe, Greenwood CHEER

**Fri., May 24**

10:30 a.m.-2 p.m. - Older Americans Day Celebration at CHEER Community Center, Georgetown (All centers are closed.)

**Tues., May 28**

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

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

**Thurs., May 30**

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

1 p.m. - Memory Cafe, Greenwood CHEER

**Fri., May 31**

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

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

*Primary funding is provided by Title III-E of the Older Americans Act and the Division of Services for Aging and Adults with Physical Disabilities.*

## Benefits Of Reverse Mortgages

### Part 1 of 2

Four reasons a reverse mortgage is beneficial for retirees:

**Supplemental Income:** Reverse Mortgages provide retirees with a source of income without requiring them to sell their home. This is particularly useful for retirees who have limited savings or pensions. Plus, these funds are not taxable.

**No monthly mortgage payments:** Unlike traditional mortgages, reverse mortgages do not require monthly payments. Instead, the loan is repaid when the borrower moves out of the home or passes away. This allows retirees to access equity in their home without worrying about monthly payments.

**Maintain Homeownership:** Retirees can continue to live in their home and retain ownership while accessing the equity built up over the years. This can provide a sense of stability and familiarity.

**Flexibility in Accessing Funds:** Retirees can choose to receive the loan proceeds in a lump sum, as a line of credit, in monthly payments, or a combination of these options.

Four more benefits will be in next month's *CHEERful Living* publication.

Provided by JoAnn Moore, Licensed Mortgage Originator, NMLS #165477. The Mortgage Market of Delaware, LLC. Georgetown, Delaware. 302.236.1229 [MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)

## PASA Honors Outstanding DCW

Audrey Parker-Balthaser has been employed with CHEER Personal Assistance Program as a Direct Care Worker since October 2022. The staff wanted to applaud Audrey for being an awesome team player. She will always assist with scheduling needs when called upon.

The staff really appreciates all that you do Audrey and we want you to be recognized for it. Thank you very much for being so caring and compassionate to our seniors.



Audrey Parker-Balthaser



### Spanish Class Enrollment Exceeds Expectations ...

Through a grant from the Delaware Division of Services for Aging and Adults with Physical Disabilities, CHEER was able to offer a 16-week Cultural Language Exchange program to seniors consisting of free classes in Conversational Spanish and ESL classes offered to Hispanic seniors. The enrollment response exceeded expectations.



**Do you have questions about Reverse Mortgages?**

**I have answers..**

You stay in your home.  
You eliminate your mortgage payment.  
(must pay property taxes, homeowners' insurance, condo or HOA fees and maintain property)  
Turn the equity in your home into funds you can use in retirement.

**JoAnn Moore, local and a fellow senior.**  
Contact me for more information.  
Cell 302.236.1229,  
Office 302.855.1300  
[MMODJoAnn@aol.com](mailto:MMODJoAnn@aol.com)  
NMLS #165477



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

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.**



**For more information contact:**

Amy Smith - [asmith@cheerde.com](mailto:asmith@cheerde.com) - 302-853-4200

or Robin Greene - [rgreene@cheerde.com](mailto:rgreene@cheerde.com) - 302-853-4199

or Walter Koopman - [rbdjet61@verizon.net](mailto:rbdjet61@verizon.net) - 302-745-5668

Registration also available on CHEER's website [www.cheerde.com](http://www.cheerde.com)

*Like us on Facebook at CHEER, Sussex County.*





## Play A Game Of Dominos With Someone With Dementia

By Cindy Mitchell  
ADP Director

Games have a normalcy to them, and they bring back happy and fun memories.

The game of Dominos is my favorite game to play with the members at the adult day program. This Domino match game can be used as an independent activity with intermittent cueing or even a group setting. I use Double 6 Color Dominos. When one or more members do not want to participate in a group activity, I can usually get them involved in a game of Dominos. We only use two ends (an either-or choice).

According to the article from Low Level Dementia Match Game OT Intervention, *Key Consideration to Using Dominos with Your People with Dementia*: You could easily have people compete while standing to discourage sitting for long periods of time. You will have to

determine how much stimulation is “too much” and they may be able to tolerate or need more/less at different times throughout the day.

Cues may need to be indicated to continue to participate. Complete set up will be necessary and limiting the number of Dominos may be necessary depending on the client’s specific needs to **succeed!**

**Success** is the most important part of the game. They must succeed. They will grin from ear to ear when you tell them that they beat you and high five them. I even had one gentleman say he taught me how to play. He was so proud even when I won.

To find out more about the Sand Hill Adult Day Program call me, Cindy Mitchell, at 302-212-4482.

*There is a lot to be thankful for if you look for it. For example, how nice it is that wrinkles don't hurt.*



*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.*

## Protect Yourself from Scams

Seniors are targeted for scams. Protect yourself by following these simple steps.

**Block unwanted calls and text messages.** Take steps to block unwanted calls and to filter unwanted text messages. Do not answer calls that have unfamiliar phone numbers. If it is important, they will leave a message.

**Don't give any personal or financial information** in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information such as your Social Security, bank account, or credit card numbers.

**It's best not to click on any links** if you get an email or text message from a company you do business with and you think it's real. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call the number they gave you or the number on your caller ID.

**Resist the pressure to act immediately.** Honest businesses will give you time to decide. Anyone who pressures you to pay or give them your personal information is a scammer.

**Scammers tell you to pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card.** Never deposit a check and send money back to someone.

**Stop and talk to someone you trust.** Before you do anything else, tell someone, a friend, a family member, or a neighbor what happened. Talking about it could help you realize it's a scam.

**Shred sensitive documents.** Keep banking records such as ATM, deposit slips and checks that you deposit through mobile banking until you reconcile them with your monthly statement, then shred. Store monthly checking and savings account statements securely until you file your taxes, then shred unless needed to prove a deduction on your tax return. One option is to sign up for eStatements to access statements online, anytime, anywhere.

**Check your credit report.** Review your credit reports for any suspicious activity, such as accounts you didn't open. You can access your credit report for free at [annualcreditreport.com](http://annualcreditreport.com). Another option is to meet with a free Stand By Me Financial Coach to retrieve and review your credit report.

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

## SAND HILL ADULT DAY PROGRAM

*We understand  
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  
Brain Fitness and Physical Fitness Programs • Transportation arranged

**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](mailto:cmitchell@cheerde.com)



*This Month's Recipe ...*

# Memorial Day Coleslaw

*A delicious variation for an old staple at Memorial Day cookouts ... enjoy!*

**Ingredients:**

- 1-1/2 cups mayonnaise
- 1/3 cup apple cider vinegar
- 3 TBsp honey
- 2 TBsp yellow mustard
- 2 Teasp kosher salt, plus more to taste
- 1/2 Teasp black pepper, plus more to taste
- 8 cups finely shredded green cabbage  
(from 1 small [3-pound] head cabbage)
- 4 cups finely shredded red cabbage  
(from 1 small [3-pound] head cabbage)
- 5 medium scallions, thinly sliced (about 1 cup)

\*\* Add pineapple for extra flavor

**Directions:**

Whisk together mayonnaise, vinegar, honey, mustard, salt, dill, and pepper in a large bowl until well combined. Add green cabbage, red cabbage, and scallions; toss to coat. Add additional



salt and pepper to taste. Serve immediately.

**Make Ahead:**

Slaw can be stored in an air-tight container in refrigerator for up to four days.



## Questions about Medicare?

*We can help with expert advice & service at no cost to you!*

Call Delaware Medicare Assistance Bureau (DMAB)

**302-674-7364**

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

**Trinidad Navarro**, Insurance Commissioner

[www.insurance.delaware.gov/DMAB](http://www.insurance.delaware.gov/DMAB)



**SHIP**  
State Health Insurance  
Assistance Program

# The Coffee Conundrum

by Lisa Harkins, RD, LDN

Why does it seem as if every week a new study comes out saying that coffee is no good for us, and then another comes out right after extolling its benefits?

I call it “the coffee conundrum” because I have seen my family, colleagues and even patients wrestle with the choice to quit coffee cold-turkey, or to continue consuming. Most individuals drink it because they enjoy the taste, or they love the fact that it’s the one thing that gets them going in the morning. But some complain of feeling tired and sluggish in the afternoons, or some are so wired they can’t sleep at night. What’s a café craver to do?

Moderate amounts of about one to three cups per day, or up to 300 mg of caffeine total daily, have been shown to increase exercise performance, and to even possibly prevent Alzheimer’s disease. It has not been proven to be a trigger for heart disease

or even high blood pressure. Specific research has concluded that caffeine consumption does not cause colon cancer or bladder cancer. Contrary to popular belief, it is not a strong diuretic; and in various studies, it has been proven to not have a significant dehydrating effect in athletes or even regular folks.

But there are detrimental health effects that can occur with caffeine consumption such as anxiety, stressful feelings, trouble sleeping, and reduced bone density, especially in females. Caffeine can also be contraindicated with certain medications such as beta-blockers, anti-anxiety medications and anti-depressants, so be sure to ask your doctor if you are able to safely consume caffeinated foods and beverages (and yes, this unfortunately includes chocolate).

If you love to wake up with a hot drink, try decaf tea, or even just hot water with lemon. But



if you are a 2-3 cup a day (or more) drinker, start decreasing your intake gradually to avoid the “brain fog” and sleepiness as well as headaches that may hit when you quit caffeine. Drink plenty of water throughout the day to stay hydrated and avoid

substituting sodas or sweets to give you a mid-day boost. A brisk walk outside instead can get your blood pumping and help you feel refreshed and energized until it’s time to wind down for bedtime.

## 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*



20520 Sand Hill Road  
Georgetown, DE  
302-854-9500  
[www.cheerde.com](http://www.cheerde.com)

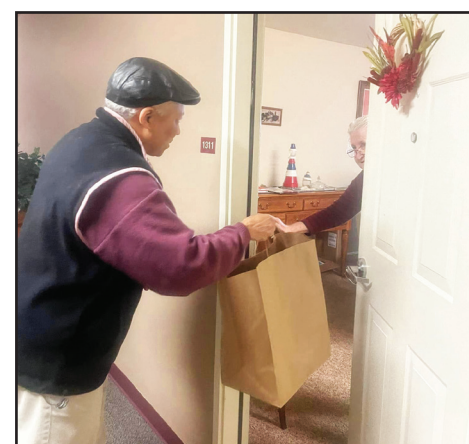


## March For Meals Delivery ...

CHEER held its annual Meals on Wheels March for Meals on March 18 when elected officials and members of the community were invited to come and help deliver meals to homebound seniors. This gave the guests an opportunity to see first-hand the importance of the meal they deliver to the senior.

Above, Chief Deputy County Sheriff Steve Smyk helps volunteer Ann West pack her designated meals for delivery while Georgetown Kitchen Manager Ed Miller looks on. Smyk then accompanied Mrs. West on her route.

Above, Sussex County President Mike Vincent and kitchen manager Ed Miller observe from the back as volunteers Charles and Raquel Hinsch double-check their delivery list. Vincent joined the volunteers to help deliver the CHEER meals to the seniors.



DELAWARE State Auditor Lydia York hands a hot meal to a resident at the CHEER Apartments on March For Meals Day.



GATHERED at CHEER to celebrate National Meals on Wheels Delivery Day included (left to right) - Michelle Gibbs, outreach worker; Amy Smith, Nutrition Program director; Beckett Wheatley, CHEER CEO; Susan Dubb, Meals on Wheels Delaware Development director; Lydia York, Delaware state auditor; Megan Jordan, CHEER Nutrition Program administrative assistant; Walter Koopman, CHEER Board president; Sussex County Council President Mike Vincent; and Steve Smyk, Sussex County chief deputy sheriff. (Ted Pffirrmann photo, courtesy Cape Gazette)



CHEER Board Member John Scheetz (left) joined volunteer Bruce Morton in the March for Meals. Sending them off on their route is Milton Center Director Susan Mitchell.

# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

## Celebrate Older Americans Day

with



**Friday, May 24, 2024 • 10 a.m. til 2 p.m.**

at the Warren L. and Charles C. Allen, Jr.

CHEER Community Center

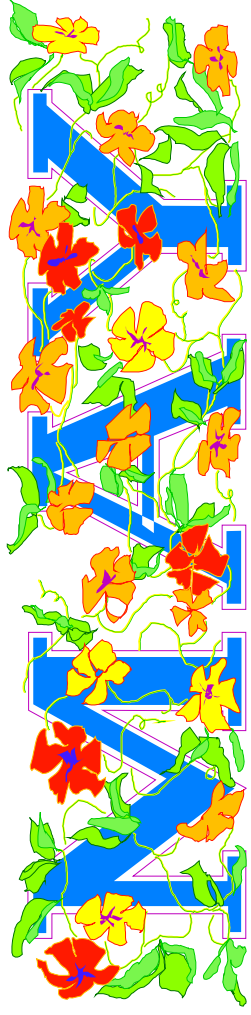
20520 Sand Hill Road • Georgetown, DE

**\$6 age 60 and over - \$8 under age 60**

*Lunch Served At Noon*



For tickets and/or information, see your local CHEER Center Director or contact Robin Greene at 302-853-4199 or [rgreene@cheerde.com](mailto:rgreene@cheerde.com)



Menu items subject to change due to availability.



**Monday**



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."*

**Tuesday**



**Wednesday**

**Thursday**

**Friday**

<p><b>6</b> Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk</p>	<p><b>7</b> Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p><b>1</b> Hamburger on Bun Baked Beans Lettuce, Tomato, Onion Salad Fruited Gelatin Skim Milk</p>	<p><b>2</b> Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk</p>	<p><b>3</b> Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk</p>
<p><b>13</b> Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p><b>14</b> Turkey Tetrazzini Green Beans with Mushrooms Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk</p>	<p><b>8</b> Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p><b>9</b> Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p>	<p><b>10</b> Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk</p>
<p><b>20</b> Turkey Divan Steamed or Baked Rice Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p><b>21</b> Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk</p>	<p><b>15</b> Baked Stuffed Chicken Breast Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p><b>16</b> Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p><b>17</b> Cream of Tomato Soup Cottage Cheese w/Fruit 3 Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk</p>
<p><b>27</b> Memorial Day. All CHEER Center Closed.</p>	<p><b>28</b> Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk</p>	<p><b>22</b> Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Skim Milk</p>	<p><b>23</b> Chicken Cacciatore Penne Pasta Italian Cut Green Beans Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk</p>	<p><b>24</b> Older Americans Day at the Community Center.</p>
<p><b>36</b> Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk</p>	<p><b>37</b> Cheese Quiche American Fried Potatoes Steamed Spinach Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p><b>29</b> Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk</p>	<p><b>30</b> Kielbasa Potato and Cheese Pierogies Steamed Cabbage Whole Wheat Roll/Bread Apple Crisp Skim Milk</p>	<p><b>31</b> Taco Salad Black Bean and Corn Salad Garnish Watermelon Slice Skim Milk</p>

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

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

# 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, 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](http://www.cheerde.com)

V O L U N T E E R

*all that's missing is U!*

## CHEER Has Gone To The Dogs ...



**CANINE** visitors came to Milton to meet the seniors and enjoy some lovin'. Dogs and their owners from Paws for People, a healing pet therapy group, brightened up the day in Milton. Left to right are: Peanut with Tina MacLary of Lewes; Hank with Debbie King of Lewes; GraceytheDoddle with Terri Mohr of Berlin, Md.; and Meili with Glenda Spragg of Dagsboro.



## Welcome New Volunteers

Justiano Ramos	Georgetown	Kitchen/Center, Special
Annette Aguillon	Milton	Special
Itzel Hernandez	Milton	Special
Lindsay Lewis	Milton	Center
Colleen Basile	Lewes	Admin./Center
Karen Oliphant	Lewes	Special
Michael Basile	Ocean View	MOW
Maria Dawson	Ocean View	MOW
S. Kemp Dawson	Ocean View	MOW
Carol Lloyd	Ocean View	MOW
Christina Murphy	Ocean View	MOW
Nancy Peil	Ocean View	MOW
Amberlily Yanek	Ocean View	Activity/Center
Maggie Yetter	Ocean View	Med. Transport/MOW
Madison Dorman	Roxana	MOW Rider
Kathy Ford	Roxana	Center/Kitchen
Sandra Givans	Roxana	MOW

*Thank you for your support!*



**Georgetown Activity Center**

20522 Sand Hill Road • Georgetown, DE  
Debbie Landon, Director  
302-854-2896

# St. Patrick's Day Fun ...

**Happenings**

**May 2, Thurs.** – Beckett's Bulletin  
**May 3, Fri.** – Georgetown to Greenwood  
**May 16, Thurs.** – Revive Sound Productions; Dinner/Bingo  
**May 17, Fri.** – Greenwood to Georgetown  
**May 24, Fri.** – Older Americans Day Celebration

**Third Thursday** – Revive Sound Productions w/Randy  
**Every Friday** – Breakfast in the Café - \$2 for seniors  
**Friday** – Chair Fitness, 10 a.m.; Penny Poker, 10:30; and 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.

**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

*Happy Birthday to all  
May Birthdays!*



ALL decked out in Irish Green Georgetown members enjoy St. Patrick's Day. Left to right: above - front, Jerry Jackson and Barbara Jean Bailey; back, Gary Turner and Toni Sayles. Upper right - front, Mary Carey and Thomasine Andrews; back, Jimmy Mears and Yvette Harris. Lower right - front, Judy Jones and Carol Anderson; back, Bob Snively and Della Zielinski.

## You Don't Need A Reason To Help People *These hands should be your's!*



Empty Nestor?

Retired and Bored?

Competitive Pay

Good Benefits

Flexible Schedule

Satisfying Work



# Hiring Direct Care Workers

Apply at [www.cheerde.com](http://www.cheerde.com) or email your resume to [mchavez@cheerde.com](mailto:mchavez@cheerde.com)

\* A background check, drug test, physical and 2-step PPD are required before starting.

CHEER, Inc. is an equal opportunity employer and does not discriminate against any employee or applicant based upon their race, color, sex, age, national origin, religion, sexual orientation, gender identity, disability, and/or any other protected federal or state class.

**WE** ❤️ **VOLUNTEERS**

**ALL CHEER Centers are looking for Volunteers!**

Kitchen Volunteers (Helping pack meals For Meals On Wheels Delivery)  
1 morning a week

Substitute MOW's driver(s):  
1-2 mornings per month

**Call 302-515-3040 to volunteer**





### Greenwood Activity Center

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

## Welcome May, Older Americans Month!

The theme for 2024 is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

Check the calendar for additional events featuring the celebration of Older Americans Month, including the celebration on **Friday, May 24**, from 10 a.m. to 2 p.m., at the CHEER Community Center in Georgetown. Cost will be \$6 for age 60 and older, \$8 under age 60. Lunch will be served at 12 noon. Entertainment will be presented by DJ Smoove. There will be a Basket Raffle and a 50/50 Drawing.

Also, in recognition of Older Americans Month, lunches will be \$1 for age 60 and over at all of our centers, including the Greenwood CHEER Center, for the month of May!

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.

Happy Mother's Day to all our Milton CHEER mothers!

Sheila

## Activities

**May 1, Wed.** – The Sunshine Singers will be at Greenwood CHEER to entertain us with their wonderful voices! 10:30 a.m.

**May 2, Thurs.** – Beckett's Bulletin, CHEER's CEO, will bring us up to date on CHEER Happenings via Zoom. 10:30 a.m.

\*"Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q and A, and "Name That Tune". 12 noon

\*Memory Café with Christie Shirey. 1-3 p.m.

\*Alzheimer's Support Group. 1 p.m.

**May 3, Fri.** – Full Breakfast \$2 for age 60+, 8:30 a.m.- 9:30 a.m.

\*Victoria Lowrie from Highmark will visit Greenwood for games and fun! 9:30 a.m.

\*Our friends from the Georgetown CHEER visit us for Prize Bingo. 10:30 a.m.

**May 7, Tues.** – Blood Pressure check with Betty. 9:45 a.m.

\*Laurel Senior Center visits Greenwood CHEER for Bingo. 10:30 a.m.

**May 8, Wed.** – Positive Music Time with Randy. 10:30 a.m.

**May 9, Thurs.** – Virginia Antongiorgi, Life Coach will visit us. 10 a.m.

\*Please join us for our Mother's Day Party with entertainment TBA. 11 a.m.

\*Memory Café with Christie Shirey. 1-3 p.m.

**May 10, Fri.** – Full Breakfast \$2 for age 60+, followed by entertainment by Lisa Miller.

**May 13, Mon.** – Tai Chi with Gary Tompkins. 10:45 a.m.

**May 14, Tues.** – Prize Bingo. 10:30 a.m.

**May 15, Wed.** – Laurie Passwaters from the Greenwood Fire Dept. will be here to talk about Fire Safety. 10 a.m.

\*Food Bank of DE. 11 a.m. to 12 noon

**May 16, Thurs.** – "Stroll Down Memory Lane" with Mason Dixon. Music, Trivia, Q and A, and "Name That Tune." 12 noon

\*Memory Café with Christie Shirey. 1-3 p.m.

\*Dinner and Prize Bingo. 5 p.m.

**May 17, Fri.** – Greenwood CHEER members visit Georgetown. Bus departs at 9:30 a.m.

\*Breakfast will be served but No Bingo today.

**May 20, Mon.** – Music Ministry with Pastor Dan and Betty Taylor. 12 noon

**May 21, Tues.** – Ask the Pharmacist, Randy Schaap will visit us. 9:45 a.m.

**May 22, Wed.** – AARP Defensive Driving Course – Beginners, 9 a.m.–3:30 p.m.

\*Trip to Rehoboth Beach for shopping, lunch at Cracker Barrel. Bus leaves center at 9:30 a.m.

**May 23, Thurs.** – Activity or speaker, TBA, 10 a.m.

\*Memory Café. 1-3 p.m.

**May 24, Fri.** – All Centers Closed to attend the Older



**Meals On Wheels Delivery ...**  
County Councilwoman Cynthia Green, District 2, volunteered to help Outreach Worker Alonda Davis deliver Meals on Wheels to seniors in the Greenwood area on **March for Meals Day, March 18**. Thank you for your service.

Americans Day Celebration at the CHEER Community Center, Georgetown. 10 a.m.-2 p.m.

\*Lunch at 12 noon, entertainment, basket raffle and 50/50 drawing. 10 a.m.–2 p.m.

**May 27, Mon.** – Greenwood CHEER Center Closed for the Memorial Day Holiday.

**May 28, Tues.** – Blood Pressure check with Betty, 9:45 a.m.; Bingo, 10:30 a.m.

See Greenwood - page 21

## 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.



For info call:

**302-515-3040**

Stocked with 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.





### Lewes Activity Center

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

### Parking Lot Party

On **Friday, May 10**, we will be having our first parking lot party. Entertainment will be provided by DJ Sky Brady. We will have games, food, and lots of fun! If for some reason, the weather isn't on our side that day, we will move the festivities inside. To conclude the day, we will be having Bingo; please make sure you bring your dabbers. We look forward to spending the day with you.

### Healthy Recipe Class

The Healthy Recipe Class is a fun, engaging, and informative cooking demonstration, along with the opportunity to help create the dish. Recipe cards will be distributed along with a host of nutritional facts. We embrace community and create a safe space to discuss foods and how we can make better choices in our everyday lives. Come out to relax and enjoy fellowship with one another while we combat healthy eating together, one recipe at a time. The next class will be held on **Thursday, May 16**, at 10:30 a.m.

### Spring Open House

On **Wednesday, May 29**, we will be having a Spring Open House. We have a fun day planned with activities occurring from 9 a.m. to 2 p.m. We will be having an exercise class, entertainment will be provided – a Magic Show with Magic Jack Noel and FREE prize Bingo. Please come out to enjoy a fun day at the center and to learn about what the center offers.

### Wine Tasting

Did somebody say wine tasting? We will be having a wine tasting in May from 3 p.m. to 5 p.m. The exact date will

be on the calendar and will be announced at the center. This month's theme is "Wine from Around the World". The cost is \$5 per person. Come sip, sample, and enjoy different wines from around the world while enjoying light refreshments.

### Happy Birthday

Happy Birthday to anyone born in the month of May. We will be having a birthday celebration for everyone born in May on **Wednesday, May 15**. 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

Due to scheduling conflicts, we will be moving the breakfast this month to **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.

### 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! We are looking for eight actors and actresses to help us host our first Murder Mystery Dinner Theater. 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.



### Long Neck Activity Center

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

### Happenings

**Fri., May 10** – 12 noon, Dr. George will be hosting a Physical Therapy Seminar

**Thurs., May 16** – 5-7 p.m., Prom and Dinner

**Fri., May 24** – 10 a.m. – 2 p.m., Celebrate Older Americans at CHEER Community Center, Georgetown

**Wed., May 29** – 12:30 p.m., Happy Birthday to our center members. Come celebrate our May birthdays.

### Trips

**Thurs., May 2** – Trip to Lewes Historical Society, bus leaves the center at 9:15 a.m.

**Tues., May 21** – Trip to Boscov's and Byler's, bus leaves the center at 9:15 a.m.

**Thurs., May 23** – Evening trip to Texas Road House, bus leaves the center at 4:15 p.m.

**Thurs., May 30** – Trip to Rehoboth Boardwalk, bus leaves the center at 9:15 a.m.

**Every Monday** – Trip to Walmart, the bus leaves the center at 9:30 a.m.

**Every Wednesday** – Trip to bank, post office and drug store, bus leaves the center at 9:30 a.m.

**Every Friday** – Trip to Dollar Tree, the bus leaves the center at 10 a.m.

*Notice in health food shop window: "Closed Due to Illness."*

## Open To The Public!

### Physical Therapy at



GREENWOOD - M/Th, 8:30-12 (Anne PT)  
LEWES - Tu, 8:30-12; Fri, 9-12 (George PT)  
MILTON - M/Th, 1-4 (Anne PT)  
LONG NECK - Tu/Fri, 1-4:30 (George PT)

Provided by



**Physical Therapy Closer to YOU!**  
**Schedule your appointment (302) 422-2518**





**Milton Activity Center**

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

***Hello Everyone!***

My name is Susan and I am the new director of the Milton CHEER Center. I grew up in Georgetown but have lived in Milton with my husband for the past 25 years. We have two grown daughters, three beautiful grandchildren, and two awesome cats! I have gotten to know the staff and lots of members of CHEER over the last few weeks, and I appreciate how kind and welcoming everyone has been. I look forward to hearing your ideas and suggestions. Please feel free to stop by and say hello to me during your next visit to Milton CHEER!

*The older my grandpa gets, the farther he had to walk to school when he was my age.*

***Hello May!***

Can you believe it's already May? It feels like we just got through Christmas – time flies! This month, we will celebrate Older Americans Month, Mother's Day, and Memorial Day.

Join us the second Tuesday of each month for Health Promotion and Prevention with Richard Shrout. He'll be discussing important health concerns such as blood pressure, stroke, and diabetes. Other weekly activities include yoga, arts and crafts, chair exercise, board games, Mahjonn, Bible study, and Bingo.

Don't forget.... Monday through Friday our Fitness Room is open from 8 a.m.-3:30 p.m. (Free to members!)

**This Is Why We Do What We Do ...**

Dear CHEER,

I thoroughly enjoyed going with CeCe (Cardino) to deliver meals on "March for Meals Day." CeCe is a dedicated volunteer and cares much for the seniors. The seniors that I met were so warm and friendly and appreciative for the meals.

Prior to my mother and cousin passing, they were fortunate enough to receive Meals on Wheels service and it was truly a blessing to our family. This program is necessary for numerous of our seniors in Sussex County and we need to continue this service as long as possible.

I know we need more volunteers. I continue to ask as I move about my RD20 District and the County. We will not give up!

Thanks again for the opportunity to assist. I hope to help again in the near future.

*State Representative Stell Parker Selby*



**Rep. Stell Parker Selby with Center Director Susan Mitchell and Volunteer CeCe Cardino.**



**Irish Dancers For St. Patrick's Day...**

Seniors at Milton enjoyed students from McAlere Paulson School of Irish Dance in Lewes who came to entertain them at their St. Patrick's Day party. Dancers ranged in age from five to 16 years.



**Happy Easter ...**

The Easter egg hunt was unfortunately moved inside because of the rain but it was fun nevertheless. Above, ladies with their findings are, left to right: Pam Demora, Barbara Atilano, Diana Croteau and Mary Weitzel. At right, farmer James "Eddie" Layton greets his buddy, the Easter Bunny.





### Ocean View Activity Center

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

## Happenings

### Celebrate Older Americans Month

#### “Powered By Connection”

Every May, we celebrate Older Americans Month and this year’s theme, *Powered by Connection*, recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Come join us to explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

-excerpted from ACL.gov  
(Administration for  
Community Living)

Also – for everyone 60 and over, lunch in-house is \$1 only, all month long, in celebration of Older Americans Month!

## 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

Mon – Fri: 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. (\$1 for May only, 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, 10 a.m., by bus to local locations (weather permitting or exercises / brain games indoors); Corn Hole in our Parking Lot, 10 a.m.; Mahjongg, 12 noon; Quilting Club, Shopping, 12:15 p.m.

\*Mark Gratton on Piano, **May 6**, 11 a.m. – 12 noon.

\*Membership Meeting on the 2nd Monday, **May 13**, at 12 noon.

\*Stand By Me, 4<sup>th</sup> Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302-685-2586, should resume in June (**closed May 27**).

Tuesdays: Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early – Class Size Limited to first 30); Pickleball, 10 a.m. (weather permitting); Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; Journaling with Lilly – **May 7, 21 and 28** at noon, sign up, space limited (Arts and Crafts on your own, supplies available); Canasta and Pinochle, 12:15 p.m. (if enough interest).

\*Health Workshop/Golden Years Guide to Services, **May 14**, noon, sponsored by Erin Scharp of PAM Rehab – open to everyone!

\*CHEER Services Review with Carolyn O’Neal, **May 21**, 11:45 a.m.

\*“Robin and the Hoods” with a Cold Salad Smorgasbord Dinner, **May 21**, 5–7 p.m. \$7 members and \$10 guests – sign up in advance please.

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; 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.

\*Jim Martin of Shepherd’s Office, Homeless Advocate to speak over lunch, **May 15**, 11:45 a.m.

\*Parkinson’s Support Group, 3<sup>rd</sup> Wednesday, **May 15**, 1 p.m.

\*National Senior Health & Fitness Day, **May 29**. Watch for special flyer detailing events, i.e. Exercise Bingo, Human Train around the Parking Lot after lunch before p.m. Bingo, 50 thru the Fitness Center.

\*Celebrating all MAY BIRTHDAYS over lunch, **May 29**.

Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early – Class Size Limited to first 30); Pickleball, 10 a.m. (weather permitting); Hand and Foot, 12:15 p.m.

\*Beckett’s Bulletin, 1<sup>st</sup> Thursday, **May 2**, 10:30 a.m., on Zoom

\*Alzheimer’s Caregiver Support Group, 1<sup>st</sup> Thursday, **May 2**, 6 p.m.

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, 1<sup>st</sup> Fridays, **May 3**, following Memory Café/Lunch – open to everyone, Noon–1 p.m.

\*Line Dancing with instructor Donna Ferraro, Once Monthly Only, 2<sup>nd</sup> Fri., **May 10**, 2–3 p.m., \$5. Please sign up if interested! (Minimum of 12 needed for class to run.)

\*Older Americans Day Celebration at the Community Center in Georgetown, **May 24**, 10 a.m. – 2 p.m. **ALL Centers are Closed.**

## 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., May 2** – Springfest, Ocean City, Md., 9:45 a.m. (4 hours there, on your own).

**Fri., May 3** – Air Mobility Command Museum Tour, 9 a.m. (tentative) and lunch at La Hacienda, Dover.

**Thurs., May 9** – Clear Space Theatre for “The Bodyguard”, leave 10 a.m., lunch location to be determined.

**Fri., May 10** – Atlantic Hotel Bistro in Berlin, Md. for a Mother’s Day Luncheon followed by an hour-ish at the shops, 10:15 a.m.

**Thurs., May 16** – Dover Mall – lunch on your own at the Mall, 9:30 a.m.

**Fri., May 17** – Cupola Park in Millsboro and Nectar Cafe, 9:45 a.m.

**Thurs., May 23** – Biggs

*See OV Trips - page 21*

**OV Trips -**

**Cont'd from page 20**

Museum "Horses and Other Creatures", self tour, \$8 and McGlynn's Pub, 9 a.m.

**Fri., May 24** – Older Americans Day Celebration at Community Center, Georgetown, 9:45 a.m. \$6 for 60 and over, \$8 all others. Please buy your ticket in advance and sign up for the bus if needed! **Center Closed.**

**Thurs., May 30** – Lavender Fields Tour, \$10, lunch tbd.

**Fri., May 31** – Lefty's Alley & Eats for games and lunch, 10:30 a.m.

*\*We collect donations here, on a regular basis, for Saint Vincent de Paul's Local Commu-*

*nity Food Pantry, at Our Lady of Guadalupe Mission Church in Frankford. Please be sure to check all expiration dates first, Thanks!*



Food Pantry hours every Thursday, call for specifics.\*

~Happy MAY Birthday to all you out there ~



**March For Meals Delivery ...**

Ocean View Mayor John Reddington and his wife, Mary, helped to deliver Meals on Wheels to area seniors during March for Meals Day on March 18. Thank you for your service.


# LINE DANCING

## CHEER COMMUNITY CENTER

\* beverages available for purchase- you can bring your own snacks !

Monday Nights	5:30-7:30 doors open at 5	\$5.00 Fee
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DONNA IGNELZI-FERRARO



**\*OPEN TO THE PUBLIC**



**WELCOME** new Ocean View members Dan Ellis and Colleen Sanford.



**HAPPY BIRTHDAY** Ocean View member Bonnie Collins.

**Greenwood -**  
*From page 17*

**May 29, Wed.** – Older Americans Month Activity TBA. 10 a.m.

\*Memory Café with Christie Shirey. 1-3 p.m.

**May 30, Thurs.** – Greenwood CHEER visits Laurel Senior Center. Bus departs center at 9:30 a.m.

**May 31, Fri.** – Full Breakfast \$2 for age 60+, followed by Prize Bingo. 10 a.m.

\*Membership Meeting. Please come and share your thoughts. 12 noon



**ENJOYING** the day at Ocean View CHEER are bus driver Rudy Drummond and member Helen Whipp.



### Roxana Activity Center

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

## Happenings

### Monthly

**1<sup>st</sup> Thursday, 10:30 a.m.** – Beckett's Bulletin. CHEER CEO, Beckett Wheatley has an online interactive Zoom meeting with all 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.

**1<sup>st</sup> Wednesday, 10:30 a.m.** – Members Meeting

**4<sup>th</sup> 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

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 people 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 people maximum**

Lunch, \$ Donation

Center Activities: 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

**Mon., May 6** – Pastor Dan and Betsy Taylor



## A Visit From The Gardeners ...

For the past year, the Gardeners By The Sea group come to Roxana CHEER once a quarter to help Roxana seniors make lovely projects. The generous and sweet ladies provide all the supplies and help the seniors create their own terrariums by using repurposed jars, pebbles, charcoal, mulch, soil and plants of their choice. The gardeners also provided the spring decorations and ribbon for each jar.

Photo at left are, left to right: seated - Alice Godwin, Ed Fowler, Linda Gabriel, Dianne DeForest and Barbara Schnaible; and standing - Gardeners Linda Kall, Carol Bishop, Margaret Woods and Audrey Young.

Photo at right shows, left to right: Lois Connors, Carol Bishop, Audrey Young, Carol George, Mary Prencipe and Dolores Darnell.

**Wed., May 8** – Gardeners By The Sea. Sign up Required; Mother's Day Celebration. Music with Lisa Miller

**Mon., May 20** – Pastor Dan and Betsy Taylor

**Wed., May 22** – Entertainment – TBA

**Fri., May 24** – Older Americans Day at Georgetown – **Roxana Center Closed**

**Mon., May 27** – Memorial Day – Roxana Center Closed

*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.*

Wishing all our members celebrating a Birthday in May, a very special day and beautiful year ahead!

### Dimwitty

*A man ordered the plans for a tree house for his children. Instead, he received the plans for a sailboat.*

*In reply to his angry letter of complaint, the company wrote, "We can understand your anger about this mistake, but it was nothing compared to the man who went out on the lake and tried to sail a tree house."*



*Sandhill Cafe*

Located in the Community Center  
20520 Sand Hill Rd., Georgetown  
Check us out on Facebook!



# Grab-N-Go

## Breakfast

7 a.m. til 10 a.m.

## Lunch

11 a.m. to 2 p.m.

Call 302-854-9500 or  
email - [jbivens@cheerde.com](mailto:jbivens@cheerde.com)  
to order Friday Specials & pick up





# Come Travel With Us!

[www.cheerde.com/Events/Travel Club](http://www.cheerde.com/Events/Travel Club)

## BUS DAY TRIPS

- **Wed., May 15 - National Museum of Women in the Arts, Washington, D.C.** Depart 8 a.m., Return approx. 6 p.m. **\$65/person**, lunch on your own, cafe on site.
- **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.

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 - First Come, First Served!)*

## EXTENDED STAY and CRUISES

- **May 4, Bahamas Cruise - 7 Nights.** Tampa, Nassau, CocoCay, Grand Bahama Island, Key West, Tampa.
- **Aug. 2, Southern Caribbean Cruise - 8 Nights.** Port Canaveral, Willemstad, Oranjestad, CocoCay, Port Canaveral
- **June 8-21, Alaska Cruise Tour - 13 Nights - 6 Nights Land Tour, Riverboat Discovery Tour, Wilderness Express Train, Tundra Tour.** Call for pricing.
- **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](mailto:todd.gockley@CruisePlanners.com) or Sheila at [Sheila.Klopp@CruisePlanners.com](mailto:Sheila.Klopp@CruisePlanners.com).

*All Reservations Are First Come, First Served*

Check [www.cheerde.com/Events/Travel Club](http://www.cheerde.com/Events/Travel Club) for complete details.

# 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](http://www.cheerde.com/volunteer)**

