

FREE

JULY 2024

CHEERful Living

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

Summer Salute ...

April Cook from Laurel was prepared for summer fun at CHEER's Older Americans Day Celebration. Older adults from throughout Sussex County came to enjoy good food, good fun, and good memories. In observance of Memorial Day, several shared their vacation memories.

See page 12 for details.

Drug Abuse ...

Statistics are showing an alarming increase in drug abuse by the Baby Boomer generation.

Read about it on page 11.

Senior Prom ...

Members at Long Neck CHEER dressed up to enjoy their Senior Prom.

See photos on page 18.



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CHEER



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.

The 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.**

 **CHEER**
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
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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.

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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.

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OUR VOLUNTEERS



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CEO Perspective

**By Beckett Wheatley
Chief Executive Officer**

Happy July and welcome to the dog days of summer! The “dog days” typically span from early July to mid-August, bringing heat and oppressive humidity to Sussex County. While the season evokes images of care-free outdoor fun, it also poses serious health risks, particularly for older adults. As temperatures soar, so does the potential for dehydration and other heat-related illnesses, making it crucial for seniors to adopt strategies to stay cool and safe.

Dehydration is a primary concern during the summer. As we age, our bodies become less efficient at regulating temperature and the sensation of thirst diminishes, leading to an increased risk of dehydration. Symptoms of dehydration can include confusion, dizziness, and fatigue, all of which can escalate into more severe conditions like heat exhaustion or heat stroke if not addressed quickly.

To reduce these risks, we should prioritize staying hydrated. Drinking water regularly, even when not feeling thirsty, is important. We should also try to avoid beverages that can lead to dehydration such as alcohol, caffeine, and sugary drinks. (I know, not always easy to do!) Eating hydrating foods like fruits and vegetables can



also contribute to maintaining fluid balance and it is healthier for us anyway.

Staying indoors during peak heat hours, typically from 10 a.m. to 4 p.m., is another crucial step. Spending time in air-conditioned places like our CHEER Activity Centers can provide a respite from the heat. Our air-conditioned CHEER buses can even pick you up in the morning, take you to your closest CHEER Activity Center located in Georgetown, Greenwood, Milton, Lewes (Harbour Lights), Long Neck, Roxana, and Ocean View, and then take you home in the afternoon.

For those who want to be outside, it is important to take frequent breaks in the shade and avoid strenuous activities. I love being outside playing in my flower beds. I put a bench in the shade for my breaks, which have become more frequent! Us-

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CHEERful Living

magazine is published monthly by CHEER, Inc. to support healthy and active lifestyles for older adults in Sussex County, DE.

Available for FREE throughout Sussex County in CHEER Centers and businesses throughout the county.

Editor - Carolyn O’Neal

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



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



Partially funded by



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.”

Annual Car Show Helps Serve Sussex Seniors

CHEER, Inc.'s 14th annual fundraising Wheels for Meals Car-Truck-Bike Show is not your average car show. Besides the dozens of vehicles that will come to be displayed on Saturday, August 3 at the CHEER Community Center on Sand Hill Road, off Rt. 9 east of Georgetown, the event will also feature a Champagne Luncheon that is open to the public between 11:30 a.m. until 1 p.m. Exhibitor luncheon tickets are \$25 each at the door; public price is \$30.

The CHEER Nutrition Department cooks a delicious full course meal available to the public as well as registrants. This year's menu includes chicken marsala, baked ham, cocktail meatballs, au gratin potatoes, green beans, scrambled eggs, sausage/bacon, creamed chipped beef over biscuits, potato salad, pasta salad, dinner

CEO Perspective - Cont'd from page 4

ing a wide-brimmed hat, sunglasses, and sunscreen can protect against the harmful effects of the sun. Keeping cool packs or damp cloths handy to apply to the neck, wrists, and forehead can provide quick relief from overheating. Additionally, wearing lightweight, loose-fitting, and light-colored clothing can help keep the body cool.

Fans can be useful, but it is important to note that fans alone might not be effective in extreme heat as they circulate hot air. Instead, combining fans with cool showers or baths can significantly help lower body temperature.

The dog days of summer do not have to be dangerous with the right precautions. By staying hydrated, seeking air-conditioned environments, dressing appropriately, and monitoring health conditions, we can safely enjoy the season. All of us should be regularly checking in with friends, family, and neighbors to ensure that any signs of heat-related illnesses are caught early.

I am looking forward to those summer breezes that often remind me of a line from a favorite song from Seals and Crofts, "July is dressed up and playing her tune and I come home from a hard day's work...summer breeze makes me feel fine..."

rolls with butter, assorted desserts, and the renown Champagne Mimosa's.


If you have a classic vehicle and enjoy displaying it and spending a summer day with fellow car enthusiasts, register your vehicle for the CHEER event. Registration forms can be found at www.cheerde.com/events.

The event is the non-profit agency's yearly fundraiser to help provide services for senior citizens in Sussex County. The proceeds will help expand and diversify a wide range of services and programs supporting healthy and active lifestyles for senior citizens 50 years and over, as well as provide support for their family members

and caregivers. \$63 is needed to provide one week of healthy meals to a homebound senior; \$120 provides one week of house-keeping for a senior; and \$40 provides one week of transportation for a senior. The total cost to help support a senior in their own home with adequate nutrition, clean living environment, and weekly connection to their community is \$223.

Come on out between 10 a.m. and 2 p.m. on August 3 and enjoy the day viewing the dozens of vehicles on display and partaking in a delicious lunch. Rain date will be Sunday, August 4.

For more information call either 302-853-4200, 302-853-4199, or 302-745-5668.




CHEER

Over 50 Years Serving Sussex Seniors

TRAVEL CLUB 2024

Come Travel With Us!



www.cheerde.com/Events/Travel Club

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.

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

EXTENDED STAY and CRUISES

<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> 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) 	<ul style="list-style-type: none"> • 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
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• **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.

How to Plan a Dementia-Friendly Celebration for Your Loved One

By Christie Shirey
Community Resources

Happy 4th of July! The 4th of July is one of my favorite holidays. It brings thoughts of parades, cookouts, and fireworks; but these activities may not be fun for someone with dementia. Large crowds and loud noises can cause confusion, disorientation, and anxiety. I would like to give a few suggestions on how to plan a dementia-friendly celebration.

Cookouts are wonderful for this day. Include any foods that your loved one may remember from previous celebrations, but

remember to keep the gathering small. Making a family album with pictures from past celebrations might help your loved one remember past holidays, but don't stress if they don't. Play patriotic music and let them help make decorations or help with the dessert. The important thing is to let them feel involved.

Parades and fireworks are best viewed on television. This will avoid the crowds and loud noises. Make sure to include fun decorations and holiday themed snacks. Mr. Man, the CHEER Cat, especially loves the pin-



Mr. Man, the CHEER Cat, is ready to celebrate the 4th of July.

wheel. He wishes you all a very happy July 4th.

This month's activities are:
Mon., July 1

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

Tues., July 2

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

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

2 p.m. - Parkinson's Education and Support Group of Sussex County (PESGSC) monthly meeting at Lewes Public Library

Tues., July 9

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

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

Wed., July 10

10:30 a.m. - Online (Zoom) Caregivers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-3045.

Thurs., July 11

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

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., July 12

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

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

Tues., July 16

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

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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

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

Wed., July 17

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

Thurs., July 18

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

1 p.m. - Memory Cafe, Greenwood CHEER

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

Fri., July 19

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

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

Tues., July 23

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

12 noon - Sussex Pride Aging Support Group, TBD

Thurs., July 25

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

1 p.m. - Memory Cafe, Greenwood CHEER

Fri., July 26

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

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

Tues., July 30

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

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

Reverse Mortgages can Enhance Retirement

Reverse mortgages have been utilized by many individuals as a financial tool to enhance their retirement years. While success stories can vary widely based on individual circumstances, here are a few common scenarios where reverse mortgage funds have made a significant positive impact:

Financial Stability in Retirement: Many retirees face challenges in maintaining their desired lifestyle with limited income streams. Reverse mortgages can provide a steady income stream or lump sum payment, allowing retirees to cover daily expenses, healthcare costs, home renovations, or travel without relying solely on savings or pensions.

Debt Consolidation and Relief: For retirees with existing mortgage payments or other debts, a reverse mortgage can provide a way to consolidate debt and alleviate financial stress. By paying off existing debts, retirees can free up cash flow and enjoy a more comfortable retirement.

Home Modifications for Aging in Place: Aging homeowners often require modifications to their homes to accommodate changing mobility and healthcare needs. Reverse mortgage funds can finance these modifications, such as installing ramps, handrails, or accessible bathrooms, allowing seniors to remain in their homes safely and independently.

Submitted by: JoAnn Moore, MMODJoAnn@aol.com

When I was a boy of fourteen, my father was so ignorant I could barely stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years.
- Mark Twain



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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.



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.



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.

Are You Ready for Retirement?

Meet with a 50+ Financial Coach to feel more confident about your retirement. The **Stand By Me 50+** program provides information, resources, and support to increase the economic stability of Delawareans age 50 and older who are planning for or in retirement, through financial coaching, benefits access, workshops, and retirement planning.

Financial coaching is one-on-one sessions with a certified financial coach in order to coach to meet goals mutually set by the coach and client toward financial stabilization and empowerment.

Coaches provide education, encouragement, support, and guidance through a process largely driven by you. Coaching focuses on behavior change and empowering individuals to find their own answers.

Included in financial coaching is a screening tool provided through the National Council on Aging, Benefits CheckUp, which identifies benefits that could save you money, finds ways to cut expenses, and develops a concrete plan to achieve greater economic security.

All services are FREE! Call to schedule an appointment:
Sussex County - 302-685-2586

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



The **Good News** is the Fitness Center at Greenwood, Harbour Lights, Long Neck and Ocean View are Open to **All CHEER Members**.

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



Lewy Body Dementia can Cause Hallucinations, Delusions and can Impair Memory

By Cindy Mitchell
ADC Director

Lewy Body Dementia (LBD) affects about 1.4 million Americans, most are over age 50. Many people first heard of the disease when it was discovered that Robin Williams suffered from undiagnosed LBD before his death.

Symptoms may vary depending upon where in the brain the Lewy bodies form first. One of the hallmarks of Lewy Body Dementia is visual hallucinations and delusions. People report seeing things that are not there. They may also act out their dreams. The disease also impairs memory, the ability to plan activities and process information, attention, and alertness. As LBD progresses, the patient may also suffer from the physical symptoms of Parkinson's disease, including rigid

muscles, tremors, and trouble walking.

To assess which type of dementia (or mix of dementia) a patient has, a doctor will typically collect information from both the patient and their family about their collection of symptoms, when they started appearing, and how they are progressing, according to Elsie Caccappolo, Ph.D., associate professor of neurology at Columbia University Irving Medical Center. They may also send the patient for blood tests, an MRI, a CT scan, and in some cases, a spinal tap to check for proteins that are consistent with certain types of dementia.

Next month, I will highlight Frontotemporal dementia.

For more information about the Sand Hill Adult Day Program call me, Cindy Mitchell, at 302-221-4482.

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Call Cindy at 302-854-2882 or email cmitchell@cheerde.com



Seniors Need Vitamin D for Bones and Kidney Health

By Lisa Harkins, RD, LDN

Vitamin D is a vitamin and it is also a hormone. Its primary duty is to maintain calcium and phosphorous levels in the blood, critical for healthy bones and kidney function. Food sources include fortified milk and breakfast cereal, egg yolks, fish oils, and fatty fish.

There's a bonus for us—we can make enough vitamin D to meet our body's requirement simply by exposing our faces and arms (without sunscreen) to sunlight for a mere 10-15 minutes daily. Unfortunately, SPF, environmental pollution, frequent cloudy days, and geographical position to the equator, all reduce our ability to produce the vitamin naturally.

Hospitals and doctors across

the country started noticing low blood levels of the vital vitamin in those with a variety of chronic conditions and researchers took note. Was there a connection with certain disease conditions and all those individuals with abnormal labs?

There is no doubt that vitamin D is critical for bone health and decreased blood levels increase risk significantly for osteoporosis. A study at Johns Hopkins University linked low blood levels of vitamin D with rheumatoid arthritis and a research team at Oxford University found that vitamin D could possibly prevent MS in genetically susceptible individuals.

What about cancer? Several studies do support vitamin D and its role in preventing

colon cancer, as well as breast cancer. Increased risk of heart disease has also been linked to decreased levels of D, although more research is needed.

As a dietitian, I generally recommend individuals get their nutrients through their diet. But since food sources of vitamin D are limited, supplementation may be recommended, especially for the elderly, dark-skinned individuals, the obese, smokers, or those with liver or kidney disease. For individuals between 50 and 70, 400 IU per day is recommended, and for those over age 70, the RDA is 600 IU. Based on research findings, most experts think these recommendations are too low and are suggesting between 1,000 and 2,000 IU of

vitamin D daily. It is important to note though, that the tolerable (i.e. deemed safe) upper limit of vitamin D is 10,000 IU per day, so don't overdo it!

Tylisa Smith Works Hard to Serve Her Clients

Tylisa Smith has been employed with CHEER since 2017. The Personal Assistance program is grateful to have her as an essential part of our team. Tylisa is a hard worker and very compassionate to the customers. She is dependable and always willing to assist outside of normal business service hours. Her friendly disposition makes her a joy to be around. All her customers enjoy having her in their homes!

Questions about Medicare?

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www.insurance.delaware.gov/DMAB



Drug Abuse in Older Adults is Increasing with Baby Boomers

As we age, chronic health conditions tend to develop. Older adults are prescribed more medicines than other age groups, leading to a higher rate of exposure to potentially addictive medications. Drug overdose deaths among adults in the United States aged 65 and older quadrupled over roughly the last 20 years. By 2021, one in 370 deaths among seniors was caused by an overdose. More than half (57%) of the overdose deaths involved opioids; 13% were intentional, 83% were unintentional, 4% were undetermined, and less than 1% were homicide. Older women accounted for 57% of intentional overdoses and 29% of accidental overdoses. Most unintentional overdoses (74%) involved illicitly made drugs.¹

These older adults are members of the baby boomer generation, born between 1946 and 1964, and grew up in a culture of free love and drug experimentation. They could be taking illicit drug and alcohol abuse with them into their advancing age.² Older adults also metabolize substances more slowly, and their brains can be more sensitive to drugs. One study by the National Institute on Drug Abuse suggests that people addicted to cocaine in their youth may have an accelerated age-related decline in temporal lobe gray matter and a smaller temporal lobe compared to control groups who do not use cocaine. This could make them more vulnerable to adverse consequences of cocaine use as they age.³

Psychoactive medications,

including painkillers like opioid narcotics, and anti-anxiety or sedative medications (such as benzodiazepines) may be commonly prescribed to and abused by this population.

Anxiety disorders are the most widespread mental health condition in older adults, according to the Anxiety and Depression Association of America. Around 14-17 percent of those age 65 and older have a diagnosis. Anxiety disorders target parts of the brain responsible for fear and emotional regulation. Older adults are more vulnerable if they struggle with sleep, often feel unwell, or have long-term medical conditions. In addition, certain medications, including steroids, stimulants, and inhalers, can have anxiety-inducing side effects. Grief can also be a trigger for anxiety.⁴

Bromazolam is a newly emerging benzodiazepine drug which is **not** licensed for medicinal use. It may be consumed unknowingly via counterfeit Xanax® or Valium® preparations. Xanax is FDA-approved for adults to treat generalized anxiety disorder, panic disorder, or agoraphobia (the fear of being in places where it may be hard to leave).⁵

Bromazolam has never been approved for medicinal use by the FDA. However, it is gaining traction in Florida's substance misuse scene which has the largest population of older adults in the United States.⁶ Dangers of misusing Bromazolam include: drowsiness and dizziness, loss of coordination, respiratory depression, coma,

and death.

Xylazine (zy-lah-zeen) is another illicit drug that can kill older adults. It is a veterinary tranquilizer not approved for human use and has been linked to an increasing number of overdose deaths nationwide, with the largest impact in the Northeast. Xylazine is a central nervous system depressant that can cause drowsiness and

See Drug Abuse - page 15



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Seniors were asked to tell about their fondest vacation memories ...

Julie Hudson Greenwood

"I had just been adopted. I was about 5 years old. My entire family came to Fenwick Island for a week. I had a wonderful time getting to know my new cousins. I'm 67 now and I still remember that week."



Claire DiStefano Lewes

"Before moving here from Wilmington 25 years ago, we would come down and rent a house for a week when I was a child. I loved it. As soon as I retired, I moved here immediately."



Carl Richards Long Neck

"We would go to Wildwood, N.J. when I was young and my brother and I would have a lot of fun on the boardwalk. I was about 10 at the time."



Alice Godwin Roxana

"We used to go to Strawberry Landing, near Frankford. The whole family would picnic there. We went every other year. As we grew, we all sort of separated and went our own ways. All my siblings are gone now, but I went to Jamaica with a friend. That was fun."



Jimmy Mears Georgetown

"I was about 8 or 9 when we went to Florida with my parents. I had my first roller coaster ride there. My sister started choking while on the ride."



April Cook Laurel

"We went to my grandmother's at Beverly Beach, Md., near Annapolis, every weekend when I was young. Gram was so special to me. We would ride our bikes and talk and talk."



Zenna Messi Lewes

"When I was about 12 years old, we went to Killen's Pond. I sneaked my little cat in a bag and took it with us. Mom didn't know it. I put the cat on a leash and 'Slicky' went walking on the trail with me."



Lois Renoll Long Neck

"After getting married with four children we couldn't afford to go on a vacation. So we asked our doctor if he knew of a cheap place to take the family. He offered to let us use his cabin in the woods of Pennsylvania. There was no running water and only the cows to keep us company. But we roughed it. We would take the children's Easter baskets and hide them in the woods to be found. One year, my little daughter thought she had found an Easter egg but when she dropped it, she found out it was a real egg. We went there for three years and the family had a great time hiking and playing in the stream."



Maria Webb Milton

"We loved the beach at Sullivan's Island in South Carolina, near Charleston. My grandfather had a place there and my four siblings and I loved to spend the week making sandcastles, swimming in the ocean, eating crabs and those delicious South Carolina peaches."



Gregory Abbott Georgetown

"When I was about 16-17 years old, we had a family reunion in Hampton, Virginia. We played sports, mostly basketball, all weekend."



A man came to an infamous water hole on a golf course. He proceeded to pull out all the balls from his bag and throw them into the water. "What on earth are you doing?" he was asked.

"I'm saving time," he explained.

*It's Been A Wonderful Life ...***CHEER Helps Couple Enjoy Their Second Chance at Love**

By Carolyn O'Neal
Community Relations

Charlie and Mary Louise (Mary Lou) Biondo are living their second lives; one that started 31 years ago after their first spouses both died within a week of each other.

Charlie owned a printing company in Baltimore, Maryland, called General Envelope. He and his first wife, Carolyn, lived on Bel Air Road, 100 feet from the school. Mary Lou and her first husband lived around the corner, one street away. Saturday nights were spent socializing with each other. Mary Lou and Carolyn grew up together. In fact, Carolyn and Charlie were godparents to Mary Lou's oldest son. They were known to Mary Lou's children as Uncle Charlie and Aunt Carolyn.

"My children loved to go to Aunt Carolyn's house because they knew she always had goodies for them, cookies and candy and such," said Mary Lou.

"When our spouses died," explained Charlie, "Mary Lou and I had always been good friends, so we started spending more time together. That led to marriage."

The Milton couple now has a blended family of 10 children – Charlie has three and Mary Lou has seven. "When all the family gets together, children, grandchildren, and great-grandchildren, we have 94 people. Mary Lou has 57



Mary Lou and Charlie Biondo of Milton are enjoying their second marriage together with the help of CHEER.

and I have 37," laughed Charlie.

The couple loves to travel and during their marriage they have driven across the United States five times, plus taken numerous cruises together. "I don't understand why people have to go to other countries. I believe in seeing the United States first; there is so much to see here," said Charlie who is a Korean War veteran. Unfortunately, the couple's traveling days are over since Mary Lou was blinded by macular degeneration in her eyes. But life has continued to be sweet for the couple with the help of CHEER.

The former Maryland couple moved to Milton in 2013. They joined the Milton CHEER Activity Center when the new building went up on Broadkill Road. Charlie volunteered in the kitchen and loved calling Bingo for the group. When needed, they would help deliver Meals on Wheels to the home-

bound. Now, Charlie comes in every day to pick up a meal for them both through Meals on Wheels' Grab-N-Go program. Sometimes, Mary Lou will join Charlie at CHEER for special events.

"Mary Lou can't see to cook anymore," said Charlie. "So, I get our meals here and take them home. We usually eat them for dinner. I get enough for the weekend too."

Although Charlie and Mary Lou have a large family, they are not close by to contribute to the daily care of their parents. The closest children are one in Salisbury, Md., and two in Bethany Beach. CHEER's Grab-N-Go program guarantees that the elderly couple will receive nutrition every day. Mary Lou was 93 in May and Charlie will be 93 in September.

"For three months, I tell people I married an older woman," laughed Charlie.

"Charlie loves to tease," said Susan Mitchell, Milton's CHEER Activity Center director.

"I'm a jokester and Mary Lou has good humor. That's what makes us a good couple," answered Charlie.

Mary Lou confirmed that, "Charlie likes to make people laugh."

Charlie demonstrated his humor when he temporarily stopped our interview to read a humorous poem to the other Milton seniors at the center that day about "getting old and the people you meet – gall bladder, Tums, arthritis, etc." He also reflected on the day Mary Lou became a card shark at the local casino and came home with \$780.

"Because she is blind, they (the casino) let me look at her cards and I was shocked when I saw two pairs," laughed Charlie.

"I am pretty lucky with the cards I get," giggled the little lady.



Turning serious, Charlie said, "I'm glad that CHEER is here for us. I was recently hospitalized at Johns Hopkins (hospital in Baltimore), and I didn't worry about Mary Lou. But I'm out and about now, so we can have some fun at CHEER."

(Editor's Note: For more information about all the services CHEER offers seniors in Sussex County, call 302-515-3040 or go online to www.cheerde.com.)



Over 50 Years Serving Sussex Seniors



Monday	Tuesday	Wednesday	Thursday	Friday
1 Pasta Carbonara w/Turkey Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	2 Baked Fish Mediterranean Couscous Steamed Spinach Fresh Fruit Skim Milk	3 Chicken Marsala Mashed Red Potatoes Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	4 CHEER Centers Closed for Independence Day 	5 Taco Salad Black Bean and Corn Salad Garnish Watermelon Slice Skim Milk
8 Fish Sandwich Baked French Fries Cole Slaw Pineapple Slices Skim Milk	9 Pork Carnitas Cilantro Lime Rice Roasted Corn and Peppers Fresh Strawberries Skim Milk	10 Hamburger on Bun Baked Beans Lettuce-Tomato-Onion Salad Fruited Gelatin Skim Milk	11 Chicken Parmesan Rigatoni Noodles Italian Vegetables Whole Wheat Roll/Bread Ice Cream Skim Milk	12 Dilly Turkey Pasta Salad Cucumber Dill Salad Chilled Fruit Cup Skim Milk
15 Hot Dog on Bun Baked Beans Cole Slaw Italian Ice Skim Milk	16 Cheese Quiche American Fried Potatoes Steamed Spinach Greek Yogurt Parfait w/Granola Whole Wheat Roll/Bread Skim Milk	17 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	18 Chicken w/Curry Dill Sauce Yellow Rice Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	19 Beef Vegetable Soup Tuna Pasta Salad Pickled Beets Mandarin Oranges Skim Milk
22 Cheese Ravioli and Marinara Tossed Garden Salad Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	23 Turkey Tetrazzini Green Beans w/Mushrooms Whole Wheat Roll/Bread Blueberry Cobbler Skim Milk	24 Baked Stuffed Chicken Breast Brussels Sprouts Whole Wheat Roll/Bread Cinnamon Applesauce Skim Milk	25 Beef Stroganoff Buttered Noodles Five-Way Mixed Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk	26 Cream of Tomato Soup Cottage Cheese w/Fruit 3-Bean Salad Whole Wheat Roll/Bread Strawberry Crème Pie Skim Milk
29 Turkey Divan Steamed or Baked Rice Whole Wheat Roll/Bread Fresh Fruit Skim Milk	30 Salisbury Steak w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Ice Cream Sandwich Skim Milk	31 Pork Sliders Baked Sweet Potato Wedges Confetti Cole Slaw Chilled Fruit Cup Skim Milk	 <p>DELAWARE HEALTH AND SOCIAL SERVICES Division of Services for Aging and Adults with Physical Disabilities</p> <p><i>“This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities.”</i></p> <p>Menu items subject to change due to availability.</p>	

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

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

Drug Abuse - Cont'd from page 11

amnesia and slow breathing, heart rate, and blood pressure to dangerously low levels. It is cut in fentanyl and heroin and cannot be seen when mixed, so individuals may not be aware of its presence. Xylazine can be swallowed, inhaled, smoked, snorted, or injected into the muscle or vein. It has rapid onset within minutes and can last eight hours or longer.⁷

Marijuana use is another “prescribed medication” that needs to be used with caution by older adults. One U.S. study suggests that close to a quarter of marijuana users age 65 or older report that a doctor had recommended marijuana in the past year.⁸ Research has found that medical marijuana may relieve symptoms related to chronic pain, sleep hygiene, malnutrition, depression, or to help with side effects from cancer treatment. However, regular marijuana use for medical or other reasons at any age has been linked to chronic respiratory conditions, depression, impaired memory, adverse cardiovascular functions, and altered judgment and motor skills.⁹ Marijuana can interact with several prescription drugs and complicate already existing health issues and common physiological changes in older adults.

As you get older, medications can start affecting you differently. You may be more sensitive to side effects. Certain side effects like confusion, low blood pressure, and falls can be especially risky in the elderly. If you're 65 years of age or older, now is the time to review your medications with your doctor. However, never stop or change your medications with-

out talking to them first.

Treatment for addiction in the elderly population may need to be specialized, as adults over the age of 65 are likely to have unique circumstances and specific needs that are different than those of younger generations. If you witness a drug overdose, immediately call 911 and stay with the person until emergency medical services arrive.

When assisting a drug-related crisis, be careful about touching the victim. Some drugs, such as Bromazepam, can be dangerous. Do not touch your eyes, nose or mouth after touching any area that may be contaminated. Be sure to wear gloves and a mask. Wash hands with soap and water after working with the victim even if wearing gloves.

For more information about drugs and their effects or addiction-related crisis, contact the Delaware Department of Health and Social Services, Division of Substance Abuse and Mental Health, call or text 988. Strongly encourage all overdose patients to accept treatment.

References:

1. www.medscape.com
2. www.tapartnership.org/treatment/delaware/seniors-or-older-adults.htm
3. National Institute on Drug Abuse website
- 4.5. National Institute on Drug Abuse - nida.nih.gov/research-topics/xylazine
6. www.hanleycenter.org/what-is-bromazepam/
7. National Institute on Drug Abuse - nida.nih.gov/research-topics/xylazine
- 8.9. National Institute on Drug Abuse website

A very businesslike paper boy knocked on the door of a house. When a woman answered, he demanded, “You haven’t paid for your paper all month. Pay up right now or you’re off the route and you’ll be hearing from our collection agency.”

The woman looked around her yard and answered, “I’ve paid you every week, in much the same way you deliver my newspaper. Look. There’s a payment envelope in the bushes to the left, one in the bushes to the right, one up in the gutter of the porch, and one in the hole in my living room window.”



Purple for Peace Day ...

Purple for Peace Day is celebrated on May 16 each year. Georgetown CHEER members wore purple to celebrate the day. Left to right are, front row - Yvette Harris, Ruth Dorsey, Sarah Kerneklian, Della Zielinski, Connie Screpesi, Edith Poore and Bonnie Hatton; back row - Director Debbie Landon, Gary Turner, Barbara Jean Bailey, Judy Jones, Jerry Jackson and Jacqui Bivens.



Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE

Debbie Landon, Director

302-854-2896

Happenings

Thurs., July 4 – Center Closed for Independence Day

Fri., July 5 – Georgetown to Greenwood

Tues., July 9 – National Sugar Cookie Day

Thurs., July 18 – Revive Sound Productions; Dinner/Bingo

Fri., July 19 – Greenwood to Georgetown

Tues., July 23 – Ocean City Recreation Dancers; Bridgeville to Georgetown

Monday – Friday – Coffee and Social Hour, 9 a.m.

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 on Zoom, 10:30 a.m.

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.; and Prize Bingo, 12 noon

Monthly activities include 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
July Birthdays!*



Greenwood Activity Center

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

Welcome July!

It's time to grab the lemonade and brush up on tips for staying cool. The dog days of summer are just ahead. The seventh month brings the 4th of July holiday when the U.S. celebrates Independence Day. Ready the fireworks, cookouts, and red, white and blue decorations.

The Fourth of July – also known as Independence Day or July 4th, has been a federal holiday in the United States since 1941. What this holiday commemorates is the adoption of the Declaration of Independence on July 4, 1776, by delegates from the 13 colonies. On the 4th, the Continental Congress approved the final wording of the Declaration of Independence. This is the day

we celebrate the birth of the United States of America.

Morning Café

Join us every day at 8:30 a.m. for our CHEERful Morning Café. Enjoy a breakfast snack, coffee, juice 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.

July Highlights

Every Monday morning at 9:15 a.m. join our Tai Chi class with Gary Tomkins. 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 Parkinson's disease.

July 4th

On Thursday July 4th, all CHEER centers will be closed in observance of the Independence Day Holiday.

Weekend Event

We are excited to announce a weekend event in July: "Brunch with the Jones Boys", Saturday July 20, at 11 a.m. Come and enjoy a delicious brunch which includes homemade Danish pastries by our very own Chef Gary and great country music by the Jones Boys. Cost is \$5.

Inland Bays Info

Monday, July 22, at 10 a.m., Lisa Swanger will be here from Delaware Center for the Inland Bays. Lisa will present a program about what projects and initiatives are currently aimed at protecting

and restoring Delaware's three Inland Bays.

Sunshine Entertainment

The Sunshine Singers will entertain us with their wonderful summer tunes on Wednesday, July 31, at 10:30 a.m. You won't want to miss their appearance. It's very uplifting as we all sing along!

Enjoy your summer!

Sheila

Activities

July 1, July 8, July 15, July 22, July 29, Mondays – Tai Chi class with Gary Tompkins. Learn how you can improve balance, stability, and flexibility. 9:15–10 a.m.

July 4, Thursday – All centers closed for the 4th of July Holiday.

July 5, Fridays – Full Breakfast \$2 for age 60+, 8:30-9:30 a.m.

Our friends from the Georgetown CHEER visit us. 10 a.m.; followed by musical entertainer, Lisa Miller.

July 8, Monday – Music Ministry with Pastor Dan and Betsy Taylor. 12 noon.

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

July 10, Wednesday – Let's celebrate July Birthdays! 11:45 a.m.

July 11, 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.

July 12, Friday – Victoria from Highmark will visit

See Greenwood - page 17

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Greenwood - Cont'd from page 16

Greenwood for games and fun, 9:45 a.m.

July 17, Wednesday – Trip Day TBA.

Food Bank of Delaware, 11 a.m.

July 18, Thursday – Virginia Antongiorgi, Life Coach, will present “Accepting Your Changing Identity.” 10 a.m.

Memory Café with Christie Shirey, 1–3 p.m.

July 19, Friday – Full Breakfast, \$2 for age 60+, 8:30–9:30 a.m.

Greenwood CHEER visits our friends at the Georgetown CHEER. Bus leaves at 9:30 a.m.

July 20, Saturday – Brunch with the Jones Boys. 11 a.m. Only \$5.

July 22, Monday – Lisa Swanger from the DE Center for the Inland Bays will present a program about what projects and initiatives are currently aimed at protecting and restoring Delaware’s three Inland Bays. 10 a.m.

July 23, Tuesday – Laurel Senior Center visits Greenwood CHEER for Bingo. 10:30 a.m.

July 24, Wednesday – Blood Pressure check with Betty, 9:30 a.m.

Alethia and Kayla from DE Palliative Care will visit us for more games and fun. 10:15 a.m.

AARP Defensive Driving Course Beginner Class, 9 a.m.–3:30 p.m.

July 25, Thursday – Greenwood members visit Laurel Senior Center. Bus leaves at 9:30 a.m.

Memory Café with Christie Shirey, 1–3 p.m.

Dinner and Bingo at 5 p.m. Roast Brisket, baked potato with all the fixings, and a green salad. Cost is \$6.

July 26, Friday – Full



Harbour Lights Activity Center

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

Membership Meeting

On Thursday, **July 11**, we will be having a membership meeting. This is a time for you to voice your concerns and to discuss the things you would like to do at the center. Please brainstorm some ideas of how we can raise money for the center, whether it's a bake sale, yard sale, or a silent auction. I'd love to hear from you. Please join us for a delicious breakfast followed by the membership meeting at 10 a.m.

Murder Mystery

Hello All! Thank you everyone for your patience! We are almost there, we need a few more volunteers. I'd like to have the volunteers in place before we have our first meeting. We will be meeting on Thursday, **July 25**. We will be meeting at 10:30 a.m. Those who have already signed up, please be ready to brainstorm everything that we need and what we will be doing for this to be a success. I am so excited to finally get this start-



to our members born in
July!

Breakfast, \$2 for age 60+, 8:30–9:30 a.m.

July 31, Wednesday – The Sunshine Singers will entertain us with their wonderful, summer tunes at 10:30 a.m.

Membership Meeting (Unity Club). Please come and share your thoughts. 12 noon.

ed. If you have any questions, please feel free to discuss them with me.

Happy Birthday

Happy Birthday to anyone born in the month of July. We will be having a birthday celebration for everyone born in July on Wednesday, **July 17**. Please come and have cake and ice cream with us. We pray you have a blessed day and a blessed year to follow.

Dinner and Prize Bingo

On Tuesday, **July 23**, we will be having our monthly dinner. This month, we will be having free prize Bingo. The dinner will begin at 5 p.m., and prize Bingo will begin at 5:45 p.m. The bus is available if we have enough signed up. The menu will be announced later. Please be sure to sign up at the desk for the dinner.

Necessity is the mother of invention -- even though much of what's invented is hardly necessary.

Milton CHEER Center Visiting

On Friday, **July 26**, our friends from Milton CHEER Center will be visiting us for the day. We will be doing different activities during the day. The day will be concluded with prize Bingo. Please show our guests a great time, be respectful, and let's enjoy our time together.

Breakfast Bash

The breakfast bash is on Thursday's! Breakfast will begin at 8:30 a.m. and go on until 9:30 a.m. The cost of breakfast is \$2 for members and \$4 for non-members. Please sign up for breakfast at the desk.

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

A life insurance salesman was standing beside a tractor trying to sell a farmer a policy, but the farmer told him, “No sir, I want no life insurance. When I die, I want it to be a sad day for everybody.”

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Long Neck Prom ...



Thelma Cottman



Brenda and Al Browne



Bob Harrison



Leola Doughtry



Colleen and Carl Richards



Minnie Woods



Roger Cox and Barb Painter



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



Linda Peiffer and Marge Offandani



Ruth and Allen McIlvain

Senior Prom

Members enjoyed their “Senior Prom” with dinner and dancing at the Center. See photos above for some of the “dolloed up” participants.

Happenings

Thurs., July 18 – 4–6 p.m., Evening Event and Dinner

Wed., July 31 – 12:30 p.m., Happy Birthday to our center members. Come celebrate our July birthdays.

Fri., July 26 – 12:30 p.m., Watermelon Festival in center.

Trips

Tues., July 2 – Byler’s and Rudy’s in Harrington, bus leaves at 9:15 a.m.

Thurs., July 11 – State House Museum, bus leaves at 9:15 a.m.

Tues., July 16 – Produce Junction, Boscov’s, and food court, bus leaves at 9:15 a.m.

Thurs., July 25 – Delaware State Fair, bus leaves at 9:15 a.m.

Every Monday – Walmart, 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, the bus leaves at 10 a.m.

CHEER



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Milton Activity Center

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



A Bittersweet Time for Milton's Cierra Hicks (left) and Stacy Hart (right).

By Susan Mitchell, Milton Director

It's a bittersweet time at Milton CHEER as we say farewell to our Kitchen Manager, Cierra Hicks. Cierra will continue with CHEER in her new position as a Homebound Outreach Worker. We loved having her here at Milton CHEER, and wish her the best in her new position.

Welcome Stacy Hart – our new kitchen manager. I've only known Stacy for a few weeks, but I can already see she is caring, and loving, and I'm super excited to work with her.

I did a quick Q & A with both of these fabulous ladies.....

Cierra was born in Lewes, and currently resides in Millsboro. She is the proud mother of three boys and one girl. She was inspired to cook by her dad and loved watching him cook.

Favorite comfort food to make? Turkey wings, macaroni and cheese, and cabbage.

Favorite treat to order out? Steak and shrimp.

Why does she like working for CHEER? Cierra loves working with our seniors and assisting them as she can. She's looking forward to the next chapter in her career at CHEER.

Stacy lives in Long Neck. She is the proud mother of two girls and one boy. She's also a proud grandmother of one granddaughter. Stacy moved here a year ago from Oxford, Pa. She was looking for a career change and was quickly welcomed by CHEER.

Favorite comfort food to make? Tacos.

Favorite treat to order out? Steak with a baked sweet potato and broccoli.

Why does she like working for CHEER? Stacy said she loves being involved in an organization for seniors. She just likes "doing good" for others. Welcome to our CHEER family, Stacy.

As they were on their way to church service, a Sunday school teacher asked her little children, "And why is it necessary to be quiet in church?"

One bright little girl replied: "Because people are sleeping."

Poem for July

(by Susan Hartley Swett)

When the scarlet cardinal tells

Her dream to the dragon fly,
And the lazy breeze makes a nest in the trees

And murmurs a lullaby,
It is July.

Join us here in Milton for lunch and for fun!

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, Mahjogg, Chair Yoga

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

Weekly trips to Dollar General, Post Office, and Bank

"Your money or your life," the holdup man said to Jack Benny. Benny, who made a running gag out of being tight, didn't respond. "Come on," the thug said angrily, "which is it, your money or your life?"

Benny answered, "I'm thinking it over."



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Ocean View Activity Center

30637 Cedar Neck Road • Ocean View, DE
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“Our Watery Planet”

Summer fun continues at the CHEER Center in Ocean View! Stop in and see what’s new. Arts and Crafts are every Tuesday in July: 2nd – Barb R. will be offering a Neurographic Art Project, 12–1:30 p.m. – anyone can do it; check out the flyer in the Center and sign up; Lilly P. will continue her Art Journaling on the 9th and 23rd at noon, everyone welcome; and Dan F. will offer watercolor classes at noon on 16th and 30th, beginners welcome! Trying something new is good for your brain!

Dinner

Our Dinner will be on **Tuesday, July 30**, with Beach Themed Bingo. Wear your favorite Beachy/Islandie attire.

Stay ‘tuned’ for Mark G. on piano, **Monday, July 1**, 11 a.m.–12 p.m. and check out our calendar at the center for more entertainment, two more boat trips and all the latest . . .

Ocean Trivia from Free the Ocean:

“The Ocean covers _____ % of Earth’s surface, regulates our climate and produces half the oxygen we breathe.”

36% 52% 71%

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.

*Enjoy Mark G.’s fantastic Piano Music on the **July 1st**, 11 a.m.-noon.

*Membership Meeting on the first Monday, **July 8**, at 12 noon.

*Stand By Me, fourth Monday, **July 22**, with Kathleen Rupert, 1–3 p.m., by appointment, 302- 685-2586.

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, 8:30 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjongg, Mexican Train Dominoes, 11:30 a.m.; NEW – Beginning Watercolor, supplies provided, **July 16 and 30**, 12 – 1 p.m.; Canasta and Pinochle, 12:15 p.m.

Beach Themed Bingo and Dinner, Tuesday, July 30, 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.

*Parkinson’s Support Group, third Wednesday, **July 17**, 1 p.m.

*Celebrating all July birthdays over lunch, Wed., **July 31**

Thursdays: Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early – Class Size Limited), Pickleball in the Parking Lot, 8:30 a.m.; Hand and Foot, 12:15 p.m.

***CLOSED Thursday, July 4th!**

*Alzheimer’s Caregiver Support Group, PLEASE NOTE NEW TIMES: first and third THURSDAYS, 1 P.M. **July 18 only** for July.

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, first Fridays, **July 5**, following Memory Café/Lunch – open to everyone, noon–1 p.m.

*Line Dancing with instructor Donna Ferraro, **Once Monthly Only**, second Friday, **July 12**, 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).

Trips

Refer to our Calendar for updates, etc. Please bring a reusable water bottle on all our trips.

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., July 4 – CLOSED – Celebrate!

Fri., July 5 – Tentative – Local Garden Visit and Shaka Shack, 9:30 a.m.

Thurs., July 11 – Dolphin Watching Cruise with Cape Water Tours, \$25, MUST pay at sign up, and Thompson Island for lunch afterwards, 9 a.m.

Fri., July 12 – Walmart Super Center and Rayne’s Reef Soda Fountain & Grill, Berlin Md., 9:30 a.m.

Thurs., July 18 – Good Vibes Tiki Cruise, two hours includes lunch and a T-shirt, \$45. MUST pay at sign up, 9:30 a.m.

Fri., July 19 – Tentative – Center for Inland Bays Tour and Talk and 38 Degrees for lunch in Selbyville, time TBD.

Thurs., July 25 – Delaware State Fair – Free Senior Day for 60+ 8:45 a.m. Please wear comfortable, light-colored clothing, a hat, sunglasses/sunscreen and bring a reusable water bottle.

Fri., July 26 – Teen Challenge Thrift Shop and Abbott’s on Broad Creek or a local diner (group choice), Seaford, 9:30 a.m.

Ocean Trivia Answer from Free the Ocean – 71%!



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 Wheatly 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.

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

Moving to the Music or 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

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

July 1 – Pastor Dan and Betsy Taylor, Music Ministries

July 8 – Moving to the Music Exercises with Dan Feth

July 10 – Walk Down Memory Lane, music with Mason Dixon

July 15 – Pastor Dan and Betsy Taylor, Music Ministries

July 17 – Celebration of Life for Patricia Cohee, music with Imagine

July 22 – Moving to the Music Exercises with Dan Feth

July 24 – Entertainment – Music with Suzette Pritchett

July 31 – Entertainment – Music with Gloria Holland


*** 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 July, a very special day and beautiful year ahead!

Thank You Dear Debbie

The Roxana CHEER Center Family extends its appreciation to Director Debbie Dudkin for all her hard work for the center. She has brought more members to the center and she is nice to everyone when they come in to the center. Roxana CHEER Center family is lucky to have her.

*Love, Norma and the
Roxana CHEER Center
Family*





LINE DANCING

CHEER COMMUNITY CENTER

* BEVERAGES AVAILABLE FOR PURCHASE-BRING SNACKS!


DOORS OPEN 5:00 pm
Beginner Basics Workshop 5:15-5:30 pm
Dance Lessons Beginner/Improver and Open Dance Music-ALL levels 5:30-7:30 pm

Monday Nights -\$5.00 Fee

DANCE INSTRUCTOR:
LILY PARSONS

20520 SAND HILL ROAD
GEORGETOWN, DE

*OPEN TO THE PUBLIC



**We collect donations at Ocean View CHEER 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. Thanks!*

Food Pantry hours every Thursday, call for specifics, 302-539-2671.

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.

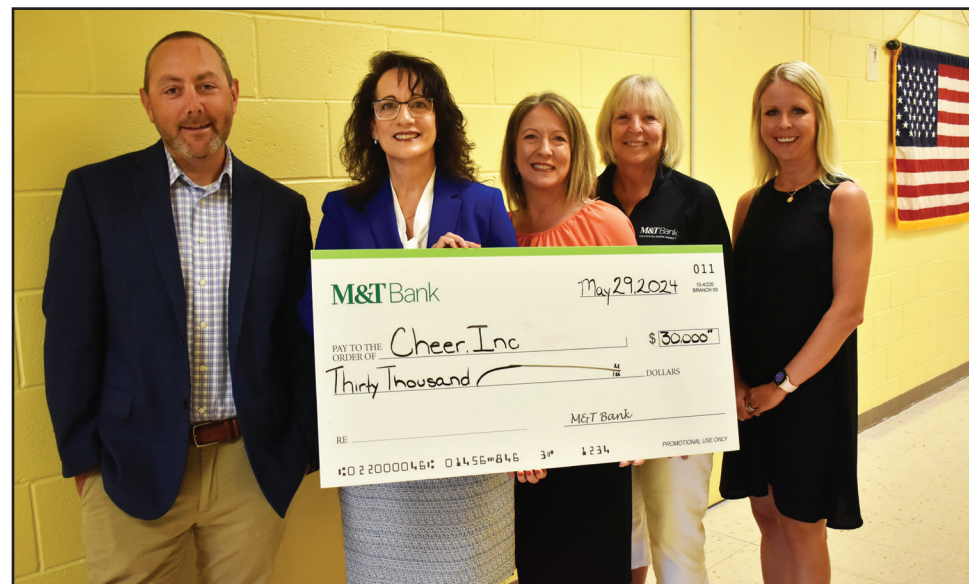
FOR MORE INFORMATION
OR TO VOLUNTEER, CONTACT

302-500-6720

or apply at www.cheerde.com

VOLUNTEER

all that's missing is U!



CHEER, Inc. is the recipient of monetary support from the M&T Charitable Foundation for the purpose of construction of the CHEER Gateway East Administration and Support Services Building. A long-term commitment of \$30,000 was initiated with the recent presentation of the first of three \$10,000 yearly payments to CHEER's Chief Executive Officer Beckett Wheatley. The new building will house CHEER's administrative team, which has been in the Adams State Service Building in Georgetown for over four decades. The plan is to break ground later this year for the new CHEER building on the agency's property behind the CHEER Community Center on Sand Hill Road, east of Georgetown. Construction is expected to be completed within a year.

Shown in photo are, left to right: M&T Business Banking Team Leader Chris Laznovsky, CHEER CEO Beckett Wheatley, M&T Commercial Branch Manager and a member of the Charitable Foundation Mary Ann Smarte, M&T Regional Manager and CHEER Board Member Nancy Choma, and M&T Business Banker Tina Thurman.

Welcome New Volunteers

Daniel O. Cabrera	Georgetown	Special
Martin Chilel	Georgetown	Kitchen/Center
Leonel Garcia Juarez	Georgetown	MOW Floater
Carlos Perez Lopez	Georgetown	Kitchen/Center
Nicole Moore	Georgetown	Kitchen/Center
Diane Perez	Georgetown	Special
Alfredo J. Ginez Ponce	Georgetown	Special
Mararet Vazquez	Georgetown	Special
Maria Vazquez	Georgetown	MOW/Sub
Stacey Jones	Harbour Lights	Center
Allison Sullivan	Harbour Lights	Center
Richard Beals	Milton	Admin/Center
Dick Growitz	Milton	Receptionist
Sharon Hines	Milton	Receptionist
Rick Rinderie	Milton	MOW/Center
Kathleen Adkins	Ocean View	MOW/MED
Claudia Marcello	Ocean View	Kitchen
Lila Pitti	Ocean View	MOW/Data Entry

Thank you for your support!

This Month's Recipe ...

Watermelon Caprese Skewers - perfect for July 4th

1/2 Large Watermelon
10 Ounces Mozzarella cheese
3 TBSp Extra Virgin Olive Oil
3 TBSp Balsamic Vinegar
1 Bunch Basil Leaves
1 Bunch Mint Leaves
Salt and Pepper to taste
20 - 6-inch Skewers

DIRECTIONS:

- Cube watermelon and mozzarella.
- Thread fruit and cheese on a skewer with herbs in between.
- Place skewers on a platter and drizzle with olive oil and vinegar and season with salt and pepper to taste.



Won't You Donate? They Are Hungry, Too



Not only do many of the homebound seniors in Sussex County receive meals, but many times, they will share their food with their furry companions so they can eat also. Your pet food donation will go a long way to the well-being of both the homebound seniors and their comforting friends. For more information or to donate call: 302-854-9500 or email asmith@cheerde.com or mjordan@cheerde.com. You can also drop donations off at the CHEER Community Center, 20520 Sand Hill Road east of the circle on route 9 in Georgetown.



Donation Suggestions:

Dog/Cat Food (wet or dry) • Dog/Cat Treats • Kitty Litter

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**

302-500-6720

or go to www.cheerde.com/volunteer



Over 50 Years Serving Sussex Seniors