

FREE

OCTOBER 2024

# CHEERful Living

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



Website

SCAN  
ME



Facebook

## Trap Pond Fun...

Hundreds of seniors in Sussex County came to Trap Pond State Park in Laurel to enjoy CHEER's annual Fall Festival.

See more photos pages 12 and 13.

## Go Nuts...

All nuts can have nutritional value for the elderly. Find out a few of your favorites.

See page 15

 **CHEER**  
Over 50 Years Serving Sussex Seniors





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

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

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.**



**Introductory Ad Rates**

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

Front Page*	10.25 in. x 2.5 in.	\$1,500
Back Cover*	10.25 in. x 11 in.	\$1,000
Inside Covers*	10.25 in. x 11 in.	\$700
Full Page*	10.25 in. x 11 in.	\$550
Half Page*	4.845 in. x 11 in. OR 10.25 in. x 5.625 in.	\$300
Quarter Page	4.875 in. x 5.625 in.	\$175
Eighth Page	4.875 in. x 2.8125 in. OR 2.3125 in. x 5.625 in.	\$100

**INCLUDES COLOR**

**DEADLINE - 1st of Preceding Month**

\*With Purchase of Ads Half Page or Larger, client receives a comparable space for written word copy: Front, Covers and Full = 500 words; Half = 250 words. Articles are to be written by client's representative and feature company info or services offered to older adults. (Publisher reserves editorial rights.) Text content should be educational. Photos fill space as needed.

# TidalHealth is With You at Every Step

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



**Dr. William Doran**

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

The surgery is unique in that it provides a personalized

surgical plan. Prior to surgery, a CT scan of the patient's hip or knee joint is obtained. This generates a three-dimensional model of their unique anatomy. The 3D model helps Dr. Doran see details he can't typically see with an X-ray alone, and helps him determine the optimal size, placement and positioning of the patient's implant.

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).

*(The above is a paid advertisement – CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)*



## 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)





Table of Contents

CEO Perspective ..... 4

Community Resources ..... 6

Friendship at CHEER ..... 9

Patriot Day..... 10

Trap Pond Fun ..... 12-13

Menu ..... 14

Nutrition..... 15

Georgetown..... 15

Greenwood..... 16

Lewes..... 18

Stand By Me ..... 18

Long Neck ..... 19

Milton ..... 19

Ocean View ..... 20

Roxana..... 21

Volunteers ..... 22

Recipe..... 23

# CEO Perspective

**By Beckett Wheatley, CEO**

October is filled with so many days of celebrations and recognitions that I would be remiss not to bring a few of them to light.

**World Food Day**, celebrated annually on October 16, is a global observance that raises awareness about food security, hunger, and the importance of sustainable food systems. World Food Day also emphasizes the role of individuals and communities in achieving food security. It encourages people to make informed food choices, reduce food waste, and support local farmers.

CHEER strives to ensure that our Sussex County seniors have access to nutritious food. Last year, we provided well over 300,000 meals. CHEER has monthly nutrition education classes with our Registered Dietician that are very beneficial in informing us how to make better food choices and more. We encourage seniors to participate in our congregate programs that provide a delicious, heart-healthy, week-day lunch and a wide variety of activities throughout Sussex County with CHEER Centers in Greenwood, Milton, Lewes (Harbour Lights), Roxana, Ocean View, and Georgetown. Many of our sites also provide a weekly breakfast and monthly dinners with entertainment.



We even provide meals for the independent senior centers in Laurel and Bridgeville.

We provide those same healthy meals to many seniors and disabled adults that are homebound. This vital service helps to ensure that no senior in Sussex County goes hungry. We rely heavily on our wonderful volunteers and staff who deliver our meals and check on their well-being. CHEER is fortunate to have the support of our national, state, and local governments, businesses, organizations, and individuals so that we do not have a waiting list for meals. Many other organizations in other states cannot say the same.

CHEER also has the Sand Hill Café located in the CHEER Community Center in Georgetown and is open to the public with daily and weekly specials for people of any age! Stop by **See CEO - page 5**

**CHEER MISSION STATEMENT**

*CHEER’s mission is “to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of senior citizens 50 and over.”*

## CHEER Staff

**Beckett Wheatley**  
Chief Executive Officer

**Tom Reardon**  
Chief Operating Officer

**Marissa Chavez**  
Human Resources Director

**Debbie Joseph**  
Personal Assistance  
Services Director

**Cindy Mitchell**  
Adult Day Program Director

**Kevin Mutch**  
Information  
Technology Director

**Robert Rogers**  
Transportation and  
Facilities Director

**Amy Smith**  
Nutrition Director

**Angela Thomas**  
Finance Director

**Debra Dodd**  
Hospitality Manager

**Isaac Felder**  
Food Services Manager

**Robin Greene**  
Congregate Manager

**Monica Mandujano**  
Volunteer Services Manager

**Carolyn O’Neal**  
Community Relations Manager

**Christie Shirey**  
Community Support Specialist

## CHEERful Living

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

Editor - Carolyn O’Neal

For advertising information, contact Carolyn O’Neal at carolino@cheerde.com or call 302-515-0001, Ext. 1001



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



Partially funded by



## CEO Perspective - Cont'd from page 4

Monday – Friday from 7 a.m.-2 p.m.

Are you a Sussex County senior age 50+ or disabled adult that needs easier access to groceries? Our CHEERMobile Mini-Market brings groceries right to your home with over 175 staple items in stock from bread to laundry detergent.

World Food Day serves as a powerful reminder of our collective responsibility to ensure that everyone, everywhere, has access to safe, nutritious, and sufficient food.

\*\*\*

October also celebrates **Make a Difference Day** on October 26. This day encourages us to not only perform acts of kindness, one of my favorites, but also to volunteer and participate in service projects to make our community better.

CHEER is always recruiting for volunteers! Together, we can make a difference in the lives of our seniors and even our own.

\*\*\*

Lastly, who doesn't like dessert after a meal? October 1st is **National Homemade Cookie Day!** I think we should celebrate that every day! May we all be blessed with a delicious CHEER meal, a homemade cookie, and make a difference for the better in each other's lives.

*A woman showed her friend a magnificent diamond in a platinum setting, and explained, "My husband died last month, but just before he breathed his last breath, he told me about some money set aside in a bank vault. He told me to buy a stone with it. This is the stone!"*

## Welcome Nakhia Alexander to CHEER's PASA Department

Nakhia Alexander of Seaford is one of CHEER's newest Direct Care Workers in the Personal Assistance Services Agency (PASA). She started in March 2024 and the PASA program is delighted to have such a dedicated employee who goes above and beyond to take care of her customers.

Thank you Nakhia for serving the elder population in Sussex County so well and CHEER looks forward to a long relationship with you.



# CHEER

Over 50 Years Serving Sussex Seniors

## Come Travel With Us!

### TRAVEL CLUB 2024

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

## BUS DAY TRIPS

- Wed., Nov. 20 - Daniel, Sight and Sound Theatre, Lancaster, Pa. \$160/person, includes bus, show and lunch. Depart 7:30 a.m., Return approx. 6 p.m. (SORRY - SOLD OUT!)

### 2025 Schedule Coming Soon!

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

For Bus Day Trip reservations, contact Robin Greene at 302-515-0001, Ext. 1162.

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

## EXTENDED STAY and CRUISES

- 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 (Call for prices)
- 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) (Cost TBA)
- 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

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.



# October is Lewey Body Dementia Awareness Month

Lewey Body Dementia is the second most common type of dementia and the most misdiagnosed. According to the Lewey Body Dementia Association, symptoms can include:

- Impaired thinking, such as loss of executive function (planning, processing information), memory, or the ability to understand visual information
- Problems with movement, including tremors, stiffness, slowness, and difficulty walking
- Visual hallucinations (seeing things that are not present)
- Sleep disorders, such as acting out one's dreams while asleep
- Behavioral and mood symptoms, including depression, apathy, anxiety, agitation, delusions, or paranoia
- Changes in autonomic body functions, such as blood pressure control, temperature regulation, and bladder and bowel function



## 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  
302-515-0001, Ext. 1061



**Mr. Man is excited about Fall. He loves his sweater and all the mischief he can find.**

Correct diagnosis is important because someone with Lewey Body Dementia can react differently to medications prescribed for Alzheimer's or Parkinson's.

For more information visit: [www.lbda.org](http://www.lbda.org) or call the CHEER Caregiver Resource Center at 302-515-0001, ext. 1061. Please note the new phone number.

This month's activities:

### **Tues., October 1**

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., October 3**

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

1 p.m. - Memory Cafe, Greenwood CHEER

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

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

### **Fri., October 4**

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

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

### **Mon., October 7**

*See Dementia - page 7*



## Dementia -

### Cont'd from page 6

7 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email [cshirey@cheerde.com](mailto:cshirey@cheerde.com) or call 302-515-0001 ext. 1061

### Tues., October 8

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

1 p.m. - Memory Café, Long Neck CHEER

### Thurs., October 10

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

1 p.m. - Memory Cafe, Greenwood CHEER

### Fri., October 11

10:30 a.m. - Memory Cafe,

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

### Mon., October 14

10:30 a.m. - Online (Zoom) Caregivers Support Group. Registration required. Email

[cshirey@cheerde.com](mailto:cshirey@cheerde.com) or call 302-515-0001 ext. 1061

### Tues., October 15

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., October 16

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

### Thurs., October 17

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

1 p.m. - Memory Cafe, Greenwood CHEER

### Fri., October 18

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

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

### Tues., October 22

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

p.m. - Memory Cafe, Long Neck CHEER

### Tues., October 23

12 noon - Sussex Pride Aging Support Group

### Thurs., October 24

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

1 p.m. - Memory Cafe, Greenwood CHEER

### Fri., October 25

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

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

### Tues., October 29

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

1 p.m. - Memory Café, Long Neck CHEER

### Thurs., October 31

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

1 p.m. - Memory Cafe, Greenwood CHEER



Over 50 Years Serving Sussex Seniors

# HONORING ALL WHO SERVED

To be a veteran one must know and determine one's price for freedom!

## VETERANS DAY DINNER DANCE

Friday, November 8 • 5 to 9 p.m.  
at the  
**CHEER Community Center**  
20520 Sand Hill Road  
Georgetown, DE

**FREE to all Veterans**  
Spouse and Guests \$10

Call your local CHEER Center for tickets or contact  
Robin Greene, 302-515-0001 ext. 1162,  
[rgreene@cheerde.com](mailto:rgreene@cheerde.com)

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

Ruth Briggs King has been a longtime friend to seniors and veterans in this Sussex County community. Now she needs our help to become the next Lieutenant Governor.



Ruth has been an educator, nurse, community leader and elected representative in our area. She stands for our priorities in making our schools better for our families, making our streets and neighborhoods safer for everyone and ensuring we seniors and veterans can enjoy our lives here in this place we call home.

Ruth has always been there for us and now she will put first things first for us and our families.

**Vote for Ruth Briggs King for Lieutenant Governor on November 5th** and ask your friends from all over Delaware to do the same!

Paid for by Ruth Briggs King for Delaware



**YOU ARE INVITED TO CHEER'S**  
**Holiday FEAST**

*Tuesday, November 26, 2024*  
*10 a.m. to 2 p.m.*

at the  
 Warren L. and Charles C. Allen, Jr.  
**CHEER Community Center**  
 20520 Sand Hill Road • Georgetown, Delaware

*Traditional Thanksgiving Turkey Dinner*


*Entertainment • Contests • Prizes*

*Tickets:*  
 \$6 for seniors over age 60  
 \$8 for under age 60

*More Info:*  
 contact your CHEER Activity Center or  
 Robin Greene 302-515-0001 ext. 1162  
 email [rgreene@cheerde.com](mailto:rgreene@cheerde.com)




**Social Dance Classes**  
 The CHEER Community Center in Georgetown

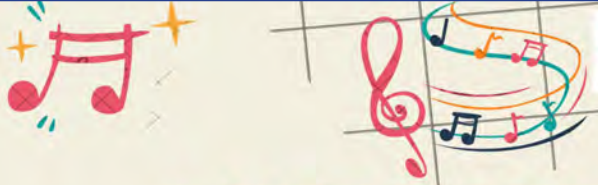


**Swing Dance Classes**  
 This Fall-Tuesday Evenings 5:30-7:30  
 September 17<sup>th</sup> & 24<sup>th</sup> & October 1<sup>st</sup> & 8<sup>th</sup>  
**\$10 per person/per class**

**The All American Dance**  
 Single Step East Coast Swing-Basics & Beyond  
 Come With or Without a Partner



20520 SAND HILL ROAD – GEORGETOWN, DE  
 Taught by Yvonne  
*Dance Moves & Manners*  
 Social Dance Classes for All Ages & All Occasions



**CHEER**  
 Over 50 Years Serving Sussex Seniors

**LINE DANCING**  
 CHEER COMMUNITY CENTER


\* BEVERAGES AVAILABLE FOR PURCHASE

**DOORS OPEN 5:15 pm**  
**Beginner Basics Workshop 5:30-5:45 pm**  
**Dance Lessons Beginner/Improver and**  
**Open Dance Music-ALL levels 5:45-8:00 pm**

**Monday Nights -\$6.00 Fee**  
**DANCE INSTRUCTOR:**  
**LILY PARSONS**

**20520 SAND HILL ROAD**  
**GEORGETOWN, DE**

**\*OPEN TO THE PUBLIC**




**CHEER**  
 Over 50 Years Serving Sussex Seniors

**FALL**  
**CRAFT**  
**FAIR**

Saturday, October 5 - 9 a.m. to 2 p.m.  
 Warren L. & Charles C. Allen, Jr.  
**CHEER Community Center**  
 20520 Sand Hill Road, Georgetown, DE

Show and/or sell your special craft or hobby at CHEER's Fall Craft Fair. Whatever you make or wish to sell, tables are only \$35 (8-foot). Additional tables are only \$10 each (6-foot). No tables may be brought in to the show. Electricity, if needed, is \$5 extra.

For more information or to reserve your table contact Robin Greene  
[rgreene@cheerde.com](mailto:rgreene@cheerde.com) or call 302-515-0001 ext. 1162.



## Friendship at CHEER ...



Lillian Stover (left) enjoys helping her friend, Catherine Pommerenk, celebrate her 90th birthday.



ADP Nurse Christine McCorkle (center) has just as much fun working at CHEER as do the members. Above Christine joins Beverly Glanding and Harry Moore in a game of Dominos.



Glenn Miller gets a laugh when he plays cards with ADP aide Richard Cox.

# Friendship is so Important for People with Dementia

By Cindy Mitchell  
ADP Director

I see this every day with the members of our Day Program. Many of the members come to us by bus. They may not recognize the bus, its driver, or the other members on the bus and be in a state of worry when they get to our program. However, when they walk through our door, you can see the recognition in their eyes as they see their friends at the table. They immediately know where they sit and who they sit by. They may never remember each other's names, but they know they are friends.

According to an article entitled "Being Friends with Someone Who Has Dementia Benefits You Both", research has long shown that feelings of

loneliness accompany the onset of dementia. And research has suggested that social interaction is beneficial for people with dementia.

How friends respond to dementia is important for a number of reasons, but most importantly, friendships matter to older adults with dementia for all the same reasons that friendships matter to anyone: They are sources of pleasure, support, and social identity.

I call it peer support. Our members eat better when the members on both sides of them are eating and participating in activities.

To learn more about the Sand Hill Adult Day Program feel free to call me, Cindy Mitchell, at 302-212-4482.

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

## 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 snacks 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 302-212-4482 or email [cindym@cheerde.com](mailto:cindym@cheerde.com)

**CHEER**  
Over 50 Years Serving Sussex Seniors







**MARINE E3 Lance Corporal (Ret.) Diane Long George** of Seaford was on hand to celebrate the women in the military.

**THE FIREMAN'S UNIFORM** of the Late Thomas Berry, recently killed while trying to help an accident victim, was on display to honor First Responders.



# PATRIOT DAY 2024



**SECRETARY** of the John H. Porter Chapter, DE, Tuskegee Airman Andre Swaggart told about how he first heard of the Tuskegee Airmen when he was a 16-year-old kid after his brother brought home a book by Charles Frances. Behind him is a replica of the P51 aircraft flown by the Tuskegee Airmen.



**CORPORAL (Ret.) Thomas Lombardo**, U.S. Airlines pilot, spoke about his friend, Charles Burlingame, III, who was the pilot of Flight 77 that terrorists forced to crash into the Pentagon on 9-11-2001. Burlingame was a Naval Academy and Top Gun graduate who had over 100 landings on an aircraft carrier.



**93-YEAR-OLD** Marine Captain (Ret.) Tom Terrell shows his memorabilia from Korea and Iraq.



**JOSHUA LOPER**, from the Delaware Military Museum, dressed as a Lieutenant in the 1st DE Regiment of the Revolutionary War.



## 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)





This project was supported, in part by grant number #90SAPG0104-05-01,



# The Difference Between Acute Rehabilitation and Rehabilitation in a Skilled Nursing Facility

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an acute inpatient rehabilitation hospital or a skilled nursing facility, often referred to as subacute rehabilitation. Understanding how these two levels of care differ is crucial during the post acute planning phase, as it can help you maximize your long-term recovery.

Acute rehabilitation and subacute rehabilitation are two distinct levels of care. Acute rehabilitation is a multidisciplinary approach which includes: Physical therapy, occupational therapy, speech and respiratory therapy. The goal is to help patients achieve significant improvement in a short period of time to return home as soon as possible.

The high level of hospital care in the acute rehabilitation setting cannot be found at a lower care level, such as a skilled nursing facility. Studies show that patients treated in an acute care rehabilitation hospital have better outcomes, go home earlier, and are less likely to be readmitted to the hospital.

At PAM Health Rehabilitation Hospital, we are dedicated to helping patients recover from acute illnesses and injuries. Our beautiful rehab hospitals are equipped with the latest therapeutic equipment and staffed by a caring team of medical experts. We provide comprehensive inpatient and outpatient care to help you achieve your goals.

To make a referral or ask a question about acute rehab please call 302-672-5810 to speak to an admissions coordinator.

\*\*\*

*(The above is a paid advertisement - CHEER, Inc. and the CHEERful Living newspaper neither endorses nor denies the contents of the advertisement.)*



## Acute Rehab

One on one tailored therapy for three hours per day

Dr. Check up daily

1 nurse per 6-7 patients

7-14 day stay

On site dialysis

Admit directly from home

**VS.**

## Skilled Nursing Facility

Less intensive therapy, may be in a group setting

Dr. Check up once within the first week and then once every 30 days

1 nurse per 20 patients

20-60 day stay

Off site dialysis

3 night hospital stay required for admissions

## 3 locations to serve you Dover-Milford-Georgetown



*New stand alone location opening in Milford this October!*



# Fun, Fun, Fun ...

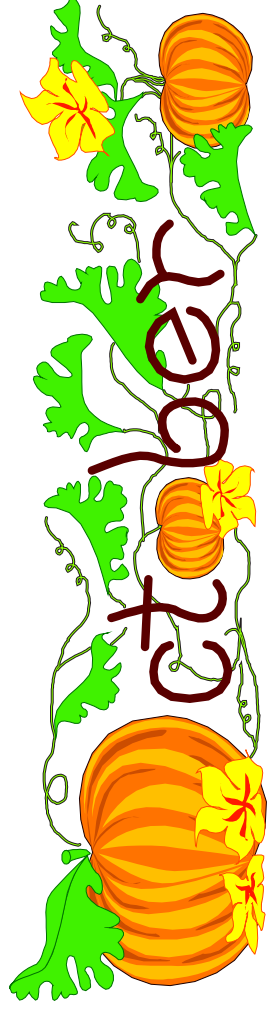




# ... at Trap Pond!







**Monday**

**7** Stuffed Pasta Shells  
Italian Vegetables  
Whole Wheat Roll/Bread  
Chilled Fruit Cup  
Skim Milk

**Tuesday**

**1** Egg Sandwich  
American Fried Potatoes  
Steamed Spinach  
Fresh Banana  
Skim Milk

**Wednesday**

**2** Chicken Linguine w/Spinach  
Herb Pesto  
Steamed Cauliflower  
Whole Wheat Roll/Bread  
Assorted Cookies  
Skim Milk

**Thursday**

**3** Glazed Meatloaf w/Brown Gravy  
Garlic Mashed Potatoes  
Baby Carrots  
Whole Wheat Roll/Bread  
Rice Pudding  
Skim Milk

**Friday**

**4** Tuna Noodle Casserole  
Steamed Broccoli  
Whole Wheat Roll/Bread  
Mandarin Oranges  
Skim Milk

**8** Hot Turkey Sandwich  
Mashed Sweet Potatoes  
French Style Green Beans  
Apple and Peach Cobbler  
Skim Milk

**9** Chicken Cordon Bleu  
Mashed Red Potatoes  
Brussels Sprouts  
Fruited Gelatin  
Whole Wheat Roll/Bread  
Skim Milk

**10** Beef Stew  
Five-Way Mixed Vegetables  
Chilled Blushing Pears  
Biscuit  
Skim Milk

**11** Minestrone Soup  
Crab Salad  
Mixed Green Salad  
Whole Wheat Roll/Bread  
Rice Crispy Bar  
Skim Milk

**12** Turkey Chili  
Steamed or Baked Rice  
Winter Mix Vegetables  
Whole Wheat Roll/Bread  
Fresh Fruit  
Skim Milk

**14** Turkey Chili  
Steamed or Baked Rice  
Winter Mix Vegetables  
Whole Wheat Roll/Bread  
Fresh Fruit  
Skim Milk

**15** Beef Pot Roast  
Roasted Red Potatoes  
Steamed Carrots  
Whole Wheat Roll/Bread  
Apple Pie  
Skim Milk

**16** Honey Glazed Pork Chop  
Baked Sweet Potato Half  
Steamed Cabbage  
Chilled Fruit Cup  
Whole Wheat Roll/Bread  
Skim Milk

**17** Bourbon Chicken  
Brown Rice Pilaf  
California Vegetables  
Whole Wheat Roll/Bread  
Fruited Ambrosia  
Skim Milk

**18** Dijon Crusted Fish  
Macaroni and Cheese  
Stewed Tomatoes  
Whole Wheat Roll/Bread  
Chilled Pineapple  
Skim Milk

**21** Pasta Primavera  
Italian Vegetables  
Whole Wheat Roll/Bread  
Orange Sherbet  
Skim Milk

**22** Seafood Gumbo  
Steamed or Baked Rice  
Collard Greens  
Whole Wheat Roll/Bread  
Fresh Fruit  
Skim Milk

**23** Greek Roasted Chicken  
Couscous w/Roasted Vegetables  
Asparagus Spears  
Whole Wheat Roll/Bread  
Cinnamon Pears  
Skim Milk

**24** French Dip Sandwich  
Baked Steak Fries  
Pickled Beets  
Apple Crisp  
Skim Milk

**25** Split Pea Soup  
Egg Salad Sandwich  
Macaroni Salad  
Fig Cookie Bar  
Skim Milk

**28** Fish Patty  
Scalloped Potatoes  
Cole Slaw  
Banana Cream Pudding  
Whole Wheat Roll/Bread  
Skim Milk

**29** Pork and Vegetable Stir Fry  
Steamed or Baked Rice  
Sugar Snap Peas Asian Blend  
Pineapple w/Mandarin Oranges  
Whole Wheat Roll/Bread  
Skim Milk

**30** Tamale Pie  
Chuckwagon Corn  
Gelatin  
Skim Milk

**31** Chicken Alfredo w/Pasta  
Cucumber Tomato Salad  
Whole Wheat Roll/Bread  
Ice Cream  
Skim Milk



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

VISIT US AT [WWW.CHEERDE.COM](http://WWW.CHEERDE.COM) OR LIKE US ON FACEBOOK





## Go Nuts for Nuts

By Lisa Harkins, RD, LDN

It seems like everyone these days is nuts for nuts...peanuts, almonds, walnuts, pistachios, Brazil nuts. Which nut to choose? Although there are some subtle caloric and nutrient differences, picking a nut to “nosh” is dependent upon your taste buds. Let’s review three of the most popular below.

A ball-park favorite, the **peanut** is probably the most palatable people-pleaser. Peanuts contain 166 calories per one ounce serving (about two tablespoons), almost 7 grams of protein, 6 grams of carbs, 2 grams of fiber, and only about 1 gram of sugar. Concerning fats, peanuts contain about 7 grams of monounsaturated fats, about 4.5 grams of polyunsaturated fats, and less than 2 grams of saturated fats. They are also a good source of Niacin (B3), as well as folic acid and choline.

Although the peanut is the number one nut in America, the **almond** has surpassed it as the number one nut worldwide, accounting for over a third of the nut global market share. Almonds are particularly popular for their compatibility with a variety of foods. Almonds contain 169 calories per one ounce serving, 6 grams of protein, 5.5 grams of carbs, 3 grams of fiber, and about 1 gram of sugar. Concerning fats, almonds contain about 9.5 grams of monounsaturated fats, about 3.5 grams of polyunsaturated fats, and about 1 gram of saturated fats. They are also a good source of calcium, potassium, as well as Vitamin E.

Increased consumption of **walnuts** has been shown to decrease risk of dementia; this is due to the higher amounts of alpha-linolenic acid, an essential fatty acid, present in this particular nut. One ounce of walnuts contains 185 calories, 4 grams of protein, about 4g of carbs, about 2g of fiber, and less than 1 gram of sugar. Concerning fats, walnuts contain about 2.5 grams of monounsaturated fats, about 13 grams of polyunsaturated fats, and less than 2 grams of saturated fats.

No matter which nut you choose, you now know you are getting a good-for-you snack chocked full of good fats, protein, as well as some important vitamins and minerals. Just remember: fats, no matter if saturated or unsaturated, contain nine calories per gram - so take it easy on portion-size. Measure out two tablespoons for your munching -- don’t eat them right out of the package! Like everything else, you can go nuts for nuts – just in moderation!



### Georgetown Activity Center

20520 Sand Hill Road • Georgetown, DE  
Debbie Landon, Director  
302-515-0001, Ext. 1961

### Happenings

**Wed., October 2** – Chronic Disease Workshop – (workshop every Wed. in October, 9:30 – 11:30 a.m.)

**Thurs., October 3** – Beckett’s Bulletin

**Fri., October 4** – Georgetown to Greenwood

**Wed., October 9** – Wii Bowling

**Thurs., October 17** – Highmark Dental Unit

**Thurs., October 17** – Revive Sound Productions

**Thurs., October 17** – Dinner/Bingo

**Fri., October 18** – Greenwood to Georgetown

**Thurs., October 31** – Halloween Party

**Monday–Friday** – Coffee and Social Hour, 9–10 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 p.m.

**First Thursday** – Beckett’s Bulletin

**Third Thursday** – Revive Sound Productions with Randy, 12 noon–1 p.m.; Dinner/Bingo, 4-6:00 p.m.

**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

**Happy Birthday to all October Birthdays!**

## 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: 302-515-0001 ext. 1161 or email [asmith@cheerde.com](mailto:asmith@cheerde.com) or [mjordan@cheerde.com](mailto: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**





### Greenwood Activity Center

41 Schulze Road • Greenwood, DE  
Sheila Roell, Director  
302-515-0001, Ext. 1361

In October, autumn comes into full swing and foliage season has officially begun across much of the United States. Why do leaves change colors? Did you know that fall's vivid colors are actually hidden underneath summer's green?

The main reason for the color change is not autumn's chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

*A curious golfer asked his caddy, "Why do you keep looking at your watch?"*

*"It's not a watch," the caddy replied, "It's a compass."*

*October glows on every cheek,  
October shines in every eye,  
While up the hill and down  
the dale*

*Her crimson banners fly.*

—Elaine Goodale Eastman

(1863–1953)

### Highlights

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 \$2.50 for seniors, followed by entertainment, various speakers and occasional Bingo. For a limited time, we will now be offering Croissant Breakfast Sandwiches for \$3. Breakfast sandwiches must be ordered in advance by Wednesday mornings. Please see Sheila to place your order.

On Monday mornings, join our **Tai Chi** class, with Gary Tomkins, which can improve balance, stability, and flexibility in older people, including those with Parkinsons disease. It's a **FREE** class. Please come and join us at 9:15 a.m.

Saturday, October 5, is the **CHEER Fall Craft Fair!** 9 a.m. – 2 p.m.

Thursday, October 10, **Imagine** will be here at 10:30 a.m. to sing and entertain us.

The weather is great this time of year, so check the calendar and let's play **Cornhole**.

This month, a trip to **Bombay Hook National Wildlife Refuge** is planned. We will be touring the refuge with a Park Ranger using our CHEER bus, learning about the refuge history, management actions, and wildlife. Cost \$6 and includes bus and bag lunch. Limited to 16 members, so sign up early! Date TBD.

**Dental Clinic** for members

of Highmark Insurance, Monday, October 14 – Wednesday October 23. Time TBA.

Physician and Community Navigator, Ashley Haldeman from **PAM Health Rehabilitation Hospital** will visit Greenwood CHEER on Tuesday, October 22, at 10 a.m. Dr. Haldeman, will discuss the programs and services provided by PAM Health.

Thursday, October 24, **La Red Health Center Mobile Clinic**, 9 a.m.-6 p.m.

Wednesday, October 30, we will have our **Halloween Party** featuring Glenn Kohr of Glenn's Magic Show. Prizes will be presented for the best costume and runner-up. Show starts at 10:30 a.m.

Welcome OCTOBER!

Sheila

### Coming Up

**Oct. 1, 8, 15, and 29 – Tuesdays**, Prize Bingo, 10:30 a.m.

**Oct. 3 – Thursday**, Tenant Brown will visit the center to answer your Medicare questions, 10 a.m. The Medicare enrollment period is from Oct. 15–Dec. 7.

- **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, 12 noon
- **Alzheimer's Support Group**, 1 p.m.
- **Memory Café** with Christie Shirey, 1-3 p.m.

**Oct. 4, 11, 25 – Friday**, Full breakfast, \$2.50 for age 60+. Breakfast croissants, \$3, 8:30 a.m.-9:30 a.m. Please note: breakfast croissants must be special ordered in advance by Wednesdays.

**Oct. 4 – Friday**, Music En-  
*See Greenwood - page 17*

## You Don't Need a Reason to Help People

*These hands should be yours!*

Empty  
Nester?

Competitive  
Pay

Good  
Benefits



Retired and  
Bored?

Flexible  
Schedules

Satisfying  
Work

**CHEER**

Over 50 Years Serving Sussex Seniors

## 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.



**Greenwood -****Cont'd from page 16**

ertainment with Lisa Miller, 10 a.m.

**Oct. 5 - Saturday**, CHEER's Fall Craft Fair, at CHEER Community Center, 9 a.m.-2 p.m.

**Oct. 7, 14, 21, 28 - Mondays**, Tai Chi with Gary Tompkins, Learn how you can improve balance, stability and flexibility. 9:15-10 a.m.

• **Bible Study**, 10 a.m.

• **Let's play Cornhole!** Weather permitting. 10:30-11:30 a.m.

**Oct. 9 - Wednesday**, Blood Pressure check with Betty, 9:45 a.m.

• **Positive Music Time** with Randy, 10:30 a.m.

• **Nutrition Education** with Lisa Harkin via Zoom, 11:30 a.m.

**Oct. 10 - Thursday**, Imagine will be here to entertain us, 10:30 a.m.

**Oct. 14 - Monday**, Music Ministry with Pastor Dan and Betsy Taylor, 12 noon

**Oct. 14 to Oct. 23** - Highmark Dental Clinic for members of Highmark. Time TBA.

**Oct. 16 - Wednesday**, Delaware Food Bank, 11 a.m.

**Oct. 17 - Thursday**, Karaoke Party with Wayne. You won't want to miss the fun! 10:30 a.m.

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

**Oct. 21 - Tuesday**, visit from Dr. Ashley Haldeman of PAM Health Rehabilitation Hospital. Dr. Haldeman will discuss the programs and services offered at PAM Health Rehab. 10 a.m. Bingo will follow at 10:45 a.m.

**Oct. 23 - Wednesday**, AARP Defensive Driving Course - Refresher Course, 9 a.m.-1 p.m.

• **Blood Pressure** check



**JOSHUA SMITH** from the National Wildlife Refuge Service gave a very interesting presentation to the members of Greenwood CHEER. Partially shown at left is Betty Smith; on right are MaryJ. Dinnis (blonde with back showing), Doris Griffin, and Matilda Bakas (partially shown).

with Betty, 9:45 a.m.

**Oct. 24 - Thursday**, La Red Health Center Mobile Clinic, 9 a.m.-6 p.m.

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

• **Dinner and Bingo**: spaghetti and meatballs, garlic bread, salad and dessert, \$6. Dinner starts at 5 p.m.

**Oct. 30 - Wednesday**, we will have our Halloween Party featuring Glenn Kohr of Glenn's Magic Show! Prizes will be presented for the best costume and runner-up! Magic Show starts at 10:30 a.m.

**Oct. 31 - Thursday**, Membership Meeting (Unity Club). Please come and share your thoughts and ideas, 10:30 a.m.

• **"Stroll Down Memory Lane"** with Mason Dixon. Time TBD.

**Oct. TBD** - CHEER bus trip to Bombay Hook National Wildlife Refuge. Cost is \$6, which includes bus transportation and bag lunch.

*Bulldozer: Someone who sleeps through a political speech.*

## Open to the Public!

### Physical Therapy at

# CHEER

Over 50 Years Serving Sussex Seniors

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)

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### Harbour Lights Activity Center

34211 Woods Edge Drive • Lewes, DE  
Cristina Tunnell, Director  
302-515-0001, Ext. 1661

#### Ferry Excursion

I want to extend my sincere gratitude to all the CHEER Centers that supported this year's annual Ferry Excursion. Your unwavering support is truly appreciated and means the world to me. I eagerly look forward to seeing each of you again next year for another wonderful day at sea. Thank you once again for making this event so special!

#### Yard Sale & Breakfast

On Saturday, October 12, we will be having a yard sale and a breakfast. A breakfast bag will be available for purchase that includes a breakfast sandwich, hash brown, fruit and orange juice for \$5 or \$6 depending on your meat choice. Breakfast will be from 7:30 - 10:30 a.m. The yard sale will be from 7-12 noon. Table rentals are available for \$10. Please contact Crissy to pre-register for table set up.

#### Murder Mystery Dinner

The 80's Mall Murder Madness will be on Tuesday, October 15. The Murder Mystery will begin at 5 p.m. For anyone who is interested, the theme for the murder mystery dinner is an 80's theme! Please come dressed in your best 80's attire. There will be a contest for the best 80's costume. The dinner will consist of chicken kiev, coated potatoes, garden salad, dinner roll and Jello cake with whipped cream topping. The cost for the dinner is \$6 for members and \$8 for non-members. Please sign up at the desk no later than October 10. Don't miss out on the chance to uncover the mystery and find out

which of your friends is guilty of murder!

#### Happy Birthday

Happy Birthday to anyone born in the month of October. We will be having a birthday celebration for everyone on Wednesday, October 16. 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.

#### Costume Party

On Friday, October 18, we will be having a costume party. We will begin the party at 10 a.m. with some fun games to give you the chance to win a prize. We will be having entertainment at 10:30 a.m. by DJ Sky Brady. After we've enjoyed an hour of entertainment, we will be having a delicious lunch and to conclude the festivities, we will be having prize Bingo. The person with the best costume will get a prize. We look forward to seeing you at the party.

#### Breakfast Bash

Don't forget, 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



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

#### Call us today for your Free CreditReport and Scores.

Credit reports and credit scores are used in a lot of decisions these days. Traditional areas for credit reports to be used are for car loans, credit cards, and the like; but today, apartments, jobs, even some utility companies are using credit reports to determine if, or under what circumstances, they will accept applicants as employees or customers.

Unfortunately, about one in four credit reports have mistakes in the report big enough to negatively impact those decisions. That is why it is so important for people to check their credit report and make sure that everything is correct. If there are mistakes on your credit report, a Financial Coach can help you get those items corrected.

If you want to do even more and improve your credit score, a Financial Coach will help you create and implement a plan. Call a Stand By Me 50+ Financial Coach today to see and review your credit report and/or see what to do to improve it.

**Call 302-658-2586 in Sussex County  
to schedule an appointment today!**

# Harbour Lights CHEER Center Yard Sale and Breakfast

**Saturday, October 12, 2024**



**Yard Sale: 7:00 a.m. to 12:00 p.m.**

**Breakfast: 7:30 a.m. to 10:30 a.m.**

**Cost: \$5.00 or \$6.00**

**Public invited to set up and sell  
their items! \$10.00 per table.  
Tables are limited, please call to  
reserve your table as soon as  
possible.**



**Accepting donations from the public. Please drop off all  
items by Thursday, October 10, 2024.**



34211 Woods Edge Drive,  
Lewes, DE 19958 | 302.327.9491



## Long Neck Activity Center

Pelican Cove,  
26089 Shoppes at Long Neck  
Millsboro, DE  
Samantha Harper, Director  
302-515-0001. Ext. 1561



## Milton Activity Center

24855 Broadkill Road • Milton, DE  
Susan Mitchell, Director  
302-515-0001, Ext. 1461



### Trick or Treat?

Happy October from your friends in Milton! Of course, we can't talk about October without chatting about Halloween. Did you trick-or-treat as a child? What did you dress up as? Were you cute, funny, or scary? Did you carve pumpkins? Here are some fun facts about Halloween I thought you might enjoy.

- Halloween was once tied to farming and astronomy! It marked the end of the harvest season and the beginning of winter, or "darker half" of the year. Yes, Halloween has quite an ancient and "hallowed" history.

- Turnip lanterns were used before the modern pumpkin jack-o'-lantern. In ancient Ireland, revelers hollowed out large turnips (or potatoes or beets) and carved them into a scary face to frighten away spirits. They lit the turnips from within with a candle or a piece of smoldering coal.

- Have you ever bobbed for apples? The Roman festival for Pomona, the goddess of fruit and orchards, was celebrated around November 1. Romans believed that the first person to catch a bobbing apple with his or her teeth would be the first to marry in the new year.

- The Romans also believed that apple peels held the secret to true love. The lovelorn would peel an apple in one long, unbroken piece and throw it over his or her shoulder while being spun around. The shape of the peel on the ground represented the first initial of the peeler's true love.

- The term "jack-o'-lantern" originated in 17th century Britain, where it was used to refer to a man with a lantern or to a night watchman. The British would call men whose names they didn't know by a common name like Jack. Thus, an unknown man carrying a lantern was sometimes called "Jack with the lantern" or "Jack of the lantern."

- More than 65 percent of Americans typically plan to hand out candy for Halloween each year. In 2024, candy sales alone are expected to be more than \$3 billion. Americans eat an average of about 12 pounds of chocolate per year.

- What is the #1 Halloween candy sold? Reese's Peanut Butter Cups, Peanut M&M's, and regular M&M's are at the top of the list, proving we all love chocolate.

Join us **Thursday, October 31**, for our Halloween party here at Milton CHEER from 11 a.m. -1 p.m. Activities include a costume contest (no need to buy one – the best ones are made

from random items you probably have at home), music and games with DJ Dan Feth, and treats...NO TRICKS!

*October glows on every cheek,  
October shines in every eye,  
While up the hill and down  
the dale*

*Her crimson banners fly.*  
–Elaine Goodale Eastman  
(1863–1953)

### Happenings

**Daily** coffee, snack social hour

**Monday–Friday** – Fitness room is open from 8 a.m.-4:30 p.m.

**Mondays** – Tai Chi, Yoga

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

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

**Thursdays** – Memory Café, Mahjongg, Chair Yoga

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

**Weekly** trips to Dollar General, Post Office, and Bank

\*\*\*

**Wednesday, October 6** – 4 -6 p.m., Dinner and Prize Bingo

**Thursday, October 31** – 11 a.m.-1 p.m. – Halloween Party

*PS – Our end-of-the-summer pizza party was a hit!*

### Happenings

**Wed., October 9** – 10 a.m., Medicare Presentation

**Thurs., October 17** – 4-6 p.m., Evening Bingo and Dinner

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

### Trips

**Tues., October 1** – Berlin, Md., bus leaves at 9:15 a.m.

**Thurs., October 3** – Super Walmart in Ellendale, bus leaves at 9:15 a.m.

**Tues., October 8** – Byler's, Produce Junction and Food Court, bus leaves at 9:15 a.m.

**Tues., October 15** – Parsons, bus leaves at 9:15 a.m.

**Tues., October 22** – Chinatown Buffett and Grille, bus leaves at 10:30 a.m.

**Thurs., October 24** – The Old State House and Red Robin, Dover, bus leaves at 9:15 a.m.

**Tues., October 29** – Roses, Ollies and Stargate, 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, bus leaves at 10 a.m.

*Boy: "Mom, I wish I had a new skateboard like Jerry's."*

*Mom: "You shouldn't spend your life wanting things that other people have."*

*Boy: "But, Mom, what other kinds of things are there to want?"*

## 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:  
302-856-5187**

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.

**CHEER**  
Over 50 Years Serving Sussex Seniors





### Ocean View Activity Center

30637 Cedar Neck Road • Ocean View, DE  
Yolanda Gallego, Director  
302-515-0001, Ext. 1761

#### “LATIN FLAIR”

*Celebrating National  
Hispanic Heritage Month  
(Sept. 15 – Oct. 15)*

*!Feliz Octubre!*

*(Happy October!)*

*Hot Sauce Band is going to help us kick off the month of October with some awesome Latin-infused music on Tuesday, 1<sup>st</sup>, over lunch. Come on out for our little fiesta and bring an amigo or two! Get ready to try some restaurants that fit our theme this month and hopefully you will find some new favorites.*

*We will then wrap up the month with another one of Murry’s fantastic Twilight Zone Plays and dinner on Tuesday, 29<sup>th</sup>!!!*

*!Disfruta!*

*(Enjoy!)*

#### 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. (\$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, 10 a.m., by bus to local locations (weather

permitting or exercises/brain games indoors); Corn Hole in our Parking Lot, 10 a.m.; Mahjonn, 11 a.m.; Quilting Club, Shopping, 12:15 p.m.

•**Highmark Mobile Dental Clinic**, 14<sup>th</sup>, 9 a.m.–3 p.m. w/appt.

•**‘Joyful Living’ New Discussion Group** with Andrew S., 14<sup>th</sup>, 2<sup>nd</sup> Monday, 11 a.m.-Everyone Welcome!

•**Membership Meeting** on the 2<sup>nd</sup> Monday, 10/14 at 12 noon.

•**Stand By Me**, 4<sup>th</sup> Monday with Kathleen Rupert, 1–3 p.m., by appointment, 302-685-2586, October 28<sup>th</sup>.

•**Tuesdays:** Hand and Foot, 9:30 a.m.; Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Pickleball in the parking lot, 9:30 a.m.; Sit and Fit by DVD, 10:30 a.m.; Mahjonn, Mexican Train Dominoes, 11:30 a.m.; Pinochle, 12:15 p.m.; and Matter of Balance Class, 12:30–2:30 p.m.

•**Tuesday 1<sup>st</sup> – Hot Sauce Band to Entertain**, 11 a.m. – 12 noon

•**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.; Twilight Zone Play Practice, 2:30 p.m.

•**Nutrition Education** with Lisa H. on Zoom, 9<sup>th</sup>, 11:30 a.m.

•**Medicare Updates** with Tennant, 9<sup>th</sup>, at noon.

•**Health Topic w/Billy**

and Erin of PAM Rehab, 16<sup>th</sup>, 11:45 a.m.

•**Parkinson’s Support Group**, 3<sup>rd</sup> Wednesday, 16<sup>th</sup>, 1 p.m.

•**Hospice 101** with Kayla of DE Hospice, 23<sup>rd</sup>, 11:45 a.m.

**Celebrating all  
OCT. BIRTHDAYS**

**over lunch, Wed. 30<sup>th</sup>**

•**Thursdays:** Weekly Trips, times vary. Chair Yoga, 10 a.m., \$5 (please arrive early so as not to disturb the class by entering late); Pickleball in the Parking Lot, 9:30 a.m.; Hand and Foot, 12:15 p.m.

•**Beckett’s Bulletin** on Zoom, 10/3 at 10:30 a.m.

•**Alzheimer’s Caregiver Support Group**, 1<sup>st</sup> and 3<sup>rd</sup> Thursdays, 1 p.m., 10/3 and 10/17.

•**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. Mahjonn and Poker, 12 noon.

•**Music Memories with DJ Dan**, 1<sup>st</sup> Fridays, 10/4, following Memory Café – open to everyone, approx. 11:30 a.m.– 2:30 p.m.

#### Trips

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

**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., 3<sup>rd</sup> – Fenwick Island Lighthouse/Keeper’s House Talk/Tour**, 11 a.m., tentative

(following Beckett’s Bulletin at 10:30 a.m. on Zoom) and Lunch at Harpoon Hanna’s.

**Fri., 4<sup>th</sup> – Super Walmart in Seaford**, followed by a wonderful lunch at Sabor con Amor (Flavor with Love).

**Thurs., 10<sup>th</sup> – Trap Pond Pontoon Ride** at 1 p.m., following lunch at Tacos Chabelita in Laurel, 10 a.m. \$5.

**Fri., 11<sup>th</sup> – Hispanic Celebration** in Georgetown, 9 a.m. Centers are Closed today.

**Thurs., 17<sup>th</sup> – Clear Space Theatre’s “Sweeny Todd”**, \$25, followed by lunch at Mariachi Restaurant, Rehoboth Beach, 10 a.m. Please pay at time of sign up.

**Fri., 18<sup>th</sup> – T.S. Smith & Sons Orchard/Market** and Raices Latin Kitchen in Millsboro, 10 a.m.

**Thurs., 24<sup>th</sup> – Mispillion River Walk** (enjoy a leisurely stroll) and My Sister’s Fault (a Puerto Rican inspired bakery and Latin restaurant) in Milford, 9:30 a.m.

**Fri., 25<sup>th</sup> – Sunfest**, Ocean City, Md., 9:45 a.m.

**Thurs., 31<sup>st</sup> – Mad Hatter Café**, The Looking Glass, Salisbury, Md., 10 a.m. Looks like an interesting location for a Halloween lunch!

**Fri., Nov. 1<sup>st</sup> – The Backyard in Milton** for lunch, followed by The Brimming Horn Meadery for our Medieval theme in November, 10:30 a.m.

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*On one of his rare visits home, a traveling salesman told his wife that he would take care of the kids if she wanted to go out with her friends.*

*When the time came, Dad put the kids to bed and settled down to read. One of the kids kept appearing at the bottom of the stars, but Dad kept sending him back to bed.*

*An hour later, a neighbor lady came over looking for her son. The Dad informed her that his kids had been in bed for quite some time, when over the banister popped a little head, and a voice shouted, “I’m here, Mom, but he won’t let me go home!”*



## In Memory of 'Pickleball Nan'



Ocean View members are saddened over the passing of fellow member, Nancy (Nan) Colella, on July 14, 2024, after battling cancer for some time. Her husband died from cancer just seven months before Nan.

Nan was the founder of the Pickleball program at Ocean View CHEER. Affectionately known as "Pickleball Nan," she established the travel club team, "Team Crush," in the local community. She was always an

advocate for CHEER wherever she went, and will be greatly missed at CHEER.

A positive person with lots of energy and a can-do attitude, Nan was also active at the Ocean View Church of Christ and was a member of the Auxiliary Police of the Ocean View Police Department.

Nan is survived by three children, nine grandchildren and three step-grandchildren.

*A lady aboard a cruise ship was not impressed by the jazz trio in one of the shipboard restaurants. When her waiter came around, she asked, "Will they play anything I ask?"*

*"Of course, madam," the waiter answered.*

*"Then tell them to go play shuffleboard."*



### Roxana Activity Center

34314 Pyle Center Road • Frankford, DE  
Debra Dudkin, Director  
302-515-0001, Ext. 1861



## Happenings

### Monthly:

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

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

**4<sup>th</sup> Monday**, 10:30 a.m. – Stand By Me with Kathleen Rupert

### Weekly:

#### Mondays:

Morning Café, Socializing and Snacks

Chair Exercises

Pastor Dan and Betsy Taylor – Bible Study/Music Ministry and/or Inspirational Reading/Discussion Group

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, \$1

Lunch, \$ Donation

Games – Member's Choice: Hand & 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.

See *Monthly Activity Calendar for Trip Details.*

Lunch, \$ Donation

Center Activities: On Your Own – Games, Movies, Puzzles Etc.

#### Fridays:

Morning Café, Socializing and Snacks

Chair Yoga with Barbara Popiel – 2x month

Lunch, \$ Donation

Memory Café with Christie Shirey

## Special Events

**Oct. 7** – Pastor Dan and Betsy Taylor – Bible Study/Music Ministry

**Oct. 8** – Medicare Speaker, Tennant Barron

**Oct. 21** – Pastor Dan and Betsy Taylor – Bible Study/Music Ministry

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.)

*Happy Birthday to members born in October!*

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



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

Fitness Centers at Greenwood, Lewes, Long Neck and Ocean View CHEER

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



Over 50 Years Serving Sussex Seniors



# 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 members or the 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](http://www.cheerde.com)



**GEORGETOWN member Ruth Dorsey stays busy at CHEER by doing jigsaw puzzles. Here she works on a 1,000 piece puzzle.**

## Welcome New Volunteers

Armando Alonzo	Georgetown	Special Events
Luis Avalos	Georgetown	Special Events MOW Sub Medical MOW
Kym Bellerose	Georgetown	Reception
Katrina Kruger	Georgetown	Kitchen Transport Data MOW
Chris Goldsmith	Georgetown	MOW
Jean Wroten	Georgetown	MOW
Brian Rightsell	Harbour Lights	Center
Phoebe Canakis	Milton	Center Activities
Jill Morehouse	Milton	Kitchen Reception
Alice Rybarczyk	Milton	Kitchen Reception
Robert Bacon	Long Neck	Center/Kitchen
Marley Lujan	Ocean View	Center/Special
Bob Bullen	Roxana	MOW
Marion Swift	Roxana	Data/Reception

***Thank you for your support!***



## This Month's Recipe ...

### Fall Snack Mix

- 3 cups original Chex Mix
- 1 cup caramel corn
- 1 cup chocolate covered pretzels
- 1/2 cup Reese's Pieces
- 1/2 cup mini Reese's Peanut Butter cups  
*(like the really little ones, not just miniatures)*
- 1/2 cup white chocolate chips
- 1/2 cup candy corn mixture

Mix all together and serve.

Other options to add to snack mix:

- |                    |                                  |
|--------------------|----------------------------------|
| Bugles             | Mini marshmallows                |
| Mini Ritz crackers | Cheez-Itz or Cheese Nips         |
| Regular popcorn or | <i>(Amy's personal favorite)</i> |
| Cheddar popcorn    | Nuts                             |
| Crispix            | Goldfish                         |
| Honey Nut Cheerios | Butterscotch chips               |
| Mini Rolos         |                                  |



## The Perfect Venue for ...

- Weddings
- Anniversaries
- Celebrations
- Craft Shows
- Health Fairs
- Cultural Events

- Large banquet hall that can be divided into 3 smaller rooms with privacy walls (maximum capacity, 325 people set up theater style, rectangular or round tables with chairs)
- Ample Parking
- Catering and Café services available
- Audio Visual Equipment available - podium, microphone, projector, screen, lighting, stage, sound

**2024 Dates Still Available - Book Today!**  
Contact Deb at 302-515-0001 Ext. 1170 or [ddodd@cheerde.com](mailto:ddodd@cheerde.com)

Please help a senior citizen smile this holiday season!

## Operation Christmas CHEER

We are asking the Sussex County Community to help us fill the sleigh so that each senior receiving a meal on Christmas day can have a gift along with their meal.

You can help by bringing a generic wrapped gift with a tag indicating whether your gift is for a senior male, female, or either to any CHEER Center.

The Senior Sleigh will kick off November 19, 2024 and gifts will be accepted until December 19, 2024.

**Gift Ideas....**

Socks	Disposable Razors	Towels
1 Size Fits All Slippers	Food or Beverage Sets	Lap Robes
Hats and/or Gloves	Shampoo & Body Wash	Gift Certificates
Sweat Shirts	Personal Items	Candy
Scarves	Deodorant & Soap	Adult Coloring Books with Markers
Fragrance Gift Sets	Face Cloths	

CHEER Community Center in Georgetown  
CHEER Ocean View

**CHEER**  
Over 50 Years Serving Sussex Seniors

County Bank in Milton and Long Neck  
Lewes Meineke Car Care

**CHEER**  
Warren L. and Charles C. Allen, Jr.  
**COMMUNITY CENTER**  
20520 Sand Hill Road (Rt. 9, East)  
Georgetown, DE



Check out our website at  
[www.cheerde.com](http://www.cheerde.com)







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We need you to become a  
Meals On Wheels Driver

FLEXIBLE SCHEDULE • NO WEEKENDS • NO HOLIDAYS



Yours may be the only smiling face your homebound  
Sussex County senior neighbor sees that day.

Just a few hours of your time can make a big difference  
in the lives of others.

Call today - 302-515-0001 or email  
[mmandujano@cheerde.com](mailto:mmandujano@cheerde.com).

