

FREE

JANUARY 2025

CHEERful Living

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

BLACK HISTORY

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CHEER Community Center
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For more information contact
Robin Greene 302-515-0001 ex. 1162
or email rgreene@cheerde.com

CHEER
Over 50 Years Serving Sussex Seniors



New CHEER Mini Market Van Drives Out to Feed Seniors ...

After 18 years of service, the little CHEERmobile has been retired and replaced with a bigger version of a 2024 Transit E350 van to deliver groceries to Sussex County senior citizens.

See story, pages 8 and 9.

Holiday Feast in Photos ...

See pages 12 and 13.





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

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

The new 10.75 inch wide x 12 inch deep sized **CHEERful Living** magazine is published monthly to keep older adults informed about social activities and senior services offered to them. The magazine's circulation is 5,000 which goes straight into the hands of CHEER members in our seven senior centers, hundreds more homebound seniors receiving CHEER's Meals on Wheels and their caregivers, and hundreds more who pick it up in medical offices, businesses and public buildings throughout Sussex County. All advertising revenue from this magazine goes straight toward providing high quality services to help keep our senior citizens in their homes.

For more information about how you can showcase your business to the public while also supporting the needs of older adults, contact CHEER at 302-515-0001.

 **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
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.



Simplify Your Healthcare, Simplify Your Life

Stay connected with your health and care team right from home with TidalHealth's MyChart! This easy-to-use online tool lets you message your doctor directly, so getting answers to your health questions is as simple as logging in—no office visit needed.

With MyChart, you can check your test results as soon as they're ready. Say goodbye to the waiting game—see results and read your doctor's comments within days to stay fully informed about your health.

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Plus, managing appointments has never been easier! Schedule your next visit or check details of past and upcoming appointments, all in one place.

TidalHealth is here to make healthcare simpler and more accessible with MyChart. Sign up today at tidalhealth.org/mychart and take charge of your health anytime, anywhere!

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

You know you're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there.



Meet TidalHealth's Dr. William Doran

Dr. William Doran of TidalHealth Orthopedics has performed more robotic joint replacement procedures than any surgeon in the region.

A Delaware local, Dr. Doran graduated from Milford High School and the University of Delaware. He received his Doctor of Osteopathic Medicine and completed his residency in Orthopedics at the Philadelphia College of Osteopathic Medicine in Philadelphia, Pa.

His professional memberships include the American Academy of Orthopaedic Surgeons, the American Osteopathic Academy of Orthopedics, and the American Osteopathic Association.

If you have hip or knee pain and are considering joint replacement surgery, choose the most experienced robotic surgeon with proven outcomes — choose Dr. Doran. Personalized treatment plans. Less pain. Quicker recoveries.

TidalHealth Orthopedics has locations in Millsboro and Seaford. To learn more, or to schedule an appointment, visit tidalhealth.org/orthopedics.



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CEO Perspective

By Beckett Wheatley, CEO

Happy New Year everyone! January marks the beginning of a new year, a clean slate brimming with possibilities. It's a month that symbolizes renewal, hope, and the opportunity to reset our goals. This spirit of starting fresh makes January an ideal time to prioritize mental health awareness for ourselves and those around us.

The post-holiday season often brings mixed emotions. While some may feel energized by new resolutions, others might struggle with lingering stress or loneliness, or the pressure to achieve perfection. January provides a moment to reflect, acknowledge these challenges, and adopt habits that foster emotional well-being.

Starting fresh does not mean striving for unattainable ideals or leaving everything behind. Instead, it involves setting realistic goals that nurture compassion and resilience. Taking small, consistent steps—like practicing mindfulness, staying active, or seeking therapy—can have a profound impact on mental health. January's momentum offers a chance to replace old patterns with healthier routines, such as dedicating time to friends and hobbies that bring joy. You can achieve that by coming to any of our eight CHEER Activity



Centers in Georgetown, Café Salud in Georgetown, Greenwood, Harbour Lights in Lewes, Long Neck, Milton, Ocean View, Roxana, or our CHEER Community Center in Georgetown! Check out our fitness centers. Invite a friend or neighbor!

Additionally, January is an opportunity to break the stigma surrounding mental health. Talking openly about emotions, checking in with loved ones, and spreading kindness creates a supportive environment for those who might be struggling. By fostering these conversations, we make mental health care a priority, not an afterthought. Perhaps you are caring for your aging spouse or parent and need some support. Contact our Adult Day Program or Personal Assistance Program to find out how we may be able to help.

See CEO - page 9

CHEER MISSION STATEMENT

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

CHEER Staff

Beckett Wheatley
Chief Executive Officer

Tom Reardon
Chief Operating Officer

Marissa Chavez
Human Resources Director

Debbie Joseph
Personal Assistance
Services Director

Cindy Mitchell
Adult Day Program Director

Kevin Mutch
Information
Technology Director

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Robin Greene
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Monica Mandujano
Volunteer Services Manager

Christie Shirey
Community Support Specialist



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



Partially funded by



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.

Goodbye from the Editor



There comes a time in everyone's life when they know in their heart that it is time to step out of one of life's roles and into the next. For me, that step is out of the world of employment and into the world of retirement.

After working for 53 years in journalism, community relations, and marketing, I have reached the point of wanting to find out what's behind the next door of life. Therefore, on Christmas Day 2024, I officially retired from CHEER. This is the last issue of *CHEERful Living* that I will produce, but be assured everyone can be replaced and the newspaper will live on.

I have mixed feelings about what lies ahead for me ... a little anxiety about the unknown, a little fear about the unknown, and a little excitement about the unknown, but the one thing I know for sure is my rock throughout this whole experiment is God who will lead me through it.

The only "plan" I have for retirement is to spend as much time as I can with my 15-year-old dog with dementia and my 29-year-old horse as we all age together and before that age separates us. After that, who knows what is next for me -- only God.

But knowing me, by the time spring rolls around I will be bouncing off the walls of my little house. I'm sure I'll find something to do on a part-time basis that will keep me out of trouble. Retired people are always saying they don't know how they had time to work because they are so busy in

retirement -- I want to find out if that is really true.

I am one of the fortunate ones who was able to retire, although the budget strings are pulling

pretty tightly. Small price to pay for living long enough to see retirement. I won't waste this opportunity.

I thank all my coworkers

and friends for their support these past decades. I will now become a member of CHEER and not an employee. Happy New Year to all!
Carolyn



What is Acute Rehab?

Acute Rehabilitation can change the outcome of your recovery.

Following a hospitalization for a serious illness or injury, you may face a decision on whether to continue recovery at an inpatient rehabilitation. But not all rehabilitation is the same. Acute inpatient rehabilitation is the highest level of post-hospitalization care. These specialized services cannot be found at a lower care level, such as a nursing home or 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.

What makes Acute Rehab so different?

Patients are often admitted to acute care when they require medical attention with close monitoring for acute illness and need therapy to improve their functional mobility. Therapy may be any combination of physical, occupational, speech or respiratory therapy. In an acute setting, each patient gets daily physician oversight. This attention is critical in addressing urgent care and being able to adjust to patient needs quickly. Therapy is a main component of care with 3 hours of therapy 5 days per week. Therapy is staggered during the day to allow for individual framework and goals.

How do I get admitted to Acute Rehab?

Acute rehabilitation does not require a 3 night hospital stay for admission. If you or a loved one has been sick, experienced an exacerbation of a condition or a change in mobility status you may be eligible for acute rehab. We meet you where you are -at home, the hospital or even your doctor's office.

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

3 locations to serve you
Dover - Milford - Georgetown



New stand alone location now open in Milford!

A Caregiver's New Year's Resolution

By Christie Shirey
Community Resources

I always pick something to be my New Year's Resolution. I look at my life and pick something I feel I need to improve. I set my mind to accomplish this selected chore and, occasionally, I achieve it. This year, I am going to try something more positive. I am going to start a Blessing Jar.

I heard about this idea at a Caregivers' Conference. You document the things you are

thankful for and put them in a jar, box, or whatever. It could be something that made you smile during the day, something you laughed at, or something you appreciate having. Write down your blessing and add it to the jar throughout the year. Next New Year's Day, empty the box and revisit everything you counted as a blessing the previous year.

A blessing jar helps you focus on the positive and hopeful parts of your life. Mr. Man, the



MR. MAN, the CHEER cat, enjoys a warm, glowing fire on a cold winter's night.

cat, is grateful for the warm fire tonight.

The Caregiver Resource Center has a new phone number: 302-515-0001, ext. 1061. You can also email to cshirey@cheerde.com. We would love to see you at one of our activities.

This month's activities are:

Thursday, Jan. 2

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

Friday, Jan. 3

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

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

Monday, Jan. 6

7 p.m. - Online (Zoom) Grandparents Raising Grandchildren Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061.

Tuesday, Jan. 7

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

1 p.m. - Memory Café, Long Neck CHEER

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

Thursday, Jan. 9

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

1 p.m. - Memory Cafe, Greenwood CHEER

Friday, Jan. 10

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

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

See Holiday - page 7



Caregiver Support Groups/ Memory Cafe

Georgetown CHEER Memory Cafe -

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

Greenwood CHEER

Caregiver Support Group -

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

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Thursday, 1-3 p.m.

Long Neck CHEER

Caregiver Support Group -

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

Partnered with the Alzheimer's Assoc.

Memory Cafe -

Every Tuesday, 1-3 p.m.

Milton CHEER

Memory Cafe -

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

Dementia Discussion Group

1st Monday, 10 a.m.

Ocean View CHEER

Caregiver Support Groups -

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

Partnered with the Alzheimer's Association

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

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

Memory Cafe

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

Roxana CHEER

Memory Cafe -

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

One-on-One Support Group
available by calling Christie Shirey
302-515-0001, Ext. 1061

Holiday

Cont'd from page 6

Monday, Jan. 13

2:30 p.m. - Online (Zoom) Caregivers Support Group. Registration required. Email cshirey@cheerde.com or call 302-515-0001, Ext. 1061.

Tuesday, Jan. 14

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

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

Thursday, Jan. 16

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

Tuesday, Jan. 17

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

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

Tuesday, Jan. 21

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

Thursday, Jan. 23

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

1 p.m. - Memory Cafe, Greenwood CHEER

Friday, Jan. 24

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

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

Tuesday, Jan. 28

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

1 p.m. - Memory Café, Long Neck CHEER

Thursday, Jan. 30

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

1 p.m. - Memory Café, Long Neck CHEER

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

Friday, Jan. 31

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

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



DIANA CROTEAU and CHERYL WILKINSON put their handmade pumpkin cars on the track for a downhill race during a Memory Cafe session.

Fun at Memory Cafe ...



GARY TURNER and SARAH KERNEKLIAN set their pumpkin cars on the race track.



PAT BOWMAN and PAM DEMORA are rocking their holiday hats.



DORIS MASON, TONI SAYLES and MICHELLE WITMAN show off their handman pumpkin race cars.



THELMA COTTMAN and SHIRLEY NESTER are proud of their cars.

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 or email your resume to mchavez@cheerde.com
302-515-0001 Ext. 1011

*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.

A New “Mini Market” Vehicle Continues to Deliver Groceries to Sussex Seniors

By Carolyn O’Neal
Community Relations

Now that the holidays are over, seniors in Sussex County will see a different sleigh delivering their food and supplies. CHEER’s little 2006 CHEER-mobile van with over 137,000 miles on it has been replaced by a bigger version of a 2024 Transit E350 van. Wrapped in spectacular images showing seniors receiving food deliveries, there will be no doubt what the purpose is for the new “mini market” vehicle.

John Gregory is the person continuing to drive CHEER’s new grocery store on wheels around Sussex County to deliver groceries to homebound seniors. Starting in 1996, the delivery service van is stocked with a variety of staples and dry goods. It visits seniors on a rotating schedule. The only cost for CHEER members is the price of the groceries. John is able to accept cash, checks and

credit cards.

John started with CHEER two years ago as a volunteer. He and his wife, Lisa, moved to Georgetown seven years ago after he spent 30 years working for a supply chain defense company in New Jersey.

“My neighbor told me about CHEER before Covid hit in 2019,” John said. He started with our non-profit agency as a volunteer before becoming an employee in late 2019.

The mobile van is stocked with over 100 varieties of non-perishable food and household supplies. Seniors 50 years and over can preorder groceries and be placed on a delivery schedule to receive groceries. There is no application fee or delivery fee. The only fee is a slight markup on the price of the groceries to cover costs.

John says he has a wide range of clients all over Sussex County. The wife of a gentleman in Lewes has dementia and her



DELIVERY DRIVER John Gregory hands Mary Lee Milham her groceries from CHEER.

husband is struggling to take care of her because he has his own health issues. “Their family is in Pennsylvania and the CHEERmobile is the only way for them to get groceries,” John explained.

A client in Seaford only buys from CHEER four times a year; but when she does, she stockpiles on water and groceries. Over 30 years is the record for the longest time receiving from CHEER set by a 97-year-old lady from Selbyville who recently passed away. “I’ve really miss seeing her,” John admitted.

One client from Lewes has two little dogs that get their food from the mini market too. For over five years, the pups have been greeting the old CHEER-mobile at their house.

Mary Lee Milham says she has been struggling for the past four years following major surgery at Johns Hopkins Hospital

in Baltimore, Md. Although her two sons and their families do all they can to help, they also have their own homes and work responsibilities that demand much of their time.

Born in North Carolina, Mary Lee’s family moved to Delaware when she was four years old when her father followed a logging company to the state to continue working as one of its truck drivers. Her late husband, Wade, passed away in 2016. He owned a water well drilling company with his brother. She remembers she was supposed to have surgery then but canceled it when he died. She finally had the surgery in 2020 and lost over 100 pounds during the course of the illness.

“I worked at Millsboro Pharmacy until I was 75 years old and was doing pretty good,”



INSIDE the new grocery van are shelves and a refrigerator that will be full of products for the seniors when it hits the road.

See Groceries - page 9

Groceries

Cont'd from page 8

said Mary Lee. "But I couldn't eat or breathe very well so I finally had the surgery. I still can't do much and I have to stop and rest when I can't breathe."

Three of Mary's major obstacles to maintain her independence are driving, housecleaning, and grocery shopping. "I don't drive much anymore, only around Georgetown," she said. "Housecleaning and grocery shopping are the most difficult for me."

The 83-year-old has been able to get rides to medical appointments from family, friends and members of her congregation at Crossroad Community Church. However, she turned to CHEER for help with the housework and grocery shopping.

"The CHEERmobile has been such a blessing," said Mary Lee. "I can call John if I need something (and he brings it on his next visit)."

John says canned vegetables are the most bought items from

CEO Perspective - Cont'd from page 4

Ultimately, January is more than just the first month of the calendar; it is a reminder of the power of beginnings. Whether it is resolving to be kinder to oneself and others, seeking help, or simply taking one day at a time, the start of the year underscores the importance of mental health. Embracing this fresh start can pave the way for a year of growth, balance, and well-being. Let January inspire us to prioritize mental health, not just for a month, but as a lifelong commitment.

Check out our website at www.cheerde.com for more information on our upcoming menus and activities. Be well!

the mini market. Coffee, facial tissues, and paper products are also very popular.

Pre-orders are taken for perishable products such as meat, milk products, or fresh vegeta-

bles. John goes to the grocery store each morning and purchases those items, specially for the seniors. They are then kept until delivery in a temperature regulated refrigerator that has

been specially mounted inside the van.

For more information about CHEER's Mini Market or to sign up for delivery, call 302-856-5187.

Over 50? Homebound? Need Groceries?

CHEER
MINI MARKET

*A Grocery Store on Wheels
can bring them to YOU!*



Over 100 Staple and Paper Products Available
Perishables Available by Special Order
Rotating Schedule Throughout Sussex County
For More Information or to Sign Up,

call 302-856-5187



CHEER STAFF designed and built this festive float for the area Christmas parades. It participated in the Milton parade but high winds threatened to carry Frosty and his friends away so it was sadly withdrawn from the Georgetown parade.

Communicating During the Middle Stage of Alzheimer's can be Difficult and Stressful

By Cindy Mitchell
ADP Director

The middle stage of Alzheimer's is sometimes referred to as moderate Alzheimer's. It is typically the longest and can last for many years. As the disease progresses, the person will have greater difficulty communicating and require more direct care.

Here are tips for successful communications during the middle stage of Alzheimer's Disease according to the Alzheimer's Association.

- Speak slowly and clearly.
- Maintain eye contact. It shows you care about what he or she is saying.
- Be patient and offer reassurance. It may encourage the person to explain his or her thoughts.
- Ask one question at a time.
- Ask yes or no questions. For

example, "Would you like some coffee?" rather than "What would you like to drink?"

- Avoid criticizing or correcting. Instead, listen and try to find the meaning in what the person says. Repeat what was said to clarify.
- Avoid arguing. If the person says something you do not agree with, let it be.
- Offer clear, step-by-step instructions for tasks. Lengthy requests may be overwhelming.
- Give visual clues. Demonstrate a task to encourage participation.
- Written notes can be helpful when spoken words seem confusing.

For more information about the Sand Hill Adult Day Program call Cindy Mitchell at 302-212-4482.

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

2025 Dates Still Available - Book Today!
Contact Deb at 302-854-2892 or ddodd@cheerde.com

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.

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- Secure Facility • Noon meal and snacks provided
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Monday thru Friday, 9 a.m. to 3 p.m.

CHEER COMMUNITY CENTER, 20520 Sand Hill Rd., Georgetown, DE
Call Cindy at 302-212-4482 or email cindym@cheerde.com



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



CHEER
Over 50 Years Serving Sussex Seniors

Resolutions Re-vamped; Good Nutrition is Key

By Lisa Harkins, RD, LDN

It's 2025! A new year, and you might be thinking, a new you? It's never too late to get healthy and fit! It just takes a little effort, a whole lot of motivation, and the ability to incorporate both good nutrition and regular physical activity into your life.

The biggest obstacle many individuals face is **getting started**. Most worry they don't have enough time or money to lead a healthy lifestyle; but it can be simply about evaluating priorities. If losing weight, building strength, and gaining flexibility is important to you, then you owe it to yourself and your family to take action. Eating more healthfully and

moving more is essential in preventing chronic conditions like obesity, heart disease, diabetes, and even some cancers, or just having the stamina to play with your grandchildren. Once eating well and working out become priorities, the original time and money obstacles aren't barriers anymore.

The Center for Disease Control and Prevention recommends to maintain a healthy weight adults should aim for 150 minutes per week of moderate-intensity aerobic activity, or 30 minutes per day, five days per week, and incorporate muscle strengthening activities on two or more days a week that work

all your major muscle groups.

For **additional health benefits**, the CDC recommends increasing the aerobic activity time to 300 minutes per week or 60 minutes per day, five days per week. Walking at a faster pace, cycling, and using cardiovascular equipment like an elliptical or stair climber all count as moderate-intensity aerobic activity. Lifting weights, working with resistance bands, or yoga all count as muscle-strengthening activities. A personal trainer can develop a program that fits your specific fitness needs and goals. But there are plenty of free resources online through You Tube or even phone apps for minimal fees.

Good nutrition is essential for improving one's health, and goes hand in hand with regular exercise. A diet rich in fruits, vegetables, whole grains, lean meats, and low-fat dairy can decrease the risk of many chronic diseases and assist with maintaining a healthy weight. Limiting your intake of sodium, increasing fiber, monitoring portions, and limiting sweets and alcohol can also contribute to a sound diet. A dietitian can help you by developing a nutrition plan that is effective and sustainable.

Don't succumb to weight-loss pills or fad-diets! These are temporary fixes that may be ineffective at best and harmful at worst.



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





NAVIGATING MEDICARE

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



Turkey gobble winner!

Holiday Feast



Another turkey head?



Harbour Lights CHEER members



Greenwood Senior Center members



Teamwork on the puzzle game



Seniors from Roxana CHEER



Fancy hats for fancy ladies



The full turkey!

and
Fun!



Keeping a watchful eye on the festivities.



3 heads are better than one for a puzzle game.



And delicious food ... as always!

January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 Fish Patty Scalloped Potatoes Cole Slaw Whole Wheat Roll/Bread Banana Cream Pudding Skim Milk</p> <p>13 Sausage and Peppers Lettuce and Tomato Salad Potato and Cheese Pierogies Whole Wheat Roll/Bread Applesauce Skim Milk</p> <p>20  All Centers are Closed.</p> <p>27 Turkey Chili Steamed or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<p>7 Pork and Vegetable Stir Fry Steamed or Baked Rice Sugar Snap Peas Asian Blend Whole Wheat Roll/Bread Pineapple w/Mandarin Oranges Skim Milk</p> <p>14 Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk</p> <p>21 Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk</p> <p>28 Beef Pot Roast Roasted Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Apple Pie Skim Milk</p>	<p>1 Happy New Year. Centers are Closed.</p> <p>8 Tamale Pie Chuckwagon Corn Gelatin Skim Milk</p> <p>15 Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk</p> <p>22 Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Fruited Gelatin Whole Wheat Roll/Bread Skim Milk</p> <p>29 Honey Glazed Pork Chop Baked Sweet Potato Half Steamed Cabbage Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>2 French Dip Sandwich Baked Steak Fries Pickled Beets Apple Crisp Skim Milk</p> <p>9 Chicken Alfredo w/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk</p> <p>16 Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk</p> <p>23 Beef Stew Five-Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk</p> <p>30 Bourbon Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Fruited Ambrosia Skim Milk</p>	<p>3 Split Pea Soup Egg Salad Sandwich Macaroni Salad Fig Cookie Bar Skim Milk</p> <p>10 Baked Potato Bar Steamed Broccoli Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p> <p>17 Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk</p> <p>24 Minestrone Soup Crab Salad Mixed Green Salad Whole Wheat Roll/Bread Rice Crispy Bar Skim Milk</p> <p>31 Dijon Crusted Fish Macaroni and Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk</p>

DELAWARE HEALTH AND SOCIAL SERVICES
Division of Services for Aging and Adults with Physical Disabilities
"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."
Menu items subject to change due to availability.

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

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



Beracah Homes Spreads Holiday CHEER...

The “Surf’s Up” simulated gingerbread house was on display at CHEER Community Center in Georgetown during the holidays. The mini building was designed and created as a team building exercise for Beracah Homes employees who were randomly divided into teams of three to work together on a creation that is made from all edible products. The team of Doug Rightnoir, plumber, Joe Commisso, Purchasing Department, and Kim Beard, Sales Department, donated their creation to CHEER for the public to enjoy and also gave a monetary donation to Meals on Wheels.

This was the third year for the team building exercise at Beracah which saw 12 teams work together on the exercise. The “Surf’s Up” building took approximately 10 hours to accomplish during a two-month period.

In photo are, left to right: Kim Beard, CHEER CEO Beckett Wheatley, and Doug Rightnoir.

In Memoriam ...

CHEER is saddened to lose one of its long-time members and supporters. Ruth Aline Thomas, 79, of Georgetown passed away on Monday, November 18, 2024 at Bayhealth, Milford. She was a resident of the CHEER Apartments and was a dietician technician for the CHEER Center in Georgetown. She also was a faithful servant of spreading knowledge of the Bible by leading several studies at various CHEER centers in the county. She was a member of the Midway Assembly of God Church.



Ruth is survived by her sister, Florence Mason, who was CHEER’s Nutrition Director for decades and for whom the new Community Center kitchen is dedicated. She also leaves a son, grandson and wife, a great-grandson, several nieces and nephews, as well as several friends in the CHEER family.



Georgetown Activity Center

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

Happenings

Wednesday, Jan. 1 – Center Closed for New Year’s Day

Monday, Jan. 6 – Georgetown Members Meeting

Thursday, Jan. 16 – Revive Sound Productions – Entertainment with Randy

Thursday, Jan. 16 – Dinner/Bingo, 4-6 pm - \$7.50

Monday, Jan. 20 – Center Closed for Martin Luther King Day

Monday – Friday – Georgetown Café serving breakfast, 8-10 a.m.

Monday – Friday – Chair Fitness, 10 a.m.; Bible Study with Ruth Dorsey, 10:30 a.m.

Tuesday – Memory Café, 9:30 a.m. with Christie; Penny Bingo, 12 noon

Every Wednesday – 12 noon, Wii Bowling

Every Friday – Breakfast in the Café, \$2.50 for seniors

Friday – Chair Fitness, 10:30 a.m.; Prize Bingo, 12 noon

Monthly activities including Trivia games, Wii bowling, group Jeopardy, Corn Hole, arts and crafts and more.

Weekly trips to the Bank, Dollar Tree, Walmart and Redner’s

Q: What’s a tall computer’s worst fear? A: A slipped disk.

Q: Why was King Solomon so wise?

A: Because he had so many wives to advise him.

Open to the Public!

Physical Therapy at



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)



Physical Therapy Closer to YOU!

Schedule your appointment (302) 422-2518



Greenwood Activity Center

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

January kicks off the new year with a holiday—that would be New Year’s Day, of course and there are several other things to celebrate during the first month of the year besides... well, it being a new year! For some religious groups, January marks the end of the holiday season with the celebration of **Epiphany on January 6.**

The month also has a day set aside, **Monday, Jan. 29**, to remember the legacy of civil rights activist **Martin Luther King, Jr.** (January 15, 1929-April 4, 1968) who was one of the most prominent leaders of America’s Civil Rights Movement in the 1950s and 60s. His words and actions have left a lasting mark on America and the world as a whole, with a powerful legacy that is as undeniable as it is inspiring.

On **Monday, Jan. 20**, we will also celebrate Inauguration Day. **Inauguration Day** is the day when the president-elect and vice president-elect are sworn into office. Inauguration Day occurs every four years on January 20 (or January 21 if January 20 falls on a Sunday). The inauguration ceremony takes place at the U.S. Capitol Building in Washington, DC. The 47th President will be sworn into office this January 2025.

GREENWOOD members were proud of the table centerpieces they created for the annual CHEER Holiday Feast at the Community Center in November.

Happenings

Friday, Jan. 3 -- Practical Resolutions for the New Year with Life Coach Virginia Antongiorgi, 10:30 a.m.

Tuesday, Jan. 14 -- Suzanne Thurman of the MERR Institute will present a lecture on MERR Institute, Inc., at 9:45 a.m. MERR Institute is authorized by the National Marine Fisheries Service and the State of Delaware to be the official stranding respondents for the Marine Mammals and Sea Turtles of Delaware. You won’t want to miss this very interesting lecture.

Monday, Jan. 20 -- We celebrate the Martin Luther King Jr. holiday. Center Closed.

Wed., Jan. 29 -- Part 2 of “How to Build a Better Budget in the New Year”, 10 a.m.

TBA -- Greenwood Library presents “Creating a Memory Book”.

These are just a few of the events/activities for January 2025. Please pick up your January calendar copy at the center for a complete list of activities and events. Also, please be advised that the dates and times may be subject to change.

Happy New Year and wishing you all the best in 2025!

Sheila



PUMPKIN MAKERS ... Members Pat Marshall, Liz Yates and Violet Moore show off their decorative pumpkin making skills.

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 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



Harbour Lights Activity Center

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

Happy New Year!!!

As we welcome the new year, it's a time to reflect on the blessings of the past and look forward to the opportunities of the future. For many of us, the new year brings a chance to cherish the memories we've made and embrace new possibilities, whether it's spending time with loved ones, enjoying hobbies, or finding moments of peace.

This year let's focus on health, happiness and connection. Let's stay active in body and mind, keep in touch with family and friends and continue to enjoy the simple joys in life. May the new year bring you comfort, good health, and many reasons to smile.

Fitness Room

As we enter the new year, I'd like to remind everyone that our fitness room is available for all members to use. There is no additional cost to access the equipment. Let's make 2025 a year of staying healthy and fit together! For those who use the gym on five different days this month, your name will be entered in a drawing to win a gift. Please make sure to take advantage of the fitness room!

Murder Mystery

As you know, our very first murder mystery dinner theater took place in October, and it was such a success that we're planning another show for the spring of 2025. If you're inter-

Q: Who was the greatest financier of all time?

A: Noah. He floated stock while the rest of the world was in liquidation.

ested in joining the cast, please reach out to me as soon as possible.

Happy Birthday

Join us for a special birthday celebration on **January 15**. Come enjoy cake and ice cream as we celebrate all January birthdays. We wish you a wonderful day and a blessed year ahead! Hope to see you there.

Breakfast Bash

We'll be making some changes to Breakfast Bash this month. There will only be two breakfasts in January, scheduled for **January 9 and 23**. Both breakfasts will begin at 9 a.m. The breakfast menu for January 9 will include bacon, scrambled eggs, hash brown patties, and French toast. The menu for January 23 will feature sausage, scrambled eggs, hash brown patties, and pancakes. Following breakfast, there will



FAMILY CAREGIVERS MONTH ... CHEER CEO Beckett Wheatley (right) receives a Proclamation from the Governor's office from Teresa Ritter, State Social Services Chief Administrator, commemorating Family Caregivers Month.

be Bingo with a chance to win some amazing prizes. Please sign up for breakfast at the desk. You never know, there might be an additional surprise for those who sign up ahead of time. Hope to see you there.

As always, remember to check on family and friends regularly, take time to pray and meditate, and most importantly, stay healthy and stay safe.

Until Next Time,
Crissy



HARBOUR LIGHTS seniors hosted Milton seniors at their annual Halloween party with entertainment by DJ Sky Brady.



Long Neck Activity Center

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

Happenings

Fri., Jan. 3 – 9:30 a.m., Pa-jama Party

Thurs., Jan. 16 – 4–6 p.m., Prize Bingo and Dinner

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

Trips

Thurs., Jan. 9 – Byler’s, Boscov’s, and food court, bus leaves at 9:15 a.m.

Tues., Jan. 14 – Smith’s Café and Delmarva Teen Challenge Mega Thrift, bus leaves at 9:15 a.m.

Thurs., Jan. 23 – Super Walmart in Milford, 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.



GINA JACOBS is decorated for the night at the Long Neck Luau.



MINNIE WOODS shows how to do the Hula dance at the Luau celebration.



THE CONGO LINE at the Long Neck Luau got pretty long and was enjoyed by the members.



FRAN DEPTULA, CARMEN KIBLER AND BOB HARRISON enjoy the Giving Thanks Party.



WIND CHIME TURKEY PAINTING ... Hard at work in left photo are Eleanor Travis, Marie Gonnelli, Joann Michaels, Minnie Woods and Maggie Sullivan.

In photo at right are Barb Harrison and Marge Offidani.





Milton Activity Center

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

Hello and Happy New Year 2025 to my CHEER family and friends! With the hustle and bustle of the holidays being over, it is time to take the tree down and focus on the new year. With that comes New Year's resolutions. Mine have changed throughout the years now that I'm getting older. I will focus on KINDNESS. Not just to others, but also to myself.

Daily Kindness to Others: This one is simple – just stay mindful wherever you are. Compliment someone. You'll come across someone that has a pretty smile or sweater. Are you on Facebook? "LIKE" or "LOVE" a pic of someone's grandchild, wedding, or of them having a good day. At a grocery store, let the mom with her fussy baby in front of you.

Be Kind to Yourself: My resolutions used to be, "HURRY UP! Lose that weight. Do it by Spring! Because you'll look better." Now it's, "Eat healthier at least five days a week. Enjoy a treat in moderation on the weekends. Take an extra walk when you can. The weight will take care of itself." I'd worry about lines on my forehead that didn't used to be there, and lines around my mouth. Now I think of the smiles that created those lines! That's what counts!

Happenings

Thursday, Jan. 9 – Trip to Boscov's in Dover. Lunch venue TBA

Wednesday, Jan. 15 – New Year's breakfast dinner by Chef Ricky with Prize Bingo, 4-6 p.m.

*"Do you suffer from arthritis?"
"Of course, what else can you do with it."*

Weekly

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

p.m. Daily coffee, snack social hour

Monday – Mingo With DJ Dan Feth! Also join us for Tai Chi and Yoga

Tuesday – Chair Yoga, Bingo, and Board Games

Wednesday – Arts and

crafts, Bible study, Bridge, Yoga

Thursday – Memory Café, Mahjongg, Chair Yoga

Friday – Breakfast (only \$2.50), Prize Bingo

Weekly – Trips to Dollar General, Post Office, and Bank

BLACK HISTORY

CELEBRATE
WITH

CHEER

\$6 Over 60
\$8 Under

Friday, February 28
10 a.m. - 2 p.m.

CHEER Community Center
20520 Sand Hill Road • Georgetown, DE

Live Entertainment Provided By Positively Toni Marie
Lunch Will Be Served

For more information contact
Robin Greene 302-515-0001 ex. 1162
or email rgreene@cheerde.com


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

Winter Wonders

There ARE things to love about winter...

You get to wear warm, fuzzy clothing, curl up with a good book, drink hot cocoa, enjoy the birds in your yard.

The New York Times 'Well' column recently wrote about this topic and mentioned embracing winter-friendly 'slow hobbies' such as baking, knitting, and painting, adapting your summer activities for winter, or making a habit of noticing nature. Check out the article (ask Yolanda) and come to the CHEER Center for some of these slow hobbies this winter, as well as exercise, entertainment, nature walks, laughter and games! Let's enjoy this Winter TOGETHER!

Peace, Love, Happiness,
Yolanda

Reminder

A NEW CHEER YEAR IS HERE, PLEASE BE SURE YOU HAVE RENEWED YOUR MEMBERSHIP!

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

**Ocean View Hours:
8 a.m. – 4:30 p.m.**

Monday – Friday

HOWEVER, WE WILL BE CLOSED WEDNESDAY, JANUARY 1ST – HAPPY NEW YEAR! and, MONDAY, JANUARY 20TH – MLK, JR. DAY!

New Activities

Please see our Calendar for all our regularly scheduled activities, trips, and events as well as the ones listed here.

MONDAYS

Jan. 13 – Joyful Living - Discussion Group with Andrew Schubauer, 2nd Monday, 10:45 a.m.- All members welcome.

TUESDAYS

Jan. 14 – Fire Safety and Prevention with Bobby Rogers, CHEER, 11:30 a.m. – 12:30 p.m.

Jan. 28 – 'Mind Mysteries' with Dan Gaffney and Spaghetti with Meatballs Dinner. 4–6 p.m., \$15/members and \$20/guests, please pay at sign up.

Please remember to cancel in advance if you signed up for our monthly dinner and cannot attend, so others may get off the waiting list (and so you don't get charged the naughty fee).

WEDNESDAYS

Jan. 22 – Scam Prevention with Administrative Sergeant Russell Carter of OV PD, 11:45 a.m.– 2:30 p.m.

Jan. 29 – Celebrating all January birthdays over lunch.

Trips

The calendar copies in the center are the most current. You're encouraged to bring your own reusable water bottle on all our trips!

We will be returning to Clear Space Theatre for 'Dial M for Murder', and, touring Fort Miles in Cape Henlopen State Park, among other fun outings.

Remember that you are expected to arrive at the Center a MINIMUM of 15 minutes prior to scheduled departure time.

Also, if you signed up and cannot make it, please call to cancel.

Golf is a lot like business. You work hard to get to the green and then you wind up in the hole.



OCEAN VIEW members enjoying and/or participating in a Twilight Zone Play. Cast are, left to right, front - Mark Shaw, Jim Forlenzo (pointing), Bernie Forlenzo (holding boy doll), Gerry Outten and Renate Shaw; back row - Ellen Provost and Don Maeby (sitting).



FRED TINETTI and JOY MCKINNEY twist and shout down the aisle during the dancing at the November dinner.



CHARNAN KOLLER, CAROL STROTT and LOUISE LaMONNA become astronauts during the photo booth filming.



PET THERAPY can brighten your day. Therapy dog Boulder enjoys hugs from Ruth Ann Jamicky and Arun Gan.



Ocean View Holiday Bazaar ...

Top - The sweet table not only contained baked goods, but also featured these three sweet ladies dressed for the festive occasion. Left to right are Rita Robinson, Kathryn Corbino and Alice Meredith.

Right - CHEER Board member Shirley Price (right side center) stopped by the Ocean View bazaar to pick up some holiday gifts.

Bottom - A large crowd enjoyed shopping at the Ocean View bazaar.



Roxana Activity Center

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



Happenings

Monthly

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

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

Weekly

Mondays:

CHEERFUL Café: Coffee/
Tea/Hot Chocolate Bar, Snacks
and Socializing

Music Ministry and Bible
Study – 2T month

Chair Exercises

Memory Games

Lunch, \$ Donation

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

Tuesdays:

CHEERFUL Café: Coffee/
Tea/Hot Chocolate Bar, Snacks
and Socializing

Prize Bingo or Mingo, \$1

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:

CHEERFUL Café: Coffee/
Tea/Hot Chocolate Bar, Snacks
and Socializing

Entertainment and/or

Educational Speakers

Lunch, \$ Donation

Sit and Fit – Chair Exercises

Group Games: Family Feud,
Puzzles and/or Trivia

Thursdays:

CHEERFUL Café: Coffee/

Tea/Hot Chocolate Bar, Snacks
and Socializing

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., Lunch, \$ Donation

Fridays:

CHEERFUL Café: Coffee/
Tea/Hot Chocolate Bar, Snacks
and Socializing

Chair Yoga with Barbara
Popiel, Yoga Instructor – 2T
month

Lunch, \$ Donation

Memory Café with Christie
Shirey

Special Events

Mon., Jan 6 – Pastor Dan
and Betsy Taylor, Bible Study/
Music Ministry

Wed., Jan 8 – PAM Health:
Blood Pressure Screening/
Nutrition Bingo

Mon. Jan 27 – 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.

*Wishing all our members and
friends celebrating a Birthday
in January a very special day
and beautiful year ahead!*





Cafe' Salud

20520 Sand Hill Road • Georgetown, DE
 Itzel Hernandez, Director
 302-515-0001, Ext. 1965

Hello everyone! January is off to a great start for activities for our Latin, English, and Spanish speakers. We will start off with English classes mixed in with Bingocize every Tuesday starting January 7 and we will have biweekly workout sessions starting January 8.

Weekly- Bilingual workout class: January 8 and 22

English class with Bingocize: January 7, 14, 21 and 28

Hola a todxs! Enero ha empezado con actividades muy divertidos para nuestro comunidad latinxs y para quienes hablan inglés y español. Comenzaremos con clases de inglés combinadas con Bingocize todos los martes a partir del 7 de enero y tendremos sesiones de entrenamiento quincenales a partir del 8 de enero.

Clase de entrenamiento bilingüe semanal: 8 y 22 de enero

Clase de inglés con Bingocize: 7, 14, 21 y 28 de enero

A big time celebrity was doing a benefit at a senior citizen's home. He asked one of them, "Do you know who I am?"

"No, but ask at the front desk," the senior replied, "they can tell you."



Welcome to Café Salud!

Your new gathering place for fun, friendship and community.

Tuesdays and Wednesdays | 4:00 PM – 8:00 PM | 20520 Sand Hill Rd., Georgetown, DE

Join us at **Café Salud**, a vibrant and welcoming space designed especially for the Hispanic community. Enjoy culturally and linguistically appropriate services, delicious authentic Hispanic food, and exciting activities that celebrate the rich Hispanic heritage and bring us together.

What's happening at Café Salud?

Lotería and Bingocize – Play, stay active, and win prizes!

Hispanic Cuisine – Savor traditional flavors with friends.

Socialize and Connect – Make new friends and create lasting connections.

Fun and Entertainment – Every gathering is full of joy and laughter!

For more information, call Itzel at (302) 515-0001 x 1965.

This project is supported by the Administration for Community Living (ACL), US Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$598,178.58 with 75 percentage funded by ACL/HHS and \$149,544 amount and 25 percentage funded by non-government source(s). The contents are those of the author (s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the US Government.



Come Travel With Us!

www.cheerde.com/Events/Travel Club

**2025 Schedule
Coming Soon!**

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

All Reservations are First Come, First Served
 Check www.cheerde.com/Events/Travel-Club
 or call 302-515-0001 for complete details.



¡Bienvenidos a Café Salud!

Tu nuevo lugar de encuentro para la diversión, la amistad y la comunidad.

Martes y Miércoles | 4:00 PM – 8:00 PM | 20520 Sand Hill Rd., Georgetown, DE

Únete a nosotros en **Café Salud**, un espacio vibrante y acogedor diseñado especialmente para la comunidad hispana. Disfruta de servicios cultural y lingüísticamente apropiados, deliciosa comida auténtica hispana y emocionantes actividades que celebran nuestra rica herencia y nos unen.

¿Qué hay en Café Salud?

- ♦ **Lotería y Bingocize** – ¡Juega, mantente activo y gana premios!
 - ♦ **Cocina Hispana** – Saborea los sabores tradicionales con amigos.
 - ♦ **Socializa y Conéctate** – Haz nuevos amigos y crea conexiones duraderas.
 - ♦ **Diversión y Entretenimiento** – ¡Cada reunión está llena de alegría y risas!
- ¡Celebremos nuestra cultura, mantengámonos activos y disfrutemos el tiempo juntos!**

Para más información, llama Itzel al (302) 515-0001 x 1965.

Este proyecto cuenta con el apoyo de la Administración para la Vida Comunitaria (ACL), del Departamento de Salud y Servicios Humanos de los Estados Unidos (HHS), como parte de un premio de asistencia financiera que asciende a un total de \$598,178.58, con un 75% financiado por ACL/HHS y una cantidad de \$149,544, es decir, un 25%, financiado por fuentes no gubernamentales. El contenido es responsabilidad de los autores y no representa necesariamente las opiniones oficiales ni un respaldo de ACL/HHS o del Gobierno de los Estados Unidos.

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

302-515-0001 Ext. 1166

or apply at www.cheerde.com

VOLUNTEER

all that's missing is U!



FESTIVE MOW delivery from Ocean View shows Candace Davis (right) wearing her big red hat and Karen Wiles helping spread holiday CHEER to the homebound.

Welcome New Volunteers

Andrea Fleming-McPike	Georgetown	Arts & Crafts
Lori Leonard	Georgetown	MOW
Belma Lugo	Georgetown	Arts & Crafts
Dawn Quigley	Georgetown	Arts & Crafts
Cova Thompson	Georgetown	MOW/Center
Steven Williford	Georgetown	MOW/Kitchen/ Medical Transport
Patricia Wright	Georgetown	Kitchen/Data Entry
Geneva Ayres	Greenwood	Recept./Special
Daisy Lopez	Greenwood	Center/Specia/Recept.
Suzanne Becker	Long Neck	MOW/Special/Recept.
Laurie Brambach	Long Neck	Kitchen/Center
Anne LoPiano	Long Neck	MOW
Clare Tomeo	Long Neck	Center/Recept.
Ben Carlson	Milton	MOW/Special
Kristin Graham	Milton	Kitchen
Nicole Hall	Milton	MOW/Special/Kitchen
Shiela Powalski	Milton	MOW/Special
Laura Wood	Milton	Kitchen/Center/ Special/Recept.
Irene Konschnik	Ocean View	MOW/Center
Barbie Lloyd	Ocean View	MOW/Med. Transp.
Maria Schwab	Ocean View	MOW
Wayne Wetterlund	Ocean View	MOW/Kitchen/Center
Daniella Aguilion	Roxana	Special/Center
Janice Glover	Roxana	Kitchen/Special/ Center
Roberta Paporozzi	Roxana	Kitchen/Recept./ Center
Betsy Sabin	Roxana	MOW/Center
Michael Sabin	Roxana	MOW/Center/ Med. Transport

Thank you for your support!



meals on wheels

more than just a meal

We need you to become a
Meals On Wheels Driver

FLEXIBLE SCHEDULE • NO WEEKENDS • NO HOLIDAYS



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