

FREE

FEBRUARY 2025

# CHEERful Living

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

## Aging With Grace

The first of several occasional articles regarding what to expect as you reach certain milestones in life.

### What to Expect in your 50s

Staying mentally and physically active can help keep you younger - particularly in your 50s, when you may notice the first subtle changes in your metabolism or skin.

Everyone ages differently, but you will experience both hard-to-notice and impossible-to-miss changes in your physical and mental health.

### Save Your Skin

**The Good News:** The likelihood of getting an outbreak of acne is greatly reduced. That's because your skin is getting drier, making blemishes less common.

**The Not-So-Good News:** The loss of muscle, bone and fat under the skin - along with changes in collagen and elastin

- is making fine lines and wrinkles more dramatic. One remedy: prescription retinol products.

In your 50s you're likely to notice age spots and skin tags. Skin tags are usually benign.

### Preserve Your Senses

**The Good News:** Your sense of taste, smell and touch remain

*"I'm getting older. Now what?"*

mostly intact.

### The Not-So-Good News:

You'll probably need reading glasses. As you age, the lenses in your eyes stiffen, making it harder to focus up close. You may become sensitive to glare, and your night vision may decrease.

Floater, tiny specks of debris in the eye that cast shadows on your retina, can appear in your line of vision.

*Continued on page 4*



SATURDAY, MARCH 8  
9 AM to 2 PM

LOCATED AT

Warren L. & Charles C. Allen, Jr.  
**CHEER COMMUNITY CENTER**

Over 50 Years Serving Sussex Seniors

20520 Sand Hill Rd • Georgetown, DE

Tables are only \$35 (8-foot) - Additional tables are only \$10 (6-foot).

No tables may be brought in to the show.

Electricity, or wall space 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) 515-3048

Visit us - [www.cheerde.com](http://www.cheerde.com)

*Celebrating Black History at  
CHEER's Community Center  
Friday, February 28.  
See page 19.*



Table of Contents

**CEO Perspective** ..... 2

**Aromatherapy** ..... 6

**PASA** ..... 7

**March For Meals** ..... 8

**Being A Caregiver** ..... 10

**Nutrition** ..... 11

**Filling Christmas Sleighs..** 13

**Menu** ..... 14

**Georgetown**..... 15

**Greenwood**..... 16

**Lewes**..... 17

**Long Neck** ..... 18

**Milton** ..... 19

**Ocean View** ..... 20

**Roxana**..... 21

**Cafe' Salud** ..... 22

**Volunteers** ..... 23

# CEO Perspective

In a world that often feels fast paced and disconnected, small acts of kindness can create ripples of positivity and foster a sense of community. The philosophy of “if you see something, say or do something” reminds us to stay vigilant not only for threats or problems but also for opportunities to uplift others. By taking proactive steps to brighten someone’s day, we can make a profound difference in the lives of those around us and in our broader society.

Commending someone for doing good is a simple yet powerful way to encourage positivity. Recognition for even the smallest accomplishments can boost a person’s confidence and inspire them to continue their efforts. Similarly, when we notice someone looking sad, a genuine smile or a kind word can remind them that they are seen and valued. These small gestures of empathy can create meaningful connections and provide comfort during challenging moments.

Compliments, too, are small but impactful. By recognizing someone’s efforts, talents, or qualities, we not only make them feel appreciated but also foster a culture of gratitude and respect. Compliments have the power to uplift spirits and build relationships, spreading positivity in ways we may never

fully realize. Lending a helping hand—whether through acts of service or simply being there to



listen—reminds us of our shared humanity. Offering support, even in small ways, can ease someone’s burdens and show them that they are not alone in their struggles.

Equally important is combating loneliness, a pervasive issue in today’s society. Reaching out to those who might feel isolated, offering companionship, and creating spaces for meaningful interactions can have life-changing effects. Acts as simple as inviting someone for a walk, sharing a meal, or even sending a thoughtful message can provide comfort and connection.

At its core, this philosophy is about fostering empathy and taking responsibility for the well-being of others. Every kind word or helpful act reinforces the idea that we are all interconnected and have the power to impact one another positively. By making kindness a habit and choosing to act whenever we see a need, we create a ripple effect that strengthens the fabric

*See CEO - page 4*

## 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

**Greer Stangl**  
Community  
Engagement Director

**Angela Thomas**  
Finance Director

**Debra Dodd**  
Hospitality Manager

**Isaac Felder**  
Food Services Manager

**Robin Greene**  
Congregate Manager

**Monica Mandujano**  
Volunteer Services 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.*



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



Partially funded by



### CHEER MISSION STATEMENT

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





## 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.

Need a prescription refill? Just request it online with a few clicks, and MyChart will help make sure you're never without the medications you need.

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](http://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.)*



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



**CEO Perspective -****Cont'd from page 2**

of our communities. In a world where we are often reminded of what divides us, these small yet significant actions help us focus on what unites us - the shared desire for connection, understanding, and kindness.

There are so many CHEER opportunities to foster great relationships whether it is becoming a volunteer, participating at one of our 8 senior activity centers, joining in activities at our CHEER Community Center, or becoming part of our employee CHEER team. Make a difference in your life and the lives of others.

## **CHEER needs Volunteers!**

**Kitchen Volunteers  
1-2 hours in the  
Mornings for Light  
Kitchen Duties**

**Also, Meals on  
Wheels  
Drivers Needed  
1-2 hours one  
morning  
per week**

**Please call  
Monica  
302-515-0001  
Ext. 1166**

**Aging with Grace -****Cont'd from front page**

They are typically harmless unless you suddenly see dozens of them.

**Motivate Your Metabolism****The Good News:**

While metabolism typically slows up to five percent per decade, that doesn't mean you have to gain weight. Just stay active and gradually decrease calories. Eat more nutrient-dense foods, including whole grains, fruits and vegetables, low-fat dairy products and fish.

**The Not-So-Good News:**

Your stomach empties more slowly and the slowing of digested material through the large intestine can trigger constipation. The easy fix? Fiber and water. Adding fiber to your

diet may also help protect against colon polyps. One in four people in their 50s has colon polyps that may develop into cancer, so you should get a colonoscopy.

You may find yourself suffering a dairy hangover. That's because many people in their 50s produce less lactase.

**Bone Up for Good Health**

**The Good News:** If you've been active all your life, your bones, joints and muscles have a better chance of being in pretty good shape during your 50s.

**The Not-So-Good News:** Aging and inactivity can lead to achy joints because of the wearing down of cartilage, the loss of lubricating joint fluid and weaker muscles.

Your joints may sound like snapping twigs, but those creaking and popping noises are usually not a serious problem.



Talk to your doctor if these sounds are accompanied by pain, swelling or numbness.

**Keep Your Heart Strong**

**The Good News:** If you're healthy and active, you will likely get a lot more miles out of your ticker. It's never too late to do your part: Grab your swimsuit, bike or running shoes and get moving.

**The Not-So-Good News:** Your heart's walls are getting thicker and its valves are stiffer. Also, many people in their 50s will start to develop the first signs of heart disease.

Have you noticed a skipped beat or a racing heart? It could

be atrial fibrillation, a type of heart arrhythmia that becomes more common with age. Since it can increase the risk of stroke, mention it to your doctor.

You should also tell him or her if you're experiencing unusual fatigue, weakness or dizziness when exercising.

**Improve Your Sex Life**

**The Good News:** Sex after 50 can be better than it was during the child-raising years: You've got more time and fewer distractions.

**The Not-So-Good News:** Sex-related hormones in men and women decline in your 50s, although these decreases are less likely to diminish your sex life than are bad habits like smoking and a sedentary lifestyle.

Rates of erectile dysfunction (ED) increase with age; among men with the condition, 26 percent first experienced symptoms in their 50s. Research shows that the Mediterranean diet - rich in fish, nuts, vegetables and olive oil - helps.

Vaginal dryness becomes

more common as estrogen levels decline. But lubricants are effective, as are prescription estrogen creams and tablets.

**Ramp Up Your Immunity**

**The Good News:** Allergies, which result from an over-reactive immune system, may become less severe, primarily because your immune system isn't as sensitive.

**The Not-So-Good News:** A less aggressive immune response means you're more susceptible to getting sick.

Your response to vaccines decreases with age, leaving you even more vulnerable to illnesses like flu and pneumonia. You may be able to boost the effectiveness of your vaccines by getting enough sleep. A new study found that those who slept less than seven hours a night produced fewer antibodies after receiving a vaccine.

**Take Fewer "Nighttime Trips"**

**The Good News:** If you're generally healthy, your urological system likely works just about as well as it did when you were younger.

**The Not-So-Good News:** By their 50s, some 15 to 20 percent of people get up at least twice in the night to urinate. Try decreasing fluids after 6 p.m. and avoiding caffeinated beverages and alcohol. Stress incontinence affects about a third of women in their 50s. It's often chalked up to vaginal deliveries and the decline of estrogen. Ask your doctor about medications and Kegel exercises, which strengthen muscles around your uterus, bladder and rectum.

More than a third of men over 50 experience moderate to severe symptoms of an enlarged prostate gland, called benign prostatic hyperplasia.

**Be Happy**

**The Good News:** We get happier. An AARP survey showed that from your early 50s on, happiness

*Continued on page 10*



*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**



# A Look at Aromatherapy

By Christie Shirey, Community Resources

February is the month when I always look for tips to pick me up. The cold weather has really set in, the daylight is short, and the house is closed tight. February could be the perfect month to try out aromatherapy. Many studies have looked at the effect smells have on memory. It is agreed that a smell can bring much more vivid memories than the sense of sight.

Dr. Erik B. Larson, a former investigator at Kaiser Permanente Washington Health Research Institute, wrote that engaging in reminiscing caused by smell is pleasurable and worthwhile for people with mild to moderate dementia. "Practicing scent-based therapy doesn't require buying expensive essential oils or diffusers. Instead, it can be as simple as taking loved ones with dementia to places they liked to go when they were young or helping them prepare or cook their favorite meals."

Scents can be found in candles, flowers/plants, and oils. While oils have been used for generations and many are thought to be safe, be sure to consult with your doctor before using them to



**Mr. Man tries out Aromatherapy and likes it.**

ensure oils will not have any negative interaction with medication. Here are three to try:

### 1. Lavender

Lavender is thought to be calming and able to balance strong emotions. It has also been used to help with depression, anger and irritability, and can help in some cases of insomnia. Lavender can be directly inhaled, used as a massage oil or sprayed on linens.

### 2. Peppermint

Peppermint is an energizer and can be used to stimulate the mind and calm nerves at the same time. Best used in the morning, peppermint oil can be inhaled directly, diffused in a room, used as a massage oil, sprayed in the air or even placed in a bath.

### 3. Rosemary

Rosemary is an uplifting oil used to stimulate the mind and body. It may even improve cognitive performance and mood. Rosemary has also been known to ease symptoms of depression and also reinvigorate the appetite. Rosemary oil can be directly inhaled, diffused through a room or used as a spray.

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

## This month's activities:

### February 4

Memory Café, Georgetown CHEER 9:30 a.m.

Memory Café, Long Neck CHEER 1 p.m.

Alzheimer's Caregiver Support Group, Long Neck CHEER 2 p.m.

### February 5

Presentation: Independence Community, Aging in Place Committee 11 a.m.

### February 6

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

Memory Cafe, Greenwood CHEER 1 p.m.

Caregiver Support Group, Greenwood CHEER 1 p.m.

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

### February 7

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

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

### February 10

Online Caregivers Support Group - 2:30 p.m.

Registration required.

Email [cshirey@cheerde.com](mailto:cshirey@cheerde.com) or

*Continued on page 7*



## Caregiver Support Groups/ Memory Cafe

### Georgetown CHEER

Memory Cafe -

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

### Milton CHEER

Memory Cafe -

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

Dementia Discussion Group

1st Monday, 10 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.

### 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.

### 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.

### 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



## Aromatherapy

Cont'd from page 6

call 302-515-0001

Online (ZOOM) Grandparents

Raising Grandchildren Support

Group 7 p.m.

Registration required.

Email [cshirey@cheerde.com](mailto:cshirey@cheerde.com)

or call 302-515-0001

### February 11

Memory Cafe, Georgetown

CHEER 9:30 a.m.

Memory Café, Long Neck

CHEER 1 p.m.

### February 13

Memory Cafe, Milton CHEER

9:30 a.m.

Memory Cafe, Greenwood

CHEER 1 p.m.

### February 14

Memory Cafe, Ocean View

CHEER 10:30 a.m.

Memory Cafe, Roxana

CHEER 12:15 p.m.

### February 17

President's Day CHEER

Centers closed

### February 18

Memory Cafe, Georgetown

CHEER - 9:30 a.m.

Memory Cafe, Long Neck

CHEER 1 p.m.

Alzheimer's Caregiver Support

Group, Long Neck CHEER

1 p.m.

### February 19

Parkinson's Caregiver Support  
Group

Ocean View CHEER - 1 p.m.

### February 20

Chase That Virus Away!



**Wash Your Hands!**

Memory Cafe, Milton CHEER

9:30 a.m.

Memory Cafe, Greenwood

CHEER 1 p.m.

Alzheimer's Caregiver Support  
Group,

Ocean View CHEER 1 p.m.

### February 21

Memory Cafe,

Ocean View CHEER

10:30 a.m.

Memory Cafe, Roxana CHEER

12:15 p.m.

### February 25

Memory Cafe, Georgetown

CHEER 9:30 a.m.

Memory Cafe, Long Neck

CHEER 1 p.m.

### February 27

Memory Cafe, Milton CHEER

9:30 a.m.

Memory Cafe, Greenwood

CHEER 1 p.m.

### February 28

Black History Celebration at  
the Community Center, all  
other CHEER Activity Centers

are closed.

## Direct Care Worker



**By Debbie Joseph, PASA Director**

PASA is acknowledging one of our newest family members Shawnpa Sampson. Shawnpa has been employed with the PASA Program since August 2024.

In his time with CHEER, Shawnpa has demonstrated remarkable dedication to the seniors he assists. I've received numerous compliments from our customers praising the strong work ethic and the positive impact he has on their lives. It is evident that Shawnpa genuinely cares about the well-being of those he serves.

Thank you, Shawnpa, for being so kind and caring to our seniors!

**You Don't Need a Reason to Help People**  
*These hands should be yours!*

Empty  
Nester?

Retired and  
Bored?

Competitive  
Pay

Flexible  
Schedules

Good  
Benefits

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)

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.





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.

## Avoiding Telephone Scams

### Tips for Avoiding Telephone Scams

Scammers can be very convincing. If something seems unusual, check it out.

- You usually cannot win a sweepstakes or a lottery that you did not enter. Never “pay to play.” A legitimate sweepstakes will not ask for money upfront.
- Be suspicious of any pressure to send funds via wire transfer or a prepaid re-loadable card.
- Pay attention to warnings from your financial institution telling you that a request sounds like a scam. Your banker may have encountered similar scams in the past. Scammers often claim an emergency, hoping you will respond quickly without checking out the situation first. If something seems unusual, check it out.
- Before offering your help to someone who claims to be a grandchild (or any other relative/friend), be sure to telephone your grandchild or his/her parents at a number you know to be valid to find out if the request is legitimate. If a caller claims to be from an established organization such as a hospital, a charity, or a law enforcement agency, look up the number of the organization yourself. Consider it a red flag if the caller insists on secrecy.
- Never allow anyone to discourage you from seeking information, verification, support and counsel from family members, friends or trusted advisers before you make a financial transaction.

***Make an appointment with a Stand By Me 50+ Financial Coach today by dialing 211. All our services are FREE!***

**WE HAVE GOOD NEWS**



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

Fitness Centers are located at  
Greenwood, Lewes, Long Neck and  
Ocean View Activity Centers.



## Dignitaries to March for Meals for Sussex Seniors

CHEER will be holding its Annual *March for Meals Campaign* on Monday, March 24, 2025. Elected officials and members of local communities will be invited to come and deliver a meal to a homebound senior and then enjoy lunch at the center afterwards. Elected officials will have the opportunity to see first-hand the importance of the meal they deliver and see how the meal benefits them.

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For more than 50 years, these critical programs – commonly referred to as Meals On Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each day provide a vital lifeline and connection to the community, which is sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals On Wheels programs have come together each March



since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, you can ensure the seniors in your neighborhood can live healthier, happy and independent lives at home, where they want to be.

If you would like to help deliver meals to homebound seniors in Sussex County on March 24 or any other day, please call Robin Greene at 302-515-0001 ext. 1162. She will help you get started and the seniors will thank you.

WE LOVE  
OUR VOLUNTEERS



## Things to Do Before 10 a.m.

"If it has to happen, then it has to happen first," says Laura Vanderkam, author of *What the Most Successful People Do Before Breakfast*. Start your day right and you may see positive effects all day long.

Make your bed. In *The Power of Habit*, author Charles Duhigg says this tidy chore is linked to increased productivity throughout the day.

Breathe deeply. Just five minutes of morning meditation can help you stay focused all day long. Practicing meditation may be helpful for conditions such as anxiety, according to the National Center for Complementary and Integrative Health.

Move around. Move in way you enjoy to help you stick to a morning exercise routine.

Fuel up and hydrate. Aim for a breakfast that includes protein, healthy fats, vegetables and fruit. Protein in the morning may help you consume fewer calories throughout the day. Rehydrate first thing in the morning with lemon-infused water (hot or cold) for a refreshing vitamin C boost.

Connect your heart. Before the day gets away from you, call or text an important person in your life.

## Practice Makes You A Master

Examples abound of people who found their success doing something they never set out to do.

Margaret Rudkin is one such person. Rudkin had never baked a loaf of bread before. When a doctor made whole wheat bread made only from natural ingredients a part of her young son's treatment for asthma, Rudkin had to learn how.

The first loaf came out like a brick, but she continued experimenting with recipes until the bread became quite tasty. Soon it became the only bread served in the house. When visitors came, they asked

where they could buy the bread.

Rudkin took a dozen to a local grocer to test just how marketable her bread was. She buttered the bread and had him taste it. The grocer ordered more immediately. Rudkin was very particular about her product from every ingredient to the wrapper. Soon Pepperidge Farm became synonymous with high-quality baked goods.



# Wedding CHEER!

Our large Banquet Hall can accommodate up to **40** round tables or **50** rectangular tables with chairs or 325 Chairs Theater Style as well as a stage and dance floor. Full Venue 7100 sq. ft. or 2-3 smaller rooms with divider walls.

- Full CHEER Catering and Bartending Services
- Stage, podium, microphones, sound system, and other audio-visual equipment for band/DJ
- Weddings, Anniversaries, Birthdays, Fundraisers, Banquets or any special occasion
- Centrally located in Sussex County with ample parking



**CHEER**  
www.cheerde.com

**CHEER Community Center**  
20520 Sand Hill Road, Georgetown, DE 19947  
Contact Debra Dodd at (302) 854-2892  
[events@cheerde.com](mailto:events@cheerde.com)





Apparently Long Neck Center's Melanie Mills was good all year and got what she wanted, a photo with Santa.

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

**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



**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)



## Being a Caregiver is not easy, especially if the person in need has Alzheimer's

You do not have to do it alone.

There is help available.

The Alzheimer's Foundation of America now provides 24/7 support with a newly created virtual helpline assistant to answer questions and assist caregivers and families effected by Alzheimer's disease and other dementia related illnesses. The number is 1-866-232-8484. You can text them on 1-646-586-5283.

The Alzheimer's Foundation of America also has a FREE magazine, called Alzheimer's Today.

To subscribe call 1-866-232-8484 or go to [alzfdn.org/alztoday](http://alzfdn.org/alztoday) or send your request with your name and address to [info@alzfdn.org](mailto:info@alzfdn.org)

The magazine is a wealth of information and support. It has a variety of articles such as: The Caregiver's Dilemma: Balancing Responsibility and Boundaries; The Power of Emotional Memories, and Creating a Friendly Home are just a few.

Caregiver Support Groups also provides a safe space for caregivers

### Aging with Grace - Cont'd from page 4

rises significantly over time. One explanation for the trend: years of experience. As you get older, you know that bad times are going to pass. You also know that good times will pass, which makes those good times even more precious.

**The Not-So-Good News:** You might stay away from stressful situations, thereby missing out on new opportunities. Older people are better at anticipating difficult situations and managing their life so they don't expose themselves to unnecessary stress. While that may be good for their emotional health, it may also narrow their social networks, "limiting them to people who are more supportive."

Are you worried that you're not as worried these days? The

to share their experiences, emotions and challenges with others facing similar situations, offering emotional support, practical advice, and valuable information about available information about available resources, ultimately helping them manage stress, cope with the demands of caregiving, and improve their overall quality of life; essentially validating their feelings and making them feel less isolated.

CHEER has support groups in Greenwood, Ocean View, Long Neck, and a Dementia Discussion Group in Milton.

### Sand Hill Adult Day Program

Open Monday – Friday from 8:30 a.m. to 3 p.m. It is a locked facility as most of the members have some form of Dementia. We encourage independence but we have nurses and aides ready to jump in and provide whatever assistance is needed. We serve two snacks and lunch.

For more information, call me, Cindy Mitchell, at 302-212-4482.

ability to regulate one's emotions improves as you get older.

### Stay Sharp

**The Good News:** The growth of new brain cells continues well into your 50s and 60s - and the capacity to learn new things stays strong.

**The Not-So-Good News:** With age comes a delay in accessing memories, but memory loss - once thought intrinsic to aging - is often avoidable, according to new research.

So you find yourself in the kitchen with no idea why you're there. Relax. In your 50s, mild forgetfulness happens. It's rarely a sign of something serious — unless it happens every day or you never recall what you needed from the kitchen.



## Beauty is more than skin deep!

By Lisa Harkins, RD, LDN

Clear, blemish-free, radiant skin is an indicator of good health. But how do we get good skin? There are thousands of skin care products on the market, where does one begin? Well, this nutritionist will tell you: start with your plate!

The skin is our largest organ, and if stretched out flat would cover about two square yards and weigh about nine pounds! It works hard every day protecting our bodies from external pathogens, regulating body temperature, and preventing excessive water loss. It is also critical for the synthesis of vitamin D, and it heals to form scar tissue when it is damaged. Skin is made up of three layers, the Epidermis

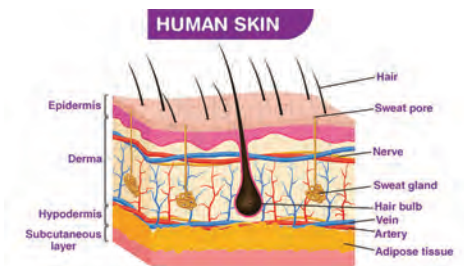
(top layer), the Dermis (middle layer) and the Subcutis layer (bottom layer). The outermost area of the epidermis is constantly being recreated every 3-4 weeks when new cells filled with keratin grow and rise from the inner layers, making their way to the top. This top layer is then sloughed off making room for the newer cells.

It is this outermost layer that the beauty industry likes to target. You can loofah, scrub, and lotion your way through those old cells to expose those newer, plumper ones, but without a proper diet rich in certain nutrients, all that money spent on products will go to waste.

The key to happy skin comes down to five things: Fiber,

Omega-3s, vitamin C, silica, and water. Fiber contains anti-aging antioxidants and helps eliminate toxins from our systems. Aim for about 25-30 grams per day or more for the best boost. Omega-3s are touted for their heart-healthy benefits, but they also are very protective for skin, reducing the risk of skin cancer and keeping it supple. The American Heart Association recommends two servings (about eight ounces) of fatty fish per week (like salmon, tuna, and trout).

Vitamin C assists with the synthesis of the protein collagen, which is the glue that keeps healthy cells and tissues intact – which means loading up on your citrus fruits, bell peppers, strawberries, and broccoli. Silica is in the parts



of the fruits and veggies that most of us scrap – the strings and the peels. But it is also a key component to maintaining our skin's elasticity. So, eat that cucumber or potato with skin intact, munch on some celery or asparagus, or grate some fresh lemon rind in your next dish. And of course, no healthy diet is complete without adequate water intake. Water helps keep us hydrated and flushes waste, so aim for 6-8 eight ounce glasses per day.

## 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)





Navigating Medicare

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



**DO MORE  
DELAWARE** **24**<sup>TM</sup>

**YOUR GIFT TO CHEER  
DURING THESE  
24 HOURS  
LASTS FOR  
12 MONTHS!**

Your support goes further thanks  
to the matching gifts incentive during  
Do More 24 Delaware!

Any gift received between March 6th at 6pm and  
March 7th at 6pm will give CHEER a chance to  
win even more!

**March 6th–7th  
6pm–6pm**

**Delaware Gives Day | [DoMore24DE.org](http://DoMore24DE.org)**



Do More 24 Delaware | Powered by United Way of Delaware and Spur Impact  
**CHEERDE.COM**



## Filling Sleighs with Christmas CHEER

As part of the joyous Christmas season and CHEER's Operation Christmas CHEER program, Santa placed sleighs in several businesses throughout Sussex County. This allowed the public to place donated Christmas gifts for seniors that were then brought to CHEER's Community Center in Georgetown for distribution on Christmas morning.

Businesses that allowed Santa to park his sleighs at their buildings were County Bank in Long Neck and in Milton, M&T Bank on Rt. 113 in Georgetown and Meineke Car Care Center in Lewes.

CHEER and the seniors thank: Jody and Dave Repass of Meineke Car Care Center for all their support of various CHEER events such as Operation Christmas CHEER and CHEER's Annual Car Truck and Bike Show.



Santa's elves from County Bank (left to right) Jeffrey McGuire, Amanda Imhoff and Karen Bailey are checking the sleigh for room for at least one more gift.



Santa's elves, M&T Bank Manager Mary Ann Smarte (right) and her staff display some of the donated Christmas gifts for Santa's sleigh.

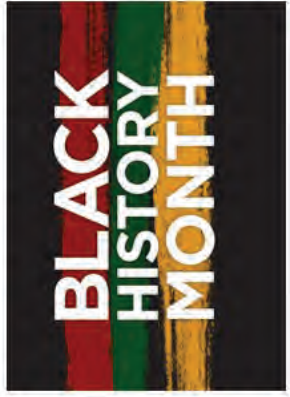


With the public's help, many seniors who have no family in the area will have a merry Christmas. A hot meal and a Christmas gift delivered by a smiling volunteer is just what the doctor ordered.



One of Santa's elves is absolutely delighted by the gift donations for the seniors of Sussex County.





# FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Spaghetti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Orange Sherbet Skim Milk	<b>4</b> Seafood Gumbo Steamed or Baked Rice Collard Greens Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>5</b> Greek Roasted Chicken Couscous w/Roasted Vegetables Asparagus Spears Whole Wheat Roll/Bread Cinnamon Pears Skim Milk	<b>6</b> French Dip Sandwich Baked Steak Fries Pickled Beets Skim Milk	<b>7</b> Split-Pea Soup Egg Salad Sandwich Macaroni Salad Fig Cookie Bar Skim Milk
<b>10</b> Fish Patty Scalloped Potatoes Cole Slaw Whole Wheat Roll/Bread Banana Cream Pudding Skim Milk	<b>11</b> Pork and Vegetable Stir Fry Steamed or Baked Rice Sugar Snap Peas Asian Blend Whole Wheat Roll/Bread Pineapple w/Mandarin Oranges Skim Milk	<b>12</b> Tamale Pie Chuckwagon Corn Gelatin Skim Milk	<b>13</b> Chicken Alfredo w/Pasta Cucumber Tomato Salad Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>14</b> Baked Potato Bar Steamed Broccoli Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk
<b>17</b> Closed for Presidents Day.	<b>18</b> Egg Sandwich American Fried Potatoes Steamed Spinach Fresh Banana Skim Milk	<b>19</b> Chicken Linguine w/Spinach Herb Pesto Steamed Cauliflower Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>20</b> Glazed Meatloaf w/Brown Gravy Garlic Mashed Potatoes Baby Carrots Whole Wheat Roll/Bread Rice Pudding Skim Milk	<b>21</b> Tuna Noodle Casserole Steamed Broccoli Whole Wheat Roll/Bread Mandarin Oranges Skim Milk
<b>24</b> Stuffed Pasta Shells Italian Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk	<b>25</b> Hot Turkey Sandwich Mashed Sweet Potatoes French Style Green Beans Apple and Peach Cobbler Skim Milk	<b>26</b> Chicken Cordon Bleu Mashed Red Potatoes Brussels Sprouts Fruited Gelatin Whole Wheat Roll/Bread Skim Milk	<b>27</b> Beef Stew Five-Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	<b>28</b> Black History Program at Community Center. Centers Closed.



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.



# CHEER

Over 50 Years Serving Sussex Seniors



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

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



*Mark Your Calendar*



*Mark Your Calendar*

**Special Public 2025 Events**

**February 28 - Black History Celebration** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**March 8 - Spring Craft Fair** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 9 a.m. to 2 p.m.

**March 24 - March for Meals.** Delaware's elected officials show their support for CHEER by delivering meals to seniors.

**April 3 - Volunteer Appreciation Dinner** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle).

**May 23 - Older Americans Celebration** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**August 2 - 15th Annual Car, Truck and Bike Show** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**September 5 - Trap Pond Fall Festival.** Trap Pond State Park, Laurel, DE 10 a.m. to 2 p.m.

**September 11 - Patriot Day** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**October 4 - Fall Craft Fair** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 9 a.m. to 2 p.m.

**October 11 - Hispanic Heritage Celebration** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**November 7 - Veterans Day Dinner Dance** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 5 p.m. to 9 p.m.

**November 21 - Holiday Feast** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

**December 25 - Operation Christmas CHEER** at CHEER's Community Center, 20520 Sand Hill Road, Georgetown (east of the circle) 10 a.m. to 2 p.m.

*Full details for each event will be announced as dates are finalized.*

**For more information visit [www.cheerde.com](http://www.cheerde.com) or call 302-515-0001.**



**Georgetown Activity Center**

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

**Georgetown Happenings**

**February 14 - Valentines Day Party**

**February 17 - Presidents Day**  
CHEER Centers Closed

**February 20 - Arm Chair Travels**

**February 20 - Revive Sound Productions Entertainment w/Randy**

**February 20 - Dinner/Bingo**

**February 28 - Celebrate Black History at CHEER Community Center**  
Georgetown Activity Center Closed

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

**Monday - Friday - Coffee and Social Hour**

**Monday - Chair Fitness** 10 a.m.

Bible Study - 10:30 a.m.

**Tuesday - Memory Café** 9:30 a.m. w/Christie  
Penny Bingo - 12 p.m.

**Every Wednesday - Wii® Bowling** 12 p.m.

**Every Friday - Breakfast in the Café** - \$2.50 for seniors

**Friday - Chair Fitness** 10 a.m.

Penny Poker 10:30 a.m.  
Prize Bingo - 12 p.m.

**Monthly activities:**

Trivia games, Wii bowling, Group Jeopardy, Corn Hole, Arts and Crafts and more. Weekly trips to the Bank, Dollar Tree, Walmart and Redners.

The offices of CHEER and all Activity Centers will be closed on the following 2025 holidays:

2025 Holiday	Calendar Date	Date Observed
New Year's Day	Wednesday January 1	Wednesday January 1
Martin Luther King, Jr. Day	Monday January 20	Monday January 20
Presidents Day	Monday February 17	Monday February 17
Good Friday	Friday April 18	Friday April 18
Juneteenth	Thursday June 19	Thursday June 19
Memorial Day	Monday May 26	Monday May 26
Independence Day	Friday July 4	Friday July 4
Labor Day	Monday September 1	Monday September 1
Thanksgiving Day	Thursday November 27	Thursday November 27
Friday After Thanksgiving	Friday November 28	Friday November 28
Christmas Day	Thursday December 25	Thursday December 25

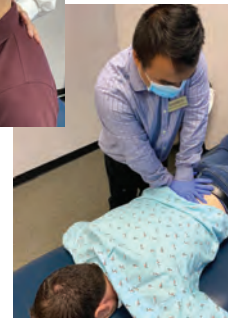
**Open to the Public!**

**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 has flown by and before we know it, it will be time for March holidays. But wait just a minute - don't skip the second month of the year! There are so many February holidays and observances to commemorate. The month of February has several popular holidays, namely Groundhog Day, Valentine's Day and Presidents' Day. Also known as Washington's Birthday, Presidents' Day falls on Monday, February 17, 2025, and is the only federal holiday during the month.

During the month of February, we also celebrate Black History Month. The theme for Black History Month in 2025 is "African Americans and Labor". This theme will explore the many ways that work has impacted the experiences of Black people, from the labor of enslaved Africans to the work of Black professionals today. The theme will also consider the intersection of different types of work, including free and unfree, skilled and unskilled, and vocational and voluntary. Check our calendar for the date of our celebration of Black History Month at Greenwood CHEER.

"Imagine" will be here to help us celebrate **Valentine's Day** with a party and music on

**Friday, February 14th at 10:30 a.m.**

Greenwood Library presents "**Creating a Memory Book**" **February 12th at 10 a.m.** This will be an ongoing monthly program you won't want to miss!

**Pharmacists Randy and Carl** will be here on **Tuesday, February 18th** to take blood pressures and answer any questions you may have. They will also be providing an immunizations clinic. Please remember to let Sheila know in advance of 2/18, if you are looking for Covid, Shingles or RSV immunizations.

**Trip day on Wed 2/19** to **Boscov's and Kohl's**, followed by lunch at Olive Garden, Dover, DE. Bus leaves center at 9:15 am.

Visit from **Sussex County Medical Emergency Service. TBA.**

These are just a few of the events/activities for February 2025. Please pick up your February 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 February and see you soon!  
Sheila



**Greenwood CHEER Chef Gary Campbell, proudly displays his Christmas Buche de Noel (Yule Log) cakes: a delicious, traditional cake often served as a dessert especially in France, Belgium, Luxembourg, Switzerland, and Quebec, Canada.**



**Arana Pettyjohn interviews Mr. Goodwood and Ken Huff. Seated are Grace Jester, Jack Plummer, and Donna Shindle.**



**Greenwood CHEER Members Virginia Bannan and Violet Moore read Christmas poems.**



**Greenwood CHEER members Marge Schrock and Linda Campbell lead a Christmas sing-a-long - Wayne Pugh on guitar.**





**Harbour Lights Activity Center**

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

**From the Desk of your Director**

As we step into February, remember that each new day is a gift filled with opportunities to create beautiful memories. Your wisdom, strength, and kindness are treasures that inspire everyone around you. No matter where life's journey has taken you, the love and experiences you've gathered along the way are what make you truly special. May this month bring you peace, joy, and moments of warmth surrounded by those who cherish you. Keep shining your light, because the world is brighter with you in it.

**American Heart Month**

American Heart Month is observed every February in the United States to raise awareness about heart disease, the leading cause of death for both men and women. During this month, efforts are made to educate the

public about the importance of heart health, prevent heart disease, and encourage healthy lifestyle choices such as eating a balanced diet, staying physically active, and managing stress. American Heart Month serves as a reminder to take proactive steps toward heart health and to spread awareness about the importance of cardiovascular care. February 7, 2025, is National Wear Red Day. Wearing red during American Heart Month is a simple yet powerful way to show solidarity, raise awareness, and take action in the fight against heart disease.

**Valentine's Day**

On this special day, we want to remind you how much you mean to us. Your wisdom, kindness, and love have touched so many lives, and we are so grateful for all the beautiful memories you've created. May

your heart be filled with warmth and joy today, surrounded by the love and care of those who cherish you. Wishing you a day as special as you are, full of love and happiness. On February 14, 2025, we will be celebrating Valentine's Day! Entertainment will begin at 10:30, which will be provided by Mark Gratton. Come celebrate a day filled with love and happiness being surrounded by great company.

**Fitness Room**

Don't forget 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 getting fit together! For those who use the gym on five different days this month, your name will be entered into 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 interested in joining the cast, please reach out to me as soon as possible.

**Happy Birthday Everyone**

Join us for a special birthday celebration on February 19, 2025. Come enjoy cake and ice cream as we celebrate all February Birthdays. We wish you a wonderful day and a blessed year ahead! Hope to see you there.

**Breakfast Bash**

The breakfast bash will be held every Thursday in the month of February. Breakfast will be served from 8:30 a.m. to 9:30 a.m. The cost of the breakfast is \$2.50 for members and \$4.50 for non-members. Please sign up for breakfast at the desk to reserve your spot.

As always, make sure to stay connected with family and friends, take time for prayer and meditation, and above all prioritize your health and safety.

Until Next Time,

Crissy



**Celebrating Christmas at Harbour Lights**







### Long Neck Activity Center

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

**February 5** - Fire Safety Presentation 11 a.m.

**February 14** - Valentine's Party - 12 p.m.

**February 20** - Evening Event and Dinner 4 - 6 p.m.

**February 26** - Happy Birthday to our center members - 12:30 p.m. Come celebrate.

#### Trips

**February 6** - Trip to Ollies and Cheddar. Bus leaves the center at 9:15 a.m.

**February 11** - Trip to Hobby Lobby and Red Robin. Bus leaves the center at 9:15 a.m.

**February 18** - Trip to Aldis, Homesense, TJ Maxx, and

Chick-fil-A. Bus leaves the center at 9:15 a.m.

**February 25** - Trip to Sysco and Don's Seafood in Pocomoke. Bus leaves the center at 9:15 a.m.

**Every Monday** - Trip to Walmart. Bus leaves the center at 9:30 a.m.

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

**Every Friday** - Trip to Dollar Tree. Bus leaves the center at 10 a.m.



**Merry Christmas from the Texercise Class!**



**Center members enjoy a holiday dance while celebrating Christmas.**

## Celebrating a Long Neck Christmas



**Santa, Angie Musnisky, Gayle Eddinger, Maggie Sullivan, Minnie Woods, and Mrs. Claus.**



**Center members Marie Gonnelli, Minnie Woods, Angie Musnisky, Maggie Sullivan, and Eleanor Travis enjoying the entertainment.**



**What a wonderful way for the entire center to enjoy the holiday. Good entertainment, great food, and fabulous friends.**



**Center members Shirley and Tom Herndon are flashing their holiday smiles to all.**





### Milton Activity Center

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

Hello and HAPPY FEBRUARY 2025, to my CHEER Family and Friends.

With February comes Valentine's Day.

Here are some fun Valentine's Day trivia questions and facts:

- Approximately how many people get engaged each Valentine's Day? 6 million
- In which year was the first speed dating event held? 1998
- Kissing can increase a person's heart rate.
- What is the length of the longest marriage ever recorded? 86 years, 290 days
- Esther Howland was the first manufacturer of American Valentine's cards and is called the mother of Valentine's Day.
- The most Valentine's Day cards are given to teachers, followed by children, mothers, wives, sweethearts, and pets.
- In Victorian times, it was considered bad luck to sign a Valentine's Day card.

### SPECIAL EVENTS:

**February 12** - Valentine's 50's SOCK-HOP Dinner, 4 to 6 p.m.

**February 14** - Cupid's Ice Cream Social

**February 18** - Music with Herman Pyatt

### WEEKLY HAPPENINGS:

**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 & Yoga

**Tuesday** - Chair Yoga, BINGO, and Board Games

**Wednesday** - Arts & crafts, Bible study, Bridge, Yoga

**Thursday** - Memory Café, Mahjong, Chair Yoga

**Friday** - Breakfast (only \$2.50), Prize BINGO

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

## An Office Gone to the Dogs

A salesperson dropped into an office to call on one of her business customers. The office was unpopulated except for a big dog who was busy emptying all the wastebaskets.

The saleswoman stared at the animal, unable to believe her eyes. "Excuse me," she said, "do you work here?"

"Yeah," the dog replied. "It's part of my job."

"This is amazing!" she said. "How on Earth did they find a dog who can talk?"

"Oh, please don't tell them I can talk!" the dog pleaded. "If they find out I can talk, they'll make me answer the phones, too!"

## When You Are Stuck

Are you stuck on a problem you just can't solve? Do you feel that no matter how you look at it you just can't come up with the answer?

If so, you may feel the need to go over everything you know about the situation – even though you have already done this to the point of exhaustion.

A better idea might be to scrap what you know and start over again. Try to erase what you know and get rid of any assumptions that could be blocking your success.



For an example, watch some detective shows on television. Inevitably you will come across one where the detective sits down to go over the facts. He usually does not discover a new fact, but discovers instead that his "knowledge" was the problem all along.

When you find yourself stuck in this way, heed the words of Daniel J. Boorstin: "The greatest obstacle to discovery is not ignorance – it is the illusion of knowledge."

# BLACK HISTORY

CELEBRATE WITH

CHEER



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](mailto:rgreene@cheerde.com)

 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

#### “CELEBRATE BLACK HISTORY MONTH!”

Join us during February as we celebrate Black History Month! Murry Gatling will be showing a documentary with a discussion afterwards - stay tuned for details.

Suzette Pritchett will entertain us over lunch on Tuesday the 18th and Rhythm Tec will perform for our dinner on Tuesday the 25th at 4 p.m. We hope to return to the Harriet Tubman Underground Railroad Museum along with some other interesting trips and wrap up the month in Georgetown for our CHEER-wide Black History Month Celebration, Friday 28th at the Community Center. 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 Monday, 17th for Presidents Day.**

#### New Activities

Please see our Calendar for all our regularly scheduled

activities, trips and events as well as the ones listed below.

#### MONDAYS

**Joyful Living** - Discussion Group with Andrew Schubauer, **2nd Monday**

Feb. 10, 10:45 a.m.- All Members Welcome!

#### TUESDAYS

Feb. 18 - Suzette Pritchett singing over lunch, 11:15 a.m.

Feb. 25 - Rhythm Tec Performs, at 4 p.m., followed by dinner, \$8 for members and \$12 for 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.

#### WEDNESDAYS

Feb. 26 - Celebrating all February birthdays over lunch, **TRIPS**

Refer to our Calendar for all Current Activities and 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 - stay hydrated.

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, 302 539-2671.

**Doctor: “I’m doing what I can, but, I can’t make you any younger”.**

**Patient: “I don’t care about getting any younger, I just want to get older”.**



Center members, including Director Yolanda Gallego, wish everyone a Happy New Year!



Ringing in the New Year at Ocean View CHEER.



Richie and Guy - Richie Molinaro and Guy Pietrovito perform classic, legendary rock n roll!



Richie with the OV Rockettes – Nancy Crouch on left (in tan) and Amy Burgard on right (in black) with Richie.



New Years Eve with some of the bus riders: in front, left to right: Marion Levy, Jean Turner, Deb Ewart, Kathryn Corbino; back row left to right: Betty Mitchell, Jo Nolan and Richie Bauer.



## Savings Can Be a No-brainer

Have you ever kept track of how much money you spend in a day? Now, think about how much money you waste in a day. Are the two numbers identical?

Right about now you are vowing to yourself, "I'm going to be smarter about money." But, how do you begin? Applying a few no-brainer ideas may make a difference in your bank account.

Before you take another sugary soft-drink, try a sip of pure, preservative-free water. You should be drinking water each day for your health, anyway. Two soft drinks a day can add up to more than \$500 per year.

In the morning, instead of stopping at the local doughnut place or convenience store to get some coffee, brew your own at home and put it in a thermos.

Joining a wholesale club can be a good thing. For a

small membership fee you can save close to 25 percent a year on groceries. Just be sure you buy what you need not just because something is cheap.

Before you hold a garage or yard sale, remember that old sweater you are selling for 50 cents could be donated to the Goodwill or Salvation Army for a higher tax write-off. The same could be done for useful furniture and other household items.

Avoid going to the malls and outlets and using shopping as an entertainment. Use these places for exercise and take a good walk instead.

Keep in mind that if you save just \$3 per day, in a month you will have nearly \$100 in your pocket. That is well over \$1,000 each year.



### Roxana Activity Center

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

**FIRST THURSDAY** Beckett's Bulletin - 10:30 a.m. CHEER CEO, Beckett Wheatly 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.

#### MONTHLY

**First Wednesday** - Members Meeting - 10:30 a.m.

**Fourth Monday** - Stand By Me with Kathleen Rupert - 10:30 a.m.

#### WEEKLY

##### Mondays:

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

**Music Ministry and Bible Study** – 2x 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

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 – 2x month

Lunch, \$ Donation

**Memory Café with Christie Shirey**

See our monthly Center Activity Calendar for the most up-to-date scheduled Entertainment, Educational Speakers and/or Activities on the CHEER Website: <https://www.cheerde.com>. Please note, Activities occasionally change.

## 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

*"You may be disappointed if you fail, but you are doomed if you don't try."*

*Beverly Sills*





### Cafe' Salud

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

Happy February! Café salud is expanding with our Spanish and English class to help support our community in communication. Learning a new language can be incredibly beneficial for the senior community, offering cognitive, social, and emotional advantages. It stimulates the brain, improving memory and mental sharpness, which can help delay or prevent cognitive decline associated with aging.

Please join us and learn while having fun at Karaoke and learn new words while gaining strength with Stay fit with Adri. See you at Café Salud!

**English class for beginners will continue on 2/5/2025 and 2/19/2025**

**Spanish Class for beginners will continue on 2/11/2025 and 2/25/2025.**

**Stay fit with Adri bilingual fitness hour on 2/4/2025 and 2/18/2025**

**Bilingual karaoke on 2/12/205 and 2/26/2025**

Feliz Febrero! Café Salud se expande con clases de español e inglés para ayudar a apoyar a nuestra comunidad en la comunicación. Aprender un nuevo idioma puede ser increíblemente beneficioso para la comunidad de adultos mayores, ya que ofrece ventajas cognitivas, sociales y emocionales. Estimula el cerebro, mejorando la memoria y la agudeza mental, lo que puede ayudar a retrasar o prevenir el deterioro cognitivo asociado con el envejecimiento.

Únase a nosotros y aprenda mientras se divierte en Karaoke y aprenda nuevas palabras mientras gana fuerza con Stay fit con Adri. ¡Nos vemos en Café Salud!

**Las clases de inglés para principiantes continuarán el 2/5/2025 y el 2/19/2025**

**Las clases de español para principiantes continuarán el 2/11/2025 y el 2/25/2025**

**Mantente en forma con la hora de fitness bilingüe de Adri el 2/4/2025 y el 2/18/2025.**

**Karaoke bilingüe el 2/12/205 y el 2/26/2025**



## 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.



## ¡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.



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



## Welcome New Volunteers

Neyda Albarran	Georgetown	Arts & Crafts
James Barns	Georgetown	Center/Kitchen/MOW/Adm.
Julio Oviedo	Georgetown	Special
Tabetha Oviedo	Georgetown	Special
Kenneth Tiffner	Georgetown	Kitchen/Other
Robert S. Thomas	Georgetown	Special
Meylin Sanchez	Milton	Reception/Center/Kitchen
Joan Vilkinofsky	Milton	MOW
Brandon Amorim-Cervantes	Long Neck	Special
Brian Amorim-Cervantes	Long Neck	Special
Kimie Cervantes	Long Neck	Special
Sandra Knodsen	Long Neck	Admin/Special/Kitchen
Maria Schmidt	Roxana	MOW
Letitia D. Speights	Roxana	Receptionist
Eric Van Winkle	Roxana	Center/MOW/Kitchen/Crafts
Sarah Van Winkle	Roxana	Center/MOW/Kitchen/Crafts
Londin Boots	Ocean View	
Rebecca Hansen	Ocean View	MOW/Reception/Crafts
Taylor Valencia	Ocean View	Center/Special

*Thank you for your support!*

**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**



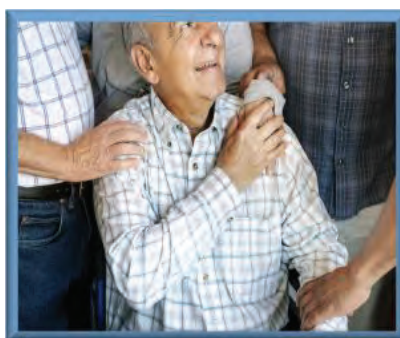
A large red graphic of a fork on the left and a van on the right, connected by a red line that underlines the word 'wheels' in the title below.

# meals on wheels

*more than just a meal*

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 Ext. 1166 or email  
[mmandujano@cheerde.com](mailto:mmandujano@cheerde.com)

