

Promoting Healthy & Active Lifestyles for Sussex County's Adults 50+

**JANUARY**  
**2022**

**CHEER**  
*happenings*

A MONTHLY NEWSLETTER  
PUBLISHED BY CHEER, INC.

**HAPPY  
NEW YEAR**

**2022**

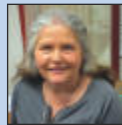


**READ CHEER HAPPENINGS AT CHEER'S WEBSITE: [WWW.CHEERDE.COM](http://WWW.CHEERDE.COM)**

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**GEORGETOWN**



546 South Bedford Street • Georgetown, DE  
 Lekena Hammond, Director  
 302-515-3040

**GEORGETOWN HAPPENINGS**

**Greetings Georgetown  
 CHEER Members**

Happy New Year. We have been through some challenging times this past year. I hope this New Year brings you peace and happiness. Now we have the snow to look forward to. I love the beauty of a good snowfall. We are looking for members who are interested in doing **Chair Exercises Mon., Wed., and Fri.** at 10 a.m. We have a lot in store for you this month, come in and let us warm your hearts and fill your tummies.

**Bible study** is every **Mon.** at 10:30 a.m. We have **Memory Café** every **Tue.** at 9:30 a.m. w/Christy.

**Wed.** is Movie Day. Come join us for some good movies. Each **Thurs.** at 10 a.m., we also have **La-Red Health administering COVID Vaccines**, 1st, 2nd, and 3rd doses. The third dose must be six months after your second dose. It only takes a few minutes. I'll even hold your hand if you wish.

Come see what trips we have planned for January. Please sign up at the center. The center is open for lunch and entertainment. You can pick up a meal to go.

**Evening Dinner and Bingo** is Jan. 20 at 4 p.m. Trips to the **P.O., Bank, Dollar Tree, and Food Lion** are **Mon., Tue., Thurs. and Fri.** Come request a calendar so you



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

**CONTACT INFORMATION**

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 546 South Bedford St.  
 Georgetown, DE 19947  
 Phone: (302) 515-3040 • Fax: (302) 515-3071  
 www.cheerde.com

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**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."

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**For More Information Call: 302-515-3040**



can keep track of all of the wonderful things that are happening at the Georgetown CHEER Center. We don't want you to miss a thing. Please call the day before an activity just to make sure it was not canceled.

### MONTHLY EVENTS

- **First Thurs. - Ken's Corner.**
  - **Mon. - Fri. - Coffee and Chat, 8:30 - 10 a.m.**
  - **Each Mon. - Bible Study, 10:30 a.m.**
  - **Each Tue. - Memory Café, 9:30 a.m. with Christie.**
  - **Tue. and Fri. - Prize Bingo, 12 p.m.**
  - **Each Wed. - Movie Day, Come join us this month for some Christmas favorites.**
  - **COVID-19 Vaccinations by LaRed Health, 10 a.m. 1st, 2nd, and 3rd doses.**
  - **Each Mon., Tue., Thurs., Fri. Trip to P.O., bank, Dollar Tree, and Food Lion.**
  - **Games and entertainment every week.**
- Peace always, *Always Lakena*



To all members born in January!  
Wishing you Peace, Love, and Happiness.

## CHEER's Inclement Weather Policy

When bad weather forces center closings, announcements will be made on the following media formats:

CHEER Website - [www.cheerde.com](http://www.cheerde.com)

CHEER Facebook - Cheer, Sussex County

WBOC TV – Channel 16

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WDMT 47 & CW 3

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# GREENWOOD



41 Schulze Rd. • Greenwood, DE  
 Fran Smith, Director  
 302-349-5237

## GREENWOOD HAPPENINGS

*A very Happy New Year to one and all!*

### MONTHLY EVENTS

- **Daily - CHEER Café Studio.** 11:30 a.m. Entertainment, speakers, and more.
- **Each Mon. - Bible Study,** 10 a.m. **Food Lion or Walgreen's,** 12:15 p.m.
- **Each Mon. & Wed. - Luncheon Card Club,** 12:30 p.m. Enjoy "Hand and Foot" with your friends. CHEER Café Studio
- **Each Mon. - Food Lion, Dollar Tree, or Walgreens,** 12:15 p.m. for bus riders.
- **Each Tues. - Prize Bingo,** 10:45 a.m. and 12:15 p.m.
- **First Thurs. - Blood Pressure Check,** first Monday, 10 a.m. with Betty Fletcher. **Alzheimer's Support Group,** 1 p.m.
- **Each Thurs. - Memory Café,** 1 - 3 p.m.
- **Second Fri. - "Life Smatters"** with Robin

- Miller from the Greenwood Library, 12:15 p.m.
- **Bingo, games, guest speakers, virtual tours,** and more every week.

### CENTER ACTIVITIES

- **Jan. 5 - Crafts with Wanda,** 10:30 a.m. Milton CHEER visiting.
- **Jan. 6 - Slide Show Presentation by Mason Dixon,** 10:30 a.m.
- **Jan. 7 - Prize Bingo.** Ocean View CHEER visiting, 10:30 a.m.
- **Jan. 12 - Positive Music Time with Randy,** 10:30 a.m.
- **Jan. 13 - Health Care with Amanda,** 10:30 a.m. **Speaker, Cpl. Briggs of D.S.P.,** 12:15 p.m.
- **Jan. 14 - Entertainment by Imagine,** Roxana CHEER visiting, 10:30 a.m.
- **Jan. 19 - Crafts with Charlene and Sylvia for homebound.**
- **Jan. 20 - Trip to Roses and Lunch at Kentucky Fried Chicken,** 10 a.m.
- **Jan. 27 - Prize Bingo.** Georgetown CHEER visiting, 10:30 a.m.

Until next month, take care and continue to stay safe.

*Fran*

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# GREENWOOD



Mr. Goodwood, center, and Ken Huff entertain and help celebrate Jean Moore's 94th birthday at her party at the Greenwood CHEER Activity Center.



Randy from Positive Music Time and Joann Maddox share music with the members at Greenwood CHEER's Christmas Party.



Guest speaker Cpl. Lewis Briggs and entertainer Ken Huff and Mr. Goodwood meet at the Greenwood CHEER.

## Happy Birthday

We would like to wish every member born in the month of January a very Happy Birthday.

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Cristina Tunnell, Director  
302-645-9239

## HARBOUR LIGHTS HAPPENINGS

**From the Desk of Your Director**

### Happy New Year!

My prayer for this new year is that it is prosperous for everyone and filled with lots of love and happiness.

With the new year here, I'm sure many of you have made New Year's resolutions, and are setting goals that you would like to accomplish.

This year at Harbour Lights, I would like to challenge every member to treat everyone with respect and to talk to everyone in a respectful tone and manner. We may not agree on everything, but we all deserve the right to be treated with respect. I pray that everyone has a healthy and blessed New Year.

### Membership Dues

The time has finally come for everyone to renew their memberships at the center. There is a form that needs filling out. Membership dues are only \$30. We will be having a membership dinner for all members to sign up

on **January 13**. Doors open at 4:30 p.m. with a 5 p.m. dinner start.

### Happy Hour

On **January 26** we will host a Happy Hour Event at the Center. This is the time to get to know both new and "seasoned" members, and to also find out what's happening at Harbour Lights CHEER Center. Happy Hour will run from 3 to 5 p.m. so come out and enjoy an afternoon of fun. Light refreshment provided. For more information or to sign up, contact Crissy.

### Breakfast Bash

Come out to Harbour Lights' Breakfast Bash Friday, **January 21** at 9 a.m. The cost is only \$2 per person. Sign up at the front desk.

### Upcoming Trips

**Aldi's** in Rehoboth; **Conley Chapel**; **Big Lots**; **Dover Mall**; and a **Mystery Trip**. For a complete list of the trips and activities, please see the full schedule.

Happy Birthday to everyone born in the month of January. We pray you have an amazing day followed by an amazing, happy and healthy year. As always, check on family and friends as often as possible, pray, meditate, and most importantly, stay healthy and stay safe.

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## Hawthorne Community Helps Sussex Seniors

Dozens of seniors in Sussex County will have a Merry Christmas because of the generous spirit of residents at the Hawthorne Community on Route 9, east of Gravel Hill.

For the second year, the residents collected gifts for seniors and dropped them off at the community's club house. When John Gregory, driver of CHEER's CHEERmobile, went to get the gifts collected by his neighbors, they filled the bed of his pickup truck and overran the cab.

CHEER thanks Santa's elves who live in the Hawthorne community for their generosity and support of Sussex County's senior citizens.

Did you *fall* in love with the beach this summer?  
You don't have to *leave*.



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## LONG NECK



26089 Shoppes at Long Neck, Millsboro, DE  
Donna Hitchens, Director  
302-945-3551

### LONG NECK HAPPENINGS

Happy New Year to all our CHEER family. Last year we were rocking and now we're rolling into the New Year. Time flies when you're having fun especially the fun we have at the Long Neck CHEER Center.

I would like to welcome our new CHEER family members and also thank our long-time members for all their continued support. A big shout-out to the Long Neck/Millsboro community for all they do to help out our center. I am excited and looking forward to an awesome, fun-filled 2022. If you're not a member, you should be. Stop by and check us out. #LongNeckStrong.

### ACTIVITIES

- Lunch Daily, 11:30 a.m. Weekly trips to Walmart, Giant, Dollar Tree, Bank and P.O.
- Each Mon. - Knitting and Crocheting Club-Penny Bingo, 12:30 p.m. Cards, 1:30 p.m.
- Each Tue. - Right, Left, Center, 12:30 p.m.

- Mahjongg-Memory Café, 1 p.m.
- Each Tue. and Thurs. - Zumba, 9 a.m. Tai Chi, 10:15 a.m.
- Each - Tue., Wed. and Fri. - Texercise, 8:15 a.m.
- Each Wed. - Michigan Rummy, 9 a.m. Prize Bingo, 9 a.m. Bunco, 1 p.m.
- Each Thurs. - Nickel Poker
- Each Fri. - Knitting and Crocheting Club, 9 a.m. Penny Bingo, 12:30 p.m.
- Jan. 3 - Rehoboth Beach Boardwalk, 9:30 a.m.
- Jan. 4 - Memory Café, 1 p.m.
- Jan. 5 - Breakfast for Dinner, 4 p.m. followed by Bingo.
- Jan. 6 - Byler's Produce Junction, 9:30 a.m. Ken's Korner, 10:30 a.m.
- Jan. 7 - Millsboro Bowling Lanes, 9:30 a.m.
- Jan. 10 - Swimming at American Inn. Cost \$7.
- Jan. 11 - National Milk Day. Ice Cream Social, 12:30 p.m.
- Jan. 12 - Ken Huff and Mr. Goodwood, 10:30 a.m.
- Jan. 13 - Evening Dinner at Bethany Blues in Lewes, 3:45 p.m.
- Jan. 14 - National Hat Day. Wear your favorite stylish hat.



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## LONG NECK

- **Jan. 16 - Stand By Me Financial Literacy - Blind Sight of Delaware**, 1 p.m.
- **Jan. 17 - Martin Luther King Day. Center Closed.**
- **Jan. 18 - Marshall's in Rehoboth Beach**, 9:15 a.m.
- **Jan. 19 - National Popcorn Day.**
- **Jan. 20 - Birthday Celebration.**
- **Jan. 21 - Evening Wine Tour and Appetizers**, 4 p.m.
- **Jan. 25 - Trip to Dover Mall**, 9:15 a.m.
- **Jan. 27 - Singles Club**, 2 p.m.
- **Jan. 28 - National Wig Day.**

You can contact me at the center, 302-945-3551, or email dhitchens@cheerde.com. *Donna*

We wish all our members born in the month of January a very happy, healthy birthday.

## Meet CHEER's Unsung Heroes



When the COVID pandemic closed the CHEER activity centers in March 2020, **Crissy Tunnell**, director of Lewes' Harbour Lights site, was sent to Milton to help with distributing Meals-On-Wheels. Crissy stayed in touch with her own members in Lewes during this time by making wellness calls and drive-by visits. The Lewes center reopened five months later, but the continued threat of the spread of COVID-19 still remaining made many of her seniors afraid to return. This necessitated again closing Harbour Lights and reassigning Crissy to the Roxana center.

Since reopening in September for the second time, Crissy has returned to Lewes to work very hard to bring her seniors back into the center. She has been planning activities not only for the daytime, but also for evenings and weekends. There have been times when bus transportation has not been available, so Crissy has put on her chauffeur's cap and transported seniors herself in the CHEER minivan for night time dinners and Saturday morning breakfasts.

Crissy has gone beyond her duties as a center director. The CHEER Video Café was relocated to her center so now she coordinates the entertainment and webinars streamed from there.

Times have changed since Crissy became a part of CHEER in April 2007. But Crissy's dedication to her seniors has not changed. Thanks Crissy for going out of your way to serve our seniors.



**Ashley Clark** is the Human Resources assistant at CHEER. She holds a Bachelor's degree in HR Management from Goldey Beacon College. She graduated from Milford High School and before coming to CHEER, she worked at Wilmington Neurology Consultants.

Ashley's duties at CHEER consists of recruiting and processing new hires. With an employment roll of over 100 people, she stays very busy. She also has to verify time sheets and maintain employees' files.

Thank you Ashley for bringing your skills to CHEER. Your warm smile and cheery personality make all employees feel welcome.

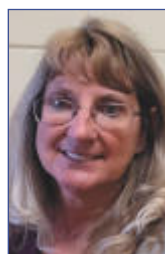


**Debbie Crum** has been with CHEER for over two decades. She began in January 2000 as an accounting clerk and worked her way up to now being the Finance Director for the non-profit agency. Debbie has the enormous responsibility of establishing the fiscal year budget and balancing the year-end financial records. She will work very long hours at home in order to compile requested financial reports for the Board of Directors, Foundation members, and any department director.

Debbie oversees a staff of four. She is a great teacher who always has the time to stop what she is doing in order to explain procedures or assist her staff with record keeping. It is not uncommon for Debbie to bring in pizza or take her staff out to lunch to reward them for their work with a major project.

Debbie and her husband enjoy traveling across the country to see their children who grew up volunteering many years for Operation Christmas CHEER. A son lives in Miami, the other son lives in Salt Lake City, and their daughter lives in Seattle. Having migrated to Sussex County almost 30 years ago from Pennsylvania, they also travel back to the Keystone State to see their families as often as possible. In the summer, the couple like to relax around their swimming pool and in the winter, they harvest and sell Christmas trees off their mini-farm near Laurel.

Thank you Debbie for your commitment to CHEER.



**Cindy Hill** was hired as a Direct Care Worker for CHEER's Personal Services Assistance Agency team to assist seniors in their homes a couple months prior to the start of the COVID Pandemic in 2020. She has been a huge help to the PASA Team, assisting Seniors whenever and wherever she can, throughout the Pandemic, even at times working extra hours. Though she has started as a part-time care worker, she has recently accepted a full-time status position at CHEER, Inc.

Cindy's regular clients absolutely adore her, stating that she is a fast and thorough worker. She always has a smile on her face and a cheery personality. Cindy received the Star-of-The-Month Award at PASA for the month of September 2021 and we are happy to chose her as Hero of the Week. Thank you Cindy for being a part of CHEER.

# JANUARY MENU



# January

**HAPPY NEW YEAR**

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>3</b> Non-Fat Milk Italian Spaghetti w/Meat Sauce Tossed Salad w/Assorted Dressings Italian Bread w/Margarine Fruit	<b>4</b> Non-Fat Milk Chicken Noodle Soup Seafood Salad on Lettuce Tomato and Egg Wedge Spinach Salad w/Crackers Granola Bar	<b>5</b> Non-Fat Milk Roasted Pork Loin w/Gravy Mashed Sweet Potatoes Brussel Sprouts WW Bread w/Margarine Fruit	<b>6</b> Non-Fat Milk Oven Fried Chicken Mashed Potatoes w/Gravy Greens Dinner Roll w/Margarine Fruit Crisp	<b>7</b> Non-Fat Milk Baked Fish w/Tatar Sauce Macaroni and Cheese Stewed Tomatoes Corn Bread w/Margarine Fruit
<b>10</b> Non-Fat Milk Cheese Ravioli Italian Green Beans Dinner Roll w/Margarine Fruit	<b>11</b> Non-Fat Milk Salisbury Steak w/Gravy Baked Potato Beets WW Bread w/Margarine Cookie	<b>12</b> Non-Fat Milk Parm Crusted Fish Rice Pilaf Peas and Carrots WW Bread w/Margarine Fruit	<b>13</b> Non-Fat Milk Chicken Cacciatore Brown Rice Cauliflower Dinner Roll w/Margarine Ice Cream	<b>14</b> Non-Fat Milk Baked Ham w/Sauce Au Gratin Potatoes Herbed Broccoli WW Bread w/Margarine Fruit
<b>17</b> Non-Fat Milk Cheeseburger on Bun w/Lettuce, Tomato and Onion Baked Beans Fruit	<b>18</b> Non-Fat Milk White Chicken Chili Tossed Salad w/Dressing Cornbread w/Margarine Apple Cobbler	<b>19</b> Non-Fat Milk Liver and Onions w/Gravy Mashed Potatoes Carrots Dinner Roll w/Margarine Fruit	<b>20</b> Non-Fat Milk BBQ Chicken Potato Salad Spinach WW Bread w/Margarine Fruit	<b>21</b> Non-Fat Milk Vegetable Soup Tuna Salad Sandwich w/Lettuce and Tomato Pickled Beets Fruit
<b>24</b> Non-Fat Milk BBQ Pork on Bun Tossed Salad w/Dressing Green Beans Ice Cream	<b>25</b> Non-Fat Milk Shepherd's Pie Mixed Vegetables Dinner Roll w/Margarine Pudding	<b>26</b> Non-Fat Milk Roast Turkey w/Gravy Mashed Potatoes Kale Cranberry Sauce Fruit	<b>27</b> Non-Fat Milk Chicken Parmesan Pasta w/Sauce Italian Blend Vegetables WW Bread w/Margarine Fig Bar	<b>28</b> Non-Fat Milk Navy Bean Soup Egg Salad Sandwich w/Lettuce and Tomato Carrot Raisin Salad Fruit

**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.”

## NUTRITION CORNER

By Nimi Bhagawan MS, RDN, LDN

### OVERCOMING CHALLENGES OF 2021.

#### A NEW BEGINNING FOR 2022 - Part I

The holidays are full of family, friends, great food, and great memories. But they aren't always compatible with a healthy lifestyle. When the holiday season rolls around, it's easy to get a little lax on the healthy eating and exercise that we typically maintain.

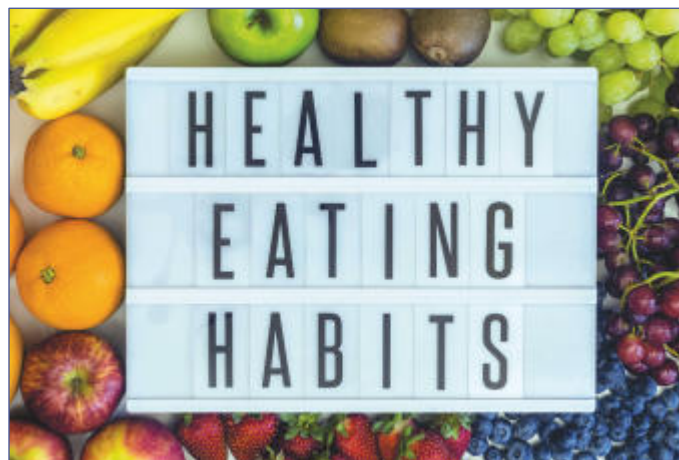
Coupled together, all those festive parties and the stress the holidays can bring can mean a hit to our overall well-being from November to New Year's. But it doesn't have to be this way. Fortunately, with a few tricks, it's possible to maintain a healthy lifestyle year-round.

#### HEALTHLINE CHALLENGE

Want to feel full without going on a diet? Change your relationship with your food by focusing on a new aspect of mindful eating each day.

It's no secret that holiday living doesn't always go together with healthy living. The indulgent, decadent recipes that adorn Thanksgiving, Hanukkah, and Christmas tables may not follow the diets we stick to the rest of the year. But with these tips, you will be able to stay mentally and physically healthy throughout the holiday season.

- **Find healthy alternatives to your favorite dishes**  
Healthy eating doesn't mean you have to give up your favorites — all they need are a few modifications. You can use less butter and bacon in green bean casseroles; yogurt instead of mayonnaise in the deviled eggs; and bake the turkey instead of deep frying it. With these simple tricks, you can keep all your favorites on your plate without all the excess calories.
- **It's all about moderation**  
Moderation will be your saving grace. There's nothing wrong with enjoying an indulgent, festive dinner — but you'll want to make sure that your meals surrounding it are healthy and nutrient-dense. Have a light lunch like salad with olive oil dressing and opt for a healthy breakfast the next morning like avocado on whole wheat toast. By eating healthy during the holiday season, you can afford to go all out for a few big events.
- **Opt for homemade instead of processed foods**  
Homemade everything can be difficult when you have a lot going on, but it can also ensure that you're eating much healthier. Canned, processed, and pre-made foods are full of excess salt and sugar that you can avoid by making the dishes yourself. Reduce your sodium intake by making your own soups. It takes only moments to stir in a pot before letting them simmer. Making the food from scratch will also make you much more aware of what you're eating and when, giving you more control and awareness in the long run.



- **Add more vegetables**  
It's easy to go all-out with our favorite recipes, but sometimes eating better is as simple as keeping healthier choices on hand. Increase the number of vegetable dishes on the dinner table, finding small twists to dress them up without making them unhealthy. Roasted asparagus and Brussels sprouts can be beautiful on their own, and roasted carrots or sweet potatoes are rich in taste and a bright pop of color. When in doubt, serve vegetables first — like a salad before dinner or a vegetable-based appetizer earlier in the afternoon. This will help everyone make sure they get the vegetables they need instead of filling up on buttery mashed potatoes.
- **Slow down eating during meals**  
While the decadent food might make us eager to eat, a key tip to staying healthy is to slow down during mealtime. Multiple studies have shown that eating slowly can give our stomachs enough time to send the hormonal signal to our brain telling us that we are full, which will stop us from accidentally overeating. This can help us maintain better portion control as a result.
- **Remember portion control**  
Speaking of portion control — portion control will be your best friend throughout your life. Eat small snacks during the day and have three medium meals instead of three extra-large ones. This will improve your digestion and reduce the amount you're eating, both during mealtimes and overall. If you're worried about portion control, you can use smaller plates or reduce the number of dishes you serve at each meal.

*Next month - part II of A New Beginning in 2022.*



24855 Broadkill Road • Milton, DE  
Sheila Roell, Director  
302-684-4819

### MILTON HAPPENINGS

We are looking forward to the New Year. It brings so much hope to all of us. We mark a fresh beginning in the height of winter, when the days are shorter and the nights are colder. We cast out the old and welcome in the new. It is the time when many reflect on events of the previous year and often resolve to improve some aspect of daily life or a personal philosophy. 2021 was also a difficult year for so many but let's look forward to what lies ahead.

We will be offering a new **"Drop In" Knitting/Crocheting/Craft Project group** on Tuesdays, beginning **Tues., Jan. 4**, 1 p.m. Stop by with your project or if you are new to knitting, you'll be sure to find some experts to help you.

The **Introduction to American Sign Language (ASL)** class, with Dr. Carol Pollio, was quite a success in December. We will be offering the class again on **Tues., Jan. 11 and Tues.,**

**Jan. 25**, 10:30 a.m. In the class, you will learn basic ASL, and your skills will build over time. You will learn to play games, tell stories and sign songs in ASL and participate in fun learning exercises.

We continue to strive to find ways to provide knowledge, programming and resources to all of our members. With that in mind, we offer virtual exercise classes, such as **Zumba**, along with other virtual programs including **Museums and National Parks Tours**.

In order for you to have the opportunity to attend these virtual programs, we have Lenovo Tablets available to lend. They come with simple instructions to use, along with a hot spot, if you do not have an internet connection. More program ideas will be offered, so stay in touch. Contact Sheila at 302-684-4819 or email me at [sroell@cheerde.com](mailto:sroell@cheerde.com), for more information.

Happy New Year to one and all, *Sheila*

### ZOOM ACTIVITIES FOR SEPTEMBER

Email Sheila ([sroell@cheerde.com](mailto:sroell@cheerde.com)) or call 302-684-4819 for the Zoom classes offered and I will send you the link.



## Ways to Save on a Tight Budget

You can save money on a fixed income by automating your savings to always pay yourself first. You can do that by adjusting each of your other expenses. Even on a tight budget, you can reduce spending, eliminate debt and have more money to save.

To save money faster, first know where you're starting from: Create a monthly budget that tracks all the money you now spend in a typical month.

A good goal is to build an emergency fund of at least \$1,000. Sell things, work overtime, use birthday money, cut back on other things, anything you can do to get \$1,000 together for emergencies. This might take months, but that's okay.

There will always be unexpected expenses, and if you don't have a way to pay cash, you'll always be behind the eight ball and never have enough money to save.

The key to an emergency fund, is that it needs to

be separate from your checking account. Mingling emergency money with bill paying money doesn't work. When emergency money is in your checking account, it's tempting to spend.

Paying off high-interest debt will shift you into high gear. Debt is an easy trap to fall into. When credit cards are your only option in an emergency, the high-interest debt payments can trap you. So, when you've got at least \$1,000 in an emergency fund, a great next step is to focus on eliminating credit card debt. Your emergency fund will help you to break the debt cycle. Saving money is the ultimate goal, but eliminating high-interest debt first is a great way to create the opportunity to save.

Put away your credit cards and vow not to use them until your budget includes a systematic savings program.

Keeping to a holiday budget may be tough, the tips above can help you to make the most of it. Think about how happy you'll feel in 2022 having stayed within your budget or even met your spending goal!

A Stand By Me 50+ Financial Coach can assist you with your financial concerns such as budgeting, saving, credit and debt.

For assistance in reaching your financial goals, call Stand By Me 50+ **302-608-2705** for **FREE** financial coaching and benefits screening today! Call to schedule your appointment today!

## MILTON

- **Mon. - Fri.** - Zumba w/Henri, 8 a.m.
- **Thurs.** - Museums/National Parks, 12 p.m.  
Presented by National Parks Service.

### DATES TO REMEMBER

- **Jan. 4** - **Membership Meeting**, 9:30 a.m.  
Come support your center.  
**Positive Music Time w/Randy**, 11 a.m. We are excited to have Randy back again.  
**Prize Bingo**, 12 p.m.  
**Drop In Knitting/Crocheting Craft Project Class**, 1 p.m.
- **Jan. 5** - **Visiting Greenwood CHEER for Crafts w/Wanda**, 8:15 a.m.
- **Jan. 6** - **Ken's Korner**, 10:45 a.m. This is your chance to ask Mr. Bock questions about CHEER.  
**Memory Café**, 9:30 a.m.  
**Kathleen Rupert of \$tand By Me Delaware presents Free Financial Counseling**, 11 a.m.
- **Jan. 10** - **Trip to Byler's Market in Dover**, 8:15 a.m. Lunch at Cheddars.
- **Jan. 11** - **Michele from Walgreens Pharmacy presents Ask The Pharmacist**, 9:45 a.m.

**Introduction to Sign Language w/Dr. Carol Pollio.** Learn numbers, expressions, and basic do's and don't's of deaf etiquette.

- **Jan. 13** - **Ice Cream Social**, 12 p.m. Bring a friend.
- **Jan. 17** - **Martin Luther King Day**, Center is closed.
- **Jan. 20** - **Trip to Amish Market in Easton, MD**, 8:15 a.m.
- **Jan. 24** - **Crafts With Wanda**, 10 a.m. What does Wanda have for us in the New Year?  
**Evening Dinner and Prize Bingo**, 4 p.m. Door prize, raffle, 50/50 raffle throughout the evening. Dinner is only \$5.

Many happy returns to  
all our January  
birthday members!

## When The Time is Right...

*We are all living in a different time right now. Sheltering in place and keeping our distance from others when we go out for necessary errands has put your special events and activities on hold for now.*

*This will not last forever and CHEER Hospitality wants you to know we will be here for you when the time is right and you are ready.*

*Plan your once-in-a-lifetime outdoor or indoor wedding ceremony/reception at our newly renovated CHEER Community Center. Our caterer will provide a customized, unique and affordable menu to make your day even more special.*

*If your special event is smaller such as a bridal shower, baby shower, graduation, retirement, etc., you may wish to take advantage of the space at one of the CHEER Activity Centers located in:*

*Greenwood • Lewes • Long Neck • Milton • Ocean View*



**20520 Sand Hill Road • Georgetown, DE**  
**302-854-9500 • www.cheerde.com**



## | OCEAN VIEW |



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

### OCEAN VIEW HAPPENINGS

*Ring in the New Year  
celebrating Music all month long!*

We have some fabulous guest visitors planned to keep you entertained, stretch your mind and refresh you.

Wishing Everyone a Happy and Healthy New Year. May the magic of music fill your heart to overflowing each and every day.

*Love, Yolanda*

*"Music acts like a magic key, to which the most tightly closed heart opens."*

Maria von Trapp

Trapp Family Singers

*"Music is life itself."*

Louis Armstrong

Master Jazz Trumpeter/Vocalist

Ocean View CHEER will continue to meet at the Roxana CHEER Center in the Pyle State Service Center until the end of February (or we hear otherwise).

All Ocean View trips are on and leaving out of the O.V. parking lot (access to restrooms via G&E Hockers next door, if necessary). Arrive 15 minutes prior to scheduled departure

time. Call or email Yolanda to sign up.

As of this writing, we are still ALL wearing masks in the Center and on our buses.

### CENTER ACTIVITIES

CHEER strongly encourages everyone to be fully vaccinated before returning. If you are not, please continue to follow CDC guidelines by wearing a mask, and stay home if you are sick.

- **Mon. - Fri. - Coffee & Chat with Breakfast Snack**, 9 - 10 a.m. **Puzzle Mania** available all day long.
- **Drive Thru Lunch**, 11 a.m. - 12 p.m. (reservation still required). Pick up is at Roxana Center.
- **Lunch Daily**, 11:30 a.m. - 12:15 p.m.
- **Each Mon. - Yoga**, 9 a.m. \$5. **Walking Club**, 10 a.m. **Shopping at Food Lion / Quilting Club / Tablet Class**, 12:15 p.m.
- **Chair Yoga** (virtual), 10 a.m., \$5. **Hand and Foot**, 10 a.m. **Chair Exercises by DVD**, 10:30 a.m. **Arts and Crafts - Art Projects** with Marie the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays - painting/knitting (1/4 and 1/18); **Special Guests - Speaker** Mason Dixon "The World's Greatest Band", 11<sup>th</sup>, 12:15 p.m., and Randy with Positive Music Time on 25<sup>th</sup> at 1 p.m
- **Each Wed. - Bingo**, 10 - 11:30 a.m./12:30 - 1:30 p.m., \$



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## | OCEAN VIEW |

donations welcome.

- **Each Thurs. - Weekly Trips** (see calendar for specifics); **Dominoes / Hand & Foot**, 12 noon.; **Parkinson's Exercise Group**, 2:30 p.m.
- **Each Fri. - Memory Café** with Christie Shirey, 9:30 - 11:30 a.m. All are welcome.
- Weekly Trips** - See calendar for specifics .
- **Jan. 5 - Entertainment w/Dawn Jones to kick off the new year.**
- **Jan. 6 - Ken's Korner**, 10:30 p.m. Paint lighted wine bottles. **Lunch and afternoon outing, group choice**, 11:30 a.m.
- Alzheimer's Caregiver Support Group**, OV Town Hall, JW Park, 6 p.m.
- **Jan. 7 - Visiting Greenwood CHEER for Bingo and lunch.**
- **Jan. 10 - Arts & Crafts w/Marie**, 12:15 p.m. Button trees or angels.
- **Jan. 13 - Trip to Walmart w/lunch at Abi's Diner in Berlin, MD**, 9:30 a.m.
- **Jan. 14 - Aldi's/andThat and Bethany Blues in Lewes**, 10 a.m.
- **Jan. 17 - Center closed for Martin Luther King, Jr. Day.**
- **Jan. 20 - Trip to Lewes Library, Big Oyster Brewery**

and **The Brush Factory**, 10 a.m.

- **Jan. 21 - Trip to Goodwill in Bridgeville and Stargate Diner in Seaford**, 9:30 a.m.
- **Jan. 28 - Cottage Café and Fire and Ice Rock 'N' Roll preview.**
- **Dec. 31 - Center closed for New Year.**

### TRIPS

All trips, unless otherwise noted, leave from Ocean View center's parking lot. Please arrive 10 - 15 minutes prior to scheduled departure time. Call or email Yolanda at 302-539-2671 - ygallego@cheerde.com with your questions or to sign up.

*\*Check out our Facebook Page - CHEER Coastal Leisure Center.  
"Music washes away from the soul the dust of everyday life."  
Berthold Auerback,  
German-Jewish Poet and Writer*

*January Music Quotes from keepinspiring.me/  
music-quotes.*

*Check out our Facebook Page - CHEER Coastal Leisure Center!\**

*Happy Birthday to all our January members.  
Happier ~ Kinder ~ Together, Yolanda  
Reminder, January is Membership Renewal  
month- \$30.00.*

# NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed  
to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



## ROXANA



34314 Pyle Center Road, Frankford, DE  
Sharice Franklin, Director  
302-732-3662

### ROXANA HAPPENINGS

#### *Happy New Year!*

I hope everyone had a wonderful holiday and the spirit of the New Year is with you.

Roxana CHEER has some exciting activities, trips, entertainment planned for 2022.

Magic of Music will begin our January festivities. Have you ever thought about where music originated? What was the first form of music? What are the names of the eras? What is the past, present and future of music? We will explore these questions and many more this month.

Due to Ocean View CHEER joining us at Roxana, changes have been made for weekly Bingo and Bible Study days. See the schedule for details.

Remember to invite a friend, family member or neighbor to join us for lunch and activities.

### CENTER ACTIVITIES

- **Lunch Daily 11:30 a.m. - 12:15 p.m.**
- **Each Mon. - Bible Study, 10 a.m.**
- **Each Wed. - Bingo, 10-11:30 a.m./12:30-1:30 p.m.** Donations are welcome.
- **Every Other Tue. - Arts and Crafts w/Marie, 12:30 p.m.**
- **Jan. 5 - Entertainment w/Dawn Jones, 11:30 a.m.**
- **Jan. 6 - Ken's Korner, 10:30 a.m.**
- **Jan. 11 - Mason Dixon World's Greatest Duo, 12:15 p.m.**
- **Jan. 25 - Positive Music Time, 1 p.m.**

### UPCOMING TRIPS

See center calendar for a full list of upcoming trips for December.

"There's No Place like Roxana".

*Sharice*



To everyone born in the month of January!  
Peace and happiness to all.

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## Honoring Reverend Doctor Martin Luther King

Each year on the third Monday of January, we pause to honor the memory of Reverend Doctor Martin Luther King, Jr.

Dr. King was a Baptist minister who became one of, if not the most recognized leaders of the United States Civil Rights Movement. He advocated for social change through non-violent actions.

With a following of millions throughout the world, he helped achieve the passage of the 1964 Civil Rights Act outlawing employment and segregation in public places, and the 1965 Voting Rights Act. These two victories for the Civil Rights movement not only caused changes in the U.S., but around the world. This became a template for the struggle against colonialism, apartheid and racial injustice throughout the world.

Because of his efforts and global impact, he was awarded the Nobel Peace Prize. "All over the world, like a fever, the freedom movement is spreading in the widest liberation in history...What we are seeing now is a freedom explosion," he said in his 1964 Nobel Peace Prize acceptance speech.



Martin Luther King, Jr. was assassinated in Memphis, Tennessee in 1968. A campaign for a federal holiday in his honor began shortly after his assassination. It was finally signed into law in 1983 by President Ronald Reagan. Though some states resisted observing the holiday, giving it alternative names or combining it with other holidays, it was officially observed in all 50 states for the first time in 2000.

This year's observance is January 15<sup>th</sup> and all CHEER facilities will be closed in his honor.



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[www.4ipi.com/careers](http://www.4ipi.com/careers)

## Join Our E-Mail List

Get the most up-to-date information from CHEER ... Special Events and Activities, Closings, Holiday Notices, Weather Advisories, etc.

Fill Out  
the Form  
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Mail to: CHEER/Marketing  
546 South Bedford St.,  
Georgetown, DE 19947

or complete the form at [www.cheerde.com](http://www.cheerde.com)

If you registered to receive emails and you didn't get them, check your Junk or Spam Folders.

## CONSIDER MAKING CHEER A PART OF YOUR LEGACY

Planned giving and estate planning are very important components of financial planning for both donors and nonprofits. As you are making wise financial decisions and building wealth management strategies, please consider the impact that your support to CHEER, Inc. will have today and for many years to come.

Legacy giving begins with your passion for CHEER programs and your desire to include the 501(c)(3) agency in your financial planned giving. You may find tax savings by gifting or transferring assets such as stocks or IRA withdrawals.

Estate planning is another time to include your legacy to CHEER programs. Including a bequest in your will of "\$\_\_\_\_.00" or "\_\_\_\_%" of your estate will assure that your personal and estate goals are followed.

CHEER, Inc. is grateful for all donations and bequests to the agency. We will work with you, your tax accountant, lawyer and financial planner to assure that your legacy supports your passion for CHEER programs.

Please contact Ken Moore, CHEER Donor Analyst, at 302-515-3065 to discuss donations to CHEER, Inc. or The CHEER Endowment Fund at the Delaware Community Foundation.

CHEER, Inc. is a tax-exempt, non-profit organization, under the section 501(c)(3) of the Internal Revenue Code, and therefore all charitable donations are deductible to the full extent allowed by law.

# AN IMPORTANT MESSAGE FROM DELAWARE MEDICARE ASSISTANCE BUREAU (DMAB)

**"WE SAVED ON PRESCRIPTION COSTS. IT PAYS TO COMPARE PLANS."**

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Insurance Commissioner Trinidad Navarro  
[www.insurance.delaware.gov/dmab](http://www.insurance.delaware.gov/dmab)

This project was supported, in part by grant number #90SAPG0104-02-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



# Spotlight On Your Center

Each month we are going to spotlight one of CHEER's Activity Centers and/or services. This month the Spotlight is on CHEER's Milton Activity Center.

Milton Activity Center has a full schedule of activities for the new year. Exercise classes, educational seminars, health and wellness chats, plus fun trips are offered to seniors every week.

Mornings at the CHEER Center in Milton begin with some sort of exercise class - dance toning, balance, tummy toning or core strengthening. After a delicious and nutritious lunch, seniors can enjoy various activities or crafts. A new knitting project class begins in January and Intro to Sign Language lessons will be offered. Every other Monday afternoon features relaxing time with a favorite movie. Educational seminars are also offered. Center Director Sheila Roell will show the seniors some helpful hints on budgeting and Kathleen Rupert from "Stand By Me" Delaware will give free counseling on money matters.

A popular activity is the Memory Café every Thursday morning that gives guidance to seniors with early Dementia and their caregivers.

Games provide a lot of fun for the seniors. The always

popular Bingo and Trivia games are offered weekly and coming in January will be CHEER's rendition of the exciting Family Feud standoff. For those who have a sweet tooth, don't forget about the ice cream socials. For the more adventuresome, bus trips are scheduled in January to Byler's in Dover and the Amish Market in Easton, Md.



**CHEER's Milton Activity Center welcomes you with open arms.**

Health and wellness services are also offered. Weekly trips are made to the drug store, bank, post office and grocery store. You can even get your COVID vaccine at the Milton CHEER Center.

Friends from other CHEER Centers will be visiting Milton and a monthly dinner featuring Prize Bingo is planned.

Sheila has put together a calendar that has something for everyone to enjoy. Stop by the Milton Center at 24855 Broadkill Road and join in the fun. For those needing transportation, the CHEER bus can pick you up and take you home. For more information, call 302-684-4819.

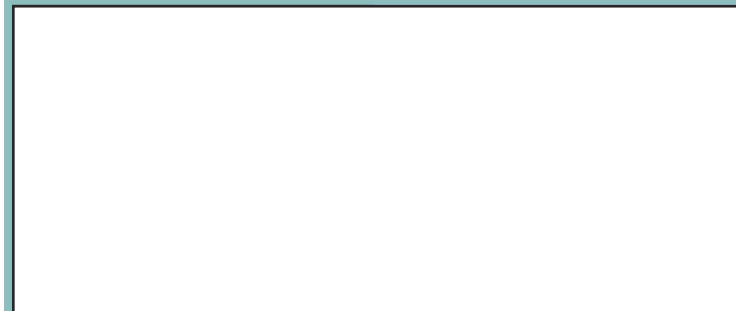
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Steven M. Bojarski, MD

# AROUND CHEER

## Celebrating the Thanksgiving Holiday

Ok. Tell me if you have heard this before. “And A Good Time Was Had By All”. That is exactly what happened at CHEER’s Holiday Feast celebration at the CHEER Community Center. There was fun entertainment, good dancing and great food. What more could you ask for?



# AROUND CHEER

## Celebrating Christmas with Ocean View/Roxana

Ocean View and Roxana CHEER centers have been sharing quarters due to a major flood at the Ocean View center. That made an excellent opportunity to celebrate Christmas together.



## In Memoriam



Former CHEER Transportation Director, Archie R. Carey, Sr., 82, of Felton passed away on Tuesday, December 21, 2021 at home.

Born in Lincoln, Archie graduated from Milford High School, "Class of 1958", and went to work for Acme Markets eventually becoming Produce Manager. After leaving Acme, he came to CHEER and took the position of Sussex Senior Services Director of Buses from 1987 to 2007. He also drove cars for Hertrich's.

Archie enjoyed attending classic car shows, collecting model cars, and travelling to Lancaster, Pa. He especially loved his grandchildren and great grandson, Kaden.

In addition to his parents, he was preceded in death by his son, Edward L. Carey and sister, Marie Jones.

Archie is survived by his wife, Shirley; six children; two brothers; 13 grandchildren; and six great-grandchildren.

The family would like to extend a special thanks to hospice nurse, Tiffany and Aide, Dawn.

Funeral services were held at Berry-Short Funeral Home in Felton with interment at Hopkins Cemetery, Felton. Contributions in his memory may be made to Grace Wesleyan Church, 191 Comegys St., Millington, MD 21651.

## Thank You



A great big "Thank You" to the Seabrook Community of Long Neck for their generous donation of gifts for "Operation Christmas CHEER". Thank you Santa(s).



## Caregiver Support Groups/Memory Cafe

### Georgetown CHEER

#### Caregiver Support Group -

1st Tuesday of the month, 9:30 a.m.

*Partnered with the Alzheimer's Association*

#### 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 Association*

#### Memory Cafe -

Every Thursday, 1-3 p.m.

### Lewes Harbour Lights CHEER

#### Memory Cafe -

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

### Long Neck CHEER

#### Caregiver Support Group -

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

*Partnered with the Alzheimer's Association*

#### Memory Cafe -

Every Tuesday, 1-3 p.m.

### Milton CHEER

#### Memory Cafe -

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

### Ocean View CHEER

#### Caregiver Support Groups -

1st Thursday of the month, 6 p.m.

*Partnered with the Alzheimer's Association*

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

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

#### Memory Cafe -

Every Friday - 9:30-11:30 a.m.

### Roxana CHEER

#### Memory Cafe -

Every Monday, 1-3 p.m.

One-on-One  
Support Group  
available by calling  
Christie Shirey  
302-515-3045

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## CHEER JANUARY VIRTUAL CALENDAR

(Calendar subject to change without notice.)  
Members need to call hosting center 24 hours in advance to register.

<u>Program</u>	<u>Day</u>	<u>Time</u>	<u>Hosting Center</u>
Ken's Korner	Thurs. Jan. 6	11 a.m.	CHEER Live Café
Bingo	Ev. Mon. - Fri.	10 a.m. 11 a.m. 1 p.m.	Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882 Adult Day Ctr. 302-854-2882
Yoga	Ev. Mon. Ev. Mon. & Wed.	9 a.m. 10:30 a.m.	Ocean View 302-539-2671 Milton 302-684-4819
Bible Study	Ev. Mon. Ev. Wed. Thurs.	10 a.m. 11 a.m. 11:30 a.m.	Greenwood 302-349-5237 Milton 302-684-4819 Roxana 302-732-3662
Trivia Music & Movies	Ev. Mon.	2 p.m.	Greenwood 302-349-5237
Membership Meeting	Mon.	11 a.m.	Roxana 302-732-3662
Chair Yoga	Ev. Tues. Ev. Tues. Ev. Thurs.	1 p.m. 1 p.m. 1 p.m.	Ocean View 302-539-2671 Long Neck 302-945-3551 Greenwood 302-349-5237
Lenovo Tablet Class	Ev. Tues.	11 a.m.	Milton 302-684-4819
Virtual Tech Hour	Ev. Tues.	1 p.m.	Lewes 302-645-9239
Movie Trivia	Ev. Tues.	11 a.m.	Milton 302-684-4819
Meditation	Ev. Tues.	1 p.m.	Roxana 302-732-3662
Painting With Marina	Ev. Wed.	10 a.m.	Ocean View 302-539-2671
Texercise	Ev. Tues., Wed., Fri.	10 a.m.	Long Neck 302-645-3551
Zumba	Ev. Mon.-Fri Ev. Tues & Thurs.	8 a.m. 9 a.m.	Milton 302-684-4819 Long Neck 302-945-3551
Catching Up With Crissy	Ev. Wed.	9 a.m.	Lewes 302-645-9239
That Was The Year Trivia	Ev. Wed.	11 a.m.	Greenwood 302-349-5237
Virtual Trip	Ev. Wed.	1:30 p.m.	Lewes 302-645-9239
Alzheimer's Support Group	Ev. Wed.	10 a.m.-2 p.m.	ZOOM
Virtual Travel Tour	Ev. Thurs.	12:30 p.m.	Milton 302-684-4819
Book Club	Ev. Thurs.	12 p.m.	Lewes 302-645-9239
Morning Chat	Ev. Fri.	10 a.m.	Greenwood 302-349-5237

*Coming January 19*  
*John Rivero*

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**VOLUNTEERS**

**Thank**  
**you!**



**THE  
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## *Travel Club Returns ...*

### **PHILADELPHIA FLOWER SHOW - Monday, June 13, 2022**

“**In Full Bloom**” at FDR Park in Philadelphia, PA. Explore the restorative and healing power of nature and plants, while experiencing all that gardening offers to improve our lives. Guests will encounter outdoor gardens at the peak of seasonal perfection and beauty.

\$65 per CHEER member; \$75 non-members. Depart CHEER Comm. Center, 20520 Sandhill Road, Georgetown, at 8 a.m. Return approx. 6 p.m. First come, first served.

### **SIGHT & SOUND - Wednesday, August 17, 2022**

“**David, Live on Stage**”, Master poet, fearless warrior, anointed King. From still waters to shadowed valleys, David’s ascent to the throne is filled with towering giants, wild animals and Philistine soldiers. After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself.

\$145 per CHEER member; \$160 non-members - includes show and lunch at The Grand Smorgasbord Hershey Farm Restaurant. Depart CHEER Comm. Center, 20520 Sandhill Road, Georgetown, at 7:30 a.m., Return approx. 6 p.m. First come, first served.

**For reservations contact Chris Cordrey at 302-854-2881.**

*More Exciting Adventures in 2022 - Details Soon!*