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Is In The Air

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FEBRUARY 2015



KARYN CORTEZ AND LINDA PRITCHETT

Remember the musical “Damn Yankees”? There’s a great song entitled “Ya Gotta Have Heart!” Not only do I love the sentiment of the song (be optimistic) but I also love the sentiment of the show (true love always wins in the end). “Heart” is what our February issue’s all about too. This month we celebrate both Heart Health Awareness Month and Valentine’s Day.

In January, everyone’s always super-motivated to start in on their New Year’s resolutions, which usually include “eat better, get more exercise.” But by the time February rolls around, most of those good intentions have gone out the window. We want to help you get back on track!

Before you get started (or start again!) you might want to get some baseline numbers established. Turn to page 5 to find out not only what numbers are important to your cardiovascular health (BMI, blood pressure, cholesterol, sugars), but numbers to help you start tracking your improved

physical fitness as well. If you find that you might be at risk for diabetes (aka have pre-diabetes) then you might be eligible for a FREE Diabetes Prevention Program sponsored by the YMCA in conjunction with the CDC. But don’t wait another minute! Time is running out on your opportunity to participate at no cost. Find out more on page 4.

Maybe you’re more interested in matters of the heart over heart health? Our relationships with those we love are what make every day worth living, and give us purpose in this world. To help you nurture that love, we’ve got some great date ideas for you on page 8, ways for you to love yourself on page 9, and even some financial factors to consider if your relationship status is in flux on page 10.

Have a special way that you like to celebrate with your Valentine? Share it with us by emailing vital@vitalmagonline.com. And in the meantime, Happy Valentine’s Day, and Happy February!

Karyn and Linda

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Ignoring Exercise May Be Twice as Lethal as Obesity

By Makiko Kitamura

Lack of exercise may be responsible for twice as many deaths as obesity, according to a study showing the benefits of as little as 20 minutes of brisk walking a day.

Using the most recent available data on deaths in Europe, scientists led by epidemiologist Ulf Ekelund at the University of Cambridge said in a study published in the American Journal of Clinical Nutrition that 337,000 of 9.2 million fatalities over a 12-year period were attributable to obesity. About double that number could be explained by physical inactivity, they said.

A lack of exercise is the fourth leading risk factor for premature death after smoking, excessive drinking and obesity, according to the World Health Organization. It’s the cause of at least an estimated 3.2 million

deaths globally per year.

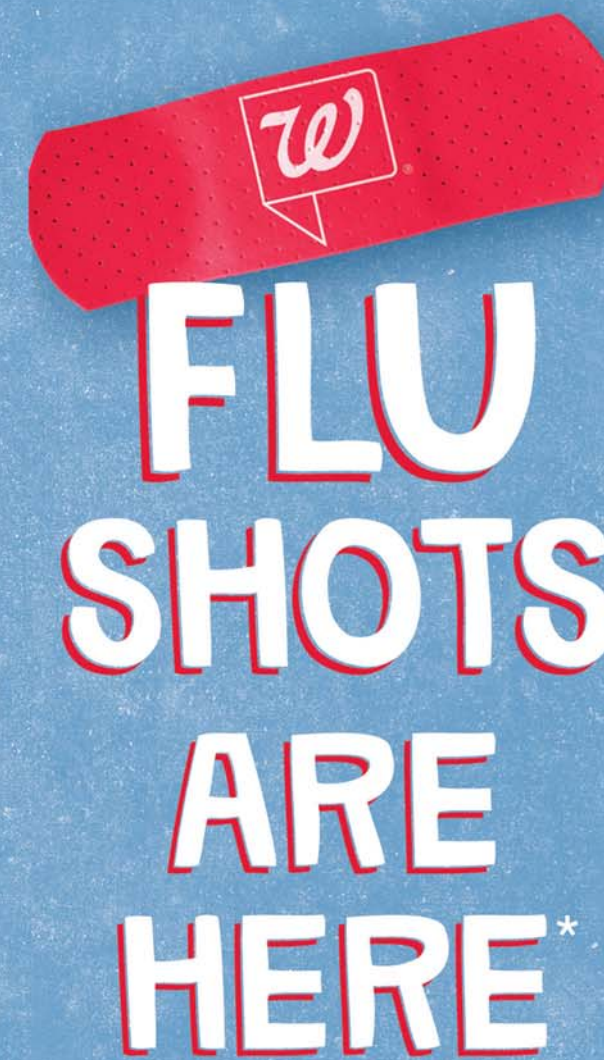
“Helping people to lose weight can be a real challenge,” Nick Wareham, director of the University of Cambridge’s Medical Research Council Epidemiology Unit, said in a statement. “Public health interventions that encourage people to make small but achievable changes in physical activity can have significant health benefits and may be easier to achieve and maintain.”

The researchers estimate that exercise equivalent to a 20-minute brisk walk each day—burning 90 to 110 calories—reduces the risk of premature death by as much as 30 percent when compared with no exercise. The impact was greatest among normal weight individuals, but those with higher body mass index also saw a benefit.

Bloomberg.com

HOW TO LIVE WITH NO REGRETS

1. Realize that it’s okay to make mistakes. Just learn from them, forgive yourself, and move on.
2. Make your health and wellness a top priority. Take care of yourself so you can take care of others.
3. Follow your own path, not one that others want you to follow.
4. Find the humor in life and laugh like there is no tomorrow.
5. Be adventurous by trying new things and taking more risks.
6. Have more intellectual curiosity and embrace creativity.
7. Try to find happiness with as many different people as you can.
8. Try not to judge people before you get to know them.
9. Think for yourself instead of letting other people’s opinions influence you too much.
10. Be thankful for what you have now instead of thinking about what you don’t have.
11. Wish well upon everyone equally and try to admire without envy.
12. Share your happiness with others instead of hoarding it all for yourself.
13. Don’t try to change someone—love who they are now.
14. Enjoy the journey, not just the destination.
15. Know that happiness is bigger than any bank account.
16. Control negative thoughts so that they don’t contribute to the outcome of your life.



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TO YOUR HEALTH

Heart Health Month: Get Checked, Get Walking!

By Kate Maliha, MA (HKin)

February is heart health month—a great time to start thinking about how to prevent cardiovascular disease by beginning to exercise and improving your lifestyle habits. Some of the risk factors for heart disease include increased age (older than 45 for men, and 55 for women), having a family history of cardiovascular disease such as a parent's early death from the disease, being sedentary, and smoking. Here are a few ways to check on your own cardiovascular health:

■ Find out your measurements.

If your body mass index (BMI) is greater than 35, or your waist circumference is greater than 35 inches (women) or 40 inches (men) you should take steps to lose body fat.

■ **Find out your risk of hypertension.** If your blood pressure is 140/90 or greater you should see your doctor to see how you can get it under control.

■ **Find out your cholesterol levels.** LDL cholesterol greater than 130 mg/dL, HDL lower than 40, or total serum cholesterol greater than 200 indicates risk.

■ **Find out if you have pre-diabetes.** Fasting plasma glucose greater than 100 mg/dL or impaired glucose tolerance greater than 140 mg/dL indicates risk.

If you have cardiovascular disease but your symptoms are stable you should check with your health care provider to see if you are able to begin increasing your activity levels. According to the American Council on Exercise (ACE) increasing the to-

tal number of steps you take per day is a great way to slowly incorporate more activity into your day. This will allow you to not only get fitter and lose weight, but also decrease your other cardiovascular disease risks. You can pick up an inexpensive pedometer that attaches to your waist (although be careful as they tend to "re-set" themselves when you are bending over) or you can get a more expensive tracker worn as a watch that will tally your daily steps plus track how much sleep you are getting (FitBit is one example). You can also follow these loosely-based guidelines to tally your overall activity:

■ 1 mile = approximately 1600-2000 steps, or approximately 80-100 calories.

■ Try to increase your overall activity to a minimum of 150 minutes/week of moderate intensity

activity (such as brisk walking), and gradually progress to higher amounts of exercise (greater than 280 minutes/week, greater than 2000 calories burned per week, or 10,000 steps per day for very active and able individuals).

However you decide to track your increased levels of activity, beginning a progressive (gradually increasing) walking program is one of the most effective ways to reduce your risk and manage cardiovascular and related diseases. Best of all, it's enjoyable and easy to begin!



Kate Maliha, MA (HKin) has a Master's degree in Human Kinetics and has conducted aging research at the University of British Columbia. She is the owner of Love Your Age (www.LoveYourAge.ca), a fitness company specializing in the exercise needs of seniors.

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Benefits Planner: Income Taxes and Your Social Security Benefits

Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have substantial other income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your benefits.

No one pays federal income tax on more than 85 percent of his or her Social Security benefits based on Internal Revenue Service (IRS) rules. If you:

- **File a federal tax return as an "individual"** and your *combined income** is
 - between \$25,000 and \$34,000, you may have to pay income tax on up to 50 percent of your benefits.
 - more than \$34,000, up to 85 percent of your benefits may be taxable.

- **File a joint return**, and you and your spouse have a *combined income** that is
 - between \$32,000 and \$44,000, you may have to pay income tax on up to 50 percent of your benefits.
 - more than \$44,000, up to 85 percent of your benefits may be taxable.

- between \$32,000 and \$44,000, you may have to pay income tax on up to 50 percent of your benefits.
- more than \$44,000, up to 85 percent of your benefits may be taxable.

- **Are married and file a separate tax return**, you probably will pay taxes on your benefits.

***Note:**
Your adjusted gross income
+ Nontaxable interest
+ ½ of your Social Security benefits
= Your **"combined income"**

Each January you will receive a *Social Security Benefit Statement* (Form SSA-1099) showing the amount of benefits you received in the previous year. You can use this *Benefit State-*

ment when you complete your federal income tax return to find out if your benefits are subject to tax.

If you do have to pay taxes on your Social Security benefits, you can make quarterly estimated tax payments to the IRS or choose to have federal taxes withheld from your

benefits.

For more information about taxation of benefits, read page 14 of our *Retirement Benefits* booklet (<http://www.ssa.gov/pubs/EN-05-10035.pdf>) or IRS Publication 915, *Social Security and Equivalent Railroad Retirement Benefits*.

WORDS OF WISDOM

Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength.

—Anonymous



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Social Security Q&A

Question:

A few months after I started receiving my Social Security retirement benefit, my former employer offered to take me back. It's a great offer. Can I withdraw my retirement claim and reapply later to increase my benefit amount?

Answer:

Social Security understands that unexpected changes may occur after you begin receiving retirement benefits. If you change your mind, you may be able to withdraw your Social Security claim and re-apply at a future date. This withdrawal must occur within 12 months of your original retirement, and you are limited to one withdrawal during your lifetime. Keep in mind, you must repay all of the benefits you received. You can learn more about the one-year period when you can postpone your benefits at www.socialsecurity.gov/retire2/withdrawal.htm

Question:

I heard that Social Security benefits increased at the beginning of the year. What is the average Social Security retirement payment that a person receives each month?

Answer:

You are right—Social Security benefits increased this year. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) began receiving a cost-of-living adjustment (COLA) increase of 1.7 percent to their monthly benefit payments. The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from

\$1,146 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work). The Social Security Act details how the COLA is calculated. You can read more about the COLA at www.socialsecurity.gov/cola.

Question:

Often, I need assistance with day-to-day tasks. My daughter offered to help me with my Social Security claim and wants to represent me. Is that okay?

Answer:

You can choose to have a representative help you when you do business with Social Security. We'll work with your representative in the same way we would work with you. Select a qualified person, because this person will act for you in most Social Security matters.

First, you will need to fill out the Appoint a Representative form at www.socialsecurity.gov/forms/1696.pdf.

Keep in mind that an attorney or other individual who wants to collect a fee for providing services in connection with a claim must generally obtain our prior authorization.

Question:

If I have a question about my Medicare bill, who should I contact?

Answer:

First, contact your provider. If you are unable to get your question answered or the problem resolved, then contact 1-800-MEDICARE (1-800-633-4227). For more information about Medicare benefits, visit www.medicare.gov.

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2015 MyFreeTaxes Launches

Stand By Me® announced the launch of MyFreeTaxes, a user-friendly, web-based tax software that is available **free of charge** to taxpayers with a household income at or below \$60,000.

This is the only FREE self-service software that allows taxpayers to file both state and federal taxes, even when multiple states are involved (for instance, when you live in one state and work in another).

In addition to being able to access this important service from the comfort of home, taxpayers also have access to a toll-free hotline to answer any questions they might have about taxes or the software.

This top-quality self-service tax program is an H&R Block product that is being offered across the country as MyFreeTaxes. The program is

funded by the Walmart Foundation, which in turn funds several major national nonprofits, including United Way Worldwide, Goodwill International and the National Disability Institute. Through a grant to United Way of Delaware, Stand By Me® is able to offer this COMPLETELY FREE OF CHARGE.

You can access this service by visiting www.myfreetaxesde.com or by calling 2-1-1.

Stand By Me® is a statewide financial empowerment program designed to help Delawareans take charge of their finances by providing them with personal financial coaching and access to a financial tool kit to help them manage their money. Since it started in 2011, Stand By Me® has served almost 20,000 people with coaching, free tax preparation, financial services, help with financial aid, and workshops on money management. This program is a joint project of the State of Delaware and United Way.

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– DALE FRANK, daughter of a Shipley Manor rehab patient

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Date Night!

WHETHER IT'S A FIRST DATE OR A DATE WITH YOUR MATE, HERE ARE 10 GREAT IDEAS

1 Spice it Up

Cooking can be fun *and* sexy. There are cooking classes for every taste and ability. Check out the food section of your local paper to see what area restaurants and community colleges are offering.

2 Cut a Rug

Ballroom, salsa, swing, samba—the choice is yours. Even if you haven't stepped on a dance floor in years, there are plenty of teachers who can help you get back in the swing of things. Besides being fun, dancing cheek-to-cheek could light up some chemistry.

3 Have a Picnic

One of the most romantic outings is a picnic by the lake or on the beach. Of course it's best when both people like the outdoors. Try shopping for food and drink together to add to the adventure. If not, be sure you decide what each of you will bring.

4 The Beauty of Art

Take a museum tour or gallery walk, or sign up for an art history lecture at your local university.

5 Set Sail on the High Seas

Or keep it simple by renting a canoe and heading to a nearby lake or canal. If one of you is skilled, why not rent a powerboat or sailing vessel? And never forget the romance of a moonlight cruise.

6 The Literary World

What better way to bond than over your favorite books? Attending a book reading at your local bookstore or university is a great way to find common ground and keep the conversation flowing.

7 Get Moving

Perhaps your new friend enjoys hitting the courts or shares your passion for golf. Active outings make great first dates and help you stay in shape at the same time. Engaging in a physical activity can also raise the level of intimacy since you're more exposed, both physically and emotionally. Bonus? You'll discover how the other person deals with winning and losing.

8 Make Music

Whether you're moved by opera, country, rock, or classical, attending a concert is sure to set the tone for a great evening!

9 Cultivate Romance

If gardening is a shared passion, a trip to an arboretum or horticultural garden is a fun first date idea.

10 Wine and Dine

What's the difference between Shiraz and Syrah? A fun and easy way to find out is to attend a wine tasting or visit a winery. It's an ideal first date—casual yet informative while you're getting to know each other.

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

—Tommy, age 6

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

—Rebecca, age 8



Love Yourself

By Melissa Coats, ND

When you love someone, you take care of them. Why should it be any different when it comes to taking care of yourself? Your health is the most important thing you have, and weight loss is often your first step toward improving your overall health. If you're trying to get your weight into a healthier range, it's important to find a practitioner who can support you and provide guidance to make your efforts more successful. Let's start with some of the basics I like to share with my patients.

DIET

Every individual has slightly different dietary needs, but there are some basic concepts that are healthful for most people. An optimal diet:

- Is high (65% of daily caloric intake) in complex carbohydrates (beans, whole grains, fresh vegetables, and fruits).
- Is moderate (20% of intake) in protein (beans, tofu, protein powders).
 - Low in red meat (beef and beef products)
 - High in fish and chemical-free poultry
- Incorporates healthy fats (15% of intake) (olive oil, avacados, nuts).
- Is low in prepackaged/ processed/refined foods, sugar, alcohol, and caffeine.
- Includes around 2 quarts of water per day.

Calorie requirements and other obstacles to weight loss are based on body type, activity level, hormone status, medications, and nutrient deficiencies. Dietary recommendations are different for each individual. Your physician can design a program that is right for you and your health history.

EXERCISE

Exercise is an important part of any healthful weight loss program. It burns calories, increases circulation, increases excretion of waste products, and increases well-being via stress reduction and endorphin release. Incorporating a 30-minute brisk walk into your daily routine three times a week is an excellent start. Although gradually increasing speed is valuable for cardiovascular health, increasing frequency and/or duration is equally or *more* important for weight loss. Optimal fat burning is achieved at 60–70% of maximum heart rate (maximum heart rate is 220 minus your age).

You'll also benefit by incorporating some muscle-toning and strength-building exercises 2–3 times a week. Your naturopathic physician can design a program that's appropriate for you.

SET A REASONABLE GOAL

Decide how much you want to lose, keeping expectations reasonable. Typically 1–2 pounds a week is healthy and achievable when combining diet and exercise. As with any goal in life, it can be helpful to plan it, envision it happening, see yourself as you'll be when you've achieved it, and plan a reward for yourself.

ADDRESS EMOTIONAL COMPONENTS OF WEIGHT GAIN

Issues of body image and food are emotionally challenging and can bring up feelings and fears for many people. Pay attention to what's happening with you—what are your needs and issues? For instance, do you tend to eat as a coping mechanism during difficult situations? Practice accepting and appreciating your appearance and your feelings, every day, as you are right now. Find a support system to help you support yourself. Overeaters Anonymous, a group for people of all sizes who want to address their relationship with food, offers support every day of the week.

PRACTICE SELF CARE

Incorporate nice things for yourself into your schedule—relaxing baths, massages, time outside in nature, whatever feels nurturing to you. In our culture food is often used as a reward, so many people have to retrain their thinking. Be creative! Meeting your needs and enjoying your life are the best things you can do for yourself. *You deserve it!*

PLAN

Plan your meals and portion sizes. Leaving things up in the air can make staying on track more difficult. Plan healthy snacks throughout the day so that you're not famished at meal times. Don't starve yourself! Try to space calories evenly throughout the day so that one meal isn't heavier than others. Calorie reduction in the early morning or afternoon leads to late night overeating.

CHEW THOROUGHLY

Eating slowly allows you to savor each bite of food, and aids digestion as well. Taking time with your food allows you to experience your new food choices with greater enjoyment.

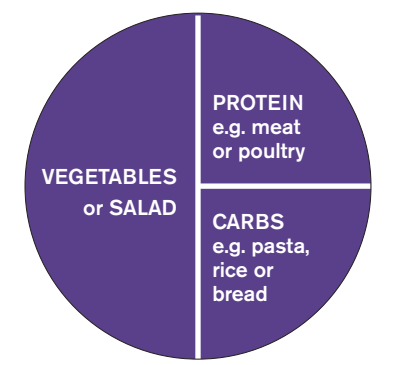


ALLOW SMALL INDULGENCES

If you do feel the urge to eat something you're trying to avoid, dish up a small portion and enjoy it! You can even schedule in occasional small servings of favorite foods. This puts your food choices under your conscious control and helps you avoid feeling deprived of your favorites. It's all about moderation.

DIVIDE YOUR PLATE

Often "our eyes are bigger than our stomachs." To help control portions, visualize your plate. Mentally segment your plate as below, and use plates 9 inches or less in diameter.



EAT MINDFULLY

Mindful eating can help reframe your relationship to food. Unfortunately, we often eat without even being aware of the food we're taking in. We eat while watching TV or at the movies, while driving, or under time constraints that don't allow us to experience the meal. To practice more mindful eating, notice the cues of hunger and satiety; learn to identify personal triggers for mindless eating, such as emotions and social pressures; and focus on the quality of food versus quantity. One can also learn to appreciate the sensual, as well as the nourishing, capacity of food, or feel deep gratitude that may come from appreciating and experiencing food.



How Seniors Can Handle Widowhood, Divorce and Remarriage Issues



As we age, we will naturally experience change in our significant relationships. Whether that is with a spouse, children, grandchildren, or friends, the fact that we are living longer means that there is more time for relationships to transform. Senior relationships are most affected by widowhood, divorce, and remarriage. At the time that any of these life-changing events occurs, a senior will need extra support from family, friends, and often counselors to help with the adjustment.

Important also are the financial arrangements that are made at the time seniors find themselves, or are about to find themselves, in a new relationship rank. Seniors need to be proactive in planning for what the new status means for their futures. An estate attorney and a financial planner are often involved at this stage and will help determine the best financial course of action in any of these situations. A therapist can address the emotional needs of the senior and other family members.

Each situation has its sticking points, and family members can complicate the issues with their individual emotional needs, opinions and financial concerns. Proper preparation by the senior and their families can ease the angst that comes with the change and provide a navigation tool to guide the family.

Widowhood

When a spouse dies, the other spouse experiences a painful period of bereavement, severe loneliness, restlessness, insomnia, and generally, poor mental, emotional, and physical well-being. A Laurea University of Applied Sciences 2009 Study revealed that loneliness is a significant issue for elderly widows, and is often the cause for the development of life-threatening illnesses and life-altering depression at higher rates than their married equivalents.

In addition to handling the loss of a spouse, widows and widowers are often faced with a reduced social and support network, decreased physical and cognitive functioning, the uncertainties of retirement, and the possibility that their adult children live far away. Eating well, exercising, and social interaction play key roles in a person's well-being. A widow or widower is at risk for a lower level of well-being, so loved ones and professionals should monitor them closely. Interventions with therapists and physicians can help mitigate the effects that widowhood has on an individual and that may lead to depression.

Adult children are dealing with their own grief, but they can help their surviving parent by:

- **Attending to physical needs.**
- **Listening to and encouraging the parent to talk about their**

lost spouse.

- **Making sure the parent gets the care he or she needs.**
- **Allowing the parent to express his or her grief.**
- **Remembering and acknowledging important dates and anniversaries.**

Additionally, a loved one or professional needs to review the senior's finances and overall estate, and family members should work with the proper professionals to formulate a plan for the future that is in the best interest of the widowed senior.

The best resources for widows and widowers are their doctors, a therapist, family, a support group, friends, an estate attorney, and a financial planner.

Divorce

A recent trend for seniors is a rise in divorce rates. Deirdre Bair, author of the book *Calling It Quits*, interviewed numerous senior couples and their children and found that men and women are not willing to stay in unhappy marriages now that life spans are expected to be longer. She also discovered that women are feeling more empowered to leave an unhappy marriage.

The lack of children in the home is another reason that more seniors may be getting divorced. Without

the constraints of custody battles and child support, seniors are finding that divorce is a simpler process at this point in life.

Seniors are living longer and healthier lives. Those seniors who look to retirement as a time for personal growth and enjoyment, but whose spouses are not on the same lifestyle page, could consider divorce as a means to achieving their desired lifestyle.

A divorce may greatly affect a senior's standard of living. The major considerations for seniors as they ponder divorce are:

- **Asset and debt valuation and allocation**—mortgage-free homes, retirement plans, and life insurance.
- **Estate planning**—beneficiaries for the estate.
- **Family issues**—with adult children or other close family members.
- **Future health issues**—who will take care of the now single seniors as they face health issues.

Typically, when seniors remarry, adult children are part of the family picture. No matter how well-liked the new stepmother or stepfather is, questions as to what will happen to the family assets and heirlooms are often the focus of discussion. The happy couple has a lot to consider

before walking down the aisle, including:

- **How to best protect their assets.**
- **If they will combine current or future assets.**
- **What retirement looks like.**
- **Medicaid planning.**
- **Inheritances for children and grandchildren.**
- **How they will use money, pay bills, and save money on a daily basis.**

The soon-to-be-married seniors can alleviate their adult children's anxiety about the remarriage by remaining open about their planned financial set-up. An attorney can help work out wills, estate plans, and inheritances based on the seniors' desires, and the attorney can even present the details of plans to the adult children. Often a third party can ease the tension of family finances and future money allocations.

Adult children have unique roles in each of these scenarios, and it may not be easy to watch a parent go through life-altering experiences. Adult children should try to become more informed about all of the options that a senior parent faces, and they should turn to professionals for advice. Many resources exist that can help each family member find peace of mind.

THE FLU



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Flu vaccines can both prevent the disease, and make it milder if you do get the flu. That means fewer hospitalizations and fewer sick days. Vaccinations are offered through physician offices, and many pharmacies and grocery stores. For information on the flu or where to get vaccinated, visit www.flu.delaware.gov or call 800-282-8672.

Delawareans are also encouraged to prevent infection by:

- **Washing hands with soap** frequently or using alcohol-based hand sanitizers, especially after coughing, sneezing or touching your face.
- **Covering coughs and sneezes** with a tissue and disposing of the tissue immediately. If a tissue is not available, cough or sneeze into your sleeve. Droplets from a sneeze can travel up to six feet.
- **Staying home when sick** and not returning to school or work until 24 hours after a fever.

Five steps to take if you get the flu:

- **Stay at home and rest.**
- **Avoid close contact** with well people in your house so you won't make them sick.
- **Drink plenty of water** and other clear liquids to prevent fluid loss (dehydration).
- **Treat fever and cough** with medicines you can buy at the store.
- If you get very sick or are pregnant or have a medical condition (like asthma) that puts you at higher risk of flu complications, **call your doctor.** You may need antiviral medication.

When should you seek medical attention?

IN CHILDREN	IN ADULTS
Fast breathing or trouble breathing	Difficulty breathing or shortness of breath
Bluish skin color	Pain or pressure in the chest or abdomen
Not drinking enough fluids	Sudden dizziness
Not waking up or not interacting	Confusion
Being so irritable that the child doesn't want to be held	Severe or persistent vomiting
Flu-like symptoms improve but return with fever and worse cough	Flu-like symptoms that improve but return with fever and worse cough
Fever with a rash	

In addition to the signs above, get medical help right away for any infant who has any of these symptoms:

- Inability to eat
- Trouble breathing
- No tears when crying
- Significantly fewer wet diapers than normal



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Memory Loss – When To Seek Help

Everyone forgets things. How many times have you lost your car keys or forgotten the name of a person you just met? Forgetfulness tends to increase with age, but there's a big difference between normal absent-mindedness and the type of memory loss associated with Alzheimer's disease.

Normal aging and memory loss
Normal age-related memory loss doesn't prevent you from living a full and productive life. You just need more time to remember a name or the task you had set out to do. You're aware that you're forgetful and may even joke about it.

People with memory loss due to something other than normal aging, such as Alzheimer's disease, may feel that something's not quite right, but they're unable to pinpoint what's bothering them. Rather than call attention to a memory lapse, they may behave as if everything is fine.

Alzheimer's disease and memory loss
Memory loss associated with Alzheimer's gets worse over time, but it certainly is not the only symptom of the disease. Some of the earliest signs and symptoms of Alzheimer's disease include:

- Asking the same questions repeatedly.
- Difficulty remembering common words when speaking.
- Mixing up words, for example saying "bed" instead of "table."
- Being unable to complete familiar tasks, such as following a recipe.

- Misplacing items in inappropriate places, such as putting a wallet in the refrigerator.
- Getting lost while driving on familiar streets.
- Undergoing sudden changes in mood or behavior for no apparent reason.
- Becoming less able to follow directions.

Reversible causes of memory loss
Many other medical problems cause symptoms similar to Alzheimer's. That's why it's so important to consult a doctor if you've noticed memory lapses or uncharacteristic mood swings in yourself or in someone close to you. The problem may be a potentially reversible illness, such as depression, a metabolic disorder such as hypothyroidism, a reaction to a drug, or a vitamin deficiency.

Ask your doctor
To help rule out some of these other problems, here's a list of questions you may want to ask your doctor:

- **Could some of my medications be causing forgetfulness?** Sometimes a single medication causes side effects that mimic symptoms of Alzheimer's disease, particularly in older people or in someone whose liver fails to eliminate the drug normally. Drug interactions, which sometimes occur in people taking multiple medications, can cause confusion and forgetfulness as well. Give your doctor a list of all the medicines you use, including herbal remedies and

over-the-counter items such as arthritis cream.

- **Could I be dehydrated?** Older people are at higher risk of dehydration because the ability to feel thirst decreases with age. While dehydration itself can cause confusion, it can also increase the concentration of medicine in your blood, which can affect your mental processes.

- **Might I have a concussion?** Some people can lose consciousness after a fall and not realize it. Ask your doctor to check you over if you find an unexplained tender lump on your head. Also talk to your doctor if you start to feel mentally fuzzy after what seems like a minor fall.

- **Could I be depressed?** Stress, anxiety or depression can cause forgetfulness or confusion, particularly in older people. When the

sadness or stress passes, the symptoms go away too. Your doctor can use neurological and psychological evaluations to test for depression.

- **Could I be drinking too much?** Chronic alcoholism leads to deficiency of thiamin (Vitamin B-1), which can seriously impair mental abilities. Alcohol can also cause memory loss by interacting with your medicines.

Detective work
A multitude of things can cause forgetfulness, and many of them are reversible. Work with your doctor to determine what's going on with your memory and what can be done about it.

Brought to you from MayoClinic.com by your friends at Arden Courts Memory Care Community, located at 700 1/2 Foulk Rd., Wilmington, part of the HCR ManorCare family. For more information on Arden Courts, call Jean Youkers at 302-761-4805.

94%
of families recommended us to others*

60% of people living with Alzheimer's wander.

SAFEGUARD THE ONES YOU LOVE AGAINST WANDERING

Most people who wander do so with no history or warning signs of wandering. Up to 70% of wanderers do so repeatedly. If not found within the first 24 hours, up to half of all persons with dementia who wander will become seriously injured or die.

Don't be caught in a situation where you realize that your loved one has wandered off and you don't have any idea where they are. Arden Courts can help keep your loved one safe and provide you the peace-of-mind you deserve.

- Secured community designed specifically to meet the special needs of our dementia residents
- Round-the-clock checks to ensure your loved one's safety
- Outdoor landscaped walking paths that promote exercise in a safe and secure environment
- Visual cues throughout the community that help keep your loved one oriented
- Success-oriented activities scheduled throughout the day to maximize self-esteem and sense of purpose
- Medical staff specially-trained to address wandering issues

Arden Courts
Memory Care Community

700 1/2 Foulk Road • Wilmington, DE 19803
(302) 762-7800
wilmington@arden-courts.com

One advantage of marriage, it seems to me, is that when you fall out of love with him, or he falls out of love with you, it keeps you together until maybe you fall in again.

— Judith Viorst

Clean Your Plate

Choose Produce Carefully to Reduce Your Intake of Pesticides

Last year, some 65 percent of thousands of produce samples analyzed by the U.S. Department of Agriculture tested positive for pesticide residues. That's bad news for the growing number of Americans who want to minimize their consumption of pesticides.

That's why, for more than a decade the Environmental Working Group (EWG) has published an annual guide to help people eat healthfully and reduce their exposure to pesticides in produce. We all know that eating organic is expensive, so armed with EWG's Shopper's Guide, millions of people have opted for those conventionally-raised fruits and vegetables that tend to test low for pesticide residues. When they want foods whose conventional versions test high for pesticides, they can go for organic. If you find yourself having to choose between organic and conventionally grown foods, try to choose the organic when you'll be eating the skin of the fruit or vegetable.

Highlights of Dirty Dozen™ 2014
Each of these foods contained a number of different pesticide residues and showed high concentrations of pesticides relative to other produce items.

- In particular:
- Every sample of imported nectarines and 99 percent of apple samples tested positive for at least one pesticide residue.
 - The average potato had more pesticides by weight than any other food.

P	L	O	D		S	T	E	A	D		D	A	T	E
A	E	R	O		T	R	O	P	E		A	M	I	A
T	A	C	O		R	E	S	E	N	T	M	E	N	T
S	P	A	R	R	O	W		S	T	R	A	N	G	E
					J	I	B				U	N	D	E
E	N	G	A	G	E	M	E	N	T	S				
L	O	O	M	S		A	V	A	N	T		D	O	N
S	T	A	B		A	D	E	P	T		G	E	N	E
E	E	L		A	W	A	R	E		M	U	L	C	T
					D	E	M	Y	S	T	I	F	I	E
P	A	S	T	A						E	L	F		
A	L	L	E	G	E		M	E	L	A	N	G	E	
S	T	O	N	E	M	A	S	O	N		W	E	E	P
H	E	W	S		I	D	O	L	S		E	R	N	E
A	R	S	E		R	A	T	T	Y		D	O	T	E

EWG's 2014
Dirty Dozen™
Shoppers Guide to Pesticides in Produce™

Apples

Celery

Cherry Tomatoes

Cucumbers

Grapes

Nectarines imported

Peaches

Potatoes

Snap Peas imported

Spinach

Strawberries

Sweet Bell Peppers

Plus+

Hot Peppers

Kale/Collards

ENVIRONMENTAL WORKING GROUP

- A single grape sample contained 15 pesticides. Single samples of celery, cherry tomatoes, imported snap peas and strawberries showed 13 different pesticides apiece.

Dirty Dozen PLUS™
For the third year, EWG expanded the Dirty Dozen™ with a Plus category to highlight two foods that contain trace levels of highly hazardous pesticides. Leafy greens—kale and collard greens—and hot peppers do not meet traditional Dirty Dozen™ ranking criteria but were frequently contaminated with insecticides that are toxic to the human nervous system. EWG recommends that people who eat a lot of these foods buy organic instead.

The Clean Fifteen™
EWG's Clean Fifteen™ for 2014—

7	2	3	9	4	8	5	1	6
6	9	5	1	2	3	8	7	4
8	4	1	5	7	6	2	9	3
3	7	8	2	9	4	1	6	5
4	6	2	8	1	5	7	3	9
5	1	9	6	3	7	4	2	8
9	3	7	4	8	2	6	5	1
1	8	6	7	5	9	3	4	2
2	5	4	3	6	1	9	8	7

EWG's 2014
Clean Fifteen™
Shoppers Guide to Pesticides in Produce™

Asparagus

Avocados

Cabbage

Cantaloupe

Cauliflower

Eggplant

Grapefruit

Kiwi

Mangoes

Onions

Papayas

Pineapples

Sweet Corn

Sweet Peas Frozen

Sweet Potatoes

the produce least likely to hold pesticide residues—are foods on which relatively few pesticides were detected, and tests found low total concentrations of pesticides.

- Notable findings:
- Avocados were the cleanest: only 1 percent of avocado samples showed any detectable pesticides.
 - Some 89 percent of pineapples, 82 percent of kiwi, 80 percent of papayas, 88 percent of mango and 61 percent of cantaloupe had no residues.
 - No single fruit sample from the Clean Fifteen™ tested positive for more than 4 types of pesticides.
 - Detecting multiple pesticide residues is extremely rare on Clean Fifteen™ vegetables. Only 5.5 percent of Clean Fifteen samples had two or more pesticides.

For more information on the best and worst fruits and veggies, in terms of pesticide use and residue, visit www.foodnews.org/fullist.php.

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12 FEBRUARY 2015 www.VitalMagOnline.com 13

MARSALA-POACHED FIGS OVER RICOTTA

Vanilla-infused ricotta cheese is the perfect foil for saucy poached figs. Your special Valentine will love you!



MAKES: 2 servings
ACTIVE TIME: 5 minutes
TOTAL TIME: 15 minutes

- INGREDIENTS:**
- 1/2 cup quartered dried figs
 - 1/4 cup Marsala or port
 - 2 teaspoons honey
 - 1/2 cup part-skim ricotta
 - 1 teaspoon sugar
 - 1/8 teaspoon vanilla extract
 - 1 tablespoon toasted slivered almonds

- DIRECTIONS:**
1. Place figs, Marsala (or port) and honey in a small saucepan. Bring to a boil, reduce heat and simmer until the figs soften and the wine is syrupy.
 2. Stir together ricotta, sugar and vanilla.
 3. Divide between 2 bowls and top with the fig mixture and almonds.

Nutrition per serving: 259 calories; 7 g fat (3 g sat, 3 g mono); 19 mg cholesterol; 45 g carbohydrates; 9 g protein; 5 g fiber; 86 mg sodium; 444 mg potassium.

Source: [eatingwell.com](#)

Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife.

Upon seeing the man cry, the little boy went into the old gentleman’s yard, climbed onto his lap, and just sat there.

When his Mother asked what he had said to the neighbor, the little boy said, “Nothing. I just helped him cry.”

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

		3		4			1	
			1				7	
		1	5			2		
3			2			1		
4								9
		9			7			8
		7			2	6		
	8				9			
	5			6		9		

Answers on page 13 (courtesy of KrazyDad.com)

PUNOGRAPHY

We love these plays on words!

- I tried to catch some fog. I mist.
- When chemists die, they barium.
- A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
- I stayed up all night to see where the sun went. Then it dawned on me.
- The girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- They sold me I had type A blood, but I it was a Type O.
- PMS jokes aren't funny. Period.
- Energizer Bunny arrested: Charged with battery.
- I didn't like my beard at first. Then it grew on me.
- I wondered why the baseball was getting bigger. Then it hit me!
- Broken pencils are pointless.

Crossword

By Dave Fisher Answers on page 13

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18					19				
20				21				22						
			23						24					
25	26	27				28	29	30	31					
32					33						34	35	36	
37					38						39			
40				41					42					
				43					44					
45	46	47	48						49					
50					51	52		53				54	55	56
57							58				59			
60					61						62			
63					64						65			

- ©www.mirroreyes.com
- ACROSS**
1. Trudge
 5. Place
 10. A romantic meeting
 14. Relating to aircraft
 15. Metaphor or hyperbole
 16. Dogfish
 17. Meal in a shell
 18. Rancor
 20. Songbird
 22. Weird
 23. Triangular sail
 24. Not over
 25. Bookings
 32. Weaving machines
 33. ____-garde
 34. Put clothing on
 37. Knife
 38. Highly skilled
 39. Heredity unit
 40. Snake-like fish
 41. Cognizant
 42. Swindle
 43. Clarifies
 45. Noodles
 49. Santa's helper
 50. Asserted
 53. Mixture
 57. A type of craftsman
 59. Cry
 60. Chops
 61. Graven images
 62. Sea eagle
 63. Backside
 64. Threadbare
 65. Shower with love
- DOWN**
1. Taps
 2. Jump
 3. Killer whale
 4. Doorpost
 5. A rapidly flashing light
 6. An old spelling of "True"
 7. Dawn goddess
 8. Mimics
 9. Fender blemish
 10. A type of small mammal
 11. Alter
 12. Slight color
 13. Consumer of food
 19. Believe in
 21. Trailer trucks
 25. If not
 26. Memo
 27. Objective
 28. Gentlewoman
 29. Each and all
 30. Scruffs
 31. Explosive
 34. Sandwich shop
 35. A single time
 36. Catches
 38. Reverence
 39. Laughed loudly
 41. Maxim
 42. Foundry
 44. Very small
 45. Ottoman title
 46. Change
 47. Decelerates
 48. Anxious
 51. Arab chieftain
 52. Early 20th-century art movement
 53. Exuviate
 54. Roman emperor
 55. Lady's escort
 56. Type of sword
 58. Drunkard



He who finds not love finds nothing.
– Chilean proverb

Try to reason about love
and you will lose your reason.
– French proverb

The heart that loves is always young.
– Greek proverb

A man is not where he lives,
but where he loves.
– Latin proverb

Who travels for love finds a
thousand miles not longer than one.
– Japanese proverb

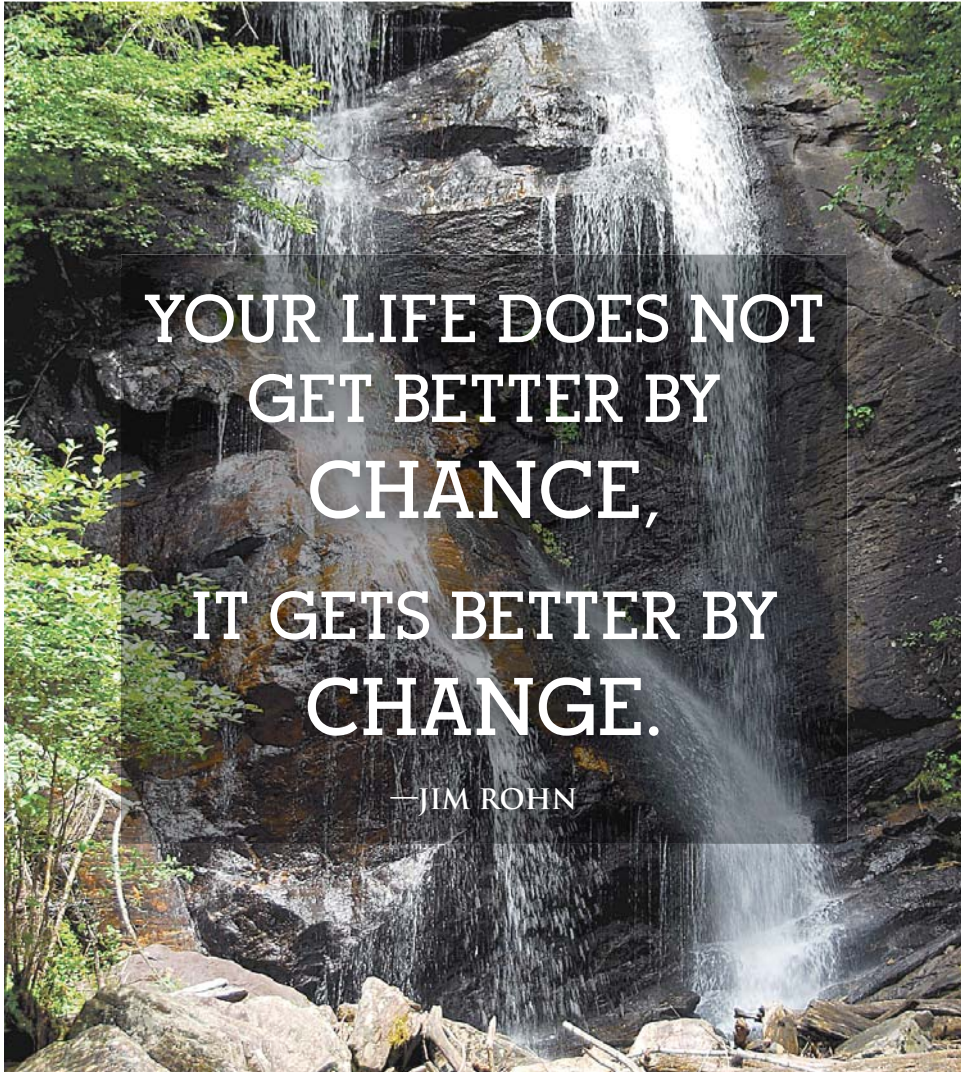
Tell me whom you love,
and I'll tell you who you are.
– African-American proverb

NUTRITIONAL NUGGETS

Health Benefits of Dark Chocolate

When one ounce of dark chocolate a day is included in a healthy diet, it can:

- Help improve overall heart health
- Reduce LDL (“bad”) cholesterol and blood pressure
- Increase blood flow to the brain
- Improve blood sugar and insulin sensitivity



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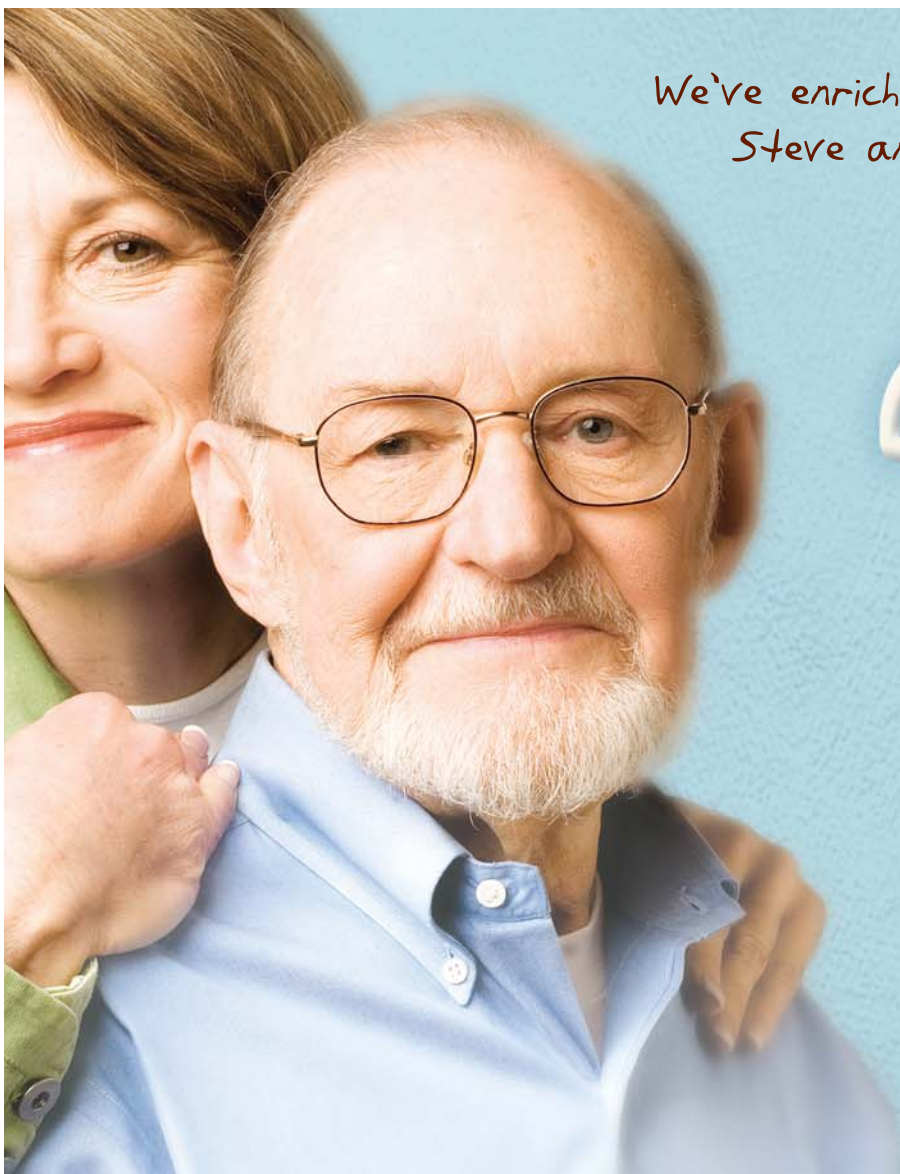
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