



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

**Too
Much
Fun?**

*Ain't
No Such
Thing!*

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APRIL 2015



EDITOR IN CHIEF

Karyn Cortez
karync@vitalmagonline.com

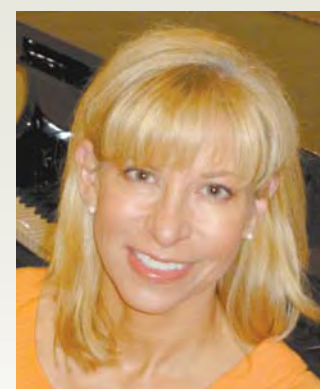
CREATIVE
ART DIRECTOR

Heidi Atwell

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Vital! Magazine
4556 Simon Road
Wilmington, DE 19803
302-764-6642
www.vitalmagonline.com

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I think we can now safely say the winter of 2014 is (finally!) behind us, and, after this month, the last onerous “have-to” of the year—taxes—as well. That means that all the “have-to’s” ahead of us can focus on fun! So that’s what we’re focusing on this month—Fun!

Maybe all winter you told yourself, “I ought to get out and get more exercise” but the cold and snow held you back. Well now it’s time to burn some calories, no excuses. If you enjoy walking, you’ll burn more calories in the same amount of time simply by picking up your pace, either by walking faster or covering more ground with longer steps. Kate Maliha shares a great drill on page 3 to get you back on track—at a track, no less! If it’s the open road that’s calling your name, tune up your bike and get ready to answer. We’ve got four easy tricks to get you on your way waiting for you on page 13.

Warm weather weekends, you’ll almost always be able to find me spending at least some time in my garden. You too? This month, there’s a lot to get done. We break it all down into safe and easy steps for you on pages 4 and 5. Rather spend your time indoors vs. outdoors? Be sure to cut out and save the list of books-into-movies coming soon to a theater near you so you don’t miss a single one.

We asked you, our readers, for suggestions on articles that you’d like to see in the magazine or on the website. This month Jan R. from New York wondered about new ways to meet new people. We put together a list of 25 great places to meet other like-minded individuals (page 7). Drop us a line to let us know your favorite ways to meet people. We’d also love to hear your suggestions/opinions about the magazine—what you like or don’t like, what you’d like to see more of or see less of, what you’d change or keep the same. We’ll be making changes using your suggestions. Call, write or email—we love to hear from you!

So go ahead, grab a friend, and get out and have some fun!

Happy April!

Karyn

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Change Your Stride

Getting older often brings unwanted changes to the way we walk, including the tendency to walk a little slower and take shorter, more frequent steps. This happens for a variety of reasons, including reduced strength, mobility, and power in the lower body, as well as changes to balance. While it is important to address each of these areas individually, you can also do an overall drill for speed and stride length.



Stride and Speed Exercise:

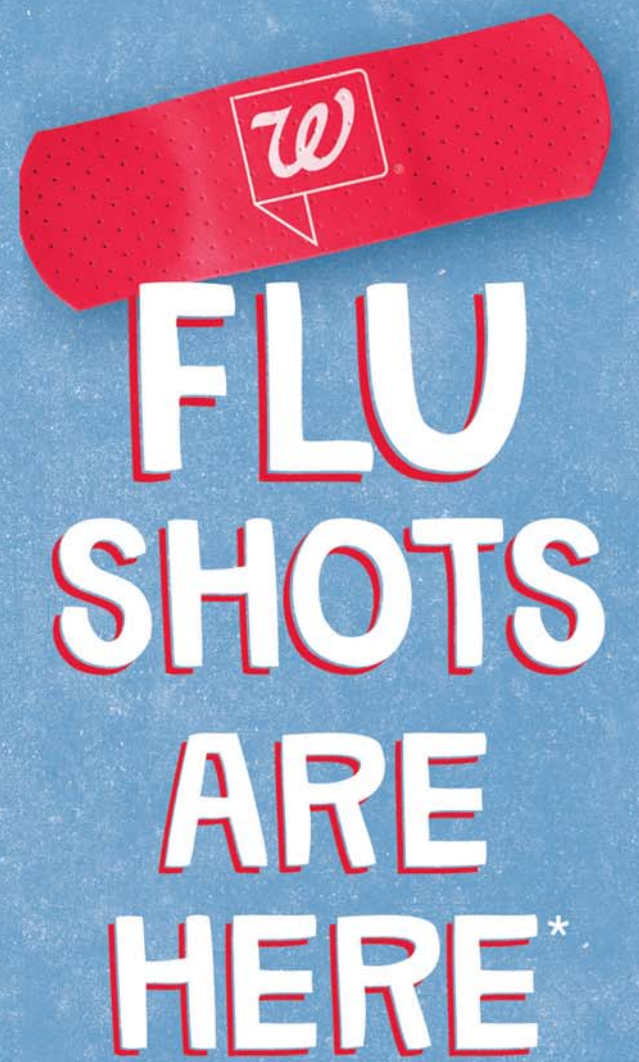
Find a public park or school track with a straightaway of at least 30 feet (9 m). The path should be level and clear of obstacles. For those who need to exercise indoors, a mall or other type of facility that has a long straightaway or hallway can suit the same purpose. You will need proper walking or exercise shoes and a timer. Spend at least 10 minutes warming up with gentle and progressive cardiovascular exercise before beginning this drill, which can be physically challenging. Performing the drill without a proper warm up can cause injury. Stand at one end of the 30-foot path. Start your timer, and time how many seconds it takes you to reach the other end of your 30-foot path. Mark the number down so you can refer to it later. Now turn around. Next, going as quickly as you are able to safely, count how many steps you take to get back to the starting line of your 30-foot path. Over the course of 4-6 weeks, you can work on decreasing the number of steps you take, and increasing your speed by decreasing your time.

You may want to perform this drill twice a week, focusing on speed one day and lengthening your stride (taking longer steps) on the other day. By the end of the 4-6 week period, time yourself again and count your number of steps in order to see how much progress you have made. You will be amazed at the difference! Share your results with us by emailing your times and your step counts (along with the changes/progress made) to karync@vitalmagonline.com or info@loveyourage.ca and we will post your achievements on our “Successes” page on our website.

Please consult a medical professional before starting this or any other exercise program. This article does not constitute medical advice.



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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Gardening: Don't Break Your Back

By Dr. Chad Laurence



landscaping. The good news is that all these problems can be avoided.

A study of 500 chiropractors found that a whopping 88% of these doctors reported yard work and gardening to be the most common sources of back and neck pain during warmer months. Golf ranked second at 31%. If a lower-back disc herniates or protrudes, it can put pressure on nerves, affecting your back and legs. Proper spinal structure and corrective chiropractic are necessary to insure healthy discs.

Here are some tips to help you get ready to work in the garden:

- Stretch hamstrings, thighs, calves, groin, and gluteus (buttock) muscles before you begin. To lower your risk of injury further, stretch shoulders and wrists as well.
- Squat: When lifting, contract your abdominals, keep your back straight, and bend at your knees. Your navel should face the object that you are lifting. Keep anything that you are lifting close to your navel and stand tall. Avoid leaning forward

or twisting the spine while carrying any load.

- Contract your lower abdominal muscles, located between your belly button and bladder, to protect the lower back while performing rigorous activities.
- Hydrate and use sunscreen.
- Constantly stretch and take frequent breaks.
- Over the course of 20 minutes, try to alternate between at least three different tasks and/or activities. Repeat if necessary.

When you're finished gardening for the day, stretch again, and hydrate. Drinking water or a beverage with minerals will do the trick. If at any time you experience pain, numbness, weakness, dizziness, or shortness of breath, consult a doctor.



Dr. Chad Laurence focuses on structural correction of the spine, nutrition, massage therapy, and support for personal injury and auto accidents. His practice, *Corrective Chiropractic*, is located at 7503-A Lancaster Pike, Hockessin, DE. Contact him at 302-234-1115, drchad@correctivechiro.net, or visit correctivechiro.net.

In The Garden in April

At long last, spring has arrived! Are you wondering, "Where do I even begin?" There's so much to do in every corner of the yard this month that it's difficult to know where to start.

Shrubs and Trees

There's still time to plant trees and shrubs, however by the middle of April it will be a bit late to transplant large trees or shrubs, so do them now. March, April and May are ideal for pruning evergreens. Remove all dead, diseased, and undesirable wood. Broadleaf and coniferous evergreens benefit from lightly spreading a high nitrogen fertilizer around their bases. Prune your forsythia after it finishes flowering.

Annuals, Perennials and Bulbs

April is the month for planting summer flowering bulbs like dahlias, gladiolas and lilies. Mix bulb fertilizer, processed manure and peat moss into the planting soil. Plant annual seeds of asters, cosmos, marigolds and zinnias.

Tuberous begonias and canna should not be set outdoors until all danger of frost has passed, so wait until next month. At that time you can also move your stored fuchsias and geraniums outdoors. Trim them back, feed and re-pot if necessary. Water them well.

When they have finished blooming, you should deadhead your spring flowering bulbs. *Do not cut off the green foliage yet!* These green leaves continue to grow for a few weeks, and provide the bulb with food for flowering next year.

Divide perennials like daylilies, delphiniums, iris, chrysanthemums, daisies, and phlox now to create additional plants.

Hybrid tea roses should be fertilized prior to buds beginning to bloom. Using a systemic fertilizer will help prevent insect infestation later in the summer, as it feeds your rose.

Plant new rosebushes before growth starts and buds swell.

Fruit and Vegetable Gardens

It's time to plant perennial vegetables like asparagus, rhubarb, and horseradish as well as peas, carrots, beets, spinach, cauliflower, and cabbage. Late this month you can plant beans and corn. Plant warmer weather crops next month.

April Lawn Care

Apply a spring lawn fertilizer to perk up the lawn and improve its overall color and appearance. If moss is growing in the lawn, use spring lawn fertilizer that has moss-killer included so you can do both jobs in one easy application.

Thatch buildup can smother your lawn and provides an environment for diseases. Remove thatch with a brisk raking, or with a dethatching machine. Overseeding helps fill in the lawn and deters the regrowth of moss and weeds. Apply a light compost or soil over the seed to keep it moist and in place. Aerating the lawn will allow water to penetrate deeper into the soil and reduce the



PERSIAN BUTTERCUP
Ranunculus asiaticus

need to water during dry months. Using a garden fork, punch holes over the surface of your lawn.

Odds and Ends

Although we think of this as a rainy month, it can fool us. Keep transplanted flowers well watered during dry spells. Be sure to check container plants and those under the eaves of the house and under tall evergreens to see that they are getting enough water.

Remember—whatever you do in the garden now cuts down on yard maintenance later this season!

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STOP AND SMELL *The roses!*

As the flowers bloom and everything springs back to life, it's the perfect time to find a whole new life for your mother or father. Maybe it's been a tough winter for them. Or perhaps they need something to look forward to each day, and they have a hard time doing the things they used to do.

At Millcroft Senior Living our assisted living program is designed to address each of these issues. We help our seniors with the care they need, while helping them to get around and do the activities that have always enriched their lives.

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AMERICANS ARE LIVING LONGER THAN EVER, AND LIFE AFTER 50 LOOKS VERY DIFFERENT THAN IT DID EVEN A GENERATION AGO.

From aging baby boomers to adults in their 80s and 90s, the variety of life stages, fitness levels and health issues of “older Americans” runs across a wide continuum. Approximately 80 percent of all older Americans live with at least one chronic condition, such as heart disease or cancer, according to the Centers for Disease Control and Prevention. Like health-seekers of any age, many older adults realize the importance of adopting good habits, but they often lack support from people, programs and organizations to do so.

That’s why, as part of improving Delaware’s health and well-being, the YMCA of Delaware is responding to the needs of this growing and varied older adult population. There are always new programs at the Y that encourage healthy living and physical activity for adults aged 50 and older.

EXERCISE INTERVENTIONS CAN REDUCE THE RISK OF FALLING BY 12 PERCENT AND THE NUMBER OF FALLS BY 19 PERCENT.

Nationally, Y membership among older adults is on the rise: In 2010, it grew 45 percent among adults aged 55 to 64, and 79 percent among adults over 64. But joining the Y doesn’t always translate into knowing how to adopt a healthy lifestyle. In one-on-one interviews with older adults, Y-USA research found that people wanted to regain the ability to “play” again—or participate in activities they did when they were younger, like basketball or bike riding. But they were intimidated to start because they were out of practice; had lost strength, balance, flexibility or endurance. Ask about the Y’s class, “Moving for Better Balance,” a class designed to address these needs.



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ACTIVE AT EVERY AGE

Friends Make The World Go ‘Round

Surprising, but in this “connected” world we live in, a lot of people are actually lonely. But there’s no need to be!

It’s true—sometimes we get so busy we don’t make time to socialize. Before you know it, your friends have all gone their own way and you find yourself left alone, watching TV night after night or spending time on the computer.

open to possibilities, relax, and have fun.

1 Join a health club or fitness group. It’s a two-fer: you’ll look better and feel better—both physically and emotionally.

2 Take a class, any class. Again, it’s a two-for-one: learn something new and make new friends with similar interests. Conversation is easier if you have something in common.

3 Go to a museum. Many museums have special events. Become a member and meet other like-minded people.

4 Attend sporting events. Whether soccer, football, basketball, professional or college sports, you’re guaranteed to have fun.

5 Check out flea markets and antique shows or auctions. While

The computer, you say, can help you meet people. Sometimes, true, but more often than not it’s just faceless, meaningless chatroom conversation. It’s better to get out, see people face-to-face, socialize, have fun!

We’ve heard all the reasons you don’t get out: You’re too busy, too tired, too shy, too frustrated by the social scene, and just overwhelmed by it all. But the alternative is to be alone.

So here are 25 places you can go to meet or just be around other people. All you have to do is leave your house! You have nothing to lose and so much to gain: FRIENDS! Change your attitude, be



you’re browsing the finds, you can people watch.

6 Play a sport. Have you ever wanted to play soccer after watching a game on TV? Lots of towns have adult sport programs. Volleyball or tennis anyone?

7 Join a book club. Get information from your local library. Discussing books and sharing your thoughts is a great way to get to know people.

8 Join a singles group. Need we say more? There are many singles organizations out there that plan dances, get-aways, etc. All you need to do is join in!

9 Volunteer. Help build houses for Habitat for Humanity, give out beverages at marathons, or join one of the many volunteer organizations in your area (for ideas find your local RSVP at www.nationalservice.gov/programs/senior-corps/rsvp).

10 Have a party. Invite your friends, ask them to invite two friends, and so on.

11 Learn a craft. Take craft classes at your local community center or craft store.

12 Join a business association. Networking will build your business and grow your circle of friends.

13 Go to high school/college reunions. A great way to reconnect with your old best friend!

14 Get a dog and walk everywhere.

Go to parks, the beach, the store. Dogs are great people meeters!

15 Go to every party you’re invited to. Even if you don’t want to go...go. You never know who you’ll meet.

16 Join an investment club. Make money and friends!

17 Travel. Go to the islands, Europe, your state’s capital. Talk to everyone. Learn about their culture.

18 Attend seminars. Lots of people go to seminars alone, and it’s easy to start a conversation.

19 Go to wine tastings. Investigate the calendar of events at local wineries and restaurants.

20 Go skiing, snowmobiling, snowboarding.

21 Take a yoga or Tai Chi class. Relieve tensions and meet other enlightened people.

22 Get a new job. Is your job boring or going nowhere? Maybe you need a change. A new job is a great place to create new relationships.

23 Join a women’s or men’s group.

24 Take up acting or a musical instrument.

25 Talk to everyone, everywhere.

It’s not difficult. You just need to get out. Remember: you can never have too many friends!

Remote control? Or telephone?



For a person with Alzheimer’s or related dementia, this could be mistaken for a telephone. Seems harmless enough, but what if there’s an emergency and they try to dial 911? Don’t wait for a crisis to make the decision for you, talk to Arden Courts. If you’d like more information, or to schedule a personalized tour, please visit us at www.arden-courts.com. We know. We understand. We can help.

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Taxes, Ex-Spouse Benefits, and You

By Debra Scull, Social Security District Manager in Wilmington, DE

April 14 is both Ex-Spouse Day and the eve of tax day. These two observances are doubly important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses, and you may need to claim this income on your tax forms.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your

own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your former spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. You can also elect to receive only the divorced spouse benefits and delay benefits on your own record after your full retirement age, which may translate to a higher monthly amount for you. If, however, you decide to wait until full retirement age to apply as a divorced spouse, your benefit will be equal to half of your ex-spouse's full retirement amount or disability benefit. The same rules apply for a deceased former spouse.

The amount of benefits you get has

no effect on the benefits of your ex-spouse's and his or her current spouse. Visit "Retirement Planner: If You Are Divorced" at www.socialsecurity.gov/retire2/divspouse.htm to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify

for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/retire2/divspouse.htm today to learn if you're eligible for benefits on your ex-spouse's record. What you learn may bring a smile to your face ... even on tax day!

WORDS OF WISDOM

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— the 14th Dalai Lama

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When Two Become One: Financial Planning for Life as a Single Woman

By Bob Hudson CFP
Wealth Management Advisor with Northwestern Mutual



For most married women in the U.S., widowhood is inevitable. Women are four times more likely than men to outlive their spouse, according to 2012 U.S. Census Bureau data. And when they do, they live an average of more than a decade as a widow. Yet many are not financially prepared for the transition. "Even if women and their spouses think they've done a good job of planning financially for retirement, they've most likely planned for their golden years as a couple," said Northwestern Mutual's Jennifer Jedrzejewski, senior attorney, advanced planning. "They haven't necessarily prepared for the financial transition brought on by the death of a spouse."

In the midst of what may be one of the most difficult periods of a lifetime, new widows are faced with making a host of financial decisions. And because they are likely to be vulnerable following the death of a spouse, experts say it's not unusual for widows to make critical decisions based on emotion rather than logic, or to forego making decisions altogether. "Even the simplest of tasks—like getting assets re-titled correctly—can be quite a challenge when you're grieving," said Jedrzejewski, "not to mention the burden of making decisions that can have a much greater impact on your future financial security."

To avoid unnecessary risk, married women should identify today someone they can trust to guide them through the financial transition when and if the time comes. "You need one person who can give you clear direction, help you understand your options, and empower you to make smart decisions based on your situation and your priorities," said Jedrzejewski. "Financial professionals and estate planning attorneys are great choices, and it's best to work with someone who has access to a network of other professionals you may need along the way."

At the very least it's a good idea for women to familiarize themselves with the types of decisions they may need to make as widows, such as:

Managing proceeds from a life insurance policy: When a substantial sum of money is paid from a death benefit, beneficiaries don't always know how to manage the windfall. What happens once the check is cashed? How can the money be invested to help meet both short- and long-term goals? Who will be entrusted to make—or to assist in making—those investment decisions?

Managing qualified retirement account funds: How might the proceeds from a death benefit impact the overall retirement income plan? With a windfall of available money, might it make sense to delay taking withdrawals from qualified plans such as 401(k)s? With the help of your financial representative, a surviving spouse will want to re-evaluate the role of each of her assets to ensure she's making the most of her available retirement income.

Claiming Social Security: Widows can choose whether to take Social Security based on their own work record or on the work record of their spouse, known as a survivor benefit. It may also be possible for a widow to initially take the survivor

benefit and then switch to her own benefit at a later date when she's eligible to receive the maximum amount. Your financial representative can help create a strategy for maximizing this benefit.

Updating estate planning documents: Following the death of a spouse, estate-planning documents will need to be updated to reflect new designations such as beneficiaries and financial and health care powers of attorney. It's important for wom-

en to think about, in advance, whom they will choose for those roles.

While many of the most critical decisions can't be made until the time comes, it's never too soon for women to take what Jedrzejewski calls the first and most important step: Develop a relationship today with someone you trust to guide you through the financial transition to widowhood and empower you—as an individual—to take control of your financial future.

Social Security Q&A

Question:

Someone stole my Social Security number, and it's being used repeatedly. Does Social Security issue new Social Security numbers to victims of repeated identity theft?

Answer:

Identity theft is one of the fastest growing crimes in America, so you aren't alone. If you've done all you can to identify and fix the problem, including contacting the Federal Trade Commission, but someone is still using your number, Social Security may assign you a new number. If you decide to apply for a new number, you'll need to prove your identity, age, and U.S. citizenship or immigration status. You'll also need to provide evidence you're having ongoing problems because of the misuse of your current Social Security number. You can read more about identity theft at www.socialsecurity.gov/pubs.

Question:

I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

Answer:

You can get both Social Security retirement benefits and military retirement at the same time. Gener-

ally, we don't reduce your Social Security benefits because of your military benefits. When you're ready to apply for Social Security retirement benefits, go to www.socialsecurity.gov/applyonline. This is the fastest and easiest way to apply. For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!

Question:

I have been collecting disability benefits for a few years, but I'm getting healthy enough to work again. Can I return to work while getting Social Security disability benefits?

Answer:

Yes, you can return to work while receiving Social Security disability benefits. We have special rules to help you get back to work without lowering your initial benefits. You may be able to have a trial work period for nine months to test whether you can work. If you get disability benefits and your condition improves or you return to work, you must report these changes to us. Call us at 1-800-772-1213 (TTY 1-800-325-0778) or contact your local Social Security office. You can find your local office by visiting www.socialsecurity.gov/locator.

Planning for Incapacity Will Your Plan Work?

by Joyce Koria Hayes, Esquire

What would you do in the case of a sudden incapacity, for instance caused by a stroke, car accident or illness? Who is available to help? Is your home suitable or can it be made suitable if you become physically impaired? The Legal Handbook for Older Delawareans (www.legalhandbookforolderdelawareans.com) recommends that every adult (and particularly older adults) have in place certain documents in case of a sudden incapacity. Those documents are:

■ **An advance health-care directive (AHCD) or a durable power of attorney for health care.** This document names someone to speak on your behalf and sets forth your wishes for treatment in the event you're not able to speak for yourself. If you are in a coma or a vegetative state, do you wish to have a feeding tube? Do you want all measures taken to preserve life, or only to alleviate pain?

You'll need to make sure that the person named as your agent is willing to serve, but more importantly, you'll need to be sure that they will act in accord with your wishes. You might also discuss your plans with others in the family so that they know who has the authority and what you have instructed them to do. Without an AHCD, you leave your family to make impossibly difficult decisions.

You also invite the scenario where one sibling is chosen and another is upset or angry that they were not chosen as agent.

■ **A durable personal power of attorney** designates an agent to act on your behalf with respect to financial matters. Again, ensure that the person you designate as agent is willing to serve. Talk to them about your wishes. And again, talk to other members of the family to make sure they understand who was chosen and what their duties are. You also might specify if the agent is to take sibling suggestions into account. Will the agent have a duty to provide siblings with monthly bank statements? A lack of knowledge can lead to distrust; disclosure prevents that possibility. Consider your children's relationship. Are they cooperative, or has their relationship been characterized by arguments and competitiveness? Will they be able to cooperate in the future or would a third party agent be preferable? These are difficult decisions, but preferable to loved ones having to go to court to obtain a guardianship, which can be quite expensive and involves some delay.

■ **A will** outlines your wishes for the disposition of your property upon your death and names your Executor. The Executor is responsible for seeing that your final expenses are paid and your assets disposed of in accordance with your will. Because

the Executor of your will must adhere to your wishes, there is less opportunity for siblings to question the actions of the Executor. Nevertheless, make sure that your Executor is willing to serve and that your family knows whom you have designated to be Executor.

Joyce Koria Hayes, Esq., is the Executive Director, Secretary and Mediator at Delaware Elder Mediation Services, Inc., located at 273 E. Main Street, Newark, DE. For more information on dealing with aging loved ones, or if you have a question for Joyce, call her at 302-287-9149 or email demsior@gmail.com.

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**My Children are trying to tell me
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**My sister is Mom's power of
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**My children compete and
argue. If I chose one to act for
me if I become incapacitated,
the other will complain now
and second-guess later.**

**A member of the family has received a
diagnosis that means changes will be
necessary, but we don't know where to start.**

**Is your family having trouble making plans
for the future? Delaware Elder Mediation
Services, Inc. experienced neutral facilitators
can help you work out a plan.**

10 Reasons Seniors Hang On To Stuff— And What To Do About It

By Vickie Dellaquila

1 Sentimental Attachment. The beloved prom dress represents the history and memories of the event; it's not the dress itself. Save only a piece of the dress to make a quilt or display in a shadow box. Scrapbooking and converting photos to DVDs are other ways to save treasured keepsakes.

2 A Sense of Loyalty. Older adults who've received gifts from family and friends may be reluctant to part with them. Encourage your loved one to give unused gifts back to the giver or to grandchildren.

3 The Need to Conserve. Seniors are the original green people. Appeal to his/her desire to help others. "You went through the Great Depression, now it's time for you to let go and help someone else." Counter their inclination to conserve by appealing to their desire to give back.

4 Fatigue. A home with a lifetime of memories can easily become too much to handle. Help manage clutter by establishing online bill paying. Get your senior off junk mail lists, which can put them at risk for identity theft, and buy them a shredder.

5 A Change in Health. Seniors who have suffered a brain trauma or stroke, who are wheelchair bound or who are experiencing dementia may no longer be able to manage household duties, which could contribute to clutter. If you see a health change, encourage your loved one to visit a doctor, and consider a professional organizer and caregiver for help.

6 Fear. People often fear what will happen if they give up their stuff (the reasoning behind saving three generations of bank statements). Use logic and information to help them understand it's okay to let go.

7 The Dream of the Future. Those clothes in the closet don't fit anymore, but your loved one is sure that someday she'll lose enough

weight to get into them. Fill a box with the clothing they don't wear much, making a list of the items in the box. Agree that if they haven't gone back to the box in six months to wear the item, they'll donate it to charity.

8 Love of Shopping. Today's seniors have more money than previous generations and they love to shop. Clutter can become so bad that someone can't find something and ends up repurchasing items they already have. Try to convince your loved one to cut back and to say "no" to free stuff.

9 History and Memories. Keepsakes represent history and memories. Encourage seniors to take old photos to a family reunion to share with several generations. Let them know they can contribute to the history of their time and leave a lasting legacy by donating to museums and historical societies, a theater, library, church or synagogue.

10 Loneliness. Stuff can become a misplaced companion. Loneliness may also lead to depression, which makes it difficult to get organized. Consider the services of a professional organizer and caregiver.

Resources

National Association of Professional Organizers:
www.napo.net

National Association of Senior Move Managers:
www.nasmm.org

National Study Group on Chronic Disorganization:
www.nsgcd.org

To be removed from junk mail lists:
www.dmachoice.org
www.catalogchoice.org
www.optoutprescreen.com

Vickie Dellaquila is a certified professional organizer and author of Don't Toss My Memories in the Trash.

Living History Lessons

By Garret Mathews

I've written a lot about men and women who came of age during the Second World War. They're living history lessons, and I'm not shy about popping the questions.

What was the Depression like? Did you know anyone who toiled in make-work jobs provided by the WPA and CCC? At the time of your enlistment in the service, what was the furthest you had been from home? Unlike mobilizations in Vietnam and Iraq, public support for World War II was close to 100 percent. What was it like to have such unity of purpose?

Face it, folks. Despite our best efforts, one of these days we're going to be old. One of these days, a young fellow will knock on my door at the nursing home. "You're a living history lesson," the lad will say as I scoop another portion of Metamucil. "Is it OK to pop some questions?"

The tables will be turned. What will their generation want to know about my age group? What will they be curious about? What are some things that happened on my watch they'll want explained?

Here's what I came up with:

■ Do you remember the day your father carried the family's first television set across the threshold? How much did it weigh? How many knobs did it have?

■ Talk about the Cold War with a special focus on the Cuban missile crisis in 1962. The United States and the Soviet Union were on the precipice of nuclear war. Were you afraid you were going to die?

■ In the heyday of the civil rights movement in the 1960s, did you know any racists who worked at a

restaurant or a hotel or a department store who denied service to blacks?

■ What was the first thing you filed on your Commodore 64 computer?

■ Did schools let out when John Kennedy was assassinated?

■ Let's go back to the 1970s. No internet. No cable news on TV. No sports stations. What was it like to fall asleep during Monday Night Football and have to wait until the next day's newspaper to find out who won the game?

■ How in the world did that geek Nixon get to be president?

■ What was the first television show you saw in color?

■ Did you like the Beatles better before their "Revolver" album, or after?

■ What was it like in the days before fast-food restaurants? Did people actually eat at home?

■ Do you remember the first car you rode in that had air-conditioning?

■ Let's go back to the beginning of the fitness revolution. Can you remember the first time you saw a grown-up jogging who wasn't being chased by the police?

■ When your family left the drive-in movie at the end of the picture, did your dad ever pull out with the speaker still in the window?

■ When you were in college, did you really say, "Far out, man?"

Retired from writing the metro column for the Evansville, IN Courier & Press, Garret Mathews has penned more than 6,500 pieces on every subject from moonshiners to murderers. Read more of his work at www.pluggerpublishing.com.

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Storing Your Skis/ Snowboard Off-Season

One of the most common questions around this time of year is how to properly care for and store ski equipment in the off-season. This is important because it impacts the condition of your skis before your fall tune-up, as well as the longevity of your equipment in general.

Why a Summer Tune-up?

Preventive maintenance is essential to making sure your winter gear lasts a long time. If your edges rust over the summer, next season you'll have to grind your edges more than for a normal sharpening. The same goes for an overly dry or worn base—if you need to grind a thicker layer of material away, ultimately it will shorten the life of your skis/snowboard.

Typically during a summer tune-up, any necessary repairs will be made, your skis' base will be ground, edges sharpened, and a summer wax applied (wax is melted onto your skis/snowboard to completely coat the base/edges. Unlike a typical wax, excess wax IS NOT removed. It is instead left on your base as a protective barrier against drying out, corrosion and dirt.). In the fall, have the excess wax removed from your skis.

Where To Store Your Gear

Ideally you want to keep your gear somewhere inside your house, in an area where both temperature and moisture are regulated. A cool dry place such as a bedroom, coat closet,

or even on display are great choices. Avoid leaving your gear in a garage, attic, shed, backyard or unfinished basement. These types of locations will not adequately protect your gear from rust and other issues that may result from too much moisture. If a storage location is too hot, it can lead to de-lamination of your skis or snowboard by heating up the glue that binds all the layers of the gear together.

How to Store your Gear

Should you store your equipment standing up or lying down? Either way is fine! You can slide them under a bed, or stand them up in a corner of a room or closet. The main trick is to make sure that your gear is not covered up by piles of boxes, other sports equipment or anything else that may bend the skis/snowboard out of shape.

Before you put your gear away for the season, prepare them for the off-season. There are several different levels of preparation:

■ **Good:** After your last time out on the hill wipe your skis/snowboard dry and make sure there is no residual dirt/salt left from your roof rack or last day of riding. Store in a cool, dry place according to the guidelines above.

■ **Better:** After your last time out on the hill wipe your skis/snowboard dry and make sure there is no residual dirt/salt left from your roof rack or last day of riding. Use an old or cheap candle, or block of ski wax, to rub the edges of your skis/snowboard to protect against corrosion. Store according to the guidelines above.

■ **Best:** After your last time out on the hill wipe your skis/snowboard dry and make sure there is no residual dirt/salt left from your roof rack or last day of riding. Take your skis in for a summer tune-up. Store according to the guidelines above.

DO	DON'T
✓ Under the bed	✗ In the garage
✓ In a closet	✗ In the attic
✓ Displayed on your wall	✗ In the unfinished basement
✓ Any other temperature and moisture controlled environment that is cool and dry	✗ In the shed
	✗ Any non-temperature and moisture-controlled environment

● ● ●

Four Easy Bike Tune-Up Tricks

By David Fiedler

The weather's warmed up and it's time to get outside! Want your bike to go faster? Ride easier? Shift more smoothly? Improvements in these areas are often relatively easy to accomplish with just a few simple steps. The following simple tune-up tasks don't require any special knowledge or tools, and yield immediate improvements in your riding.

1 Clean and lubricate your chain. The chain and sprockets on your bike play a key part in the transfer of power from your legs to your wheels. When they collect dirt and grit and get gummy, not only does it slow you down, but the parts also wear out faster. Plan on doing this every thousand miles or so; more often if you ride in dusty or dirty conditions.

Tip: Use a lightweight oil specially designed for bikes. Stay away from motor oil; it's too heavy and will quickly attract dirt and crud. Using too much or the wrong kind of oil is the guaranteed way to get a big greasy chain mark on your leg. Light lubrication and wiping off excess are the keys to success.

2 Lubricate the moving parts of your brakes and derailleurs. Your bike has quite a few moving metal parts that are vulnerable to dirt and moisture. To keep your bike happy and functioning well, these parts should be lubricated regularly. Pedals and pivot points on the brake and derailleur assemblies and cables are good examples of the types of places to target. Because of their location on your bike, they're vulnerable to attracting dirt and grit.

You can spot others just by watching your bike in action and looking for places where metal parts move against and around each other. For instance, think about your brakes. On most road bikes, they're mounted on a bolt on the frame above your wheel. When you squeeze the lever, the brake pivots around this bolt as it contracts. It's these places where you

want to apply a couple drops of oil.

3 Inspect your brake pads. A quick check of your brake pads will often reveal potential problems that are easy to fix.

■ Check for proper alignment. Brake pads are the little rubber things that clamp down on your rims to slow you when you squeeze the brake levers. Make sure they are hitting the rims evenly, and aren't either rubbing the tire or missing your rim partially or completely.

■ Are the brake pads toed-in? The bike brake pads should be "toed-in," which means the leading edge of the pads should touch the bike rim first when you lightly apply the brakes. The pads squish a little, and when you squeeze down hard, you should get full contact to the rim. This helps prevent squeaking.

■ Check for junk embedded in the brake pads. Inspect the surface of the brake pads where they meet the rims, and using a pointy sharp instrument like a knife, pick out any bits of sand or metal that may have become embedded in the pad. Removing this grit prevents the pads from wearing and scratching your rims and helps them provide more even and consistent stopping power.

4 Check tire pressure. Proper air pressure makes pedaling easier, protects your rims from damage, prolongs the life of your tires and makes it much less likely that you'll get flats.

It's quick and easy to check for proper air pressure in your tires before every ride. The recommended air pressure for your tire will be printed on the sidewall in both English and metric units. As you inflate the tire, use a tire gauge (which may be built into your pump) to check the air pressure to ensure that you're on target. As you pump the tire, check the pressure frequently so that you don't overinflate your tire.



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- My adult child will never be independent
- My family members won't help
- Mom doesn't listen to me
- Dad won't stop driving

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to the experts



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LIME CHICKEN WITH CHICKPEAS, ASPARAGUS & YOGURT MINT SAUCE

INGREDIENTS:

- 3 limes, 1 sliced
- 1 Tbsp chopped thyme
- 2 Tbsp olive oil
- Salt and freshly ground pepper
- 4 chicken breasts
- 8 oz cooked chickpeas
- 1 bunch asparagus, blanched
- Handful of arugula leaves, for plating



Yogurt mint sauce:

- ½ cup natural Greek yogurt
- 2 Tbsp chopped mint
- Juice of ½ lime
- ¼ tsp salt

DIRECTIONS:

1. In a bowl, zest the two whole limes and squeeze the juice. Add sliced lime, thyme, oil, salt and pepper.
2. Cut 3 or 4 slits in the chicken. Place in the marinade, mix well, and let sit at least 30 minutes.
3. Heat oven to 350°F.
4. Remove chicken from marinade. Heat a frying pan and brown all over. Place into an ovenproof dish and add reserved marinade, chickpeas and asparagus.
5. Place in oven for 15 minutes, or until cooked through.
6. To make the sauce, combine yogurt, mint, lime juice and salt.
7. Let chicken sit for a few minutes before cutting each piece into three.
8. Place a few arugula leaves on each plate, followed by chickpeas, asparagus and chicken. Drizzle with dressing. Serves 4.

Choosing quality asparagus is almost an art but is very easy when you know how.

1. Look for asparagus spears that are firm to the touch. They should be straight and not bendable; on bending the spear, it should be brittle and “crack.” Stalks should be firm but tender.

2. Look for a bright green color.

3. Check the tips of the asparagus spears. For the main part, they should be closed tightly. A nice dark green or purple tinge on the tips is a good indication of quality. If the tips are yellowish or dried out, the asparagus is too old.



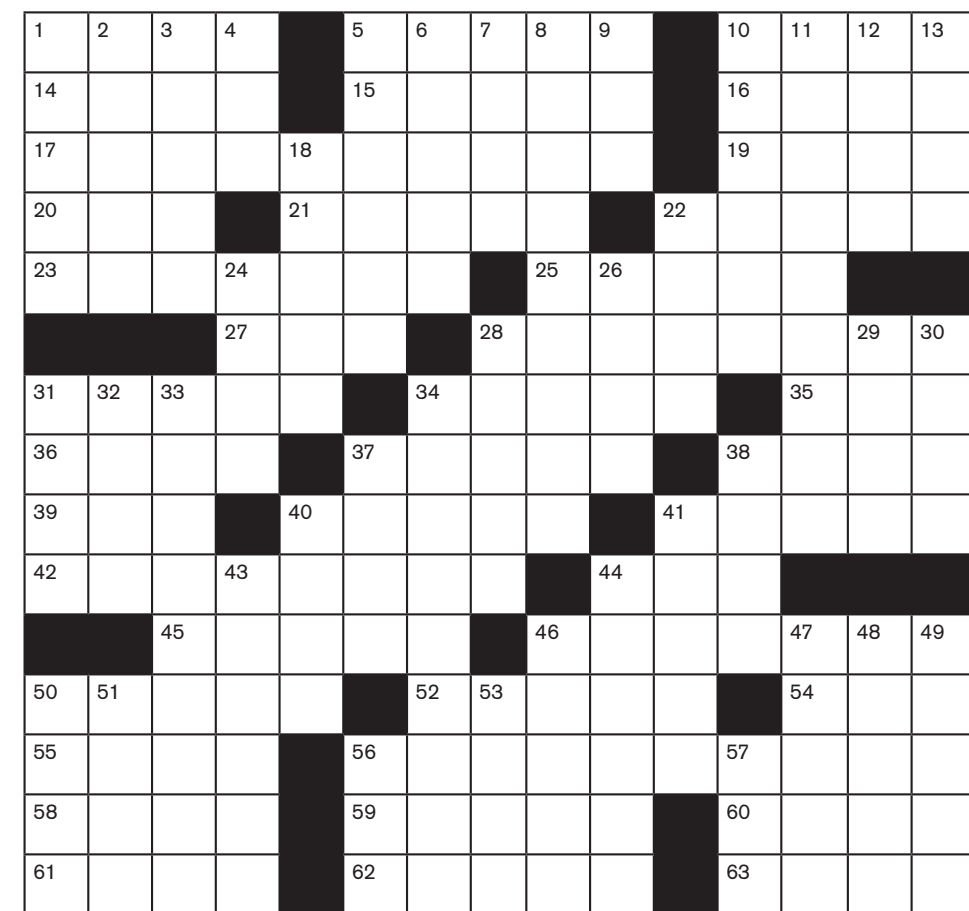
4. Choose the diameter of the spears according to your needs. The size does not affect the tenderness of the spears; rather, you should be looking for the other above signs instead. Sometimes smaller asparagus is simply a better look for your food presentation but you will get more food from the larger stalks if the price is per bunch.

5. Avoid blemished, mottled, or wilting asparagus. If you do find asparagus like this on special and you’re prepared to make soup, then grab a bargain. Asparagus with flowers is long past its prime, so avoid!

Crossword

By Dave Fisher

Answers on page 16



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ACROSS

1. Algonquian Indian
5. Abounds
10. Fastened
14. Wander
15. Spells
16. Unique
17. Improve
19. Small island
20. Indian bread
21. Illegal activity
22. Extreme happiness
23. Tangle
25. Leered
27. One or more
28. Salutation
31. Directly (archaic)
34. Courted
35. Petroleum
36. Writing implements
37. Gulleys
38. Brownish purple
39. Genus of macaws
40. Planet
41. A friction match
42. Blackberry-like fruit
44. Skirt's edge
45. Minim
46. Munitions
50. Verse writers
52. Approaches
54. Solemn promise
55. Constellation bear
56. Exotic dancer
58. Principal
59. Throw with effort
60. Tall woody plant
61. Wings
62. Affirmatives
63. Vesicle

DOWN

1. Large long-necked wading bird
2. Ancient empire
3. What's happening
4. Snake-like fish
5. Full of complexities
6. Creepy
7. Test
8. Space rock
9. South southeast
10. Commode
11. Pernicious
12. L L L L
13. Colors
18. Cake frosting
22. Hemorrhaged
24. Sickens
26. G G G G
28. Pious
29. Agreeable
30. Delight
31. Unwanted email
32. South American country
33. Absence of the sense of pain
34. Guarantee
37. Herbaceous plant
38. A device that moves fluids
40. Dampens
41. Banquet
43. A flammable gas
44. Shingles
46. Do without
47. Female reproductive organ
48. Snouts
49. Sugary
50. Mountain lion
51. By mouth
53. Historical periods
56. Timid
57. And so forth

THE FUNNY BONE

Children Are Quick

TEACHER: Why are you late?
STUDENT: Class started before I got here.

TEACHER: John, why are you doing your math multiplication on the floor?
JOHN: You told me to do it without using tables.

TEACHER: Glenn, how do you spell “crocodile”?
GLENN: K-R-O-K-O-D-I-A-L
TEACHER: No, that's wrong.
GLENN: Maybe it is wrong, but you asked me how I spell it.

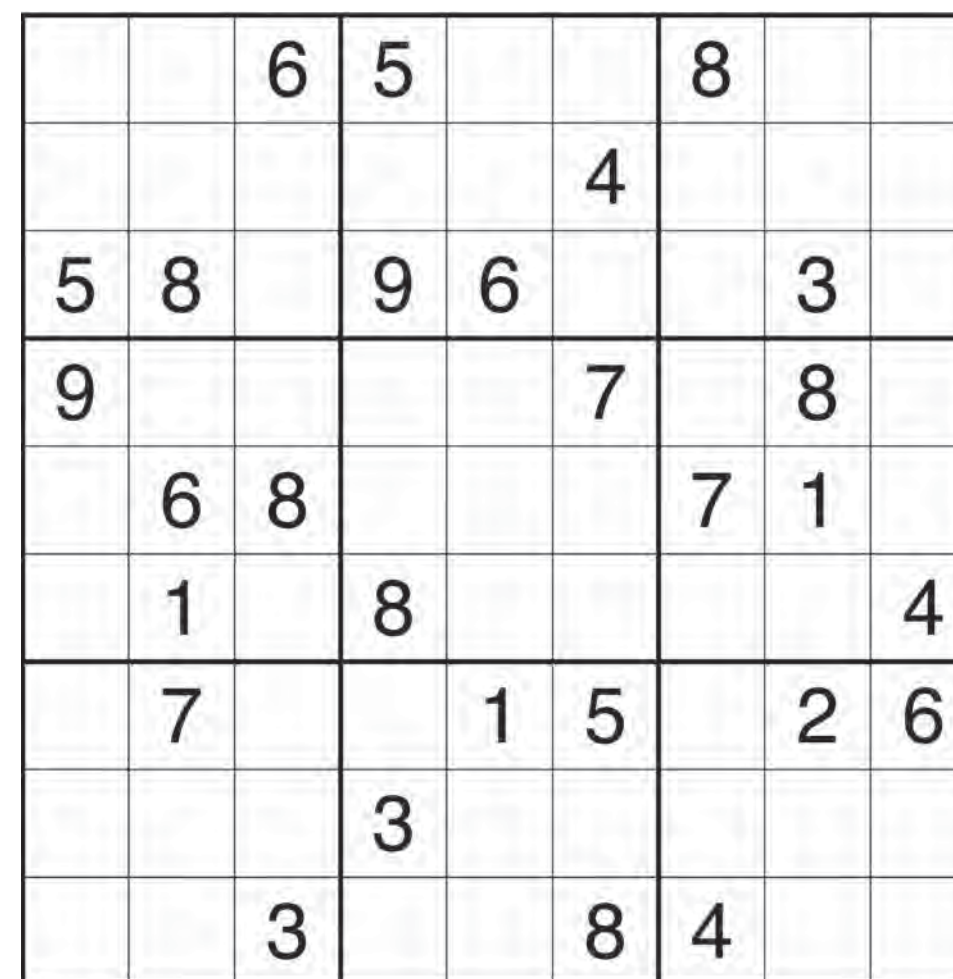
TEACHER: Donald, what is the chemical formula for water?
DONALD: H I J K L M N O.
TEACHER: What are you talking about?
DONALD: Yesterday you said it's H to O.

TEACHER: Clyde, your composition on ‘My Dog’ is exactly the same as your brother's. Did you copy his?
CLYDE : No, sir. It's the same dog.

TEACHER: Harold, what do you call a person who keeps on talking when people are no longer interested?
HAROLD: A teacher.

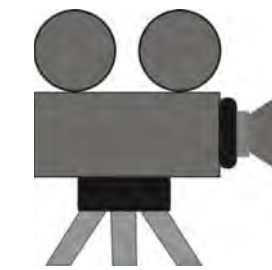
Sudoku

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.



Answers on page 16

(courtesy of KrazyDad.com)

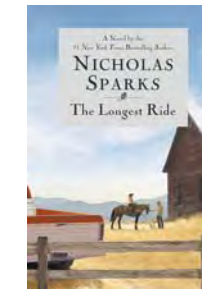


Coming Soon: Favorite Books on the Big Screen

Hollywood's trend of making movies from books shows no sign of slowing down. In fact, there will be over 40 movies released in 2015 adapted from books! From classics to recent hits, novels to nonfiction, the movie theaters will be filled with bookish films all year. A few have already been released, like *American Sniper* and *Still Alice*, but there are plenty more to come—and you still have time to read the books before the movies come out! Here are some of the highlights, listed by release date:

The Longest Ride by Nicholas Sparks (April 10)

– Sparks fans will be excited to see this novel about two intertwined love stories, set in North Carolina, on the big screen.



Child 44 by Tom Rob Smith (April 17)

– This 2008 thriller about children being murdered in the Soviet Union is the first book in a trilogy.



Far From the Madding Crowd by Thomas Hardy (May 1)

– The classic tale of a woman juggling three suitors.

Me Before You by Jojo Moyes (August 21)

– A heart-breaking love story from the very popular 2012 novel about a young woman and the paralyzed man she cares for.

Madame Bovary by Gustave Flaubert (TBA but aiming for summer)

– Popular classic about a farm girl intent on escaping to a life in high society.

Into Thin Air by Jon Krakauer (movie will be titled *Everest*, September 18)

– Uber-popular 90's nonfiction book about a harrowing Everest climb, with an all-star cast including Jake Gyllenhaal, Keira Knightley, and Josh Brolin.

The Martian by Andy Weir (November 25)

– Gravity meets McGyver sci-fi about an astronaut left alone on Mars, features Matt Damon in the lead role.

In the Heart of the Sea by Nathaniel Philbrick (December 11)

– Sure to be a hit with Ron Howard at the helm of this adaptation of the nonfiction book about the Essex whaleship.

Dark Places by Gillian Flynn (TBA)

– Fans of the novel and movie *Gone Girl* will be excited to see another Flynn novel in the theaters, starring Charlize Theron.

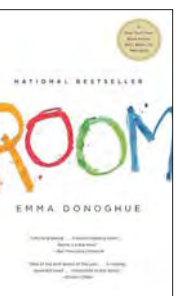
The Light Between Oceans by M.L. Stedman (TBA)

– Popular 2012 novel about a childless couple living in a light-house and the baby they find.



Room by Emma Donoghue (TBA)

– Stunning 2010 novel about a mother and son being held captive in a small room.



See you in the theaters!

Suzan Jackson is a freelance writer who lives in Delaware with her husband and two sons. She writes a blog all about books, featuring book reviews, book news, and more at www.bookbybook.blogspot.com.



Delaware DMV Now Offers MyDMV Online Accounts To Customers

The Delaware Division of Motor Vehicles (DMV) is making it easier for customers to manage their DMV business by offering MyDMV online accounts.



The Delaware DMV offers secure online services that allow customers to manage their DMV account from the privacy of their own home. Signing up for a MyDMV account is easy and free of charge. Simply go to the DMV website at www.dmv.de.gov and click on the "MyDMV"

icon to create an account. Just complete the required information and submit. It's that easy! Once you have created your account you can log on 24/7 to complete services online. Currently with a MyDMV account you can:

- Purchase a copy of your driving record.
- Renew your vehicle registration.
- Add or update Next of Kin emergency contact information.

As the DMV continues to add services, it will be easier and more convenient for customers to update their information and access DMV services. Online services that require payments can be completed by using a

major credit card: Visa, MasterCard, American Express or Discover.

The Delaware DMV offers additional online services that do not require an account, such as renewing a handicap placard, signing up for registration e-notifications, and viewing branch wait times, to name just a few. Customers are, however, encouraged to create an account to perform services that are specific to their individual account.

The MyDMV online service is just another example of how the Delaware DMV continues its efforts to offer "First Class Service from the First State." Be sure to sign up for your free account today!

C	R	E	E	T	E	E	M	S	T	I	E	D
R	O	V	E	H	E	X	E	S	O	N	L	Y
A	M	E	L	I	O	R	A	T	E	I	S	L
N	A	N	C	R	I	M	E	B	L	I	S	S
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M	A	I	N		H	E	A	V	E		T	R
A	L	A	E		Y	E	S	E	S		C	Y

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

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Many of Delaware's DMV services can now be completed 24 hours a day, 7 days a week from your own computer. Sign up for **MyDMV** today to get started. With a **MyDMV** account you can:

- Renew your vehicle registration
- Purchase your driving record
- Add or update your Next of Kin contacts
- And much more

You can create your free MyDMV account by visiting DMV.DE.GOV

