



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

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JUNE 2016



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*Woo hoo! Summer's here!
Let's get the party started!*

It's interesting—although my responsibilities don't change in the summer (if anything, I'm actually doing *more* driving, *more* traveling, *more* juggling of my son's activities and social engagements), I still feel less stressed, more energetic, somehow just... lighter. Maybe it's

the longer days, more sunshine, more time to play, but I think it's important to stop to really appreciate it all. When I lived in California, pretty much every day was a sunny day. I loved it, but there was nothing special about a warm, sunny day. It was commonplace, unremarkable, taken for granted. Today's the first day it hasn't rained in a really long time, and I am taking notice.

The first sunny day also begs you to look forward to more sunny days, and to start thinking about a nice getaway. Nothing beats a good road trip! Whether for a weekend, a week or longer, there are SO many great places to explore, and the National Park Service wants to help. Check out page 7 for the details on how you can get into thousands of places around the country for FREE. But before you get going, protect yourself. By now you've heard about Zika, the mosquito-borne virus that's become a public health emergency. Consumer Reports released their findings on which mosquito repellants will protect you best, and we've got the results, just for you, on page 4.

Maybe you're planning on staying closer to home this summer? If your golf game is just the tiniest bit off, it might be that you've eased off your fundamentals. Get a quick refresher on page 5. Or maybe another sport suits you better? It's the 25th anniversary of the Delaware Senior Olympics! With over 30 sports to choose from, and free coaching to boot, there's never been a better time to test your mettle against your peers! Read all about it on pages 8 and 9.

And saving the best for last: Father's Day is Sunday, June 19. We want to wish every single father the happiest, healthiest Father's Day ever! Thank you for all the love and wisdom you share, and thank you for all you do!

Happy June!

Karyn

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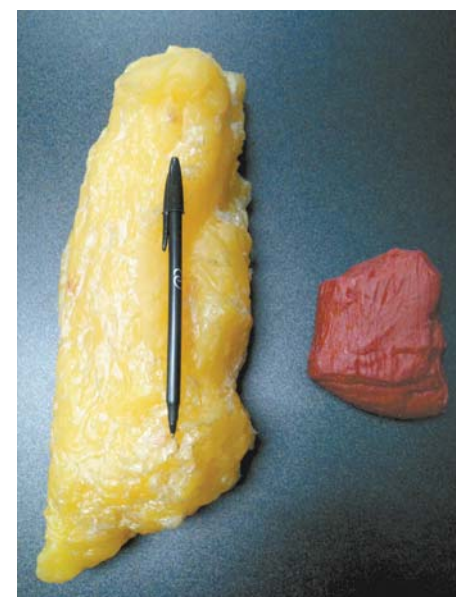
Vital and Fit

By Karyn Cortez

Last month we started to gather together as a group to set and work toward achieving our health and fitness goals. If you're not already part of our private Facebook group, there's no time like the present to join! Just email me at karync@vitalmagonline.com or call me and I'll add you to our group.

A common theme that's come up for people is that they've set goals for themselves in the past, but have had trouble sticking with a plan to reach that final goal. Whether your goal is to get stronger, improve balance and flexibility, lose weight, or just fuel your energy needs with a healthier diet, think about your "why." Now—write it down! WHY do you want to get stronger? One woman wants to get stronger so she can carry her own groceries. WHY do you want to be more flexible? Is it easier to bend over and pick up the grandbabies? WHY do you want to lose weight? How's your energy level when you're at a healthy weight? WHY do you want to make better choices when you fuel your body? How do you feel about yourself when you know you're making a positive choice?

It takes 30 days of changed behavior to ingrain a new habit. When you commit to something, you do what it takes to see it through. Sometimes that means adjusting priorities in order to make it happen. We all have lives, we're all busy, sometimes life gets in the way of our best intentions. Rather than perfection, shoot for consistency. It's your daily choices, the little things you often don't think about, that determine your results. That's why one of the most important things we're striving to remember is that we're not going on "a diet" or a quick-fix, all-out exercise program. Instead, we're creating a better way of living—for ourselves. As you create your new way of being, keep in mind that this is not about deprivation. It's not about doing something you're not enjoying. It's about being smart about how you're fueling your body in order to create the energy



5 LB. FAT COMPARED WITH 5 LB. MUSCLE

you need to get out there and LIVE. It's about adding activity into your daily routine so that when you want to go out there and have fun, your body doesn't let you down!

June Action Steps

Before you start:

- You'll want to track your progress, so **weigh yourself and measure yourself** (chest, waist, hips, each thigh, each upper arm). Often times the scale won't move as fast as you like but your body will be shrinking as you replace fat with muscle. Measure again every 2-3 weeks.
- Clean out your pantry and fridge.** If you stock poor food choices you'll be tempted to eat that food.

Each day this month:

- Eat clean.** Aim for NO processed foods, fast food, junk food, soda, diet soda, etc.
- Eat every 3-4 hours** to keep your blood sugar steady and avoid cravings. Aim for 3 meals and 2-3 snacks a day. Know your portion size. Use your fist as a guide.
- Drink half your weight in ounces of water.**
- Exercise!** Aim for at least 30 minutes of movement or strength moves a day.



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Protect Against Zika!

By Sue Byrne

The World Health Organization has declared the rapid spread of the Zika virus, linked to serious birth defects and transmitted mainly by mosquitoes, an international public health emergency. In response to this growing threat, Consumer Reports (CR) is releasing free to the public its exclusive test results and ratings of mosquito repellents, including those that will protect you best against Aedes mosquitoes, the type that carry Zika.

The Zika virus can make anyone sick for up to a week with fever, rash, joint pain, red eyes, and other symptoms. There is currently no vaccine to prevent the disease or drug to treat it, making it essential that people avoid mosquito bites. The CDC states that avoiding mosquito bites requires multiple strategies, such as wearing long-sleeved shirts and pants when outdoors, but that mosquito repellents are essential, too.

The Most Effective Insect Repellents

CR tested products containing DEET or a chemical called IR3535, as well as those containing three plantlike, but chemically synthesized, ingredients: lemon eucalyptus, picaridin, and 2-undecanone. They also looked at repellents made with natural plant oils, such as geraniol, castor oil, soybean oil, citronella, and rosemary.

The most effective products against Aedes mosquitoes were Sawyer Picaridin and Natrapel 8 Hour, which each contain 20 percent picaridin, and Off! Deepwoods VIII, which contains 25 percent DEET. They kept mosquitoes from biting for about 8 hours. Products that contained 5 percent picaridin or 7 percent DEET, and the IR3535 products didn't make the list of recommended sprays.

CR advises skipping products made with natural plant oils like citronella, lemongrass oil, cedar oil, geraniol, rosemary oil, and cinnamon oil. None lasted for more than 1 hour against Aedes mosquitoes, and some failed almost immediately. In addition, those products are not registered with the Environmental Protection Agency, which regulates skin-applied repellents and evaluates them for safety and effectiveness. Most plant-oil products are exempt from scrutiny by the EPA because the agency considers them to be a minimum risk to human health.

Instead, the CDC recommends using EPA-registered insect repellents. To see if a mosquito repellent is registered by the EPA, look for its registration number ("EPA Reg.") on the back of the label.

The Best Way to Use Mosquito Repellent

Insect repellents that use DEET come in varying concentrations, ranging from 4 percent to 100 percent. Tests show that concentrations of 30 percent provide the same protection against mosquitoes as higher percentages for up to 8 hours, and higher concentrations

of DEET have been linked to rashes, disorientation, and seizures. That's why CR recommends avoiding mosquito repellents with more than 30 percent DEET and not use it at all on infants younger than 2 months.

Women who are pregnant or breast feeding can safely use DEET, picaridin, lemon eucalyptus, and IR3535, according to the EPA, if they are applied properly. Here are tips from the EPA on how to use insect repellent:

- Apply repellents only to exposed skin or clothing—never put it on under clothing. Use just enough to cover and only for as long as needed; heavy doses don't work better.
- Don't apply mosquito repellents over cuts, wounds,

or irritated skin or immediately after shaving.

- When applying to your face, spray first on your hands, then rub in, avoiding your eyes and mouth, and using sparingly around ears.
- Don't let young children apply. Instead, put it on your own hands, then rub it on. Limit use on children's hands, because they often put their hands in their eyes and mouths.
- Don't use near food, and wash hands after application and before eating or drinking.
- At the end of the day, wash treated skin with soap and water, and wash treated clothing in a separate wash before wearing again.

ConsumerReports INSECT REPELLENT RATINGS

Recommended ● Excellent ● Very Good ○ Good ● Fair ● Poor							
Brand	Price	Ratings and Test Results					
		Overall Score	Active Ingredients	Effectiveness Aedes Mosquitoes (hrs.)	Effectiveness Culex Mosquitoes (hrs.)	Effectiveness Deer Ticks (hrs.)	Resists damage to materials
Sawyer Fisherman's Formula Picaridin	\$8.25	96	Picaridin 20%	8.0	8.0	8.5	○
Repel Lemon Eucalyptus	\$7.00	87	Oil of lemon eucalyptus 30% [Approximately 65% p-menthane-3,8-diol]	7.0	8.0	7.3	●
Repel Scented Family	\$7.50	82	DEET 15%	5.0	8.0	8.5	○
Natrapel 8 Hour	\$8.00	81	Picaridin 20%	7.8	8.0	6.0	○
Off! Deepwoods VIII	\$7.00	74	DEET 25%	8.0	8.0	4.9	○
Coleman SkinSmart	\$8.00	69	3-[N-butyl-acetyl]-amino propionic acid ethyl ester IR3535 20%	3.1	6.0	8.2	○
Cutter Skinsations	\$4.50	33	DEET 7%	1.3	2.9	6.0	○
Cutter Natural	\$5.50	29	Geraniol 5%, soybean oil 2%, sodium lauryl sulfate 0.4%, potassium sorbate 0.1%	0.9	0.6	7.9	●
Burt's Bees Herbal	\$8.00	28	Castor oil 10%, rosemary oil 3.77%, lemongrass oil 2.83%, cedar oil 0.94%, peppermint oil 0.76%, citronella oil 0.57%, clove oil 0.38%, geranium oil 0.19%	1.0	1.3	6.2	●
babyganics Natural	\$9.00	25	Soybean oil 95.89%, citronella oil 2%, rosemary oil 1.50%, lemongrass oil 0.50%, peppermint oil 0.10%, geranium oil 0.01%	0.5	1.0	6.8	●
Bull Frog Mosquito Coast	\$8.00	25	3-[N-butyl-N-acetyl]-amino propionic acid ethyl ester IR3535 20%	0.8	3.5	4.7	○
All Terrain kids Herbal Armor	\$9.00	23	Oil of soybean 11.5%, oil of citronella 10%, oil of peppermint 2%, oil of cedar 1.50%, oil of lemongrass 1%, oil of geranium 0.05%	0.6	1.1	6.6	○
California Baby Natural Bug Blend	\$15.50	22	Pure essential oils of cymbopogon nardus (citronella) 5%, cymbopogon schoenanthus (lemongrass) 0.5%, cedrus atlantica (cedar) 0.5%	0.5	0.5	6.7	●
Off! FamilyCare II Clean Feel	\$6.00	18	Picaridin 5%	0.5	0.9	5.2	●
EcoSmart Organic*	\$7.00	7	Geraniol 1%, rosemary oil 0.5%, cinnamon oil 0.5%, lemongrass oil 0.5%	0.5	0.5	1.3	●

GUIDE TO THE RATINGS: **Price:** An approximate retail price. Overall score: Based on mosquito and tick repelling effectiveness. The displayed score is out of a total of 100 points. **Active ingredients:** The active ingredients listed on the product's label. **Effectiveness Aedes Mosquitoes (hrs.):** The number of hours that the product lasted before Aedes mosquitoes began to bite. **Effectiveness Culex Mosquitoes (hrs.):** The number of hours that the product lasted before Culex mosquitoes began to bite. **Effectiveness deer ticks (hrs.):** The number of hours that the product lasted before deer tick nymphs crossed onto a treated forearm. **Resists damage to materials:** We test repellents on a few common materials. Those scoring higher are less likely to cause damage. If you are concerned about damage, test first on an inconspicuous spot.

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Learning From the Masters

By Kate Maliha

You don't have to be a Masters Athlete or compete in Senior Olympics yourself in order to learn from exceptional older athletes. Because greater numbers of older adults are staying fit, exercising and competing in sports in their later years, scientists are beginning to study the effects of athletics at older ages.

Scientists who published a recent article in the Journal of Applied Physiology studied Masters Athletes with an average age of 80, and found that they had 40% more motor neurons than other healthy octogenarians. While we typically lose motor neurons with age, Master athletes not only kept more, but also had better communication, or signalling, between their brains and their muscles. Another study at the University of Pittsburgh found that

Masters Athletes aged 40 to 80 scored better on tests of verbal memory, reaction time, visual memory, and visual motor speed. Although we often think of aging equating to losses of strength, it seems that both cognition and neurological improvements may be some of the key benefits to exercising at older ages, especially at higher levels.

We have a great number of exceptional older athletes to provide inspiration as we get older. Yoga instructor Tao Porchon-Lynch is still teaching at age 97, and marathoners Ed Whitlock and Olga Kotenko are showing us what's possible at age 85. Yul Kwon, aged 80, recently won first place at the Boston Marathon in his age category. Sedentary through much of his middle years, he began training for half marathons at 60 and moved on to full marathons at age 68. His time for the Boston Marathon in April 2016 was 4 hours and 31

minutes, which is an outstanding accomplishment at age 80.


While a combination of drive and genetics may play a part in the success stories of many older athletes, we can all improve the quality of our life by learning from those who raise the athletic bar higher. If you're inspired by older athletes to become more active yourself, here are some key concepts to keep in mind:

- Choose an activity you enjoy.
- Sports participation combines skill and learning with physical and mental effort.
- Trying something new is great for your body and your mind.

If sports aren't for you, try this clock drill exercise at home to work on balance, agility, cognition, and motor control:

Clock Drill (great to play with a grandchild!):

Begin by standing with legs shoulder width apart. Imagine you're standing on a clock face, with 12:00 straight ahead, 3:00 to your right, 6:00 behind you and so on. Have your partner call out a time, and as quickly as you can, step one foot to that time while maintaining upright posture and core (stomach and back) stability. Progressions include increasing speed, depth (lunging if able) or adding some weight.

 *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.*


Golf Fundamentals

The weather's (finally!) breaking and Father's Day is upon us! Get the golf clubs out! We can all always use a quick refresher to "get back into the swing of things." A couple pointers:

The basics can have a big impact on your swing speed.


We all think we're beyond the fundamentals, but there are small adjustments that can make a big impact. We all know the correct grip, for instance...don't we? We know where our "V" should point. But most golfers still hold the club in a manner that restricts their swing speed. They hold it in the palms.

If the grip on your club is worn, then it also makes it difficult to generate fast clubhead speed. Not only will your hands tighten in an effort to hang on to the grip, but so will your wrists, forearms, shoulders, and even your back.

 If you hold the club too much in the palm, then it is more difficult to release the hands and create club-



head speed. If releasing the hands properly is a challenge then you also make it more difficult to square the clubface through impact.

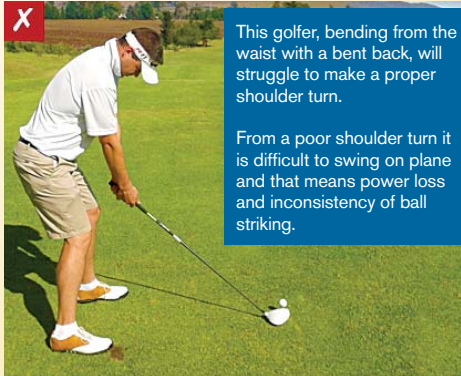
 Most golfers place the club on the ground before gripping it. While you're trying to develop a better understanding of a performance-based grip, try holding the club in the air and then placing it in the crook of the fingers of your left hand.

Check your grips every month.

You can, and should, clean grips regularly. Try to avoid leaving them somewhere that is going to get hot.

We all know the correct posture.

Small adjustments to your fundamentals, such as posture at setup, can have a big impact not just on swing speed, but also on the consistency of your ball striking and accuracy. We all know the correct setup and posture, don't we? It's amazing



how many bad habits slip into our setup and posture, though, and it's amazing how some very important points, such as where you bend from, have been misunderstood.

Just as every car should have a service, every golfer should have at least one assessment a year, where their basics and fundamentals are checked out. Small adjustments now can have a big impact on the amount of fun you'll have in the next months.

Social Security Q&A

Question:

What is the benefit amount a spouse may be entitled to receive?

Answer:

If you're eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives 50 percent of the retired worker's full benefit, unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on a full retirement age of 66, if a spouse begins collecting benefits:

- At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit;
- At age 64, it would be about 42 percent;
- At age 63, 37.5 percent; and

- At age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading our Retirement publication at www.socialsecurity.gov/pubs/10035.html.

Question:

I work in retirement. How much can I earn and still collect full Social Security retirement benefits?

Answer:

Social Security uses the formulas below, depending on your age, to determine how much you can earn before we must reduce your benefit:

- If you are younger than full retirement age: \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2016, that limit is \$15,720.
- In the year you reach your full retirement age: \$1 in benefits will be deducted for each \$3 you earn above a different limit, but we count only earnings before the month you reach full retirement

age. For 2016, this limit is \$41,880.

- Starting with the month you reach full retirement age: you will get your benefits with no limit on your earnings.

Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm.

Question:

Will my son be eligible to receive benefits on his retired father's record while going to college?

Answer:

No. At one time, Social Security did pay benefits to eligible college students. But the law changed in 1981. We now pay benefits only to students taking courses at grade 12 or below. Normally, benefits stop when children reach age 18 unless they are disabled. However, if children are still full-time students at a secondary (or elementary) school at age 18, benefits generally can continue until they graduate or until two months after they reach age 19, whichever is first. If your child is still going to be in school at age 19, you'll want to visit www.socialsecurity.gov/schools.



TRAVELING OR LIVING ABROAD?

What Happens To Your Social Security Benefits?

By Davida Smith-Reed, Social Security District Manager

Over half a million people who live outside the United States receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children.

If you are a U.S. citizen, you may continue to receive payments outside the United States as long as you are eligible for payment and you are in a country where we can send payments. If you aren't a U.S. citizen, you must meet certain of the conditions to continue to receive payment. "Outside the United States" means you're not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the U.S. for at least 30 days in a row, we consider you to be outside the country.

Use the online tool at www.socialsecurity.gov/international/payments_outsideUS.html to find out if you can continue to receive your Social Security benefits if you are outside the U.S. or are planning to go outside the U.S. This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six

consecutive calendar months, or if certain country specific restrictions apply.

If you are traveling outside the U.S. for an extended period of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect your travel to last, in order to determine whether any Supplemental Security Income (SSI) you receive will be affected.

When you live outside the United States, periodically we'll send you a questionnaire. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't, your payments will stop. In addition to responding to the questionnaire, notify us promptly about changes that could affect your payments.

You can also read the publication titled *Your Payments While You Are Outside the United States* at <https://www.ssa.gov/pubs/EN-05-10137.pdf>.

Social Security is with you through life's journey, even if that journey takes you outside the United States.



Time to Travel!

Whether you consider Memorial Day weekend or June 20th to be the beginning of summer...summer's here! One of the best deals going anywhere is the National Park Service's Senior Pass, your pass to all the majestic wonders our beautiful country has to offer.



What is the Senior Pass?

For just \$10.00, U.S. citizens or permanent residents who are 62 years or older can buy a lifetime pass that provides access to more than 2,000 recreation sites managed by five Federal agencies, with up to 100% of the proceeds used to improve and enhance visitor recreation services. At many sites the Senior Pass provides the pass owner a discount on expanded amenity fees, too (save on camping, swimming, boat launching, and guided tours).

Where can I get a Senior Pass?

You can buy a Senior Pass in person from a participating Federal recreation site or office (get the list at <http://store.usgs.gov/pass/PassIssuanceList.pdf>) or buy one online at the USGS online store (store.usgs.gov). Just fill out the online application and upload proof of residency and age. You'll need to provide a credit card payment of \$20.00 (\$10.00 fee for the Senior Pass, and an additional \$10.00 document processing fee). Once the documentation is verified and payment is received, a pass, with the pass owner's name pre-printed on it, will be issued. If you can't order online, you can submit a paper appli-

cation by mail to the USGS, enclosing the same documents and \$20 fee.

Not 62 Yet? No worries! Pick up an Annual Pass instead.

- The \$80 annual pass allows the pass owner and accompanying passengers in a single, private, non-commercial vehicle to enter federally-operated recreation sites across the country.
- Covers the pass owner (photo ID required) and three (3) accompanying adults age 16 and older at sites where per person entrance fees are charged. No entry fee charged for children 15 and under.
- Valid for one full year from month of purchase (through last day of that month).
- U.S. military and their dependents qualify for a FREE Annual Pass.



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Racquetball

Terri Rock

For me, playing racquetball is challenging, competitive and therapeutically healthy for the body and mind. I love the sport and what it's meant to my life, even though I didn't start playing the game regularly until I was in my 40s. I started playing regularly in the 90's, and in 1998 I qualified to play at the 1999 National Senior Olympics in Orlando, FL. To my disbelief, I won the 50-54 age bracket Women's Senior Olympics gold medal!

In 2000 I qualified and registered to play at the 2001 National Senior Games. Unfortunately, I had to withdraw because I was diagnosed with breast cancer and had to go through surgery and radiation. Family and racquetball was my inspiration to fight my way back to health, and I did.

In 2002 I slowly worked my way back up to play competitively, and qualified to play in the 2003 National Senior Olympics. Not only did I play, I won the silver medal! That, after battling through cancer, was one of my most gratifying life moments.

In 2013 I suffered another setback. I had a heart attack...while I was playing. Although the cardiologist called it the "widow maker," I made it through another major life event. This year, January 2016, a group of us, four racquetball players, from Midway Health Club in Lewes, DE flew out to Arizona to play at the Tucson Women Senior Masters (WSMRA). In that tournament I competed for and won the first place title in the 70's Singles Championship!

I can only say that with God's help, and racquetball - which kept me fit and strong - I've been able to overcome serious health obstacles. The mantra "keep moving, stay fit, and have fun while doing it" has done nothing but enrich my life.

Mens Volleyball

Jerry Szabo, Men's Volleyball Coordinator:

To the best of my knowledge, we are the oldest and longest running volleyball club in the state. And the most amazing thing about that is that volleyball here didn't start at a Peewee level and build. In fact, most of the people that participated in the beginning were people who learned the sport either in college or in adult Recreation leagues, and so ages ranged all the way up into the 50s. And that's still the case. The beautiful thing about being on a team is the camaraderie that we enjoy, and the encouragement to continue playing and competing. I'm 67, and though nothing like I was, I still enjoy playing with people ranging from their 50s to some in their 80s. The game has given them long life and their life, in part, is the game.

Big Time Women's Softball

For some women in Delaware and Maryland, softball is big time. Coming together again through DSO, many of the players played with the Blue Chicks of Delaware until age requirements placed them with different teams. They now play tournaments from April through November for teams in KY, VA, OH, DE and FL. Each month they play in a tournament in a different state (FL, TN, KY, AL, SC, DE, UT). And although each tournament comes with its challenges—up to six games a day, 8 a.m. to 9 p.m. game times—after winning games, traveling together is their favorite part of participating! Did we mention their ages range from 66 to 81? Congratulations to a group of young seniors who represent Delaware in the most competitive divisions of softball throughout the USA!



Celebrating 25 Years!
The Delaware Senior Olympics

This year is a big year for the Delaware Senior Olympics. Not only is 2016 a qualifying year for the National games, but DSO is also celebrating their silver anniversary! In fact this year, to commemorate and help celebrate 25 years, the President of the National Senior Games Association, Marc Riker, will be on hand at the highlight of every year's contests and activities, the Annual Awards Banquet.

What is it about the DSO that makes it so special that it seems that, once someone becomes a member of the group, they're in for a lifetime? First off, let's dispel some misperceptions. Don't be misled by the name — you don't have to be a sports superstar to participate in the Senior Olympics; you just need to be age 50+. We all know that staying active helps us stay stronger and live longer, and that's the goal, pure and simple. DSO's mission is to promote healthy lifestyles and fitness for senior adults through both competitive and non-competitive athletic activities, all while having fun with like-

minded individuals. DSO's goal is to have 8,000 seniors participating in these programs by the year 2018.

DSO holds annual state games in 30 different competitive sports for athletes of all abilities, with most occurring during September and October. Competitions are held separately for men and women, separated into five-year age groups starting at 50-54, 55-59 on up to 100+. Year-round, seniors are invited to participate in non-competitive fitness activities, such as Senior Group Challenge and Walk Delaware. Since the inception of Walk Delaware, over 5,000 walkers have committed to walk the length and breadth of Delaware (131 miles) during a one-year period. Certificates and pins are awarded for completion of the program. DSO also holds special events during the year, where the DSO members, families, and friends enjoy fellowship, fun and social interaction.

What does it cost to participate in DSO?

There are individual and team sports fees if you want to

participate in the annual competitive games; all entrants must be DSO members. An annual membership costs just \$20. For non-competitive fitness participants, there is no fee.

How are the DSO activities organized?

There is a coordinator for each competitive sport, an advocate for his/her sport, who is responsible for answering your questions and providing year-round training, clinics and informal competitions.

There are also coordinators for the non-competitive fitness activities, generally conducted at senior centers, YMCA's, malls (walking programs), and other places seniors gather.

Ready to get started?

Call 888-881-6128, email admin@delawareseniorolympics.org, or visit the website at <http://delawareseniorolympics.org>. Come on, get outta that chair, and join the fun!



Let's Play Pickleball!

Pickleball, the once "What is That??" sport, is now a legitimate game played not just by people over 50, but by their children and grandchildren as well. Go to the public tennis courts and you'll see chalk or tape lines 20 feet by 44 feet. And you'll see happy players hitting fast or dinking or lobbing their lime green, pink, white, yellow or orange whiffle-type balls, watching to stay out of the Non-Volley Zone (Kitchen).

Pickleball is a social game played by families and serious players alike. Want to learn how to play? Visit <http://www.usapa.org/> to find an ambassador whose job is to share the sport with you, or contact DSO - they'll teach you at no cost! Want to take it up a notch? There are both indoor and outdoor tournaments in Delaware and surrounding states every month. So come out and join the fun!

Wii Bowling and Golf

You don't have to be in superhuman shape, or even be able to run, to play some of the DSO sports. Everyone can play the Wii games because you can play either seated or standing. And while a little friendly competition never hurt anyone, the main enjoyment in the Wii sports comes from the opportunities to meet new people, the fun in being involved, and of course showing off some skills. The Delaware Senior Olympics creates a great atmosphere for seniors to play competitively and have fun, especially the newest challenge - the 100 pin game. This year, come join us at the Country House when we host the DSO Wii Bowling event in September and the Wii Golf event in October. We have a fabulous time!

DSO Weightlifting

You're never too old to be strong! And the DSO weight lifting competition proves it. Our competitors, ranging in age from 50 to 86, compete in three lifts: bench press, dead lift, and bench press for reps (30% of body weight for women, and 70% of body weight for the men). One of our female competitors from last year even competed in Delaware's Strongest 8 competition this past April!

Women's and Co-ed Volleyball

Women's and Co-ed Volleyball Coordinator Willa Jones became involved with DSO volleyball about 15 years ago. Her goal is to encourage younger women to realize that they can play at any age, so keep on going! Her role model? Eighty-three year old Marion Lisehora.

According to Willa:

When I joined the DSO Sussex County volleyball group I met an incredible woman, Marion Lisehora. She played every sport: volleyball, pickleball, softball, basketball, track and field, and swimming, all through the Delaware Senior Olympics. She's competed all over and won numerous gold and silver medals. She's even medaled in the World Senior Games in St. George, UT. She's 83 and still competes, inspiring us all to keep fit and never give up.

Participating in competitive sports enables you to meet people from all over the country and to develop great friendships. I'm thankful for all the wonderful people who, through DSO, have touched my life.



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Save The Date! June 3 is NATIONAL DOUGHNUT DAY!

Each year on the first Friday in June, people happily celebrate National Doughnut Day to honor the doughnut and the Salvation Army "Lassies"—the women who served doughnuts to soldiers during WWI.

In 1917, during WWI, the Salvation Army "lassies" were sent to the front lines of Europe. Home-cooked foods, including doughnuts, were provided by these brave volunteers as a morale boost to the troops. The doughnuts were often cooked in oil inside the metal helmets of American soldiers, which is how the soldiers got the nickname "doughboys."

National Doughnut Day was created by The Salvation Army in 1938 to honor the women who served the doughnuts to soldiers in World War I. Originally it was a fundraiser for Chicago's Salvation Army, their goal being to help the needy during the Great Depression.



National Doughnut Day First Friday in June
www.NationalDayCalendar.com

Hiring a Caregiver at Home

So you've made the decision to bring in some extra help either in your own home or for a loved one. All of a sudden you realize that the decision is not quite as simple as it might first appear. So many details to consider! How do you begin to sort through the choices? One of the first decisions to make is whether you want to hire someone on your own—maybe someone you know, or maybe from an online list of caregivers—or if you want to go through an agency. Of course you're never locked in to a choice forever, but it's better to be safe than sorry, especially when it comes to bringing someone into your home. Here's a great visual to help you easily compare the pros and cons of each alternative. Remember the age-old adage: You get what you pay for!

AGENCY CAREGIVERS	INDIVIDUAL CAREGIVER	REGISTRY CAREGIVERS
Caregiver Backup for Emergencies		
YES—Backup staff is plentiful and readily available when emergencies happen.	Normally none. Not having backup staff can lead to you or your loved one being left alone.	Caregivers work as independent contractors and are responsible for their own work schedules.
Bonding, Insurance, and Licensing		
YES—You are fully protected. The agency is insured and licensed by Delaware Health and Social Services. All caregivers are bonded.	Individuals usually do not bond themselves so you may not be protected in the event of a theft or claim. It will be your responsibility to verify any coverage or licensures claimed by these individuals.	Most major insurance carriers will not provide coverage to independent contractors through a registry. Remember, these caregivers are in business for themselves.
Supervision of Home Care Staff		
YES—Care Manager conducts regular supervision.	Individual caregivers are completely independent and supervise themselves.	Registries are prohibited by law from supervising independent contractors.
Payroll, Taxes, and IRS		
You have no responsibility for calculating, withholding or reporting payroll taxes.	You are legally responsible for withholding and remitting state, federal, and FICA taxes to the proper tax authorities.	Various taxing authorities have complex and confusing methods for determining if you or the registry are the employer and responsible for taxes.
Criminal Background Checks		
Agency conducts a State Police criminal background check and FBI fingerprint checks if the person has lived in the state for less than 2 years.	You have to find a way to accurately check the caregiver's background and criminal history or take your chances.	State regulations require registries to conduct criminal background checks.
Workers' Compensation and Your Liability		
You are not responsible for payment of wages or medical expenses in the event a caregiver is injured at work.	Private individuals can sue you if they are injured while working for you.	Registries are prohibited from providing worker compensation coverage for independent contractors.
Crime and Theft		
You are covered for up to \$25,000 per occurrence.	You will need to start the legal process of suing the caregiver for loss or damages.	You will need to start the legal process of suing the caregiver for loss or damages.
General Availability		
Agencies provide scheduling services 24 hours/day, 365 days/year. Caregivers are available on weekends, holidays, vacations, and on short notice during emergencies.	Individuals may have limited availability. You are responsible for finding and qualifying replacement staff for sudden sickness, time off, emergencies, and vacations.	Independent contractors are not supervised by the registry and they manage their work schedules. You will need to have another independent contractor referred to you.

Brought to you by Angel Companions of Wilmington, Delaware. The Angel Companions team pays attention to the details, can offer a fresh perspective on your situation, and provides true heart service to their clients. For more information call Ron Miller at 302-343-7003, email him at rmiller@angelcompanions.net.

Conditions that Imitate Alzheimer's Disease

If a senior loved one is getting to be a little confused or forgetful, it's easy for an adult child to panic and jump to the conclusion that they have Alzheimer's disease, the most common form of dementia and the one most people have heard of.

While it's true that forgetfulness and confusion are both early indicators of Alzheimer's disease, they can also be symptoms of less serious, treatable health conditions.

7 Health Conditions That Mimic Alzheimer's

A wide variety of health conditions and illnesses can look like Alzheimer's, but aren't. A few to look for when a senior experiences a change in behavior include:

1 Urinary Tract Infection (UTI): When an older adult begins exhibiting unusual behaviors, this infection is one doctors frequently suspect first. Classic symptoms are

disorientation and confusion, which is why it's so easy to mistake a UTI for Alzheimer's. Some chronic health conditions such as diabetes weaken immune systems putting one at higher risk for infections.

2 Vitamin B-12 Deficiency: Another potential source of Alzheimer's-like symptoms could be a vitamin B-12 deficiency. Common symptoms of a vitamin B-12 deficiency include memory loss, confusion and a short attention span.

3 Thyroid Disease: As we age, we are more likely to experience problems with our thyroid. A person may develop hyperthyroidism (overactive thyroid) or hypothyroidism (underactive thyroid) and not even be aware of it. Both disorders can impact memory and attention span.

4 Depression: An under-diagnosed condition in seniors is depression. Symptoms are often con-

fused with dementia. It occurs so often in older adults that the term "Pseudodementia" was coined to describe it.

5 Medication Side Effects: Because our bodies metabolize medication differently as we age, medication side effects and adverse reactions become more common. Symptoms of a problem often include memory loss, confusion and disorientation, all of which are easy to mistake for Alzheimer's disease in an older adult.

6 Diabetes: Uncontrolled or undiagnosed diabetes can also create symptoms that look like Alzheimer's. Disorientation, agitation, aggression and forgetfulness can all be caused by problems with blood sugar.

7 Dehydration: People often associate dehydration with summer. In fact, seniors are at higher risk for dehydration year round. Many just

don't drink enough water to stay hydrated. Some deliberately don't because they think getting up and down to use the bathroom more often will increase their risk for a fall. The result can be confusion and disorientation.

The good news is that unlike Alzheimer's disease, many of these problems can be reversed with prompt medical treatment. If you suspect you or your senior loved one have memory loss, the first stop is a primary care physician's office. Even if the diagnosis does turn out to be Alzheimer's, early intervention is important since it offers an opportunity to explore available prescription drug options and to explore the idea of participating in a clinical trial.

Brought to you by your friends at Five Star Senior Living. For more information and to contact your nearest community, please visit www.fivestarseniorliving.com.

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June is National Home Safety Month

Simple Changes for Home Safety

Six out of every 10 falls happen at home. Because we tend to move around our homes without thinking about our safety, many falls could be prevented by making simple changes in your living areas.

- **Remove anything that could cause you to trip or slip while walking.** That includes clutter, small furniture, pet bowls, electrical and phone cords as well as loose rugs and slick floors.
- **Arrange furniture to give plenty of room to walk freely.** Also remove items from stairs, hallways, and pathways.
- **Be sure that carpet edges are secured to the floor and stairs.** Remove throw rugs, use nonslip rugs, or attach rugs to the floor

with double-sided tape.

- **Put non-slip strips on floors and steps.** Put non-slip strips or a rubber mat in your bathtub or shower. Find them at a home center or hardware store.
- **At home and away avoid wet floors and clean up spills right away.** Use only non-skid wax on waxed floors at home.
- **Poor lighting—inside and out—can increase your risk of falls.** Make sure you have enough lighting in each room, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture.
- **Good lighting on stairways**

is especially important. Light switches at both the top and bottom of stairs can help.

- **Place a lamp within easy reach of your bed. Put night lights in the bathroom, hallways, bedroom, and kitchen.** Also keep a flashlight by your bed in case the power goes out and you need to get up.
- **Have handrails installed on both sides of stairs and walkways.** If you must carry something while walking up or down stairs, hold the item in one hand and use the handrail with the other. When you're carrying something, be sure you can see where your feet are stepping.
- **Properly place grab bars in your**

tub, shower and next to the toilet. Use them every time you get in and out of the tub or shower. Be sure they are securely attached to the wall.

- **You might find it helpful to rearrange often-used items in your home to make them more accessible.** Store food boxes, cans, dishes, clothing, and other everyday items within easy reach instead of needing a stool to get to an item.

Brought to you by Your Own Home In-Home Senior Care. With the help of the services offered by Your Own Home you can enjoy the independence and comfort of living at home, but not have to worry about all of the responsibilities. For more information on senior care, call them at 302-478-7081 or visit www.yourown-homecare.com.



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 This agency is a member of **Companion Connection Senior Care**, a national membership organization of non-medical home care agencies. All members have access to recognized experts in the field of home care, as well as the most current educational resources, which enable them to provide the highest level of care to their customers.

You don't have to be alone anymore. Call us Today!
302-478-7081

5 Recycling Dos, Don'ts And Double Checks

The Most Basic Rule Of Thumb

When non-recyclable materials end up in the bin, they can send the whole batch to a landfill. That's why we say: When in doubt, throw it out. But before it comes to that, check out these quick tips to make less room for doubt.

5 Things That Are Ok For The Recycling Bin

1. Staples and paper clips
2. Envelopes with windows
3. Labels on cans and bottles
4. Magazines
5. Stamps and small stickers

Although some of these materials might give you pause and make you wonder if they'll contaminate your recycling, MRFs (materials recovery facilities, pronounced "murf") are more than capable of removing, sorting and disposing of these items.

5 Things That Are Never OK

1. Plastic bags
2. Diapers
3. Polystyrene (styrofoam)
4. Greasy pizza boxes
5. Food

These are items that are frequent offenders of contamination. They have no business in the recycling bin, though things like plastic bags or food waste can be responsibly disposed of in other ways.

5 Things That Make You Go Hmmm

1. Aerosol cans
2. Bottle caps
3. Metal lids
4. Aseptic cartons
5. Wrapping paper

Some communities recycle these items, some don't. Check with your recycling collector before disposing so you can do so responsibly and possibly discover other ways you can safely divert them from landfills.

What's recyclable in Delaware?

Surprisingly, anything is recyclable if there is a market for it. Most materials can be recycled, but what is collected for recycling is limited. This is usually due to economics. Recycling systems require collection and processing where costs and feasibility matter. For example, a material that has a low economic

value and is difficult to handle or process is not going to be collected in most recycling programs. So the better question is "What is acceptable?"

Single-stream recycling systems commingle recyclables. Items such as cans, bottles, and papers can all be mixed together. This makes it very easy and convenient for people to recycle. It also saves transportation in the collection process. Nearly all single-stream recycling programs in Delaware accept the following items:

- Aluminum cans
- Plastic containers that are rigid, such as bottles, jugs, crates, and tubs.
 - PET (#1)
 - HDPE (#2)
 - LDPE (#4)
 - PP (#5)
- Mixed Resins (#7)
- Glass bottles/jars
- Steel/Tin cans
- Aseptic containers and cartons
- Papers
 - Magazines, catalogues, telephone books
 - Junk Mail
 - Envelopes
 - Newspapers
 - Corrugated Cardboard
 - Boxboard (cereal boxes)
 - Clean paper bags
 - Colored Paper
 - Paperback books
 - White Office Paper

Plastic containers are usually labeled with a symbol and a number. The symbol does NOT mean that the container is acceptable in your recycling program. The number actually identifies the type of plastic resin that the container is made from. Containers labeled with a 1 or a 2 are almost always accepted because they are the highest value resins. Resins 4, 5 and 7 are now accepted in most programs in Delaware.

Examples of what is NOT acceptable in most programs:

- Anything with food residue or liquids
 - Pizza boxes free of cheese, sauce, and crust are OK for recycling
- Used aluminum foil or trays
- Styrofoam
- Waxed paper
- Plastic shell packaging

Being "not acceptable" does not necessarily mean that it is not recyclable.

It means that your recycling collector does not want it.

Lots of other materials can be recycled. Many of them are items that you might discard much less often. These include:

- Electronics
- Rechargeable batteries
- Cellphones
- Ink cartridges
- Building materials
- Organics, Compostables, and Yard Waste
- Clean Styrofoam (Call DSWA @ 1-800-404-7080)

CLOSE THE RECYCLING LOOP:

Please note that it is very important to purchase items with recycled content. Collecting recyclables is important. But if you really support materials going full circle, buy items with recycled content.

For more information visit the *How to Recycle Guide* or visit www.earth911.org. Take it a step further - Join www.recycle-bank.com today to earn rewards for doing the right thing!

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

C	O	I	F	B	A	K	E	S	P	I	P	S
A	L	T	O	O	C	E	A	N	A	N	A	L
B	I	E	R	U	N	F	R	I	E	N	D	L
S	O	M	E	O	N	E	S	P	A	N	I	E
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Y	A	U	P		M	E	D	I	A	A	C	E
S	P	R	Y		S	P	A	L	L	T	E	S

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GRILLED FISH TACOS



When I moved to Manhattan Beach, CA back in the late 90's I found a tiny restaurant called Wahoo's Fish Tacos. I'd never heard of fish tacos, let alone tasted one, but being a UVa grad (aka a Wahoo!) I just had to try one. And I was hooked.

This recipe for Healthy Fish Tacos captures all of the fresh flavors of a true Baja-style fish taco. Cod is lightly seasoned with salt and grilled (or broiled) until moist and flaky. Fish cooks quickly, so keep an eye on it until it's done to your liking. Top your tortillas with shredded green cabbage, a fresh pico de gallo salsa, and a light version of Mexican crema made with yogurt and lime juice. A squeeze of lime is the finishing touch.

Total Time: 30 minutes
Prep Time: 20 minutes
Cooking Time: 10 minutes
Yield: 4 servings

INGREDIENTS
2 Tbsp. low-fat (1%) plain yogurt
3 Tbsp. fresh lime juice, *divided use*
3 Tbsp. finely chopped cilantro, *divided use*
1 medium tomato, chopped
½ medium onion, chopped
1 medium jalapeno, seeds and veins removed, chopped (optional)
1 lb. white fish (like cod, halibut, or mahi mahi), washed, patted dry
Sea salt (or Himalayan salt) (to taste; optional)
4 (6-inch) whole wheat tortillas, warm
1 cup shredded cabbage
4 lime wedges (for garnish; optional)

PREPARATION
1. Preheat grill or broiler on high.
2. To make yogurt sauce, combine yogurt, 2 Tbsp. lime juice, and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
3. To make salsa, combine tomato, onion, jalapeño (if desired), and 1 Tbsp. cilantro in a small bowl; mix well. Set aside.
4. Season fish with salt if desired.
5. Grill or broil fish for 4 to 5 minutes on each side, or until fish flakes easily when tested with a fork.
6. Evenly top tortillas with fish, cabbage, and remaining 1 Tbsp. cilantro. Drizzle with remaining 1 Tbsp. lime juice, and yogurt sauce; garnish with lime wedges. Serve with salsa.

www.teambeachbody.com

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.

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

Answers on page 13 (courtesy of KrazyDad.com)

THE FUNNY BONE

We've been having some fun around the house these days. See if these get to you too! Try to say each one at least three times fast--and ten if you can!

1. A big black bear bit a big black bug and the big black bug bled black blood.
2. Six thick thistlesticks
3. I wish to wash my Irish wristwatch.
4. Mrs. Smith's Fish Sauce Shop
5. Peggy Babcock
6. To begin to toboggan, first buy a toboggan. But don't buy too big a toboggan. Too big a toboggan is too big a toboggan to buy to begin to toboggan.
7. We surely shall see the sun shine soon.
8. If two witches were watching two watches, which witch would watch which watch?
9. The seething sea ceaseth and thus the seething sea sufficeth us.

And the Guinness World Record for toughest tongue twister belongs to:

10. The sixth sick sheik's sixth sheep's sick.

Do you have a favorite tongue twister? Throw it in the mix! Add your favorite in the Comment Box at www.vitalmagonline.com/tongue-twisters-for-the-record-book/.

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			

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- ACROSS**
1. Hairdo
 4. A prediction
 5. Leaps
 6. Skin disease
 7. Hemp
 8. Hearing organs
 9. Trim
 10. A velvety fabric
 11. An independent film company
 12. Went white
 13. Cunningly
 19. Artist's workstand
 21. Dethrone
 25. Hairdo
 26. Char
 27. Rational
 28. Graphic symbols
 29. Pertaining to the oceans
 30. A kind of macaw
 31. Foot digit
 34. Anagram of "Note"
 35. Norse god
 36. Agreement
 38. Religious sister
 39. Moderately
 41. Lascivious looks
 42. Bristle
 44. Pertaining to the spring
 45. Petitions
 46. Summary
 47. Come to pass
 48. Thick
 51. Dikes
 52. Stair
 53. Be agitated
 54. Shoestring
 55. Nights before
 56. A musical pause
 58. Actress Lupino
- DOWN**
1. Taxis
 2. Hodgepodge
 3. Bit of gossip
 4. A prediction
 5. Leaps
 6. Skin disease
 7. Hemp
 8. Hearing organs
 9. Trim
 10. A velvety fabric
 11. An independent film company
 12. Went white
 13. Cunningly
 19. Artist's workstand
 21. Dethrone
 25. Hairdo
 26. Char
 27. Rational
 28. Graphic symbols
 29. Pertaining to the oceans
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 47. Come to pass
 48. Thick
 51. Dikes
 52. Stair
 53. Be agitated
 54. Shoestring
 55. Nights before
 56. A musical pause
 58. Actress Lupino

GET UP AND GO!

Come one, come all, to the 67th Platinum Picnic!

“What’s the Platinum Picnic?” you ask. Only one of the most fun social outings of the year, sponsored by New Castle County to highlight all the great programs the county offers its senior residents. Over 500 of your closest friends and neighbors are going to show up for games, dancing, a photo booth, great food, great contests, great giveaways and prizes!

You might remember the picnic in its earlier days, when it was held outdoors. The past couple years, the picnic has been held indoors; this year it will be held at the Hockessin Community Recreation Center on June 8 from 9 a.m.-1 p.m. This year’s theme is Cruising, so get out your favorite cruise wear (dress to impress—there are prizes to be had!) and head on up to the Lido Deck! It’s free to get in, and the fantastic hot lunch buffet is only \$5. Call 302-395-5652 to reserve your spot.

Don't Miss the Boat!

Let's CRUISE

67th Annual PLATINUM PICNIC

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