



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Staying Healthy in the Heat

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JULY 2016



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Barbecues, pool parties, festivals and fun—Summer's in full swing and we hope you're taking advantage of every opportunity to get out and about, particularly before the mid-summer heat really kicks in. My son and I have started taking evening walks through the woods down to the river that runs nearby. Last night I was telling him how, when I was young, we used to play in the woods at the creek and he looked at me in all seriousness and exclaimed, "You played ... in the WOODS??" I felt like saying, "Yeah, and I walked 5 miles to school every day. In the snow. Uphill." Brandon is good about staying active all day, but I've talked to other parents whose kids, in their ripe old teen years, are already becoming entirely too sedentary. It goes to show you that ANYONE can come up with an excuse about why they can't exercise. The problem is, though, that all the money and "stuff" in the world is worthless if you don't have your health, and when it comes down to it, at least your nutrition and exercise are completely under your control. Need a nudge? Check out pages 3, 4 and 5.

Like everywhere else, we've had some animated conversations here at Vital! lately regarding the upcoming elections. Everyone has an opinion and sentiments can escalate quickly. We found some surprising statistics regarding how polarizing this election has become. Turn to page 8 for tips on how to talk politics with those closest to you without it becoming a screamfest. When you're open to ideas, you just might learn something!

Are you caring for an aging parent? Arguably one of the hardest jobs there is, sometimes you just need to realize that help is there for the asking. If you're getting tired of going it alone, turn to pages 10-13 for insights into ways you can lighten your load.

Our Facebook Fitness group is going strong! Together as a group we're setting and working 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.

Happy July!
Karyn

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Vital and Fit

By Karyn Cortez

Benefits Of Hydration

How much water do you need to drink daily? Depending on your level of physical activity and the temperature outside, the amount of water you need to consume daily may vary, but here's an easy way to guess—estimate how much of the clear stuff you may need. Take your weight, and divide it by 2; that's about how many ounces your body needs daily. How does water help you reach your health and fitness goal?



1 Water curbs the munchies. The brain is a fascinating thing. Many times when you think you're hungry, you're really just thirsty. So the next time you feel the munchies coming on, grab a glass of the clear stuff and see if that doesn't derail your desire to dig in.

2 Water fuels your muscles. If your body is dehydrated, you'll experience muscle fatigue and cramps and won't be able to get in a good workout, which makes it extra hard for your body to get defined. So if your goal is to get ripped and stay that way, pump up your water intake.

3 Water lubricates your joints. Does your body snap, crackle, and pop a lot these days? Perhaps you need more water. Research shows that water is key to keeping your joints lubricated properly.

4 Water wakes you up. The next time you're jonesing for some shut-eye in the middle of the day (or when you've just woken up and should be full of energy), don't reach for a caffeinated beverage. Instead, hydrate your-

self with a few swigs of refreshing water. Since our bodies are comprised of approximately 75% water, when we're dehydrated, our bodies go into conservation mode and that's why we feel tired. Think of how droopy a plant gets when it's parched, and how quickly it perks up once it gets a splash of the good stuff.

5 Water flushes toxins out of your body. We live in a toxic world and these toxins can easily build up in the body, hindering the function of your kidneys, liver, and bowels. But when you're properly hydrated, it's much easier for your kidneys to filter your blood, for your liver to metabolize fat, and for your intestines to move nutrients and waste through your intestinal tract. So if you're trying to get—and stay—in shape, drink more water.

"You are what you eat" is more than just a saying. Yes, exercise is critical to health and body composition. But all the workouts in the world can't truly undo poor nutrition choices. Making better nutritional choices will give you LONG TERM results!

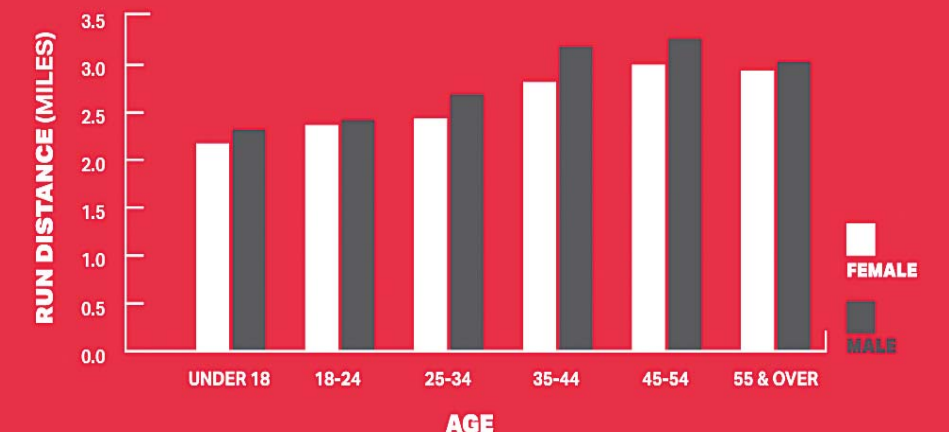
RUN REPORT

DOES AGE MATTER?

OLDER RUNNERS ARE CLOCKING LONGER RUNS. RUNNERS IN THE 45-54 AGE GROUP ARE LOGGING RUNS THAT ARE

22.5% LONGER

ON AVERAGE THAN THOSE IN THE 18-24 AGE GROUP.†



ACCOUNTABILITY COUNTS

65%

SAID WORKING OUT WITH FRIENDS IS MORE FUN THAN WORKING OUT ALONE.

50%

SAID THEY WORK OUT HARDER WITH FRIENDS THAN THEY WOULD ON THEIR OWN.

55%

ARE MORE LIKELY TO SHOW UP AND ACTUALLY EXERCISE THAN THEY WOULD BE ALONE.†

THE STRUGGLE IS REAL

LOWER-MILEAGE RUNNERS ARE

3 TIMES

MORE LIKELY TO SAY RUNNING IS A HUGE STRUGGLE

THAT DOESN'T MEAN RUNNERS WHO RACK UP THE MILES ARE BREEZING THROUGH. HIGHER-MILEAGE RUNNERS REPORT THAT RUNNING IS:

5%

HUGE STRUGGLE

41%

SOMETIMES A STRUGGLE



PRO ADVICE PUT YOUR MONEY WHERE YOUR MOUTH IS, OR RATHER, WHERE YOUR FEET ARE IF YOU DROP \$75 ON A HALF MARATHON YOU'VE BEEN PLANNING ON RUNNING, YOU'RE GOING TO BE MORE INVESTED, LITERALLY. - JEFF KNIGHT, CLINICAL EXERCISE PHYSIOLOGIST AT UNDER ARMOUR



The Stealthy Way to Strong Muscles and Bones

Stories around the table after a hearty meal. Evening dinners with a spouse or best friend. Special celebrations at scintillating restaurants. Birthday parties and holiday gatherings. Many of life's most pleasurable moments are centered around food. As we age, our need for this camaraderie and the joy these life events bring doesn't change, although our nutritional needs do. So it's important to understand how making healthy choices now puts us on the path to enjoying those special moments large and small for many years to come.

After the age of about 40, our bodies gradually need fewer calories (energy) to function efficiently and to fuel our daily activities. Some estimate that our need decreases by about 100 calories per decade from age 40 on, meaning that if we need 2200 calories to fuel our activities when we are 35, we may need as few as 1900 when we are 65. Concurrently, though, our body's ability to maintain muscle and bone decreases, and needs the crucial support of nutrients such as protein, calcium and B vitamins.

Simple ways to maintain bone and muscle strength include increasing the nutrient density of the foods we choose and staying physically active. When we choose protein- and calcium-rich foods, we're helping our muscles and bones to stay strong. However, we may have a decreased sense of taste, meat can be hard to chew, and dairy products can cause digestive problems. To fight against some of these difficulties, we can add stealth sources of these necessary nutrients to foods we regularly eat and enjoy. Use nut butters in oatmeal or on toast at breakfast—almonds have both protein and calcium. Add milk powder to mashed potatoes or cream soups. Use beans in salads or add hard cheeses like parmesan, which are easiest to digest, to eggs. All of these items add protein and/or calcium without adding volume or significantly increasing calories. Finally, be as active as possible. Thirty minutes of moderate activity is recommended, and this can be broken down into smaller increments. Walking, doing chores, or completing sitting exercises with resistance bands all count!

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TOMATO, CHICKPEA AND AVOCADO SALAD

Here's a great recipe for a protein- and nutrient-packed summer favorite.

Prep: 10 minutes
Total: 10 minutes
Yield: 4 servings

INGREDIENTS

1 (14 oz) can chickpeas, rinsed and drained
15 grape tomatoes, halved
¼ cup finely chopped red onion
¼ cup finely chopped flat-leaf parsley
2 small avocados, peeled, pitted and cubed
½ cup crumbled feta cheese

DRESSING

3 Tbsp extra virgin olive oil
3 Tbsp lemon juice
1 clove garlic, minced
Salt & pepper to taste



INSTRUCTIONS

In medium mixing bowl, whisk together olive oil, lemon juice and garlic. Season with salt and pepper to taste. Stir in chickpeas, tomatoes, red onion and parsley. Add avocado; toss gently. Serve with a sprinkle of feta cheese over the top.



STAY STRONG! Easy Ways to Maintain Strength

By Kate Maliha

The cumulative effects of aging and physical inactivity affect people in many different ways, and we certainly do not all age the same way. However, all things being equal, people who exercise tend to manage their daily activities and any medical conditions better than those who don't. Those who don't exercise may not even realize their physical abilities have declined until suddenly something happens. For instance, someone may not notice they've lost speed (power) until they need to move quickly to catch that bus that's pulling away. Loss of balance may not be noticed until someone has a fall stepping off a curb. A loss of strength and power in the lower body and core may not be noticed until getting out of a chair becomes a struggle. Ideally, we don't want to wait until that wake up call to get fit for the physical challenges of life. It's certainly better to stay a few steps ahead.

What should we be able to do? According to the U.S. Supplement on Aging as well as the Functional Aging Institute, the nine physical functioning activities are:

1. Walking a quarter mile
2. Walking up 10 steps without resting
3. Standing or being on your feet for about two hours
4. Sitting for about two hours
5. Stooping, crouching, or kneeling
6. Reaching up over your head
7. Using your fingers to grasp a handle
8. Reaching out as if to shake someone's hand
9. Lifting or carrying 10 pounds

Here is a quick routine you can do at home which helps to address several of these areas:

Warm up with light stationary cycling, a short walk, or light calisthenics before starting. Begin by stepping up and down a stair or a short, sturdy stool (six inches or less). Step up with the right foot leading as many times as you can without pain in any joints. Next, step with the left foot leading. If this is too easy, hold a weight (5 to 10 pounds, based on your current ability). Next, grab a pillow or soft cushion. Standing with feet shoulder width apart or wider, squeeze the pillow (gently, but as if squeezing water out) and release 6-10 times. Next, hold the pillow in front of you and squat as if sitting. Keeping your spine straight, bring the pillow down by your left side, up to the center and then down to your right side, 5 times per side. Then, straighten your legs and lift your heels off the ground. Keeping your balance, push the pillow up over your head (or as high as you can). Bring your heels back down and bring the pillow down; repeat 5-10 times as able. Next, hold the pillow in front of you at shoulder height and bend your knees slightly, pushing the pillow forward as far as you can while keeping your balance; return to the start position; repeat 5-10 times.

Repeat the routine as many times as possible, building up over time. You can also work up to using weight instead of the pillow while doing the stepping and squatting exercises. Finish the routine with some gentle stretching.



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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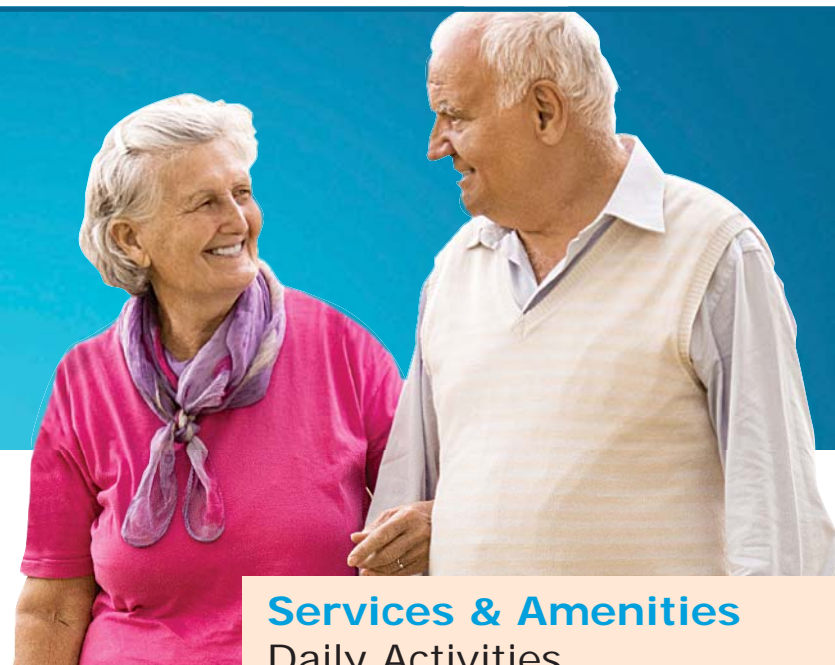
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Estate Planning: A Primer

Estate planning involves deciding how you want your assets distributed if you become unable to make your own financial decisions or after you die. Estate planning can be complicated, so it's best to consult a financial advisor and/or an elder law attorney drawing up your estate plan.

It's important to have a basic estate plan in place regardless of your net worth. Although it may seem like a morbid chore, estate planning offers several benefits:

- You get to name the people to whom you wish to give your assets—and your wishes will be legally binding.
- You can arrange it so that taxes siphon as little as possible from your estate.
- You have the satisfaction of knowing that your financial affairs are in order, so you won't bequeath a costly administrative nightmare to your loved ones.

An estate plan can include several elements:

- A will
- Assignment of power of attorney, which gives the person you name the authority to manage your financial affairs if you are unable to do so
- A living will, which is a statement

of your wishes for the kind of life-sustaining medical intervention you want, or don't want, in the event that you become terminally ill and unable to communicate

- A healthcare proxy, which authorizes someone you trust to make medical decisions on your behalf.

For some people, a trust may also make sense.

Understanding the Differences Between a Will and a Trust

Most everyone has heard the terms "will" and "trust," but not everyone knows the differences between the two. Both are useful estate planning devices that serve different purposes, and both can work together to create a complete estate plan.

One main difference between a will and a trust is that a will goes into effect only after you die, while a trust takes effect as soon as you create it. A will is a document that directs who will receive your property at your death and it appoints a legal representative to carry out your wishes. By contrast, a trust can be used to begin distributing property before death, at death, or afterwards.

A will covers any property that is in your name only when you die. It does not cover property held in joint ten-

ancy or in a trust. Wills do have limitations. In particular, the beneficiary designations on financial accounts, insurance policies and other assets take precedence over wills, so it's important to make sure your beneficiary designations are up to date and reflect your wishes.

A trust is a legal arrangement through which one person (or an institution, such as a bank or law firm), called a "trustee," holds legal title to property for another person, called a "beneficiary." It is a legal entity that lets you put conditions on how certain assets are distributed upon your death. Trusts also can help minimize gift and estate taxes. A trust only covers property that has been transferred to the trust. In order for property to be included in a trust, it must be put in the name of the trust.

A trust may have two types of beneficiaries—one set that receives income from the trust during their lives and

another set that receives whatever is left over after the first set of beneficiaries dies.

An important difference between a will and a trust is that a will passes through probate. That means a court oversees the administration of the will and ensures the will is valid and the property gets distributed the way the deceased wanted. A trust passes outside of probate, so a court does not need to oversee the process, which can save time and money. Unlike a will, which becomes part of the public record, a trust can remain private.

Wills and trusts each have their advantages and disadvantages. For example, a will allows you to name a guardian for children and to specify funeral arrangements, while a trust does not. On the other hand, a trust can be used to plan for disability or to provide savings on taxes. Your elder law attorney can tell you how best to use a will and a trust in your estate plan.

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What If Tomorrow You Couldn't Drive?

By Myrle Gilpin Bowe

How would you cope if, suddenly, you lost your ability to drive, particularly if you live alone or have little access to friends or family? Educate yourself on alternatives before the need arises so that you don't panic after.

Consider your alternatives. Is travel medically necessary? Some medical trips may be covered by Medicare or Medicaid, workers compensation, or insurance. For leisure travel/shopping investigate the following:

- ◆ **Local agencies:** Pay a "membership fee" for access to volunteer drivers. Typically you must schedule trips at least three business days ahead.
- ◆ **Senior centers:** Often offer transportation to shopping, the library, or entertainment events—but first you must get to the center.
- ◆ **Churches or service clubs** such

as Rotary, Lions or Kiwanis may organize volunteer drivers.

- ◆ **Colleges, and even some high schools,** may have groups dedicated to helping older adults. However, hiring a young driver, even a grandchild, comes with risks you may not want to assume, notably lack of driving experience.
- ◆ **Private companies** that offer travel assistance for a fee.

Before you schedule a trip, gather information. Find out:

- ◆ How long has the company been in business.
- ◆ Their reputation for reliability and courtesy.
- ◆ If they carry adequate insurance.
- ◆ How they screen and train drivers, including defensive driving, CPR, passenger assistance.
- ◆ How they screen and the qualifications of medical attendants.
- ◆ If vehicles are easily accessible and air-conditioned.

State agencies handling transportation or services for older adults can provide information on bus schedules including fixed routes, off-route stops, special equipment such as steps or ramps, and smaller buses for people with disabilities that lock down wheelchairs for safety, all with drivers trained in assisting passengers.

Costs vary

DART's public transportation is still the most cost-effective choice for seniors and people with disabilities. Count on accessible vehicles, qualified, courteous drivers, and a fixed schedule with some flexibility to allow for off-route stops. Robert Merritt, a frequent DART paratransit user, shares, "DART paratransit services provide me with a critical link to the outside world, access to necessary services like medical appointments, and an opportunity to participate in community activities that are fun, educational, and life-

affirming...as if I were able to drive."

DART offers reduced fares for people age 65 and over or who have a certified disability. The reduced fare on DART's regular bus service is \$0.80 vs. \$2.00 regular fare and \$4-5 for paratransit, depending on whether the trip is within the ADA service area. Call DART at 1-800-652-3278.

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Don't wait until you can't drive—educate yourself now to have one less worry in the future.

Myrle Bowe is a freelance writer, memoir coach, and speaker. Reach her at writer-bowe@gmail.com.

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from the
people we
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5 Tips to Talk Politics with Friends and Family—and Still Have Some Left

By Kerry Patterson

You can't turn on your TV or listen to the radio without tuning into the drama that is the 2016 U.S. presidential race. As the primary elections come to a close, the media is buzzing about unprecedented contested elections, unexpected slug fests over party nominations, and the standard deluge of he-said, she-said banter.

But the latest research at VitalSmarts confirms the drama isn't confined to popular media. Our homes, workplaces, communities, and social media feeds are buzzing with political banter—and it isn't pretty.

According to the study of 1,800 people, 9 out of 10 feel the 2016 election is more polarizing and controversial than in 2012. It's so bad the results show:

- 1 in 3 report having been attacked, insulted, or called names
- 1 in 4 say they've had a political discussion that hurt a relationship
- 81% admit to avoiding political discussions at all costs

The essence of democracy is a contest of ideas. Our society depends on respectful discussion to solve our most pressing concerns and issues. If we can't talk about politics amicably, we can't make better decisions about our future. It's time we learned to set aside our weapons of mass discussion and learn to dialogue respectfully about our nation's most pressing concerns.

And thankfully not all is lost. While people generally expressed very negative views of their opponents, we probed to find formulas from those who successfully discussed politics with someone who held a dramatically different opinion. When asked what they did that worked, respondents most often used words like: agree, listen, common, open, respect, think, and ask.

The silver lining in our data is that people do have it in them to listen and agree. Even those who think their rivals are angry, uneducated, and ignorant can also reach agreement, respect and find common ground. The bottom line is that you don't have to agree with someone to respect them.

After analyzing tactics used by the respectful few, we distilled the findings into five tips for talking politics with others—even those voting for the candidate you despise the most.

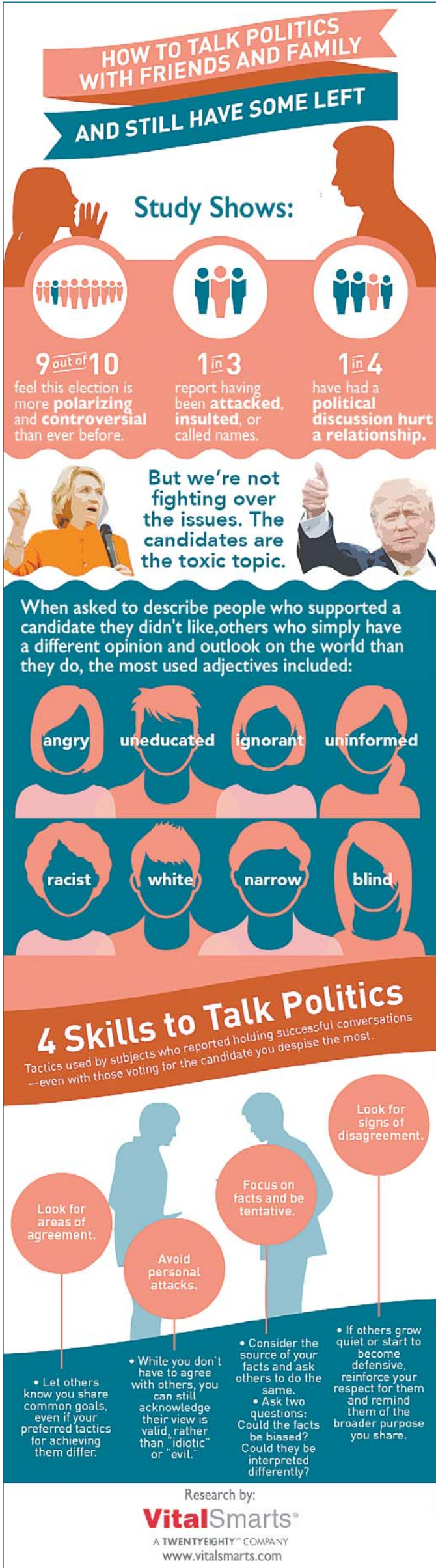
1 Start with the desire to learn, not win. We often end up in debate because we start with a debate mentality. We want to talk politics so we can win people over to our way of thinking. Instead of discussing the pros and cons of an issue or candidate, we offer up dozens of examples of why others should believe what we believe. People don't want to be won over and we're rarely good enough actors to hide our motive.

The best place to start a conversation is to ask people for their view on the issue or candidate in question. Then, ask them why they've come to that conclusion. Earn the right to share your views by allowing others to share theirs. Enter the conversation with the sincere desire to learn about others; otherwise you'll just end up haranguing them with your view and fail miserably.

2 View others as rational, not wrong. It's interesting to watch politicians talk with one another. Perhaps the fact that they're on TV or the radio is distorting their normal tactics, but whatever the reason, they're looking more and more like Jerry Springer guests than political pundits. They don't just disagree with the other person; they're disgusted that the other person could hold such an insane view. The insulting language follows. The sneers, the rolling eyes, the looks of dismay all add up to one message—you're an idiot.

The truth is, any topic that has divided the nation or your community isn't divided along the lines of "me and all right-thinking people" and "all of those idiots out there who disagree with us." Like it or not, the other people are reasonable, rational, and generally decent. They hold a different view largely because they hold different information. Find a way to get the information out on the table and it's likely people will resolve their differences.

Now, this reasonable approach isn't nearly as fun as thinking that others are morons. It doesn't condone our actions to attack them or make fun of them or be disgusted by them. It forces us to talk to them. And as a result, it is far more effective. If you enter a conversation with the view that others



are reasonable, rational, and decent, the next step follows naturally.

3 Listen, don't just stop talking until it's your turn again. For some people, listening is the price you pay to earn the right to talk. They don't ever really listen. They pause while the other person talks. During this awkward nonverbal stage of the interaction, they kill time by thinking up new arguments. They mentally discount the other person. They can hardly wait to talk because they now have new things to disagree with and disprove.

This, of course, is not listening. Listening, in contrast, consists of the sincere act of trying to understand the other person's point of view. It starts with attending to the words they say and the concepts they share. It continues as you try to make sense of their comments rather than discredit them. And to truly listen, you should be looking for the truth in what the other person says—trying to find a common understanding. This, of course, runs against years of college training where you strain to hear the fault in others' thinking so you can then level criticism against them—but it lies at the very heart of communication and should be an integral part of every political conversation. Listening doesn't require you to change your mind, only to be willing to doing so. There's a difference.

4 Use tentative language. This really runs counter to what you see on TV. People don't run political campaigns where they make modest claims. Every candidate can run faster, jump higher, and think better than everyone else. Political campaigns are filled with absolutes, superlatives, and hyperbole. Healthy conversations aren't.

For over three decades, we've studied thousands of people who have been singled out by their peers as the most influential people they know. Whether they work for a bank or a coal mine, they're a parent or a senior executive, they're an elected official or a voter, effective people share one skill in common—they all know how to express their opinion in a way that doesn't cause others to become defensive. They all know how to hold a cru-

cial conversation. They are persuasive, not abrasive. They are (and this is counter intuitive) less forceful than most others. This doesn't mean that they're less confident, only that they replace absolutes with tentative language. They swap "everyone knows" for, "here's what I'm wondering." Rather than saying "That's wrong!" they utter, "Have you thought of it this way?"

Great strength accompanies a willingness to open your views to counter opinions. It also communicates confidence and helps people repress their natural tendency to fight new ideas. Ultimately, it leads to healthy dialogue.

5 Invite opposing views. As you state your views, openly invite others to share their contrasting opinions. Be sincere in your quest to hear new ideas. Make it safe for others. If necessary, even play devil's advocate—help people realize it's okay to explore both sides of the issue.

Create a climate where making a point is nothing more than that. Expressing an idea doesn't mean you've tattooed it to your thigh. You're not married to your point of view. It's an idea and ideas should be examined from all sides. Now, this doesn't mean you can't hold an opinion, just that you're willing to share what you currently think and then hear what others have to say, particularly if it's different.

Follow these five tips and you'll be able to turn political issues into genuine conversations that won't end in hurt feelings and lost friendships.

Kerry Patterson is a four-time New York Times bestselling author and cofounder of VitalSmarts. For thirty-five years, Kerry co-designed the company's line of award-winning training programs. His work has been translated into twenty-eight languages, is available in thirty-six countries, and has generated results for 300 of the Fortune 500.

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Aging with Mental Illness

Is there such a thing as Assisted Living for the Mentally Ill? The short answer is no. However, there are residential programs that focus on supporting adults and seniors living with mental illness. According to the National Alliance on Mental Illness, approximately 10 million adults experience a serious mental illness in a given year that interferes with their ability to care for themselves. So what happens when these adults age and face additional health challenges that their families can't meet?

Here are some things to consider when searching for a residence for your family member living with mental illness:

■ **What are your loved one's psychiatric needs?** Traditional nursing homes and assisted living facilities typically do not have psychiatrists or other mental

health professionals on their staff full time. Consider your loved one's need for ongoing medication management and daily structured activities. Ask about expressive therapies such as movement/dance, art and music. Activity-based therapies are a great complement to traditional talk therapy/counseling.

■ **What are your loved one's medical needs?** The majority of people living with mental illness also have at least one major medical condition, such as diabetes or heart disease. Ask whether the residence has 24-hour nursing coverage and whether they are able to give out medications.

■ **Who lives at the residence?** Peer support is crucial for people living with mental illness. Consider the age range of the other resi-

dents. Also ask about the range of psychiatric illnesses. If your loved one has no prior substance abuse history, placing them in a residence that focuses on addiction may not be the best fit.

■ **What about cost?** Most residential facilities do not accept insurance and 24-hour care can be expensive. Ask if the residence offers financial aid or if there are grant opportunities.

There is no right time to move your loved one to a more structured residence. Most often, it is the family that recognizes the need first because their loved one can no longer manage their daily activities. Recommendations for supportive living can also come following a hospital stay. A recent study found that the majority of caregivers who provide care for a loved one with a mental health issue considered the

experience "emotionally stressful." One of the goals of these residences is to provide family with the peace of mind that their loved one is being cared for and supported to live life to the fullest.

Brought to you by the Greystone Residential Program at Friends Hospital. Located on a beautiful 100-acre campus, Friends Hospital, part of Universal Health Services, is the nation's oldest private psychiatric hospital, offering a quiet refuge where healing has taken place for nearly two centuries. Friends Hospital offers a continuum of care including level of care assessments; specially designed inpatient units for adolescents, adult and older adults; and a private residential rehabilitation program. Located on the grounds of Friends Hospital, the Greystone Program is a long-term community residence designed to meet the special needs of individuals with severe and persistent mental illnesses. If you have questions or would like more information, visit www.greystoneprogram.org or www.friendshospital.com. You may also call 215-831-6369.

CAREGIVER'S CORNER BROUGHT TO YOU BY



5 Tips For Handling Conflicts

By Robyn Mooney, President, CarpeVita Home Care

Misunderstandings and conflicts can happen between any two people. Having different ideas about how to solve a problem or what to do in a situation is part of what makes each of us unique as a person, but those differences also may create conflict.

When a conflict arises, talk it over with the individual. You may both learn and grow from working together to resolve a conflict. You may be able to improve your relationship and gain increased respect and trust for one another. How you choose to talk with the other person can make a big difference. Here are some tips for handling conflicts:

1 **Choose an appropriate time for the discussion.** When you are in the middle of an emotional situation, it may not be the best time to discuss it. Choose a time when both of you are calm and not under stress. Complete tasks that need immediate attention and talk afterward.

2 **Be clear about what you want to accomplish.** Do you need to make a request, express feelings and clear up a misunderstanding or find out why the person reacted a certain way to something you did? Explain what you want early in the discussion to keep the other person

from having to guess about the purpose. Mistaken assumptions can make the situation worse.

3 **Begin with something positive to show your goodwill toward the other person.** Setting the stage for positivity is one of the best tips for handling conflicts. If you say, "I really enjoy working with you, and I'm sure we can clear up this problem if we talk it over," you set a positive tone for the rest of the conversation. Be honest—try to find something positive that you can say honestly and from your heart. An insincere compliment may make the situation worse.

4 **Use "I" statements when talking about feelings.** This is one of the best tips for handling conflicts. Own up to your feelings. Rather than saying "You made me upset when you forgot to leave the key out for me," say "I got upset when you forgot to leave the key out." Speaking in a manner that takes ownership for your own feelings is a more neutral way to point out a problem. Accepting ownership also offers more opportunity to resolve a situation rather than placing blame on the other person.

5 **Speak to the other person with respect.** Do not speak in a tone that sounds like you feel superior. Be clear that you are expressing an opinion rather than telling the person what and how to think.

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Surviving the Sandwich Years

Are you juggling caring for an aging parent with caring for young children? If you feel pulled in many directions, you're not alone. Research from the Pew Research Center revealed that 1 out of every 8 Americans between the ages of 40 and 60 is raising a child while caring for a parent. We call them Sandwich Generation caregivers.

22 million Americans struggle every day to balance these two caregiving roles. Many do so in addition to working at least part-time outside the home. While you do your best to make things work, there's no denying a day in the life of a member of the Sandwich Generation can be stressful.

What can you do to successfully manage all these responsibilities?

We have a few tips to help.

Survival Tips for Sandwich Generation Caregivers

1 Manage Your Expectations: This can be a difficult one for caregivers to do, but it is important to try. Accepting that you cannot be everything to everyone is the best way to set more realistic expectations for yourself. You might have to turn an annual Memorial Day party into a potluck and ask everyone to pitch in. Or buy cookies from a local bakery instead of making them yourself for the church Mother's Day brunch. Be kind to yourself and acknowledge that a few short-term changes are necessary right now.

2 Ask For and Accept Help: Adult children often believe it is their obligation to handle all their aging parents' needs independently. While it is a noble goal, it isn't a very realistic one.

When friends and family offer to run an errand or pitch in to help, ac-

cept their offer. It will allow you to stay healthy, and family and friends will feel as if they are doing something meaningful to support you.

If you don't have anyone close to you who can help out, there are other avenues for support available. Contact your local Area Agency on Aging to see if they know of respite services or call your church to find out if there is a volunteer-based friendly visitor program. Assisted living communities also offer short-term respite stays that benefit both the senior and the caregiver.

3 Get Organized: The sheer volume of paperwork you are likely coping with from juggling your children's needs with those of an aging parent is no doubt overwhelming.

One of the best ways to feel more in control of your many responsibilities is to take time out to get organized. It might be by setting

up a "Command Center" in your kitchen where everyone's schedules are written on one large calendar or by taking advantage of mobile apps and online scheduling systems. Feeling confident that you are on top of the day's events can help reduce your level of stress.

4 Take Care of You: Too often sandwich caregivers put their own health last. They skip routine health screenings and let a healthy diet and exercise program slide. Over time it can put you at risk for problems like heart disease, depression, and diabetes. That's why it's essential to tend to your own physical and mental health. Remind yourself that if you don't take care of yourself, you won't be able to care for everyone who is depending on you.

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.



Deciding on The Move

By Rebecca White

It's difficult to watch a loved one's ability to care for themselves independently decline, but as we age, needs change. How do you decide if it's time to make a move?

What is Assisted Living and how does it differ from Skilled Nursing Care?

Assisted living provides personal care support services such as meals, medication management, and help with bathing, dressing and transportation in a safe and social environment that fosters and encourages independence and an active lifestyle of arts, entertainment and spiritual activities. Skilled nursing care is a step up in care, in which additional care is provided by medical professionals, nurses and therapists.

What are some signs my loved one may need Assisted Living?

You may notice that your loved one is

not as well-groomed as usual, or that their personal hygiene is not as it once was. They may not be taking medications properly, or may have a change in their medical condition, or a condition may be worsening and require more monitoring or more medical appointments. You may notice a loved one being more forgetful, not eating a well-balanced diet, or unable to take care of their home or their finances as well as they once used to. Just recognizing that a loved one has a need for assistance is the most difficult step.

Where do I start?

Knowing your loved one's financial situation is key. Assisted Living is paid for privately, with personal funds, coverage from a Long-Term Care insurance plan, and/or with assistance from the Veteran's Aid and Attendance Pension. Analyze your loved one's financial health, their monthly income, their income sources, as well as investments and other assets in order to know what your

loved one can afford.

Where should I look for an Assisted Living community?

Most people want to live near their home, or near a close family member. Look for communities that help your loved one stay close to their home, social network, or other close family members. There are several web-based referral sources, such as Caring.com or Seniorliving.net, that allow you to search by preferred state, city or zip code. Ask your loved one's friends, personal physician, or other members of the healthcare community if they have firsthand experience with or can recommend an Assisted Living community.

What should I look for in an Assisted Living community?

All Assisted Living communities are licensed by the state in which they operate. Research the communities you're interested in online. Call for more information. Schedule a tour.

When you tour a community, use all of your senses to take in the surroundings. Is the community appealing to the eye, clean, uncluttered, decorated in a style that will be comfortable for your loved one? Does the community smell clean and fresh? What sounds do you hear? Are there any loud noises, staff or residents with loud voices, or alarms going off? Are you able to arrange for a tour that includes lunch or dinner? Food is such an integral part of our daily lives that you'll want to be sure the community serves healthy meals that appeal to your loved one. Where is the community located? Is the setting serene?

Considering all of these factors, then ranking your options will help you to make your final choice.

Rebecca White is Executive Director at Ivy Gables. Ivy Gables is located at 2210 Swiss Lane, Wilmington, DE 19810. If you have more questions, would like more information or would like to schedule a tour, call 302-475-9400 or visit www.ivygableseniorliving.com.

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Dare to Compare!

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Fast, easy and brimming with luscious in-season berries, this dessert will be the hit of the 4th of July barbecue!

Total Time: 35 minutes
Prep: 35 minutes
Yield: 8-10 servings

- INGREDIENTS
- 1/4 cup plus 2/3 cup sugar
 - 1/4 cup fresh lemon juice
 - 1/4 teaspoon almond extract
 - 1 premade angel food cake, cut into 1-inch slices
 - 1 pound cream cheese, at room temperature
 - 2 cups heavy cream, at room temperature
 - 2 pints blueberries
 - 2 pints strawberries, hulled and sliced

DIRECTIONS

Heat 1/4 cup sugar, the lemon juice and 1/4 cup water in a saucepan over medium-high heat, stirring, until the sugar dissolves. Remove from the heat and stir in the almond extract.

Brush both sides of each slice of cake with the syrup. Cut the slices into 1-inch cubes.

Beat the remaining 2/3 cup sugar and the cream cheese with a mixer on medium speed until smooth and light. Add the cream and beat on medium-high speed until smooth and the consistency of whipped cream.

Arrange half of the cake cubes in the bottom of a 13-cup trifle dish or large serving bowl. Sprinkle evenly with a layer of blueberries. Dollop half of the cream mixture over the blueberries and gently spread. Top with a layer of strawberries. Layer the remaining cake cubes on top of the strawberries, then sprinkle with more blueberries and top with the remaining cream mixture. Finish with the remaining strawberries and blueberries, arranging them in a decorative pattern. Cover and refrigerate 1 hour.

Courtesy of Sunny Anderson, www.foodnetwork.com, photograph by Steve Giralt



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.

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

Answers on page 11

(courtesy of KrazyDad.com)

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Crossword

By Dave Fisher

Answers on page 11

1	2	3	4	5		6	7	8	9		10	11	12	13
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63					64				65					
66					67					68				
69					70					71				

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ACROSS

- 1. Narrow-waisted stingers
- 6. Double-reed woodwind
- 10. Anagram of "Seek"
- 14. It pumps blood
- 15. Sprockets
- 16. Mother
- 17. Mistake
- 18. Legal wrong
- 19. Fiber source
- 20. Horn
- 22. Among
- 23. Hourly pay
- 24. Chronicles
- 26. Does something
- 30. Bamboozle
- 31. Long-haired wild ox
- 32. Train track
- 33. Terminates
- 35. Insect stage
- 39. Books on unusual subjects
- 41. Control surface on a plane
- 43. Napped
- 44. Permits
- 46. 3 times 3
- 47. Female sib
- 49. Zero
- 50. Labels
- 51. Draw
- 54. Algonquian Indian
- 56. Don
- 57. Destroy completely
- 63. Kitty (poker)
- 64. Romances
- 65. Debauchees
- 66. Notion
- 67. At one time (archaic)
- 68. Scintillas
- 69. Standard
- 70. D D D D

DOWN

- 1. At what time
- 2. Relating to aircraft
- 3. Indian dress
- 4. Not amateurs
- 5. Scatter
- 6. 8-sided
- 7. Decorative book support
- 8. Monster
- 9. Waif
- 10. A long artificial mound
- 11. Fate
- 12. Electronic letters
- 13. Smooths
- 21. Ceremonial staffs
- 25. Found on a finger
- 26. Circle fragments
- 27. Inner membrane of embryos
- 28. Rubber wheel
- 29. Backwash
- 34. Humorists
- 36. Diva's solo
- 37. Chime
- 38. 1 1 1 1
- 40. Ear-related
- 42. A small island
- 45. Insert
- 48. Exhibited
- 51. Boyfriend (archaic)
- 52. Japanese stick fighting
- 53. Consumer of food
- 55. Creepy
- 58. Drill
- 59. Space
- 60. Car
- 61. Nipple
- 62. Being

The Passenger
Back In The Driver's Seat

By Madisyn Taylor

You have power over the direction of your own life.
Powerful people do not have a victim mentality.
Understand that it's not what happens to you, but how you react to it, that matters—and that reaction is a choice.
Choose what's right for you.

It's easy to go through this fast-paced world feeling as if you are being dragged through your weeks on the back of a wild horse. Many of us go from one thing to another until we end up back at home in the evening with just enough time to wind down and go to sleep, waking up the next morning to begin the wild ride once more. While this can be exhilarating for certain periods of time, a life lived entirely in this fashion can be exhausting, and more important, it places us in the passenger's seat when really we are the ones who should be driving.

When we get caught up in our packed schedule and our many obligations, weeks can go by without us doing one spontaneous thing or taking time to look at the bigger picture of our lives. Without these breaks, we run the risk of going through our precious days on a runaway train. Taking time to view the bigger picture and asking ourselves if we are happy with the course we are on, then making adjustments if

necessary, puts us back in the driver's seat right where we belong. When we take responsibility for charting our own course in life, we may well go in an entirely different direction from the one laid out for us by society and familial expectations. This can be uncomfortable in the short term, but in the long term it is much worse to imagine living this precious life without ever taking the wheel and navigating our own course.

Of course, time spent examining the big picture could lead us to see that we are happy with the road we are on, perhaps deciding that we would simply like more time with family or more free time to do whatever we want at the moment. Even if we want more extreme changes, the way to begin is to get off the road for long enough to catch our breath and remember who we are and what we truly want. Once we do that, we can take the wheel with confidence, driving the speed we want to go in the direction that is right for us.



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