



VITAL INFORMATION FOR A VITAL LIFE®

Lodge Lane Assisted Living *Changing Perceptions on Aging*



**Best Fitness
Apps
of 2016**
Page 4

**10 Hazards of
Divorcing When
You're Older**
Page 7

**Accessorize
To Make Driving
Easier**
Page 11

SEPTEMBER 2016

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 published monthly by
 Vital Media LLC.

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

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On the cover, left to right: Melissa Casperson, Michel'le Johnson, Jessica Bannan,
 Arlene Bernard, Amanda Miller, and Lynn Paxson of Lodge Lane Assisted Living.



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'Fracture-Proof' Yourself with the Hip Hinge and Posture Training

By Kate Maliha

Osteoporosis is characterized by low bone mass, leading to bone weakness and risk of fracture. More than 50% of women and 20% of men over the age of 50 will experience osteoporosis-related fractures, and one in six women will experience hip fracture as a result of the disease¹. Exercise, including a balance program, can help lessen the risk of falling while providing stimulus to bone, improving its structure and strength.

A balanced fitness program for osteoporosis treatment and management includes several components. Posture and balance training reduces the risk of fractures; weight bearing and resistance training increases bone strength; and flexibility and mobility training improves your ability to move properly and with ease, which in turn improves your ability to do other beneficial forms of exercise.

Because moving the wrong way or falling can cause fractures in those who have osteoporosis, posture and balance exercises are the foundation of your program, along with knowing which risky movements or positions to avoid. Posture exercises should focus on neck and shoulder positioning, spinal alignment, and

back and hip alignment. All individuals with osteoporosis (or osteopenia) should learn how to practice spinal alignment techniques to reduce spinal loads, and avoid rapid/forceful, repetitive/sustained, end-range or weighted-forward bending or twisting of the spine¹.

Movements to avoid if you have osteoporosis:

■ **Rounding the back:** Be careful about bending forward to the end of the range of motion (such as when bending forward to reach a shoe or lift something from the floor) in a way that rounds your spine. Instead, bend at the knees and reach with a straight spine. You should also avoid repetitive forward thoracic (upper back) rounding, such as during sit-ups, especially when the movement is rapid.

■ **Twisting of the spine:** Avoid twisting to the end of the range of motion, such as turning to reach something behind you, especially when carrying a load (weighted movement). Repetitive and rapid twisting should also be avoided.

Spinal, Back and Hip Alignment: The Hip Hinge

When you bend, do so in "neutral spine." When bending over or leaning forward, use a movement known



as the hip hinge, bending at the hips while keeping a straight spine.

Preparation: To hip hinge, bend your knees slightly while keeping your back straight from the hip to the shoulder with no bending or rounding of the lower back.

Execution: Maintaining a neutral spine, stick your tailbone out behind you to bend forward from the hips. The movement is the same as a squat. It may feel awkward at first, but it'll

become more comfortable once you master the technique. You'll need to retrain your usual movement patterns to learn how to use the hip joint and the strong buttock and leg muscles to be able to bend and lean over with less stress, or load, on the spine.

Practice daily to train posture and safe, functional daily movement. The more you practice bending and squatting this way, the more normal it will feel; your muscles will strengthen, and it will become your natural way to move.

¹ References available upon request.

 **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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Best Fitness Apps of 2016

By Jill Duffy, pcmag.com

Trying to lose weight, walk more steps, or push through a brutal workout? Fitness apps can help. Maintaining fitness requires daily habits and lifestyle changes, and a few little nudges in the right direction might make all the difference.

A few to try:

MyFitnessPal helps you count the calories you consume each day, tally up the calories you expend, then see if they balance. It's compatible with many fitness trackers, so you can estimate how many calories you burn just by pulling in your activity data from your tracker. Great to help you become more aware of your eating habits and just how much exercise it takes to burn off the food you eat.

The Johnson & Johnson Official 7-Minute Workout helps anyone get some amount of exercise in a very short time. It adjusts its level of difficulty based on your current fitness level and even has longer workouts for days when you have a little more time. It's great for travel too, since it doesn't require any-

thing more than a chair.

Looking for a little music to motivate you? **FIT Radio** creates playlists of songs that have a consistent beat. **Spotify** has a great Premium feature that finds songs with a beat that match your running tempo. **RockMyRun** plays music that speeds up and slows down in real time as your cadence changes.

Other apps tap into your competitive side to motivate. Use the running/cycling app **Strava** to compete against other users. Use Strava to track your runs/rides; other Strava members do the same. The app collects everyone's routes and times, breaks them into segments, and then tells you who has the best time along different stretches of roads and trails. If you're the fastest on the road, everyone else using Strava near you will know it.

Some others to consider:

Charity Miles. Corporate sponsors donate a few cents to charity every time you run, walk, or bike.

Digifit iCardio (heart rate monitor re-

quired). Pair it with any supported heart rate monitor to record heart rate, distance, time, and pace.

Fitbit. Even without a Fitbit tracker, the app can count your steps via GPS, help you track your calories, log your weight, and record other information such as blood pressure and glucose levels.

FitStar. Creates custom workouts for you based on your fitness level.

Map My Fitness. Tracks more than 600 activities. Uses GPS to track your routes and maps the ground you covered when you're done. It also displays your time, distance, pace, maximum speed, and more.

My Asics Run Training. Get ready to race! Whether you're en route to your first 3K or your fifth marathon, there's a great deal of value in getting a race-training schedule for free.

Pact. Wager money on whether you'll go to the gym or complete a workout. If you reach your goals you earn cash. If you don't, you have to pay up. The pot is communal; there are a lot of slackers

out there pouring money into it.

Pear Personal Coach. Real human voices talk you through runs, at-home workouts, yoga routines, and race-training programs.

Runmeter. Rich with stats, highly customizable, and with an astoundingly low price for Elite membership, Runmeter is the best running app for data-lovers.

Runtastic PRO. Doubles as a coaching app to motivate you to keep working toward your goals.

Runtastic Six Pack Abs. Targets abs through a wide variety of exercise moves.

Vida Health Coach. For \$15/week, gives you in-app access to a personal coach who works with you one-on-one; once a week you can talk to your coach in person. Coaches have a range of certifications and specializations, so say you have diabetes, you'll work with someone who understands your special needs.



September is Prostate Cancer Awareness Month

The prostate is a gland of the male reproductive system located in front of the rectum and just below the bladder. About the size and shape of a walnut, the prostate wraps around the urethra. Its main function is to produce fluid for semen. The three most common conditions affecting the prostate are benign prostatic hyperplasia (BPH), prostatitis and prostate cancer.

How common is prostate cancer?

Other than skin cancer, prostate cancer is the most common cancer in American men. The American Cancer Society estimates that there will be about 180,890 new cases of prostate cancer and about 26,120 deaths from prostate cancer in 2016.

Risk of prostate cancer

About 1 man in 7 will be diagnosed with prostate cancer during his lifetime. Prostate cancer develops mainly in older men. About 6 cases in 10 are diagnosed in men aged 65 or older, and it is rare before age 40. The average age at the time of diagnosis is about 66.

Prostate cancer is the second leading

cause of cancer death in American men, behind only lung cancer. About 1 man in 39 will die of prostate cancer.

While prostate cancer can be a serious disease, most men diagnosed with prostate cancer do not die from it. In fact, more than 2.9 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today. In fact, according to the most recent data, when including all stages of prostate cancer:

- The 5-year relative survival rate is almost 100%
- The 10-year relative survival rate is 98%
- The 15-year relative survival rate is 95%

Prostate cancer can often be found early using a simple blood test, but it's not clear if the benefits of testing all men for prostate cancer outweigh the risks, such as finding (and treating) cancers that probably never would have caused any problems. Because of this, it's important to talk to a health care provider about the uncertainties, risks, and potential benefits of prostate cancer screening before deciding whether or not to be tested.

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For more information contact the Stroke Studies Coordinator at 302-831-4615 or jmarmon@udel.edu

This research is funded by the National Institutes of Health.

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Yes, You CAN Still File and Suspend Your Social Security Benefits

By Sherita Deal
Social Security District Manager in Dover, DE

You probably heard that changes in the law now affect the way you file for certain benefits. These changes place limits on when voluntary suspension and reinstatement can begin for you and your family members who might also be entitled to benefits on that record. This is not the demise of “file and suspend.” It’s still one of your best tools for boosting your Social Security benefit after you reach your full retirement age.

The Bipartisan Budget Act of 2015 made changes to the Social Security claims filed by married couples. The law affected an unintended loophole primarily used by married couples to gain more money.

If you’re full retirement age or older and apply for Social Security retirement benefits, you can sus-

pend your benefits for any amount of time up to age 70. You may do this to earn “delayed retirement credits,” which result in a higher benefit payment when you turn 70 or when you request reinstatement of benefits, whichever comes first.

Under the new law, when you submit a request to suspend your benefits to earn delayed retirement credits on or after April 30, 2016, you will no longer be able to receive spouse’s or widow(er)’s benefits during this voluntary delay period. In addition, if you suspend your benefit, any benefits payable to your spouse and children on your record (except for a divorced spouse) will also be suspended for the same time period.

There is an exception. A request for voluntary suspension will not suspend a divorced spouse’s benefit. Also, your divorced spouse can receive benefits on your record during this voluntary delay period.



Remember, you can still plan and make the most of your retirement benefit by filing and suspending. These new rules don’t prevent you from doing what’s best for you and your family. We have a wealth of retirement information at www.socialsecurity.gov/planners/retire.

For more information and answer to your questions about these changes in the law, go to www.socialsecurity.gov/planners/retire/claiming.html.



10 Hazards of Divorcing When You’re Older

“Gray divorce” is soaring as baby boomer couples call it quits in record numbers. Here’s what you need to know *before* you split.

By Jim Gold

A wave of “gray divorce” threatens to wash away financial security for people who find themselves suddenly single late in life. Baby boomers, now ages 52 to 70, are driving divorce rates so high that half of all marriages still end in divorce even though the rate is falling for younger couples. Tenure doesn’t help much. More than half of gray divorces are to couples in first marriages, and 55 percent of gray divorces involve couples married more than 20 years.

Importantly, spouses in this age range need to be extremely mindful about the complexities of negotiating key issues involving spousal support and retirement accounts. “Going through a divorce can be difficult at any age, but older couples face unique challenges in retirement planning as a result of later-in-life separations,” says Christine van Cauwenberghe, assistant vice president of tax and estate planning with the Investors Group financial advisory firm in Winnipeg, Manitoba.

Here are 10 things to be prepared for if your relationship ruptures late in life.

1 Expectations may not square with reality. For individuals in their prime, healthy and financially secure, divorce can bring a new lease on life. Spouses who felt tied down and constrained are now able to pursue their own goals, reinventing themselves in their third age. For many, though, late-life divorce too often leads to poverty. Studies find that:

- People from gray divorces on average have only 20 percent as much wealth as older married couples.
- Their Social Security benefits are less than married couples or widowed spouses.
- More than 1 in 4 gray-divorced women live below the poverty line.

2 Two apart don’t live as cheaply as two together. A divorced couple will spend 30 percent to 50 percent more than a couple who stay

together. They’ll need two homes and likely two cars, separately titled and insured. They’ll take separate vacations if they can afford any at all. They’ll spend money on twice as many trips to see the kids. And medical expenses could be higher, because if one partner gets sick, the other will no longer be there to help.

If an older couple is divorcing, and if one spouse was the sole breadwinner, he or she should consider sharing more assets and retirement funds upfront to work out an agreement that may not include alimony, suggests Joslin Davis, the American Academy of Matrimonial Lawyers president. For a dependent spouse, she said, “the prospect of long-term alimony can serve as a very powerful negotiating tool.”

3 Adjusting to a new retirement reality. Gray divorce deals a heavier financial blow than separations earlier in life. People who divorce later in life have less time to recover financially than those who divorce early. With fewer years left to work, rebuilding wealth is tougher.

Alimony is often granted when a spouse is still employed, but don’t count on an ex-spouse working until age 75 or 80 to pay it.

Women need to make sure their retirement savings last longer than men’s. A man reaching age 65 today is expected to live until age 84.3 on average; a woman, 86.6, says the Social Security Administration.

Even if you’ve saved \$1 million as a couple, splitting it in half means each will need to stretch \$500,000 over 20 to 30 years. At 20 years, excluding interest earnings, that’s only \$25,000 a year—a daunting prospect.

4 Changes to Social Security. If you are divorced, but your marriage lasted 10 years or longer, you can receive benefits on your ex-spouse’s record even if he or she has remarried if:

- You are unmarried.

- You are age 62 or older.

- Your ex-spouse is entitled to Social Security retirement or disability benefits.

- The benefit you are entitled to receive based on your own work is less than the benefit you would receive based on your ex-spouse’s work.

If you remarry, usually your ex-spouse benefit stops unless your later marriage ends, whether by death, divorce or annulment.

5 Tax implications. Don’t forget the tax implications when divvying up retirement accounts, which will likely be split evenly if you were married a long time.

With a pre-tax account, like a 401(k), 403(b) or Individual Retirement Account (IRA), Uncle Sam will take his share when you withdraw money. Withdrawals from after-tax accounts, like a Roth IRA, aren’t taxed when you draw money out during retirement.

So, say one spouse will get a \$500,000 401(k); the other, a \$500,000 Roth IRA. The Roth IRA will pay out \$500,000. But because the 401(k) withdrawals are subject to tax, if the spouse with that account pays a typical effective tax rate of 15 percent, they will only receive \$425,000.

6 Insurance considerations. If your spouse handled insurance and other financial matters, you’ll have to learn how quickly. You’ll need to get your own health insurance if you were covered on your spouse’s. Through COBRA you might be able to continue coverage from the ex-spouse’s work policy, if he or she is employed when you split. Alternatively, you can enroll for health insurance through the government insurance exchanges even though it may not be the general enrollment period, because divorce is considered a “qualifying event.”

You may also need your own car insur-

ance and homeowners or renters policy. You may want to consider disability and long-term care. If you do receive alimony, or child support is still part of the picture, you might also consider life insurance on the ex-spouse should something happen to him or her.

7 Financial fine print. If you’re a new divorcee nearing or in retirement, make sure to pay attention to items such as making sure the beneficiaries on policies, retirement accounts, bank accounts, pensions, insurance policies and similar documents are up to date. And don’t forget medical forms such as living wills, power of attorney documents and, where applicable, trustees for revocable trusts. You’ll likely want to designate adult children rather than your former spouse to make medical and financial decisions for you.

8 Surprise debt. Watch out for a spouse’s secret debt. In the nine states with community property laws—Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington and Wisconsin—half your spouse’s debt is yours, even if it isn’t in your name.

9 Handling the house. Although home is where the heart is, if paying for upkeep is too much of a stretch, consider selling and using the proceeds to get a smaller home.

10 Telling your adult kids. Divorce is hard on kids no matter what their age, says Dr. Karen Finn, CEO and owner of The Functional Divorce. “They never want the dream of their parents staying together swept away,” says Finn, a divorce coach. Don’t overshare and don’t make them take sides, she says. “Your divorce will impact your children,” she cautions. “Your job as a parent is to understand that your adult kids will need to have your support as they come to terms with your divorce because a parent’s job is never really done.”

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If you've never had the pleasure of meandering down River Road in north Wilmington, DE then you've missed the bucolic setting of Lodge Lane Assisted Living. Reminiscent of an elegant country chateau, Lodge Lane is nestled near the Delaware River, complete with its own private lake, fountain, and nearby park. This month we had the pleasure of roaming the sprawling 11 acres with Melissa Casperson to learn more about Lodge Lane, its history, and the special care each and every resident enjoys as a member of the Lodge Lane community.



Vital!: Melissa, this building feels so “solid,” like it’s been here forever, but really it’s quite new, isn’t it?

MC: It is! Our sister facility, The Kutz Home, a non-profit skilled nursing facility and rehabilitation center, built Lodge Lane in 2013 to serve seniors who don’t need skilled nursing care but who could benefit from some personal assistance. To that end, our community offers private apartments in these beautiful surroundings, a secure memory care neighborhood for those with dementia, and a compassionate staff to provide assisted living care and respite care.

Vital!: Let’s talk about memory care for a bit. The numbers on Alzheimer’s and other forms of dementia are staggering.

MC: It’s true. Alzheimer’s disease is the 6th leading cause of death in the United States. It’s estimated that the number of Americans living with Alzheimer’s disease will reach

5.4 million by the end of 2016. As the Baby Boomers continue to age, the number of people age 65 and older with Alzheimer’s disease may nearly triple, to a projected 13.8 million by 2050.

Vital!: How are you equipped to help those needing memory care?

MC: We have a dedicated wing with specialized care for those with Alzheimer’s and other related dementias. Life at Lodge Lane promotes a sense of family. We take the time to get to know our residents, their history and background, and who they are today. We like to create and maintain personal connections to remind our residents every day that they are deeply loved and cared for. We want every resident to feel at home, so Lodge Lane provides memory stimulation in a cozy, home-like environment with comfortable gathering and recreational spaces. Residents are welcome to explore within our secure neighborhood, especially outside in our serene courtyard. Our residents are encouraged to decorate their private apartments with favorite treasures from home. We also offer support groups and services for families who are affected by Alzheimer’s disease.

Vital!: What is it like for someone in the beginning, or even latter stages, of Alzheimer’s?

MC: One of the most common signs is memory loss. A person might forget recently learned information or important dates and events. They might ask the same questions over and over again or increasingly need to rely on memory aids such as reminder notes, electronic devices, or family members for information. Some may have trouble following a plan or working with numbers; examples would be keeping track of monthly bills or following a family recipe. A person might have difficulty completing familiar tasks at home or experience confusion with time or place, such as knowing what season it is or losing chunks of time. Many start to experience trouble understanding words or visual images and problems speaking or writing.

Vital!: What is it like for someone caring for a loved one suffering memory loss?

MC: It’s difficult, no doubt about it. Many caregivers experience high levels of stress due to simply not understanding the behaviors often associated with the disease. At Lodge Lane Assisted Living & Memory Care we’re always looking for ways to expand our knowledge on what it’s really like to have Alzheimer’s, and to educate the caregiver to help them make connections to improve their loved one’s quality of life.

We know that simple tasks we take for granted can be very difficult for someone with dementia. We often hear caregivers share that they’re familiar with the symptoms of dementia,

but don’t understand or know the feelings. Understanding what it’s like to have Alzheimer’s and other related dementias from the inside out not only helps someone become a better caregiver, but also brings them closer to their loved one. Further, being able to put yourself in the shoes of the person with Alzheimer’s and experience the struggles firsthand can help relieve some of the caregiver’s frustrations.



Vital!: So how do you help the caregiver?

MC: Recently Lodge Lane partnered with Lynn Paxson, the owner of Oasis Senior Advisors Delaware and a Certified Senior Advisor®. Oasis Senior Advisors is a free, local, community-based referral placement service bringing families and senior living communities together. Lynn works one-on-one with seniors and their families to help them explore and identify their best fit among Delaware’s senior living options.

In partnership with Oasis Senior Advisors and as part of our continuing education efforts, we’re bringing the Virtual Dementia Tour experience to Wilmington. While the morning session will be for the Lodge Lane staff and leadership, the afternoon will be open to the public. The Virtual Dementia Tour® is an individual experience through simulated dementia, created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia. After experiencing this sensory training, you’ll have a greater understanding of the realities

of what living with dementia is like. This unique, interactive program has been shown to improve communication and care. Learning to create a positive environment for those with dementia can only come from attempting to walk in their shoes.

The Virtual Dementia Tour (VDT®) is a method of building a greater understanding of dementia through the use of patented sensory tools and instruction based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams®. During a dementia tour experience, trained facilitators guide participants through common everyday tasks and exercises while outfitted with patented devices that alter their senses. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care for someone living with Alzheimer’s.

Everyone who goes through the tour will be fitted with gear to simulate the physical symptoms of age. First they’re fitted with a pair of yellow-tinted goggles to simulate the effects of eye diseases such as macular degeneration and glaucoma. The goggles also diminish depth perception and restrict peripheral vision, symptoms related to dementia. Next they’re asked to wear shoe inserts which simulate uncomfortable pins and needles sensations on the bottoms of their feet and legs, and create sensations of a shuffled gait and peripheral neuropathy, a common aspect of dementia. People who experience these sensations tend to have an aversion to walking, moving around and engaging with others. Participants wear gloves on both hands to limit their sense of touch and impair their ability to feel their fingers. Simple tasks such as buttoning a shirt become major challenges. After the

physical symptoms are manifested, headphones are placed over the ears to create the cognitive effects of dementia. Participants feel like they’re in a bubble; then a “confusion tape” is played—a mix of voices, laughter, and background noises like those from a television playing, static and sporadic loud sirens, and beeps, to limit their ability to concentrate on simple commands.

Once participants are geared up, the experiment begins. Participants enter a room staged like a bedroom and test administrators read a set of instructions. Some of the tasks might include brushing your teeth, fold-

ing laundry, or setting a table. The instructions are difficult to decipher over the confusion tape, creating a true sense of what it is like to live with the symptoms of dementia.

Second Wind Dreams will be conducting timed tours from 3:00 p.m. to 6:30 p.m. on Wednesday, September 14 at Lodge Lane Assisted Living. This event is open to the public, however you **must** be registered for a time prior to entering the experience. For more information and to register, please call Melissa Casperson, Sales and Marketing Director, at 302-757-8100. Time slots are limited. Register early!

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3:00PM - 6:30PM

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The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to Second Wind Dreams to continue funding their elder dreams program.

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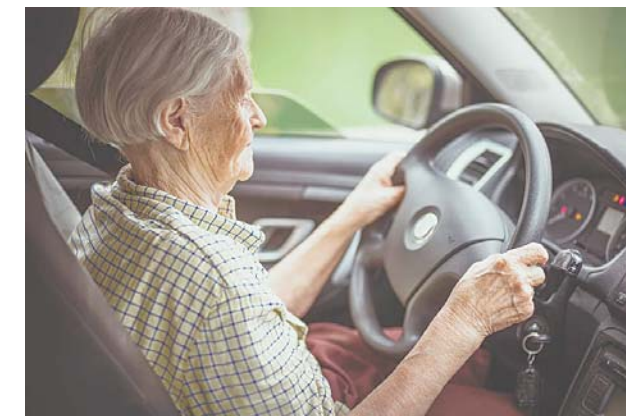
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CAREGIVER'S CORNER

Accessorize To Make Driving Easier

Driving is important to all of us for a host of reasons over and above getting from point A to point B. As we grow older, it often represents independence and the satisfaction of being in charge of our daily lives. But there are some inevitable changes that come with age that make driving more challenging; for instance, arthritis can make it difficult to pull a seat belt closed, or hip problems can make it tough to enter and exit the vehicle. The good news is that there are driving aids that can help keep someone from hanging up the keys.



Here are a few tools the team at Five Star Senior Living has found that might help the older driver you love stay safe.

Equipment Designed to Make Driving Easier

1 Broaden the View. Mirror adapters are designed to give a driver a wider view of their surroundings. Two popular options are panoramic mirrors and blind spot mirrors. These are especially helpful for older adults who have experienced a loss in flexibility or have difficulty turning their head and shoulders.

2 Reach the Pedal with Ease. Foot pedal extenders extend the length of the vehicle's pedal, making the pedal easier to reach. This helps in two ways. It minimizes the risk of a driver's foot slipping off the pedal, and helps prevent the driver from sitting too close to the steering wheel, where they can be injured if the car's air bags are deployed.

3 More Frequent Seat Belt Use. One reason older adults say they don't always wear a seat belt is that it's painful to reach over their shoulder

to grab the belt and pull it closed. A seat belt pull provides the driver with the additional four to six inches of reach they need.

4 Safer Entry and Exit. Drivers can use swivel seat cushions to help them get into and out of the car. These are particularly helpful for people with balance problems, and help alleviate the risk for falls. The swivel seat cushion is placed on the driver's seat. The driver can use the frame and steering wheel of the car to help them turn around and get situated on the cushion. Once they are safely seated, the driver can swivel around to face forward to drive.

To learn more about staying safe on the road in retirement years, visit AAA Foundation for Safe Driving. Read Flexibility Fitness Training for Improving Older Driver Performance for a series of exercises seniors can complete to improve their driving skills.

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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Having the Talk About Senior Driving

By Gina Deney

It's something that people joke about all time: senior drivers are a hazard on the roads. Of course, this isn't true; there are plenty of sharp, alert older individuals who operate a vehicle well into old age, so to generalize would be unfair. That said, however, there are also cases where it is simply unsafe to the senior and to those around them for them to be on the road.

Regardless of whether it's due to slowed reflexes, impaired vision, a loss of the strength needed to press the gas pedal or brake, or something else, rare is the person who is willing to admit that they can no longer drive. If you're uneasy about broaching the topic with an aging loved one, here are some tips to get you started:

Know the warning signs. Be aware. Look for dents or scratches on the car, the mailbox or even the garage. "Near-accidents that weren't their fault" may, in fact, be their fault. More traffic tickets lately? These could be a signal that your loved one is having a hard time seeing signs and stop lights.

Don't be hesitant. It's not an easy conversation, but it is a necessary one. It's better for your loved one to hear it from you rather than some random other who goes out of their way to yell at them to get off the road. It's also better than getting a notice from the DMV. At least you'll handle the situation with love and compassion.

Approach it delicately. You don't want to come across like a parent taking a toy from a child. Sit down with your loved one for an adult conversa-

tion. Make known your concerns and feelings with love, not accusation, in order to generate the response you're looking for.

And just because your loved one isn't driving themselves places doesn't mean they've lost their freedom or that they have to stay at home all day. Companion services, mass transit, and driving services are all available to help your loved one get wherever they want to go!

Gina Deney is the owner of Your Own Home In-Home Senior Care. Your Own Home offers transportation services to help anyone get wherever they want to go. Call today for more information! 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 302-478-7081 or visit www.yourownhomecare.com.

CAREGIVER'S CORNER BROUGHT TO YOU BY



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

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



Caregiver Support: Easter Seals Is Here For You!



Because caring for a loved one can be daunting, especially if you're taking on the task alone, the Easter Seals Community Outreach Program (COP) is here to help, even after the Caregiver Conference.

Caregiving can be an exhausting job, especially when a caregiver doesn't get time to themselves to recharge. Respite is offered through COP's Delaware Lifespan Respite Care Network, which provides funds to support family caregivers providing care to a person of any age or disability.

Caregivers can also take advantage of the Caregiver and Assistive Technology Resource Center. Partially funded through the Division of Services for Aging and Adults with Physical Disabilities, Easter Seals has a case manager on site every day to provide information, resources and support to family caregivers.

One of the more unique aspects of the Easter Seals Resource Center is the focus on Assistive Technology, or "tools for independence." Hundreds of pieces of assistive technology that promote independence and quality of life, like pill reminders and large print calculators, are on display, offering individuals the opportunity to "try before you buy." Visit www.de.easterseals.com/resources for a virtual tour of the Technology Demonstration Center.

Easter Seals also helps Delawar-

eans secure lower-interest loans to purchase assistive technology or make modifications for accessibility through its FYI: Finance Your Independence Assistive Technology Loan program. The program is made possible through lending partners Del-One Federal Credit Union and DEXSTA Federal Credit Union. In addition to home modifications, funds can be used for work

equipment such as computers that accommodate for visual limitations, and much more. Even lower cost items, such as hearing aids, can be funded through FYI.

For more information about any of the services provided through the Community Outreach Program, contact Joyce Medkeff at 302-221-2076 or resources@esdel.org, or visit www.de.easterseals.com.

WORDS OF WISDOM

"We can all make a difference in the lives of others in need, because it is the most simple of gestures that make the most significant of differences."

— Miya Yamanouchi



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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.

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Sept 29, 2016

FEARLESS CAREGIVER CONFERENCE

NEWARK, DE



TOMATO PIE

The colorful palette of tomatoes makes this dish a double treat: it's both delectable AND dazzling.

INGREDIENTS

- 2 medium-size tomatoes, different colors
- ½ teaspoon fine kosher salt
- ½ cup mayonnaise
- ½ cup shredded sharp white cheddar cheese
- ¼ cup grated Parmesan
- 1 (9-inch) pie crust
- ¼ teaspoon freshly ground black pepper
- 5 to 6 slices thick-cut bacon, fried crisp and broken into small pieces
- 10 basil leaves
- Handful of cherry tomatoes, various colors
- 4 sprigs of thyme



DIRECTIONS:

1. Slice the large tomatoes into rounds ¼-inch thick. Place on paper towels and let sit for 10 minutes. Flip onto fresh paper towels and sprinkle with salt. Let sit 10 minutes. Juicy tomatoes could make your pie soupy.
2. Preheat oven to 400°F. Combine mayonnaise, cheddar, and Parmesan. Arrange a layer of tomatoes in bottom of pie crust. Sprinkle on the pepper and half the bacon, then layer on five of the basil leaves. Spread half the mayo mixture over the basil. Repeat, ending with a final layer of sliced tomatoes, placed so that you can fit the cherry tomatoes on top as well. Scatter thyme sprigs across the top.
3. Bake for 30 minutes, then fold strips of aluminum foil around the rim of the pie to keep the edges from getting too brown. Continue baking another 15 minutes. Allow pie to cool before serving.

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.

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

Answers on page 12

(courtesy of KrazyDad.com)

THE FUNNY BONE

ALL IN A DAY'S WORK

My first job was working in an orange juice factory, but I got canned...couldn't concentrate.

After that I tried to be a tailor, but I just wasn't suited for it...mainly because it was a so-so job.

Then I tried to be a chef—figured it would add a little spice to my life, but I just didn't have the thyme.

Next I tried working in a muffler factory but that was too exhausting.

I managed to get a good job working for a pool maintenance company, but the work was just too draining.

I attempted to be a deli worker, but any way I sliced it, I couldn't cut the mustard.

Then I worked in the woods as a lumberjack, but I just couldn't hack it, so they gave me the ax.

Next was a job in a shoe factory; I tried but I just didn't fit in.

So then I got a job in a workout center, but they said I wasn't fit for the job.

After many years of trying to find steady work I finally got a job as a historian until I realized there was no future in it.

I studied a long time to become a doctor, but I didn't have any patience.

My best job was being a musician, but eventually I found I wasn't noteworthy.

I became a professional fisherman, but discovered that I couldn't live on my net income.

My last job was working at Starbucks, but I had to quit because it was always the same old grind.

SO I RETIRED AND FOUND I'M PERFECT FOR THE JOB!



Crossword

By Dave Fisher

Answers on page 12

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			

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ACROSS

1. Meal in a shell
5. Tablet
10. Demands
14. Sister and wife of Zeus
15. Whines
16. Fellow
17. Utility
19. Story
20. Snagged
21. Not the most
22. Quoted
23. Sprinkle
25. Catkin
27. A large vase
28. Small amounts
31. Minim
34. What place?
35. Tear
36. Brother of Jacob
37. Complaining
38. Celebration
39. Gender
40. Publish
41. Moist
42. Threesomes
44. Spelling contest
45. Intimidate
46. Stretchable
50. Stairs
52. Language of ancient Rome
54. French for "Friend"
55. Tropical American wildcat
56. Expert
58. Legion
59. Possessing a weapon
60. Desire
61. Kind of bean
62. Utilizers
63. Visual organs

DOWN

1. Goons
2. Fable writer
3. Chalk
4. Buffoon
5. A large dark-red oval organ
6. Pertaining to the moon
7. Beers
8. Part of the Bible
9. S
10. Temporary
11. Broken
12. Cabbagelike vegetable
13. Hurried
18. Extreme
22. Formally surrender
24. Ballet attire
26. Like a bog
28. Front parts of human legs
29. Anagram of "Tine"
30. Gush
31. A feat
32. End ____
33. Mounting of animal skins
34. Idlers
37. Small songbird
38. Charges
40. Add
41. Keno
43. Melon tree
44. Screens
46. Aromatic solvent
47. Dawdle
48. Picture
49. Quotes
50. Oceans
51. Apprentice
53. Climax
56. Letter after sigma
57. Prompt

Grandparents Day is September 11

Do Something Grand!



Not that you need a special day to celebrate the love and special bond that connects grandparents and grandchildren, but why not take this opportunity to share your wisdom, perspectives, and key civic values with the young people in your life while you share the love?

Cook Together. A surprising 67% of grandparents see their grandchildren most often when their family goes out to eat. If that's the case with your family, why not bring a meal closer to home? After all, nothing brings people together like home-cooked comfort food. You and your grandchildren can pick your favorite recipes and get to work in the kitchen making a meal together. While beating eggs and boiling water, you can also cook up a closer relationship. Once the meal is ready, you can share good food and good conversation with the rest of your family and friends. If you're a long-distance grandparent, consider developing a family recipe book with favorite or special recipes from many different family members. Once everyone has a copy, plan for each of you to cook the recipes on the same nights and compare notes.

Create Your Own Volunteer Opportunity. Help youth realize that even the youngest person can make a big difference. Choose a cause or community issue you're passionate about—animals, bullying and violence, environment, homelessness—and discuss how you can help. Create an action plan: assemble a team of

youth, adults, friends, and community leaders; create a timeline; collect necessary resources; put the plan in action and make a difference! For a step-by-step guide, use Youth Service America's "Kids in Action Guide:" <http://www.ysa.org/resources>

Record an Audio/Video Message. With today's technology, you and your grandchildren can still share a special day or event, even if you're miles apart. Take the first step by sending each grandchild a message in which you share a favorite memory about that child, or request that your grandchild shares his or her favorite memory about you. Use a mobile phone or digital video camera to record messages. Request that each child sends you an update on what's happening in each of their lives. Ask if they have video clips of recent events, such as a dance recital, a team sport, or a birthday party day.

Go Through Old Boxes And Photo Albums. The souvenirs and mementos we hold on to only have significance because they have a story to tell. So share those stories with your grand, whether they are stored in a photo album or in a dusty ole box. Put significance to what others may have thought to be junk. Explain why you have held on to these keepsakes and compare the intergenerational similarities or differences.

Want more great ideas on ways grandparents, grandkids and grandfamilies can connect and celebrate? Visit www.grandparentsday.org.

Saint Francis LIFE offers all-inclusive care for seniors living in New Castle County.

Staying independent and being able to continue living at home are important objectives for seniors; however, ensuring their safety and proper care are serious concerns.

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