



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

## Come Out and Play!

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AUGUST 2018





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Summer's in full swing—beaches and pools, road trips and BBQs, summer sports, concerts and all the other summer fun. Sometimes instead of feeling relaxing, it feels anything but! That's why this month, we're looking at ways to keep you energized—mind, body, and spirit—so that you're ready for action and won't miss a minute.

First up: Mind. When you're feeling overwhelmed and you can't stop those thoughts racing through your brain, yoga's your solution. But there are so many variations, how do you know which is right for you? And how do you even begin with all those movements? Page 3 is your starting point; learn about popular types of yoga and which may be perfect just for you. And while you're contemplating the beauty of the universe, contemplate the beauty of your place in it. Madisyn Taylor shares her reasons why on page 15.

Next up: Body. It's ironic that the less active you are, the more tired you'll be, and vice versa—staying active keeps you energized. Sherrie Maclary is the perfect example. Well into her 60's, she just doesn't slow down. Find out more about Delaware's own Senior Olympics golf champion on page 8. Then keep on reading for the exercises you can do right in your own home to ensure that you stay strong and fit and ready for anything.

And last: Spirit. If you're a long-time Vital! reader then you know we're huge proponents of giving back. There are so many benefits that you, the volunteer, reap that you might feel like you're getting the good end of the stick...and you probably are! Check out some new opportunities on page 5. Too many people are having too much fun for you to not join in!

Here's to summer fun!

Happy August!

*Karyn and Heidi*

**EDITOR IN CHIEF**

Karyn Cortez  
[karync@vitalmagonline.com](mailto:karync@vitalmagonline.com)

**CREATIVE  
ART DIRECTOR**

Heidi Atwell

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# Yoga: Which Type Is Right for You?



## Yoga for Beginners: Hatha

Everyone starts somewhere, and Hatha Yoga is the perfect place for the beginner yogi to learn the basics. Hatha Yoga is the generic term that refers to any type of yoga that teaches poses like those we've all heard of, such as Downward Dog and Warrior Pose. Unlike other variations of yoga, Hatha gives less emphasis to breathing and focuses more on learning proper movements and correct form. You probably won't work up a sweat during class, but you'll improve your posture while mastering the basics and leave feeling longer, looser, and more relaxed.

## Yoga to Stay Active: Power

Yoga critics complain that a yoga session is a less intense workout than running or weightlifting. Power Yoga, a fitness-based vinyasa practice similar to Ashtanga, is the most athletic type of yoga, and is perfect for those looking to build strength and stamina. Power Yoga poses are performed in a moving sequence, or "flow," that increases metabolism, boosts your heart rate, and improves balance and flexibility.

## Yoga for Cleansing and Relaxation: Ananda

Practicing yoga brings mental clarity and reduces stress. Ananda Yoga is a relatively inward experience, not an athletic practice, consisting of gentle movements that prepare the mind and body for a calm state, and may reduce toxins in your body. If you

Don't let visions of backbends and impossible stretches deter you from reaping the many benefits of practicing yoga. What benefits? How about reducing stress and anxiety, improving concentration and balance, reducing joint inflammation, and boosting overall well-being. With so many different types of yoga to choose from, people of all ages, fitness levels, and interests benefit. Let us help you find the yoga flow that's perfect for you.

find yourself a little more stressed than usual, Ananda Yoga might be right for you.

## Yoga for Mobility and Injuries: Chair

Chair Yoga is a terrific starting point if you have any pre-existing mobility issues or injuries, or simply want to improve your flexibility and mobility. Chair Yoga is a gentle form of yoga practiced while sitting on a chair, using the chair as an aid to stretch and twist.

## Yoga for Adventure-Seekers: Aerial

Aerial Yoga combines traditional yoga poses, Pilates, and dance movements with one small exception—you'll be sitting on a soft fabric hammock hanging from the ceiling! Don't worry, though—hammocks are held up by carabiners, support chains, and webbing straps, and their support can actually make movement easier. Aerial Yoga improves flexibility and focus, and adds a little bit of fun into your normal yoga routine.

*Here at The Summit, we know that incorporating yoga into your routine is a part of living an active, independent life. We love to encourage our residents to get out of their comfort zone and try new things. Our Personalized Health and Fitness Program offers many types of yoga classes to engage our residents, and improve their well-being. For more information, please call us at 302-635-9024 to speak with a Senior Lifestyle Counselor or visit [www.thesummitretirement.com](http://www.thesummitretirement.com).*

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LET'S  
CONNECT!







## Ready for Rehab?

By Randall Weston, Owner, Weston Senior Living Centers

If you or a loved one recently experienced an accident or illness, chances are you might need more time than allotted at the hospital to recover. If this is the case, then you'll probably be referred to an inpatient rehab facility. Some of the conditions that may require short or long-term care at a rehab facility include stroke, Parkinson's disease, surgery, acute illness, infection and general wound care. These conditions may require occupational, speech and/or physical therapy, administration of antibiotics, intravenous injections of medication, or other medical care (also called sub-acute care). The staff of a rehab facility may include registered nurses, licensed practical nurses, vocational nurses, speech pathologists, physical therapists, audiologists, a medical director and other specialized medical staff as needed.

The time spent at an in-patient therapy facility following an accident or illness is crucial to recovery and a safe and successful return home. You'll generally receive several hours of therapy per day to meet your needs, and so there is actually plenty of time for activities and socializing during your stay. When healing, both your body *and* mind need conditioning and stimulation, so your rehab community will focus on providing both. Rehab facilities are regulated and certified by the federal government, and must also meet certain state and local regulations. Stays at rehab facilities are covered by Medicare for up to 100 days.

Some facilities may offer both inpatient and outpatient care, and some may even offer in-home services once you've returned home. Some-

times rehabilitation takes a bit longer than initially expected. If you think this might end up being your situation, then before leaving the hospital, think about communities that would allow you to "step down" in care over a period of time. These communities offer residential living on a short-term or long-term basis. The beauty of these communities is that you'll receive a continuum of care in a familiar atmosphere, and continue to be with people with whom you've already become comfortable. The last thing you want to happen is to leave rehab too soon, only to be readmitted shortly thereafter because you weren't completely ready to go home.

The bottom line is that in order to have a successful recovery, try to plan ahead a bit. If you've usually had family caregivers involved in your care, then you'll want to ask them to be included in your care planning meetings. As good as the staff may be, family caregivers are experts when it comes to your needs. Finding a community where you feel comfortable and comforted, and receive excellent therapy but don't feel like you're being pushed out the door, is your best answer to a long-term successful return to your normal life.

At Weston Senior Living at Highfield (formerly Masonic Home of Delaware) "Caring is What We Do Best!" We welcome the newest member of our team, Dr. Yong Park, Physiatrist at Christiania Care Spine Center, to our healthcare team on August 2. For more information on our rehab facilities, our rest residential apartments, and our Independent Living community, call us at 302-300-0299, visit us at 4800 Lancaster Pike in Wilmington, DE, or visit [WestonSLC.com](http://WestonSLC.com).

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**Contact Amanda Davidson for a tour & ask about monthly Move-In Specials**

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# Medicare & Outpatient Therapy

Medicare Part B covers outpatient therapy, including physical therapy (PT), speech-language pathology (SLP), and occupational therapy (OT). If Medicare's eligibility requirements are met, Medicare covers therapy on a temporary basis to improve or restore ability to function, or on an ongoing basis to prevent the condition from getting worse. Medicare should cover the outpatient therapy regardless of whether the condition is temporary or chronic.

You are eligible for Medicare coverage of therapy services when:

- Skilled therapy services are needed, and the services are considered safe and effective treatment. Medicare defines skilled care as care that must be performed by a skilled professional, or under their supervision.
- Your doctor or therapist creates a plan of care before receiving services.
- Your doctor or therapist regularly reviews the plan of care and makes changes as needed.

Original Medicare covers outpatient therapy at 80% of the Medicare-approved amount. When the services are received from a participating provider, there is a 20% coinsurance after the Part B deductible (\$183 in 2018) is met. Previously, there were limits, also known as the therapy cap, on how much outpatient therapy Original Medicare covered annually. However, in 2018, the therapy cap was removed. If the total therapy costs reach a certain amount, Medicare requires the provider to confirm that the therapy is medically necessary.

In 2018, Original Medicare covers up to:

- \$2,010 for PT and SLP before requiring the provider to indicate that the care is medically necessary,
- And, \$2,010 for OT before requiring the provider to indicate that the care is medically necessary.

Remember, Medicare pays for up to 80% of the Medicare-approved amount. This means Original Medicare covers up to \$1,608 (80% of \$2,010) before the provider is required to confirm that the

outpatient therapy services are medically necessary. If Medicare denies coverage because it finds that the care is not medically necessary, an appeal can be filed. Keep in mind that outpatient therapy includes therapy received:

- At therapists' or doctors' offices.
- At Comprehensive Outpatient Rehabilitation Facilities (CORFs).
- At skilled nursing facilities (SNFs), as an outpatient or are otherwise ineligible for a Medicare-covered stay.
- At home through therapists connected with home health agencies, when ineligible for Medicare's home health benefit.

If the therapy is received through the Medicare SNF benefit or the Medicare home health benefit, the therapy will be covered differently.

For more information, please call Delaware Medicare Assistance Bureau at 1-800-336-9500.

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County Executive  
Matthew Meyer

## It Takes a Village!

*Volunteer service enriches our community. Sharing your skills brings many rewards: the joy of helping others, making new friends, expanding your knowledge, and having fun. Here, some ways to join in:*

**Fix It Café "Fixers"**—Calling all tinkerers! Do you enjoy and have some experience repairing small household items like lamps that need rewiring, vacuums, mechanical toys and other gadgets? Volunteers sometimes fix items, or can help diagnose problems with the variety of items participants bring, determine if repair is possible and advise on the steps to take to repair the item. Every 3rd Saturday at Glasgow Park, 9:45-1pm.

**Farmers Market Helper**—Get outside and meet and greet your neighbors! New Castle County Farmers Markets are family-friendly, community gathering places offering the freshest local farmland foods available. Help our local farmers, growers, producers and small businesses

to create sustainable, economically viable and socially responsible market systems. Volunteers help set up/prep for the opening of market; assist with breakdown and closing; place and pick up market signage before and after market; help vendors set up their stalls; greet customers, and more. May-October, shift times vary by date and location. Visit [www.nccde.org/455/Farmers-Markets](http://www.nccde.org/455/Farmers-Markets) for details.

- Route 9 Farmer's Market, 3022 New Castle Ave, New Castle, every Wednesday
- Rockwood Farmer's Market, 610 Shipley Rd, Wilmington, every Thursday
- Westside Farmer's Market, Cool Spring Park, 10th and Van Buren, Wilmington, every Thursday
- Glasgow Park Farmer's Market, 2275 Pulaski Hwy, Newark, every Friday

To join the team that makes all of New Castle County's events and programs possible, call 302-395-5651 or visit [NCCDE.ORG/Volunteer](http://NCCDE.ORG/Volunteer) for more information.



# Help with Prescription Costs

If Medicare Extra Help and State Pharmaceutical Assistance Programs (SPAPs) are not an option, there may be other programs and strategies you can use to save money on drug costs.

■ **Charity programs:** Local and National charities may offer assistance with specific medications.

■ **Patient Assistance Programs (PAPs):** You may be eligible to get free or low-cost drugs directly from the company that makes them through a PAP. In most cases, a patient's doctor must apply for you. Not all PAPs allow people with Part D to apply.

■ **National or local prescription drug discount programs:** Note that prescription drug discount programs cannot be used at the same time as Part D coverage. Only one or the other can be used.

■ **Safety net providers:** Pharmacies in certain government-funded hospitals and community health centers may provide medication at lower costs or charge people based on income. These centers and clinics include federally qualified health centers (FQHCs) and rural health clinics (RHCs). Some centers may waive copays for drugs covered by Part D if assistance is requested. Be sure to contact the facility directly to learn which benefits it offers.

There are also steps that can be taken when speaking with the medical provider, plan, pharmacy or hospital. Here are some strategies to consider:

■ **Ask your doctor about generics:** Generic drugs are often less expensive than brand-name drugs, and might be more affordable. The doctor may be able to find a generic drug that works better than the brand name.

■ **Ask your doctor for samples:** This is a temporary solution since your doctor may not be able to provide samples for the long-term, but may provide access in an emergency.

■ **Ask the plan about a tiering exception:** If the Part D plan is covering the drug and the copayment is expensive, it could be that the medication is on a high tier. A tiering exception request is a way to lower cost-sharing.

■ **Ask the pharmacy to waive the copay:** Pharmacies are not allowed to routinely waive their copays for people without Extra Help, but the pharmacist can waive copays on a case-by-case basis. Tell the pharmacist that the copay cannot be paid, and request that it be waived. Make sure that the pharmacy is in the plan's network.

■ **Ask the hospital about charity care:** Hospitals may have a charity

care policy that can reduce drug copays if the medications cannot be paid. Under such a policy the final copay is determined by income (using a sliding scale). To qualify, the prescription must be written by a doctor in the hospital and filled out at the hospital's pharmacy. Check to make sure that the hospital's pharmacy is in-network, then tell the hospital's pharmacist that the copay cannot be paid and ask about qualifying for prescription assistance.

■ **Review drug coverage in the fall (or sooner if a Special Enrollment Period applies):** Doing so may not provide immediate relief, however carefully consider other plan options during Fall Open Enrollment. Another plan may have lower cost-sharing for your specific drugs.

For more information call the Delaware Medicare Assistance Bureau at 1-800-336-9500.

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# Social Security: How the Work Rules Work for You

By Davida Smith-Reed  
Social Security District Manager,  
Wilmington, DE

Retirement doesn't have the same meaning for everyone. Some people plan to retire and never work again. Some people plan for second careers in occupations that wouldn't have adequately supported their families, but they do the work for pure enjoyment. Some people, whether by design or desire, choose to work part-time or seasonally to supplement their retirement income.

Retirees (or survivors) who choose to receive Social Security benefits before they reach full retirement age (FRA) and continue to work have an earnings limit. In 2017, the annual earnings limit was \$16,920

for those under FRA the entire calendar year. In 2018, it is \$17,040. If you earn over the limit, we deduct \$1 from your Social Security monthly benefit payment for every \$2 you earn above the annual limit.

In the calendar year you reach FRA, which you can check out at [www.socialsecurity.gov/planners/retire/ageincrease.html](http://www.socialsecurity.gov/planners/retire/ageincrease.html), you have a higher earnings limit. Additionally, we will only count earnings for the months prior to FRA. In 2017, the limit was \$44,880. In 2018, it is \$45,360. In the year of FRA attainment, Social Security deducts \$1 in benefits for every \$3 you earn above the limit.

There is a special rule that usually only applies in your first year of receiving retirement benefits. If you earn more than the annual earnings

limit, you may still receive a full Social Security payment for each month you earn less than a monthly limit. In 2018, the monthly limit is \$1,420 for those who are below FRA the entire calendar year. The 2018 monthly limit increases to \$3,780 in the year of FRA attainment.

Once you reach FRA, you no longer have an earnings limit, and we may recalculate your benefit to credit you for any months we withheld your benefits due to excess earnings. This is because your monthly benefit amount is calculated based on a reduction for each month you receive it before your FRA. So, if you originally filed for benefits 12 months before your FRA, but earned over the limit and had two months of Social Security benefits withheld, we will adjust your ongoing

monthly benefit amount to reflect that you received 10 months of benefits before your FRA, and not 12.

Most people understand that if they work while receiving benefits before FRA, their benefit may be reduced. What most people do not consider in their retirement planning is that we recalculate your Social Security monthly benefit at FRA to credit you for Social Security benefit payments withheld due to earnings over the limit. Explaining the earnings limit is another way that Social Security helps secure your today and tomorrow. Understanding both the earnings limit and the possible recalculation of your ongoing Social Security benefits will provide an additional perspective on retirement for you to consider.



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# Competition—It Never Grows Old!

By Barb Viera, Delaware Senior Olympics

When the Senior Olympic movement began in the early 1990's, it attracted sports enthusiasts and participants for a multitude of reasons. Interestingly, the reasons seemed to differ depending on the sex of the participant.

Men, most of whom had competed in their younger years in Little League and club sport programs, or junior high and high school J.V. and varsity teams, or in college, just wanted to be able to keep on competing. The Senior Olympics was the perfect venue. In fact, when they discovered the Senior Olympics competition, most men's first question was simply "When is it?"

On the other hand, few women who were now in the "senior" age group (over 50) had had the opportunity to compete in high school or college; higher-level organized sports for women didn't exist during their youth! Our University of Delaware didn't establish its first collegiate teams for women until 1968, and until the passage of Title IX in 1972,

American high school and collegiate varsity sports for women were rare. So when first introduced to the Senior Olympics, women were excited just to finally have that place where they could compete at a high level. And they jumped at the opportunity.

Sherri Maclary, now 67, is one of those women. She craved competitive sports, but struggled because there weren't any programs open to her. Delaware Senior Olympics opened a new world for her.

## Hat's Off to Sherri

Sherri was always athletic, and participated in CYO and intramural school sports. Golf, in particular, intrigued her. Many a day would find her at Rock Manor Golf Club, watching the male golfers tee off, and helping them look for lost golf balls. But golf is an expensive sport; her family couldn't afford the expense, so instead she had to be satisfied playing miniature golf and hitting balls at the local driving range that one of her teachers owned.

In the early 70's Sherri finally pur-

chased a starter set of clubs, and began to learn the game and improve her skills. By the late 90's (after her days of playing softball and other sports began to wind down) she focused on golf as her main sport.

The year was 2002 and Sherri entered her first Delaware Senior Olympics golf competition, held at the Dover Air Force Base course. The day started with a shotgun start. Sherri approached her last hole of the competition, the 14th hole par three, trying to decide the best golf club to use for the distance. She pulled out her eight iron and hit a beautiful shot. The ball hit the green, bounced twice and rolled into the cup—a hole-in-1!

Competition certainly brings out the best in her. Sherri was "lucky" again when she hit her second hole-in-1 at the Eastern Shore Games competition in 2011 at Deer Run Golf Club in Berlin, MD. She's competed in the DSO golf competition every year since 2002, bringing home eight golds, six silvers and one bronze medal.



Sherri currently plays with a women's group at Ed Oliver Golf Club in Wilmington; last year she was the club champion. She played with a women's league at Patriot's Glen in 2016 and won the team championship with her partner Barb Viera by making a birdie on the last hole. She also competes with the Newark Senior Golf Club, and in 2016 scored the lowest round of all female participants. Sherri is a wonderful example of taking the opportunity to compete as a senior and making up for lost time!

## Fit for Life STRENGTH

Excerpted from [www.NIHSeniorHealth.com](http://www.NIHSeniorHealth.com)

The past few months we've talked about how to get the most out of your physical activities. We talked about how to get started, we learned about the four types of exercise -- endurance, strength, balance, and flexibility exercises. This month we'll talk about strength.

Strength training can ward off age-related muscle loss, keep your bones strong, promote mobility and function, prevent falls, and even help combat depression and cognitive decline.

### Strength exercises:

Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, lifting a grandchild, or getting up from

a chair. The 10 muscle strengthening exercises which follow include:

1. wrist curls
2. arm curls
3. side arm raises
4. elbow extensions
5. chair dips
6. seated rows with resistance band
7. back leg raises
8. knee curls
9. leg straightening exercises
10. toe stands

To do most of these strength exercises, you need to lift or push weights. You can use weights, resistance bands, or common objects from your home. Or, you can use the strength-training equipment at a fitness center or gym. Start with light weights and gradually increase the amount of weight you use. Starting out with weights that are too heavy can cause injury. If you

can't lift or push a weight 8 times in a row, it's too heavy for you, and you should reduce the amount of weight.

### How Much, How Often?

Try to do strength exercises for all of your major muscle groups on 2 or more days per week for 30 minutes at a time, but don't exercise the same muscle group on any 2 days in a row. When using weights, take 3 seconds to lift or push a weight into place, hold the position for 1 second, and take another 3 seconds to return to your starting position. Don't let the weight drop; returning it slowly is very important.

Muscle strength is progressive over time. Gradually increase the amount of weight you use to build strength. When you can do 2 sets of 10 to 15 repetitions easily, increase the amount

of weight at your next session.

### Safety tips:

- Don't hold your breath during strength exercises. This could affect your blood pressure, especially if you have heart disease.
- Use smooth, steady movements to bring weights into position. Avoid jerking or thrusting movements.
- Breathe out as you lift or push a weight and breathe in as you relax.
- Avoid locking the joints of your arms and legs into a strained position. To straighten your knee, tighten your thigh muscles. This will lift your kneecaps and protect them.
- For exercises that require a chair, choose one that is sturdy and stable enough to support your weight when seated or when holding on during the exercise.





### Strengthen your wrists with wrist curls.

1. Rest your fore-arm on the arm of a sturdy chair with your hand over the edge.
2. Hold weight with palm facing upward.
3. Slowly bend your wrist up and down.
4. Repeat 10 to 15 times.
5. Repeat with other hand 10 to 15 times.
6. Repeat 10 to 15 more times with each wrist.



### Strengthen your upper arm muscles with arm curls.

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for 1 second.
5. Breathe in as you slowly lower your arms.
6. Repeat 10 to 15 times.
7. Rest; then repeat 10 to 15 more times.



### Strengthen your shoulders with side arm raises.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep feet flat on the floor even, shoulder-width apart.
3. Hold hand weights straight down at your sides with palms facing inward.
4. Slowly breathe out as you raise both arms to the side, shoulder height.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower arms to the sides.
7. Repeat 10 to 15 times.
8. Rest; then repeat 10 to 15 more times.



### Strengthen the muscles in the back of your arms with elbow extensions.

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weight in one hand with palm facing inward. Raise that arm toward ceiling.
4. Support this arm below elbow with other



- hand. Breathe in slowly.
5. Slowly bend raised arm at elbow and bring weight toward shoulder.
6. Hold position for 1 second.
7. Breathe out and slowly straighten your arm over your head. Be careful not to lock your elbow.
8. Repeat 10 to 15 times.
9. Repeat 10 to 15 times with other arm.
10. Repeat 10 to 15 more times with each arm.

### Strengthen your arm muscles with chair dips.

1. Sit in a sturdy chair with armrests with your feet flat on the floor, shoulder-width apart.
2. Lean slightly forward; keep your back and shoulders straight.
3. Grasp arms of chair with your hands next to you. Breathe in slowly.
4. Breathe out and use your arms to push your body slowly off the chair.
5. Hold position for 1 second.
6. Breathe in as you slowly lower yourself back down.
7. Repeat 10 to 15 times.
8. Rest; then repeat 10 to 15 more times.

### Strengthen your upper back, shoulder, and neck muscles by doing a seated row with a resistance band.

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. Place the center of the resistance band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for 1 second.
6. Breathe in as you slowly return your hands to the starting position.
7. Repeat 10 to 15 times.
8. Rest; then repeat 10 to 15 more times.



### Strengthen your buttocks and lower back with back leg raises.



1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times.

6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.

### Strengthen muscles in the back of the thigh with knee curls.

1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your foot to the floor.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.



### Strengthen your thighs with leg straightening exercises.

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible, but don't lock your knee.
3. Flex foot to point toes toward the ceiling. Hold position for 1 second.
4. Breathe in as you slowly lower leg back down.
5. Repeat 10 to 15 times.
6. Repeat 10 to 15 times with other leg.
7. Repeat 10 to 15 more times with each leg.



### Strengthen the muscles in your calves and ankles with toe stands.

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10 to 15 times.
6. Rest; then repeat 10 to 15 more times.





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# A Recommended Reading List for Caregivers

By Sheri Samotin

Caregivers often feel that there aren't enough resources available on how to provide quality care while balancing work, relationships and self-care. The truth is that there are a few excellent books out there; it just comes down to weeding out the ones that are truly informative and meaningful. Every caregiver knows that their role is both physically and emotionally challenging, but a worthwhile book doesn't harp on these facts. Instead, it should provide constructive ideas for improving your care plan, seeking respite, communicating with your care team, managing your emotions in a healthy way and understanding other people's unique perspectives.

In preparation for a move, I recently packed up my bookshelves and re-encountered many of the classic resources on my "must read books for caregivers" list. Here, four of my favorites—the first two are novels, the other two non-fiction.

## 29: A Novel by Adena Halpern

This book tells the story of three generations of women: Ellie, a 75-year-old grandmother, her 55-year-old daughter Barbara and her 29-year-old granddaughter Lucy. Ellie strives to remain physically and mentally young, so she feels she has more in common with Lucy than her own daughter. On her 75th birthday, Ellie wishes to be 29 again for just one day as she blows out her candles. As the adage goes, be careful what you wish for!

The ensuing "young for a day" adventure causes Ellie to question nearly all the choices she has made throughout her life. She asks her granddaughter to be her guide on her special day while Barbara and her best friend frantically search for a "missing" Ellie. The day's humorous debacles lead these women to discover important things about one another and their relationships. Halpern encourages readers to question their assumptions about

youth, aging and family relationships. You'll likely laugh out loud—and that's always therapeutic!

## Still Alice by Lisa Genova

Unlike 29, this novel is a difficult and emotional read because it chronicles many of the tough issues surrounding Alzheimer's disease. Main character Alice Howland is a 50-year-old Harvard professor who has built a successful career and family life, but everything changes when she is diagnosed with early-onset Alzheimer's disease.

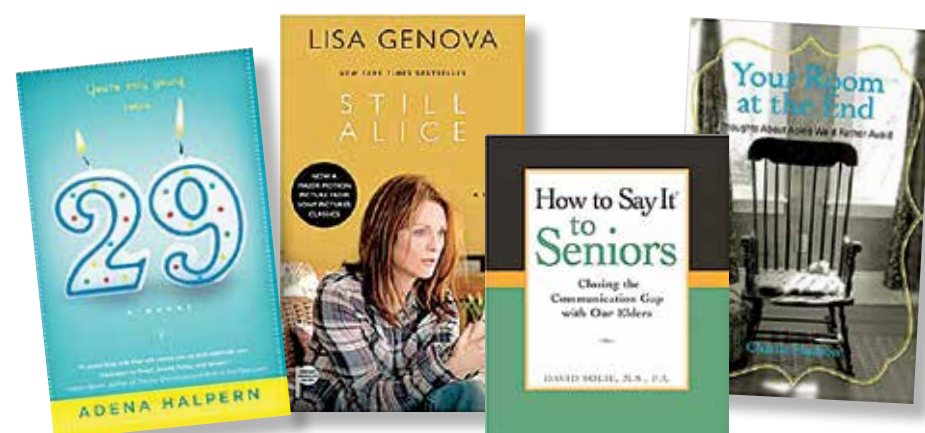
What I really find helpful about this book is that it tells the story of dementia from the perspective of the person living with the disease. While it incorporates the experiences of Alice's husband, grown children and colleagues, the unique value is that it provides a rare glimpse into the feelings and attitudes of those who have been diagnosed with dementia. Genova holds a PhD in neuroscience, so the work rings very true from both clinical and scientific standpoints as well.

## How to Say It to Seniors: Closing the Communication Gap with Our Elders by David Solie

Published in 2014, this work was originally intended for professionals in the elder care field, but I often recommend it to family caregivers. The main message of this practical guide is that older adults must balance the desire to maintain control of their world with the desire to control their legacy, or how the world will remember them. As caregivers, it is helpful for us to understand this dichotomy and learn to use different approaches for navigating the challenges of caring for and communicating effectively with our loved ones.

## Your Room at the End: Thoughts About Aging We'd Rather Avoid by Charlie Hudson

This selection is especially helpful for those at the very beginning of their journey into caregiving or aging. There are two central themes to



Hudson's work. First, she stresses the importance of planning ahead for the realities of aging and properly communicating those plans to family members. Her second core point is that articulating one's personal definition of quality of life is something that must be done earlier rather than later. Handling these difficult objectives enables readers to develop a strategy for ensuring that they can achieve the quality of life they desire as they get older and serves as a guide for family members who will likely become caregivers and surrogate decision makers. Hudson offers many innovative and creative ideas, along with practical suggestions for enhancing and sustaining quality of life.

## Caregiving Book Suggestions from AgingCare.com Members

The agingcare.com Caregiver Forum is another excellent source of tried and true information and resources compiled by and for caregivers. Below are some members' best book recommendations on topics like dementia care, family dysfunction, end-of-life issues and self-help.

- *Being Mortal: Medicine and What Matters in the End* by Atul Gawande
- *Can't We Talk About Something More Pleasant?: A Memoir* by Roz Chast
- *Trading Places: Becoming my Mother's Mother—A Daughter's Memoir* by Sandra Bullock Smith
- *Loving Someone Who Has Dementia: How to Find Hope While*

*Coping with Stress and Grief* by Pauline Boss

- *Passages in Caregiving: Turning Chaos into Confidence* by Gail Sheehy
- *Boundaries: When to Say Yes, How to Say No to Take Control of Your Life* by Dr. Henry Cloud and Dr. John Townsend
- *Loving Hard-to-Love Parents: A Handbook for Adult Children of Difficult Older Parents* by Paul K. Chafetz, PhD
- *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss* by Nancy L. Mace, MA, and Peter V. Rabins, MD, MPH
- *How to Survive Change... You Didn't Ask For: Bounce Back, Find Calm in Chaos, and Reinvent Yourself* by M.J. Ryan
- *Alzheimer's: A Caregiver's Guide and Sourcebook* by Howard Gruetzner
- *The Mindful Caregiver: Finding Ease in the Caregiving Journey* by Nancy Kriseman
- *Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You* by Susan Forward, PhD
- *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers* by Paula Spencer Scott
- *Adult Children: The Secrets of Dysfunctional Families* by John and Linda Friel

From [agingcare.com](http://agingcare.com)



# Traveling This Summer? Beware of Blood Clots

By Haley Goldberg

If you're flying or driving longer than three hours, beware of blood clots. According to the Centers for Disease Control, roughly one in 1,000 people will develop a blood clot, and immobility, like the kind you experience on a long trip, is a big risk factor. According to Thomas Maldonado, M.D., vascular surgeon and professor of surgery at NYU Langone Medical Center, here's what you need to know.

1. Blood clots, also known as deep vein thrombosis, typically form in the deep veins of the body that aren't visible through the skin. They form most often in the legs, although can occur anywhere, and can become dangerous if they move through the body's circulatory system.

"The situation is simple plumbing: Arteries carry blood to your extremities and veins carry blood back to the heart," says Dr. Maldonado. "When

a clot forms in the veins, that clot can dislodge, travel towards the heart, and even lodge in the lungs or heart. If that happens, it can be dangerous—or even fatal."

2. Due to prolonged periods of sitting, long-distance travel is one risk factor for blood clots. While many people associate blood clots only with flying, there's actually an increased risk for blood clots during any type of long-distance travel. "There's nothing magical about flying at 33,000 feet that predisposes you to a blood clot," Dr. Maldonado says. "When you're immobile for more than three or four hours at a time, you can develop a clot because blood tends to pool in the legs." So, for instance, people who are on prolonged bed rest may also be at increased risk.

When we're sitting for a long period of time and not using our leg muscles, or stretching or walking, the mechanism that keeps blood flowing smoothly doesn't work per usual.

"Our calf muscles propel the blood back [to the heart and lungs], in addition to the natural circulation of the heart pumping," Dr. Maldonado says. "But when you're on a long plane trip, you tend to be cooped up and immobile."

He adds that people often become dehydrated on long trips, as well. When the body doesn't have enough fluids, blood vessels can narrow while blood can thicken, increasing the risk for clots.

3. The signs and symptoms of blood clots are noticeable. "If you have a tender or painful leg, oftentimes in the calf, and it starts to swell, we might suspect that you might have a blood clot," says Dr. Maldonado. According to the CDC, warm and/or reddened skin are also symptoms to look for.

If you're experiencing one or more of these symptoms, Dr. Maldonado says it's not a "four-alarm fire" and reason to rush off the plane, but the sooner you get the area checked, the sooner experts can diagnose a potential clot and intervene with treatment to prevent fatal complications. People with blood clots typically take blood thinners for three to six months to prevent their clot from growing and to prevent new clots from forming. Sometimes, "clot-busting" medication is also needed to break up a clot.

While pain and swelling in the leg are uncomfortable, the issue that causes most concern is the clot traveling, and there's not a good way to predict which clot will travel. A pulmonary

embolism occurs when a blood vessel in the lungs becomes blocked by a clot; about 25% are fatal. Symptoms are traumatic and include chest pain, shortness of breath, and difficulty breathing. If you're experiencing these symptoms, seek help immediately. Pulmonary embolisms are also treated with clot dissolvers and blood thinners, although larger, life-threatening clots might require surgery.

4. There are ways to prevent blood clots. Risk factors include a family history of blood clots, pregnancy, taking birth control, smoking, being overweight or obese, having inflammatory bowel disease, and age over 60, according to the Mayo Clinic.

If you have a series of risk factors and you're going to be immobile for a long period, it's important to take steps to prevent a clot. Prevention is simple: On a long-distance trip, stop to stretch and walk every few hours. On a long flight, take walks up and down the aisle. If you can't get up, periodically move your lower legs. The Mayo Clinic suggests raising and lowering your heels while keeping your toes on the floor, then doing the opposite by lifting and lowering your toes while keeping your heels still. You should also stay away from dehydrating drinks like alcohol and caffeinated beverages and make sure to drink enough water. Compression socks are also helpful since they can help keep circulation moving.

Bottom line: You can prevent blood clots from forming; know your risks and take the necessary precautions when traveling.

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

By Dave Fisher

1	2	3	4		5	6	7	8		9	10	11	12
13					14				15	16			
17					18					19			
20				21		22				23			
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42			43	44		45			46	47			
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			52				53		54				
55	56	57						58		59		60	61
62					63			64		65			
66					67					68			
69						70				71			

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Answers on page 12

ACROSS

- 1. 12 in a foot
- 5. French for "State"
- 9. Use a beeper
- 13. Small salmon
- 14. Exploded stars
- 16. Keen
- 17. Historical periods
- 18. It delivers babies?
- 19. Egghead
- 20. Fungal diseases of plants
- 22. Likewise
- 24. Quash
- 26. A gold coin of ancient Persia
- 27. A part of a broadcast serial
- 30. Sneaks
- 33. Dark spots on the sun
- 35. Sir, in India
- 37. French for "Friend"
- 38. Harvests
- 41. Half of a pair
- 42. Disturb
- 45. Found
- 48. Stoppage
- 51. Hanging platform
- 52. Praises
- 54. On-line journal
- 55. Supporters of agriculture
- 59. An elongated leather strip
- 62. Nonclerical
- 63. Muse of love poetry
- 65. Rabbit
- 66. "Geel"
- 67. Faked out an opponent
- 68. Sweeping story
- 69. Away from the wind
- 70. Greek territorial unit
- 71. East Indian tree

DOWN

- 1. Frosts
- 2. Standard
- 3. Bigot
- 4. Stewardess
- 5. N N N N
- 6. Infants
- 7. Steer clear of
- 8. A paved surface
- 9. Goddess of healing
- 10. Affirm
- 11. Lass
- 12. Countercurrent
- 15. To scour
- 21. Cease
- 23. Untruths
- 25. Smell
- 27. Brother of Jacob
- 28. Low-cut shoes
- 29. French for "Summer"
- 31. Picture
- 32. Tendon
- 34. Unhappy
- 36. What we sleep on
- 39. Dowel
- 40. Knife
- 43. Otalgia
- 44. Russian emperor
- 46. L L L L
- 47. Dressed
- 49. Overgrown with ivy
- 50. Charred
- 53. Serpent
- 55. Seaweed
- 56. Jail (British)
- 57. Ascend
- 58. Flower stalk
- 60. Diva's solo
- 61. Kiss lightly
- 64. Lyric poem

# CHICKEN-WATERMELON TACOS

Watermelon (yes, watermelon!) appears in place of tomatoes in this sweet-meets-savory dinner. Don't knock it until you've tried it — watermelon is subtle, refreshing and pairs well with sharper flavors like jalapeno, red onion and cotija cheese.



Prep time: 10 min  
Cook time: 20 min  
Yield: 4 servings

INGREDIENTS

- 4 tomatillos, husked and rinsed
- 1 large jalapeno pepper
- 1 small red onion (½ cut into large chunks, ½ thinly sliced)
- 2 tablespoons extra-virgin olive oil
- 3 cups shredded rotisserie chicken (skin removed)
- Juice of 2 limes, plus wedges for serving
- Kosher salt
- 2 cups chopped watermelon
- 1½ cups fresh cilantro
- ¾ cup crumbled Cotija cheese (about 3 ounces)
- Freshly ground pepper
- 12 corn tortillas
- 1 avocado, chopped

DIRECTIONS

Heat a large cast-iron skillet over high heat. Add the tomatillos, jalapeno and red onion chunks. Cook, turning, until blistered, 5 to 6 minutes for the onion and 7 to 8 minutes for the tomatillos and jalapeno. Transfer to a cutting board; cool slightly. Chop the tomatillos and onion; seed and chop the jalapeno.

Heat 1 tablespoon olive oil in a medium skillet over medium-high heat. Add the tomatillos, chopped onions and half of the jalapeno. Cook until the vegetables release their juices, then add the chicken, the juice of 1 lime and ½ teaspoon salt. Simmer until warmed through, about 2 minutes. Keep warm over low heat.

Toss the watermelon, ½ cup cilantro, the sliced red onion, the remaining jalapeno, juice of 1 lime, 1 tablespoon olive oil and half of the cheese in a bowl. Season with ¼ teaspoon salt and a few grinds of pepper. Warm the tortillas in a dry skillet.

Add the remaining 1 cup cilantro to the chicken mixture. Divide among the tortillas; top with the watermelon salad, the remaining cheese and the avocado. Serve with lime wedges.

Photograph by Ryan Dausch. Courtesy of Food Network Magazine





# 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.

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

Answers on page 12

(courtesy of KrazyDad.com)

## THE FUNNY BONE

An 80 year-old woman was walking down Main Street one evening when she heard a low voice say, "Hey lady."

She looked around to see who was talking, but saw no one so she shrugged it all off and continued walking. Before she got another five feet, she heard the same voice, only a little louder, say, "Hey lady!"

She once again looked around and didn't see anybody, but as she started walking again she saw a frog sitting at her feet looking up at her. The frog then opened his mouth and said, "Could you please help me?"

The elderly woman was shocked at first but picked up the little frog and asked him what he needed. The frog proceeded to tell the woman that he was actually a handsome young prince that had been turned into a frog. All the lady had to do was to kiss the frog on the lips and he would turn back into a handsome prince, and would then be eternally grateful to the woman.

Well, the woman thought for a moment and then quietly slipped the frog into her purse. As she was walking away she quietly muttered, "At my age I'll have more fun with a talking frog."

## Stop Comparing Yourself to Others

*There is nobody else like you in the world and this is worth celebrating, rather than searching for faults.*

By Madisyn Taylor

**U**ou are unique. There is no one else like you in the entire universe. In honor of your unique self, it is good to acknowledge and embrace the special qualities that make you the person that you are. One way to do this is to not compare yourself with other people.

It is human nature to want to see how we measure up in comparison to others, especially if we think that they are better than us or have more of something that we want. Yet the truth is that it is not a good use of time to compare ourselves with others because there is no one like us and this makes us incomparable. It is sometimes almost easier to look outside of ourselves and feel like we are deficient in comparison to other people rather than taking responsibility for our own progress in relation to the fulfillment of our life purpose. It actually takes more courage to be self-referential and look at ourselves to see whether we are measuring up to our standards or meeting our full potential. Each of us has very special gifts, and we are here for very specific reasons. We each have a life purpose to fulfill and with this come the lessons that we must learn and the circumstances that we must go through in order to evolve as spiritual beings. To compare our lives to other people's lives when we have no idea of what they are here to learn or fulfill doesn't benefit anyone, especially you.

Instead, if we can accept ourselves, appreciate the special talents and qualities that we alone possess, and realize that each of us is going through certain kinds of experiences for a reason, we are less likely to focus so much on what other people have or are doing. Realizing and valuing our uniqueness enables us to bring out the best in ourselves so we can get on with living rather than preoccupying ourselves with meaningless comparisons. Try to not compare yourself to others, and you will see how much you have and how special you are.

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### WORDS OF WISDOM

*"My mother drew a distinction between achievement and success. She said that achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others. That is nice but not as important or satisfying. Always aim for achievement—success will follow."*

—Helen Hayes, 1900-1993, Award Winning Actress



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