


VITAL INFORMATION FOR A VITAL LIFE!



Vital!

THE MAGAZINE FOR ACTIVE OLDER ADULTS®

Live, Laugh, Love
 **the Possibilities!**

Get Fit Faster

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The Power of
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FEBRUARY 2014

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KARYN CORTEZ AND LINDA PRITCHETT

By now you've probably had a chance to catch your breath after the holidays. The special celebrations are behind us, the gifts and decorations are all put away, and you're full-force into putting those New Year's resolutions into practice. You are... aren't you?

It's usually right around this time that people tend to slide back into their old habits (and this weather the polar vortex caused hasn't helped matters any!), which is why we "heart" that February is Heart Health Month. What a great reminder to help us refocus on what's really important in life: Love, Laughter, and keeping yourself healthy so that you can truly enjoy all that life has to offer!

Are you just getting started in a fitness routine? We've got great advice from the experts at our local YMCA on page 6. And don't forget about balance; one of the worst things that can happen to someone is to have a fall, so it's important not to neglect balance work. We've got some exercises you can do right in the grocery line on page 6, so no excuses!

Have you seen any of the new fitness trackers? There are literally dozens to choose from, but they all claim to help you do the same thing: have some fun while you're getting fit. Turn to page 3 to learn more about these cool tech toys. Just remember that when choosing what's right for you, you'll want to get one that looks and feels good to you, that syncs automatically; and works with your device(s).

Heart disease is the leading cause of death among women in this country. Take it seriously. Turn to pages 8 and 9 for some little known facts, and some easy-to-incorporate lifestyle changes that might be all you need to amp up your heart health.

Of course February means Valentine's Day, too. But why stop at just one day? Why not show your love all month... all year!... long. Nobody ever looked back on their life and said they wished they'd loved and laughed just a little less. Make a daily commitment! Forgive a grudge, give a hug, tell someone you love them. It'll do your heart good!

Happy February!

Karyn and Linda

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How A Fitness Tracker Can Help Your Heart

These days, with smartphones and other mobile technology providing internet access everywhere, the power of information is in our hands — literally. But how can having more data at your disposal help you stay healthy?

The answer comes in the form of fitness tracking devices, which apply the power of information to your everyday activities to help you reach your fitness goals. By simply wearing a device on your wrist (or belt or wherever you choose) you can shed light on everything from steps per day to the overall effectiveness of your daily activity level and exercise routine. There are myriad useful ways to monitor day-to-day health with wearable technology, including:

- **Steps taken/Distance traveled.** This stat can help you focus on doing the little things that help you increase activity during your day (like taking the stairs instead of the elevator).
- **Speed.** Are you a runner? Track your pace and distance over time with a built-in pedometer.
- **Calories burned.** Seeing an estimate of your daily calorie intake vs. calories burned can help you reach your ideal body weight.
- **Sleep.** Sleep-hour monitoring tracks sleep patterns and may help you if you wake up feeling tired in the morning. Many wristband trackers also offer a gentle "alarm clock."

- **Heart rate.** An effective measure of not just your fitness level, but your cardiovascular health as well.


Once you've collected all your daily data, you'll need to be able to see it to monitor your progress. To do this, devices wirelessly sync with your smartphone and/or computer to help you make sense of all that data; you can also track your fitness range over a particular time period. Many devices then allow you to share your activity data in online communities.

Is a Fitness Device Right for Me?

- Are you looking for insight on your day-to-day health to achieve fitness goals?
- Do you have trouble staying motivated to work out (or have you hit a plateau and aren't quite sure why)?
- Would an analysis of calories burned vs. calories consumed help you achieve your diet goals?

Any of the above can point you to using a wearable device as a fitness aid. When shopping, be sure to take time to evaluate which features are most important to your fitness, since there are many options to choose from and each has its own particular strengths.

And remember: when it comes to your workout, technology's great — but it's no substitute for plain ol' determination and hard work. So let's get moving!

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When The Stomach Bug Strikes

By Debra Baich-Pietlock, RN, BSN, MBA

According to the Centers for Disease Control and Prevention (CDC), the norovirus is the most common cause of acute gastroenteritis (inflammation of the stomach or intestines or both) in the United States. Each year the norovirus causes 19-21 million illnesses, and contributes to 56-71,000 hospitalizations and 570-800 deaths, affecting mostly young children and the elderly.

Transmission

Sufferers are most contagious while they are sick with the norovirus, as well as during the first three days after recovery. Because of this extended period of contagiousness, norovirus can spread quickly in group settings, including daycare centers, nursing homes, schools and cruise ships.

Norovirus thrives in fecal matter, and a common method of transmission is poor bathroom hygiene—neglecting to wash the hands after using the toilet or changing a diaper. The virus is then transmitted when an infected person's unwashed hands touch food or other objects, including dishes, doorknobs, faucets, and other surfaces. The next person becomes infected by touching surfaces or objects contaminated with norovirus then putting their fingers in their mouth. Contamination can also occur in food and/or in water, which has led to infection spreading wide in restaurants or aboard cruise ships.

Symptoms

The virus has a short incubation period. Most people get sick within one day of ingesting norovirus (average range is 12-48 hours). Symptoms and signs include vomiting or watery diarrhea or both. Fever occurs in one-third to one-half of infected people. Cramping, abdominal or stomach pain, and a general feeling

of tiredness, headache, and achiness are common.

Treatment

There is no specific medicine available to treat norovirus. And because norovirus is a viral, not bacterial, infection, it cannot be treated with antibiotics.

While ill, you'll want to prevent dehydration by drinking plenty of clear liquids to replace fluids lost from vomiting and diarrhea. People who are unable to keep fluids down need to seek medical care.

Prevention

Norovirus can strike all year long. There is no vaccine to prevent this viral infection. The best defense is to practice proper hand hygiene. Alcohol-based hand sanitizers can be used in addition to hand washing but they should not be used as a substitute for washing frequently with soap and water for a minimum of 20 seconds. Remember to carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly before eating them. Keep sick infants and children out of areas where food is handled and prepared.

It's also important to avoid preparing food for others while you are sick and for at least two to three days after you recover. Avoid sharing food or drinks, and use bleach or other disinfectants to keep surfaces clean. It is also important to thoroughly wash clothes and towels used by a sick person.

Stay well!

Debra Baich-Pietlock is Director of Nursing at Shipley Manor. If you have questions for Debra or for Shipley Manor's licensed nurses, call them at 302-479-0111 or visit www.ShipleyManorSeniorLiving.com.

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The Truth About Genetically Modified Foods

By Dr. Chad Laurence



GMOs, or “genetically modified organisms,” are plants or animals created through genetic engineering, which merges and alters DNA from different species, creating different types of foods not found in nature. Consumers are fearful that GMO's are unhealthy, and can lead to future ailments.

Proponents and GMO manufacturers such as Monsanto corporation (inventor of Saccharin) argue several reasons why many companies have chosen to use GMO's, including longer shelf lives, less insecticides, more tolerance to adverse weather, less crop disease, and higher sales. Adversaries argue much differently. Some say that a rise in auto-immune disease, fertility issues, inflammatory diseases, digestive disorders, and chronic illness are elevated partly because the body's natural immune system and DNA make-up is not prepared for adverse DNA in food from genetically altered plants, animals, and seed. In fact, GMOs are in up to 80% of conventional processed food in the U.S. alone. Here are some other startling statistics:

■ The USDA reports in 2010 that 80% of corn, 90% of soybeans, 90% of Canola seed (used in canola oil), and over 50% of sugar beet crops (used to make sucrose and food colorings) are genetically modified.

■ Over 60 countries, including Australia, Japan, and all countries in the European Union have banned or restricted GMO seeds and food. The U.S. government has approved GMO sales, based upon studies performed by the actual manufacturers of the GMO companies.

■ 17% of dairy cattle are injected with rBGH. It is best to buy your dairy products from a local farm or a trusted source that serves non-

GMO offerings.

Even though 64 other countries have GMO labeling laws, the U.S. does not (although approximately 20 states are trying). Polls show that the majority of Americans want non-GMO foods and supplement labeling, to the tune of 91%, and a CBS/New York Times poll showed that 53% of consumers said they would not buy food that has been genetically modified.

Many companies are committed to serving foods that are non-GMO in nature. Some companies include: Chipotle, Amy's Organics, Applegate Farms, Ciao Bella Gelato, Stoneyfield Organics, Wild Harvest. Most recently General Mills has removed GMO's from its original Cheerios cereal (however, not the rest of Cheerio lines).

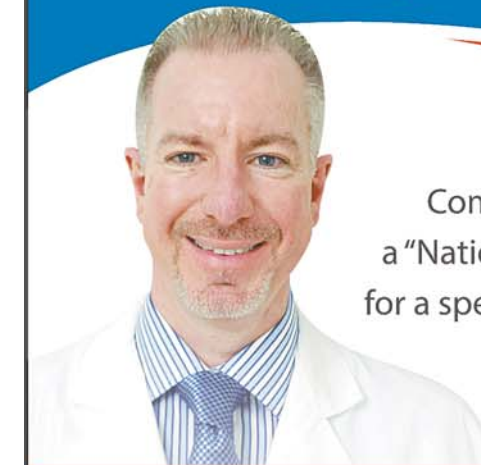
There are several non-GMO advocacy groups and labels, including the Non-GMO Project (www.nongmoproject.org), GMO Action Alliance (www.gmoactionalliance.com), GMO Free USA (www.gmofreeusa.org), and Citizens for GMO Labeling (www.citizensforgmolabeling.org) should you like to learn more about this growing shift in food processing and health.



Dr. Chad Laurence is one of fewer than 500 doctors in the world to be recognized as a Distinguished Fellow of Chiropractic Biophysics. Dr. Laurence can help relieve symptoms

for individuals suffering with many physical problems, including neck and low back pain, carpal tunnel syndrome, headaches, arthritis, and extremity pain. Dr. Laurence practices at Corrective Chiropractic, 7503-A Lancaster Pike, Hockessin, DE. Contact him at 302.234.1115, via email at: drchad@correctivechiro.net, or on the web at Correctivechiro.net.

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Working To Lose Weight? Take Heart!

Chances are you made a New Year's resolution to lose weight and now it's beginning to falter. Take heart, we have a solution. Concentrate on working your heart to lose weight.

By Sharon R. Kaplan, Director of Community Relations, YMCA of Delaware

Cardiovascular exercise helps condition the heart and lungs and promotes health. The American College of Sports Medicine recommends that each adult gets 60 minutes of continuous cardiovascular exercise most days of the week. Cardio exercises are the key ingredient in your weight loss recipe. Why? Because cardio exercises help burn calories and in order to lose weight, the body must burn more calories than it consumes. These exercises are easily adaptable, so even a beginner can experience weight loss.

How do you start? Beginners can start walking, but if you're going to

walk, you must get your heart rate up! Impact activities, like walking and running and aerobic classes will burn more calories per minute than non-impact activities such as swimming or cycling. Whole body activities like rowing and cross-country skiing involve the upper and lower body and will burn more calories. For those with limited time, these types of activities and exercises will produce the best results. A 150-pound individual who exercises for 30 minutes will burn:

- 170 calories walking 4 mph.
- 238 calories on a stationary bike.
- 270 calories running 5 mph or swimming.
- 340 calories during a step class.

Determining how much cardio you need will depend on a variety of things:

- How many calories you eat,
- How hard you exercise,
- Your metabolism, age and gender,
- Your fitness level,
- Your % of body fat and weight,
- Your exercise schedule.

If you are a beginner, start with 3-4 days per week and add time each week. Work yourself up to 30-45 minutes. As your fitness level increases, you can introduce interval training in order to boost your endurance and burn more calories. Changing up the workout periodically will eliminate your body's abil-



"I turned to the YMCA for support and guidance. Over the last 5 years, I have lost 100 pounds and have stayed active with the help of the wonderful programs and facilities that the Dover YMCA has to offer. The friendly and helpful staff at the Dover YMCA continues to support me in my endeavor to stay strong and reach my weight loss goals. I remain grateful to the Dover YMCA for all they do."

Yvonne Green,
YMCA Dover member, 2 years

ity to adapt to the activity, which helps you prevent hitting plateaus or "getting stuck." As with any resolution, set realistic, attainable goals. Allow a certified trainer to assist you. And above all—have fun!

Improve your Balance—Improve your Life

Balance exercises can help you maintain your balance — and confidence — at any age. If you're an older adult, balance exercises are especially important because they can help you prevent falls and maintain your independence.

Nearly any activity that keeps you on your feet and moving, such as walking, can help you maintain good balance. You can also include specific balance exercises in your daily routine. Try balancing on one foot while waiting in line, or stand up and sit down without using your hands.

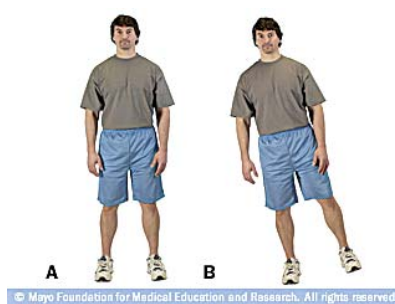
If you have severe balance problems or an orthopedic condition, get your doctor's OK before doing balance exercises. Here are 3 moves to improve your balance.

Weight shifts

When you're ready to try balance exercises, start with weight shifts:

- Stand with your feet hip-width apart and your weight equally distributed on both legs (A).

- Shift your weight to your right side, then lift your left foot off the floor (B).
- Hold the position as long as you can maintain good form, up to 30 seconds.
- Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.



Single-leg balance

Standing on one leg is another common balance exercise:

- Stand with your feet hip-width apart and your weight equally distributed on both legs. Place your hands on your hips. Lift your left leg off the floor and bend it back at

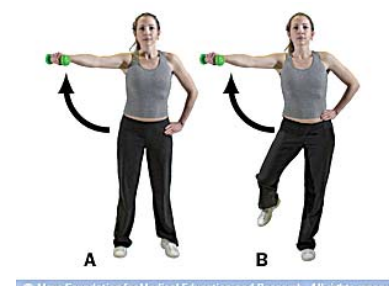
- the knee (A).
- Hold the position as long as you can maintain good form, up to 30 seconds.
- Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.
- For variety, reach out with your foot as far as possible without touching the floor (B).
- For added challenge, balance on one leg while standing on a pillow or other unstable surface (C).



Side-lateral raise for balance

Try the side-lateral raise with a dumbbell:

- Stand with your feet hip-width apart and your weight equally distributed on both legs. Hold a light-weight (2 to 3 pounds) dumbbell in your right hand and raise your arm perpendicular to the floor (A). Lift your right leg off the floor and bend it back at the knee (B).
- Hold the position as long as you can maintain good form, up to 30 seconds.
- Return to the starting position and repeat on the other side. As your balance improves, increase the number of repetitions.
- For added challenge, balance while standing on a pillow or other unstable surface.



Source: Mayo Clinic.com



The Power of Forgiveness

"Holding resentment and anger towards someone is like drinking poison and expecting the other person to get sick."

—Author unknown

Martin Luther King once said, "Forgiveness is not an occasional act; it is a permanent attitude." Children can learn forgiveness by seeing their parents forgive others and forgive themselves.

The freedom to be at true peace, being at peace in our own skins, is not possible without forgiveness. We relinquish this freedom when we hold onto anger and resentment. Enormous amounts of energy are wasted when we hold back our love, hold onto hate, and harbor acrimonious feelings. The only remedy is letting go, and being willing to forgive.

Sometimes we need to forgive without reconciliation—forgiving for the mere purpose of forgiving. Certainly, what we strive for is to reconcile

all conflicts, clear the air, and understand one another. But there are times this is impossible—with a parent who has passed away, with someone who has wronged you and is long gone, with someone who is unwilling to communicate. These are the times we must dip deep into our own souls and see if we are willing to forgive anyway.

But how? Some people fear that forgiving is making it OK that another person hurt them. But that is not so. Gandhi once said, "The weak can never forgive. Forgiveness is the attribute of the strong."

Here are four powerful steps to forgiveness from one of the world's foremost experts on the subject, Dr. Fredrick Luskin:

1 Close your eyes, and for about 20 seconds picture the person who hurt or angered you. Let all your grievances come up. Notice what happens in your body—acceleration of heartbeat, shallow breathing, tension, etc.

2 Now let go of this image while taking slow, deep breaths. Focus on your abdomen; picture the air filling your lungs as you inhale. Expand your abdomen on each inhalation, and deflate your abdomen as you exhale. Take five breaths, focused thus. If your mind goes back to the person who hurt you or to anything else, bring the focus back to the rhythm of your breath and the movement of your abdominal muscles as you inhale and exhale.

3 Bring into your mind an image of someone you love very much, or a place of peace and beauty. Allow yourself to be flooded with the positive feelings this image elicits. Now bring those feelings down to the area around your heart.

Allow the good feelings to penetrate your heart and soothe you.

4 Lastly, keep breathing the good feelings into your heart. Now take a look again at the person you are angry at. Let the good feelings protect you. The purpose of doing this step is to break the pattern of stress reactions that normally occur in your mind and body when you think of the person who hurt you. When you surround your heart with positive energy, the power the person has had over you begins to dissipate.

Resentment is a habit, and habits take about twenty-five days to change. So if you do this exercise each time you think of the person who hurt you over twenty-five days, you will literally change your mental and physical reactions. They will no longer have power to hurt you because you will have reprogrammed your own reactions. And when this happens, you start to become free.

Source: learningpeace.com

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Amazing Facts About Heart Health and Heart Disease

By Stephanie Watson, WebMD Magazine

From the size of the heart to the timing of heart attacks, here are five facts about the human heart everyone should know.

You can feel your heart thudding away every time you put your hand to your chest, but do you have any idea what's really going on in there or what keeps your heart ticking as it should? WebMD the Magazine asked Richard Krasuski, MD, director of Adult Congenital Heart Disease Services and a staff cardiologist at the Cleveland Clinic, to help explain some amazing and little-known facts about the human heart.

1 How the human heart functions. Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood.

So how do you make sure your heart is in tip-top shape? "Keeping your body in good health helps keep the heart a more efficient organ," Krasuski advises. In other words, eat healthy, well-balanced meals and don't skimp on the exercise.

2 Male heart attack symptoms, female heart attack symptoms. When it comes to matters of the heart, men and women definitely aren't created equal. For instance, a man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces.

Not only is a woman's heart smaller than a man's, but the signs that it's in trouble are a lot less obvious. When women have a heart attack—and more than a half million do each year—they're more likely to have nausea, indigestion, and shoulder aches rather than the hallmark chest pain.

Heart disease is the biggest killer of both men and women. And both genders should heed this healthy advice: Don't smoke, keep your blood pressure and cholesterol levels in check, and watch for the obvious and the more subtle warning signs your heart could be in trouble.

3 Laughter: The good heart medicine. Health experts now have proof that laughter is good medicine.

A good belly laugh can send 20% more blood flowing through your entire body. One study found that when people watched a funny movie, their blood flow increased. That's why laughter might just be the perfect antidote to stress.

When you laugh, the lining of your blood vessel walls relaxes and expands, Krasuski says. So have a good giggle. Your heart will thank you.

4 Stress and the Monday morning heart attack. You're more likely to have a heart attack on Monday morning than at any other time of the week.

Doctors have long known that morning is prime time for heart attacks. "We call it 'the witching hour,'" Krasuski says. That's because levels of a stress hormone called cortisol peak early in the day. When this happens, cholesterol plaque that has built up in the arteries can rupture and block the flow of blood to the heart. Add in the rise in blood pressure and increased heart rate from the stress of returning to work after the weekend, and you have the perfect recipe for a Monday morning heart attack.

That's why it's important to reduce your stress levels as much as you can. Practice yoga, meditate, exercise, laugh (see tip No. 3), or spend more quality time with your family—whatever works best for you.

5 How sex helps the heart. Having an active sex life could cut a man's risk of dying from heart disease in half. For men, having an orgasm three or four times a week might offer potent protection against a heart attack or stroke, according to one British study.

Whether sex works as well for women's hearts is unclear, but a healthy love life seems to equate to good overall health. For one thing, sexual activity is an excellent stress buster. It's also great exercise—burning about 85 calories per half-hour session.

If you find it difficult to have sex, that could be a big red flag that something is wrong with your heart. For example, some researchers think erectile dysfunction might warn of a heart attack up to five years in advance.



Women Are Different

By Marlo Thomas, Award-winning actress, author and activist



Did you know that heart disease is the leading cause of death among women in this country, and that it's more deadly than all forms of cancer combined? According to the American Heart Association, 43 million women in the U.S. are affected by heart disease, and it is the cause of one in three women's deaths every year. And since 1984, more women than men die of heart disease each year.

The statistics are truly shocking. But February is Heart Health Month, so we want to help get the word out to make sure that all women are informed about heart disease. For example, the symptoms are different for women than they are for men, and many women don't even know what to watch for. So, I asked my dear friend, the brilliant Dr. Oz, what signs or symptoms might be indicative of a heart attack.

"The #1 symptom to watch out for," he wrote, "is shortness of breath, especially if it occurs during activities that don't ordinarily bother you. This is your body's way of giving you a warning. To guard against heart troubles, I recommend DHA Omega 3 fats, which are found in fish oils. They're the most important supplements."

Just last year, my dear friend Rosie O'Donnell suffered a heart attack, and she didn't even realize what was happening at the time. But she did a

quick search online, and because of a TV commercial she had seen, Rosie took four aspirins and chewed them, and that may have saved her life. She visited her doctor the next day and learned that her coronary artery was 99 percent blocked. She was sent to the hospital immediately, and has since made a full recovery, but it was a close call and a scary lesson to learn.

As always, knowledge is power. Know these facts, and incorporate these healthy practices into your daily life to improve your heart health. (Don't be shy! Share these with your mothers, sisters and friends.)

- Heart attacks come differently for men and women.
- Lower "bad" LDL cholesterol levels by snacking on nuts.
- Engage in regular exercise.
- Say "goodbye" to extra sugar.
- Maintain a healthy weight.
- Eat baked or broiled fish high in omega-3 fatty acids twice a week.
- Quit smoking.
- Reduce your sodium/salt intake.
- Learn the signs of heart disease.
- Cut down your fat intake. Aim to eat healthy fats found in avocados, nuts, olive oil and fish.
- Track your stats – blood pressure, blood glucose, cholesterol.
- Swap out coffee for green tea.

You never know. The life you save may be your own!

Source: MarloThomas.com

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Caregiver Stress: When To Ask For Help

Caregiver stress is defined as the high level of anxiety experienced by someone responsible for caring for another person (often a family member) who has some kind of illness. Stressors can be emotional, physical or financial.

According to Caregiver.org:

- 5.7 million caregivers (29% of the U.S. adult population) provide care to someone who is ill, disabled or aged.
- 52 million caregivers provide care to adults (aged 18+) with a disability or illness.
- 43.5 million of adult family caregivers care for someone 50+ years of age and 14.9 million care for someone who has Alzheimer's disease or other dementia.

It's particularly difficult to care for a person with Alzheimer's disease. Alzheimer's disease is progressive, often ending with a patient needing 24/7

total care. Not only is this physically demanding, but emotionally demanding as well. Imagine your loved one looking at you like a total stranger—despite all of the time and effort you're devoting to their care and well-being. Persons with Alzheimer's can also become verbally or physically abusive, which further compounds stress for the caregiver.

Because of the slow progression of symptoms, it's not always obvious when to make changes to the care provided to the person with dementia, or when to ask for help. However, providing good care means meeting all the needs of the person receiving care. Depending on preferences, needs and abilities, it may be appropriate to look for assistance from one or more sources of help.

Some ideas:

Delegate responsibilities. One person needn't do everything if there

are other members of the family who can help. Discuss what each member of the household (including children) can do, and develop a schedule of responsibilities. Take into account each person's ability, maturity, and availability. Remember that not everyone can, or should, be directly involved in caring for the patient. There will be other tasks which also need attention. Look beyond immediate relatives for help. Even those further away can participate on some level. Sharing responsibilities allows for more time spent caring for your loved one as well as for yourself.

Take a break. Take time away from caregiving for at least a few hours (longer if you can) each week. Use the time to **do something for yourself.** This is not the time to pay bills, go grocery shopping or fix the toilet. See a movie, go to the salon, go shopping, take a walk, attend religious services, or simply take a nap! Yes it can be dif-

ficult to leave your loved one, even for a few hours, especially if they are very ill, but it may be the most important thing you do for you. It's not selfish to take respite time. Rather, it's critical in order for you to continue caring for your loved one's physical and emotional needs in a loving and helpful way.

Remember: If you don't take care of yourself, you can't care for your loved one.

For help and information on caregiver stress call Janice Clay or Jean Youkers at Arden Courts Memory Care Community, 302-761-4805, 700 1/2 Foulk Rd., Wilmington. Arden Courts is part of the HCR ManorCare family, leading providers of short-term post-acute services and long-term care provided through a network of more than 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home health care agencies operating primarily under the respected Heartland, ManorCare Health Services and Arden Courts names.

Griswold Cares Foundation Awards \$2000 to the Wilmington Senior Center

The Griswold Cares Foundation, a private national charity established in 2010, was created by Griswold Home Care to further the company's belief that care for the elderly and disabled should be available to all and not just the privileged few. The Griswold Cares Foundation's vision is a future in which all seniors, including those with limited financial means, will have the opportunity to age with dignity in the comfort their own homes. In order to carry out this vision, and to give back to the communities they serve, the Foundation provides grants for select community programs such as the Wilmington Senior Center that help people age in place who otherwise could not afford to do so. Donations to the foundation by Griswold Home Care franchisees, friends, and family exceeded expectations and allowed the Foundation to award \$50,000 in grants to 34 non-profit organizations across the nation.

The Griswold Cares Foundation received 89 proposals from non-profits from across the country that were in need of dollars to support their mission. "We are extremely honored to have received

so many proposals from non-profit organizations during our first funding cycle," said Graham Wehmiller, chairman of the board. "We appreciate the opportunity to learn more about these organizations and to help support the great work they are doing in their communities. We look forward to increasing our impact in the months and years ahead." The proposals were carefully reviewed by the Foundation's Grants Committee, comprised of 8 board members, to determine which programs best aligned with their mission and funding priorities. The Wilmington Senior Center was one of the organizations chosen.

The \$2000 award will be used to support the center's Home-based Hunger Relief Program, which delivers meals to homebound individuals. In 2012, the Wilmington Senior Center delivered 9,591 meals to city residents, 39% of whom live at or below the federal poverty level. Wilmington Senior Center is grateful for the generous gift from the Griswold Cares Foundation. Sue Getman, Executive Director of WSC, stated, "This grant will enable us to continue delivering food to elderly



(LEFT) ANNE EIDSCHUN, EXECUTIVE DIRECTOR AND (RIGHT) GINI ROGERS, RELATIONSHIP MANAGER OF GRISWOLD HOME CARE IN NEW CASTLE COUNTY, DE. PRESENT A GRISWOLD CARES FOUNDATION GRANT AWARD CHECK OF \$2000 TO SUE GETMAN, EXECUTIVE DIRECTOR OF THE WILMINGTON SENIOR CENTER IN SUPPORT OF THEIR HOME-BASED HUNGER RELIEF PROGRAM.

neighbors who rely on us for hot, nutritious meals and daily contact. The meal delivery program is proven to be one of the most effective ways of helping seniors stay in their own homes as they grow older."

Division of Services for Aging and Adults with Physical Disabilities Puts Information at Your Fingertips

The Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) has made it easy for you to find information about aging and disability services in Delaware. Visit DSAAPD's website at www.dhss.delaware.gov/dsaapd for a wealth of information for older persons, adults with physical disabilities, caregivers, service professionals, and others.

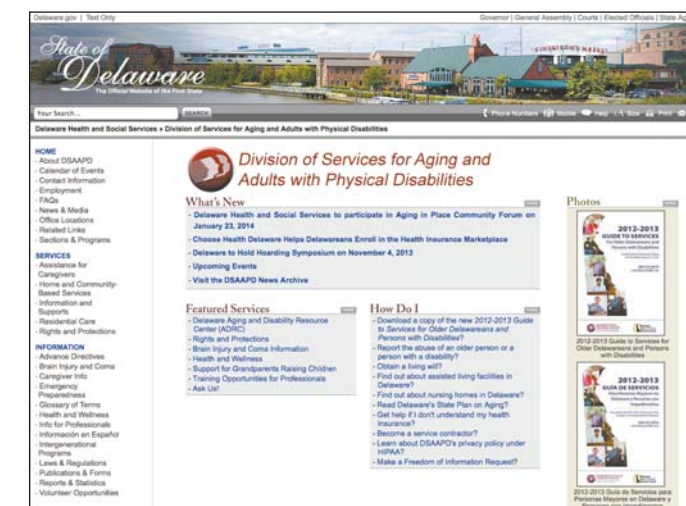
What exactly can you find there? Lots! Some of the sections of the site are especially popular. Here's what the site's visitors do most often:

- Download copies of the Guide to Services for Older Delawareans and Persons with Disabilities.
- Get answers to questions about advance directives (living wills) and print copies of Delaware's Advance Directive form.
- Get descriptions of all of DSAAPD's services for older people and adults with disabilities.

- Find information and resources for grandparents who are raising their grandchildren.
- Find information about caregiving and ways for caregivers to get help.
- Find resources for persons who have sustained brain injuries.
- Get information about assisted living facilities and other long-term care options.

While you're on the site, be sure to visit the *Publications* page, where you can download DSAAPD's brochures, reports, plans, and other documents; the *Frequently Asked Questions* (FAQ's) page, where you can get answers to questions commonly raised about aging and disabilities-related issues; and the *Related Links* page, where you can access other helpful sites around the internet to get the resources that you need.

Explore the site and you'll find still more, in-



cluding information on everything from emergency preparedness to volunteer opportunities. You'll even find some delicious and easy-to-prepare recipes in the health and wellness section of the site!

If you can't find what you need, just visit the *Ask Us!* page or the *Contact* page to get more help.

See you online!

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DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities

A guardianship is a legal right given to a person to be responsible for the food, health care, housing, and other necessities of a person deemed fully or partially incapable of providing these necessities for himself or herself.

In some jurisdictions, a guardianship may be referred to as a “conservatorship of the person” or by some similar name, or there may be a type of guardianship position which subsumes many of the tasks of the conservator.

Under most circumstances where a person requires a legal guardian, the person's incapacity will also impair his or her ability to manage financial matters. Thus, petitions for guardianship are often brought at the same time as petitions for conservatorship, and all associated proceedings are combined.

It may be necessary to petition a court to appoint a legal guardian for persons:

- Who have a physical or mental problem that prevents them from taking care of their own basic needs;
- Who as a result are in danger of substantial harm; and
- Who have no person already legally authorized to assume responsibility for them.

Under some circumstances, it may be necessary for a court to appoint an emergency guardian, who can act on someone's behalf during a crisis (such as immediately following a car accident) until they regain your ability to make their own decisions.

The guardian makes decisions about how the person lives, including their residence, health care, food, and social activity. The guardian is supposed to consider the wishes of the incapacitated person, as well as their previously established values, when

making these living decisions. The guardian is intended to monitor the legally incapacitated person, to make sure that the person lives in the most appropriate, least restrictive environment possible, with appropriate food, clothing, social opportunities, and medical care.

A guardian may be required to post a bond, unless the requirement is waived by the court. In most jurisdictions where bond is required, waivers are routine.

The court supervises the guardian's choices on behalf of the ward. After the initial appointment of a guardian, an initial review is usually scheduled, followed by annual reports by the guardian to the court. The purpose of this supervision is to ensure that the legally incapacitated person is in fact benefiting from the most appropriate, least restrictive living environment possible, with appropriate food, clothing, social opportunities, and medical care.

A guardianship can be terminated by the court which created it. This ordinarily happens if the legally incapacitated person recovers from the incapacity that necessitated the guardianship. A particular guardian's role may be terminated by the court or by resignation, in which case the court will ordinarily appoint a successor guardian to take over management of the legally incapacitated person's affairs. A guardianship also ends upon the death of the legally incapacitated person.

Sometimes, relatives of a legally incapacitated person will request that they be made co-guardians for that person. If this is done, depending upon the laws of the jurisdiction and the terms of the appointment, it may be necessary for both co-guardians to approve any decision made on behalf of the legally incapacitated person.

This can create needless delay in the administration of emergency care, and can create difficulty in establishing authority for even minor decisions. Thus, it is usually advisable not to have co-guardians, but instead to name a single guardian, perhaps with the other relative named as a successor guardian.

It is possible to avoid the necessity of a guardianship through estate planning. A good estate plan will include a medical power of attorney which will enable a trusted individual to make health care decisions for you in the event of incapacity, and a general durable power of attorney to permit a trusted individual to manage your personal affairs. To a considerable extent, those documents can specify how you wish to live, and how you wish to be treated, in the event of disability—whereas a court or guardian may make decisions with which you



would disagree. In most cases, when these documents have been executed in accord with the laws of your state, it will not be necessary for your loved ones to seek the appointment of a guardian or conservator should something happen to you—something that can be cumbersome and emotionally taxing at an already difficult time.

David McLean is an Elder Law Attorney in Greensboro, NC. He can be reached at 336-455-9500 or visit his website at www.mclean-elderlaw.com.



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On Jan. 1, 2014, it was lights out for standard incandescent 60- and 40-watt light bulbs. In order to comply with efficiency standards outlined in 2007's Energy Independence and Security Act, it became illegal to manufacture or import them after Dec. 31, although retailers will still be able to sell off any remaining stock.

The old incandescent bulbs are highly inefficient—only about 10 percent of their energy output is converted into light; the rest is lost to heat. “Once all of our nation’s 4 billion screw-based sockets have an efficient bulb in them, U.S. consumers will save \$13 billion and 30 large coal-burning power plants—worth of electricity a year. The savings really add up,” says Noah Horowitz, senior scientist for the Natural Resources Defense Council. He adds that if you replace an incandescent bulb with a CFL (compact fluorescent light), you’ll save about \$50 over the course of the bulb’s lifetime. LEDs (light-emitting diodes) are pricey up front—they run about \$10 per 60-watt equivalent—but over

time they offer a savings of \$100 to \$150 in energy costs. The numbers are compelling, but that doesn't mean that some of us won't mourn the loss of the mellow light emitted by old-fashioned bulbs, especially the 60-watt version, which accounts for about 50 percent of household lighting in the U.S.

Horowitz says the main reason people aren't happy with some of the new bulbs is that they are choosing the wrong brightness level and/or "flavor" (the color of light the bulb emits). Here are expert tips to comply with the new law, as well as to balance energy efficiency and cost savings with aesthetics:

- Don't inadvertently buy a bulb that's too bright. New bulbs are measured in lumens, not watts, which can be confusing. A 10-watt LED is as bright as a 60-watt incandescent, so if you purchase a 19-watt LED for a small accent light, it will seem glaring. Visit www.nrdc.org/energy/lightbulbs/files/lightbulbguide.pdf to compare bulbs and equivalents.

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

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

- Choose bulbs according to purpose. Choose LEDs and CFLs to light hallways, stairwells, and basements, and for spotlighting objects. For living spaces, many prefer halogen incandescent bulbs, especially if you use them on a dimmer.
- If you want to use CFLs, choose the right color. Most people prefer the ones labeled “warm.” The bulbs that are labeled “daylight” are bluish.
- Bring the bulb you want to replace to the store so you can find an equivalent.

lent that is the correct size and shape.

- The new bulbs don't work in recessed can lighting. You will still need to buy reflector bulbs, which are not subject to the same regulations.
- Look for the words ENERGY STAR. CFL and LED bulb quality can vary significantly.

While some people are oblivious to lighting, most of us are sensitive to it, so it's worth being thoughtful about your choice of bulbs.



Client Mary W. with her daughter Lisa B.

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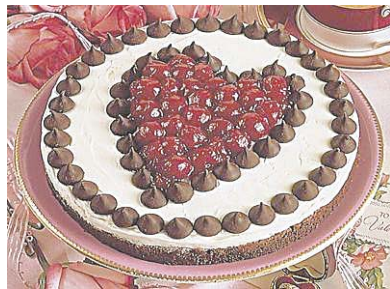
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CHOCOLATE AND CHERRIES FUDGE TORTE

Share the love! This incredible dessert makes enough for the whole family to celebrate Valentine’s Day!

- INGREDIENTS**
- ½ cup (1 stick) butter or margarine, melted
 - 1 ¼ cups granulated sugar
 - 1 teaspoon vanilla extract
 - 2 eggs
 - ⅔ cup all-purpose flour
 - ½ cup HERSHEY’S Cocoa
 - ¼ teaspoon baking powder
 - ¼ teaspoon salt
 - 1 package (8 oz.) cream cheese, softened
 - 1 cup powdered sugar
 - ½ cup chilled whipping cream
 - 1¾ cups (10-oz. pkg.) HERSHEY’S MINI KISSES Brand Milk Chocolates
 - 1 can (21 oz.) cherry pie filling, chilled



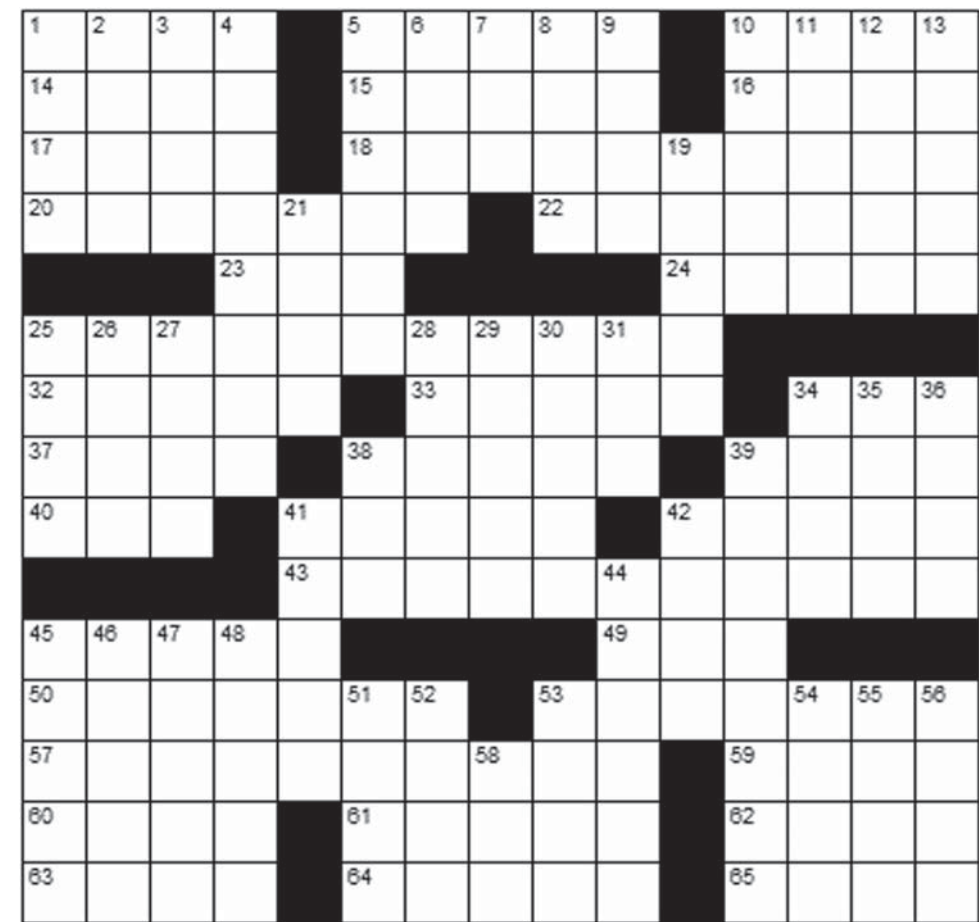
- PREPARATION**
1. Heat oven to 350°F. Grease bottom only of 9-inch springform pan, or line 9-inch round cake pan with foil; grease bottom of foil.
 2. Stir together melted butter, granulated sugar and vanilla in large bowl. Add eggs; using spoon, beat well. Stir together flour, cocoa, baking powder and salt; gradually add to egg mixture, beating with spoon until well blended. Spread batter in prepared pan.
 3. Bake 25 to 30 minutes or until cake is set. (Cake is fudgy and will not test done.) Remove from oven; cool completely in pan on wire rack.
 4. Beat cream cheese and powdered sugar in medium bowl until well blended. Beat cream until stiff; gradually fold into cream cheese mixture, blending well. Spread over top of torte; refrigerate several hours or until set. With knife loosen cake from side of pan; remove side of pan. (Or, lift torte out of pan, using foil; remove foil.)
 5. Just before serving, put chocolates in 6-inch-wide heart outline in center of cake. Fill heart shape with cherries from pie filling; put chocolates all around outside edge. Serve cold, cut into wedges, with remaining pie filling. Cover; refrigerate leftover dessert. 10 to 12 servings.



I don’t know why Cupid was chosen to represent Valentine’s Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

Crossword

By Dave Fisher Answers on page 13



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- ACROSS**
1. Blend
 5. An unbound manuscript
 10. Applications
 14. Unadulterated
 15. Hirsute
 16. Secure against leakage
 17. Dwarf buffalo
 18. Air
 20. Terpsichoreans
 22. Spire
 23. Children’s game
 24. Secret meeting
 25. Treelike
 32. Berths
 33. A mixture of metals
 34. Explosive
 37. Probabilities
 38. Perpendicular to the keel
 39. Pout
 40. It unlocks doors
 41. Extraordinary
 42. Heart artery
 43. Sincerity
 45. Hello or goodbye
 49. Pig
 50. Phonograph disks
 53. The highest female voice
 57. Eclipse
 59. Distinctive flair
 60. Oceans
 61. Japanese cartoon art
 62. Disabled
 63. Sea eagle
 64. Excited, with “up”
 65. Views
- DOWN**
1. WW1 plane
 2. Bluefin
 3. Weightlifters pump this
 4. Nuclear power plants
 5. Accuse
 6. Horse feed
 7. Not brilliant
 8. God of love
 9. A covered garden walk
 10. Doorkeeper
 11. Leaky
 12. Noblemen
 13. Mixture of rain and snow
 19. Trifling
 21. Hearing organs
 25. Out of control
 26. Was a passenger
 27. Corpse
 28. Cavalry weapon
 29. Tidy
 30. Gladden
 31. French for “Name”
 34. Ripped
 35. Cashews and almonds
 36. Orange pekoe
 38. Genus of macaws
 39. Mutts
 41. Cogwheels
 42. At the peak of
 44. Exhibited
 45. Got up
 46. Pry
 47. Sea
 48. Steed
 51. East Indian tree
 52. Rational
 53. A few
 54. Wings
 55. What a person is called
 56. 1 1 1 1
 58. Do it yourself

THE FUNNY BONE

A couple celebrates their 30th anniversary by re-walking their first walk together. They come to the fence against which they first made love.

The husband says, “Come on, for old time’s sake.” The wife agrees and they both undress.

Afterwards, the husband says, “You’re even better than you were 30 years ago.”

His wife replies, “That fence wasn’t electrified 30 years ago!”

3 RELATIONSHIP TERMS

Author Cindy Chupack coined these useful terms to help people in the throes of dating in the 21st century:

Man-me-downs: Men who are passed on from one woman to another after a failed attempt at romance.

Cupidity: The faulty logic that leads a well-meaning but clueless third party to believe that two random singles are perfect for each other.

DNRR (Do Not Resuscitate Romance): A directive that you are not, under any circumstance, allowed to revive a past relationship.

A 70 year old billionaire had just married a beautiful 20 year old.

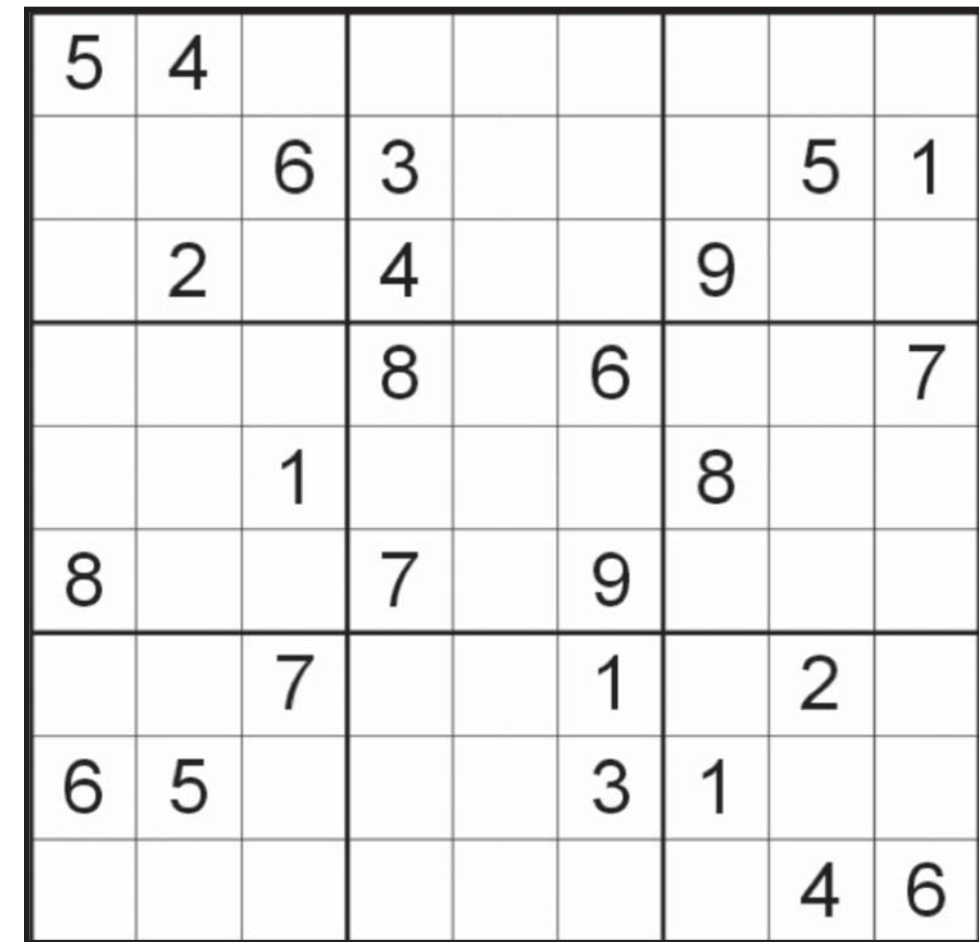
“You crafty old codger,” said his friend. “How did you get such a lovely young wife?”

“Easy,” the billionaire replied. “I told her I was 95.”

An old lady who never married specified in her will that her tombstone say, “Born a virgin, lived a virgin, died a virgin.” That was too many words to put on the stone so they just wrote, “Returned unopened.”

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.



Answers on page 13

(courtesy of KrazyDad.com)

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Don't be caught in a situation where you realize that your loved one has wandered off and you don't have any idea where they are. Arden Courts can help keep your loved one safe and provide you the peace-of-mind you deserve.

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Source: Alzheimer's Association, www.alz.org.
*2011 Divisional MIV Score