



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

**Every Day's a  
Celebration!**

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MAY 2015





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What do you like to celebrate in May? It's Older Americans Month. It's also Better Hearing Month. And National Bike Month, Barbecue Month, Blood Pressure Month, Foster Care Month and Date Your Mate Month (fun!). We celebrate May Day, Cinco de Mayo, National Teachers Day, Nurses Day, Military Spouses Day, Mothers Day and Memorial Day. And let's not forget Lumpy Rug Day and National Macaroon Day (a personal favorite!).

With all that celebrating, it's a wonder anything gets done this month! But since it's pretty much a perfect-weather month...not too hot, not too cold, not too rainy...it's the perfect time to get out and about with friends and family. How often do you take the opportunity to get outside and actually *play*? Fresh air and sunshine lift your mood, and even moderate activity helps strengthen your body—and reduce your appetite! On the next page, Kate Maliha has some new exercises you can do with your grandchildren at the playground. Why should kids have all the fun?

Do you tend to shy away from social gatherings because it's getting harder to follow what's going on around you? You might have a loss of hearing. Take the time right now to schedule an appointment with an audiologist for a hearing screening. Total Hearing Care is offering them at no charge this month (page 5). Would you like to get together with family more, but not everyone in the clan is on the same page? Delaware Elder Mediation is here to help iron out those differences so you can get on with the business of living and loving (page 13).

Maybe you're planning a trip this month. Pick up a good book before you go (we have some great suggestions selected just for Mothers Day on page 10). Just watch out for the scammers ready to take you for a ride (page 9). If you're not sure where you want to go yet, we have some ideas for you on page 15. Visit [www.visitdelaware.com](http://www.visitdelaware.com) for more.

If you're sticking closer to home, dust off your sneakers, clean up your golf clubs, restring your racket, and get out the grill. It's party time!

Happy May!

Karyn

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Fitness for the Generations

As we get older, we tend to spend less time in physical activity than when we were younger. Less than half of adults exercise enough to meet health guidelines, and even fewer older adults tend to do so ([cdc.gov](http://cdc.gov)). While getting older is a predictor of reduced physical activity, children today are also getting less physical activity than they did in previous generations, to the detriment of their health and physical development. If you are a grandparent (or have friends with grandchildren), you might agree that kids today have less unstructured free play than you did during your own youth. When you were a child, you might have spent time after school and on weekends riding your bike, climbing trees, or just wandering the neighborhood until you found some other kids to play "sardines" or "kick the can." Children today are spending more time in front of televisions, computers, and mobile devices. Both the U.S. and Canadian governments have launched campaigns to increase the amount of time families spend in activity. Both [letsmove.gov](http://letsmove.gov) and [participation.com](http://participation.com) are great websites where you can read about the issue and ways to address this growing health problem.

Grandparents can be an important part of the solution when they combine family time with physical activity. Many of our clients list keeping up with their energetic grandchildren as one of their many motivators to get fitter and stronger. Exercise should be fun, and when we take the lead from children, we can learn how to bring back play and the joy of movement into our fitness routines. Here are a few exercises you can do both on your

own and with the younger generation. Since getting older means that we spend less time in physical activity, and with kids moving around less as well, why not set a great example and have fun at the same time!

These exercises can be done at the playground. First, find a monkey bar. Keeping your feet on the ground and your hands on the bar, perform assisted chin ups by bending your elbows and straightening your legs, then squatting as you straighten your arms and come down. Next, you can hold your grandchild while he or she pulls him/herself up with your assistance. Compare how many you each did, and encourage each other to do it again and add one more repetition! Next, find a park bench. Place your arms across your chest and sit down on the bench then rise again to standing position. Perform this exercise with your grandchild and count together to see how many you can do. You can even try to pick up your speed together, and see how many you can do in 30 seconds. If you want to know how many you should be able to do for your age, email [karync@vitalmagonline.com](mailto:karync@vitalmagonline.com) or [info@loveyourage.ca](mailto:info@loveyourage.ca). Have fun exercising!

Please consult a medical professional before starting this or any other exercise program. This article does not constitute medical advice.



Kate Maliha, MA (HKin) has a Master's degree in Human Kinetics and has conducted aging research at the University of British Columbia. She is the owner of Love Your Age ([www.LoveYourAge.ca](http://www.LoveYourAge.ca)), a fitness company specializing in the exercise needs of seniors.

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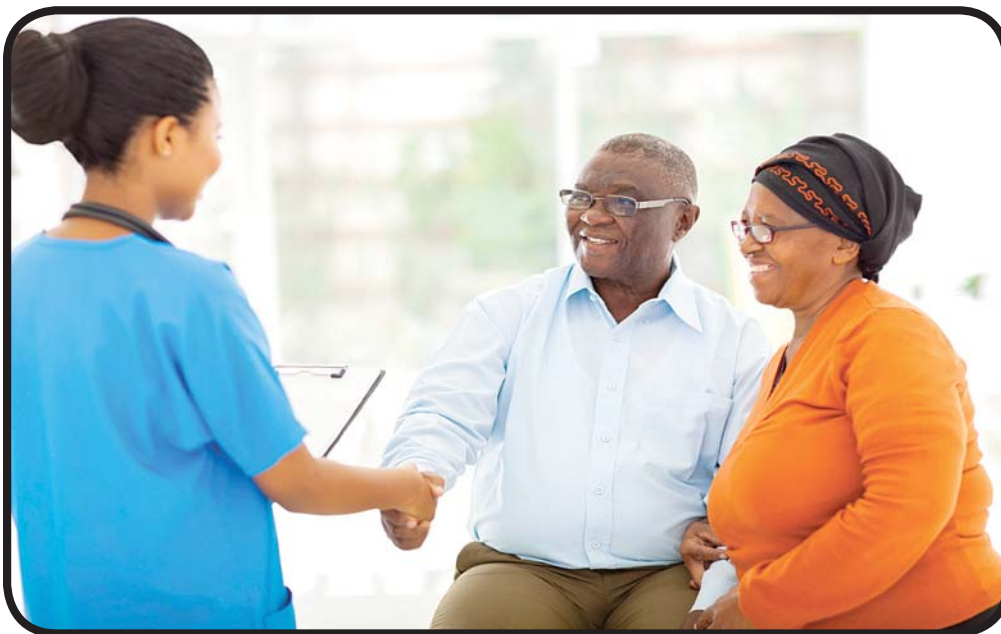
## DIABETES PREVENTION PROGRAM

### BREAKING NEWS! Medicare extends date to June 30th.

**MEDICARE WILL PAY FOR THE YMCA'S DIABETES PREVENTION PROGRAM THROUGH JUNE 30, 2015. IF YOU QUALIFY FOR MEDICARE AND THINK YOU HAVE PREDIABETES, DON'T DELAY. TO DETERMINE IF YOU'RE ELIGIBLE, SEE YOUR DOCTOR TO MAKE SURE YOUR BLOOD VALUE IS IN THE PREDIABETIC ZONE.**

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### TO YOUR HEALTH

## May is "Better Hearing Month"

Back in 1927, May became known as Better Hearing and Speech Month; in 1986 President Ronald Reagan made it official by issuing a formal proclamation designating May the official month to "heighten public awareness" about hearing loss and speech disorders.

Currently, about 20 percent of adults in the United States, or about 48 million people, report some degree of hearing loss. About 60 percent of the people with hearing loss are either in the work force or in educational settings. At age 65, one out of three people has a hearing loss. And according to the NIH, among adults aged 70 and older with hearing loss who could benefit from hearing aids, fewer than one in three (30 percent) has ever used them. Even fewer adults aged 20 to 69 (approximately 16 percent) who could benefit from wearing hearing aids have ever used them.

Because hearing loss causes a breakdown in communication, it impacts *both* people in the communication process. When hearing loss is present, the work of communication is increased for *both* people. The person with hearing loss needs to focus, pay attention, lip read, interpret body language and use contextual cues. The other person needs to raise their voice, repeat themselves, ensure they have the listener's attention, "run interference" or compensate for the person with hearing loss, and much more.

Hearing loss impacts not only the ability to hear environmental sounds such as bird songs or the crackle of a fire, it impacts one's ability to communicate and can raise many deep emotions. Some people report feeling stupid, tired, sad or even lethargic. These feelings cause people to withdraw from social situations and from regular activities involving others. It can lead to low self esteem, exhaustion and even depression. With a decrease in activities, overall health can be negatively impacted. Studies have linked untreated hearing loss effects to:

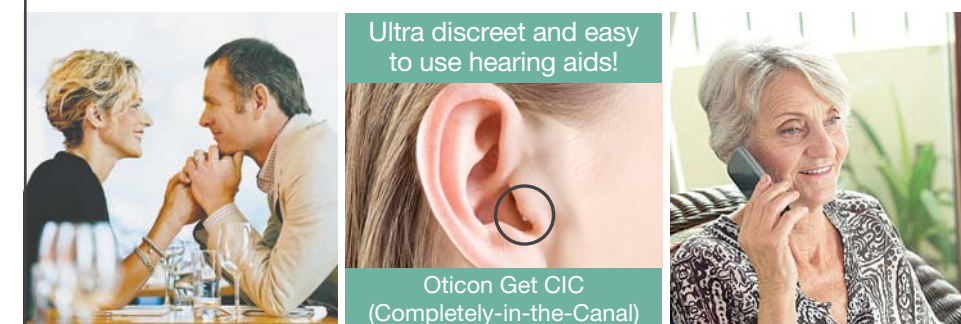
- irritability, negativism and anger.
- fatigue, tension, stress and depression.
- avoidance or withdrawal from social situations.
- social rejection and loneliness.
- reduced alertness and increased risk to personal safety.
- impaired memory and ability to learn new tasks.
- reduced job performance and earning power.
- diminished psychological and overall health.

While 48 million Americans have hearing loss, only 20% seek help. This year for Better Hearing Month, get your baseline hearing evaluation, not just a screening. By the age of 40 everyone should have a baseline evaluation. The information from a diagnostic baseline evaluation is necessary to track future changes in hearing. For more information, talk with an audiologist.

*Brought to you by your friends at Total Hearing Care. If you have a question, or to schedule an appointment, call them at 302-330-7444.*



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# Investigate! Qualifying for Help Paying Rx Drug Costs

People with Medicare who are also eligible for Medicaid because of high medical expenses can get Medicare prescription drug coverage even if they're in Original Medicare or a Medicare Advantage Plan, or if they have existing prescription drug coverage.

**What do people with Medicare and Medicaid need to know about Medicare prescription drug coverage?**

People with Medicare and Medicaid automatically qualify (and don't need to apply) for Extra Help paying for Medicare prescription drug coverage. This means they may pay only a small copayment when they fill prescriptions covered by their Medicare drug plan. Medicaid will still pay for some or all of a person's health care costs that Medicare doesn't cover.

In very limited cases, this can include prescriptions for drugs not eligible for coverage by Medicare prescription drug coverage. Except in limited cases, Medicaid can't cover drugs for people who are enrolled, or who could be enrolled, in a Medicare drug plan.

**If a person gets Extra Help paying for Medicare prescription drug costs, will the Extra Help affect his or her eligibility for Medicaid?**

It's possible that under the "spend down" process a person may become eligible for Medicaid, even if he or she has too much income to qualify otherwise. This process allows someone to "spend down," or subtract, medical expenses (like for prescription drugs) from his or her income to become Medicaid eligible. This can lower income so it's below the maximum amount allowed by a state's Medicaid plan.

In very limited cases, this can include prescriptions for drugs not eligible for coverage by Medicare prescription drug coverage. Except in limited cases, Medicaid can't cover drugs for people who are enrolled, or who could be enrolled, in a Medicare drug plan.

The example below shows how qualifying for Extra Help may affect Medicaid eligibility.

**Month 1**

Julie has Medicare and gets \$700 a month in Social Security. Her income is too high for her to qualify for Medicaid in her state. Her state's Medicaid income limit is \$500 a month, which means she must have at least \$200 a month in medical expenses to spend down to the state's limit. She pays \$150 a month out-of-pocket for prescription drugs and \$75 most months for visits to her doctors, for a total of \$225 per month. After she has \$200 in medical expenses, she qualifies for Medicaid. Medicaid pays the additional \$25 of her medical expenses, leaving her with \$500 for other expenses. Since Julie paid for her prescriptions after the effective date of Extra Help, her Medicare drug plan will pay her back for the prescription costs covered by the Extra Help. Julie gets Medicaid and automatically qualifies for Extra Help paying Medicare prescription drug costs for the rest of the calendar year, even if she doesn't qualify for Medicaid in some later months because she has lower medical expenses.

**Month 2**

With Extra Help and a Medicare drug plan, Julie pays no monthly premium, has no deductible, and pays only small copayments. Her copayments will be \$1 for each of her 10 generic prescriptions, for a total of \$10. She spends \$75 for her doctor visits, for a total of \$85 in medical expenses. Her medical expenses are no longer high enough to qualify for Medicaid (she doesn't exceed her \$200 limit under spend down). But the Extra Help she gets increases the income available to her. She now has \$615 available for other expenses, \$115 more than she had before getting the Extra Help.

**Month 3**

During a month where Julie's medical expenses for items other than prescription drugs are high, she will qualify for Medicaid once she has medical expenses of at least \$200. For example, Julie has another \$210 in medical expenses (like doctor visits) and \$10 in total prescription drug copayments for a total of \$220. She meets her spend down amount and qualifies for Medicaid. She

hasn't lost her ability to rely on the Medicaid program in months when she has higher medical expenses.

	Month 1 Month with high medical expenses	Month 2 Month with low medical expenses	Month 3 Month with high medical expenses
Monthly Income	\$700	\$700	\$700
Julie's Medicaid spend down requirement – \$200 in medical expenses to reach \$500 in monthly income			
Julie's drug spending	\$150	\$10	\$10
Other medical expenses	\$75	\$75	\$210
Julie's total medical expenses	\$225	\$85	\$220
Meets spend down requirement and qualifies for Medicaid?	Yes	No	Yes
Julie's out-of-pocket spending for medical care	\$200 (Medicaid pays \$25)	\$85	\$200 (Medicaid pays \$20)
Julie's cash available for other expenses	\$500	\$615	\$500

**What if a person is notified that he or she no longer qualifies for Extra Help as of January 1 next year?**

Each fall, Medicare uses data from the states to decide whether a person will continue to automatically qualify for Extra Help for the coming year.

Let's say Medicare determines that Julie no longer automatically qualifies for Extra Help. Medicare reviews data from her state for a month where she doesn't qualify for Medicaid (month 2). Medicare sends her a gray letter saying she doesn't automatically qualify and encourages her to apply for Extra Help through Social Security to see if she qualifies based on her income and resources. Even though she no longer automatically qualifies, Julie may still qualify for Extra Help if she applies.

After not qualifying (month 2), Julie can meet spend down again in a later month (month 3). Her state tells Medicare, and she gets a letter from Medicare saying she automatically qualifies for Extra Help beginning from the month she qualified for Medicaid at least until December 31 of the same year.

# Social Security Q&A

**Question:**

I want to apply for *Extra Help* with Medicare prescription drug costs. Can state agencies also help with my Medicare costs?

**Answer:**

When you file your application for *Extra Help* with Medicare prescription drug (Medicare Part D) costs, you also can start your application process for the Medicare Savings Programs—state programs that provide help with other Medicare costs. When you apply for *Extra Help*, Social Security will send information to your state unless you tell us not to on the application. Your state will contact you to help you apply for a Medicare Savings Program. To apply for *Extra Help* and learn more, visit [www.social-security.gov/extrahelp](http://www.social-security.gov/extrahelp).

**Question:**

I'm retired and the only income I have is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings"? Could they reduce my monthly Social Security benefits?

**Answer:**

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. For more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).



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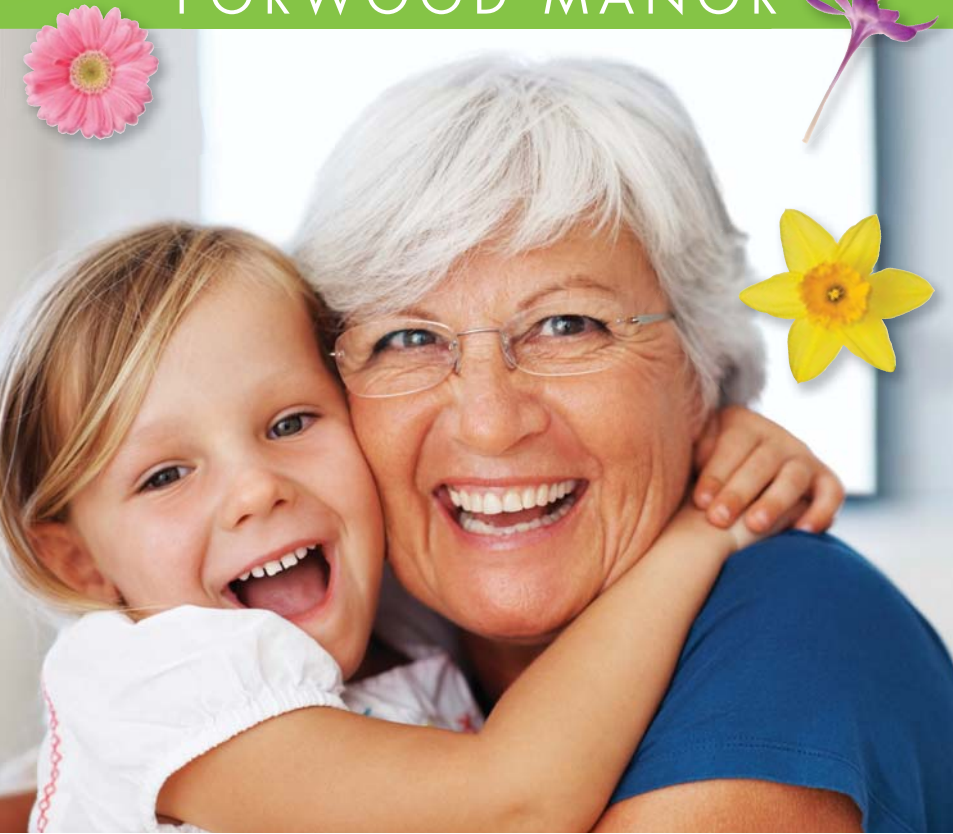


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# The Battle At Cooch’s Bridge

By Floyd D. Jury MSME, Resident at Foulk Manor South, Five Star Senior Living

Memorial Day, formerly known as Decoration Day, originated after the American Civil War to commemorate the Union and Confederate soldiers who died in the war. Since that time, Memorial Day has been extended to honor all Americans who died while in military service. Did you know that some of the first soldiers to give up their lives fighting for our country did so right here in our own backyard, at Cooch’s Bridge near Newark? The only battle of the Revolutionary War fought on Delaware soil, the battle is said to be the first time the Stars and Stripes was flown.

The date was September 3, 1777 and British General Cornwallis needed to get past this area on his way to try to capture and destroy Philadelphia. General George Washington knew the British were coming; he needed to slow them as he fortified areas further north. He’d handpicked a special group of volunteers, placed them under command of General William Maxwell, and sent them to the

area of Cooch’s Bridge. He told Maxwell to engage the enemy with two purposes in mind. First, the battle was intended as a delaying action to slow the British advance toward Brandywine and Philadelphia. Second, Maxwell was to provide every possible annoyance to the enemy in an attempt to feel out the British strength in terms of troops and munitions.

There was no illusion the volunteers would be able to defeat the professional British Regulars and the Hessian Mercenaries, but they were determined to give Washington as much preparation time as they could, and so our troops, including a select group of marksmen, set up a classic ambush. About two miles south of the bridge, protected by thick woods and heavy brush, the Americans waited for the lead forces of the British Army. Using tactics learned from the Indians, the Americans continually fired, moved, and reloaded as they fell back northward toward the bridge.

As they neared Cooch’s Bridge, the Americans “had shot themselves out of ammunition ... the fight was carried on with the sword” and bayonet.



Finally, outgunned and outmanned, the Americans were forced to make a hasty retreat as the British better organized their attack. The Americans withdrew to Hockessin and the British forces continued their march toward Newark and Philadelphia. The two armies were destined to meet again in two weeks at the Battle of Brandywine. Cornwallis would eventually occupy Philadelphia in the fall, while the Continental Army wintered in Valley Forge.

Brought to you by your friends at Foulk Manor South, a Five Star Living Community, located at 407 Foulk Road, Wilmington DE 19803. For more information, or to arrange a tour, contact Melissa Casperson at 302-655-6249 or visit [www.fivestarseniorliving.com](http://www.fivestarseniorliving.com).



# The Intrepid Traveler

Summer’s coming—time to travel! It’s great fun to be a tourist—just make sure you’re not a target as well. Being concerned about crime is a healthy attitude to have when you’re traveling. There are money-changing scams, taxi scams, passport scams, you name it, and unfortunately, these days cell phones are helping con artists communicate better to more easily target vulnerable travelers.



What can you do to protect yourself? For one thing, beware of strangers who approach you on the street, even at the expense of seeming rude. Keep your wits—and your valuables—about you. Use your radar; if a situation feels wrong, it probably is. Some of the tricks people will try to use on you are as old as dirt; others are as new as the latest iPhone app.

Here are a couple examples of what to look out for:

### The Diversion

This one is common in many airports and train stations. An example of this kind of scam is the “hot dog trick” where a stranger will “accidentally” squirt mustard on you as he’s eating a hot dog. While the stranger apologizes profusely and tries to help you clean up, an accomplice will grab your bag and slip away. Other diversions include elderly people falling down and creating a commotion, or children surrounding you, trying to sell you something.

So just to be safe, make sure you always stay in contact with your bags in public places. Keep a hand on your carry-on or place it between your legs, and

make sure your purse is securely fastened and attached to your body in some way.

### The Security Line Switch-Up

Here’s what happens:

You’re about to walk through a metal detector when the person behind you cuts ahead of you. Annoyed, you let him go, but your frustration builds as he repeatedly sets off the alarm. He’s forgotten to remove his watch and loose change, so he’s holding up the line. What you don’t know is that on the other side, his accomplice has snagged your belongings and is already in another terminal.

To avoid this terrible scam, make sure you wait until the very last minute before you put your stuff on the conveyor belt. Don’t give anyone the chance to slip in front of you before your stuff goes through to the other side. Keep an eye on your stuff in general, and if you see someone handling your belongings, speak up to a TSA agent ASAP.

There are plenty of helpful people out there, for sure, but it never hurts to use your common sense, and practice defensive tourism!

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# Celebrate Mother's Day with a Good Book

Motherhood is a ripe topic for all sorts of books, from memoirs to novels. Here are some of my favorite books about mothers of all kinds:

**The Invisible Wall** by Harry Bernstein. This first memoir of three, written when the author was 93 years old, details his early childhood in England in the 1910's, where his street had Jewish families on one side and Christian families on the other. Harry's mother played an important role in holding the family together during difficult times.

**The Glass Castle** by Jeanette Walls. Another memoir, this chronicles parents who failed to protect and care for their children. The author's mother was artistic and a free spirit but not much of a caregiver.

**Half-Broke Horses** by Jeanette Walls. Sort of a prequel to *The Glass Castle*, this is a semi-fictionalized account of Wall's grandmother, Lily, and her life as a daughter, sister, school teacher, and mother.

**The Poisonwood Bible** by Barbara Kingsolver. One of my all-time favorite novels is the story of a family who travels to the Congo in 1959 as missionaries, in a year that changes all of their lives forever. The mother's poignant look back on that time and its effect on her children is particularly moving.

**The Bean Trees** and **Pigs in Heaven** by Barbara Kingsolver. Two more favorites from Kingsolver, these heart-warming novels are about a girl who grows up in rural Kentucky with a single mother, moves to Arizona, and whose life is forever changed when she becomes the adoptive mother of an abandoned Native American child named Turtle.

**Is This Tomorrow** by Caroline Leavitt. The multi-faceted story of a Jewish, divorced, single mother

in 1950's suburbs struggling to raise her son amidst prejudice when the unthinkable happens and her son's best friend disappears. Both a mystery and a family drama.

**The Twelve Tribes of Hattie** by Ayana Mathis. Follows the challenging life of Hattie and her children, starting in 1923 in segregated Georgia through their struggles in a poor black neighborhood in Philadelphia. The novel is raw, emotional, and compelling, as Hattie faces adversity again and again.

**Hope's Boy** by Andrew Bridge. The heart-breaking but ultimately triumphant memoir of the author's childhood, split between his grandmother, his very young mother recently released from prison, and the foster-care system. This story



speaks to the unbreakable tie between mother and child.

**The Language of Flowers** by Vanessa Diffenbaugh. Though on the surface, this is a novel about a young girl named Victoria who grew up in and aged out of the foster care system, at its heart is the life-changing effect that a foster parent can have on a child's life and how Victoria ultimately uses that love to save herself.

*Suzan Jackson is a freelance writer who lives in Delaware with her husband and two sons. She writes a blog about books, featuring reviews, book news, and more at [www.bookbybook.blogspot.com](http://www.bookbybook.blogspot.com). You can find reviews of all of the books listed here on the blog.*



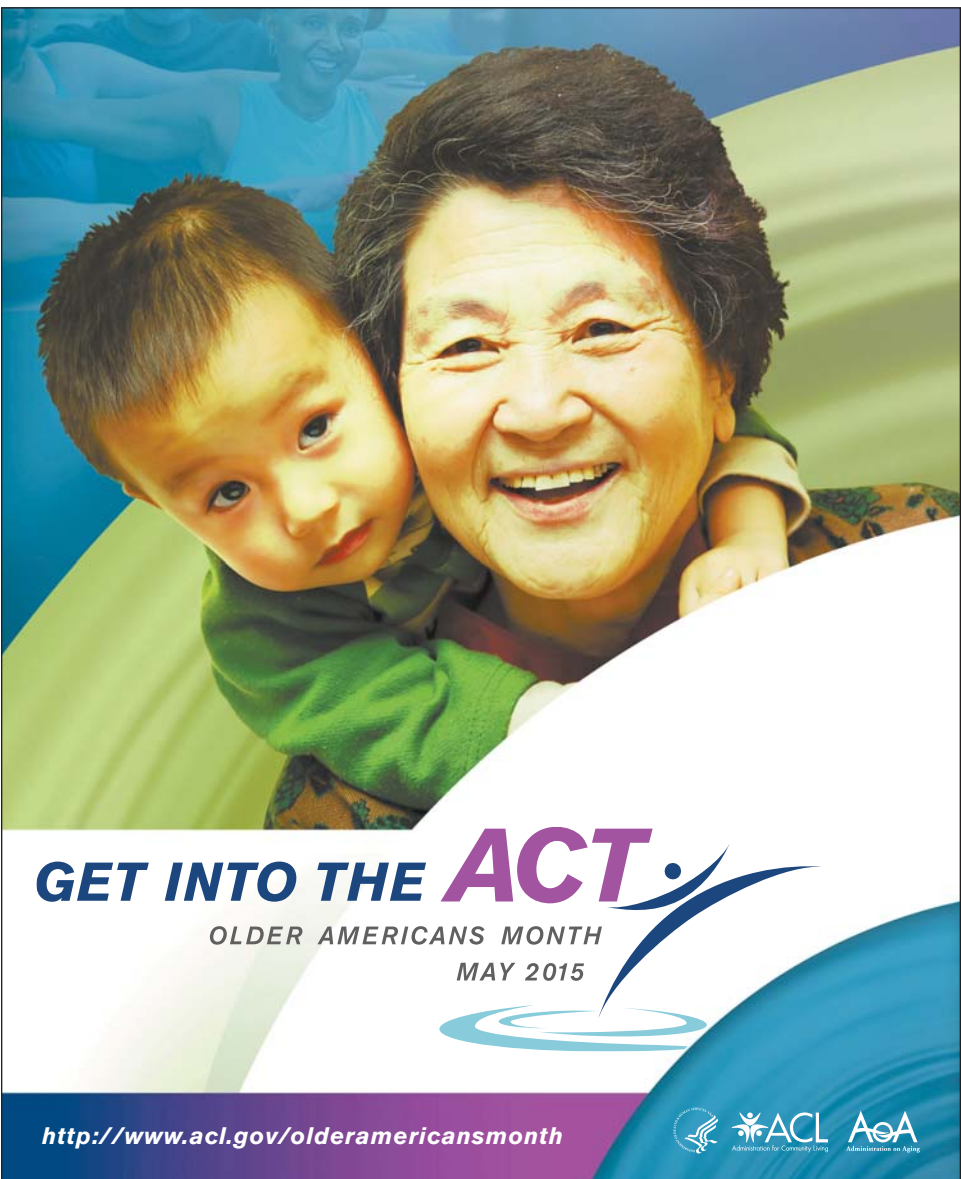
# Older Americans Month 2015: "Get into the Act"

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services

include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Delaware Division of Services for Aging and Adults with Physical Disabilities provides a range of community based services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities. Call us at 800-223-9074 today.



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Osher Lifelong Learning Institute at the University of Delaware  
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## Be On the Lookout for Warm Weather Wandering

As the weather warms, wandering by persons suffering from Alzheimer's and dementia tends to increase. For caregivers, there's nothing worse than making a call to the police to search for a help-less loved one who doesn't know their way around. Unfortunately, because dementia affects the brain and each person's brain is different, the disease is completely unpredictable and affects each person differently, so even if you think your loved one may never wander, keep in mind: Just because it hasn't happened yet, doesn't mean it won't.

It is suggested that up to 67% of people with dementia will wander away from home and get lost. Wandering behavior can be a life-threatening incident, particularly in areas where climate and weather patterns are extreme.

### Tips:

- People with Alzheimer's often forget where they are. They may have difficulty finding the bathroom, bedroom or kitchen. Some people need to explore their immediate environment periodically to reorient themselves. Posting descriptive photographs on the doors to various rooms, including a photo of the individual on the door to his or her own room, can help with navigation inside the home.
- Offering a snack, a glass of water or use of the bathroom may help identify a need being expressed by wandering. Sometimes the wandering person is looking for family members or something familiar. In such cases, providing a family photo album and sharing reminiscences may help.
- Understand that wandering can often be an outlet for pent up frustration at a world that seems out of

control. Try to find activities and outlets to relieve anxiety and stress for your loved one.

- According to CNN.com website *Health Library*, although it may be impossible to completely prevent wandering, changes in the environment can be helpful. For example, a woman who was a busy homemaker throughout her life may be less likely to become bored and wander if a basket of towels is available for her to fold.
- The MedicAlert + Alzheimer's Association Safe Return program is designed to help identify people who wander and return them to their caregivers. This 24-hour nationwide emergency response service utilizes an identification bracelet or pendant worn by the individual with dementia. For more information visit [www.medic-alert.org/safereturn](http://www.medic-alert.org/safereturn). For additional information on local educational and supportive services of

the Alzheimer's Association visit [www.alz.org](http://www.alz.org) or call 302-633-4420.

Caregivers, remember to care for yourselves as well! Caregiver stress is an epidemic in this country. A survey by the National Family Caregivers Association found that 61% of caregivers experience depression; more than 50% experience sleeplessness; and more than 25% experience headaches and stomach disorders. Implications of caregiver stress include depression, increased hospitalization, and ultimately, increased mortality rates.

*Arden Courts conducts monthly educational programs on various aspects of dementia issues for families. For information regarding these events or to obtain information on additional resources and support, contact Jean Youkers or Cheryl Dunford at Arden Courts Memory Care Community of Wilmington at 302-761-4805. Arden Courts is located at 700 1/2 Foulk Road, Wilmington, DE and is part of the HCR ManorCare family.*

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## Son Or Stranger?



Caring for an aging parent living with Alzheimer's or related dementia can be very emotionally difficult and heart wrenching. Especially when the parent no longer recognizes his or her own child. Call today to speak with one of our dementia specialists or visit us online at [www.arden-courts.com](http://www.arden-courts.com). We know. We understand. We can help.

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**Arden Courts**  
Memory Care Community

## You Don't Deserve to Be Treated That Way

by Joyce Koria Hayes, Esquire

*Just because you become dependent on a child for care as you age does not mean you lose basic rights. There are avenues available for help.*

As the Executive Director of Delaware Elder Mediation Services, Inc., one of the most difficult types of situations I deal with concerns what I sometimes call "Granny-napping." This occurs when one sibling, the primary caregiver, denies other siblings access to a parent, perhaps even going so far as to remove the parent from the family home. As I work with the family, if the parent is still competent to make decisions, I always ask the parent whether they wish to see those siblings. Unfortunately, very seldom does the parent tell me truthfully, "Yes, I really want to see Sally but Mary won't let her come into the house here."

There are many reasons why you as a dependent adult might be reluctant to answer, truthfully, that you want to see your other children. You may worry that the caregiver is giving up time and maybe money to take care of you, and that you would seem ungrateful to question the caregiver's actions. Maybe deep down you're afraid the caregiver "won't love you anymore." Worst case, you are afraid because the caregiver does engage in either physical or emotional abuse.

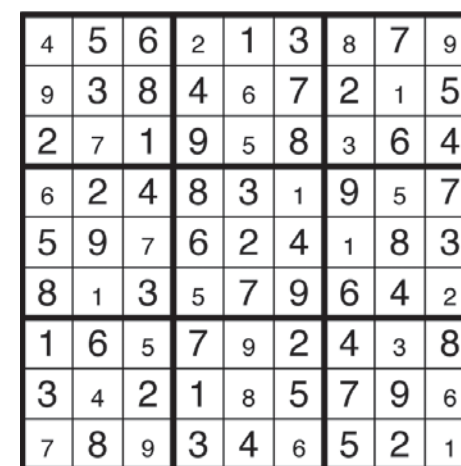
If this is happening to you, what are

your options to rectify the situation? You can call Adult Protective Services (APS). APS's first duty is to ensure that you are getting any services you might need and that your rights are protected. But it's very hard for a parent to make a call to APS to charge a child with abuse.

Another alternative is to request that your children participate in a mediation to talk through the issues, to help you explain why you are unhappy, and to discover solutions that would be acceptable to all.

Remember: Unless a doctor has said that you are incapable of making your own decisions, you have rights. You do not deserve to be denied access to loved ones, to be left alone for extended periods, to be fed foods you do not like, or to be subject to any treatment to which you object.

Joyce Koria Hayes is the Executive Director and Mediator at Delaware Elder Mediation Services, Inc. If you are in immediate physical danger, call 911. For help from Adult Protective Services, call 800-223-9074. For more information, to discuss your situation, or to schedule a family conference, call Delaware Elder Mediation Services at 302-287-9194, visit [dems.org](http://dems.org) or [delawareeldermediation.com](http://delawareeldermediation.com), or email [demsorg@gmail.com](mailto:demsorg@gmail.com).



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# LETTUCE-WRAPPED BBQ QUINOA, KALE & CORN VEGGIE BURGERS WITH OLD BAY CHEDDAR

Let's be clear: The kale craze isn't going anywhere. Not only is it high in vitamins A, C and E, iron, fiber and calcium, the curly green helps fill you up fast, and is as versatile as any ingredient could be.



Ready in under 30 minutes, this recipe makes 6 hearty patties. They're great to make ahead and freeze for later; stack with parchment paper in between each patty. They're best baked in the oven, but they're awesome when reheated on the grill. To make this vegan, omit the cheese and use an egg substitute. Store-bought BBQ sauce can be loaded with extra preservatives, dyes and sugars, so consider making your own.

### BURGER INGREDIENTS:

- 2 cups cooked quinoa
- 2 ears of corn, about 1 cup kernels
- 2 large leaves of lacinato (aka Tuscan or black) kale, ribs removed
- ¼ cup chopped red onions
- 2 tablespoons of olive oil
- 2 farm fresh eggs
- ¼ cup gluten-free, whole wheat, or all-purpose flour
- 2 tablespoons of barbecue sauce
- generous pinch of sea salt
- coarsely ground pepper, to taste

### BURGER ACCOUTREMENTS:

- Old Bay infused Cheddar (or any cheddar plus a few shakes of Old Bay Seasoning will do!)
- a full head of Boston, bibb or green leaf lettuce
- thinly sliced red onion
- extra barbecue sauce
- avocado slices, sprouts, etc.
- ketchup, mustard, hot sauce, etc.

### DIRECTIONS:

1. Preheat oven to 450 degrees.
2. In a large sauté pan, heat olive oil over low heat. Toss in finely chopped kale, onions, and corn kernels. Season with a pinch of salt and twist of ground pepper. Cook for about 10 minutes over a low-medium flame, stirring occasionally.
3. In a large bowl, combine quinoa with the kale and corn mixture. Beat eggs in a small bowl. Add the eggs, barbecue sauce and flour to the burger mixture; combine thoroughly.
4. Line a baking sheet with parchment paper. Divide the veggie burger mixture into 6 equal parts. (It will be very sticky/goopy. Don't worry; they'll come together perfectly in the oven.) Do your best to shape the patties. You may find it easier to make a ball, drop it on the sheet and gently press to form a patty.
5. Bake for 5 minutes, or until golden brown on the bottom. Flip and bake for another 5 – 7 minutes or until golden brown on both sides. If you are using cheese, top the burgers with cheese and broil until melty.
6. To assemble, wrap the burgers in the lettuce and top with all your favorites—including more barbecue sauce.

withfoodandlove.com

## Crossword

By Dave Fisher

Answers on page 13

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20								21			22			
				23		24				25				
26	27	28	29			30			31					
32				33	34			35				36	37	38
39								40						
41						42		43						
			44				45				46			
47	48	49				50			51	52				
53						54			55		56	57	58	59
60						61			62					
63						64				65				
66						67				68				

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### ACROSS

1. Ancient Hebrew vestment
6. Cocoyam
10. Information
14. Exotic jelly flavor
15. Head covering
16. Holly
17. Interlace
19. Achy
20. Record player
21. Chief Executive Officer
22. A basic knitting stitch
23. Style of interior furnishings
25. Soft drinks
26. A style of design
30. Cherubim
32. Supercilium
35. Stretchable
39. Decrease
40. Mountain range
41. Gist
43. Stress
44. Unpleasant odor
46. Male offspring
47. Accumulate
50. Blithely
53. Medium-sized tubular pasta
54. Arrive (abbrev.)
55. Overnight bag
60. "Do \_\_\_ others..."
61. Impulsive
63. A soft sheepskin leather
64. Not odd
65. Despises
66. Makes a mistake
67. Bristle
68. Exchange

### DOWN

1. Auspices
2. Kick
3. Despise
4. Not under
5. Acted presumptuously
6. Night before
7. Church official
8. Deviate
9. Margarine
10. Deprive
11. Not silently
12. Latin name for our planet
13. Skating jumps
18. Suffering
24. Bird call
25. Killed
26. Expunge
27. Visual organs
28. To tax or access
29. Fixations
31. If not
33. Leases
34. A single time
36. Threesome
37. Press
38. Tins
42. Etch
43. Your (archaic)
45. Rug
47. Sky-blue
48. Of lesser importance
49. Fragrant oil
51. 56 in Roman numerals
52. Luxury boat
54. Air force heroes
56. Teller of untruths
57. Greek letter
58. Sought damages
59. Being
62. Ribonucleic acid

## GET UP & GO

Winterthur Point-to-Point – May 3 / 5105 Kennett Pk, Winterthur, DE 19735 / 11am-5pm / 800-448-3883

Frequently imitated but never matched, these annual steeplechase horse races echo the state's well-heeled heritage as home to the DuPont family and their regal estates. Staged on the sprawling grounds and rolling hills of this one-time DuPont mansion, the Point to Point is renowned as a place to see-and-be-seen amid extravagant "tailgate" buffets and lavishly stocked hospitality tents. The horse racing is just an added bonus.

Dover Days Festival – May 1-3 / 25 The Green, Dover, DE 19901 / FREE / 302-734-4888

Blending modern-day fun with a look back at Delaware's Colonial past, Dover Days Festival offers a chance to celebrate spring's charms with Maypole Dancing on Dover's Green, a Civil War-era baseball game, historic wartime encampments, and more than 350 vendors, craft merchants, and food purveyors. This festival also holds the distinction of being held at one of the sites of the nation's newest National Monument.

Introduction to Surf Fishing at Delaware Seashore State Park – May 30 / Indian River Life-Saving Station, Delaware Seashore State Park, 25039 Coastal Highway, Rehoboth Beach, DE 19971 / 9am-12pm / \$25 per person / 302-227-6991

Have you always wanted to try surf fishing but weren't sure how to get started? If so, this program is for you! Everything from fish identification to proper casting techniques will be covered in this 3-hour program. Rods, reels, and bait are provided. Must have a fishing license and FIN number, and be at least 10; under 16 must be accompanied by a paying adult. Pre-registration required.

## 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.

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

Answers on page 13

(courtesy of KrazyDad.com)

## THE FUNNY BONE

Memorial Day is here, and with it, the start of BBQ season! Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity, because it's the only type of cooking a 'real' man will do (probably because there is an element of danger involved).

When a man volunteers to do the BBQ the following chain of events are put into motion:

### Routine...

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill, beer in hand.

Now here comes the important part:

- (4) THE MAN PLACES THE MEAT ON THE GRILL.

### More routine....

- (5) The woman goes inside to organize the plates and cutlery.
- (6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation.

Important again:

- (7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

### More routine....

- (8) The woman prepares the plates, salad, bread, utensils, napkins and sauces, and brings them to the table.
- (9) After eating, the woman clears the table and does the dishes.

And most important of all:

- (10) Everyone praises the MAN and THANKS HIM for his cooking efforts.
- (11) The man asks the woman how she enjoyed "her night off." And upon seeing her annoyed reaction, concludes that there's just no pleasing some women.

### WORDS OF WISDOM

A mother is someone who dreams great dreams for you, but then she lets you chase the dreams you have for yourself and loves you just the same.

– Author Unknown



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