



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Ciro Poppiti and his Seniors Bill of Rights

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That's Getting
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MAY 2016



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May: Mother's Day, National Women's Health Week, Older Americans Month—all perfect reasons to take a step back to look at yourself, and take the steps necessary to take care of yourself (and no, I'm not talking just to women. Men and women both, you owe it to yourselves and to your loved ones to be the most vital, healthiest *You* you can be).

My inspiration is my son. After hearing one too many jokes at my expense (on my as-I-like-to-call-it "fluffy" belly: Look mom! You've got a six-pack....of PUDDING! hahahahaha) I decided it's time to take control of my eating and exercise habits. I can come up with every excuse in the book why I don't have time to exercise today, or need that ice cream (need? who *needs* ice cream?) but enough is enough. So—I connected with a motivational coach to keep me on track, we chose a program centered on healthy proportions of healthy foods, and consistent activity to get my body moving and get me stronger. And I'm doing it! I've just started, and already see results, and more importantly, *feel* better! And I'm inviting you to join me! Together we all achieve more than alone. Read more on the next page on how to connect, on how we get healthy *together*.

Before starting any exercise program, you're advised to check with your doctor. While there, we've come up with a checklist of other topics to discuss as well. No matter your age, you'll find the list—cut it out and take it with you!—on pages 4 and 5.

There's more to quality of life than simply healthy eating and exercise. It encompasses participation in your community, pursuing the interests that bring you joy, and even planning for a bright future. You might already know Ciro Poppiti. He's New Castle County's Register of Wills. He's also the impetus behind the Seniors Bill of Rights. Ciro is dedicated to helping people take advantage of all the resources available to them to maximize their quality of life, and to bringing even more resources to the forefront. Get all the details on pages 8 and 9.

I've always believed that everything in life is a choice. That's why I love Madisyn Taylor's article on page 15, "Choose Your Thoughts, Create Your Experience." It's so true! Back to my son. When I invited him to come with me for a run/walk and asked him how far can he run, he responded, "As far as I want!" Now *that's* inspiration!

Enjoy every single one of the celebrations happening in May!

Karyn

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Vital and Fit

By Karyn Cortez

It started innocently enough: I started playing golf last summer. Now if you know anything about the game of golf, you know it takes hours to play. Hours that cut into the schedule of a single mom of an 11-year old who has to work to keep food on the table. But I love playing so much that I switched up my exercise routine—after all, golf is a sport, right?—trading time exercising for time on the course. (If you ask me now, I'll tell you I think of golf more as an "activity" than a sport. The only time I break a sweat playing golf is when the temperature is over 90!)

And so a couple pounds found their way onto my frame. And then school started and the schedule filled up a bit more. Another couple pounds. Then Halloween came around. Costco had a great price on five (or was it ten?) pounds of chocolate! Most of it was gone before Halloween even rolled around. And then of course the holiday season started: Thanksgiving. Christmas. New Years. Valentine's Day. Easter.

I kept telling myself, "I'll go to the gym tonight." OK, well, tomorrow then. This weekend! Yes, Saturday I'm going to go for a run/walk! My diet raced more than I did, straight down the slippery slope of "just one little taste." And here I am, twenty pounds later.

I've spent the last seven years sharing information to help my readers age successfully—to be healthy, wealthy and wise. A huge portion of that has centered on nutrition and exercise. It's time to put my money where my

mouth is. To walk the walk, not just talk the talk. Who wants to join me?!

I'm making a commitment to take better care of myself and I'm looking for people who want to do it with me. I'm building a community of Vital individuals (pun intended) who want to clean up their eating habits and get their bodies moving. I've found that the easiest way to get something done is NOT alone, but with support. Together we'll be each other's support system! And built into that naturally is an accountability that you just can't get doing things on your own.

Because the magazine only comes out once a month, our first step is to be active online—via email (mine is karync@vitalmagonline.com), our website www.vitalmagonline.com and on Facebook (<https://www.facebook.com/VitalMagOnline>). Don't worry if you don't have Facebook—I'll teach you how to access it. It's super simple! I'll share information about healthy eating and exercise, inspirational stories, motivational stories, educational stories, and what I'm doing to reach my goal, and then once reached, to maintain. And I'm asking you to do the same. The idea is for us to do this together! We might even decide to put offline groups together too! And if you're already fit and healthy? Join the fun! In the end, we all want to live a healthful, energetic life.

To get connected or to find out more, email me at karync@vitalmagonline.com, call me at 302-764-6642, visit the website www.vitalmagonline.com or visit the Facebook page <https://www.facebook.com/VitalMagOnline>.

Together we can do this! Vital and Fit!

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NWHW

NATIONAL WOMEN'S HEALTH WEEK

MAY 8 – 14, 2016



It's never too early or late to work toward being your healthiest you! This National Women's Health Week, we want to help you take control of your health. Take the first step! Join the National Women's Health Week celebration (www.womenshealth.gov/nwhw) and make a pledge to take at least one step for better health.

Whether you're in your 50s, 60s, 70s or beyond, do you know what you can do to live a healthier life? Pledge to follow one or all of the steps below. Then get the conversation started at your next well-woman visit with this list.

A well-woman visit is a checkup. During your visit, you'll discuss the steps you need to take, as well as the screenings and shots you need, based on your age, health habits, risk factors, and family history. It's a time to check in on how you're doing, how you'd like to be doing, and what changes you can make to reach your health goals. In addition to talking with your doctor or nurse about your health, you may also get a physical exam and perhaps certain shots and medical tests. You do not need every test every year!

And the good news is you don't have to worry about cost. Thanks to the Affordable Care Act, most private health plans must cover your annual well-woman visit along with many other preventive care benefits. That means the visit will be free for you, even if you haven't met your yearly deductible. If you don't have insurance, you can still see a provider by finding a health center near you that will charge you what you can afford, based on your income.

You're in your 50s!

Take these steps for better health.

General health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of physical activity most days
- Quit smoking or don't start
- Limit alcohol use
- Get a seasonal flu shot
- Ask what other shots I need
- Ask about daily aspirin use (55 and older)
- Talk to my doctor about any domestic and interpersonal violence

Reproductive and sexual health

- Choose the right birth control if I still get my period
- Talk to my doctor about when I need a Pap test and HPV test
- Talk to my doctor about menopause symptoms
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime

Diseases and conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Get tested for diabetes if I am overweight or obese
- Talk to my doctor about my family history of cancers
- Get a mammogram every other year
- Get screened for colorectal cancer
- Ask about lung cancer screening if I am a current or past smoker (55 and older)
- Get screened for hepatitis C if I was born between 1945 and 1965

- Talk to my doctor about getting screened for hepatitis B
- Talk to my doctor about stress, depression, and other mental health concerns

You're in your 60s!

Take these steps for better health.

General health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of physical activity most days (65 and older who are fit and have no limiting chronic conditions)
- Talk with my doctor about a physical activity program that is appropriate (65 and older with low fitness levels or chronic conditions)
- Quit smoking or don't start up again
- Limit alcohol use
- Get a seasonal flu shot
- Get a shingles shot
- Get pneumonia shots (65 and older)
- Ask what other shots I need
- Ask about daily aspirin use
- Talk to my doctor about preventing falls
- Talk to my doctor about any domestic and interpersonal violence
- Talk to my doctor about when I need a Pap test and HPV test (65 and younger)
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Get an HIV test at least once in my lifetime (65 and younger)

Diseases and conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems

- Get tested for diabetes if I am overweight or obese
- Talk to my doctor about my family history of cancers
- Get a mammogram every other year
- Get screened for colorectal cancer
- Ask about lung cancer screening if I am a current or past smoker
- Talk to my doctor about osteoporosis screening
- Get screened for hepatitis C if I was born between 1945 and 1965
- Talk to my doctor about getting screened for hepatitis B
- Talk to my doctor about stress, depression, and other mental health concerns

You're in your 70s!

Take these steps for better health.

General health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of physical activity most days (women who are fit and have no limiting chronic conditions)

- Talk with my doctor about a physical activity program that is appropriate (women with low fitness levels or chronic conditions)
- Quit smoking or don't start up again
- Limit alcohol use
- Get a seasonal flu shot
- Get a shingles shot if I haven't had one before
- Get pneumonia shots if I haven't had them before
- Ask what other shots I need
- Ask about daily aspirin use
- Talk to my doctor about preventing falls
- Talk to my doctor about any domestic and interpersonal violence
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Talk to my doctor about any hearing or vision problems

Diseases and conditions

- Talk to my doctor about getting my cholesterol checked if I have a family history of heart problems
- Talk to my doctor about my family history of cancers

- Get a mammogram every other year (74 and younger)
- Get screened for colorectal cancer (75 and younger)
- Ask about lung cancer screening if I am a current or past smoker
- Talk to my doctor about osteoporosis screening
- Talk to my doctor about getting screened for hepatitis B and hepatitis C
- Talk to my doctor about stress, depression, and other mental health concerns

You're in your 80s and Beyond!

Take these steps for better health.

General health

- Get an annual well-woman visit
- Get my blood pressure checked
- Eat healthy
- Maintain a healthy weight
- Get at least 30 minutes of physical activity most days (women who are fit and have no limiting chronic conditions)
- Talk with my doctor about a

- physical activity program that is appropriate (women with low fitness levels or chronic conditions)
- Quit smoking
- Limit alcohol use
- Get a seasonal flu shot
- Get a shingles shot if I haven't had one before
- Get pneumonia shots if I haven't had them before
- Ask what other shots I need
- Talk to my doctor about preventing falls
- Talk to my doctor about any domestic and interpersonal violence
- Talk to my doctor about my risk for sexually transmitted infections and need for screening
- Talk to my doctor about any hearing or vision problems

Diseases and conditions

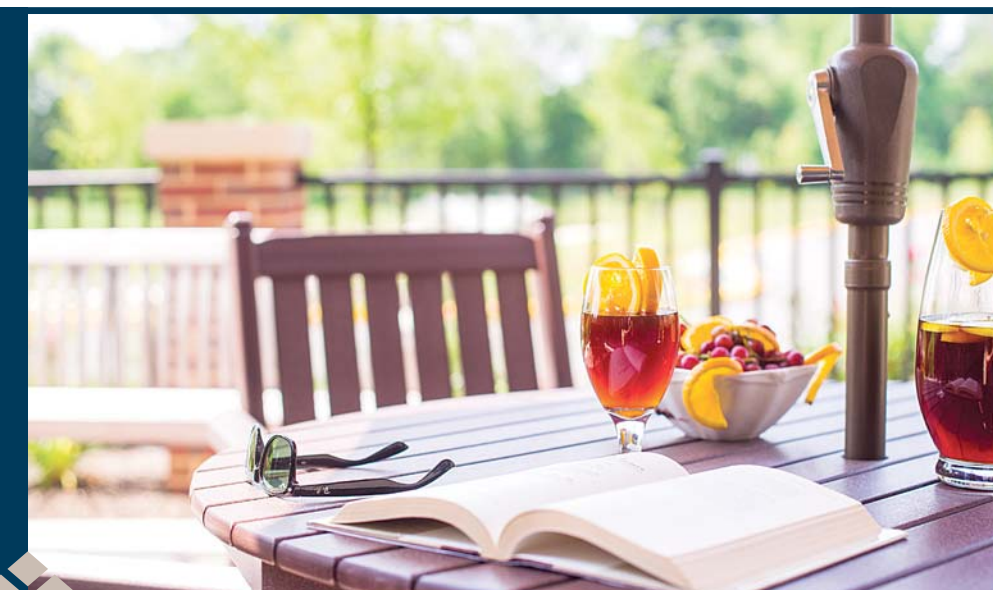
- Talk to my doctor about stress, depression, and other mental health concerns



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The Importance of Planning for Long-Term Care

No one wants to think about needing long-term care, so planning ahead for this possibility often gets put off. By waiting, though, people often find their options are limited, whether by lack of information, their immediate need for services, or insufficient resources to pay for preferred services.

What Is Long-Term Care?

Long-term care is defined as the type of care given to someone who needs help – either at home or in a facility – with daily living activities due to an accident, illness or advancing age. Contrary to popular belief, long-term care is not limited to the elderly. In fact, any person who can't function independently may need the protection of long-term care insurance. Accidents and unexpected illnesses can occur at any time, at any age, and the risk of this is often greater than one would think. Most people would struggle to answer the following questions: If you needed long-term care, who would provide it? Where would you receive it? How would you pay for it? These are important questions to consider. Most people may not be ready for the consequences to self, spouse, family and friends if they should all of a sudden need long-term care. Consider these shocking statistics: The odds of using your auto insurance are 1 in 270. The odds of using your fire insurance are 1 in 340. Yet the odds of using your long-term care insurance are 1 in 3 after the age of 62. So, it's not a matter of if one will need long-term care insurance, but when...

Who Pays for Long-Term Care Costs?

Many people believe that their health insurance or some government program will pay for long-term care. Currently, personal and government-funded programs do not cover the majority of long-term care costs. Health insurance is designed to reimburse expenses associated with medical costs such as tests, medicine, doctor visits, or other specific services. It will not pay the added cost of long-term care. Government programs are presently restricted or limited, as well. For example, Medicare is designed to provide health insurance for

people over the age of 65. According to The Heritage Foundation, government programs currently account for only 63 percent of LTC funding, with Medicaid paying for 40 percent and Medicare paying 23 percent (post-acute care). The remaining 37 percent comes from out-of-pocket spending, LTC insurance and other private and public sources. It does not include the cost of unpaid care, typically provided by family members.

Why Plan Ahead?

Planning ahead allows you to have more control over your future. About 70 percent of people over age 65 require some sort of care services, and the likelihood of needing care increases as you age.

Planning ahead helps you understand what service options are available in your community, what criteria exist in order to qualify for services, costs involved, and what payment options – public and private – apply. Just having this information makes it more likely that you will have more choice and control over where and how you receive services, if and when needed.

Planning ahead means less emotional and financial stress on you and your family. It can provide a way to involve your family in decisions without depending on them to bear the entire burden alone.

The cost of long-term care services often exceeds what the average person can pay from income and other resources. By planning ahead, you may be able to save your assets and income for uses other than long-term care, including preserving the quality of life for your spouse or other loved ones. You'll more likely be able to leave an estate to your heirs since you're less likely to use up your financial resources paying for care.

Finally, for many people, one of the most important advantages of planning ahead is to ensure greater independence should you need care. Your choices for receiving care outside of a facility and being able to stay at home or receive services in the community

for as long as possible are greater if you have planned ahead.

Why People Don't Plan Ahead

There are many reasons why people don't plan ahead for long-term care. These include the natural tendency to avoid thinking about becoming dependent on others for your care, misinformation about the risks of needing care, and lack of knowledge about the cost of care and payment options.

Most people don't like to think about getting older, developing a disability, becoming less independent, or needing help with personal care. Many people don't realize that their chance of needing long-term care by the time they turn 65 is as high as 70 percent.

People commonly misunderstand how expensive long-term care is, and how it is paid for. Consumer surveys have shown that many individuals don't realize that health insurance, Medicare, and/or disability coverage

do not pay for most long-term care services. Medicaid pays for some long-term care services, but only if you qualify for the program because you have limited income and financial resources.

Some people find it too difficult to raise these subjects with their loved ones, making it difficult to explore and define their plans. Adult children often feel like they are patronizing their parents if they raise the subject or are afraid of giving the impression that they might not want to provide care if it is needed. Parents often don't want to make adult children uncomfortable or to discuss details of their finances with them.

Finally, some people realize it's important to plan, but don't know how to get started. The best way to begin is with small and easy steps. You'll want to find a reputable insurance agent to work with, but even just talking with your loved ones is a great first step!



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Social Security Q&A

Question:

I received a notice from Social Security recently. It said my name and Social Security number do not match Social Security's records. What should I do?

Answer:

It's critical that your name and Social Security number, as shown on your Social Security card, match your employer's payroll records and your W-2 form. If they don't, here is what you need to do:

- Give your employer the correct information exactly as shown on your Social Security card or your corrected card; or
- Contact your local Social Security office (www.socialsecurity.gov/locator) or call 1-800-772-1213 (TTY 1-800-325-0778) if your Social Security card does not

show your correct name or Social Security number.

For more information, visit our website at www.socialsecurity.gov.

Question:

My brother had an accident at work last year and is now receiving Social Security disability benefits. His wife and son also receive benefits. Before his accident, he helped support another daughter by a woman he never married. Is the second child entitled to benefits?

Answer:

The child may qualify for Social Security benefits even though your brother wasn't married to the second child's mother. The child's caretaker should file an application on her behalf. For more information, read our publication, Benefits

for Children, available at www.socialsecurity.gov/pubs/EN-05-10085.pdf

Question:

What is the benefit amount a spouse may be entitled to receive?

Answer:

If you're eligible for both your own retirement benefit and for benefits as a spouse, we will always pay you benefits based on your record first. If your benefit as a spouse is higher than your retirement benefit, you will receive a combination of benefits equaling the higher spouse's benefits. A spouse generally receives 50 percent of the retired worker's full benefit, unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting ben-

efits before full retirement age, the amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. For example, based on a full retirement age of 66, if a spouse begins collecting benefits:

- At age 65, the benefit amount would be about 46 percent of the retired worker's full benefit;
- At age 64, it would be about 42 percent;
- At age 63, 37.5 percent; and
- At age 62, 35 percent.

However, if a spouse is taking care of a child who is either under age 16 or disabled and receives Social Security benefits on the same record, a spouse will get full benefits, regardless of age. Learn more by reading our Retirement publication at www.socialsecurity.gov/pubs/10035.html.

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Q&A with Ciro Poppiti on the Seniors Bill of Rights



CIRO POPPITI AND AL ERSKINE

Q. Why do we need a Seniors Bill of Rights, and why now?

A. This is a critical time in Delaware’s history. We’ve all seen the census data about how fast Delaware is aging. Seniors are the fastest growing demographic in the state, and we need to be talking openly about what that means. We need to be proactive in protecting our seniors and their caregivers, by having the resources in place to ensure that older Delawareans can age with dignity and grace.

But these changing demographics present a remarkable opportunity for Delaware. These seniors—many just retired—still want to contribute.

I keep hearing that as I talk to seniors up and down the state. If we can give them the opportunity to give back, we’ll all benefit tenfold from their knowledge, experience, talent and wisdom.

Q. Yet, most of what we hear in the press are questions about how this changing demographic might impact the state budget, driving up the cost of health care and other emergency services.

A. And that’s exactly why we need this Bill of Rights, to change our collective mindset. Instead of looking at seniors as a class of people we have to take care of, we need to look at them as untapped potential.

They just want to be empowered. When people retire to Delaware—whether they’re moving from New Jersey to Rehoboth or from Wilmington to Milford—they still have a lot to contribute, in terms of working and volunteering and supporting the arts and supporting their grandchildren with education. We think of seniors as being disconnected, but in fact, they’re still the glue that’s keeping us together.

Q. We know you’re on a listening tour of senior centers as part of this project. What are you hearing from seniors?

A. There are four common issues that are resonating. The first, and maybe it’s the one I hear about the most because I’m the Register of Wills, is that seniors want affordable access to estate planning. And that’s more than just a will for when they die. They want guidance on creating a living will, buying insurance, and navigating Medicaid.

Number two, and this might be surprising, but seniors want access to fresh fruit and vegetables.

Q. We hear about food deserts, but those problems are probably even more difficult if you have limited mobility.

A. Absolutely. Absolutely. And this particularly came out among seniors who have moved, who are away from everything they’ve known and every place they’ve shopped for the past 50 years. There’s a transitional issue, and that’s often a piece that’s forgotten.

That’s why I love St. Francis Healthcare’s LIFE program. At St. Francis LIFE, seniors can age in place at home while coming to a central place for services during the day. Yes, seniors live at home, and LIFE picks them up and brings them to the

center. When you live with your family and in your same surroundings, the transition that comes with aging isn’t as hard.

Q. What’s the third thing you’ve heard?

A. Lack of economic opportunities. There is genuine prejudice against seniors getting back into the workforce. You come in for a job, and employers look at you and wonder how many years they can get out of you, rather than thinking about how this person could be a stabilizing factor in the office. I know firsthand that it’s the older workers who are the most reliable and who are such good influences to younger workers.

Seniors want access to the marketplace of economic opportunities, often because they need a job—because all of a sudden, they have to take care of their grandkids. That’s a real issue for many people.

Q. And the fourth thing you’ve heard?

A. Transit. We hear all the time from people who say, “I want to go to the opera.” “I want to go see that choir, I want to go to this show.” “I want to go to the Christiana Mall, but I don’t like driving at

night,” or “I don’t like driving period.”

Q. What’s the next step?

A. The Bill of Rights will hopefully be finalized in late July. We’re working on it as we’re listening, and we’ll be ready to release at the beginning of August. And we have a team of volunteer policy fellows working on these issues as they come up – Laura Kaplan, Mihir Patel, Givvel Marrero, Derrick Fuller and Arisa Howze.

Q. And once it’s complete, what is your hope for the Seniors Bill of Rights?

A. I’m hoping it’s a document that can become a guiding policy for how the county and the state work, so as we’re implementing new laws, we’re always asking ourselves how we can better empower seniors.

And as lieutenant governor, if I’m in that office, the Seniors Bill of Rights will be my guiding principle. It will be an ever-present reminder to me to empower seniors with everything I do and by doing so, continuing to make our state the greatest in land.

ANNOUNCING YEAR OF THE SENIOR CITIZEN



FAR LEFT: COUNTY COUNCILMAN JOHN CARTIER

IN THE MIDDLE HOLDING THE BLUE PROCLAMATION: ERNEST J. “ERNIE” CAMOIRANO, JR., A WELL-KNOWN CIVIC AND COMMUNITY ACTIVIST.

OTHER MEMBERS OF THE VOLUNTEER POLICY THINK TANK FOR “YEAR OF THE SENIOR” FROM LEFT: MIHIR PATEL, ESQ. (BEST PRACTICES ON “AGING IN PLACE”); GIVVEL MARRERO (EDUCATING THE PUBLIC ON THE NEED FOR ESTATE PLANNING); LAURA KAPLAN, ESQ. (SENIOR CITIZENS BILL OF RIGHTS); CIRO POPPITI; AND ON THE RIGHT, DERRICK FULLER (EMPLOYMENT FOR THOSE SENIORS TRYING TO RE-ENTER THE LABOR MARKET).



Seniors Bill of Rights

The Seniors Bill of Rights is guided by three core principles:

1. Senior citizens are an invaluable resource of talent, knowledge, experience, and wisdom.
2. Senior citizens shall be treated with dignity and respect, because seniors are an asset to our state and our society.
3. Government shall proactively protect older Delawareans and their caregivers in an open, accessible and accountable manner.

The Seniors Bill of Rights initiative is part of the “Year of the Senior Citizen,” which New Castle County Register of Wills **Ciro Poppiti** launched earlier this year.

Poppiti and members of the volunteer policy think tank tasked with crafting the Senior Bill of Rights are currently on a statewide listening tour, and welcome public input and feedback.

Comments can be sent by email to: wills@nccde.org
or by mail to:
The Louis Redding City/County Building
2nd Floor
800 N. French Street
Wilmington, DE 19801

CIRO POPPITI BIO

Ciro Poppiti was born and raised in Wilmington, the sixth child of **Ciro and Louise Poppiti**. His grandmother **Lydia** lived in the same home, and **Ciro** learned at her side to take pride in his Italian heritage, to honor his family, and to respect the elders of his community... lessons that have stayed with him all his life.



Ciro developed a lifelong interest in theater at the Delaware Children’s Theatre and worked in movies and television, including the classic 1986 teen movie “**Lucas**.” He returned to Delaware to join his family’s legal practice, after graduating from Princeton University and Delaware Law School.

Ciro has been the Register of Wills of New Castle County since 2010, where he has worked to eliminate backlogs in estate settlements and unify statewide policy for what happens when someone dies. He was the founding chair of the Board of Trustees of **St. Francis LIFE**. In 2015, the Delaware Bar Association presented **Ciro** with its highest award for government service.

Ciro is a Democratic candidate for lieutenant governor, running on a platform that includes protecting the rights of seniors statewide. He lives in Wilmington with his wife, **Laura**, and two children, **Jake** and **Louise**.



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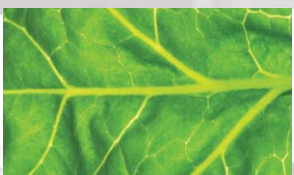
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Engagement: Stimulating Participation



BRENDA DECKMAN ENGAGES PARTICIPANTS IN A DISCUSSION OF JOHNNY APPLESEED

When caring for someone in the earlier stages of Alzheimer's or dementia, which is more important: Engagement? Or entertainment?

Let's start with a definition: Engagement is a productive activity that creates the opportunity for brain exercise regardless of ability level, versus Entertainment, which creates passive responses in some or all participants.

Next, think back—we've all heard the

stories of Aunt Sally who couldn't remember where she went yesterday, but ask her about growing up? She had a million stories. That's because long-term memories are embedded more deeply in our brains and may be accessible for a longer period of time than short-term memories.

So how do you use that knowledge to help a loved one navigate the waters of memory loss? Focus on their strengths, not their weaknesses. And that's where Engagement Therapy Treatment (ETT) comes in.

Engagement Therapy Treatment (ETT) integrates unique life experiences of the past with present interests. Based on personal and historic information, ETT programs are developed to help individuals socialize and share with others. Typically, an ETT program is personalized based on a person's cognitive and functional ability. This joining of past and present maximizes abilities and provides a particularly therapeutic environment.

Take a walk through Arden Courts Memory Care Community of Wilmington and you'll see ETT in action. Shortly before a meeting of "The Arden Society" begins, attendees receive their invitation, which includes the day's topic. Groups of six to eight residents can be found sitting around a table with trained and certified activity staff, engrossed in a discussion about Thomas Edison, coconuts, butterflies, holiday cookies, Lucille Ball or one of many other topics. These small group discussions happen three to five times a week, and help stimulate memories and participation through themed topics which call upon lifetime interests of participants, historical events, and background life stories, enabling residents to participate successfully despite deficiencies in short-term memory.

Participants in ETT may not recall what they had for breakfast or what today's date is, but they can be successful in this group setting because long-term memories are retained and accessible when prompted. The focus

is on person-centered learning experiences, often designed with a particular individual's life experiences and hobbies in mind. Other sessions may focus on seasonal or holiday traditions, which help keep participants oriented and connected to warm memories of past traditions. Opinions are expressed, and with the focus on abilities rather than deficits, the experience promotes the self-esteem and dignity of each individual.

"When you see someone engaged in an ETT discussion, they appear to have no deficits at all," Brenda Deckman, Program Services Coordinator, says. "And even more important, I think, is our residents feel well and whole while participating."

Arden Courts (www.arden-courts.com) is located at 700 ½ Foulk Road, Wilmington, Delaware and is part of the HCR ManorCare continuum of care. For further information on Arden Courts, please contact Cheryl Dunford or Jean Youkers at (302) 761-4805.

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Call (302) 761-4805 or e-mail Wilmington@arden-courts.com to arrange for your personal tour and to receive a free dementia education kit.

700 ½ Foulk Road
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www.arden-courts.com



Arden Courts
Memory Care Community

Independent But Not Alone

Your parent or loved one prizes their independence and insists on living at home, alone. However, you see signs of vulnerability and a precarious situation with the potential for falls and injury, poor nutrition, neglect and loneliness. You want to help, but don't know where to start.

First, meet their basic needs: Eating healthy meals, taking the right medicine, being safe, talking to other people and just getting out of the house for some fresh air. What happens if you realize your parent or loved one is missing out on the basics of life? It's time to step in and get some help.

Consider Home Care

Companionship services, light housekeeping, meal preparation and help with hygiene, bathing, dressing, transfers and medication reminders are some the home care services available to seniors.

When hiring home health care, family members should consider the following:

- Do you want to use a referral agency that just finds jobs for caregivers, or a company that will be sending their own dedicated employees into

your loved one's home?

- Will there be an assessment and care plan created specifically for your loved one?
- Is backup care available in case a caregiver doesn't show up or has an emergency?
- Is the company available 24/7 if you need to contact them?
- How flexible are they and are they willing to adjust your schedule as needed?
- Are their caregivers certified according to state requirements?
- Do caregivers undergo background checks and are they drug tested?

The issue is accountability.

You'll probably have to pay for services out of pocket. Medicare provides limited coverage of home health care that's necessary for the treatment of illness or injury, such as skilled nursing services by a registered nurse. However, services such as 24-hour-a-day home care, meals delivered to the



home, shopping, cleaning and laundry, or personal care like bathing or dressing are generally not covered.

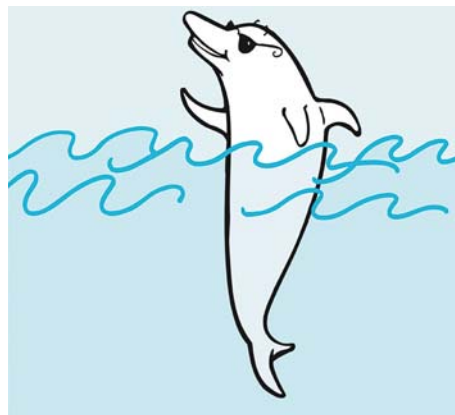
If you truly want to keep your parent or loved one in their own home and their situation is complex, it is critical to arrange for care, but once in place you'll have created a wonderful community of paid caregivers, family and friends.

Brought to you by CarpeVITA Home Care. For more great caregiving tips, if you have questions, or if you'd like to schedule an appointment, call 302-482-4305, call toll-free 888-541-VITA, or email CVDE@cvhomecare.com. CarpeVITA Home Care is located at 240 N. James St., Suite 107, Newport, DE 19804.

Beachbound? DART Resort Transit Starts In May

The beach season is here! Don't lose your cool sitting in that awful Route 1 traffic. Ride DART instead! If you're already at the beaches, hop on their new route 202 any Saturday or Sunday May 7 – 22 and September 17 – 25. It operates every 30 minutes from 10 a.m. to 10 p.m. with service between the Rehoboth Park & Ride, Rehoboth Boardwalk, Tanger Outlets and Midway Shopping Center. Free weekend parking is available at the Rehoboth Park & Ride May 7 – 22. The cost of a one-way trip is \$2.00 and daily pass is \$4.20.

Once Memorial Day weekend rolls around, you can count on DART to take the headache out of the hot weather. DART's Route 305, Beach Connection, starts on Friday, May 27 and provides bus service from Wilmington to Rehoboth Beach on Friday nights, Saturdays, Sundays and holi-



days through September 6. Route 305 stops at the Wilmington Train Station, Christiana Mall, Odessa Park & Ride, Scarborough Road Park & Ride in Dover, and the Rehoboth Park & Ride lot.

Resort Transit also starts up again on Memorial Day weekend. Operating daily from Thursday, May 26 through September 11, Resort Transit runs 7 bus routes in the resort area, serving

Rehoboth Beach and the Boardwalk, Lewes, Long Neck, Dewey Beach, Ruddertowne, Bethany Beach, South Bethany Beach, Fenwick Island, and Ocean City, MD. The service operates 7 days a week from 7 a.m. to 2 a.m. All buses are air-conditioned, ADA accessible and equipped with bike racks.

Visitors and residents are encouraged to use DART's Park & Ride lot located just off of DE Route 1 on Shuttle Road, just north of the entrance to Rehoboth Avenue. The parking rate is \$8.00 per car per day and includes up to four (4) free daily pass. For customers not using the Park & Ride, the one-way cash fare is \$2.00, or ride all day long with a daily pass for \$4.20.

For more information on Resort Transit and Route 305, call 1-800-652-DART or visit <http://www.dartfirststate.com/information/programs/beachbus/>

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

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



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SPINACH SALAD WITH GRILLED STRAWBERRIES, ASPARAGUS & WALNUTS

Strawberries and asparagus are in season in May, and this spinach salad with grilled strawberries, asparagus and walnuts has it all – sweet warm berries, buttery toasted walnuts and crunchy, slightly charred asparagus, paired with just enough leafy greens to meet your salad cravings.



Over slow burning coals, the strawberries transform into soft, juicy (even juicier than usual) morsels that truly pop with flavor. In the 30 minute grilling time, their sweetness intensifies, making them the absolute star of this salad.

Yield: Serves 4
Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes

- INGREDIENTS**
- 1 lb hulled strawberries
 - 1 bunch asparagus
 - ½ cup walnut halves
 - 2 Tablespoons olive oil
 - 1 Tablespoon balsamic vinegar
 - ½ teaspoon maple syrup
 - ½ teaspoon sea salt
 - ½ teaspoon freshly ground black pepper
 - fresh spinach or spring greens

- PREPARATION**
1. Preheat grill to 300F. If using charcoal, pile coals on two sides of the grill, leaving the middle for indirect heat cooking.
 2. Place strawberries on indirect heat to begin the slow cooking. Turn them a few times, but mostly just let them slowly cook and transform over about 30 minutes.
 3. Trim the asparagus, leaving 3 inch tips. Skewer the tips about halfway up the stalk with a bamboo or metal skewer. You can pile on about 8 or so. Brush lightly with olive oil.
 4. Grill asparagus quickly over direct heat, about 3-5 minutes (grills will vary). You want to get a little charring on them, but not cook them completely. Set aside to cool to room temperature.
 5. Throw walnuts into a pie pan or grill pan and toast them over the grill as well. Cool.
 6. In a small bowl, whisk together olive oil, balsamic, maple syrup, salt and pepper until emulsified.
 7. Pile spring greens high in a large salad bowl. Arrange grilled asparagus and toasted walnuts on top.
 8. Just before serving, add grilled strawberries to the salad and drizzle with vinaigrette. Serve at once.

Note: Pine nuts in place of the walnuts would be delicious, as would a sprinkling of feta.

Sudoku

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

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

Answers on page 13 (courtesy of KrazyDad.com)

THE FUNNY BONE

A couple made a deal that whoever died first would come back and inform the other if there is sex after death. Their biggest fear was that there was no afterlife at all.

After a long life together, Frank was the first to die. True to his word, he made the first contact:

“Kris, Kris, can you hear me?”

“Is that you, Frank?”

“Yes, I’ve come back like we agreed.”

“That’s wonderful! What’s it like?”

“Well, I get up in the morning, I have sex. I have breakfast and then it’s off to the golf course. I have sex again, bathe in the warm sun and then have sex a couple of more times. Then I have lunch (and Kris, you’d be proud – lots of greens). Another romp around the golf course, then pretty much have sex the rest of the afternoon. After supper, it’s back to the golf course again. Then it’s more sex until late at night. I catch some much needed sleep and then the next day it starts all over again.”

“Oh, Frank! Are you in Heaven?”

“No – I’m a rabbit somewhere in Arizona.”

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		

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- ACROSS**
1. After-bath powder
 10. Lather
 14. Diva’s solo
 15. A religion based on sorcery
 16. Again
 17. Scallion
 18. Paltry
 20. Alley
 22. Give forth
 23. Damp
 24. An elongated leather strip
 25. Sociability
 32. Banish
 33. Small songbirds
 34. Disencumber
 37. A soft return in tennis
 38. Small finch
 39. 20th-century art movement
 40. Eastern Standard Time
 41. Beauty parlor
 42. In a weak manner
 43. Appendages
 45. Big name in computers
 49. Genus of macaws
 50. Feared
 53. Sniveler
 57. A riotous brawl
 59. Relating to aircraft
 60. Feudal worker
 61. Way to go
 62. French for “Black”
 63. Colors
 64. Chose
 65. Leg joint
- DOWN**
1. Gangly
 2. District
 3. Mortgage
 4. An easy accomplishment
 5. A musical composition
 6. Comply with
 7. Regulation (abbrev.)
 8. Story
 9. Leveling wedge
 10. Good person
 11. Anagram of “Urban”
 12. Greek letter
 13. Broom
 19. Oxygen and helium
 21. Used to be
 25. Formally surrender
 26. Allies’ foe
 27. Pepper
 28. Inhabited
 29. Mistake
 30. French for “Queen”
 31. Hotel
 34. Hindu princess
 35. Doing nothing
 36. Not nights
 38. A single-reed woodwind
 39. Data storehouse
 41. Squalid
 42. Lean and sinewy
 44. Singled out
 45. Supplemented
 46. Lacking wit or imagination
 47. Tubular pasta
 48. Paths
 51. River of Spain
 52. Let go
 53. Pigeon’s home
 54. Many millennia
 55. French cheese
 56. Bygone era
 58. Not in

Choose Your Thoughts, Create Your Experience

By Madisyn Taylor

During the day we can monitor our thoughts to see if we are investing our energy where it isn’t useful.

Our thoughts are powerful forces in the creation of our experience of life. Do you recall a time when frustration that was based on a misunderstanding completely evaporated when your understanding changed? This is because our interpretation defines our experience, and it can change in an instant. Our only true reality is the present moment, so rather than merely accepting that life is happening to us, we can harness the power of our thoughts to actively create a positive reality. For example, we can choose to appreciate beauty around us rather than focusing on traffic or look for admirable qualities in the people we deal with rather than focusing on the negative. By choosing how to interpret and define each moment with your thoughts, you truly create your reality.

Throughout the day, we can monitor our thoughts to catch ourselves in the middle of investing our energy elsewhere—such as into belief in limitations—and instead pull our focus back to the possibilities of the present. Our minds are powerful tools that we can harness to create our reality. Everything in life is a choice, down to waking up in the morning and choosing to be in a good mood or choosing to not. Our thoughts give energy to our words and direction to our actions. We can choose our focus and how we invest our energy, which gives us the power to design our lives to be whatever we choose in each and every moment.

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