



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Churchman Village

The Double Platinum Standard



**Avoid Holiday
Weight Gain!**

Page 3

**November is
National Family
Caregiver Month**

**Laughter IS the
Best Medicine!
Laugh Therapy**

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NOVEMBER 2016



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My Aunt Joni has a magnet on her refrigerator that says, "If Mama ain't happy, ain't nobody happy." I've always loved that magnet—and I use that phrase often! Because think about it: How am I supposed to juggle and take care of so many things (my son, my home, my work—MYSELF) if I'm scattered or stressed out? I can't. Or at least I can't do it well. I need "me" time! We all do.

And if you're like me, you'd be hard-pressed to come up with the name of someone who hasn't at some point had a family member who needed care (whether a child, a senior, or both at the same time). It's called being human: we take care of those we love. Often, though, it's all too easy to slide into "Let me just take care of (this or that or fill in the blank) before I cook that healthy dinner/work out/go to sleep/take care of me" mode. That's why this year National Family Caregivers Month's theme is "Take Care to Give Care."

That theme is so important that this month we've dedicated almost our entire issue to Caregiving...and that includes taking care of yourself! For instance, on page 3 we've got tips to help you make it through those holiday meals without overdoing it so much that you're shaking your head the next day wondering, "Why? Why did I eat all that?" (been there/done that).

New to caregiving? Not sure where to start or what to do next? That in and of itself can be stressful. Turn to page 13 for some of the best tips we've seen as you embark on this new journey. Then learn more about the programs our community offers to help give you a break on pages 5, 10 and 11.

Keeping your sense of humor and a light-hearted spirit is good for you! Find out just how good on page 15. And this month, besides taking time to take care of you, take time to give thanks. We'd like to take this opportunity to say thank you to you, our readers, to the businesses in our community that support Vital!, and to all those in our lives that make our lives wonderful! We are blessed!

Happy November and Happy Thanksgiving!

Karyn

We're Going Nationwide!

If you or someone you know has ever dreamed of owning your own business, now is the time!

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On the cover: Churchman Village Independent & Skilled Nursing Team
Seated, left to right: Jennifer Vasquez, Director of Nursing; Nadia Caprice, Director of Admissions
Standing, left to right: Dean Reid, Executive Director; Lisa Griest, Community Liaison;
Radhika Mehta, Director of Rehab, PT; Cheryl Downer, Atrium Director
© Thom Thompson Photography, Inc.

5 Tips to Avoid Thanksgiving Weight Gain

If you're trying to reach your feel great weight, Thanksgiving can be a very stressful holiday. With so much delicious food tempting you, it's difficult to keep your healthy habits from being sabotaged. Here, 5 ways to keep things in check.

Plan a post-meal walk

As soon as you arrive at your Thanksgiving celebration, announce that you plan to take a walk after the meal. Most likely, some family and friends will want to join you. Once you get a few people on board, it'll be tough to bail. The bonus? A brisk walk helps you burn calories and will likely put you in the right mindset to turn down that second piece of pie!

Walk around and talk to people

Rather than obsess over food, focus your attention on the celebration, including the once-a-year sights, sounds, and people at the event. Instead of sampling every appetizer, walk around and catch up with family and friends.

Stop eating when you're full

OK, this tip is pretty obvious, but Thanksgiving is one of those holidays

when people plan to eat until they're stuffed. Instead of overeating, serve yourself a small, golf-ball-size serving of everything you want—no restrictions—but have just enough to satisfy your stomach without overdoing it. Done right, you won't set yourself back too far!

Volunteer to help clean up

Instead of picking at the leftovers or helping yourself to a second (or third) dessert, offer to help your host clean up. They'll appreciate the gesture, and physically removing yourself from the table helps take your attention away from the food. Cleaning up will also help you burn some calories!

Plan a workout date the next morning

To ward off feeling bloated and lethargic the day after Thanksgiving, schedule a morning fitness date with a friend—then you have to show up! Knowing you've committed to burning off those extra calories allows you to splurge without feeling guilty. Plus, the thought of an early-morning workout might keep you from having too many glasses of wine during dinner!



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Social Security Announces 0.3% Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3% in 2017. The 0.3% cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Information about Medicare changes for 2017, when announced, will be available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums. The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.



HOLIDAYS
IN NEW CASTLE COUNTY

Holiday Open House
Rockwood Park, Dec. 2-3, 6-9 p.m., Dec. 4, 1-4 p.m.

Tree Lighting Celebration * Glasgow Park, Dec. 9, 6-9 p.m.

Visit Santa & His Pony * Carousel Park, Dec. 10, 12-4 p.m.

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County Executive Thomas P. Gordon
Department of Community Services
Division of Community Resources



Safe Winter Walking Tips

- **Wear proper footwear.** Proper footwear should place the entire foot on the surface of the ground and have visible treads. Avoid a smooth sole; opt for a heavy treaded shoe with a flat bottom.
- **Plan ahead.** When walking on snow or ice on sidewalks, to bus stops or in parking lots, walk consciously. Instead of looking down, look forward to anticipate ice or an uneven surface. Occasionally scan from left to right to ensure you're not in the way of vehicles or other hazards.
- **Use your eyes and ears.** Do more than just look around. Be sure you can also hear approaching traffic, public transportation and other noises. Avoid listening to music or engaging in conversation that may prevent you from hearing oncoming traffic or snow removal equipment.
- **Anticipate ice.** Be wary of thin sheets of ice that may appear as wet pavement (black ice), particularly in the morning, in shady spots, or where snow melts during the day and refreezes at night.
- **Descend steps slowly.** When walking down steps or stepping off a bus, be sure to grip handrails firmly and plant your feet securely.
- **Enter buildings carefully.** Floors may be wet with melted snow and ice.
- **Be careful when you shift your weight.** When stepping off a curb or getting into a car, be careful—shifting your weight may cause an imbalance resulting in a fall.
- **Avoid taking shortcuts.** Shortcuts are great when you're in a hurry, but may be a bad idea if there's snow or ice on the ground, particularly when they're located where snow and ice removal isn't possible.
- **Look up.** Injuries can result from falling snow/ice as it blows, melts, or breaks away from awnings, buildings, and overhead structures.

DART is proud to provide this educational information to keep you safe during the winter months. For more safety tips or if you have questions, contact Sharon Williams at 302-576-6003 or email Sharon.Williams@state.de.us.

National Family Caregivers Month: "Take Care to Give Care"

The first rule of taking care of others is *Take care of yourself first*. While caregiving can be a rewarding experience, it's also physically and emotionally demanding, often leading to a higher risk of health issues. If you're a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved ones.

- **Caregiving can be stressful.** With all of their caregiving responsibilities—from managing medications to arranging doctor appointments to planning meals—caregivers too often put themselves last.
- **The stress of caregiving impacts your own health.** One out of five caregivers admit they have sacrificed their own physical health while caring for a loved one. Due to stress, family caregivers have a disproportionate number of health and emotional problems. They are twice as likely to suffer depression and are at increased risk for many other chronic conditions.
- **Proper nutrition helps promote good health.** Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.
- **Ensuring good nutrition for your loved one helps make care easier.** As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization, making your care of a loved one easier.
- **Rest. Recharge. Respite.** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

Brought to you by Delaware's Dept. of Health and Social Services and the Caregiver Action Network (caregiveraction.org).



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Saint Francis LIFE

Improving the Lives of New Castle County Seniors

When Saint Francis LIFE (Living Independently For Elders) opened on the Wilmington Riverfront a little more than three years ago, it promised to change the lives of seniors in Delaware. Although 136 PACE (Program of All-Inclusive Care for the Elderly) programs exist throughout the United States, Saint Francis LIFE is the only PACE program in our state. The PACE philosophy is that it is better for the well-being of seniors to remain living in their own homes in the community for as long as medically possible.



Saint Francis LIFE provides person-centered services that support seniors with this goal. The focus is on achieving a maximum level of physical, social and cognitive function in seniors who have health problems that limit their daily activities.

The LIFE Center provides all primary care through its physicians, nurse practitioners, nurses and other healthcare professionals who monitor

LIFE participants' health. LIFE has a fully functioning health center for primary care, with treatment rooms and a lab. Specialty care is provided by a network of more than 70 specialty physicians in the community, and LIFE schedules and transports participants to these medical appointments. In addition to comprehensive medical care, LIFE provides nutrition services, social work support, spiritual care and home care, as needed.

LIFE provides physical, occupational and speech therapy in its state-of-the-art rehabilitation gym. Needed therapies assist LIFE participants with maintaining the strength, mobility and functions that help them stay independent and safe in the community.

LIFE's Adult Day Program offers recreational activities and social interaction that seniors often miss. A nutritionally balanced breakfast, snack and hearty lunch are provided daily. Participants can also participate in a variety of activities that enable them to explore new hobbies, meet new people and engage their minds and bodies to help them stay alert and active. A beautiful chapel is also part of the LIFE Center, and LIFE's Chaplain offers spiritual counseling to participants who request it. Transportation is provided to and from the day program.

LIFE's approach to care is through an interdisciplinary team of healthcare professionals. This team—primary care, nursing, social work, physical, occupational, speech and recreational therapy,



dietary, home care and spiritual care—assesses and understands participants' health, social needs and goals. The team develops an individualized care plan for each participant, with the input of the participant and/or their caregivers/family members. Every person is considered individually; every care plan is different. All team members are actively engaged in each and every participant's progress, well-being and care, and the team adds the support to help them achieve their health and social goals. LIFE assists participants in overcoming challenges they encounter and celebrates victories large and small in the LIFE Center and at home. LIFE's support for loved ones is considered a blessing by families and caregivers, whom LIFE considers partners in participants' care.

LIFE serves individuals who are 55 or older; live in the service area within New Castle County,



Delaware; are certified by the state as needing long-term care services and support; and can live safely at home in the community with the support of LIFE.

LIFE complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Our service area includes the following ZIP codes in New Castle County:

19701	19711	19801	19807
19702	19713	19802	19808
19703	19720	19803	19809
19706	19730	19804	19810
19707	19734	19805	19938*
19709	19736	19806	19977*

**Serving only the portion of the ZIP codes located within New Castle County.*

Currently, 195 participants are enrolled in the LIFE program, with a capacity of 250 seniors at the Riverfront location. Because LIFE is "full-service" when assisting potential enrollees, a fair amount of time is needed to help complete enrollment forms and obtain approvals. LIFE works to make enrollment as easy as possible.

People who are interested in Saint Francis LIFE can call us at 302-660-3351 and speak with our Enrollment Specialist, who will meet with an applicant and, if they choose, a family member and/or caregiver, at their home to explain the program. Next, an in-home assessment with a nurse will be scheduled, then a visit to the LIFE Center for evaluation and development of a plan of care considering the applicant's goals. The Enrollment Specialist will then review the plan of care and all enrollment paperwork with the applicant and his or her family member(s) and/or caregiver(s) before signing the applicant to become a LIFE participant.

For more information about Saint Francis LIFE or to schedule a meeting with an Enrollment Specialist, call us at 302-660-3351 or visit our website at www.SaintFrancisHealthcare.org.

'A Whole Lot of Friends'

Three mornings a week, George and Carol McClellan board the Saint Francis LIFE bus outside their apartment complex in Claymont and set off on the leisurely ride to the LIFE Center on the Wilmington Riverfront. Along the way, friends old and new trade "hellos" and catch up on the latest news and gossip.



"I got on the bus last Friday and the driver said to me, 'Pittsburgh's gonna beat the Eagles,'" says Carol McClellan. "Well I got on today and said to him, 'What happened to your Steelers?'"

The McClellans married 11 years ago, after meeting at the supermarket where both were employed. "I was working in the deli, and he was working in produce," says Carol. "One of the girls that worked in the deli said he would like to ask me out. And I said, 'Sure! Why not?'" The couple has several children from previous marriages: Carol, two daughters and a son, and George, a son, all of whom live locally.

Not long ago, the McClellans' lives changed a bit when George gave up driving due to his medication regimen. Soon after, he sold his car. "It was just collecting leaves," he laments. With their mobility reduced, life could have easily become a routine of TV and more TV. But after learning about the Saint Francis LIFE program during a presentation at their apartment complex, the McClellans decided to give it a try. They're glad they did. These days, says Carol, "It's the thing that gets us up in the morning and gets us out of the house."

On this Monday morning, the McClellans arrive early at the LIFE Center and settle into the bright, spacious central room with friends. At a table nearby, a foursome of seniors is intent on their game of dominoes. As LIFE Center staff bustle between tables and check on clients, another staff member runs down the list of today's activities: a group stretching class, a shopping trip to Wal-Mart, and a loom-knitting class where LIFE participants will make hats for newborns at the Saint Francis Neonatal Intensive Care Unit.

"Sometimes they'll bring out the basketball hoop and we'll see who can get the most shots in," says Carol.

"She's not real good," George chimes in mischievously.

"Oh, I do alright," Carol shoots back.

The McClellans receive regular checkups at the LIFE Center, which also arranges their medical appointments, provides all of their prescriptions and schedules and transports them to and from their medical visits. The care the couple receives here is crucial to maintaining their overall health. Whether it's a cough, a sneeze or a digestive upset, early intervention is key to keeping minor symptoms from becoming more serious.

Above all, though, it's the social activity and interaction that defines life at Saint Francis LIFE—the buzz of conversation, the shared laughter, the staff's warm smiles. With more and more research affirming the value of an active social life in helping seniors maintain sharp minds and healthy bodies, it's good to know that the Saint Francis LIFE program helps keep participants' imaginations and bodies active.

"We've got a whole lot of friends here," says Carol.

"Too many of them," says George with a wink.

They both laugh, and then their talk turns a bit more sincere.

"It's the compassion of the people here that makes the difference. It's a nice group," says Carol.

"We love it here," says George. "We really do."

Churchman Village and The Atrium: The Double Platinum Standard

Surprisingly, although they've been caring for residents for over 30 years, Churchman Village and The Atrium at Churchman Village are the communities that even people that have lived their entire lives in Delaware might be hard-pressed to find on a map. Surprising yes, because they're only one mile from Christiana Hospital in Newark, but not surprising because the campus is tucked away in a beautifully wooded and landscaped area providing the tranquility, privacy and natural surroundings that everyone, young or old, desires. This month we had the pleasure of sitting down with Executive Director Dean Reid, Atrium Director Cheryl Downer, and Regional Director of Operations Lisa Sierer to discover more about these gems.



Vital!: Churchman Village has a long history of providing services to our community. Have the services you provide changed with the addition of The Atrium?

Dean Reid: You're right—we've been making a difference to individuals throughout Delaware and helping people get back to their healthiest selves for over 30 years, and continue to do so. Our campus is now comprised of both our CMS 5-star skilled nursing community (the highest rating given by the U.S. government's Centers for Medicare and Medicaid Services) plus independent senior living apartments. We pride ourselves on the fact that Churchman Village and The Atrium at Churchman Village have services, amenities, and clinical capabilities that today's seniors want and need.

Vital!: Where do most of your residents come from?

Reid: It's not unusual for Churchman Village to have residents in short-term

rehabilitation from all parts of Delaware, referred by Christiana Hospital and the Christiana Care Health System. Although they may come for short-term rehabilitation, when they see the options we provide for them they often choose to move into our long-term care area or choose to move to our independent living community.

Vital!: You've made a reputation for yourselves because of your rehabilitation program. What separates you from other rehab facilities?

Reid: We're here to make a difference to seniors. From our comprehensive rehab department to our ongoing clinical capabilities in wound care, diabetes management, and fall prevention, more seniors are making Churchman Village their choice when it comes to healing after an injury, illness, or surgery.

We know that rehabilitative programs, social activities, nutritious

meals, comfortable surroundings and a friendly, well-trained staff are essential to quality care. So you'll find that our programs include these, but also include much, much more. We pride ourselves on a Double Platinum standard, wherein we anticipate both the known and unknown needs of our customers. Each day we strive to provide a warm atmosphere of friendship and recovery so that our residents feel at home.

Our rehab team is composed of physical therapy, occupational therapy, and speech therapy and works directly with residents to achieve rehab goals to get each person back to being as independent as possible. Rehabilitation can assist residents in regaining their highest level of functioning. Treatments are offered throughout the week by licensed professional therapists.

Vital!: This is a spectacular building. In fact the atrium area is

so spacious and light-filled that it feels as if we're outside.

Cheryl Downer: There's nothing else like this building anywhere in Delaware. Recently, Churchman Village and The Atrium at Churchman Village underwent renovations to make the community bright and beautiful. Individuals often remark how attractive and comfortable the center is when they tour the campus. From the large open dining area to the elegantly refined furnishings, Churchman Village is often a pleasant surprise to seniors who didn't even know we existed prior to their stay.

We've also recently completed renovations to the independent senior living apartments in The Atrium at Churchman Village. The apartments are roomy and quite stunning. I personally love the transformation of the kitchen, although I'm sure that I would choose to eat the delicious meals prepared by our culinary team each day!



TWO OF OUR ATRIUM RESIDENTS CUTTING AND ARRANGING FLOWERS AND HAVING A GRAND TIME. (LEFT TO RIGHT: THELMA FAULK AND ELYN EDMISTON)

Lisa Sierer: We're particularly excited about some of the high tech improvements we're incorporating into our new apartments. The kitchens are a cook's dream. The new induction cooking surfaces are amazing! They virtually eliminate any risk of fire when cooking; it's neat. And in addition to the recent renovations at The Atrium, further renovations are expected over the next few years to update more bedrooms, kitchen, and bathrooms in the apartments.

is a proud member of the We Honor Veterans (WHV) program at the Tier Two level. WHV is a national program designed to spotlight nursing, rehab and homecare providers who are uniquely qualified to care for our nation's military veterans. Each veteran is recognized for the contribution he/she has made to keep our nation safe. If they choose, a veteran designation can be placed at the door to their room at Churchman Village, identifying the branch of service in which they served.

Vital!: Do all residents live here on a long-term basis?

Downer: No, not all. The Atrium at Churchman Village not only has space for long-term residents, but it's also a discharge option for those who complete their short-term therapy at Churchman Village's skilled nursing center and are considering senior living options. Our apartments are ideal for seniors who can return home but would like to have additional services, like hot meals prepared for them, while they continue their therapy at the facility's rehab gym on an outpatient basis. It's a great respite.

Vital!: Another area in which you stand out is your passion for caring for our country's veterans. Can you tell us a bit about your dedication to those who've served?

Downer: Absolutely! You're right—we're extremely proud to be able to work with and celebrate veterans. And we don't simply talk the talk; we walk the walk. Churchman Village

The WHV program provides education materials to Churchman Village employees to build awareness of service-specific conditions they may encounter. The program recognizes the value of prior military service among the facility's employees, eight of whom are prior or current service members.

Reid: There's a special bond among service members, regardless of the branch in which you served. Veterans light up when they are able to 'talk shop' with fellow service members. We have employees at Churchman's who served or are serving in the U.S. Army, the Air Force, and the National Guard. (Reid is himself a veteran of both the Navy and the Air Force.)

Churchman Village has partnered with Vitas Hospice to host the inaugural Quarterly Community & Veterans Council. These meetings will be held at The Atrium at Churchman Village and will bring together veterans from across the community and within the facility to discuss topics unique to their needs as they age. Topics are slated to include disability compensation programs, qualifying

for VA benefits, and veteran-specific health concerns. If you're a veteran or the loved one of a veteran, keep an eye out for the announcement; you're invited to attend and participate.

Downer: In addition to these Council meetings, The Atrium at Churchman Village is open to hosting community events in the spacious dining and common areas. We can accommodate both large and small groups in our light-filled space. Whether it's a small group to a large community event, we enjoy having area organizations out to The Atrium!

Vital!: This is such a beautiful community. How can readers learn more or schedule a visit?

Reid: The campus is open for tours seven days a week. To learn more, visit www.ChurchmanVillage.com. The Churchman Village skilled nursing center can be reached by calling 302-998-6900, and The Atrium Independent Senior Living can be reached at 302-409-3232. Once people see us, we're sure they'll agree: There's no place else in Delaware quite like Churchman's Village and The Atrium!



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Relative Respite

When Lucette and her husband Dennis started caring for their five grandchildren full time it was overwhelming. The time they had set aside in their life to relax was quickly replaced with caregiving needs. They soon realized they couldn't do it alone. Easter Seals Relative Respite program saved the day, giving them back some personal time to relax, reconnect and rejuvenate.



"I'm so grateful for the Relative Respite program. Respite is essential to an individual's peace of mind and ability to unwind," Lucette says. "You get so busy trying to keep up with the demands of the kids, but you have your own life too. Respite keeps my life balanced. You have to remember that you are just as important and valuable."

Through the Relative Respite program, partially funded through the Division of Services for Aging and Adults with Physical Disabilities, grandparents and other relatives 55 and over caring for children under the age of 18 can enjoy a break from caregiving. The program is administered by Easter Seals, but the caregiver chooses who provides respite care.

Thanks to the grant Lucette received she's been able to take time by herself to read, meditate and rest her mind. She and Dennis have also been able to relax at the beach, and celebrate their 23rd wedding anniversary in Mexico. This would not be possible without Relative Respite. "Caregiving sometimes feels like a thankless job. For us, respite services say thank you—thank you for taking the extra step to care for these children."

Children must be related by blood, marriage or adoption and must live in Delaware to receive a Relative Respite grant. Respite care can be provided by a friend, neighbor, camp or agency. Easter Seals Case Manager is also available with other caregiving resources.

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

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Caring for Someone with Alzheimer's? Don't Forget Your Own Needs

Caregiver burnout is a fact, and caring for someone with Alzheimer's disease or a related disorder can be particularly physically and emotionally overwhelming. A special report included in the *Alzheimer's Association's 2016 Alzheimer's Disease Facts and Figures* found one-fifth of care contributors sacrificed their own medical care by cutting back on their doctor visits, putting their own physical health at risk. More than one-third experienced symptoms of depression.

In Delaware, approximately 26,000 individuals are living with Alzheimer's or a related disorder. Last year, as many as 53,000 family members and friends provided 60 million hours of unpaid care for them, worth about \$740 million.

Help is a free phone call away

Too often, struggling caregivers suffer in silence, not realizing help is just a free phone call away. Among the many programs and services offered by the Alzheimer's Association Delaware Valley Chapter are caregiver support groups and a free, 24/7 helpline, 800-272-3900. The chapter also hosts an annual conference for caregivers.

The 2016 Annual Dementia Conference "Sharing the Journey" takes place Wednesday, Nov. 16 at the Dover Downs Hotel & Conference Center, 1131 N. DuPont Highway,

Dover, DE. Whether you're a family caregiver or professional, you're invited to attend the event, where you'll learn tips and tools to help ease the caregiving experience from renowned dementia care experts during specialized breakout sessions and featured presentations.

"We believe caregivers deserve a break and a chance to learn how to make their lives just a bit easier while giving so much of themselves to care for others," says Kristina Prendergast, the Delaware Valley Chapter's Manager, Conference & Program Outreach. "When 500 caregivers gather under the same roof, they end up sharing stories and caregiver tips of their own. It's the perfect way to network and learn from each other, as well as from the memory care experts speaking at the conference."

This year's keynote speaker is therapist, dharma teacher, and award-winning author Olivia Ames Hoblitzelle, M.A., presenting "Joys & Sorrows: Spiritual Perspectives on Living with Alzheimer's." Breakout session presenters include Plenary Speaker Sandra Edmonds Crewe, Ph.D., MSW, ACSW, Dean of the School of Social Work at Howard University, presenting "Caregiving: Creating a Win-Win Experience," James M. Ellison, M.D., MPH from Christiana Care Health System, presenting "The Spectrum of Mild Neurocognitive Disorders,"

and Johns Hopkins researcher & associate professor Arnold Bakker, Ph.D. presenting "Concepts in the Evolution of AD & Treatment Approaches."

Anyone who would like to register or learn more about the conference may

visit act.alz.org/2016DEconference or call the Delaware Valley Chapter's free 24/7 Helpline, 800-272-3900. The last day to register by mail is Nov. 8; online and telephone registration is open until Nov. 11. Continuing education contact hours are available for professional caregivers.



Need a break? Easter Seals Can Help!

Caregiving is a full-time job that requires an immense amount of time and energy. Respite allows you to take a break from caregiving, refresh yourself, and return ready to give it your all.

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Wed., Nov. 16
8 a.m. - 4:30 p.m.

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Conference Center
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act.alz.org/2016DEconference



2016 Annual Delaware Dementia Conference

A day of learning and networking for professional and family caregivers.



Olivia Ames Hoblitzelle, M.A.
Keynote Speaker



Sandra Edmonds Crewe,
Ph.D., MSW, ACSW
Plenary Speaker



Arnold Bakker, Ph.D.
Breakout Session Presenter



James M. Ellison, M.D., M.P.H.
Breakout Session Presenter

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CAREGIVER'S CORNER

New to Caregiving?

If you've recently found yourself in the role of family caregiver, you probably have lots of questions and concerns. If you work full-time or take care of young children, you may be wondering how to juggle these responsibilities with caring for an aging loved one. To help, we've assembled some of the best tips for caregivers as you embark on this new journey.

1 Establish a routine. Establishing a routine will help keep your whole family happy, especially if you're caring for a parent with Alzheimer's or dementia. People with Alzheimer's do best with a steady routine and often start to wander or become aggressive if anything disrupts their schedule. But even if your aging loved one doesn't have dementia, a routine can help keep everyone feel less stressed.

2 Write everything down. Your day planner—whether a smartphone app or a physical

journal or calendar—is your friend. Use it to record your routine (until it becomes second nature), doctor's appointments, family plans, projects your children may have due, or important work-related activities you can't miss.

Keeping it all together in one place avoids double-bookings and missed appointments. It also gives you a sense of control over your life—something that is often hard to come by when you're a new family caregiver.

3 Create a caregiving budget. Your aging loved one may offer you some financial help, or you may find yourself with a slew of unexpected expenses. In either event, your budget is going to change now that you're a caregiver. Planning ahead can help prevent expensive mistakes, like quitting your job to provide full-time care. You'll

also be able to see where you can afford to hire help.

4 Ask for help. Help can come in many forms. Don't be afraid to ask. Family members can help with your senior loved one, or they can pick up the slack in other areas, such as driving your children to sports practice or helping you clean the house.

What if family members are unavailable or don't live nearby? Consider hiring paid help for chores you managed before. A landscaper, house-cleaner, or a laundry service can lighten your load.

Adult day programs provide your loved one a place for socializing and—an added benefit—time out of the house. Use respite care for a longer break, such as a weekend or even a few weeks. There may be no need to give up your planned family vaca-

CAREGIVER'S CORNER BROUGHT TO YOU BY



tion because you're a caregiver now.

A senior care manager can help you put it all together. From financial management for your aging loved one to helping you find a local adult day center or respite care, support from an expert can make a difference.

5 Take care of yourself first. You can't care for anyone else if you're stressed out and worn out. If your energy level is low or you are sick from doing too much, you won't be effective in any of your many roles. Take time to eat regular, healthy meals. If you had an exercise routine before, stick to it. If not, find time to walk or engage in physical activities that make you happy and help relieve stress. Don't feel guilty about taking time for yourself. You need it and you deserve it.

Brought to you by your friends at Five Star Senior Living. For more information and to contact your nearest community, please visit www.fivestarseniorliving.com.

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This agency is a member of Companion Connection Senior Care, a national membership organization of non-medical home care agencies. All members have access to recognized experts in the field of home care, as well as the most current educational resources, which enable them to provide the highest level of care to their customers.

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CHOCOLATE FIG BITES

Warning: these Chocolate Fig Bites are addictive. They are also gluten-free, dairy-free, paleo and loaded with potassium.



Yield: 24
Prep: 45 min/Cook: 3 min/Total: 48 min

INGREDIENTS

- 14 oz dried Mission figs, stemmed and coarsely chopped (3 cups)
- 2 Tablespoons unsalted creamy almond butter
- 1 cup (6 oz) 41% cocoa vegan or semi-sweet chocolate chips
- 2 teaspoons coconut, safflower, or grapeseed oil
- ¾ teaspoon flaky sea salt, for garnish, optional

INSTRUCTIONS

1. Line a small baking sheet with parchment paper. Set aside.
2. In a food processor, combine the figs, almond butter and 2 tablespoons water. Blend until smooth, scraping down the side of the bowl as needed with a rubber spatula.
3. Using a 1-teaspoon measure (or your hands) scoop the mixture and roll into 1-inch balls. Place the fig balls on the prepared baking sheet.
4. Put the chocolate chips and oil in a heat-proof medium bowl. Set the bowl over a small saucepan of barely simmering water and stir until the chocolate is melted and smooth, about 2 to 3 minutes.
5. Using a fork or toothpick, dip the fig balls in the melted chocolate to coat evenly, allowing any excess chocolate to drip back into the bowl. Return the fig bites to the baking sheet and sprinkle with salt.
6. Refrigerate for 30 minutes or until the chocolate has set. Store covered in the refrigerator for up to a week.

Per Bite: Calories: 56; Protein: 1g; Carbs: 10g; Fiber: 2g; Sugar: 6g;
Total Fat: 2g / Saturated Fat: 1g; Sodium: 53mg

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.

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

Answers on page 10 (courtesy of KrazyDad.com)

Crossword

By Dave Fisher Answers on page 10

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. School athletic centers
5. Sauce
10. Sly trick
14. Many millennia
15. Eagle's nest
16. By mouth
17. Tropical tuber
18. Restart
20. Relating to heat
22. Pertaining to vivid recall
23. Beer barrel
24. Concerning (archaic)
25. Coarse cotton gauze
32. Corridors
33. Relative magnitudes
34. Legislation
37. "Oh my!"
38. Garrisons
39. Spindle
40. 2,000 pounds
41. Edge tool
42. False front
43. Mercantilism
45. Platform
49. Since
50. Creative persons
53. Defect
57. Penalty
59. Operatic solo
60. Send forth
61. A red fluorescent dye
62. Hue
63. Resorts
64. Sugary
65. Being

DOWN

1. A certain trade agreement
2. "Sure"

3. Not less
4. Breathing devices for swimming
5. Carport
6. Bobbin
7. Genus of macaws
8. Frailty
9. Abominable Snowman
10. Interlaced
11. Angry
12. Language of ancient Rome
13. Choose by voting
19. Potato state
21. Untidyness
25. Gossip
26. Angel's headwear
27. Dash
28. Spasmodic laryngitis
29. Very slow in tempo
30. Aquatic mammal
31. "___ the season to be jolly"
34. 62 in Roman numerals
35. As well
36. To fancy (archaic)
38. Vulpes velox
39. Convert to machine-only control
41. Ganders
42. A measuring instrument
44. Ability
45. Vaults
46. Clobber
47. Courtyards
48. Presents
51. Fastens
52. Put away
53. French cheese
54. Colored part of an eye
55. Transgressions
56. Despire
58. Utilize

Laugh Therapy, Anyone?

Researchers and doctors have become so strongly convinced of the medicinal value of laughter that there are actually laugh therapists. Steve Wilson, MA, CSP, who is also a psychologist, is a laugh therapist. He is convinced that people are far better off if they can incorporate more laughter into their lives.

What's so great about laughter is that there is no discrimination. Anyone, no matter their physical, emotional, or mental condition, is capable of laughter and the benefits it provides. A positive mental attitude, a good sense of humor, and support from friends and loved ones could play a part in the level of openness to laughter that an individual may have.

What Happens When We Laugh?

There is a science behind laughter being medicine. Just about your entire body responds to laughter, with healthful results.

- When you hear something funny, the brain responds by igniting centers for higher emotion, muscle function, and thought. Spontaneously, muscles around your cheeks and eyes contract. The brain also signals the brain

stem, which controls breathing and laughter.

- When you laugh, your chest muscles and diaphragm tighten and force air from your lungs. When the air whooshes through your windpipe, blowing over your larynx, your vocal cords emit sounds of laughter.

- Although facial muscles and core muscles tense during laughter, your other muscles weaken and lose coordination, which is why it can be difficult to walk in a straight line when laughing.

- An urgent call for oxygen is created by the air rushing from your lungs. As a result, blood pressure and heart rate both increase, to carry more O2 to the body's organs.

- You may burn a few calories from laughter because of how hard the obliques work to expel air.

A good attitude can be developed, and an effort applied to that end will be worth it. Come and see for yourself all the great opportunities to laugh and have a good time at The Summit in Hockessin. Visit www.thesummitretirement.com for more information.

THE FUNNY BONE

A seafood restaurant had a sign in the window that read, "Big Lobster Tales, \$5 each."

Amazed at the great value, a man stopped in and asked the waitress, "Five dollars each for lobster tails—is that correct?"

"Yes," she said. "It's our special just for today."

"Well," he said, "they must be little lobster tails."

"No," she replied, "it's the really big lobster."

"Are you sure they aren't green lobster tails—and a little bit tough?"

"No," she said, "it's the really big red lobster."

"Big red lobster tails, five dollars each?" he said, amazed. "They must be old lobster tails!"

"No, they're definitely today's," she insisted.

"Well, here's my five dollars," he said. "I'll take one."

She took the money and led him to a table, where she invited him to sit down. She then sat down next to him, leaned close, and said, "Once upon a time there was a really big red lobster..."

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