



VITAL INFORMATION FOR A VITAL LIFE®



Life at the Riverfront

Saint Francis LIFE



**Back or Shoulder Pain?
You May Not Be
Breathing Right!**

Page 3

**Social Security:
Did Your Full Retirement
Age Just Change?**

Page 7

**Get Your Bike
Ready For
Spring!**

Page 12

MARCH 2017



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Finally! March 20 is the official arrival of SPRING! (My bulbs thought it came last month; they're well on their way to blooming.) It's also my daughter's birthday... Happy Birthday Alexandra! No matter whether you're a biking enthusiast, or love golf, tennis, hiking or any other outdoor sport, you're probably feeling the same "spring fever" that I am. Even my dog and cat are enjoying lounging outside in the warm sunshine!

Spring is a time of renewed energy, and I like to think of it also as an opportunity to regroup and re-energize thoughts and commitments...a "Resolutions, Round Two." For me, that's a renewed commitment to eat right, get enough sleep and mostly to keep my body moving.

That's why I love Kate Maliha's article on page 3. I often find myself with my shoulders hunched or pulled up, and just attributed it to working at a computer. By practicing her simple breathing exercises, though, I've already noticed improvement in my posture and fewer sore muscles. Thanks Kate! Now I'm ready to hit the bike trails, and this weekend I'll be getting my bike ready. All the tips I need to know to get my bike ready for the season are on page 12 (I shouldn't use WD-40?? Oops!).

More reasons to be thinking about your body? March is both National Kidney Month and National Colon Cancer Awareness Month. Each of these deadly diseases can be detected early and addressed if you take the time to be tested. Read more about what to look for and what to do on pages 4 and 5. If not for yourself, then for your loved ones.

Need inspiration for your own Resolutions, Round Two? We've got some tried and true things to do on page 13 and on page 15 Madisyn Taylor enlightens us about discovering what's truly possible in your life, how to ask for something, and how to build the life of your dreams. That's what I'm talking about!

Happy March!

Karyn

On the cover:
Standing from left: Gale Benn-Colbert, LIFE Rehabilitation Aide; Donna Womack, Physical Therapist; Michele Gonzalez, Rehabilitation Services Manager and Occupational Therapist; and (seated) Alison Kishter, Certified Occupational Therapy Assistant

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Breathing and Age-Related Health Conditions

By Kate Maliha, MA (HKin)

The way that we breathe is intricately linked to how our bodies move and function. Many common breathing pattern dysfunctions (BPD) or altered breathing patterns are caused by stress, poor postural habits, and chronic pain. Being older can compound these issues: stressful life circumstances, chronic health conditions, and sleep disturbances can exacerbate existing faulty breathing patterns, thereby worsening existing conditions such as shoulder dysfunction, heart conditions, and incontinence.

When we breathe in an unbalanced or dysfunctional way, our bodies adapt with systemic symptoms such as raised shoulders, shallow (chest) breathing, teeth grinding and jaw clenching, headaches, chest tightness and reduced expansion of the diaphragm and thorax. Apical (upper chest) breathing patterns in particular affect posture, spinal stabilization, and are linked to low energy. This pattern involves elevating the collarbones while drawing in the abdomen and raising up the diaphragm.

As we get older, poor breathing and postural habits can affect our shoulder and thoracic (mid back) mobility. While common conditions such as shoulder and rotator cuff problems can be caused by injury (such as a fall), they can also be affected by posture, movement patterns, and breathing. Many people with shoulder problems can find some relief by working on their breathing patterns. Through focused breathing exercises, we can learn how to breathe in a balanced way, thus improving thoracic spine and shoulder mobility.


Assess Your Breathing: It is a good idea to assess if your breathing is balanced. Are you using one side of the rib cage more than the other? Begin by lying on your back, knees bent

and if possible, place your hands on either side of your ribcage. You can do this in a seated (spine straight) position if needed. Breathe normally for a few breathes, noticing what part of your body rises and falls, inflates/deflates. Then breathe into your hands, feeling the expansion of the lower ribcage at the front and back. This a great way to determine if you are breathing more into one side of your body than the other. You can have a friend or family member help you with the supine or standing assessment.

Standing assessment: Stand with your back supported by a wall, with your hand on a support to help you keep your balance. Close your eyes if you can do so safely, and breathe normally. Then place one hand on your upper chest and one hand on your mid back. Notice the fullness and symmetry of your breathing pattern. After a minute or two, and as you continue to breathe, lower the back hand downwards, towards your lower back, and notice if you are breathing fully. Then, place one hand on your belly to see if you can breathe into your belly, feeling for the rise and fall.

This beginner breathing exercise for thoracic mobility is helpful for shoulder and thoracic dysfunction:

Begin with the left knee bent and leg turned inward slightly, with the left rib cage pressed down slightly. Lift your right arm and place it outstretched (as much as you can) over head. Your lower spine should be flat and the right shoulder blade slightly up. Inhale through the nose without allowing the rib cage to move up quickly, and then exhale fully, allowing the ribs to come down. Repeat on the other side. Focusing on fully exhaling on each breath to reduce stimulation of the sympathetic nervous system and excess tightness of the supplemental muscles in the back, chest and shoulders.


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March is Colorectal Cancer Awareness Month

Colorectal cancer screening saves lives. If you're 50 years old or older, get screened!

Among cancers that affect both men and women, *colorectal cancer* (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But this disease is highly preventable, by getting screened beginning at age 50.

Screening tests help prevent colorectal cancer by finding precancerous polyps (abnormal growths) so they can be removed. Screening also finds this cancer early, when treatment can be most effective.

What You Can Do

- If you're aged 50 to 75, get screened for colorectal cancer reg-

ularly. If you're between 76 and 85, ask your doctor if you should be screened.

- Be physically active.
- Maintain a healthy weight.
- Don't drink too much alcohol.
- Don't smoke.

Fast Facts

- Risk increases with age. More than 90% of colorectal cancers occur in people aged 50 and older.

- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. If you have symptoms, they may include:

- Blood in or on the stool (bowel movement).

- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you have any of them, see your doctor.

- Some people are at a higher risk than others for developing colorectal cancer. If you think you may be at high risk, talk to your doctor about when and how often to get tested.

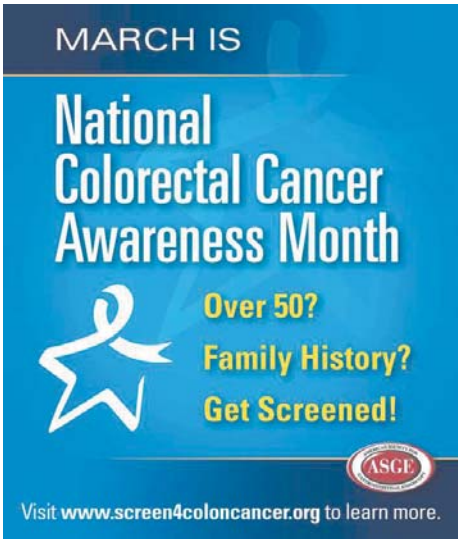
- There are several screening test options. Talk with your doctor about which is right for you.

- Colonoscopy (every 10 years).
- High-sensitivity guaiac fecal occult blood test (FOBT) or fecal immunochemical test (FIT) (every year).
- Sigmoidoscopy (every 10 years,

with FOBT or FIT every three years).

- Sigmoidoscopy alone (every 5 years).
- Stool DNA test (FIT-DNA) every one or three years.
- CT colonography (or virtual colonoscopy) every five years.

www.cdc.gov



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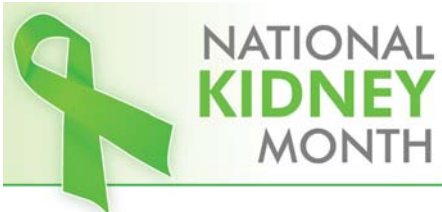


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March is Kidney Awareness Month

Did you know:

- Kidney disease is the 9th leading cause of death in the country.
- More than 26 million Americans have kidney disease, and most don't know it.
- There are over 95,000 people waiting for kidney transplants.
- More than 590,000 people have kidney failure in the U.S. today.



Overworked and underappreciated, our kidneys are essentially sophisticated trash collectors. These two fist-sized filters in our lower backs cycle almost 200 quarts of blood every day and remove excess water, waste, and blood impurities, which are then sent to the bladder for elimination. They also help balance the body's pH and regulate blood pressure by controlling fluid and certain hormone levels, and even assist in calcium absorption by activating a specific form of vitamin D.

Kidney disease, although sometimes caused by acute trauma, usually develops silently over years or decades. It is often not diagnosed until the late stages because many symptoms, like headaches or feeling tired or itchy, can seem common or vague. Changes in appetite and urination, numbness, and skin darkening are signs of its progression. If left untreated, this condition could result in total renal (kidney) failure, requiring dialysis or transplant, so early detection and immediate correction are key.

Your doctor can test for proper kidney function with simple blood and urine tests. The glomerular filtration rate (GFR) blood test is the best test to measure your level of kidney function. Your doctor can calculate it from the results of your blood creatinine test, your age, body size and gender. Your doctor can also test for proteins in the urine which could potentially turn into kidney stones. Other imaging tests such as ultrasounds or CT scans may also be performed to detect obstructions or structural abnormalities.

The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes damages the small blood vessels in the body, especially the kidneys. This reduces their ability to filter blood, leading to a backup of waste and symptoms like water retention, nausea, and swelling of the ankles. About 30 percent of patients with Type 1 (juvenile onset) diabetes and 10-40 percent of those with Type 2 (adult onset) are affected.

Maintenance of these important organs is relatively simple, and if you already get balanced nutrition and regular exercise you're halfway there. If you don't, talk with your physician about some lifestyle changes that could have a positive impact on your well-being. For starters, high sodium diets should be avoided, and make sure to stay hydrated by drinking four to six glasses of water each day (caffeinated beverages don't count!). Smoking, high alcohol consumption, excess weight and NSAID pain relievers put unnecessary stress on the kidneys so should be controlled. This is also true for certain vitamin supplements and herbal remedies, so be sure to inform your doctor. Your doctor might also recommend switching to a Mediterranean-style diet high in fruits, vegetables, and unsaturated fats and low in animal proteins, especially processed meats.

Healthy kidneys mean balanced bodies, so consult your doctor and possibly a nutritionist to get your filters clean and keep them that way!

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Source: Alzheimer's Association, www.alz.org

Mystery Phone Charges?

It Could Be Phone Bill Cramming

Cramming happens when some company uses your mobile or landline phone bill like a credit card, and adds a charge for services like trivia, ringtones, daily horoscopes or love tips to your bill that you didn't agree to or use. The most common dollar amount for a cramming charge is \$9.99, a relatively small amount which is easy to overlook. Some charges sound like larger fees you do owe, making it tough to pick out the phony charges, especially if your mobile phone bill varies month to month.

Read Your Monthly Bill
Make it a habit to check all charges on your phone bill each month for products and services you haven't ordered. Some charges may appear only once; others might be "subscription" charges that show

up every month. Keep an eye out for generic-sounding services and fees like *Min. Use Fee, Activation, Member Fee, or Subscription*; as they may be services you haven't ordered.

Check out each section of your mobile phone bill, but note that cramblers tend to target some "hot spots." Pay special attention to sections labeled "Miscellaneous," and the "third-party" charge sections on your bill. Mobile phone carriers allow third-parties to place charges on your phone bill, so these type of charges can be from anyone other than your phone company.

Some mobile phone carriers send their customers short bills with few details, but may offer more detailed bills online or upon request.

If You Suspect Cramming

Don't recognize or understand items or charges on your mobile phone bill? First, ask your phone carrier about it. Your carrier should be able to tell you more about the charge, and your statement should tell you how to dispute errors on your bill.

Then, take the final step in fighting a cramming charge: file a complaint. Even if you get a refund, if you suspect you've been a victim of cramming, file a complaint with the FTC online at www.ftccomplaintassistant.gov or by calling 1-877-FTC-HELP (1-877-382-4357).

Reduce Your Risk of Cramming
Sometimes, there's nothing you can do to prevent a crammer from adding fake charges to your phone bill. However, you can avoid giving

would-be scammers the opportunity by keeping these tips in mind:

- **Don't enter your mobile phone number on unsecured websites.** If you do, it's likely to be compromised.
- **Unsolicited text messages could be sign of a scam.** A text message from someone you don't know could be a signal that you might be signed up for a service you didn't order or agree to. Your best line of defense? Check your phone bill regularly for mystery charges.
- **Ask your phone carrier about services it offers to block third-party charges.** Mobile phone carriers allow third-parties to place charges on your phone bill. Many carriers offer this third-party blocking service for free.

2017 Brings Changes to "Full Retirement Age"

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

"Full retirement age" refers to the age when a person can claim their Social Security benefits without any reduction in benefit amount, even if they are still working part or full time. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for people born after 1959. For instance, for people who attain age 62 in 2017 (i.e., those born between January 2, 1955 and January 1, 1956), full retirement age is 66 and two months.

Here are some things you should remember when you're thinking about retirement:

- You may start receiving Social

Security benefits as early as age 62 or as late as age 70. Keep in mind that just because you're *allowed* to start claiming benefits at 62 doesn't mean that you should. The longer you wait, the higher your monthly benefit will be. Your monthly benefits will be reduced permanently if you start claiming any time before full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be permanently reduced by about 26 percent.

- On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefits will be permanently increased. The amount of this increase is two-thirds of one percent for each month—or eight percent for each year—that you delay receiving them until you reach age 70.

The choices you make may affect benefits your spouse or children can receive on your record, as well.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. We may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, every month we withhold or reduce current benefits increases your future benefits. That's because at your full retirement age we will recalculate your benefit amount to give you credit for the months in which we reduced or withheld benefits due to your excess earnings. In effect, it's as if you hadn't filed for those months. You can learn more at www.socialsecurity.gov/planners/retire/whileworking.html.

If you pass away, your retirement

Just because you're allowed to start claiming benefits at 62 doesn't mean that you should.



date can affect the benefit amount your surviving loved ones receive. If you started receiving retirement benefits before full retirement age, we cannot pay the full amount to your survivors. Their benefit amount will be based on your reduced benefits.

You can learn more by visiting our Retirement Planner at www.socialsecurity.gov/planners/retire. You can learn more about the full retirement age and find out how to look up your own at www.socialsecurity.gov/planners/retire/retirechart.html.

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Registration is required for all activities. If you are a member of the 55+ Lifestyle Program, certain activities are free of charge. Contact the centers for full program schedule.



County Executive Matthew Meyer
Department of Community Services
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New Castle County Happenings



Social Security Q&A

Question:

A few years ago, I lost my Social Security card. Now my credit report shows that someone might be using my Social Security number. I'm afraid they might ruin my credit. What should I do?

Answer:

Identity theft and fraud are serious problems, not just for you, but for the financial integrity of our agency. It also puts our national security at risk if someone dangerous is using your number to obtain other forms of identification. It's against the law to use someone else's Social Security number, give false information when applying for a number, or alter, buy, or sell Social Security cards. Keep in mind, you should never carry your Social Security card with you. If you think someone is using your Social Security number fraudulently, you should report it to the Federal Trade Commission (FTC) right away. You can report it at www.idtheft.gov or you can call FTC's hotline at 1-877-IDTHEFT (1-877-438-4261) TTY: (1-866-653-4261).

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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 four years ago, it promised to change the lives of seniors in Delaware. A Program of All-Inclusive Care for the Elderly (PACE), LIFE is based on the philosophy that it’s better for a senior’s well-being to remain living in their own homes in their own community for as long as medically possible than for them to move elsewhere.



The person-centered support services that LIFE provides keeps this goal always front and center. Think of the LIFE Center as one-stop shopping: People participating in LIFE (typically seniors who have health problems that limit their daily activities) receive coordinated primary care, nursing, social services, rehabilitation therapies, dietary assistance, home care, adult day and recreational services, and even transporta-



tion, as part of the program. Everything is geared to help people reach and/or maintain their highest level of physical, social and cognitive function.

To help keep participants at their physical best, the comprehensive health center at LIFE is staffed by a primary care team of geriatric-trained physicians and nurse practitioners, nurses and other health-care professionals. Some specialty medical services, such as podiatry, wound care, cardiac care and mental health services, are also available in the health center. If other specialty care is needed, LIFE will schedule the appointments and transport participants to a network of more than 75 specialty physicians in the community.

In order to help participants maintain the strength, mobility, and other functions that help one to stay independent and safe at home and in the community, LIFE offers state-of-the-art rehabilitation services, including physical, occupational and speech therapy, individually and in groups. The area is bright, it’s engaging, and anyone will tell you that staying strong is fun when everyone is encouraged to participate and that air of camaraderie abounds.

There’s no shortage of social interaction at the LIFE Center. To help make sure people are ready for their activities, a nutritionally balanced breakfast, snack and hearty lunch are provided daily. Recreational choices are many, and a variety of activities and clubs enable everyone to explore new hobbies, meet new people, and engage their minds

and bodies. To make it easy for people to get involved, transportation is provided to and from the day program.

LIFE’s interdisciplinary team includes healthcare professionals providing primary care, nursing care, social services, physical, occupational, speech and recreational therapy, dietary care, home care and spiritual care. The team assesses and understands participants’ health, their social needs, and their goals, and then 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; the team just adds the support a person needs to achieve his or her health and social goals. LIFE assists participants in overcoming



challenges they encounter, celebrating victories large and small, in the LIFE Center and at home. Many families and caregivers view LIFE’s support for their loved ones as a blessing, and LIFE considers them partners in the 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.

The LIFE 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, 205 participants are enrolled in the LIFE program, with a capacity of 250 seniors at the Riverfront location. In order to make enrollment as easy as possible, LIFE is “full-service” when it comes to assisting potential enrollees. Thus, a fair amount of time is needed to help complete enrollment forms and obtain approvals.

The process to get started is easy. People who are interested in Saint Francis LIFE can call 302-660-3351 to speak with an Enrollment Specialist. The specialist will meet with the applicant and, if they choose, a family member and/or caregiver, at the applicant’s 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 finally, development of a plan of care that helps the applicant reach their goals.

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.

‘The Name Says it All’



Anyone who has cared for an older parent with health problems knows how stressful it can be. Adding the responsibility of caring for children, maintaining a sound marriage and holding down a full-time job can make the challenge exponentially greater.

When Kathy Sewell’s mother, Thelma Holmes, developed cancer in 2007, Thelma moved from New Jersey to Delaware to be closer to the family. At first, Holmes moved in with Sewell and her husband, a period Sewell remembers as “very, very stressful.” Thankfully, Holmes’ treatment was

successful, and her health soon returned. In time she found an apartment nearby, but her taste of independence was cut short by a second diagnosis of cancer.

“When my mom developed her second cancer, I was doing everything for her,” Sewell recalls. “Running her to chemotherapy, taking her to treatments, taking her to follow-ups. I still had kids in high school, and one in college, so I needed to work. I couldn’t afford to stay home.” Thankfully, Sewell discovered the Saint Francis LIFE program, and the change in her own life has been dramatic. “The name says it all,” Sewell says. “I’ve gotten my life back. And my mom has gotten her life back, too.”

Five days a week, the Saint Francis LIFE van arrives at Holmes’ apartment building and transports her to the LIFE Center on the Wilmington Riverfront, where the staff provides nutritious meals, activities, and expert care in a

warm, supportive environment. Surrounded by friends, Holmes enjoys a new level of physical, mental and emotional engagement. “She’s made tons of friends,” says Sewell. “Everyone knows my mom.”

Prior to enrolling in Saint Francis LIFE, Holmes had attended another local adult day program, but that presented its own share of difficulties. For one, Sewell had to arrange daily transportation for her mother. And Medicare and Medicaid didn’t fully cover the program’s cost, which required a monthly out-of-pocket fee. Holmes’ ongoing health challenges also required that Sewell continue driving her to and from her many doctor visits.

With LIFE, all of that is taken care of. “It’s like a one-stop shop,” says Sewell with a relieved laugh. “They make sure she takes her medicine. They have oncologists in the provider network, and LIFE makes

sure she gets her follow-ups. If they can’t do it there at the facility, they take her to her appointments. Everything is under one roof. When I heard about everything they provide, I was like, “Oh my goodness! I love this.” Financially, the program is advantageous too: LIFE participants who qualify both medically and financially receive all the services of the program at no cost.

At 70, Holmes still craves a measure of independence. “I can’t blame her,” Sewell says. “She’s still young.” But given her health concerns, she’s also reached the point where she needs help—something the caring staff at Saint Francis LIFE is uniquely capable of providing. The program has allowed Holmes to remain living safely at home with daily care from the Saint Francis LIFE staff, along with the confidence that, even though she lives in her own home, LIFE is looking out for her—24 hours a day, 365 days a year.

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CAREGIVER'S CORNER

Why Should I Care About Elder Abuse?

The older population in America is continuing to grow and will burgeon between the years 2010 and 2030, when the baby boomer generation reaches age 65.

■ By 2030, there will be about 72.1 million older people, comprising almost 20 percent of the total population—nearly twice as many as in 2007.

■ The 85-plus population is projected to increase to 6.6 million in 2020, a 15 percent increase from 2010.

Seniors are living longer, but not necessarily better. Potential declines in cognitive and physical functions could make them more vulnerable to victimization. Elders who experience abuse, neglect, or self-neglect face a considerably higher risk of premature death than elders who have not been mistreated.

What is Elder Abuse?

In general, elder abuse refers to

intentional or neglectful acts by a caregiver or “trusted” individual that lead to, or may lead to, harm of a vulnerable elder. Physical abuse; neglect; emotional or psychological abuse; verbal abuse and threats; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse. In many states, self-neglect is also considered mistreatment.

Types of Elder Abuse

Physical abuse – Use of force to threaten or physically injure a vulnerable elder.

Emotional abuse – Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to a senior.

Sexual abuse – Sexual contact that is forced, tricked, threatened, or otherwise coerced upon a vulnerable elder, including anyone who is unable to grant consent.

Exploitation – Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property.

Neglect – A caregiver's failure or refusal to provide for a vulnerable elder's safety, physical, or emotional needs.

Abandonment – Desertion of a frail or vulnerable elder by anyone with a duty of care.

Self-neglect – An inability to understand the consequences of one's own actions or inaction, which leads to, or may lead to, harm or endangerment.

Warning Signs

Physical Abuse – Slap marks, unexplained bruises, most pressure marks, and certain types of burns or blisters, such as cigarette burns.

Neglect – Pressure ulcers, filth, lack of medical care, malnutrition or dehydration.

Emotional Abuse – Withdrawal from normal activities, unexplained changes in alertness, or other unusual behavioral changes.

Sexual Abuse – Bruises around the breasts or genital area and unexplained sexually transmitted diseases.

Financial Abuse/Exploitation – Sudden change in finances and accounts, altered wills and trusts, unusual bank withdrawals, checks written as “loans” or “gifts,” and loss of property.

It is estimated that elders throughout the United States lose a minimum of \$2.9 billion annually due to elder financial abuse and exploitation. Elder abuse can happen to anyone—a loved one, a neighbor, and when we are old enough, it can even happen to us.

In Delaware, call 800-223-9074 to report suspected elder abuse. Calls are strictly confidential. Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

Abuse hurts at any age.

Prevent it. Report it.

call
1-800-223-9074



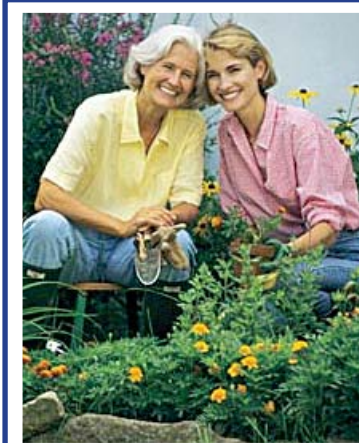
**Delaware Adult
Protective
Services**

All calls are confidential.



DART's Real-Time Transit Information Now Available

There is one-stop shopping through the internet. And now, there is one-stop travel information for Delawareans. DelDOT and Delaware Transit Corporation recently released "Real-Time" transit information as part of enhancements to DelDOT's innovative mobile app that allows DART customers to view real-time bus arrival information. The enhancements allow users to select a DART bus stop, receive real-time bus arrival times, and view live updates as a bus icon travels along its designated route. The DelDOT mobile app is free and available to anyone using a smartphone device (iOS and Android). The free app can be downloaded by searching "DelDOT" at the Google Play and Apple App stores, or accessed on the web through DelDOT's interactive map found at www.deldot.gov. Visit "dartfirststate" on YouTube to see the video on "Real-Time" Transit Information.



Sometimes we get the best advice from the people we least expect...

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DART
Moving Forward

Get Your Bike Ready for Spring

If your bike has been in storage all winter, it's time to get it rolling again. Follow these steps to make sure it's ready to hit the streets.

Bicycles require regular maintenance, especially if they've been in storage for a few months. A quick eye test is all that's needed to assess the overall condition of your bike. Obvious issues like flat tires, broken seats, and bent rims will require repair, but general maintenance should only take a few minutes.

First you'll want to give your bike a good washing by simply hosing it down to remove dirt and mud. Then you can dive deeper into the overall health of your bike and evaluate what it really needs. Use this checklist and you'll be cruising by the weekend.

Air Up – If your bike has been sitting for a while it's likely the tires are flat or low on air. Tires lose air over time so they may not have a leak, but listen for escaping air as you inflate them. Invest in a quality air pump with a wide base to stand on, and large gauges that are easy to read. Stick to the tire manufacturer's recommended pressure level.

Check the Spokes – Check to make sure your wheels are true (straight) by lifting each off ground and spinning it. If you notice a wobble or the wheel looks warped, check the tightness of the spokes by running your fingers around them. If a spoke twists in your hand, use a spoke wrench to tighten the spoke at the base. Don't over-tighten and make sure you use the correct size wrench. There are wrenches available that can be used on spokes of various sizes. It's a good idea to check your spokes every few months, even if you don't notice anything wrong.

Check Brake Levers – Pull on your brake levers and make sure they engage both sides of the brakes on each wheel. If the pull on the lever is too long, unscrew the barrel adjuster a few turns and test it. The brakes should not stick and should fully stop the wheel in motion. A frayed or sticky cable should be replaced.

Check Brake Pads – The length of your brake pads should press against your rim when activated, and they should not wiggle or be loose. Replace worn brake pads immediately and adjust the cable if they are too far from the rim.

Adjust Derailleurs – Use a bike stand or prop your bike upside down and run it through the gears as you are spinning the pedals. Check to make sure it hits the shift points smoothly and make slight adjustments to the front and rear derailleur to keep the chain centered on each gear. You'll need a small Phillips-head screwdriver to adjust the derailleurs, and notice how much the derailleur moves for each quarter-turn.

Check Your Chain – Check your bicycle chain tension by pressing your fingers against the top chain. It should not move more than 1/4 to 1/2-inch. If your chain is too loose it will come off while riding; too tight and it can bind and damage your gears. Loosen the rear wheel nuts on each side to pull the rear wheel back to take slack out of the chain.

Apply Dry Lube – Apply a dry lubricant to the rear cog (set of gears), chainring (front gears), chain, and all moving parts of the crankset. Also hit the front and rear wheel bearings on each side with a bit of lubricant. Avoid using WD-40 and standard 3-in-1 oil since they will attract dirt, something you definitely don't want on these moving parts.

Check Safety Gear – Check the condition and batteries of your bicycle lights and reflectors. If you don't have front and rear lights, it's time to get some. (In some states, it's legally required for bicyclists to have active lights while riding at night.) Do everything you can to make yourself visible to drivers.

www.popularmechanics.com



Spring Forward

New Year's Resolutions may have come and gone, but today's another day. Why not set some new Spring goals?

Volunteer

Volunteering is an easy and achievable Spring goal. There are many different ways to give back and it doesn't have to be monetarily. According to a recent report by the Corporation for National Community Service, "Research demonstrates that volunteering leads to better health... Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer." From volunteering at the local humane society, gardening in the local community garden or serving meals at your local soup kitchen, there are many ways to give back to the local community.

Exercise Your Brain

While it is important to get in the recommended 150 minutes of exer-

cise per week, don't forget that keeping the brain active is equally essential. According to HelpGuide.Org, the more you exercise your mind, the better it will work. Try picking up the daily crossword puzzle or the latest Sudoku. Taking a class is another great way to keep your mind active and alert, and most community colleges offer free classes for seniors.

Learn a New Skill or Pick Up a New Hobby

It's never too late to learn a new skill or hobby. Whether it's computer coding, playing bocce ball or mah-jongg, everyone can find something new to do. Take up tai chi, water aerobics, yoga or Pilates—they'll help you control weight, build muscle and improve posture, balance and mood.

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WORDS OF WISDOM

"Spring is God's way of saying,
'One more time!'"

– Robert Orben

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7	2	3	9	5	8	4	6	1
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BOURBON
APPLE PIE

Celebrate Pi(e) Day!

Pi Day may not be a national holiday on the scale of Thanksgiving (the other unofficial Pie Day), but every March 14th, cooks across America break out their rolling pins in homage to the mathematical constant 3.14. Here's one of our favorites—warm, cinnamon-y, brown sugar-y, and distinctly bourbon-y. The filling gets so perfectly thick and gooey—no runny apple pies here!



PIE CRUST

INGREDIENTS

- 2½ cups flour
- 2 T. sugar
- ½ tea. salt
- 1 cup butter, COLD, cut into cubes
- ½ cup ice cold water

COOKING DIRECTIONS

1. Mix flour, sugar, and salt together in a food processor.
2. Add in cold butter cubes and pulse for 20-30 seconds, until butter chunks are the size of peas.
3. Blend in ice cold water. Dough won't come together yet, but dump it out onto a sheet of plastic wrap.
4. Gently shape it together to form 2 discs of equal size.
5. Cover in plastic wrap, and refrigerate at least 1 hour before using.

FILLING

INGREDIENTS

- 4-5 large granny smith apples
- 2 tea. lemon juice
- ½ cup sugar
- ½ cup brown sugar, packed
- 2 tea. cinnamon
- ½ tea. nutmeg
- 3 T. bourbon, or preferred whiskey
- 4 T. flour
- 1 T. cornstarch
- 1 large egg, for eggwash
- 2 T. milk or heavy cream, for eggwash

COOKING DIRECTIONS

1. Peel, core, and slice the apples.
2. In a large bowl, combine all ingredients and stir to evenly coat the apple slices.
3. Scoop the apple mixture into a pie dish prepared with bottom crust, and pour the excess juice over the apples.
4. Place the pie in the refrigerator while you roll out the top crust.
5. Cover with top crust, crimp edges, and slice vents into the top.
6. Coat with eggwash if preferred (1 egg + 2 T. milk or cream).
7. Bake at 400 F for 50-65 minutes, until crust is golden brown and filling is bubbling.
8. Let cool for at least 1 hour before cutting and serving.

*** If crust starts browning too quickly, cover loosely with foil to prevent burning.

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						
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			52				53		54				
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62					63			64		65			
66					67					68			
69						70				71			

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ACROSS

1. Hits
5. Diplomacy
9. LummoX
13. Foment
14. Not silently
16. Rime
17. Used to be
18. Donkey
19. Beige
20. An elastic fabric
22. Idiosyncrasy
24. Burden
26. Vernacular
27. Watered down
30. Chinese temple
33. Bewitched
35. Cubic meter
37. Consume
38. Hard wood
41. A state of SW India
42. Trail
45. A very tall woman
48. Wound
51. Flattery
52. Russian emperors
54. Type of sword
55. Started
59. Dog-___
62. Curved molding
63. Recorded
65. Identical
66. Constellation bear
67. French farewell
68. Ear-related
69. Resound
70. Acquire deservedly
71. Roman emperor

DOWN

1. Wail
2. Comply with
3. Coffeepot
4. Breastbone
5. Bar bill
6. Astringent
7. Reef material
8. Root vegetable
9. Cigar
10. Hubs
11. Paddles
12. Percussion instrument
15. An Italian woman of rank
21. Car
23. Hens make them
25. Arid
27. D D D D
28. Awkward
29. Cotillion girl
31. Pervert
32. Got up
34. Man's best friend
36. Not difficult
39. Pen part
40. Harvard rival
43. Porridge
44. Ploy
46. Back of the neck
47. Treachery
49. Devilfish
50. Portico
53. Old photo color
55. Masterstroke
56. Monster
57. Plateau
58. Caribou
60. Arab chieftain
61. A style of design
64. Grayish brown

THE FUNNY BONE

A Push Please

A man is in bed with his wife when there is a knock at the door. He rolls over and looks at his clock, and it's 3:30 in the morning. "I'm not getting out of bed at this time," he thinks, and rolls over.

Then a louder knock follows. "Aren't you going to answer that?" says his wife. So he drags himself out of bed and goes downstairs. He opens the door and there is a man standing on the porch. It didn't take the homeowner long to realize the man was drunk.

"Hi there," slurs the stranger. "Can you give me a push??"

"No, get lost! It's half past three. I was in bed," says the man and he slams the door. He goes back up to bed and tells his wife what happened and she says, "That wasn't very nice of you. Remember that night we broke down in the pouring rain on the way to pick the kids up from the babysitter and you had to knock on that man's house to get us started again? What would have happened if he'd told us to get lost?"

"But the guy was drunk," says the husband. "It doesn't matter," says the wife. "He needs our help and it's the right thing to do to help him."

So the husband gets out of bed again, gets dressed, and goes downstairs. He opens the front door, and not being able to see the stranger anywhere he shouts, "Hey, do you still want a push?" And he hears a voice cry out, "Yeah, please." So, still being unable to see the stranger he shouts, "Where are you?"

And the drunk replies, "Over here, on the swing."

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.

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

Answers on page 13

(courtesy of KrazyDad.com)

Asking for What You Want

By Madisyn Taylor

We all have the ability to live our dreams; we must simply ask and respond with the appropriate action that is asked of us.

Most people don't always fully realize that we all have within us the ability to co-create our lives with the universe. So many of us are taught to accept what we are given and not even to dream of anything more. But our hopes and dreams are the universe whispering to us, planting an idea of what's possible while directing us toward the best use of our gifts. The universe truly wants to give us our hearts' desires, but we need to be clear about what they are and ask for them.

To ask for something does not mean to beg or plead from a place of lack or unworthiness. It's like placing an order--we don't need to beg the salesperson for what we want or prove to them that we deserve to have it. It is their job to give us what we ask for; we only have to tell them what we want. Once we have a clear vision of what we desire, we simply step into the silent realm where all possibilities exist and let our desires be known. Whatever methods we

use to become still, it is important that we find the quiet space between our thoughts.

From that still and quiet place, we can announce our intentions to the pure energy of creation. By imagining all the details from every angle, including scent, color, and how it would feel to have it, we design our dreams to our specifications. Similar to dropping a pebble into a pond, the ripples created by our thoughts travel quickly from this place of stillness, echoing out into the world to align and orchestrate all the necessary details to bring our desires into manifestation. Before leaving this wonderful space to come back to the world, release any attachment to the outcome and express gratitude. By doing this daily, we focus our thoughts and our energy while regularly mingling with the essence that makes it possible to build the life of our dreams.

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When I die I want my last words to be, "I left a million dollars under the....."



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