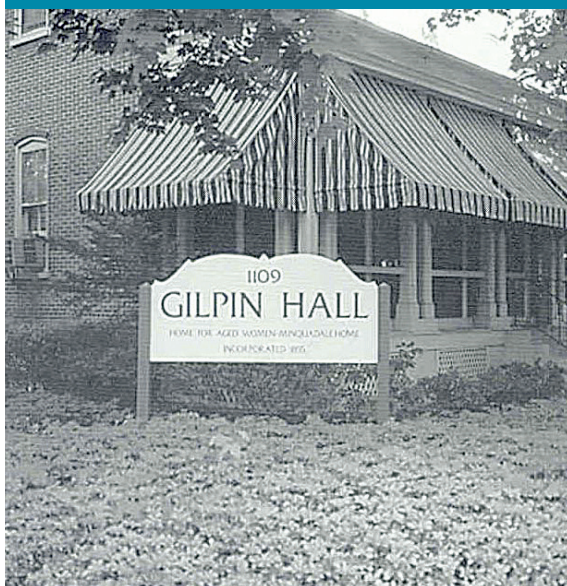




# Vital!

VITAL INFORMATION FOR A VITAL LIFE®



## Gilpin Hall 195 Years of Service



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JULY 2019





As I'm writing this, it's early morning at the end of June, school's out so everything is a bit more relaxed, and the big decision is whether to skip the swim meet or the baseball game tomorrow night. I just finished reading first an article about 103-year-old Julia "Hurricane" Hawkins cementing her title as the oldest woman to compete on an American track after finishing the 50- and 100-meter dashes at the National Senior Games. She didn't beat her world record 100 time, but did cross the line in just over 46 seconds, after clocking a 21.06 in the 50, which appears to be a Senior Games record for the women's 100-plus age division. That's because she's the first to compete in that category.

And in the very next article, I read that the mortality rates from cardiovascular disease, which includes heart disease and strokes, has fallen just 4% since 2011 after dropping more than 70% over 6 decades. Particularly alarming is that the death rate is actually *rising* for middle-aged Americans, due to two key culprits: obesity and the related rise in the prevalence of Type 2 diabetes.

Which reminds us all: get moving to get (and stay) healthy! Exercise doesn't have to be strenuous to have benefits. You just have to do it and stop making excuses. You can combine 15 minutes of weeding with 15 minutes of vacuuming and a 15-minute walk after dinner and you've gotten 45 minutes of exercise. Instead of just sitting poolside, cool off by paddling a few laps and then hang on the edge and kick or do water aerobics. Instead of just reading and relaxing at the beach, take a brisk walk. We talk all the time in Vital! about health and exercise, but there's a reason for it. Make a commitment to yourself to "be like Julia!"



COURTESY OF BRIT HUCKABAY/NSGA

Have a great 4th of July holiday and Happy July!

*Karyn and Heidi*

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# ZeroG – Supporting You Every Step of the Way



length of stay is considered to be early ambulation; that is, getting out of bed and moving sooner rather than later. Moving is instrumental in regaining joint and muscle strength as well as improving balance. In fact, studies of people who have had knee or hip surgery show that early ambulation can reduce your length of stay by a day or more.

Assistive devices are often used in gait training, and are commonly used to help people who have had surgery or an injury to their back or legs, as well as people who have balance or strength impairments. One of the most advanced devices, the ZeroG Gait and Balance Training System, is designed to speed recovery by enabling individuals to practice walking, balancing, sit-to-stand maneuvers, and even stairs both safely and independently.

ZeroG is a robotic, body-weight

support system mounted to a motorized trolley that rides along an overhead track. The system supports a patient's body weight while monitoring their movements. This allows them to begin rehabilitation therapy in a safe, controlled environment that protects them from falls. It also helps patients "graduate" and go home more quickly.

If you are recovering from a stroke, orthopedic injury or surgery, brain injury, or if you have a balance disorder or general weakness, you can safely undergo therapy, perform balancing exercises and practice a variety of daily activities such as walking, climbing stairs, and getting up from a chair or the floor without the fear of falling. As your therapy progresses and you are able to bear more of your own body weight, the amount of dynamic support from the ZeroG can be decreased, giving you more confidence to proceed to

the next level.

ZeroG features real-time biofeedback for balance activities combined with interactive games that make therapy fun and motivating. Therapists can monitor your progress with the data that the ZeroG records from each training session, helping you move toward recovery at the perfect pace.

ZeroG has helped individuals, both young and old, regain their strength and independence, enabling them to live fuller and more active lives.

For more information about the ZeroG, please visit Brookside Healthcare & Rehabilitation Center at [www.brooksidehealthcare.com](http://www.brooksidehealthcare.com), a proud member of Nationwide Healthcare Services. To learn more about Nationwide Healthcare's facilities in Delaware and Pennsylvania, please visit <https://www.nationwidehealthcare.com>.

Rehab patients all want the same thing: to recover quickly and return home.

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## Creating long-term relationships through better hearing!

There is a big difference between hearing aids and hearing health care. At Hearing Services of Delaware, we believe hearing better is a journey, not a transaction. That is why we take a long-term approach to helping you hear the best you can and provide a complete hearing health care program.

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It makes sense to take care of your hearing health the same way you take care of the rest of your health.

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The purpose of this hearing assessment and/or demonstration is for hearing wellness and to determine if the consumer may benefit from using hearing aids. Products demonstrated may differ from products sold. Assessment conclusion is not a medical diagnosis and further testing may be required to diagnose hearing loss. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Hearing instruments may not meet the needs of all hearing-impaired individuals. Other terms may apply, see office for details.



# If a Tree Falls in the Woods

Hearing loss is the third most common health problem in the U.S. among older Americans. That's a problem, because the list of consequences related to untreated hearing loss keeps growing, and includes fatigue, falls, anxiety, social isolation, depression, hospitalization and an increased risk of cognitive decline and dementia.

Yes, scientists are finding more and more evidence that trouble with hearing makes you more likely to go on to have dementia, a condition marked by memory loss and trouble with thinking, problem-solving, and other mental tasks. Hearing loss may be associated with cognitive decline because when there is less auditory input, auditory centers in the brain begin to degenerate, and the brain struggles to compensate. This means that the brain needs to use more resources to process auditory information, leaving less avail-

able to use for other functions, such as learning and memory.

Studies have shown that mild hearing loss is associated with a two-fold greater risk for dementia, while severe hearing loss is associated with five times greater risk over 10 years. Several longitudinal studies have found that the rate of cognitive decline is accelerated in dementia patients with hearing loss. Participants with hearing loss experienced rates of cognitive decline that were 30-50% faster than those with normal hearing.

Researchers don't know for sure how the two conditions are connected, and this doesn't mean that people with hearing loss (about two-thirds of adults over 70) are guaranteed to have dementia—simply that the odds are higher. In any case, you'll want to ensure that you continue to hear the best you can. What are your

options?

## Personal Sound Amplification Products (PSAPs)

While it can be challenging to see the differences in the actual devices themselves, your ears will hear the difference! PSAPs do not address the core hearing loss issues. They are also not professionally programmed or fit. PSAPs are designed to amplify all sounds.

## Hearing Aids

Hearing louder is not hearing better. Hearing aids are a Class 1 medical device. They are programmed and fit after a professional evaluation and consultation based on your personal and unique hearing needs. Hearing aids are designed to help you hear and understand the best you can.

Because most changes in hearing occur gradually over time, speech or sounds that fall outside your range

of hearing simply cease to exist to you. If you haven't had your hearing checked in the last three years, how would you know if any speech or sounds fall outside your current range of hearing?

*If you haven't had your hearing tested lately, or if you're noticing a decline in your ability to hear well or understand clearly what is being said, call Hearing Services of Delaware at 302-376-3500 for your hearing consultation and listening demonstration. For over 25 years, the audiology staff at Hearing Services of Delaware has been helping people hear better by providing the highest quality hearing health care services. Hearing Services of Delaware is recognized as a premier hearing health care practice and is the preferred referral for over 40 community physicians. We're not just about hearing aids—we're about hearing health care!*

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# Delaware SMP Asks Seniors to Prioritize Security

These days it's not just lottery scams you need to be aware of. People with Medicare coverage have become a favorite target of scammers, who may use their Medicare number without the beneficiary's knowledge. If fraud occurs, both Medicare and the beneficiary may be billed for items that are neither necessary nor requested.

To fight fraud, it's important to be vigilant to avoid paying unexpected/unnecessary bills. The Senior Medicare Patrol (SMP) reminds beneficiaries to review each and every Medicare Summary Notice (MSN) they receive in the mail to ensure they're not being billed for services or items they don't need or their doctor didn't request.

Lately, SMPs across the country have seen a significant uptick in brace scams. For instance, a beneficiary received six braces that he

neither ordered nor needed from a medical equipment provider in Clearwater, FL. His Medicare statement showed the same date of service and the same supplier as the packing slip. The person listed as the ordering physician was an M.D. with whom the beneficiary had no prior relationship. An internet search showed that this M.D. had several offices, none of which were anywhere near the beneficiary, who resides in New Jersey.

The beneficiary received a brace for the left wrist, the right shoulder, a lumbar brace, braces for both knees and another for the lower extremity. Medicare was billed a total of \$5,132.90. He returned all of the braces at the shipper's expense, and Medicare reprocessed the claim and recouped all of the funds paid to the supplier.

One month later, a different medical

equipment supplier sent a shipment of two ankle braces and a heel stabilizer to the same beneficiary. This time, the shipment was not accepted and was returned by the beneficiary.

Remember: it's YOUR time and YOUR money on the line! You can significantly reduce the chances that you'll be scammed by using and protecting your new Medicare card, which was developed using enhanced security protections. The Centers for Medicare and Medicaid Assistance (CMS) also offers these tips:

- **Destroy your old Medicare card so no one can get your personal information.**
- **Start using your new Medicare card right away.** Carry it when you need healthcare. Medicare coverage and benefits are the same. The new card does not impact or change your healthcare benefits.

■ **Keep your other plan cards.** If you're in a Medicare Advantage Plan (like an HMO or PPO) or a Medicare Drug Plan, keep using that plan ID card whenever you need care or prescriptions. However, please carry and protect your new Medicare card too, since you may be asked to show it.

■ **Protect your Medicare number just like a credit card.** Only give the new Medicare number to doctors, pharmacists, other health-care providers, insurers, or people you trust to work with Medicare on your behalf. Medicare will never call uninvited and ask you for your Medicare number or other personal information.

*If you have questions, or for more information, call the Delaware SMP at 1-800-223-9074 or visit <https://www.dhss.delaware.gov/dhss/dss/smp.html>.*



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Supported, in part, by grants 1802DEMIAA and 1802DEMIDR from the US Administration for Community Living, Administration on Aging, Department of Health and Human Services

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# Three Common Ways Your Social Security Payment Can Grow After Retirement



**Y**ou made the choice and now you are happily retired. You filed online for your Social Security benefits. They arrive each month in the correct amount exactly as expected. But, did you ever wonder if your Social Security check could increase?

Once you begin receiving benefits, there are three common ways benefit checks can increase: a cost of living adjustment (COLA); additional work; or an adjustment at full retirement age if you received reduced benefits and exceeded the earnings limit.

The COLA is the most commonly known increase for Social Security payments. We annually announce a COLA, and there's usually an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month. By law, federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). More than 66 million Americans saw a 2.0 percent increase in their Social Security and SSI benefits in 2018. For more information on the 2018 COLA, visit our website.

Social Security uses your highest thirty-five years of earnings to figure your benefit amount when you sign up for benefits. If you work after you begin receiving benefits, your additional earnings may increase your payment. If you had fewer than 35 years of earnings when we figured your benefit, you will replace a zero earnings year with new earnings. If you had 35 years or more, we will check to see if your new year of earnings is higher than the lowest of the 35 years (after considering indexing). We check additional earnings each year you work while receiving Social Security. If an in-

crease is due, we send a notice and pay a one-time check for the increase and your continuing payment will be higher.

Maybe you chose to receive reduced Social Security retirement benefits while continuing to work. You made the choice to take benefits early, but at a reduced rate. If you exceeded the allowable earnings limit and had some of your benefits withheld, we will adjust your benefit once you reach full retirement age. We will refigure your payment to credit you for any months you did not receive payments. Your monthly benefit will increase based on the crediting months you receive. You can find additional information about working and your benefit by reading *What You Need to Know When You Get Retirement or Survivors Benefits*.

Retirement just got more interesting since you learned about potential increases to monthly payments. Social Security has been securing your today and tomorrow for more than 80 years with information and tools to help you achieve a successful retirement.

## Sign Up For Medicare And Estimate Medicare Costs

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

**A**ffordable medical coverage is something everyone wants, especially as people age. Luckily, our nation has safeguards for workers as they get older. Millions of people rely on Medicare, and it can be part of your health insurance plan when you retire.

Medicare is available for people age 65 or older, as well as younger people who have received Social Security disability benefits for 24 months, and people with certain specific diseases. Two parts of Medicare are Part A (Hospital Insurance) and Part B (Medicare Insurance). You are eligible for premium-free Part A if you are age 65 or older and you or your spouse worked and paid Medicare taxes for at least 10 years. Part B usually requires a monthly premium payment.

You can apply online for Medicare even if you are not ready to retire. Use our online application to sign up. It takes less than 10 minutes. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if we need more information. Otherwise,

you'll receive your Medicare card in the mail.

You can sign up for Medicare at [www.socialsecurity.gov/benefits/medicare](http://www.socialsecurity.gov/benefits/medicare).

If you don't sign up for Medicare during your initial enrollment window that begins three months before the birthday that you reach age 65 and ends three months after that birthday, you'll face a 10 percent increase in your Part B premiums for every year-long period you're eligible for coverage but don't enroll. You may not have to pay the penalty if you qualify for a special enrollment period (SEP). If you are 65 or older and covered under a group health plan, either from your own or your spouse's current employment, you may have a special enrollment period during which you can sign up for Medicare Part B. This means that you may delay enrolling in Part B without having to wait for a general enrollment period and without paying the lifetime penalty for late enrollment. Additional rules and limits apply, so if you think a special enrollment period may apply to you, read our *Medicare* publication at [www.socialsecurity.gov/pubs/](http://www.socialsecurity.gov/pubs/), and visit the Centers for Medicare and Medicaid Services at



[Medicare.gov](http://Medicare.gov) for more information.

Health and drug costs not covered by Medicare can have a big impact on how much you spend each year. You can also estimate Medicare costs using an online tool at <https://www.medicare.gov/oopc/>.

Keeping your healthcare costs down allows you to use your retirement income on other things that you can enjoy. Social Security is here to help you plan a long and happy retirement at [www.socialsecurity.gov](http://www.socialsecurity.gov).





## An Enduring Vision



Located at the corner of Gilpin Avenue and North Van Buren Street, Gilpin Hall has a nearly two-hundred-year long tradition of caring for our community's older generations.

### The Beginning

In October of 1824, twenty-one Wilmington ladies took advantage of the Major General Marquis de Lafayette's visit to Wilmington for the marriage of Dorcas Van Dyke to Charles duPont. They requested, and received, the Hero of the Revolution's sanction of the "La Fayette Asylum for Poor Widows and Orphan Children." Their vision for the community's support of widows, single women, and children was incorporated by the state legislature in 1825.



SCENES LIKE THIS WERE TYPICAL IN THE HOUSE OF INDUSTRY

The tenacious commitment to service was again seen in 1844 with the establishment of a House of Industry to provide work for indigent women. Seamstresses, housekeepers and teachers were able to support themselves and contribute to the community through the work they found through the House of Industry.

1866 ushered in yet another change. The Legislature approved a petition for a new name: Home for Aged Women. With this name change came ambitious goals. In 1869, the lot on the corner of Gilpin and North Harrison was purchased for \$2,425 and enough money was raised to complete the impressive new Home by 1873. Regardless of assets or lack thereof, everyone was treated equally at the Home and shared the experience of an involved home life.

In 1975, when the men from the Minquadale Home joined the ladies at the Home for Aged Women, both groups were a little skeptical. Minquadale Home had enjoyed a history similar to its new partner, having been founded in 1891 to support elderly couples. Combined under the new name, Gilpin Hall, the friendly atmosphere quickly erased any shyness and apprehension. One gentleman even refused dinner out with his son because he would miss his friends.

### Gilpin Hall Today

Gilpin Hall is unlike any other community you might find today. It is a small, standalone not-for-

profit community. As one person puts it, "People LIVE with us. They're part of the family. We're a warm, welcoming home." In fact, one resident has now called Gilpin Hall "home" for over 24 years.

When you come to visit Gilpin Hall, don't expect to be greeted by long hallways reminiscent of hotels or hospitals. Instead, private and shared rooms are arranged in clusters, creating "neighborhoods" within the Gilpin Hall community. Each person's room is a reflection of a lifetime. Residents and guests can be found enjoying sunny screened porches throughout the building, chatting in intimate lounges, or soaking up the sun in the Courtyard Garden.

Encompassing approximately 5,000 square feet, the Courtyard Garden sits at the center of Gilpin Hall. Glorious perennials blossom throughout spring and summer while the fountain quietly soothes in the background. The Garden is completely enclosed, and has areas to sit, talk, read or visit, while meandering paths invite a sense of freedom and exploration. The Garden is yet another nod to the sense of "home."

When asked what they love most about Gilpin Hall, most residents will tell you it's a combination of companionship and care. Because people aren't coming and going every day, relationships are formed. Friendships are born. Care is personalized.

### Programs

Building on its tradition of enhancing residents' quality of life, Gilpin Hall today offers a variety of programs focused on enabling each individual to explore their social, recreational, physical and spiritual interests.

**Assisted Care** - Help with personal care and medication administration is open to residents who require minimal assistance in caring for their needs of daily living. Dining services for all three meals bring everyone together, as does the wide variety of activity programming. Housekeeping and linen services, as well as 24-hour on-call nursing services are included.

**Nursing Care** - Services for residents requiring intermediate or skilled nursing services include 24-hour routine nursing care, nutritional care, recreation and socialization plus housekeeping and linen services.





THE COURTYARD GARDEN



THE CHAPEL AT GILPIN HALL WELCOMES PEOPLE OF ALL FAITHS

**Adult Day** – Our Adult Day Program is available to members of our community, living at home or with a caregiver, who require companionship and activity in a safe and secure environment.

**Therapy** – Gilpin Hall offers physical, occupational and speech therapies on site.

**Building on the Past to Create a Better Future**  
From antiques on display to portraits from times gone by adorning the walls, the rich tapestry of lives well-lived reflects a sense of history, of community and of belonging that is often hard to come by in today's rushed world. Gilpin Hall is a jewel nestled in its Wilmington neighborhood, never

forgetting its storied past yet looking to the future to continue providing a loving home for people in their care.

*If you'd like to schedule a tour or would like more information, call Mary Cable at 302-654-4486, email her at [mcable@gilpinhall.org](mailto:mcable@gilpinhall.org), or visit [www.gilpinhall.org](http://www.gilpinhall.org).*



BUILDING ON THE PAST  
TO CREATE A BETTER FUTURE  
SINCE 1824

**ADULT DAY**

For those living at home, either alone or with a caregiver, who require companionship and a secure environment. Our structure is that of a medical model, offering nursing and personal care.

**ASSISTED CARE**

For those requiring minimal assistance in caring for their needs of daily living. Help with personal care and medication administration is available along with three meals per day, activity programming, housekeeping and linen service, and 24-hour on-call nursing care.

**NURSING CARE**

For those requiring intermediate or skilled nursing services. Program includes 24-hour routine nursing care, nutritional care, recreation and socialization, and housekeeping and linen services. On-site therapy services are available.

*Gilpin Hall is a non-profit organization with a long tradition of care for the elderly. Since 1824, we've served the changing needs of our community, building on its past, creating a better future.*



*Located in an established Wilmington neighborhood surrounded by a rich assortment of educational, cultural and shopping opportunities, we're close to I-95 and Delaware Avenue, with easy access to public transportation. Call today to schedule a tour!*

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# The New Midlife Crisis: Caregiving



Mary-Ellen is one of the millions of Americans who juggle the needs of an aging loved one and those of his or her own family each day. On average, family caregivers provide 20 hours of work weekly to aging relatives. Those 20 hours are taken from time that could be spent tending to their careers, families and themselves.

Initially, the time a relative devotes to caring for an aging loved one is seen as a labor of love. Eventually these family caregivers can lose their sense of self and get caught in a role that's somewhere between child, caregiver and parent. They find themselves experiencing the Caregiving Dilemma—a situation where caregiving becomes a juggling act in which the caregiver suffers, family relationships deteriorate, and the care recipient no longer feels loved and supported.

Home Helpers Care-Coordinator Pamela witnesses this struggle every day. “Often clients come to us at the

breaking point,” says Pam. “But the sooner people come to us, the sooner we can help and avoid getting to that point.”

An astounding 76 million people, or about a quarter of the U.S. population, are Baby Boomers. In the next 15 years, more than 1 in 5 Americans will be over the age of 65. While Boomers’ increasing medical and financial needs receive appropriate and important attention, what is usually missed is the effect this will have on families. How will we provide the care our aging loved ones require, when most of us are already swamped with the demands of a career and taking care of our own children?

“In order to meet this challenge, Americans require a stronger support system, and be willing to accept help,” advises Emma Dickison, president of Home Helpers. “Conversations about aging need to happen sooner. Many of us have an idea of what will happen when Mom

or Dad starts to need more help at home, but how many of us have actually talked to *them* about it?”

Mary-Ellen now sees that had she been more prepared for her aging mother's needs, she could have avoided this predicament. “It all snuck up on me. I didn't realize what was happening.”

A number of care options are available in the community. “Have conversations with your loved ones,” says Dickison. “Then, when the time comes, everyone will be prepared and know what to do.”

*Home Helpers offers in-home senior care services to aid families in more than 600 communities across the country. For more information on the Care Options in the Community contact Pamela at Home Helpers & Direct Link of Wilmington, 302-746-7844, email [careco@bchomehealthcare.com](mailto:careco@bchomehealthcare.com) or visit [www.homehelpershomecare.com/wilmington](http://www.homehelpershomecare.com/wilmington).*



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# Composting at Home

Food scraps and yard waste together currently make up about 30 percent of what we throw away. Making compost keeps these materials out of landfills where they take up space and release methane, a potent greenhouse gas.

**Question:** *Why is composting my food scraps better than putting them in the trash, if they'll just decompose in the landfill anyway?*

**Answer:** The problem lies in the way food waste and other organic matter decomposes: Because much of it is buried under other trash in the landfill, it doesn't get the oxygen needed to decompose naturally. Instead, it decomposes without oxygen, which means methane gas, one of the most potent greenhouse gases, is generated. In fact, one study estimates that around 8 percent of the total greenhouse gases around the world are caused by food waste.

And that's where composting comes in. Aerobic composting (decomposition in conditions where air is circulating) doesn't emit methane, which makes it a better alternative than sending organic materials to landfills. Compost looks and feels like fertile garden soil. This dark, crumbly, earthy-smelling stuff works wonders on all kinds of soil and provides vital nutrients to help plants grow and look better.

## Getting Started

Decomposing organisms need four key elements to thrive: nitrogen, carbon, moisture, and oxygen. For best results, mix materials high in nitrogen (such as clover, fresh grass clippings, and livestock manure) and those high in carbon (such as dried leaves and twigs). Moisture is provided by rain, but you may need to water or cover the pile to keep it damp. Be careful not to saturate the pile. Turning or mixing the pile provides oxygen. Frequent turning yields faster decomposition.

Many materials can be added to a compost pile, including leaves, straw, woody brush, vegetable and fruit scraps, coffee grounds, livestock manure, sawdust, and shredded paper. Do not use meat, dairy or oily scraps that may attract animals, and dog or cat manure which can carry disease. Composting can be as simple or as involved as you like, and depends on how much yard waste you have, how fast you want results, and the effort you are willing to invest.

## Cold or Slow Composting

With cold or slow composting, you can just pile grass clippings and dry leaves on the ground or in a bin. This method requires no maintenance, but it will take several months to a year or more for the pile to decompose. Cold composting works well if you are short on time needed to tend the compost pile, have little yard waste, and are not in a hurry to use the compost. Keep weeds and diseased plants out of the mix since

the temperatures reached with cold composting may not be high enough to kill the weed seeds or disease-causing organisms. Add yard waste as it accumulates. Shredding or chopping speeds up the process.

## Hot Composting

Hot composting requires more work, but with a few minutes a day and the right ingredients you can have finished compost in a few weeks. The composting season coincides with the growing season, however, since compost generates heat, the process may continue later into the fall or winter.

Hot piles do best when high-carbon material and high-nitrogen material are mixed in a 1 to 1 ratio. A pile with the minimum dimensions of 3' x 3' x 3' is needed for efficient heating. For best heating, make a heap that is 4 or 5 feet in each dimension. As decomposition occurs, the pile will shrink. If you don't have this amount at one time, simply stockpile your materials until a sufficient quantity is available for proper mixing. Hot piles reach 110°-160°, killing most weed seeds and plant diseases.

## Steps:

- 1 Choose a level, well-drained site, preferably near your garden.
- 2 You can either choose to have a composting bin or not. There are many types of bins available, which help contain the pile, but you can also simply build your pile directly on the ground. To help with aeration, you may want to place some woody mate-

rial on the ground where you will build your pile.

3 To build your pile, either use alternating 2-4" layers of equal parts high-carbon and high-nitrogen material or mix the two together and then heap into a pile.

4 Water periodically. The pile should be moist but not saturated, like a damp sponge.

5 Punch holes in the sides of the pile for aeration.

6 The pile will heat up and then begin to cool. Start turning when the pile's internal temperature peaks at about 130°-140°. You can use a compost thermometer, or reach into the pile to determine if it is uncomfortably hot to the touch.

7 During the composting season, check your bin regularly to assure optimum moisture and aeration are present in the material being composted.

8 Move materials from the center to the outside and vice versa. Turn every day or two and you should get compost in less than 4 weeks. Turning every other week will make compost in 1 to 3 months. Finished compost will smell sweet and be cool and crumbly to the touch.

## Common Problems

Composting isn't an exact science. If you notice that nothing is happening, you may need to add more nitrogen, water, or air. If things are too hot, you probably have too much nitrogen. Add some more carbon materials to reduce the heating. A bad smell also may indicate too much nitrogen.

Adding kitchen wastes to compost may attract flies and insects. To prevent this problem, make a hole in the center of your pile and bury the waste.

For more details on starting to compost, visit [www.nrcs.usda.gov](http://www.nrcs.usda.gov).

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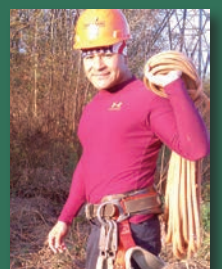
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## Stay Connected & Rediscover Your Creativity

For many, the act of making visual, performance or literary art is a fond memory from our youth. But as we mature, art often takes a backseat to education, work and family. Later adulthood can be an ideal time to get reacquainted with latent creative talents or to cultivate new ones. Research tells us we thrive when we:

- Learn new skills.
- Spend time with peers who have similar interests.
- Express ourselves creatively.
- Engage more with our community.

Active older adults who participate in arts education activities experience better health, fewer doctor visits and reduced use of medications. Reconnecting with the artist within is simultaneously good for you, gratifying, and fun. And you're likely to make a new friend or two in the process.

### Creative Aging Programs

While colleges, universities and art centers often offer tuition-based arts workshops for adults, the rapidly-growing field of "Creative Aging" is fueling a movement to offer free or low-cost arts workshops for older adults in community spaces such as public libraries, museums and community/senior centers. Tens of thousands of Americans age 55 and older have already benefited from participating in these workshops.

Creative Aging programs are designed for anyone age 55 and up, some of whom travel independently and others who may need some form of transportation assistance. Teaching artists who are trained to lead these workshops are especially aware of differences between engaging and teaching adults rather than children or teens; that social engagement is as important to the curriculum as the skill-building; and that some older adult learners may need assistance with certain tasks related to vision or hearing.

### Getting Started

Creative Aging and other special arts workshops for older adults are offered by a variety of organizations. To find one near you, visit the National Endowment for the Arts' Directory of State and Regional Arts Agencies and Organizations website, <https://www.arts.gov/partners/state-regional>. You can also find upcoming arts programs at public libraries, Area Agencies on Aging, local arts councils, museums, senior/community centers and the YMCA/YWCA.

### Success Stories

People who participate in Creative Aging programs often enter into the experience with modest expectations and ultimately report results that shatter and surpass their expectations.

*"It was fun belonging to something. I liked the people and the stories of life. It made me feel appreciative of what I do have and how my life could be made better by joining and doing more."*

*"Our class was made up of those who were able to create fine art, and those with almost no experience. The teaching artist was able to bring each individual into a space where they felt proud of the work they accomplished. This truly was an excellent experience."*

*"It's astonishing to discover in your later years a whole new field that you knew little about, and gratifying to realize that you're still capable of learning something new and challenging. I've also made good friends among the other students; it's wonderful to come together over a common interest and share our delight in discovering new things or getting a new insight into old things."*

Brought to you by Lifetime Arts, a partner in the engAGED National Resource Center, which is administered by the National Association of Area Agencies on Aging (n4a) with funding from the U.S. Administration for Community Living. For more information, visit [www.engagedolderadults.org](http://www.engagedolderadults.org).

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# Time to Hit the Beach

On the east coast, summer means Beach Time, and here in Delaware, getting to the beach has never been easier – or more affordable. If hitting the beach is at the top of your summer to-do list, look no further than DART to get you there quickly, conveniently and affordably.

## DART to the Beaches

Sit back, relax and let someone else do the driving. DART's 305 Beach Connection coach offers 3 round trips between Wilmington and Rehoboth on Saturdays, Sundays and holidays, through Labor Day. With stops at the Wilmington Train Station, Christiana Mall, Odessa Park & Ride in Middletown, Scarborough Road Park & Ride in Dover, the Lewes Park & Ride and Rehoboth Park & Ride, you can save yourself from the hassles of traffic congestion and the stress of finding a parking spot and keeping that meter filled - plus you can save money!

DART offers an "Anywhere Pass" for just \$12.60, which is good for your entire day of travel. And if you're already at the beach, DART's **Seasonal Beach Bus Services** run daily from approximately 7 a.m. to 2 a.m., through September 8th and provide connections to Lewes, Tanger Outlets, Rehoboth Beach and Boardwalk, Dewey Beach, Indian River Campground, Bethany Beach, Fenwick Island, Ocean City, MD, Long Neck, Pot-Nets, Millsboro and Georgetown.

When summer ends, DART's year-round bus service in Sussex County is available Monday through Saturday. The cash fare is just \$2.00 for a one-way trip, \$4.20 for a daily pass, and if you're 65 years of age or older, DART offers a discounted cash fare of \$.80 per one-zone trip.

Don't like to carry a lot of change? No problem! Instead of paying your fare on the bus, you can choose to

purchase and pay for your fare using your mobile phone and the DART Transit app.

Summer's too short to let traffic and the pain of parking ruin your adventure. Let someone else do the driving while you close your eyes and think about how you're going to spend all that gas, toll and parking money you didn't just spend!

*All DART buses are ADA accessible, accommodate wheelchairs and are air conditioned for your comfort. The Delaware Transit Corporation, a subsidiary of the Delaware Department of Transportation (DelDOT), operates DART First State. For more information, please visit [www.DartFirstState.com](http://www.DartFirstState.com) or call 1-800-652-DART. Real-time bus information and DART Pass, our mobile fare payment option, are both available on the free DART Transit App (iOS and Android).*



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



## VOLUNTEERS NEEDED

Do you have a fair amount of experience repairing small household electronics and other items? Can you diagnose problems, determine if repair is possible, and guide the owner through the steps of repair?

### DO YOU LIKE FIXING THINGS? DO YOU LIKE PEOPLE?

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Call (302) 395-5651 [NCCDE.ORG/BANKBARN](http://NCCDE.ORG/BANKBARN)





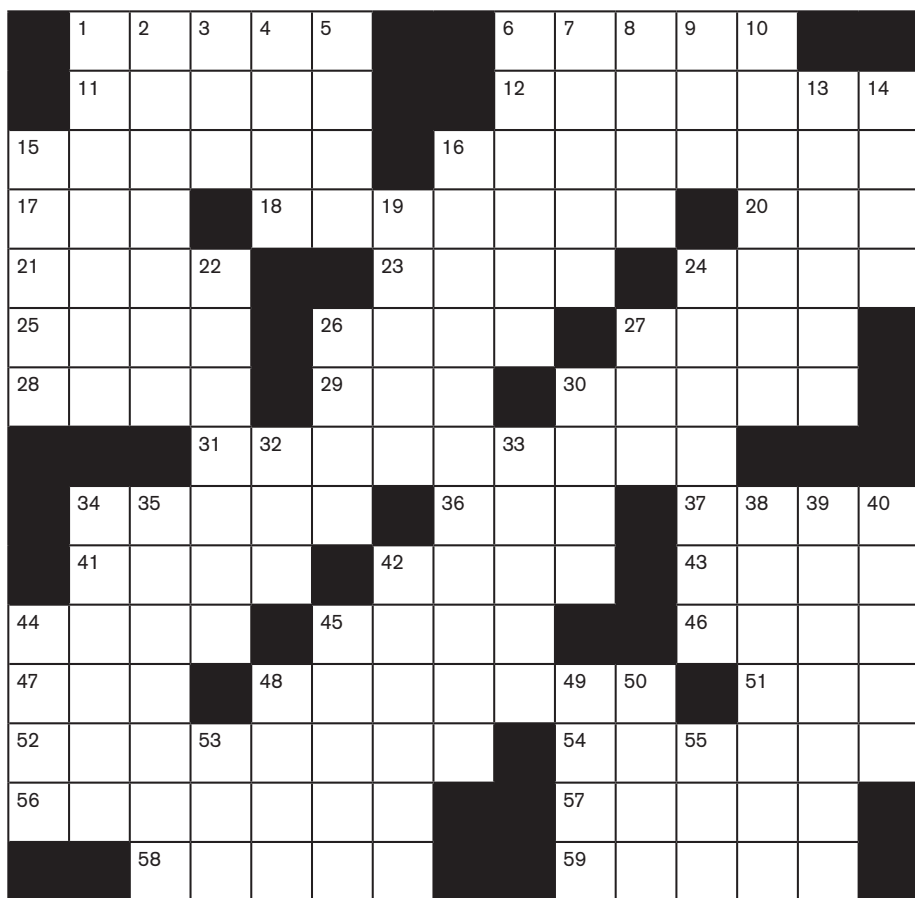
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[DartFirstState.com/1-800-652-DART](http://DartFirstState.com/1-800-652-DART)



## By Dave Fisher



Answers on page 13

1. Potato state
6. Mammary gland of bovids
11. Award
12. Growing in extreme abundance
15. Be against
16. Behaving amorously
17. Pelt
18. Frighten
20. Holiday drink
21. Took flight
23. Dagger handle
24. Murmurs
25. Being
26. Glove
27. Tight
28. A musical pause
29. In song, the loneliest number
30. Oxe ye
31. Difficult
34. Skims
36. French for "Name"
37. Stair
41. Defrauds
42. A temple (archaic)
43. By mouth
44. Found on most beaches
45. Sandwich shop
46. Infamous Roman emperor
47. A large vase
48. Vixen
51. European peak
52. Maidenlike
54. Concise summary
56. A side of a coin
57. Expensive fur
58. Ceased
59. Glowing remnant

1. Urge
2. Make downhearted
3. Fuss
4. Chop finely
5. Margarine
6. Fill with optimism
7. Float
8. Small boat
9. Eastern newt
10. Catastrophic
13. Bigheaded
14. Hens make them
15. Put forward
16. Brotherly
19. Rhinoceros
22. Marsh
24. Coffar
26. Gangs
27. Letter after sigma
30. A hemispherical roof
32. Years (French)
33. Classical Greek
34. Dung beetle
35. Plot
38. Molasses
39. Not later
40. Plunks
42. Cut down
44. Japanese wrestling
45. Compacted
48. Group of cattle
49. Church alcove
50. Streetcar
53. Lair
55. Diminish

## A top-down view of a white square plate filled with a fresh peach salad. The salad is composed of sliced peaches, small balls of mozzarella cheese, torn pieces of prosciutto, and a mix of green and purple leafy vegetables. The plate is set on a rustic wooden surface, with a blue and white patterned cloth and wooden serving tongs visible in the background.

**Yields 4 servings**  
**Total Time: 10 minutes, plus chilling (for the glaze)**

Pour 1 cup balsamic vinegar into a small saucepan over medium heat. Bring to a simmer and reduce heat to low. Continue simmering until you have about 1/4 cup of balsamic glaze in the pot. That's all there is to it. Now you can have balsamic glaze at your fingertips any time you want it. A little tip: You'll want to avoid leaning over the pot to inhale the reducing vinegar. It's potent as it cooks!

- 4 medium peaches, sliced thin, about 16 slices per peach
- 2 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- ¼ teaspoon kosher salt, plus more to taste
- ⅛ teaspoon freshly ground black pepper, plus more to taste
- 8 ounces spring mix, roughly chopped or torn bite-size
- 4 ounces mozzarella pearls, ciliegine, bocconcini - halved as needed
- 2-4 ounces prosciutto, torn bite-size
- 12 basil leaves, sliced very thin or torn
- 2 tablespoons balsamic glaze

1. Place the sliced peaches in a mixing bowl and drizzle with olive oil and lemon juice. Sprinkle with salt and pepper. Toss to coat.
2. On a large platter or in the same mixing bowl, layer the spring mix, peaches, mozzarella, prosciutto, and basil. Drizzle with balsamic glaze. Enjoy!





# The Funny Bone

## We've All Been There

Have you ever been walking down the street when you realize you're going in the complete opposite direction of where you're supposed to be going? But instead of just turning a 180 and walking back in the direction from which you came, you have to first do something like check your watch or phone or make a grand arm gesture and mutter to yourself to ensure that no one in the surrounding area thinks you're crazy by randomly switching directions on the sidewalk.

Whenever someone says, "I'm not book smart, but I am street smart," all I hear is "I'm not real smart, but I am imaginary smart."

How many times is it appropriate to say "What?" before you just nod and smile because you still didn't hear what they said?

I love the sense of camaraderie when an entire line of cars teams up to prevent a jerk from cutting in at the front. Stay strong, brothers!

Every time I have to spell a word over the phone using 'as in' examples, I will undoubtedly draw a blank and sound like a complete idiot. Today I had to spell my boss's last name to an attorney and said, "Yes that's G as in...(10 second lapse)..ummm...Goonies."

I can't remember the last time I wasn't at least kind of tired.

Why is it that during an icebreaker, when the whole room has to go around and say their name and where they're from, I get so incredibly nervous? Like, I know my name, I know where I'm from, this shouldn't be a problem....

I'm always slightly terrified when I exit out of Word and it asks me if I want to save any changes to my ten-page research paper that I swear I did not make any changes to.

I hate when I just miss a call by the last ring (Hello? Hello? Dammit!), but when I immediately call back, it rings nine times and goes to voicemail. What'd you do after I didn't answer? Drop the phone and run away?

I wonder if cops ever get pissed off at the fact that everyone they drive behind obeys the speed limit.

And one parting thought: Bad decisions make good stories.

# 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.

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

Answers on page 13

(courtesy of KrazyDad.com)

## I Wish I Knew Then What I Know Now

1. Time passes much more quickly than you realize.
2. If you don't take care of your body early then it won't take care of you later. Your world becomes smaller each day as you lose mobility, continence and sight.
3. Sex and beauty may fade, but intimacy and friendship only grow.
4. People are far more important than any other thing in your life. No hobby, interest, book, or work is going to be as important to you as the people you spend time with as you get older.
5. Money talks. It says "Goodbye." If you don't plan your finances for later in life, you'll wish you had.
6. Any seeds you planted in the past, either good or bad, will begin to bear fruit and affect the quality of your life as you get older – for better or worse.
7. Jealousy is a wasted emotion. People you hate are going to succeed. People you like are going to sometimes do better than you did. Kids are going to be smarter and quicker than you are. Accept it with grace.
8. That big house you had to have becomes a bigger and bigger burden, even as the mortgage gets smaller. The cleaning, the maintenance, the stairs – all of it. Don't let your possessions own you.
9. You will badly regret the things you **didn't do** far more than the things you did that were "wrong" – the girl you didn't kiss, the trip you didn't take, the project you kept putting off, the time you could have helped someone. If you get the chance – do it. You may never get the chance again.
10. Every day you wake up is a victory.

**Bonus:** It's never too late to become what you wanted to be or might have been if you **start now**.





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