

VITAL INFORMATION FOR A VITAL LIFE!



# Vital!

THE MAGAZINE FOR ACTIVE OLDER ADULTS®

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KARYN CORTEZ AND LINDA PRITCHETT

It's May and we have lots to celebratethis month. Sunday, May 11th is Mother's Day and we celebrate Memorial Day on May 26th, remembering our Military fallen. May is also Older Americans Month, honoring the most important people on God's green earth (next to Mother's of course). This year's theme is Safe Today. Healthy Tomorrow.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this group result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, we hope to raise awareness about this critical issue. By doing our part and being conscious of safety, we all can live longer, healthier, more independent lives.

May is also National Stroke Awareness Month. Turn to page 4 to learn the signs and how to work F.A.S.T. Turn to page 3 for tips on protecting your bones and kidneys with healthy food choices. On page 11 we're Goin' Green and turn to the back cover to read about one of our favorite pastimes, The Kentucky Derby.

May is also Better Hearing Month, and in honor of that we're highlighting a special guest. We'd like to introduce you to Total Hearing Care. When they listen, you hear. Learn all about the wonderful services they provide to our community on pages 8 and 9.

We hope you have a great month, and that you take the opportunity to remember and to thank all those that have made an impact in your life, either directly or indirectly. Have a happy and grateful May!

Karyn and Linda

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## Protect Your Bones, Protect Your Kidneys, With Healthy Food Choices

By Melissa Coats, ND

## Dietary Guidelines

Too much calcium and you might hurt your kidneys; not enough and you risk weakening your bones. Research has shown that vegetarians tend to have a lower incidence of osteoporosis than meat-eaters. This could be because a vegetarian diet is high in calcium and potassium, low in phosphorus, and lower in protein than a meat-based diet, all of which aid the prevention of osteoporosis. To prevent osteoporosis, then, choose a diet that consists primarily of fruits, vegetables, grains and non-fat dairy products. Drawing on this and other knowledge gained through clinical observation, here are some recommendations to help your bones.

## Eat More:

## Foods High in Calcium

- Canned sardines and canned salmon (with the bones)
- Non-fat yogurt
- Kale
- Mustard, collard & turnip greens
- Celery
- Dates, figs, and raisins
- Broccoli
- Soybeans, tofu
- Sesame seeds
- Carob flour
- Black strap molasses
- Sea vegetables

Women over the age of 35 who ingest less than 1 gram of calcium daily (1.5 grams for postmenopausal women) are often in negative calcium balance. Studies indicate that a high calcium intake during childhood and adolescence may reduce the risk of osteoporosis. It is uncertain whether calcium supplementation reduces bone loss after menopause. The responsiveness may depend on age. It appears that calcium supplementation in the first 5 years of menopause attenuates but doesn't stop bone loss from the long bones and has little effect on the spine. Calcium supplementation should be combined with vitamin D to increase absorption.

## Foods High in Vitamin K

(note: if you are on a blood thinner you should not eat these foods without consulting your physician.)

- Broccoli
- Alfalfa
- Green leafy vegetables
- Oats
- Tomatoes
- Rye
- Wheat
- Cauliflower

Osteoporotic patients have a decreased mineralization of bone. A deficiency of vitamin K can lead to impaired mineralization of bone due to inadequate osteocalcin synthesis. Osteoporotic patients generally have low serum vitamin K values. In one study, supplemental vitamin K reduced urinary calcium loss in postmenopausal women with excess urinary calcium secretion.

## Foods High in Zinc

- Wheat germ
- Seafood
- Pumpkin seeds
- Nutritional yeast
- Sunflower seeds
- Soybeans
- Foods grown in organically enriched soils

Low serum levels of zinc have been reported in osteoporotic patients. Because Americans generally eat below the RDA of zinc, supplementation is recommended.

## Foods High in Magnesium

- Whole wheat
- Nuts
- Bran
- Seeds
- Green leafy vegetables
- Asparagus
- Celery
- Cabbage
- Bananas
- Prunes
- Oranges
- Cashews
- Legumes
- Almonds

As much as 50% of a body's magnesium is found in the bones. Studies indicate that a magnesium deficiency is common in women with osteoporosis and is associated with abnormal calcification of bone. Although these foods should be okay, magnesium supplements can be harmful to compromised kidneys, so ask your physician if you have restrictions if you have kidney issues. If you do have kidney issues, avoid asparagus and, particularly with later stage kidney disease, rutabagas.

## Foods High in Manganese

- Celery
- Bananas
- Beets
- Egg yolks
- Bran
- Legumes
- Pineapple
- Asparagus
- Green leafy vegetables
- Whole grains

Manganese deficiency is common in women with osteoporosis. A deficiency may accelerate bone loss as well as result in defective bone formation. Manganese stimulates production of mucopolysaccharides, which are responsible for providing a structure for calcification to occur.

## Foods High in Potassium

- Fruit (bananas)
- Raisins
- Potatoes
- Halibut
- Salmon
- Almonds
- Carrots
- Soybeans

Studies show that potassium is important in reducing urinary calcium excretion.

## Avoid:

**Alcohol** – Alcohol decreases intestinal calcium absorption and vitamin D levels. It is also associated with hip fractures due to an increased number of falls.

**Coffee or black tea** – Coffee and tea increase urinary and fecal calcium excretion. Heavy caffeine drinkers (> 2 cups of coffee/tea per day) are twice as likely to suffer hip fractures.

**High fat foods** – A high fat diet decreases calcium absorption.

**High protein foods/meats** – A high-protein diet increases calcium excretion.

**Salt** – Salt increases calcium excretion. It can also cause increased fluid retention, which is hard on your kidneys.

**Sugar** – Sugar increases peaks in urinary calcium excretion. It is also inflammatory and harmful to kidney health.

**Smoking** – The bone mineral content of smokers is 15-30% lower in women, and smokers are twice as likely to have osteoporosis as non-smokers.

Your kidneys will thank you when they don't have to process and clear these additives and foods.

## Exercise:

Weight bearing exercise such as walking protects against bone loss. To be effective, exercise at least 3 times per week for an hour. Studies show that exercise can actually increase bone mass in postmenopausal women. It will also help with blood flow and circulation to help your kidneys.

Consult your physician if you have any questions regarding osteoporosis or any of these recommendations for kidney health.

Sources and references available by emailing questions@vitalmagonline.com. Dr. Melissa Coats is a licensed naturopathic physician in Scottsdale, AZ at Naturopathic Specialists, LLC (www.listenandcare.com). If you have a question for Dr. Coats, email her at questions@vitalmagonline.com.







## May is National Stroke Awareness Month

### Key Facts of Stroke

- Stroke is the leading cause of serious long-term disability in the United States.
- Every year, about 795,000 people in the United States have a stroke. About 610,000 of these are first or new strokes. About 185,000 people who survive a stroke go on to have another.
- Recurrent stroke is frequent; about 25 percent of people who recover from their first stroke will have another stroke within 5 years.
- Someone in the U.S. has a stroke every 40 seconds.
- Every four minutes someone dies of stroke.
- About 40 percent of stroke deaths occur in males, and 60 percent in females.
- There are 7 million stroke survivors living in the U.S. today and two-thirds of them are disabled.
- Strokes can and do occur at ANY age. Nearly one quarter of strokes occur under the age of 65.
- The risk of stroke more than doubles each decade after the age of 55.
- In one second 32,000 brain cells die; in 59 seconds an ischemic stroke will have killed 1.9 million brain cells.
- Ischemic strokes, which occur when blood clots block the blood vessels to the brain, are the most common type of stroke, representing about 87% of all strokes.
- Up to 70% of strokes seen in the hospital are ischemic, while the remaining 30% are a mixture of transient ischemic attacks and hemorrhagic strokes.
- In 2012, stroke related medical costs and disability cost Americans an estimated \$75 billion.
- 80% of strokes are preventable.

one-sided weakness.

Stroke may cause problems with thinking, awareness, attention, learning, judgment, and memory. Stroke survivors often have problems understanding or forming speech. A stroke can also lead to emotional problems. Stroke patients may have difficulty controlling their emotions or may express inappropriate emotions, while many stroke patients experience depression.

Stroke survivors may also have numbness or strange sensations. The pain is often worse in the hands and feet and is made worse by movement and temperature changes, especially cold temperatures.

### Stroke-Time Lost is Brain Lost

#### Signs of Stroke

All of the major symptoms of stroke appear suddenly and without warning, and they are often not painful but still need to be taken seriously. If you think someone is experiencing any of these symptoms, or you are experiencing them, call 9-1-1 immediately.

The most common symptoms of stroke can be remembered by the acronym **FAST**:

- F = Face:** Is one side of the face drooping down?
- A = Arm:** Can the person raise both arms, or is one arm weak?
- S = Speech:** Is speech slurred or confusing?
- T = Time:** Time is critical!! Call 9-1-1 immediately!

Other, less common symptoms of the most common type of stroke are:

- sudden trouble seeing,
- sudden dizziness, and
- generalized weakness.

If you or someone you are with have any one of these symptoms, it's important to act FAST and call 911, as soon as possible!



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## It's Time to Get On the Exercise Bandwagon

You've heard it before, yet it bears repeating: Staying active and fit is a great way to improve and maintain mental and physical aptitude, and it's especially important during the later stages of life. However, as people get older, they typically engage in less physical activity, citing reasons including fear of falling, fear for their general safety, a lack of transportation and limited equipment or facilities.

It's important to realize, though, that exercise doesn't have to be backbreaking to provide substantial benefits. Activities like walking, gardening, dancing and swimming are great ways to exercise without putting too much toll on your body.

**There are many physical and mental benefits to exercising and staying active.**

**Better sleep:** People who exercise regularly tend to fall asleep more quickly, experience deeper sleep stages and wake up fewer times throughout the night.

**Enhanced brain activity:** Exercise encourages more positive brain activity, which helps to prevent memory loss and may slow the further development of brain disorders like Alzheimer's.

**Improved blood pressure:** Exercise lowers the risk of developing high blood pressure.

**It feels good:** Exercise increases endorphins in the brain, which help to decrease anxiety and reduce depressed feelings.

As people get older they tend to lose physical performance in four main areas: strength, balance, flexibility and endurance. Exercising for only a short

time every day can seriously reduce the rate at which these attributes diminish over time.

**It's important to check with your doctor before starting any exercise plan. Keep it fun and you're more likely to stick with it!**

If you have mobility issues, look for a class designed for older adults. You'll enjoy both the physical and the social benefits of the class!

Make sure to do a 5-10 minute warm-up and stretching routine before every work out session.

Try to find an exercise partner. You'll keep each other motivated and safe during your workouts.

Try to exercise at least 3 times per week with a mix of both aerobic and anaerobic exercises.

Make sure to drink enough water before and after workouts to avoid dehydration.

Eat a healthy diet to support your

exercise plan. Make sure to eat fruits and vegetables high in water, foods with protein to help rebuild and repair muscles, and dairy or juices that contain calcium to sustain bone mass.

*This health tip was brought to you by Arden Courts Memory Care Community. Located at 700 1/2 Foulk Rd., Wilmington, Arden Courts is part of the HCR ManorCare family. The HCR ManorCare health care family comprises centers that are leading providers of short-term post-acute services and long-term care. With 60,000 caregivers nationwide, the HCR ManorCare centers are preeminent care providers in their communities. Quality care for patients and residents is provided through a network of more than 500 skilled nursing and rehabilitation centers, assisted living facilities, outpatient rehabilitation clinics, and hospice and home health care agencies. These locations operate primarily under the respected Heartland, ManorCare Health Services and Arden Courts names. For more information on Arden Courts, call Janice Clay or Jean Youkers at 302-761-4805.*

## Training for Quickness

As we get older, we lose the ability to move as quickly as when we were younger due to specific age-related changes in our muscle fibers. As we get past our sixties, we lose approximately 3% of our lower body muscle power every year! That may sound discouraging, but it's really not if you know how to address it and prevent it.

**Here is a simple ramp exercise you can do to increase your quickness:**

For those who already walk regularly in their neighborhoods, find a gently graduated access ramp to a building (the type you find near the entry of a building, normally for wheelchair or walker use.) The ramp must have bars at the sides for safety. If you have any issues with balance, please make sure your hands are over the bars, that you are using your balance devices (such as a walker or cane) and that you have someone with you to help you avoid falling. Pick up your walking pace as you go up the ramp. When you come back down, make sure that you do so very SLOWLY, that your hands are on the side rails and that you have someone with you for safety. Perform this exercise a few times so that you challenge yourself a little.

Take note of how long it takes you to get from the bottom of the ramp to the top. The point of this drill is to decrease the time it takes to get up the ramp; by exercising this way one or two times a week (leaving rest days in between sessions) for a period of a few months you can increase your speed significantly.

If you do not have any issues at all with balance and are extremely fit, you can choose a graduated hill outside that is a little longer than the ramp. Hills should not be steeper than 7% grade and should take no more than one minute to climb. Take caution when going back down a hill, and do so very slowly. Ideally, you should incorporate this ramp drill into your routine on a regular basis to keep your quickness at a good level and to avoid further deterioration to your speed.

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

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

## Son Or Stranger?



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# Another Reason to Push Off Retirement?

**H**eads up to women who entered the workforce after they raised their families, immigrants, and other late entrants into the U.S. workforce. Workers with a history of part-time or low-compensation employment who now enjoy significantly higher pay should also take heed.

If you're considering retiring, keep in mind Social Security's two important thresholds regarding length of employment: 10 and 35 years.

First, a worker must have employment subject to FICA taxes in 40 quarters (10 years) to receive any benefits at all. Immigrants and other late entrants to the Social Security system will benefit greatly by continuing to work until the 40 quarter requirement is met. Even a small benefit is a windfall in comparison with no benefit.

Second, Social Security determines retirement benefits by looking at a worker's 35 years of highest earnings.

Beyond meeting the threshold for minimum benefits, the next goal is to create the best record possible for calculation of the Primary Insurance Amount (PIA), Social Security's mechanism to determine retirement benefits.

A worker who qualifies for benefits with the minimum 40 quarters (10 years) of earnings presents a record with 25 years of zeros in the calculation of the PIA. With every year of work, one of the zeros is replaced with a positive number that will enhance the record. Continuing to work could raise benefits significantly. For example, if you have worked for 10 years with a salary of \$10,000 a year and decide to work for another year at the same salary, you could receive another \$5,000 in benefits over the first 20 years of retirement.

This principle applies to many individuals who for any reason fall short of 35 years of covered employment.

Examples are women who raised their families before joining the workforce, immigrants whose U.S. employment covers only a part of their working lives; and certain federal, state and local workers.

Even for those who have worked more than 35 years, the PIA will also increase if current earnings are higher than the earnings in some previous years. Because Social Security takes the 35 years with highest earnings, continuing to work could eliminate from the calculation years of low earnings. This could easily be the case if you worked part time in some of those 35 years.

Your Social Security Statement provides your work history so you can see the years of low earnings that might be replaced with higher earnings if you continue to work. When you look at this earnings record, you need to be cautious, however, because Social Security adjusts earnings in past years for wage inflation. While your earnings

in the 1970s may look very low next to what you are earning today, keep in mind that those numbers are adjusted in the Social Security calculation. For example, wages for 1974 will be multiplied by a factor of more than five when entered into the PIA calculation.

For some workers, the greatest benefit of continued employment is that the income makes it possible to delay claiming Social Security benefits. In that case, the bonus of waiting to claim is that the amount of benefits will go up by 8% each year beyond a worker's full retirement age until age 70.

*Jeffrey B. Miller earned his doctorate in economics from the University of Pennsylvania in 1976 and taught at the University of Delaware for 36 years. In 2009 he co-founded Social Security Choices, a firm that specializes in providing customized information to assist people in formulating their best strategies for claiming Social Security benefits. If you have a question, email him at questions@vitalmagonline.com.*

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# How We Can Learn from Philip Seymour Hoffman's Last Will

By Phil Corso, [www.legalzoom.com](http://www.legalzoom.com)

**O**ften you hear that you should review your will or trust to make sure it keeps up with changes in your life and still meets your needs. If you don't, it's possible that a will you signed some time ago will determine what happens to your property. State law may also step in to fill a void, ending with a result you may or may not have wanted.

The tragic death of Philip Seymour Hoffman, whose will became public as a result of the probate proceeding, brought some of these issues into the public eye.

The award-winning actor died suddenly in February at age 46 of a suspected drug overdose and left a significant chunk of his \$35 million-plus estate to long-term companion Marianne O'Donnell. The ensuing weeks after his death helped serve as a textbook example of why it is so important to review your will or trust and make sure it still meets your needs after major life changes.

## Plan Ahead, or Pay the Price

Hoffman's will was not updated in time to include all of his children, which means the court will ultimately decide how the estate will be divided among his companion and children.

At the time he made the will in October 2004, Hoffman had only one child with his longtime companion, Marianne O'Donnell, now 11-year-old Cooper. They since had two daughters, Tallulah and Willa, neither of whom were mentioned in his will.

Because his will did not keep pace with the changes in his life, Hoffman's family must now weave its way through the New York probate system to figure out what happens to his property and whether or not state law will step in to fill the void.

He never said so, but it is safe to assume that is not the way he would have wanted it.

## How Will the Hoffmans Handle the Will and the Law?

Philip Seymour Hoffman's early death brought many significant estate planning issues into the public eye. Many have questioned whether his daughters would be treated the same way as their brother since they were born years after their father penned his will.

McKinney's Consolidated Laws of New York help to explain that. If a child is born after a parent's will is created and is therefore not mentioned, they could still be provided for in some fashion so long as there is no stated intent to exclude any after-born children. Other states have similar laws protecting children born after their parents' wills were written.

But even that law gets a little complicated. In New York, any child born after the signing of a will is excluded if the testator already had a child—and failed to provide for them—when their will was signed.

Thankfully, this was not the case for Philip Seymour Hoffman.

## Unintended Consequences

While Hoffman's 2004 will did include his son Cooper, therefore ensuring that his daughters would be treated equally, improper planning still ran the risk of tampering with his final wishes. Had he updated his will, the consequences would have been diminished.

Had Hoffman failed to include son Cooper in his will, it would have been likely that all of the children would be excluded. Instead, now, any assets passing to Cooper will be shared with his sisters. It is important to note that since Ms. O'Donnell is the mother of all three children, even if the girls were excluded from the will, they would likely be taken care of in their mother's estate planning documents.

The actor obviously never said exactly how he wanted his earnings to be divided amongst his family. But either way, we will never know whether or not the ultimate outcome was what he would have wanted.

## How Tying the Knot Saves on Estate Taxes

Top estate tax rates at the federal level are 40 percent and 16 percent for New York state. Amounts in excess of \$5.34 million are subject to federal estate tax. In New York, the amount that can pass free of state estate tax is \$1 million. The estate could owe close to \$14 million out of his reported \$35 million estate value.

Hoffman and O'Donnell were never married. Under federal law, any property passing to a spouse at death is free of estate taxes, therefore delaying any federal estate tax until the surviving spouse's death.

If they had been married, Hoffman would have been able to pass on his assets either outright or in a properly drafted trust—all estate tax-free, as any tax liability would have been delayed until O'Donnell died.

But instead, Hoffman's estate must now come up with all that tax money within 15 months of his death, or end up paying interest on what is not paid on time.

## How to Avoid the Legal Mess

It is a simple formula to ensure that the death of either you or a loved one does not end with a complicated legal conversation on top of it.

Early estate planning and consistent updating throughout one's life should help ease the final steps of mourning—especially if the estate in question is as big as that of Philip Seymour Hoffman's. Even if it isn't as big, creating and maintaining a plan for your assets can help your loved ones tremendously.

If nothing else, Philip Seymour Hoffman's death did bring will writing and estate planning back into the public conversation. It matters.

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# Total Hearing Care

## They Listen, You Hear



*The month of May is filled with celebrations: Cinco de Mayo, Mother's Day, Memorial Day. But how much fun can you have at the festivities if you can't hear what's going on? May is also Better Hearing Month, and it's the perfect opportunity to raise awareness about communication disorders, and the perfect time to promote audiology and hearing screenings. If you've never done so, we encourage you to find an audiologist in your area and to get your hearing checked.*

*Want to know what to expect? Join us as we sit down with Tara Fogel, MS, FAAA, Board Certified Audiologist of Total Hearing Care in Wilmington, DE and learn more about hearing and in particular, fitting your particular hearing loss.*

**Vital!: Tara, you've been helping improve people's hearing for a very long time. What's your background?**

TF: I graduated from the University of South Florida in Tampa, FL with a Master's Degree in Audiology. Prior to joining Total Hearing Care (THC) I was in the clinical/medical end of audiology, working primarily with an ENT group. I'm also a Fellow of the American Academy of Audiology (FAAA) and I'm Board Certified in Audiology by the American Board of Audiology. To earn that credential, an audiologist must have passed a rigorous exam testing their knowledge and skill sets, hold master's and doctoral degrees in the field, and have numerous years of experience. These combine to make them the best practitioners a patient could seek for care.

**Vital!: That's impressive! What are the differences, then, between an audiologist, a hearing aid dispenser, and an otolaryngologist, or ENT?**

TF: Audiologists are trained to perform diagnostic testing to determine what is causing abnormal auditory function. They have understanding of the physiology, neurology, anatomy and pathology of the auditory system. They also provide rehabilitation to those with hearing loss ranging from mild to profound. The Doctor of Audiology Degree (AuD) emphasizes diagnostic skills, not unlike medical professionals, as well as enhanced

clinical skills, including hearing aid dispensing.

Hearing Aid Dispensers are state licensed and trained in performing necessary measurements for the selection and fitting of hearing aids. They are trained in instrumentation, hearing aid electronics, analysis, and programming of hearing aids.

Otolaryngologists are physicians trained in the medical and surgical management and treatment of patients with diseases and disorders of the ear, nose and throat (ENT). They are commonly referred to as ENT physicians.

**Vital!: Is hearing loss very common?**

TF: Yes, surprisingly it's very common. Approximately 33 million Americans, or 10% of the population, experience some sort of hearing loss. And hearing loss can occur at any age. In fact, only 40% of people with hearing loss are older than 65.

**Are there any signs to look for that might indicate someone could have a hearing loss?**

Most definitely. If someone finds that they frequently require other people to repeat themselves, if they think other people are mumbling, or if they have difficulty following conversations, especially in noisy situations, there might be a problem. They might respond inappropriately in conversa-

tion, or need to listen to the TV too loudly, or feel stressed or annoyed at the end of the day because of the difficulty understanding conversations around them. These are all signs that it's time to get their hearing checked.

**Is there a risk in waiting to do something about it?**

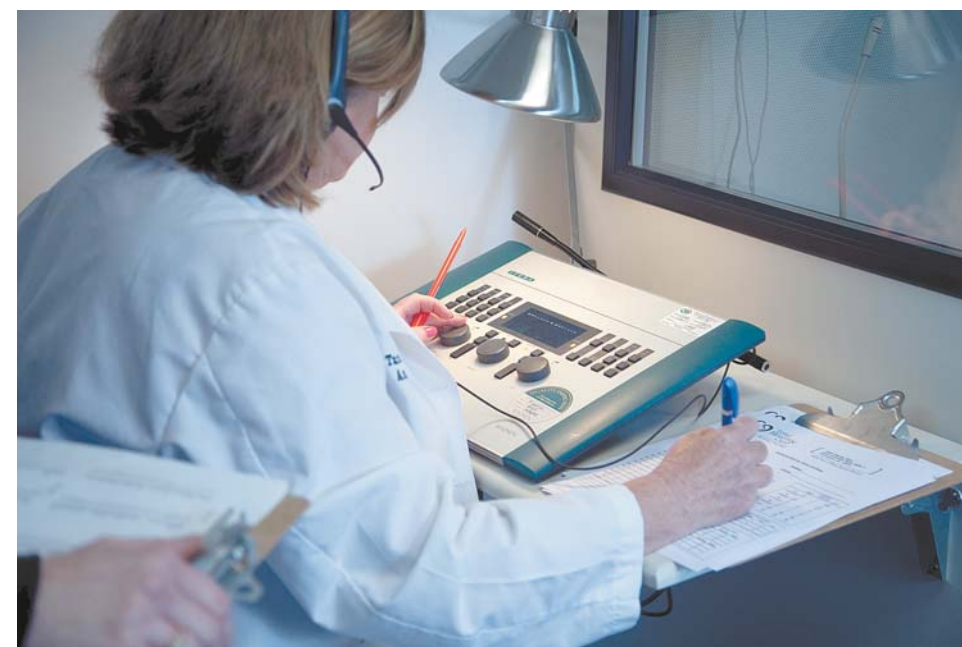
Yes. The actual process of hearing and understanding language occurs in your brain. The longer auditory information is not provided to or processed by your brain, the more difficult it becomes for the brain to utilize that information once hearing is restored.

**Are there different types of hearing loss?**

Yes. Hearing loss can be categorized by which part of the auditory system is damaged. There are three basic types of hearing loss: conductive hearing loss, sensorineural hearing loss, and mixed hearing loss.

Conductive hearing loss occurs when sound is not conducted efficiently through the outer ear canal to the eardrum and the tiny bones (ossicles) of the middle ear. Some of the common causes are impacted ear wax, fluid in the middle ear, allergies, benign tumors, Eustachian tube malfunction, and foreign bodies in the ear.

Sensorineural hearing loss (SNHL) occurs when there is damage to the inner ear (cochlea), or to the nerve pathways from the inner ear to the brain. Most of the time, SNHL cannot be medically or surgically corrected. This is the most common type of permanent hearing loss and best treated with the use of hearing aids.



Mixed hearing loss is a combination of both.

**What should a person expect when they make an appointment with you?**

There are three of us that work in the office: myself, Kathy Pollard, our Hearing Aid Dispenser, and Barbara Clark, our Patient Care Coordinator. Barbara is the first person you'll make contact with.

When you first come in, you'll complete a short hearing history to get more information on your personal hearing needs. It's very helpful to bring a spouse or family member so they may also share in the experience. I'll perform an otoscopic examination of your ears in order to clear you of any wax-related issues.

Next, you'll be seated in a sound booth and earphones will be placed over your ears. The evaluation is twofold. First you'll be asked to repeat a series of words that become increasingly softer, as well as words presented at a normal conversational level (speech audiometry). Next you'll hear different pitch

sounds and indicate when heard by raising your hand (pure tone audiometry). Together we'll go over the results, and if hearing aids are indicated, a plan of action will be discussed.

**Would someone ever need to wear two hearing aids?**

That's often the preference. It's because two instruments make speech easier to understand than only one. Just as the brain converts visual input from two eyes into one image, two ears send a speech signal equally to the brain.

**Do you have a particular story you'd like to share?**

It's all about the things that people without hearing loss take for granted. My favorite was when someone came in on their second visit and said their turn signals make a noise! I had a very nice lady who was just ecstatic that she could now hear her grandchildren, and then she said she never knew the zipper on her purse made a noise. These are my greatest pleasures, when I see someone else so pleased to be hearing again.

**What last piece of advice would you give prospective users?**

Usually the onset of a hearing loss is so gradual that you're not even aware that you're having hearing problems. You adjust to a new hearing "normal." After you're fitted with hearing aids and are suddenly exposed to new and different sounds, you need to re-educate your brain to accept these sound patterns as the new "normal." Don't get discouraged. Communicate to the audiologist how you are hearing and have realistic expectations! Hearing aids are not new ears!

**This is all such great information! If someone wants to get in touch with you to ask a question or schedule an exam, how can they reach you?**

It's easy. Call us at 302-529-9103 or email me at [tfogel@totalhearingcare.org](mailto:tfogel@totalhearingcare.org). I also have an office in Vineland, New Jersey ([www.njhearingaids.com](http://www.njhearingaids.com)). Total Hearing Care is headquartered in New Jersey with 37 locations between New Jersey, Delaware and New York.

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Seminar funding, presentation and lunch courtesy of Total Hearing Care,  
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\*One lucky winner will be drawn out of all of Total Hearing Care's May Community Seminar entrants. The drawing will take place on Friday, May 30th at 11 a.m. at Total Hearing Care's corporate office in Somers, NJ. No purchase is necessary to participate in this drawing. Employees of Total Hearing Care and their families are not eligible for this drawing.





# Is Caring For Aging Parents Unfair to Women?

By Carolyn Rosenblatt  
RN, Elder Law Attorney, Mediator

It's estimated that over 60 million families are caring for an aging or disabled person at home, and typically women bear the majority of the physical and financial impacts of caregiving. Approximately 80-90% of caregivers are women, and as parents live longer, more women are feeling the crunch.

## What does it cost women caregivers to take care of their aging parents?

There are both direct and indirect costs involved. Here are some examples from the 2013 Workplace Options/Alzheimer's Association report.

The average caregiver today is a midlife woman who already earns less on average than her male counterparts. Fewer than half of workers manage to keep their jobs during the period of caregiving. If a midlife woman is saving for retirement and has to quit, she will lose out on the benefits of working until retirement age. That will adversely

affect her own future as she ages.

More than a third of those surveyed reported that their work situation was adversely affected by caregiving, either because they had to quit altogether, retire early, reduce work hours or take a leave of absence.

Women who have young children at home, the "sandwich generation," are particularly hard hit. The researchers found that 69 percent of workers looking after both children and aging parents had to leave work early, arrive late, or miss days because of caregiving responsibilities.

## What can be done about the situation?

There are some specific actions women can take when assuming the caregiver role. This is particularly true if they have siblings. And it's important to do these things early, before caregiving becomes a crushing burden of everyday life.

**Women need to advocate for them-**

**selves among their siblings.** Where adequate resources exist, women caring for aging loved ones need to ask for help from siblings. They need to insist that everyone contribute when possible, rather than accept the role thrust on them without speaking up at all. Some siblings are simply unwilling to pitch in, and think that sisters and daughters should care for mom and dad for free "because it's family." It's not free when you're losing money doing it, so they also need to educate their siblings about the personal financial impact on them of handling the caregiver job.

**Be specific in requesting division of labor.** Identify "off site" chores. For example, ask siblings to manage the parents' bills, shop for a parent's needed items and see that they are delivered, or keep the medications straight and see that prescriptions are filled in a timely manner. The primary caregiver sibling needs to think this through and make lists of chores other siblings can be assigned to ease her own caregiving burden.

**Ask for caregiver contracts.** These agreements, drawn up by an elder law attorney, can allow for compensation of the caregiver sibling in some way, whether by direct payments every month, or by a larger share of any inheritance the siblings can reasonably expect from the parents needing care.

In some families, no one will help but the primary caregiver, despite requests and specifics. In some families, the parent has few resources to contribute and the primary caregiver doesn't want mom or dad to go to a nursing home. She chooses to care for the aging parent, regardless of the difficulty and financial impact. For those of you in this role, it is an upright thing to do. You are not likely to regret your efforts and your sacrifice.

*Carolyn Rosenblatt, RN, Elder Law Attorney, Mediator, began her career as an RN, primarily working as a visiting nurse for 10 years and is also an attorney who vigorously represented injured individuals over a 27-year career. If you have questions, email her at [questions@vitalmagonline.com](mailto:questions@vitalmagonline.com) or visit [agingparents.com](http://agingparents.com).*

## Older Americans Month 2014 Safe Today. Healthy Tomorrow.

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older Americans Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an

emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While DSAAPD provides services, support, and resources to older adults year-round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives. For example, we offer classes in fall prevention, "A Matter of Balance" throughout the state.

Contact us at the Delaware Aging and Disability Resource Center at (800) 223-9074 or [DelawareADRC@state.de.us](mailto:DelawareADRC@state.de.us) to find out about ongoing opportunities to celebrate and support older Americans.

Delaware Aging and Disability Resource Center  
(800) 223-9074  
[DelawareADRC@state.de.us](mailto:DelawareADRC@state.de.us)  
[www.DelawareADRC.com](http://www.DelawareADRC.com)

www.acl.gov/olderamericansmonth/



# The Secret Lifecycle of Recycled Paper

Try as we might, we are far from being a paperless society. From sales receipts to instruction manuals to children's homework, paper is an intrinsic part of our society. Fortunately, paper is fairly easy to recycle, and comes from a renewable (albeit slowly renewable) resource. But do you really know where your paper comes from, and where it goes after you put it in the recycle bin? Here's a look at the life of a typical sheet of paper, from the woods to your desk to your recycling bin, and back to a paper product again.



1 Paper begins its life as wood, either from a tree that is newly felled, or from wood scraps from lumber processing (this is referred to as pre-consumer waste). Paper that's made from all newly-felled wood, rather than from any recycled materials, is called "virgin fiber paper."

2 The wood is processed into chips, and then further processed into pulp, a watery mush. In many cases the pulp is then bleached using chlorine, so that the final paper product is a brighter color, like the bright white paper available for printing at home. Chlorine can be harmful to the environment, so when buying paper look for "Elemental Chlorine Free" [ECF], "Processed Chlorine Free" [PCF] or "Totally Chlorine Free" [TCF], all of which indicate the use of more benign chemicals than chlorine—a definite check in the pro column.

3 The pulp is then sprayed onto screens, which allows the water to drain off and the fibrous strands to begin to bond to each other. The mat that forms is then rolled, first between felt cylinders to remove more water, and then through rollers that further bond the fibers to each other and create the uniform thinness of a

sheet of paper.

4 Once the tree has been turned into paper, it is rolled onto huge reels and then transferred to a converter, which trims the paper to various sizes before distributing it to printers and stores.

But wait! Paper's life isn't even close to over yet. At this point in the cycle, paper's future lies in consumers' (our!) hands.

5 After the paper is purchased and used, most of it ends up in the recycling bin. Americans are pretty responsible when it comes to recycling paper. Of all the paper consumed in the U.S. in 2012, 65.1% was recovered for recycling. That's about 327 pounds of paper recovered for each person in the U.S. Compare that to only 8% of all plastic consumed recovered for recycling.

6 Used paper is collected and then taken to a recycling facility, where it is separated by type (newspaper, cardboard, office, etc.). Paper mills then use the specific types of paper to make different products—not just more paper, but also masking tape, bandages, car insulation, hospital gowns, globes, and more.

7 Once separated, the paper is made into pulp again, reverting the paper to its original cellulose fibers. The paper pulp is cleaned of contaminants like glue or staples by being pushed through screens and spun in centrifugal spinners.

8 To remove the ink from paper during the recycling process, the pulp is put through washing and flotation processes with a certain type of soap. The ink, too, is often repurposed. It can be burned for energy or used to make gravel.

9 The recycled-paper pulp might then be mixed with some virgin fiber or sawdust from lumber mills, which helps to make recycled papers stronger and smoother.

Now the newly-recycled paper re-enters the same cycle it went through back when it was virgin-fiber paper:

10 (or 3!) The pulp mixture is again sprayed onto screens, dried, rolled, and delivered to different distribution points. Paper made from paper recycled by households—not just paper-mill scraps—is called "post-consumer waste (PCW) recycled paper."

Each time paper re-enters the cycle, the fibers in the paper become a little bit shorter and weaker. The fibers from that first sheet of virgin-fiber paper can usually go through the recycling process up to seven times, which means paper can have seven lives.

So next time you open your newspaper, shove a sales receipt into your wallet, or jot a note to your partner, stop to think about the journey that piece of paper has already been on—and what's in store when you recycle paper right.

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# Playing On

By Nora Riehl Zelluk

A short film by Newark, Delaware resident Doortje Shover, a member of the University of Delaware’s Osher Lifelong Learning Institute in Wilmington, is gaining attention for its focus on the role of music in helping Alzheimer’s patients maintain their quality of life.

*Playing On* is Shover’s short documentary about playing the recorder with her friend and fellow musician Buna Fletcher, a former UD lifelong learning member who has Alzheimer’s disease.

Their story was profiled on March 28, on the public television program *First*, WHYY’s public media news-magazine for Delaware.

Shover and Fletcher met and became friends while playing in recorder ensembles at UD’s Osher Lifelong Learning Institute at Arsht Hall in Wilmington. Both grew up in musical households and shared a love of playing music.

Unfortunately, Fletcher’s progressing Alzheimer’s disease gradually affected her ability to participate in the ensembles. She was prone to occasional outbursts and had difficulty getting along in the program. Shover was saddened to see Fletcher leave the group, especially since her friend’s musical ability hadn’t declined in the least.

Some time had passed when it occurred to Shover that she might try to play with Fletcher again. Almost on a whim, she bought some new music for recorder duets while visiting family in Holland.

Although she wasn’t sure what would happen, a personal hunch led her to hope that Fletcher would be able to pick up her recorder and play as before.

Shover’s mother had also suffered from Alzheimer’s disease, and Shover

often traveled back to the Netherlands to help with the family’s caregiving efforts. As her mother’s ability to communicate diminished and she would become agitated, Shover said it helped when she would sing with her mother. She hoped that she would also be able to communicate with Fletcher through music.

Her hunches were confirmed when she sat down to play with Fletcher in her home. At first, Fletcher was confused, but then she began to play, easily sight-reading the new music Shover had brought. “I put the music in front of her, and she played it beautifully just like she would have before,” said Shover.

Shover continued to introduce new pieces on the Fridays when they played together, and Fletcher continued to sight-read and learn the new music, playing as expressively and beautifully as always.

“I am still so amazed by it, how wonderfully she continues to play,” said Shover. “In fact, sometimes I don’t count properly while we’re playing, and Buna stops, knowing something is wrong.”

Just as significant, Shover noticed that Fletcher appeared happier while she was playing, and often, for the rest of the day as well. Family members and caregivers remarked that Fletcher would have a more positive demeanor and was somewhat more responsive on the days she played.

On one particular day when Fletcher and Shover had played together more than usual, Fletcher’s family was astonished when she spontaneously began drawing sketches of family members at dinner. Although an artist all her life, such flashes of creative expression were nearly unheard of since Fletcher’s worsening Alzheimer’s diagnosis.

Shover’s enthusiasm for their shared



musical experience continued to grow, realizing that through music, she and Fletcher were able to continue their friendship, communicating without words. “It’s a language that we have amongst ourselves,” said Shover. “It is nonverbal, it is beautiful, it is from the soul, and it is purely emotional.”

Shover’s next thought was, “This is so amazing, it has to be filmed.”

After a few months of playing duets with Fletcher, Shover wanted to share the experience with a wider audience, who she felt could benefit from the message of how music might help us connect with those experiencing cognitive decline.

“I had no clue of how to go about it, but I knew it had to be on film,” said Shover. “I was just so fortunate to find the right people.”

Through fellow UD lifelong learning member and instructor Peggy Brick, she partnered with educational filmmaker Mark Schoen to produce the documentary last year. Family and friends from all around the world helped with critical fundraising.

The 10-minute documentary *Playing On* features Shover and Fletcher’s haunting recorder harmonies, as well as conversations with both musicians, and with family and friends of Buna

Fletcher. Another highlight is the family photo history tracing Fletcher’s musical upbringing.

Shover’s film premiered at a UD reception hosted at Goodstay Center in Wilmington last fall, which also featured performances by recorder ensembles from UD’s Osher Lifelong Learning Institute in Wilmington.

The documentary was also screened at the Wilmington Film Festival on April 27.

“I feel a great hope from this story, that even if a time comes when we cannot communicate in other ways, that music can be a nonverbal language where we will be able to connect with each other and experience joy,” added Shover.

To see the segment in its entirety, visit the WHYY First website.

*The Osher Lifelong Learning Institutes at the University of Delaware are membership organizations that provide opportunities for adults 50 and over to learn, teach, and travel with their peers. There are no academic requirements for admission. The only requirements are interest in a continuing educational experience, support of the programs through participation, and a modest membership fee. UD’s Osher Lifelong Learning Institutes are located in Wilmington, Dover and Lewes. For more information call 302-831-7600 or visit [www.lifelonglearning.udel.edu](http://www.lifelonglearning.udel.edu).*

# The Choices We Make

## Understanding Patterns in our Lives

By Myrle Bowe

Our daily lives constantly require making decisions, choosing between alternative paths. Many of these either-or situations are so familiar to us that we hardly notice the process of choosing. Where the consequences are trivial, habits of a lifetime relieve us of the conscious effort to decide. Training in childhood and adolescence, by instruction or example, makes us respond automatically to many situations. If the consequences of our choice will be significant, we may give serious thought to the alternatives, or we may shut our eyes and plunge. Whatever the situation, the existence of a situation or problem is less significant than our choice of response to it.

In *The Book of Choices*, Michael Magee, MD considers more than 75 paired choices which shape our lives. Among these are Courageous-Scared; Honest-Dishonest; Bold-Cautious; and Generous-Selfish. A short discussion of each pair is accompanied by thought-provoking quotations as an aid to understanding the patterns in our lives.

Lois Lutz, an 89-year-old member of a memoir-writing group, had these insights to offer on *Loneliness vs. Solitude*:

“To be lonely is a sad, dark, energy-sapping space in the mind. It is a stab in the gut. It is a sinking feeling of loss and rejection, a betrayal of love and friendship. Unfortunately, it is possible to feel lonely in a crowd.

“Solitude, on the other hand, is a welcome space, a calm, serene interlude in a hectic existence we know as modern life. Solitude offers a tranquil time to take a look at where you’ve been and why; a chance to discover where you’d like to go next and how.

“I see solitude as a gift to oneself, making time to repair the little tears in one’s psyche made by the demands of everyday life. A few minutes alone to rest the mind after a busy day is an investment in well-being; well worth the time spent. Contemplating the possibilities for doing good with generous actions is healthy for the soul.

“Loneliness versus Solitude? You choose!”

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

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A	N	T	E		A	N	T	I	C		O	M	E	N	
L	E	E	R		G	E	S	T	E		N	O	T	E	

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# ROASTED SWEET POTATO BLACK BEAN BURRITOS



Celebrate Cinco de Mayo the healthy way! This recipe is great as a make-ahead freezer meal. Prep once, eat twice!

The process is really simple and the recipe is very flexible. Substitute vegetables to suit your tastes or what you have on hand. Don't have black beans? Try pinto beans.

INGREDIENTS

- 2 small sweet potatoes, peeled and chopped small
- 1 onion, peeled and chopped
- 1 red pepper, chopped
- 1 small can diced green chiles
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 teasoon smoked paprika
- 1 teaspoon ground cumin
- salt and pepper
- 1 (15 oz) can black beans, rinsed and drained
- 1/4 cup chopped cilantro
- 1 lime, juiced
- 8 whole wheat tortillas
- 2 cups shredded cheese

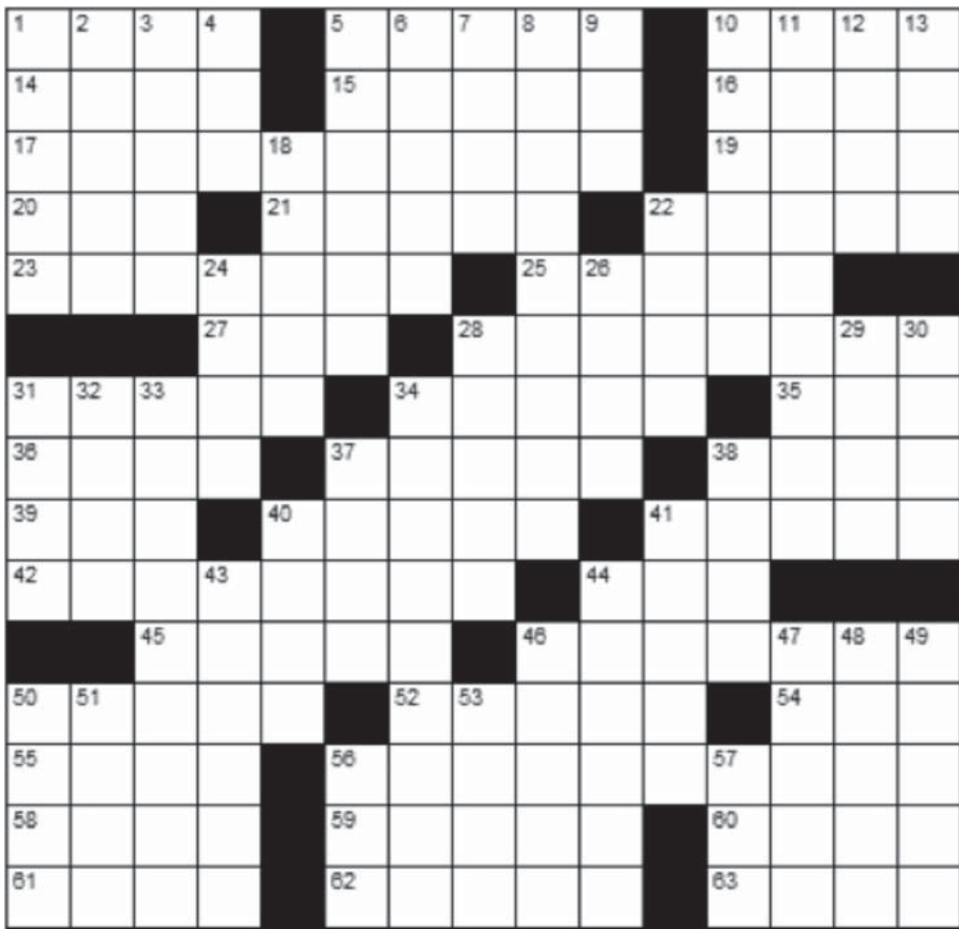
DIRECTIONS

1. Preheat oven to 425 degrees. Mix together sweet potatoes, onion, red pepper, chiles, chili powder, smoked paprika, cumin, salt and pepper. Drizzle with olive oil.
2. Spread vegetables on a large baking pan. Bake for 425 degrees for approximately 20 minutes, flipping halfway through.
3. Remove roasted vegetables, stir in black beans, cilantro and lime juice.
4. Lay out a tortilla, scoop approximately 1/4 cup vegetable mixture onto the center of tortilla. Sprinkle with shredded cheese and roll up. Repeat with remaining tortillas and toppings.
5. Preheat large skillet over medium-high heat. Spray with non-stick spray. Place tortillas in skillet (seam-side down).
6. Cook tortillas until golden brown. Flip until both sides are crispy.

\*To freeze: Prepare the burritos, stopping before cooking. Place the uncooked burritos in a resealable bag and freeze. To reheat, thaw then cook in skillet until golden brown.  
OR  
Prepare completely. Freeze after cooking. To reheat, microwave for 2-3 minutes or until hot.

# Crossword

By Dave Fisher      Answers on page 13



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ACROSS

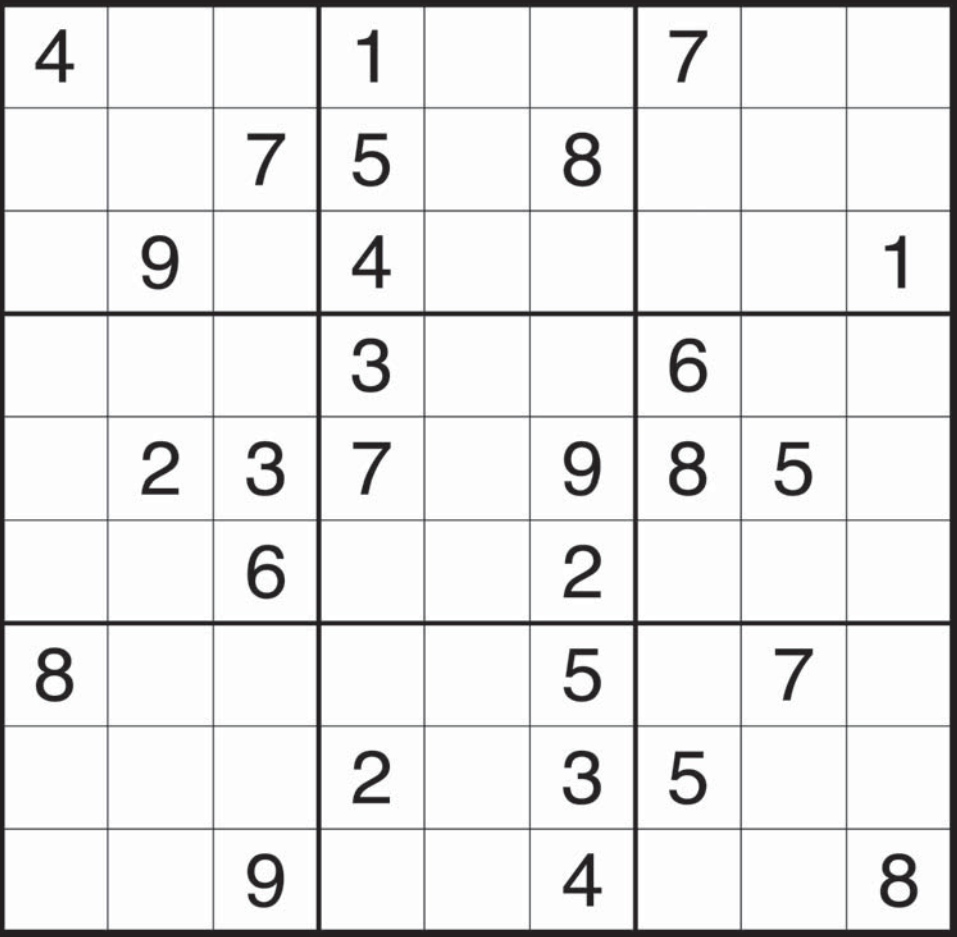
- 1. Requests
- 5. Anagram of “Doles”
- 10. Awestruck
- 14. Creative work
- 15. Representative
- 16. Affirm
- 17. Re-beautify
- 19. Departed
- 20. Pair
- 21. Pee
- 22. High society
- 23. Helps
- 25. Bedouin
- 27. Operative
- 28. Cuisine
- 31. Aquatic mammals
- 34. Pizazz
- 35. Prefix meaning “Modern”
- 36. Adhesive strip
- 37. Muse of love poetry
- 38. Stigma
- 39. Clairvoyant's gift
- 40. Hag
- 41. Office worker
- 42. Over a 7 day period
- 44. Genus of macaws
- 45. Not the most
- 46. Unyielding
- 50. Leered
- 52. Extols
- 54. Not high
- 55. Harvest
- 56. A language of India
- 58. Initial wager
- 59. Prank
- 60. Portent
- 61. Lascivious look
- 62. “Beau \_\_\_\_”
- 63. Memo

DOWN

- 1. Heart artery
- 2. Expels
- 3. Praise
- 4. South southeast
- 5. Flashy
- 6. German iris
- 7. Give temporarily
- 8. Mitigate
- 9. Coloring agent
- 10. Type of sleeve
- 11. Evasion
- 12. Confined
- 13. Tall woody plant
- 18. Points
- 22. Arab chieftain
- 24. Small island
- 26. Hodgepodge
- 28. A loud resonant noise
- 29. Back
- 30. An English royal house
- 31. Goulash
- 32. “ \_\_\_\_ on Down the Road”
- 33. Court of appeals
- 34. First rate
- 37. God of love
- 38. Close violently
- 40. Attired
- 41. Boorish
- 43. Custodian
- 44. Bear witness
- 46. A financial examination
- 47. San Antonio fort
- 48. A nine-piece musical group
- 49. String
- 50. By mouth
- 51. Heredity unit
- 53. Picnic insects
- 56. Witch
- 57. 2,000 pounds

# 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.



Answers on page 13      (courtesy of KrazyDad.com)

# In Honor of Mothers

The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new. ~Rajneesh

A mother understands what a child does not say.  
~Author Unknown

Mothers hold their children's hands for a short while, but their hearts forever. ~Author Unknown

You don't really understand human nature unless you know why a child on a merry-go-round will wave at his parents every time around — and why his parents will always wave back.  
~William D. Tammeus

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.  
~Sophia Loren, *Women and Beauty*



# THE FUNNY BONE

Holy Humor

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

“Is there anything breakable in here?” asked the postal clerk.  
“Only the Ten Commandments.” answered the lady.

“Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, “Good morning, Lord,” and there are those who wake up in the morning and say, “Good Lord, it’s morning.”

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter.

Then he put a note under the windshield wiper that read: “I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses.”

When he returned, he found a citation from a police officer along with this note “I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation.”

Sunday after church, a Mom asked her very young daughter what the lesson was about.

The daughter answered, “Don't be scared, you'll get your quilt.”

Needless to say, the Mom was perplexed. Later in the day, the pastor stopped by for tea and the Mom asked him what that morning's Sunday school lesson was about.

He said “Be not afraid, thy comforter is coming.”

While driving in Pennsylvania , a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humour, because attached to the back of the carriage was a hand printed sign... “Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust.”

A Sunday School teacher began her lesson with a question, “Boys and girls, what do we know about God?”

A hand shot up in the air. “He is an artist!” said the kindergarten boy.

“Really? How do you know?” the teacher asked.

“You know – Our Father, who does art in Heaven... “





## Run for the Roses: The Kentucky Derby

The Kentucky Derby is probably best known around the world for its atmosphere. The ladies' hats are always the talk of the town and fashion journalists from around the world weigh in on who wore what to the derby. It certainly wouldn't be the Kentucky Derby without a Mint Julep in hand to help quench your thirst on the first Saturday in May.

Col. Meriwether Lewis Clark Jr. is largely responsible for the Kentucky Derby. After a trip to Europe in 1872 where he witnessed the finest horse racing England and France had to offer, he founded the Louisville Jockey Club in order to raise the money to build a first rate horse racing facility. The land for the race track was donated by his uncles John and Henry Churchill. Every Kentucky Derby in history has been run at this track just outside of Louisville, Kentucky.

Naturally, this is where the track takes its name. While it was referred to as Churchill Downs from the beginning, it wasn't until 1937 that it was officially named Churchill Downs through incorporation. This was more than 60 years after the first Kentucky Derby was run on May 17, 1875.

The Kentucky Derby is much more than just a horse race; it is a cultural event. For many people, attending the Kentucky Derby is a once in a lifetime experience that cannot be missed. Dan Fogelberg composed his song "Run for the Roses" in honor of the event. The infield is general admission seating. Most people, however, buy these

tickets in order to enjoy the party that takes place all day rather than to watch the race. The party atmosphere was immortalized by Hunter S. Thompson in 1970 when he wrote an article about the Kentucky Derby for Scanlan's Monthly magazine.

The full race was first televised nationally in 1952. Today, the television coverage of the Kentucky Derby focuses as much on the people and traditions as it does on the race itself. The first Saturday in May is packed with coverage of the festivities that make the Kentucky Derby an event that is enjoyed by people from every walk of life. Much of the televised commentary prior to the race centers on the parades of people attending the event, the wardrobe choice of the notable attendees and the stories of the horses, jockeys, trainers and owners who will participate in the glorious race. In 2007, no less a personage than Queen Elizabeth II was in attendance and dressed splendidly for the occasion.

Originally, the Derby was 1 1/2 miles in length. This was the same distance as the European races that had inspired Clark in 1872. In 1896 the distance was reduced to 1 1/4 miles, the distance it continues to be run at today. That same year, the Derby winner was draped in a blanket of roses, a practice continued to this day. This tradition has led to the Kentucky Derby frequently being referred to simply as, "The Run for the Roses."

Source: *Kentuckyderby.com*

## The Derby's Fun Facts

- The Kentucky Derby trophy is made of 56 ounces of 14 and 18 carat gold, and is two feet tall.
- Churchill Downs opened on May 17, 1875 and the very first race was won by a horse named Bonaventure. The featured race's winner was a 3 year-old chestnut colt named Aristides.
- The phrase "Run for the Roses" was coined by New York sports columnist Bill Corum, who would later become president of Churchill Downs.
- The horseshoe atop the Kentucky Derby trophy was originally pointing down, and was turned 180 degrees to point upward in 1999.
- Racing silks were adopted in order to distinguish jockeys and horses from one another.
- "My Old Kentucky Home," the song played when the horses are led onto the field, has been played by the University of Louisville Marching Band since 1936.
- Early Times is the official Kentucky whiskey used to make Mint Juleps at the Kentucky Derby.
- Many celebrities have owned horses that have run in the Derby, including Steven Spielberg, George Steinbrenner and Burt Bacharach.
- The Garland of Roses, presented to the winner of the Kentucky Derby, has been shipped to Danville, Kentucky to be freeze-dried since 1996. Some owners even save a rose in order to dip it in silver for preservation.
- The Derby was nationally telecast for the first time on May 3, 1952 on a CBS affiliate.
- In 1896, the Derby was shortened from 1 1/2 miles to 1 1/4 miles because it was thought that the distance was too long for 3 year-old colts to run in the spring.
- Donerail became the longest shot to win the Kentucky Derby in 1913, with 91.45-1 odds.
- Former major league ballplayer Hank Allen trained Northern Wolf, who finished sixth in 1989.
- 12 Kentucky Derby winners have sired other Kentucky Derby winners, with Bold Venture actually siring two.
- There has never been a winner to come out of post position #15.
- The fastest Derby run was by Secretariat in 1973, at 1:59.40. The slowest run was by Stone Street in 1908, at 2:15.20.
- Of the last 21 Derby winners, only four were post-time favorites. Only seven finished first in their final prep, although none was worse than fourth.
- The oldest living winner is Strike the Gold, 23, who stands at stud in Izmit, Turkey. Sea Hero, at 21 the second oldest, also is a stallion there.
- Only six women have ridden in the Derby. Diane Crump was the first, in 1970, and none finished better than 11th.

