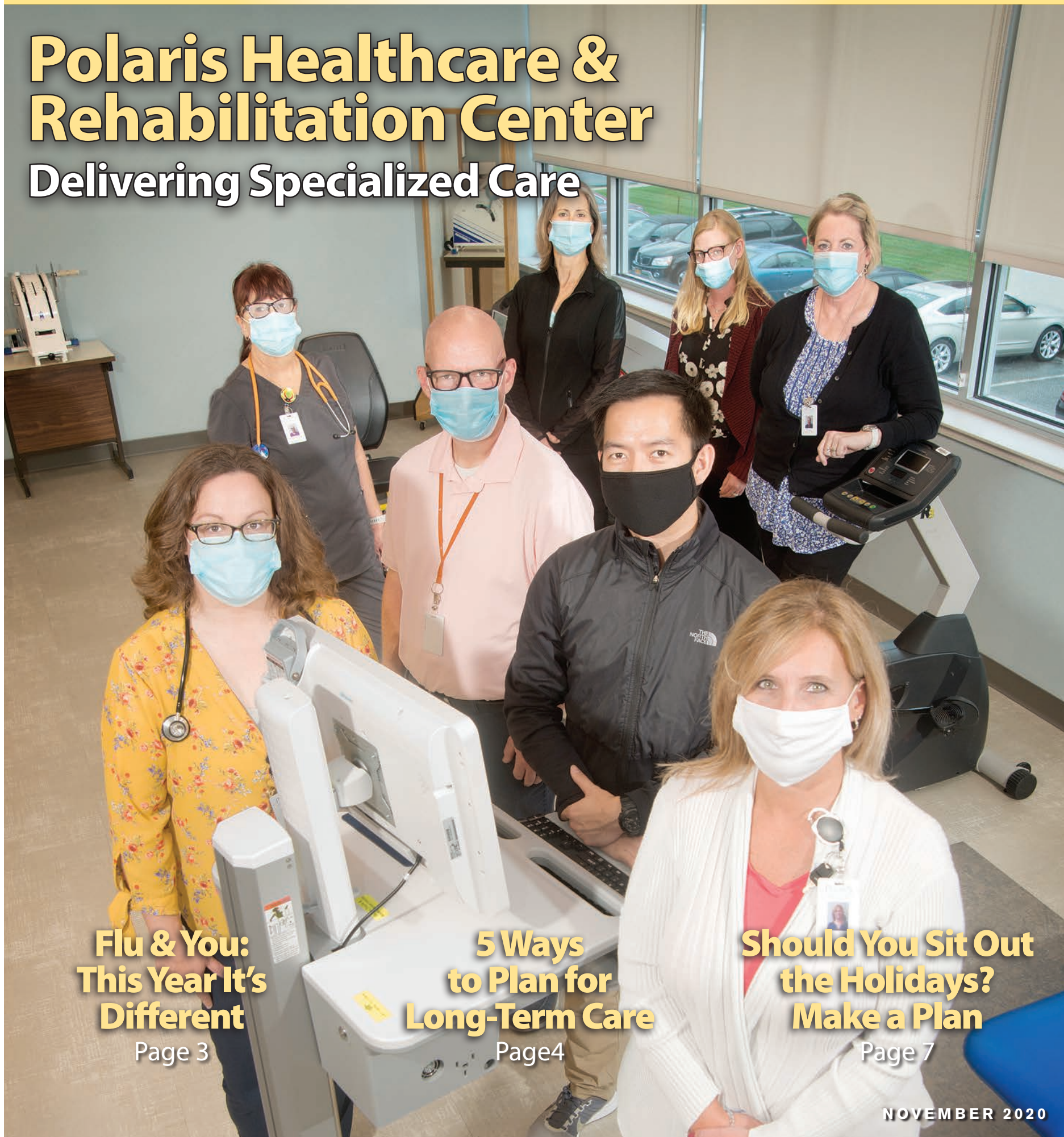




# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

## Polaris Healthcare & Rehabilitation Center Delivering Specialized Care



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NOVEMBER 2020





The holidays are coming! It'll be a year unlike any other, that's for sure. In our family, we already know that some people are headed south to the Sunshine State, which, while there are no "quarantine when you return" rules in place any more, still raises some doubts about travel. On the flip side, there are people coming into town as well. And of course, we'll have just made it through one of the most "interesting" elections of our lives, so I'm sure there are going to be some spirited conversations ahead! Bottom line: More than ever, there's going to be an added layer of planning involved.

And so, this month, we've made it easy for you to plan ahead. Here's your down and dirty list:

Plan on getting a flu shot. We just made it through Flu Boo—your reminder that right around Halloween is the prime time to get a flu shot. Even those who normally forego a shot should consider it this year. On the next page, ways to prep just in case you get sick.

Check out pages 7 and 13 for some thoughts on planning for family together time this season. That means plan on assessing the risk you take attending large gatherings. And it also means planning on how to navigate contentious conversations, should they arise.

While you're at it, how about planning for life beyond COVID? One of my favorite articles this month is about planning on how to spend your time, on page 6. Tim's article absolutely hits home that Time is our most precious commodity. Grab a piece of paper and chart it out for yourself. Maybe spending time with Crazy Uncle Harry isn't so crazy after all.

This Thanksgiving season and always, we here at Vital! are grateful for the opportunity to share some of your time each month, and we are grateful for our community partners' support. Without you, there would be no Vital! and we appreciate you!

Wishing you and all your loved ones peace, love, health and happiness!

Happy November, and Happy Thanksgiving!

*Karyn and Heidi*

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# Flu and You

During Influenza (flu) season, one of the first things you want to do is to be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you may need, on hand so that you do not have to go out while you are sick. If you're really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care. Below are recommendations from the Centers for Disease Control and Prevention (CDC) for fighting influenza this season.

## How do you know if you have the flu?

If you show signs of fever, cough, sore throat, runny or stuffy nose, feeling weak or tired more than usual, chills, body aches, etc., you should consult your medical provider.

## Prevention & Treatment

The CDC recommends these steps to fight the flu:

- Vaccination.
- Stay away from people who are sick.
- Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.
- Use medication the way your doctor recommends it.



- Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.
- Do not touch your eyes, nose or mouth because germs spread this way.
- Most importantly, contact your medical provider immediately if you show any signs of the flu.

For information on where to obtain a Flu vaccination, visit Delaware's Influenza Testing site at: <https://dhss.delaware.gov/dhss/dph/fluclinics.html>.

For more information on Influenza, visit the CDC website at:

[https://www.cdc.gov/flu/resource-center/images/multi-language-pdfs/flu\\_and\\_you\\_english\\_508.pdf](https://www.cdc.gov/flu/resource-center/images/multi-language-pdfs/flu_and_you_english_508.pdf).

If you have additional questions, contact the CDC at **1-800-CDC-INFO (232-4636)** or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).

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Visit us online: <https://DHSS.Delaware.gov/DHSS/DSS/SMP.html>

**Empowering seniors to prevent health care fraud.**

This project was supported in part by Grant Number 90MPPG0028-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Social Services



# 5 Ways to Plan for Long-Term Care

It's a fact: health care costs rise as we get older. If you or a loved one need help from a nursing home or assisted living facility, the costs can be overwhelming. Here are a few ways you can plan ahead.

## Consider Whether Care Will be Needed

Statistics show that about 52.5% of people turning 65 will need some sort of extended care at some point. Family history plays into it, especially if there is a history of Alzheimer's disease on your mother's side. Falls are a leading cause of needing long-term assistance, so try to take steps to age in place safely. Finally, take care of your health by eating a clean diet and exercising on a regular basis.

## Use Medicare to Your Advantage

While Medicare meets many medical needs, it does not cover long-term care (LTC) costs. The good news is, however, that several supplemental and/or Medicare Advantage plans offer coverage for specialized care and some may offer LTC coverage. Use your insurance to cover vision, dental, and prescription costs. Tuck your savings away to provide long-term care. Learn about the plans available and what they cover if you are nearing or are currently eligible for Medicare. You can make changes to your plans during Medicare Open Enrollment (Oct. 15-Dec. 7). Get free personal counseling on navigating

Medicare through your local SHIP (<https://www.shiptacenter.org/>).

## Understand Long-Term Care Insurance

The in's and outs of long-term care insurance have changed over the years. While the list of insurers offering LTC insurance has decreased, the types of insurance offered (including hybrid plans that shift unused funds into a death benefit) have broadened. Long-term care insurance typically costs less when you are younger and in good health, so start planning for this coverage option early to get the best deal.

## Know How to Use Benefits and Other Insurance

Military veterans' long-term care costs may be covered by their VA benefits. Eligible veterans and spouses can cover their care costs through pensions and, when eligible, utilizing the Aid and Attendance benefit. You may also be able to use life insurance policies to cover care costs as well. Many policies allow you to cash out or sell your life insurance to get the cash you need. This option can come in handy when the need for care comes up suddenly.

## Look into Home Equity Options

Another way to pay for unexpected long-term care



expenses is to use the equity built into a home. If making a permanent move, many people opt to sell their home and use the profit to pay for care. For those opting to remain in their home, options such as home equity loans and reverse mortgages exist. Reverse mortgages come with the added benefit of not having to make monthly payments, although the loan must be repaid or the house reverts to the lender when the owner does not meet certain criteria or passes away.

If you or a family member need long-term care, the last thing you want to think about is how to pay for it. Finding quality care should be your top priority. By planning for costs now, you can focus on getting the care you need without worrying about how to pay for it.

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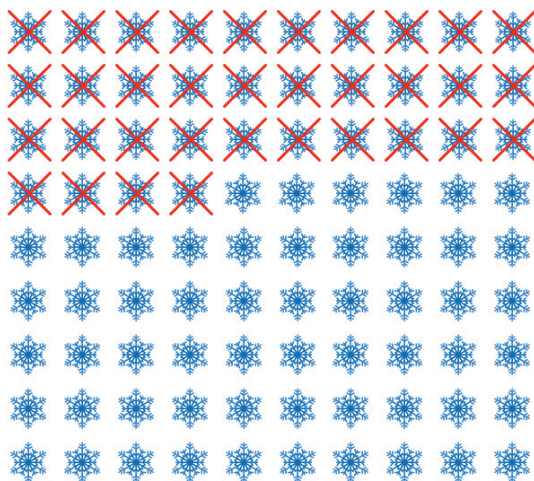
# The Tail End

By Tim Urban

Here's something for you: Grab a piece of paper and draw 10 circles across, repeated 9 rows down. That's a chart of a 90-year human life in years. Now try it on a new piece of paper with 30 rows of 36 dots. That's a 90-year human life in months. Fifty-two across and 90 down? That same life in weeks. Tiny dots now: 180 across, 20 rows per section, 10 sections. That's a 90-year life in days.

Just imagine: Each of those dots is only a single Tuesday or Friday or Sunday, but even a lucky person who lives to 90 will have no problem fitting every day in their life on one sheet of paper.

But I've been thinking about something else. Instead of measuring your life in units of time, you can measure it in activities or events. To use myself as an example: I'm 34, so let's be super optimistic and say I'll be hanging around till I'm 90. If so, I have a little under 60 winters left:



And maybe around 60 Superbowls. The ocean is freezing and putting my body into it is a bad life experience, so I tend to limit myself to around one ocean swim a year. So as weird as it seems, I might only go in the ocean 60 more times.

Not counting for work, I read about five books a year, so even though it feels like I'll read an endless number of books in the future, I actually have to choose only 300 of all the books out there to read and accept that I'll sign off for eternity without knowing what goes on in all the rest.

Growing up in Boston, I went to Red Sox games all the time, but if I never move back there, I'll probably continue at my current rate of going to a Sox game about once every three years—meaning this little row of 20 represents my remaining Fenway visits:



But these things aren't what I've been thinking about. Most of the things I just mentioned happen with a similar frequency during each year of my life, which spreads them out somewhat evenly

through time. If I'm around a third of my way through life, I'm also about a third of my way through experiencing the activity or event.

What I've been thinking about is a really important part of life that, unlike all of these examples, isn't spread out evenly through time—something whose [already done / still to come] ratio doesn't at all align with how far I am through life:

Relationships.

I've been thinking about my parents, who are in their mid-60s. During my first 18 years, I spent some time with my parents during at least 90% of my days. But since heading off to college and then later moving out of Boston, I've probably seen them an average of only five times a year each, for an average of maybe two days each time. 10 days a year. About 3% of the days I spent with them each year of my childhood.

Being in their mid-60s, let's continue to be super optimistic and say I'm one of the incredibly lucky people to have both parents alive into my 60s. That would give us about 30 more years of coexistence. If the ten days a year thing holds, that's 300 days left to hang with mom and dad. Less time than I spent with them in any one of my 18 childhood years.

When you look at that reality, you realize that despite not being at the end of your life, you may very well be nearing the end of your time with some of the most important people in your life. If I lay out the total days I'll ever spend with each of my parents—assuming I'm as lucky as can be—this becomes starkly clear:

It turns out that when I graduated from high school, I had already used up 93% of my in-person parent time. I'm now enjoying the last 5% of that time. We're in the tail end.

It's a similar story with my two sisters. After living in a house with them for 10 and 13 years respectively, I now live across the country from both of them and spend maybe 15 days with each of them a year. Hopefully, that leaves us with about 15% of our total hangout time left.

The same often goes for old friends. In high school, I sat around playing hearts with the same four guys about five days a week. In four years, we probably racked up 700 group hangouts. Now, scattered around the country with totally different lives and schedules, the five of us are in the same room at the same time probably 10 days each decade. The group is in its final 7%.

So what do we do with this information?

Setting aside my secret hope that technological advances will let me live to 700, I see three takeaways here:

1 **Living in the same place as the people you love matters.** I probably have 10X the time left with the people who live in my city as I do with the people who live somewhere else.

2 **Priorities matter.** Your remaining face time with any person depends largely on where that person falls on your list of life priorities. Make sure this list is set by you—not by unconscious inertia.

3 **Quality time matters.** If you're in your last 10% of time with someone you love, keep that fact in the front of your mind when you're with them and treat that time as what it actually is: precious.

[www.waitbutwhy.com](http://www.waitbutwhy.com)





# Should You Sit Out the Holidays This Year?



By Carlett Spike, AARP

With cases of COVID-19 rising across the country, Thanksgiving and other holidays will look very different—likely much smaller—this year.

The Centers for Disease Control and Prevention has classified big Thanksgiving gatherings as high-risk activities. COVID-19 expert Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, has warned that coronavirus cases could spike if people travel out of town and celebrate indoors. He says he's not having Thanksgiving with his own children, who live in different states, because they'd have to travel by plane and risk exposure to COVID-19. And he's warning others to be very careful about holiday celebrations.

"Given the fluid and dynamic nature of what's going on right now in the spread and uptick of infections, people should be very careful and prudent about social gatherings, particularly when members of the family might be at a risk because of their age or their underlying condition," Fauci told CBS News. "Namely you may have to bite the bullet and sacrifice that social gathering unless you're pretty certain that the people you're dealing with are not infected."

As families begin planning for Thanksgiving and other holidays, they're weighing their options and risks through a pandemic lens.

## Virtual versus in-person events

According to CDC guidelines, the safest option is to celebrate the holidays virtually or just with the members of your own household.

Families who choose a more physically distant holiday celebration can

use technology to stay connected. Social media, video chats and phone calls can all help keep Thanksgiving, for example, festive without putting people at risk. Another idea: share recipes ahead of time so everyone is eating the same meal on video.

Although some say they're still planning to gather for Thanksgiving, these decisions aren't easy. People are yearning to see loved ones and to keep up traditions. But the reality is there's no way to guarantee protection from the virus if you choose to travel or gather with others not in your immediate household, says Jeffery Shaman, a Columbia University epidemiologist. There are so many variables when it comes to travel, mask wearing and approaches to social distancing. "The consequences are we are not able to make very specific policy recommendations," he adds.

## Planning and communication are key

If you're unsure of what's best for you, assess your level of risk and your tolerance for chance of infection. Factors like the infection rates in your community and the one you'd like to travel to, how many people will attend a gathering and whether the celebration will be held indoors or outside should be part of the calculation.

These decisions are even more consequential for people over 65 or those with underlying health conditions, who face greater risk for poor outcomes should they contract the coronavirus, according to the CDC.

Planning and communication are key for families and friends who will gather this holiday season. Establish ground rules and make sure everyone is being transparent about risks and all parties feel comfortable with agreed-upon procedures. Those rules may include asking everyone to have a COVID-19 test before attending, or asking anyone who feels ill to stay home.

Another consideration is travel — both for yourself and other guests you may then be exposed to. Traveling straight to the destination by car is the best option, Shaman says. However, if "you have to drive a long way and you have to stay in hotels along the way, then you have to think about planning your trip and not exposing yourself to other people."

Flying carries additional risks because you have to travel in a confined space with others, he says.

For those who do choose to celebrate the holiday with others, it is safest to gather outdoors, though that's not an option for everyone during colder months. If you have to meet inside, the CDC recommends opening doors and windows to increase air circulation. Other precautions include thoroughly sanitizing your home, having everyone wear masks indoors, social distancing, washing hands regularly, using touchless trash bags, having one person touch and serve all food, and having all guests bring their own utensils/plates.

As a final tip, the CDC recommends getting tested for COVID after the event to ensure you did not contract the disease.

[www.aarp.com](http://www.aarp.com)

## HOW TO PLAN FOR YOUR HOLIDAY

- Evaluate your risk tolerance around contracting COVID-19.
- Try a virtual holiday meal, where you connect with loved ones by video chat.
- Establish ground rules for in-person gatherings that everyone agrees to follow.
- Assess risks posed by various methods of travel.
- Be transparent with family and friends about concerns, illnesses and expectations.

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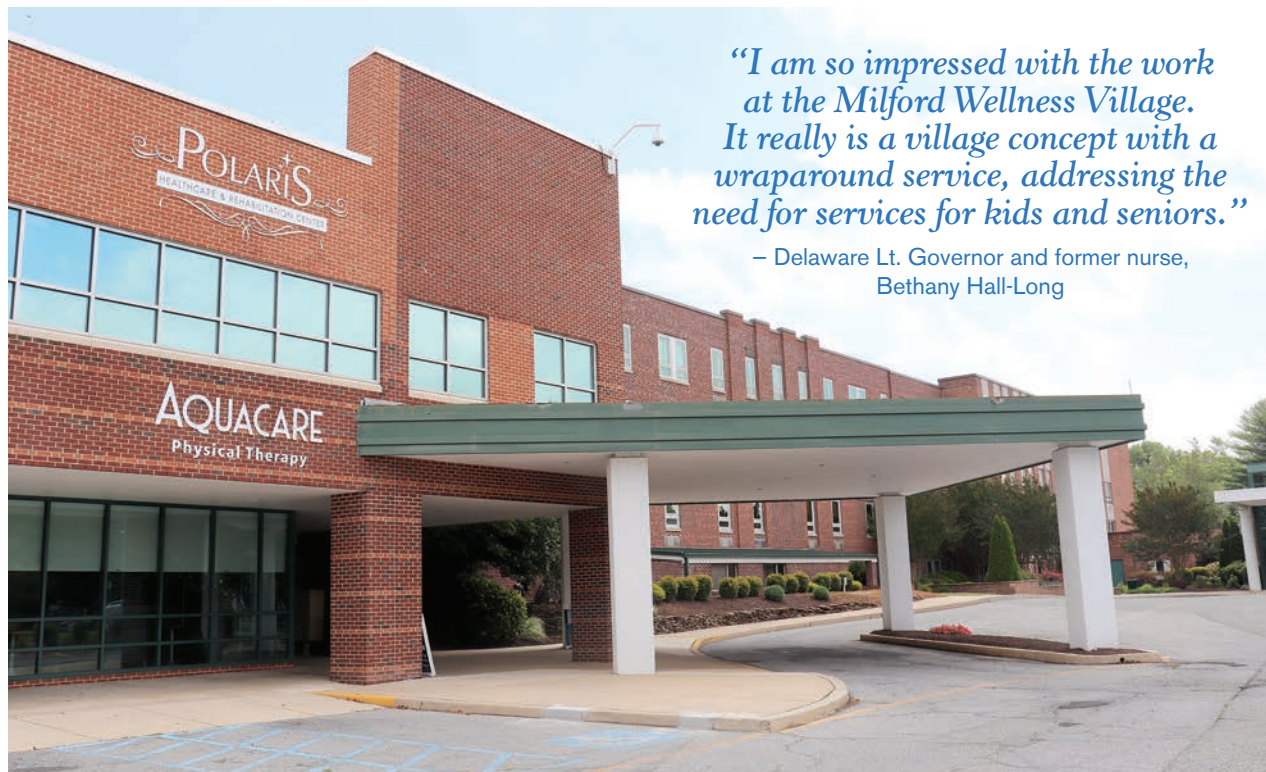




# Milford Wellness Village

## Bringing Innovation and Exemplary Health Care Services to Southern Delaware

The new state-of-the-art facility is a 'wonderful national model' that integrates health, wellness, education and community service providers.



*"I am so impressed with the work at the Milford Wellness Village. It really is a village concept with a wraparound service, addressing the need for services for kids and seniors."*

— Delaware Lt. Governor and former nurse,  
Bethany Hall-Long

In today's world, it's more important than ever that your medical care be provided in an accessible and comfortable environment that brings peace of mind to you and your loved ones.

Moreover, the convenience of meeting all your health care needs in one location helps to alleviate the stress associated with having to travel to multiple facilities on multiple days to meet with multiple care providers. The **Milford Wellness Village** provides everything you need in one location.

**Visitors to the Milford Wellness Village, conveniently located in southern Delaware, experience a stress-free, health and wellness services environment unlike any other.**

The Milford Wellness Village campus is unique in that it offers health and wellness services for visitors young and old alike. Intergenerational services include fitness and rehabilitation programs, education, outpatient services, primary care, lab testing, daycare, and social services.

Nationwide Healthcare Services, provider of high-quality health care and rehabilitation services throughout Delaware, conceived of the project, basing it on the "village" concept. Through its partnerships with the City of Milford and the local business community, the Milford Wellness Village was created to meet the many needs of area residents and businesses. Every detail - from the types of services offered to transit access—was considered throughout the development of the Village.

In fact, state and local officials are praising the patient-centered, innovative Milford Wellness Village as a "wonderful national model."

*"It takes a village to care for the elderly, with each member of our team focused on the preservation of each resident's quality of life."*

— Nationwide CEO Meir Gelley.

**The Milford Wellness Village encompasses a wide array of primary health care service providers that include:**

**La Red Health Center** – La Red provides quality, person-centered care to diverse members of the community, including pediatric, adolescent, adult and senior patients. Services include oral health, behavioral health, women's health, chronic disease screening and general patient assistance.

**Aquacare Physical Therapy** – In addition to aquatic therapy, Aquacare offers orthopedic rehab services, sports injury rehab, and physical therapy, as well as specialized therapy services for pelvic disorders, spinal and hand care, and even canine rehabilitation.

**PACE Your LIFE** – PACE (Program of All-inclusive Care for the Elderly) provides comprehensive medical and social services supports for older individuals to enable them to continue living in their community.

**Banyan Treatment Centers** – Offer a wide array of residential addiction treatment programs, including access to a variety of medical services.

**Nurses n' Kids** – Offers programs designed to care for infants and children with acute & chronic medical needs, developmental delays and nutritional deficiencies that are unavailable at traditional day care centers.

**Kidz Ink Academy** – The Academy is an elite educational program that accommodates parents' busy work schedules and creates a family learning environment to help children experience the joy and excitement of learning.

**The Lab at Seascap** – The Lab is a full-service clinical laboratory that uses state-of-the-art equipment to provide the most accurate results in the industry.

**Village Café** – Offering a wide selection of quality food choices, the café is open to residents, local businesses and the general public.

The Wellness Village also offers a conference room for community meetings, an Executive Center, a chapel and pharmacy.





# Polaris Healthcare & Rehabilitation Center

## The Heart of the Milford Wellness Village

Owned and operated by Nationwide Healthcare Services, the 150-bed Polaris Healthcare & Rehabilitation Center anchors the 22-acre Milford Wellness Village. The state-of-the-art facility opened in April 2020 and established the tone of the campus by creating a warm and welcoming environment.

In addition to physical, occupational and speech therapies; palliative care and pain management; and dental, podiatry and optometry care, Polaris Healthcare & Rehabilitation Center offers first-class amenities to its residents.

- Chef-prepared meals
- Beauty salon and barber services
- Modern fitness center
- Private and semi-private rooms
- State-of-the-art equipment
- Flat-screen televisions
- Personal housekeeping and laundry services
- Light-filled common areas that allow for socially distant activities and recreational and social programs

The comprehensive and personalized care that residents receive at Polaris Healthcare & Rehabilitation Center is one of the many ways Nationwide is meeting the needs of the city of Milford and surrounding southern Delaware.

“At Polaris, we are committed to meeting the residents’ physical, emotional and spiritual needs,” Gelley says. “That same dedication and care can be seen throughout the Milford Wellness Village, which has a diverse range of on-site medical services and providers.”

### A Full Range of Services at Polaris

Polaris Healthcare & Rehabilitation Center offers a full range of on-site nursing care and therapy services. Every service, managed under the expert direction of our talented medical team, is focused on addressing each individual’s specific treatment needs:

#### Skilled Nursing

Polaris Healthcare & Rehabilitation Center provides compassionate, 24-hour skilled nursing care under the supervision of a Medical Director and team of attending Physicians and Nurse Practitioners. By fostering close relationships with an array of specialists, we’re able to meet virtually every need an individual may have. No matter how complex a person’s medical needs may be, our overarching focus is to treat everyone with dignity and respect in a nur-

turing, long-term care environment. To achieve that goal, we invite each resident’s family to participate in helping to formulate their loved one’s ongoing treatment plan and to share in the joy of their progress.

#### Subacute Care & Rehab

At Polaris, our goal is your goal. And we know that each patient’s ultimate goal is to be able to go home and return to living life. To that end, we’ve developed a program that includes the most advanced, evidence-based rehab treatments known today. With a keen focus on individual needs, our remarkable team of therapists ensures that all the gains and benefits reaped through rehab are reflected in our patients’ everyday activities—with the intent of helping you return home, safely, and getting you back to what you love doing.

#### Wound Care

Led by the Director of Nursing, who is also a Certified Wound Care Nurse, we’ve combined our experts’ years of experience with the latest technology to create effective, attentive, and thorough wound care treatment plans tailored to each resident and their individual needs. Our team works in consult with wound specialists, who provide additional support and act as additional resources for residents.

#### Respite Care

Even the most dedicated caregiver needs a break. We understand that. And we’re here to help. Designed to provide family caregivers a break from caregiving, Polaris also offers short-term accommodations. We’ll make sure your loved one’s clinical and personal requirements are met in a welcoming environment that truly feels like home, while you take some well-deserved personal time.

### A View to the Future

“The leadership at Nationwide has a vision for this property that will help Milford grow in a positive direction,” offers Delaware State Representative Bryan Shupe.

Polaris Healthcare & Rehabilitation Center is the latest addition to Nationwide’s network of medical and health care facilities within Delaware. Additional locations can be found in Hockessin and Wilmington, as well as throughout Pennsylvania.

**Learn how you can experience the care provided at the Milford Wellness Village and Polaris Healthcare & Rehabilitation Center.**

Call 302-503-7650 or visit [www.polarishealthcarerehab.com](http://www.polarishealthcarerehab.com) to schedule a free tour and discover Polaris Healthcare & Rehabilitation Center, southern Delaware’s premier healthcare facility.



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# Palliative vs. Hospice: What's the Difference?



Mike panicked when his mother declared she was planning to enroll in palliative care. She hadn't mentioned a terminal prognosis before! But Mike's wife quickly put his mind at ease. She'd been through this before, and she knew the difference between palliative care and hospice care — and the benefits of both.

Unfortunately, confusion about the difference between palliative care and hospice care is quite common. And the myths surrounding both can sometimes keep people from getting the help they need.

Both palliative care and hospice care can help patients and their families thrive in the face of serious illness by providing holistic in-home support. They both focus on managing pain, symptoms, and anxiety while offering practical knowledge, resources, and assistance to make the journey smoother. And they're both available to anyone at any age.

But the two types of care differ in a couple of key areas. Here's how:

## Palliative Care

■ **Stage of Disease/Condition:** Palliative care supports patients throughout any stage of a serious illness, such as cancer, congestive heart failure, COPD, ALS, Parkinson's disease, Alzheimer's disease, or kidney failure.

■ **Pursuit of a Cure:** Palliative care is available to patients while they receive treatment aimed at a cure.

## Hospice Care

■ **Stage of Disease/Condition:** Hospice care is specifically tailored to patients with a life expectancy of approximately six months or less.

■ **Pursuit of a Cure:** Hospice care supports pa-

tients who have made the decision to forego further curative treatment and pursue comfort measures instead.

In either case, patients continue to receive care from their own doctor.

When it comes to kids with a serious illness, there is no distinction between palliative care and hospice care, because even in the most difficult circumstances hope for a cure often remains alive. Children at any stage of any serious illness, whether they're receiving curative treatment or not, can benefit from the expertise of pediatric palliative and hospice care specialists like the caring team members in our Katybug pediatric program. Even prenatal care is available to support families awaiting the birth of a baby diagnosed with a serious condition. Pediatric specialists are experienced in walking alongside children and their families during these tough times, so the family can focus on each other instead of the child's illness.

*Delaware Hospice and Delaware Palliative are here for you. Let us help you make the best healthcare decision for you and your family. Give us a call at 302-478-5707 or visit us at [www.delawarehospice.org](http://www.delawarehospice.org) or [www.delawarepalliative.org](http://www.delawarepalliative.org).*



# MORE THAN HOSPICE

Delaware Hospice provides more than in-home hospice services. Whether it's palliative care, children's care or bereavement services you are looking for, we have you covered.

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# Seniors can live safely at home now and in the brighter days of our future

During the COVID-19 pandemic, Saint Francis LIFE seniors living in New Castle County have received all-inclusive medical and social services from the safety of home. With home visits from our nurses, telemedicine with our doctors and rehabilitative therapists, group phone activities, and home-delivered supplies, meals and medicines, our seniors have been able to live safely at home throughout this pandemic.

In the brighter days of our future, we look forward to once again providing our services in our health center, adult day center, in the community and at home.

Do you know a senior who wants to live safely and independently at home? Saint Francis LIFE can help.

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# Online Class Alert! Keep Moving, Keep Learning

It's been a rough several months for most of us, between quarantine and distancing, and activities that used to enrich and strengthen us gone or not yet returned. It's difficult to stay safely connected, active and fit. To try and combat these feelings, New Castle County has developed a series of online and live virtual programs to keep people moving, learning and engaged.

Virtual Senior Programs with Absalom Jones Senior Center launched in late September with two new series, *Tai*

*Chi with Winston* and *Quilting with Maryann*. Both series feature local talent, with a new episode premiering each week through the end of 2020. Episodes are completely free and accessible anytime on both Facebook and YouTube. Episodes will also appear on NCCTV Comcast Channel 22 and Verizon Channel 29.

On *Tai Chi with Winston*, Winston Gacutan guides you through this ancient form of exercise, combining meditation with gentle flexible movements using just your body

and items you have around your home. Winston taught Tai Chi at New Castle County Recreation Centers and the Absalom Jones Senior Center for more than 4 years.

On *Quilting with Maryanne*, Maryanne introduces you to the materials, equipment and techniques needed to get started with machine quilting. Maryann is a patient and thorough instructor who led a quilting group at the New Castle Library before the shutdown.

Virtual Senior Programs is excited to be adding several new series in November, including *Power Moves with Yolanda*, a low-impact exercise series, and Yoga.

The Art Studio has moved many of their popular art classes online, offering live watercolor, acrylic and oil painting, and fiber arts Zoom classes. Learn fundamental techniques in these interactive classes while creating your own works of art over four

weeks or during a shorter workshop.

Like to cook? New to cooking? Seasoned cooks and beginners alike will impress their families after learning easy recipes from the comfort of their own kitchens! The Route 9 Library's Readers Café's Chef Ben shows you step-by-step cooking, including holiday desserts, beginning canning, how to cook a perfect turkey, and the best ways to use up all your holiday leftovers. *Cooking with Chef Ben* is set to premier in early November.

The goal of creating these programs is to keep people engaged in fun and interesting recreation programs until we can present in-person classes again. All programs are accessible through a home computer, tablet, or smartphone. Learn more about these programs at [newcastlede.gov/happenings](http://newcastlede.gov/happenings). Find and watch Virtual Senior Programs on Facebook at *New Castle County Happenings* and on YouTube at *NCCDE*.

## Holiday Safety Tips for Your Pet

The holidays are here, and with them, fabulous feasts. But don't forget Kitty & Fido. Here, some great reminders and rules to live by.

**1** Packing on the pounds is as dangerous for our pets' health as it is for ours. A diet high in fat can be extremely harmful, so feed your pet their normal pet food and refrain from indulging them with table scraps.

**2** Watch the table! An unsupervised table of food can be more than just eye candy to your pets. Keep food covered and away from table edges. An easier solution? Keep your pet out of the dining room. This can also help curb the urge to feed them holiday treats.

**3** Secure your trash! Keep trash cans out of pets' reach. Better yet, take out the trash as soon as you're done, ensuring pets won't jump inside the canister or knock it over to get to those juicy turkey bones. Even a vegetarian house wants to keep an eye out: onions and chocolate can do just as much damage.

**4** Don't give your pets animal bones! According to [www.dog-hobbyist.com](http://www.dog-hobbyist.com), "cooked turkey, duck, goose and other bird bones are dangerous to your pet. They're hollow, so break and splinter easily. And because they break easily, dogs usually won't chew them thoroughly. The results are sharp pieces that can choke a dog or block or tear the intestines."

**5** Help your pet stay stress-free when guests arrive. While running children, the happy (loud) chatter of relatives and a football game on TV are cheerful for people, pets can get overwhelmed. Consider giving pets their own space away from people; feed them out of reach of children, strangers or loud noises; and take them for a long walk before guests arrive to expend extra energy.

**6** Keep pets out of the kitchen while cooking. A puppy underfoot can create a disaster when carrying the turkey. Open oven doors? That warm hiding place calling to your cat may end your celebration with a trip to the animal hospital.

**7** Leave your pets at home when attending holiday parades and festivities. Though floats, large balloons and crowds can be a blast for your family, they can send your dog into an anxious or even aggressive state. Let your dog enjoy the festivities on TV while relaxing on their favorite blanket.

**8** As always, make sure your pets are wearing their collars with tags. In case someone forgets to shut the door, you want them to be easily identifiable.

Courtesy [pets911.com](http://pets911.com)

## NEW ONLINE PROGRAMS

### FITNESS

Virtual Senior Programs with Absalom Jones Senior Center brings you *Tai Chi with Winston*, *Power Moves with Yolanda*, and will soon feature *Yoga*! Watch on YouTube, Facebook, and at [newcastlede.gov/seniors](http://newcastlede.gov/seniors). New Episodes every week through December.

### ARTS & CRAFTS

Learn to a new artistic skill with live virtual art classes with The Art Studio. Try machine quilting with our series *Quilting with Maryanne*. Find out more about these programs at [newcastlede.gov/artstudio](http://newcastlede.gov/artstudio) and [newcastlede.gov/seniors](http://newcastlede.gov/seniors).

### COOKING & MORE!

The Reader's Cafe is launching the online series *Cooking with Chef Ben* in November. This series will take you step-by-step to create the perfect holiday dinner. More shows and classes are in development. Find information about these programs and much more at [NEWCASTLEDE.GOV/HAPPENINGS](http://NEWCASTLEDE.GOV/HAPPENINGS).



New Castle County Executive Matt Meyer  
Department of Community Services  
Division of Community Resources







# Tips For Talking Politics With Family

We live in politically divisive times, no doubt. And now it's the holiday season. Nearly 40% of Americans said there are political divides in their families, according to a poll from Public Religion Research Institute and The Atlantic.

Whatever your opinion of the president, it's hard to deny that his years in office have cranked Americans' political passions (and political fatigue) up to 11. So, with emotions running high and politics pervading everything from football to your coffee machine, how do you keep the perfect political storm from turning your holiday dinner into a disaster?

Larry Sabato Jr., the director of the University of Virginia's Center for Politics, said politics at the holiday table are best avoided or even banned.

"The nation is deeply polarized and dug in, especially about Trump, and no one is going to change their mind because of an argument at the dinner table," Sabato said. "Indigestion and lasting hard feelings are much more likely to be the consequences." Sabato said he remembers heated holiday moments with family about civil rights and the Vietnam War in the 1960s and 1970s.

"No good came from holiday debates," he said. "I missed one Thanksgiving dinner because of an argument about race that produced my walk-out. In retrospect, we should have set some ground rules and let it go."

So how best to navigate turbulent waters when home for the holidays?

Meredith Goldstein, who runs *The*

*Boston Globe's* "Love Letters" advice column and podcast, offers some tips on how to survive the holidays, adding that they are "especially for those who might be burnt out on political fights, passive-aggressiveness, and more." She cautioned that these suggestions "won't work for everyone, but perhaps one or two of them will help you have a merrier season."

- 1 **Limit your time.** Family events don't have to be seven hours. Sure, maybe some people are in from out of town and want to make the most of it, but that kind of quality time shouldn't be a requirement. Three hours is plenty. Give yourself a hard out and stick to it.
- 2 **Don't make it an issue if you don't have to.** If you want to keep politics out of the holidays and are pretty sure your family and/or friends aren't going to bring it up, then it's best not to be the one to broach the subject.
- 3 **Pick your battles.** Know when it's time to push back. Sometimes you have to stand up for yourself or the people you love.
- 4 **Don't be afraid to change the subject.** It's fine to redirect the conversation, although it's advisable not to correct or put down anyone while doing it. You might say something like, "I would really love to get away from politics at the Thanksgiving table this year." When my stepmother wanted to put an end to a conversation, she'd say, "It's all relative" and then sigh. Sometimes the phrase made no sense in the context of what we were talking about. But ... what can you say to "it's all relative"? How about "Please pass the rolls."



- 5 **Keep it small.** Big groups—and big groups having arguments—can overwhelm. But one-on-one conversations are more personal and might remind you why you're there to begin with. Try engaging with one person at a time.
- 6 **Find kids.** Children and teens are often nice, fun and very, very bored during the holidays. By hanging out with kids, especially the little ones, you're helping other adults. You're also engaging with family without having to involve yourself in conversations you might want to avoid.
- 7 **Know when to bail.** If you know you're heading to an event overwhelmed by rage, stay home.

There are days—and years—when we just can't cut it. Better to be absent than to be 100 percent miserable.

8 **Put it in perspective.** When you get home from a holiday, come up with five things you liked about the experience. Maybe it was one small conversation with a family friend. Maybe it was the smell of the house. Making this list will make it easier to show up next year.

People have been dealing with this level of political conversation for almost a year now. The holidays are really a time to focus on what brings us together.

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

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

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# Crossword

By Dave Fisher

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23				24	25					
26	27	28	29				30	31						
32						33					34	35	36	
37						38					39			
40					41						42			
				43					44					
	45	46						47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

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Answers on page 13

ACROSS

- 1. Blackboard tool
- 6. Delight
- 10. Quash
- 14. Hawaiian veranda
- 15. Magma
- 16. Portent
- 17. \_\_\_\_-garde
- 18. Leave out
- 19. Disabled
- 20. Luscious
- 22. What we kiss with
- 23. An unskilled actor
- 24. Bobbins
- 26. Footstool
- 30. Anagram of “Diary”
- 32. Labor group
- 33. Motorboat
- 37. Celebrity
- 38. Ups and \_\_\_\_
- 39. Impish
- 40. Hotelkeepers
- 42. Hold responsible
- 43. Frothy
- 44. Gully
- 45. Picket line crossers
- 47. Flipper
- 48. Immediately
- 49. Remedy that alleviates pain
- 56. Snack
- 57. Chocolate cookie
- 58. Connecting points
- 59. Pot
- 60. Jewelry
- 61. Districts
- 62. Equal
- 63. Contributes
- 64. Not fresh

DOWN

- 1. Attired
- 2. Possess
- 3. Rectal
- 4. Alley
- 5. Cookhouse
- 6. Dusk
- 7. Young sheep
- 8. Wicked
- 9. Diners
- 10. A sport involving a ball and a net
- 11. Electronic letters
- 12. Temporary workers
- 13. 1 1 1 1
- 21. Make lace
- 25. Mistake
- 26. Backside
- 27. “Do \_\_\_\_ others...”
- 28. Decree
- 29. Ancestor
- 30. Anagram of “Wordy”
- 31. Barley beards
- 33. Verse
- 34. By mouth
- 35. Crest
- 36. Not we
- 38. Dispersion
- 41. Toss
- 42. Elongated yellow fruit
- 44. 7 in Roman numerals
- 45. Rock
- 46. Hindu social division
- 47. Whips
- 48. Break
- 50. Dry
- 51. Extend credit
- 52. Legal wrong
- 53. Notion
- 54. Calf’s meat
- 55. To be, in old Rome

# LEMONY CARROT & CAULIFLOWER SOUP



Photo by Evan Sung, NYT

By Melissa Clark

The beauty of a soup like this—other than its bone-warming properties—is that you don’t need a recipe. You can pretty much simmer together any combination of vegetables with a little water or broth, purée it, top it with good olive oil and salt, and end up with something good to eat. The addition of miso paste and crushed coriander to the broth, and fresh lemon and cilantro at the end, zips things up without negating the comfort factor.

**Yield: 4 servings    Time: 40 minutes**

INGREDIENTS

- 1 tablespoon coriander seeds
- 2 tablespoons extra-virgin olive oil, more for serving
- 1 large white onion, peeled and diced (2 cups)
- 2 large garlic cloves, finely chopped
- 5 medium carrots (1 pound), peeled and cut into ½-inch pieces (2 cups)
- 1½ teaspoons kosher salt, more as needed
- 3 tablespoons white miso
- 1 small (or half of a large) head cauliflower, trimmed and cut into florets
- ½ teaspoon lemon zest
- 2 tablespoons lemon juice, more to taste
- Smoky chile powder, for serving
- Coarse sea salt, for serving
- Cilantro leaves, for serving

DIRECTIONS

1. In a large, dry pot over medium heat, toast coriander seeds until fragrant and dark golden-brown, 2 to 3 minutes. Transfer to a mortar and pestle and coarsely crush. Sift husks.
2. Return the pot to medium heat. Add the oil and heat until warm. Stir in onion; cook, stirring occasionally, until soft and lightly colored, 7 to 10 minutes. Stir in garlic and cook 1 minute.
3. Add carrots, crushed coriander, salt and 6 cups water to the pot (can also use chicken broth). Stir in the miso until it dissolves. Bring mixture to a simmer and cook, uncovered, 5 minutes. Stir in cauliflower and cook, covered, over medium-low heat until the vegetables are very tender, about 10 minutes.
4. Remove the soup from the heat. Using an immersion blender, purée the soup until smooth. (Alternatively, you can let soup cool slightly then purée it in batches in a food processor or blender.) If necessary, return the puréed soup to the heat to warm through. Stir in the lemon zest and juice just before serving. Drizzle with oil and sprinkle with chile, sea salt and cilantro leaves.

Notes: Can also roast carrots and cauliflower before adding to soup for added flavor.

[www.nyt.com/recipes](http://www.nyt.com/recipes)





# 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.

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

Answers on page 13

(courtesy of KrazyDad.com)

## GET UP AND GO



### A Longwood Christmas, Nov. 20-Jan. 10, 2021

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### “Stories of the Green Walking” Tour

Join one of our talented historical interpreters for a stroll back into the past! Outdoor walking tours of historic downtown Dover are offered every Thursday and Friday at 11:30 a.m., 1:30 and 3:30 p.m. and depart from the John Bell House (43 The Green). Inspired by a rich history spanning 300 years, each guided tour lasts approximately 45 minutes. Free. Pre-book by calling 302-739-9194. <https://destateparks.com/History/FirstStateHeritage>

### Fort Miles Lantern Tour, Saturdays, Oct. 24 (6:30 p.m.); Nov. 14 (5:30 p.m.); Dec. 12 (5:30)

In 1943 World War II was in full swing, but it was much different than anticipated. Tour Battery 519 by lantern light and hear about U-boats on the prowl, sailors in distress and what World War II turned out to be for soldiers stationed at Fort Miles. Tours meet at the Orientation Building. Call 302-644-5007 to pre-register. \$5 per person. Fort Miles Historical Area, Cape Henlopen State Park, [www.destateparks.com/FortMiles](http://www.destateparks.com/FortMiles).

# The Funny Bone



### Looking Good

Soon after our last child left home for college, my husband was resting next to me on the couch with his head in my lap. I carefully removed his glasses. “You know, honey,” I said sweetly, “Without your glasses you look like the same handsome young man I married.”

“Honey,” he replied with a grin, “Without my glasses, you still look pretty good too!”

### What ever happened to an apple for the teacher?

It was the end of the school year, and a kindergarten teacher was receiving gifts from her pupils. The florist’s son handed her a gift. She shook it, held it overhead, and said, “I bet I know what it is. Flowers.” “That’s right!” the boy said, “But, how did you know?” “Oh, just a wild guess,” the teacher said.

The next student was the candy-store owner’s daughter. The teacher held her gift overhead, shook it, and said, “I bet I can guess what it is. A box of chocolates.” “That’s right, Miss Jones, but how did you know?” asked the girl. “Oh, just a wild guess,” said the teacher.

The next gift was from the son of the liquor store owner. The teacher started to hold his package overhead, but noticed it was leaking. She touched a drop of the liquid with her finger and tasted it. “Is it wine?” she asked. “No,” the boy replied, with some excitement. The teacher repeated the process, tasting a larger drop of the leakage. “Is it champagne?” she asked. “No,” the boy replied, with still more excitement. Miss Jones took one more big taste before declaring, “I give up, what is it?”

With great glee, the boy replied, “It’s a puppy!”

### A very drunk man goes into a bar and orders a drink.

The bartender serves him and asks him if he would like to try the bar game of darts. Three in the bullseye and win a prize. Only a dollar for three darts.

The drunk agrees and throws the first dart. A bullseye!! He downs another drink, takes aim on wobbly feet, lets go...Two bulls eyes!!!! Two more quick drinks go down. Barely able to stand, he lets go of the last dart.

Three bulls eyes!!!

All are astounded. No one has ever won before. The bartender searches for a prize... grabs a turtle from the bar’s terrarium and presents it to the drunk as his prize.

Three weeks pass... The drunk returns and orders more drinks, then announces he would like to try the dart game again. To the total amazement and wonderment of all the local drunks, he scores three more bulls eyes and demands his prize.

The bartender, being a sort of drunk himself, and a bit short of memory, doesn’t know what to give, so he asks the drunk, “Say, what did you win the last time?”

And the drunk responds, “A roast beef sandwich on a hard roll!”





# Whatever tomorrow brings, *we'll be delivering loving-kindness.*



At Acts, the strength of our community has always been our people. And when times get tough, we're stronger than ever. We've adapted to the needs of the moment with virtual exercise classes and worship services, a redesigned dining program, and grocery and pharmacy deliveries. Yet we've maintained the sense of engagement and interaction that make our communities special, with our long-tenured staff creating socially-distanced events while providing the safety and support residents need. As a leader in continuing care retirement, where fees never rise based on a need for a higher level of support, Acts is made for peace of mind in uncertain times. Discover all our strengths for yourself.



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