



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Cokesbury Village A Family Affair



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DECEMBER 2020



Well, 2020 is coming to an end, and not a moment too soon. We could talk about the Year in Review, but really...who wants to? We all know how it's gone.

So instead, we'll look forward. I heard the best phrase today: When life knocks you down, are you gonna lay there and take it? Or get up and make it? I say we make it! Make it fun, make it about staying healthy and happy, and every once in a while, throw a bit of adventure in. Because if nothing else, this year has taught us to be prepared for anything and to not take anything for granted.

One thing to never take for granted is your hearing. I remember an article from Hearing Services of Delaware that mentioned that hearing loss is so gradual that you don't usually notice it. This month they're bringing us the latest on how hearing loss may impact cognitive decline. If you've been thinking someone close to you is having a harder time hearing, it may be time share what you've learned.

Talk about a family affair—how cool is it that Cokesbury Village has second-generation residents? I think that really speaks to how much people love living there. And now, with a multimillion dollar renovation, if you haven't been by for a while, it may be time to call and ask for a tour! (And tell them you saw their story in Vital!) Read more about it on page 8.

This will be a holiday season none of us will ever forget. The way we celebrate may change, but the reasons for celebration and the sentiments never do. And for that we're grateful.

Happy Holidays and Happy New Year!

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Stay Sane During the Holidays

As if the holidays don't present challenges enough to our happiness, add in a dose of Covid-19 lockdowns and we have all the hallmarks of a not so merry season. So what are the experts at Northwestern Medicine Hospitals advising to make the best of a not-so-best situation?

What should people start thinking about now in order to mentally prepare for a different experience this holiday season? Remind yourself as much as you need to that "it's only going to be like this this year." We've already passed many holidays this year: Easter, Yom Kippur, 4th of July, Labor Day. Know that it's just one more set of holidays that is going to be different. The crux is that we need to keep everybody safe in gatherings, so maybe that means smaller gatherings, sticking to your family unit or celebrating with extended family virtually.

How can we handle doing (or not doing) things that break with long and dearly held traditions?

- If you typically have big family gatherings, think about what you would normally do at those gatherings and see if you can replicate them with your immediate family. Perhaps have the same gifting ritual, or the same food ritual or pass recipes around.
- Have a mini celebration that mimics the big one. If that feels too weird, or there aren't enough people, then maybe it's best to abandon the tradition for just this year and do something different altogether. Sometimes it can feel too empty to do the tradition in an altered way, so do something completely different.
- Take video and post it on a family Facebook group so that everyone can watch, or schedule

a celebration on Zoom. Distance isn't a factor, and your family will stay safe.

- Ask yourself what is the meaning of the holiday to you as an individual. For example, is it the feast, or is it the family camaraderie? Identify the most important and meaningful thing for you and focus on replicating that the best you can. Remind yourself that you can return to your rituals as they were in 2021. Find a way to make it special for you this year.

How can people stay active during the holiday season and winter months? If the gym is no longer an option, then walking always is. We can do this no matter the weather, as long as we wear the appropriate gear. If it's too snowy, slushy or frigid, have some YouTube videos lined up for cardio/weight workouts, Pilates or yoga to stay fit and active. Put exercise and movement into your schedule as must do's, just like meetings or appointments.

How can we maintain good mental health during the cold and dark of winter, with an emphasis on diet, exercise and a positive frame of mind? Do what works for you to keep your thoughts as positive as possible: gratitude journaling/exercises; practicing your faith; mindfulness with a focus on noting, and refuting, negative thinking. Remind yourself that winter is temporary and spring light will come again. Think, "It gets lighter every day after the winter solstice in late December." Put positive activities that you like into each week: visits (physically distanced and masked) with friends and family, special dinners, reading a real page-turner, watching a TV series that does not depress you, but that you enjoy; taking up a project or hobby and keeping at it. Productivity really helps our mental health. Reach



out verbally to someone you trust when you need someone to help you "straighten out" your thinking if it is going negative or irrational.

Tips to stay healthy during the winter

Make sleep a priority, followed by exercise and nutrition. Keep up the handwashing, mask wearing and physical distancing for your protection and other's. Don't let your guard down; protect yourself especially when other's are not. Take vitamins and eat healthfully, and watch out for bingeing on food and alcohol. Keep up the exercise, as well. These are all immune-boosting health practices, and we should take them seriously now more than ever.

Get dressed by a certain time every day and put on work clothes for work, even if working remotely. Keep up with personal hygiene; it just makes us feel better about ourselves. Use skin lotion in the winter to keep skin feeling good since our skin dries out in low humidity and heated environments. Beyond taking care of yourself physically – which does tie in to your mental health – monitor your thought patterns and change them to more positive thoughts as much as possible. If you find you cannot do these, then seek a mental health counselor or talk to your primary care physician.



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*Vaccine subject to availability. State-, age- and health-related restrictions may apply.

Can You Really Boost Your Immune System?

The idea of boosting your immune system is appealing, but is it even possible to build up your immune system so that you rarely get sick?

Dr. Suzanne Cassel, an immunologist at Cedars-Sinai, says that the concept of boosting your immune system is inaccurate. There's also widely held confusion about how your immune system functions and how your body is designed to combat diseases and infections.

How your immune system works

Your immune system works to recognize and identify an infection or injury in the body. This causes an immune response, with the goal of restoring normal function.

Dr. Cassel says many people think that when they get sick, their symptoms are a sign that they have a virus or an infection. However, your symptoms are actually a sign that your body is fighting back against the infection or virus, triggering an immune response.

“When you have a cold, you feel run down, your nose is runny, you feel congested—these are the symptoms people complain about,” Dr. Cassel says. “People think ‘I’m so sick, this is terrible. Why doesn’t my immune system work?’ But with every one of these cold symptoms, that is your immune system at work.”

Can you strengthen your immune system?

Dr. Cassel says another common misconception is that having a “strong” immune system is what's best for your body.

“You actually don’t want your immune system to be stronger, you want it to be balanced,” Dr. Cassel says. “Too much of an immune response is just as bad as too little response.”

Dr. Cassel says most of the things people take to boost their immune system, such as vitamins or supplements, don’t have any effect on your immune response.

Maintain a Healthy Diet

One of the best ways to stay healthy, then, is to simply maintain a nutritious diet and healthy lifestyle. These simple ideas are important always, not just during a pandemic:

Vitamin A (Beta Carotene): This vitamin assists with the health of your intestines and respiratory system. Vitamin A-rich foods include carrots, sweet potato, spinach, broccoli and red bell peppers.

Vitamin C: Vitamin C helps stimulate the formation of antibodies. Citrus fruits, strawberries, red bell pepper and kiwi are all rich in vitamin C.

Vitamin E: This nutrient promotes the neutralization of free radicals by working as an antioxidant. Foods full of vitamin E include vegetable oils, nuts, seeds and avocado.

Zinc: There are many zinc-dependent enzymes in our body and deficiency has been linked with immune dysfunction. Zinc helps cold symptoms—nasal congestion, nasal drainage, sore throat, and cough—resolve sooner. Zinc has also been found to help produce and activate T-cells (t-lymphocytes), which trigger the body to respond to infections, according to the NIH.

A proper dose of zinc is 75 mg, but beware: Taking more than 150mg per day of zinc could cause zinc toxicity and also have a negative impact on your immune system. If you’re taking more than one zinc medication, check with your doctor first to prevent adverse reactions.

Zinc-rich foods include beans, seeds, nuts, meat, poultry and seafood.

Protein: Specific amino acids found in protein are essential for T-cell function, which are cells that protect the body against pathogens. Meats, poultry, seafood, eggs, beans, nuts and seeds all have lots of protein.

These nutrients have been shown to help your immune system work most efficiently and effectively, but too much of a good thing can be harmful. Eat these nutrients in moderation and don’t go overboard. If you eat too many carrots, you just may turn orange!

Maintain a healthy lifestyle

Following general good-health guidelines is the single best step you can take toward keeping your immune system strong and healthy. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these:

- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Stay up to date with recommended immunizations.
- Don’t smoke.
- Eat a diet high in fruits, vegetables, and whole grains. Restrict saturated fats and sugars to 10% of total calories. Minimize consumption of red and processed meats.
- Exercise regularly. Try to get 150 minutes of moderate activity a week.
- Maintain a healthy weight.
- Control your blood pressure.
- If you drink alcohol, do so only in moderation.
- Get adequate sleep.
- Get regular medical screening tests for people in your age group and risk category.



Immune System Myths vs Facts¹

The immune system is an extremely complex network of cells and molecules that researchers are still working to understand. Because there is so much about immune function that remains unknown, immune system myths abound and commercial enterprises have exploited them.

Immune system myth #1: The more active your immune system is, the healthier you will be.

Immune system fact #1: Where the immune system is concerned, there can be too much of a good thing. A hyperactive immune response is responsible for allergic reactions to ordinary nontoxic substances. It also underlies a number of major diseases, including diabetes, lupus, and rheumatoid arthritis.

Immune system myth #2: Getting more than the recommended dietary allowance of a vitamin or mineral will improve your immune system.

Immune system fact #2: So far, there is no evidence that taking extra amounts of any vitamin will improve your immune system or protect you if you don’t have micronutrient deficiencies. However, older people, who are more likely to have such deficiencies, should discuss this question with a physician who is well versed in geriatric nutrition.

Immune system myth #3: Many vaccines have health risks.

Immune system fact #3: Nearly everything we do involves some level of risk. The risk of dying in a car accident is one in 6,700. The chance of drowning in the bathtub is one in 840,000. But the risk of a serious reaction from a vaccine is small by comparison: one in a million for the diphtheria, tetanus, and pertussis, or DTaP vaccine, for example. And yet most of us don’t hesitate to take a bath or ride in the car.

Vitamins and supplements may interact with one another in your system and with prescription or over-the-counter medications. Notify your doctor about all the drugs and supplements you are taking, and do not start a vitamin regimen without consulting your physician.

¹Beverly Merz, Harvard Women’s Health Watch



Hearing Loss and Cognitive Decline: What's the Connection?

Contributed by Hearing Services of Delaware, a Hearing Life Company

As we age, connections between cells in the brain are damaged, while some cells are simply lost - a process that is oftentimes referred to as “brain atrophy” or simply “cognitive decline.” Recent studies have found an association between untreated hearing loss, Alzheimer’s disease and other types of dementia. These studies have found that people with hearing loss are more likely to develop cognitive problems than people who do not have hearing loss. And the risk escalates as hearing loss progresses from mild to moderate to severe.

What's the connection?

1 Brain shrinkage. When the “hearing” section of the brain grows inactive, it results in tissue loss and changes in brain structure. In a study led by Jonathan Peelle, now at Washington University in St. Louis, older adults underwent brain scans while they listened to sentences of varying complexity. They also took tests that measured “gray matter,” the regions of the brain involved in muscle control, and sensory perception such as seeing and hearing, memory, emotions, speech, decision making, and self-control.

It turned out that the neurons (brain cells) in people with hearing loss were less active when they focused on complex sentences. They also had less gray matter in the auditory areas.

2 Brain overload. When it’s difficult to hear, the brain must work overtime just to understand what people are saying, redirecting and depleting a person’s mental energy needed for other crucial functions like remembering, thinking, and acting.

3 Social isolation. A study by The National Council on the Aging (NCOA) of 2,300 hearing impaired adults found that people with untreated hearing loss are more likely to experience loneliness, worry, depression, anxiety, and paranoia—and are less likely to join organized and casual social activities. When a person withdraws from life, their risk for dementia intensifies.

In short, the less we stimulate our brains by interacting with other people, places, and things—and the less we use our brains to hear and listen—the

more quickly our brains decline, putting us at greater risk for dementia.

Hearing loss is treatable. Hearing aids can help prevent or slow cognitive decline.

Numerous studies show that hearing aids not only improve a person’s hearing—they also help preserve a person’s independence, mental abilities, emotional and physical health, and work, home, and social lives.

Early identification of hearing loss is key. If you or a loved one needs help with hearing loss, schedule a hearing test! Living with hearing loss can be exhausting, but it doesn’t have to be. Hear better! Live better!

Hearing Services of Delaware, a Hearing Life Company, cares about you. For over 25 years, our audiology staff has been helping people hear better by providing Delaware’s highest quality hearing health care services. Call us at 302-376-3500 or visit <https://heardelaware.com> to schedule your hearing test or consultation today.



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I am 66 years old, retired, and now need to go back to work full time — how can I start over?

By Alessandra Malito, marketwatch.com

Q: I retired from my job in 2014 and started drawing my Social Security at age 62. My income is around \$1,600 a month but my monthly expenses are about \$300 more than my income. I'm running out of savings and don't have any other resources. I am 66 years old and need to go back to work full-time. How can I start over with a high enough income to live on and create some savings to carry me through the next 30 plus years?

A: I'm sorry you're having a difficult time right now. Know that you are far from alone, and your question has the ability to help many people.

Most immediately, it would be prudent to look over every single bill you are currently paying and every transaction you've made in the last couple of months. You may have already done a check-up on your expenses, but looking at every credit card charge, every debit card charge, every bill you paid and the cash you spent in minute detail can really make a difference in the short term.

Make note who you're paying and what you're buying. Do you have any subscriptions that no longer serve you, such as a magazine or gym membership? Can you drop to a less expensive cable or phone plan? How about your groceries? I firmly believe you shouldn't deny yourself little joys, but cents add up to dollars. Think about using coupons or buying less-expensive brands. Every little bit helps both your balance sheet and your stress level.

Now on to your main question—how can you start over? Looking for a job is rarely simple, and may be even more overwhelming since you've been out of the workforce for six years. Still, you wouldn't be the first retiree to re-enter the labor market. Some people do it because they simply find themselves bored in retirement, while others may realize they need more income to live comfortably. Whatever the reason, it's never too late.

You may meet some challenges. Age discrimination is a real problem, but hard to confirm in the hiring process.

You might feel uncomfortable when applying for jobs, especially if you're venturing into a new field, but you've gained valuable skills throughout your lifetime that can bring a big impact to a new employer. Never lose sight of how valuable your experiences can be.

Consider brushing up on web-based skills, such as creating a professional online presence and becoming acquainted with common applications for your field. If you have social media, such as Facebook or Twitter, check what your profile appears like to the public. If you don't have any online presence, make a LinkedIn profile and add your work history. Highlight your experiences, and explain in these profiles how your work history and skills can assist you in not only accomplishing employer expectations, but exceeding them.

Here are a few more tips when job-hunting: Create job alerts, such as on Monster and Glassdoor, and try to narrow down what type of role you'd like to work in or what sorts of job demands there are in your preferred field. Note what these companies are looking for, said Vicki Salemi, a career expert at Monster, and tailor your resume and cover letters to address those specific details. Of course, keep everything truthful and accurate, but also know it isn't uncommon to see applicants make mentions of the types of skills and requirements in a job listing. Keep in mind, some companies may have you start out working remotely with an eventual transition back into the office, she said.

Reach out to former colleagues and bosses, who could act as references or point you in the direction of a pos-

sible job opportunity, Salemi said. And remember to give yourself a break so you don't become overly stressed with all of the job searching and applications. Get out of the house for some fresh air, take a Zoom yoga class or spend time on a hobby. Set timers, where you spend an hour or two looking for jobs, revising your resume or networking and when the timer stops, so do you. "It's so important to stay positive," Salemi said.

There are also ways to earn cash while you're searching for a full-time position. Older Americans are just as much a part of the gig economy as anyone else, and are taking jobs as car service drivers, babysitters, dog walkers and so on. You can try your hand at a freelance job, such as in writing or photography, or if you're crafty, create custom artwork

to sell on Etsy or another platform. Sixty and Me, a website dedicated to people in your age group, has a long list of suggestions for ways to make money in retirement.

Remember when I said you should carefully examine your spending? That goes for a full, comprehensive financial plan as well. A financial planner can help you understand the various factors to address to achieve a sustainable retirement, and help project what needs to be accomplished to reach your financial goals. If you can't afford to work with a financial professional just yet, you can search for advisers who may do pro bono work. The key is to get a financial plan together so that you have goals to work toward, and also a sense of relief that everything will come together.

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 PROMEDICA

Cokesbury Village: A Family Affair

Second-generation residents enjoy the community's major renovations, trust its premiere life care

A new generation of residents is finding the perfect fit for retirement: Cokesbury Village in Hockessin.

With its 64 acres of gardens, woodlands, rolling lawns and striking contemporary architecture, adult children who witnessed their parents' happiness firsthand are now following in their footsteps and making their own move to this vital campus.

Speaking about the community's recent multimillion-dollar facelift, Mitzi Sakata, a second-generation resident, says, "The renovations at Cokesbury Village are absolutely beautiful. I think the community's update immediately makes it more appealing to the younger generation."

For Sakata and her husband, the decision to move to Cokesbury Village was easy, spurred primarily because they'd seen the quality life care residents enjoy while her mother lived at Cokesbury.

"Everyone took excellent care of her. Over the years, I came to know the staff very well and I knew firsthand about the great care she was getting," she says. "So we came for the health care. And then we found out it's a really fun place to live!"

Sakata credits Cokesbury Village for adding years to her mom's life, giving her a sense of purpose and fulfillment.

"My mother would always talk about the excellent concerts, lectures and entertainment, but I didn't fully understand the extent of how wonderful the

quality of entertainment was until we lived here ourselves."

Coming Home... Again

For Jill McKeown, another second-generation resident, moving to Cokesbury Village was like coming home again.

"My parents moved to Cokesbury Village in 1980, about a year after it was built," shares McKeown. "When I would visit my mom, I would always park near the cottage where we now live. Coming back home brings back memories of her. Everyone loved her here."

Jill and her husband, George, moved in eight years ago. She was 69 at the time. Moving was a decision the McKeowns did not take lightly.

"Before we came to Cokesbury Village, we researched multiple other retirement communities," Jill says. "We visited, went to lunch presentations, and Cokesbury Village was by far the most welcoming and friendly community."

Jill's father passed away about a year after her parents moved in. Her mother later remarried a resident she met at Cokesbury Village.

"It was great love story," she said. "My mom was involved in many activities—she was an artist."

Jill's mother lived at Cokesbury Village nearly 30 years until she passed away in 2009. "She called

Cokesbury her home and now it's absolutely my home too," Jill says. "George and I are involved in so many things. I'm co-chair of the hospitality committee and secretary of the spiritual life committee."

Beautiful, Modern Appeal

"There is not a retirement community that is even close to the uniqueness of our community. It's fabulous," says Tasha Verrico, the sales manager at Cokesbury Village. "We transformed our main building; we call it the core of the community. Residents can come to eat, get their mail, read the paper or a book by the fireplace. In the lower atrium, you'll find a library, amazing craft room, cyber lounge, new hair salon, woodshop and even a dance floor."

Renovations also include upgrades to a full-service restaurant and brand new bistro and coffee shop.

"The space is large and very open. You're able to stay engaged, yet socially distanced, with friends. It has a contemporary feel, and it's so welcoming, with all the natural light," Verrico adds. "A large 'live' wall of plants and stone adds warmth and class."

Mitzi Sakata echoes that sentiment.

"When you walk through the front doors, it's just gorgeous," she says, smiling. "There is a two-story angled window that fills the place with light. Everywhere you go, including the apartments and cottages, it feels open with a lot of sunlight. It makes such a difference."



JILL MCKEOWN (RIGHT) AND MITZI SAKATA (LEFT) DISCUSS THEIR LEGACY WITH COKESBURY VILLAGE IN FRONT OF THE LIVING PLANT WALL.



OVER 64 BEAUTIFULLY-MAINTAINED ACRES OFFER AMPLE SPACE FOR OUTDOOR EXERCISE.



“The whole building has been transformed in a sense. The lobby is quite high, several stories, with the ambiance of entering a grandly elegant hotel,” Jill McKeown adds. “You can mingle here before or after dinner, and then enjoy wonderful entertainment, from musical groups and choirs to lectures.”

Fascinating Walks of Life

Cokesbury Village is a village with a truly vibrant social spirit.

“Cokesbury Village is unique because half our residents live in cottages. We have 110 cottages. The other half live in the main building, about 124 apartments,” Verrico shares. “You have a very cool village—not separate communities—that offers a great balance. You have flexibility to choose the lifestyle that meets your needs.”

Sakata has no regrets in choosing a cottage.

“I’ve made a lot of good friends,” she says. “You can always find someone you haven’t met before, and they have such interesting lives! There’s always something to talk about and do... play bridge, garden, stitch and chat, exercise programs. We also have a pool, pickleball, bocce and book clubs, the list goes on and on.

“It’s a very social community,” Sakata continues. “By far the best part about living at Cokesbury Village is the people who work and live here. And during challenging times like the pandemic, you really appreciate each other more and realize you wouldn’t want to be any other place.”

The Staff is Like Family

“We are totally independent but have amazing resources when we need it,” Jill McKeown says. “If I woke up with a raging sinus infection, I’d just call and ask to see the nurse practitioner. I can simply walk across the street and be in to see a doctor. Things like that are golden, especially now.

“The staff are really tuned into our needs,” she adds. “The employees are loyal to us and residents look forward to giving back. Every year we contribute to an employee fund over the holidays to show our appreciation.”

“I tell my friends, make the change before you think you need to,” Sakata chimes in. “You’ll wish you had done it sooner. I think the younger people are realizing it, saying ‘I don’t want a big house to take care of. I want to travel and see my grandchildren, and if I move into a place like Cokesbury, I can just shut the door, not worry and go.’”

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Preparing for Surgery During COVID-19



From fears of contracting COVID-19 in the hospital to worries about care after surgery, many people put off elective surgeries when the pandemic hit. Even now, despite getting the “green light” from the state government and reassurance from hospitals and their surgeons that it is safe to have their procedure, many patients are hesitant to schedule surgery. Rest assured, hospitals and surgicenters have clear protocols to follow regarding testing, screening, social distancing and safety.

Communicating with your surgeon is a shared responsibility

Keep in mind that your surgeon wants to hear what's on *your* mind too. No question or concern should be “off limits” when having this discussion. The questions patients ask, which have always been important to surgeons, are now more meaningful than ever during COVID-19. If you're uncertain about something, don't hesitate to ask, and know that many of your questions may be answered by current CDC protocol.

Questions to ask in preparing for surgery

■ *When and where should I be tested for COVID?* Often, the surgeon's office will provide you with directions on where to get tested. In most cases, patients should be tested 72-96 hours before their scheduled surgery and results will be sent to your physician. This result should be known prior to surgery to safeguard the healthcare workers and other patients.

- *Should I be self-isolating after my COVID test?* Yes, once you have your pre-surgical COVID test, you should be self-isolating at home and avoid going out if possible.
- *Should I report if I have been in contact or exposed to anyone with COVID-19?* Yes, if you were exposed to someone with known COVID-19 or suspected COVID-19, with signs and symptoms such as coughing, sneezing, fever, or shortness of breath, report this to your surgeon's staff. This may delay or postpone your surgical procedure.
- *Can my family come into the hospital with me?* This depends on hospital policy. Some hospitals may allow one family member, some allow no family members, depending on their COVID-19 policy and the current CDC Guidelines.
- *What can I bring with me to the hospital?* Limit personal items and clothing, especially for “same day” surgical procedures. In most cases, you're advised to wear comfortable loose clothing; you'll change into a hospital gown at the facility. You should also bring identification, your insurance card, your cell phone, and a charger.

The CDC also requires that staff at the hospital be screened daily for signs and symptoms of COVID-19, as well as asked about known contact with a person who has the virus. As well, the CDC has outlined cleaning and disinfecting protocols which must be adhered to.

More Clarity on What to Expect

Before you make a decision about moving forward with surgery, the American College of Surgeons in Chicago also has some questions they suggest you ask your surgeon:

The Office Visit

- What can I expect when I arrive for my appointment in terms of COVID-19 protective measures?
- Can I wait inside my car when I arrive for the office visit, or do I have to come inside to check in? If so, what safety measures are in place for check-in?
- Can my insurance coverage be confirmed by telephone or computer before I check in?
- Will I be with others in a waiting room, or will I be kept in a room away from other patients?
- Do I need to wear a mask? Will all other patients and staff wear masks?
- Will I ride in an elevator? Is there an elevator policy? How frequently are the elevators cleaned?
- Will there be physical barriers, such as glass or plexiglass, between me and staff with whom I am speaking? If not, will they be six feet away from me?

Before My Operation and Day Of

- Will I be tested for COVID-19 and have my temperature taken before my operation?
- Will I be taken into other areas of the facility for testing or exams before the operation begins? Describe that process and what safety measures are in place for patients.
- Who are all the people I can expect to interact with at the facility?
- Are the staff members I encounter also treating patients who have COVID-19?
- Are patients who have COVID-19 in the same facility as me? If so, what safety measures are in place to ensure we are separated?

- Will I be close to others if I walk through the hallways or other common areas? If so, what safety measures are in place?

The Operating Room

- What special precautions are being taken to ensure the operating room is safe from COVID-19?

Health Care Facility Management

- How has the facility determined that it is now safe to begin scheduling operations?
- How is the facility disinfected, and how often?
- Is everyone who works at the facility having their temperatures taken and being tested for COVID-19? If so, how often?
- Does the facility have enough personal protective equipment for staff?

After the Operation

- How will I receive food, if I stay overnight? How is the food prepared?
- As I recover, will having this procedure put me at a higher risk of getting COVID-19? Why or why not?
- Will the presence of COVID-19 in my community change how long I stay in the facility following surgery?
- Can I have visitors while I recover? If so, how will they be protected while visiting me?
- How will my family receive updates on my well-being?
- How will social distancing impact my recovery from surgery?

Off-site Care

- Are telehealth visits or phone calls with a member of my care team an option for me before and after my operation?
- Can home health care services be provided instead of a trip to the facility before or after my operation?

Get your questions answered. Your health care providers have worked hard to make your elective surgery both successful and safe.

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The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals.



Shopper's Alert!

It's FREE to Give to Your Favorite Charity



Whether you volunteer your time, make monetary donations, or participate in charitable events, you probably support a favorite organization in one way or another. So what better way to enhance your giving than to give a little more each time you shop online?

AmazonSmile is simple, automatic and free to both you and your favorite charity. All you need is an Amazon account, and you're good to go. Start your Amazon shopping at smile.amazon.com, shop as you normally would, and feel good knowing that Amazon's Foundation contributes .5% of the purchase

price of your eligible purchases to your chosen charity (and over a million 501(c)(3)s participate). You can change the charity recipient at any time, and you don't even need to make a separate account.

How does AmazonSmile work?

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Once signed into smile.amazon.com, you'll be prompted to pick a charity. You can choose one from the provided list or type in another of your choosing. There are more than one million eligible 501(c)(3) charities listed. Once you're set up, .5% of your purchase price will be donated to the charity of your choice. Liter-

ally tens of millions, but not all, of Amazon's products are eligible for AmazonSmile. You just need to remember that each time you shop, you'll need to start at smile.amazon.com (so you might want to bookmark it). Donations will not be made on purchases made at amazon.com.

The beauty of it all is that there is no cost to charities or customers, and 100% of the donation generated from eligible purchases goes to the consumer's charity of choice. Since the AmazonSmile Foundation is directly making the donation for you, you won't pay extra for anything when you use AmazonSmile. However, this also means you won't receive a tax deduction.

How Do Charities Receive Donations?

Once an order is placed, AmazonSmile applies the donation amount

and puts it in the fund for individual organizations. Each quarter, the AmazonSmile Foundation deposits the donation funds via electronic funds transfer. Organizations should receive the funds approximately 45 days after the previous quarter ends or when the amount reaches a minimum threshold.

What's the Best Way to Support Your Charity?

We love AmazonSmile because it's easy. One takeaway though: If you take the time to think about it, only one half of one penny is being donated to your charity for every dollar spent. So if you spend \$1000, you'll donate \$5.00. Everything counts, of course, but to really make an impact, think of the end result you're trying to achieve. Do you want to feel good, or make an impact? If it's the latter, don't stop at choosing a charity on AmazonSmile and calling it a day.



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What to Do When You're Stuck at Home

Ask people what they love to do and most will answer: travel. Traveling is fun and exciting and probably makes you a better-rounded person. But—it's not much more than that. As Ryan Holiday wrote: "We think travel is the magical cure—when all too often it is simply an escape. The way to deal with and face your problems is to stay put. To actually be in yourself for a minute." Traveling is largely a passive experience. It expends your energy on seeing, rather than creating.

So ask yourself: what else can I do with my life? Need a nudge? Here are some things you can do with your life, things that are just as fun, worthwhile, and will perhaps benefit you even more in the long-run:

Plan to Move to Your Dream Town

That place you've always wanted to live—you know, the one that gives you an ooey gooey feeling and makes your whole mind and body light up just from considering it as a possibility? Go there. Figure out a way. Make new friends. Make a life.

Become an Unofficial Expert on the Topic of Something You Love

Whatever you feel called or drawn to is not coincidental — it's your purpose. Read, learn, explore the things that fascinate you. Expertise is born of interest.

Commit to Your Own Self-Development

It's never "too late." Become the kind of person you admire; read philosophy and psychology and self-help. Dismantle the subconscious biases you didn't even know you were operating under.

Fall in Love with a Physical Activity that Doesn't Feel Like a Workout

Spend your spare time biking, learn yoga, dance in your underwear — you do you.

Start a Passion Project that Benefits Other People

Rather than putting your time, en-

ergy, and money toward a book or a business idea that ultimately serves your wallet but not necessarily your heart, consider creating a food donation drive, or starting some other kind of program that benefits people genuinely in need.

Take Continuing Ed or Online Classes Just for the Sake of Learning

The internet: All of the information that has ever existed is available right at your fingertips. What this means is that if you want to learn about, well, basically anything, there's a course or at least a series of YouTube videos that can help you out on your schedule - and likely for free!

Spend Your Spare Time on Side Gigs

You're never too old to start something new. Whether an hour a week or five hours a day, why not make some money doing what you love? Love writing? Write. Every day. Same goes for any other dream you might have — take it one step at a time, but make sure you're taking the steps.

Learn a New Language

And then book a trip to somewhere they speak it! It's still traveling, yes, but with a much more meaningful connection than just going aimlessly because you had nothing else to fulfill you.

Have an Adventure Every Weekend

Take a friend and each weekend, find something free or inexpensive or (if the means are available to you) completely awesome to do. Don't waste your life sitting around making small talk.

Try Something New Once a Week for a Year

Fall in love with experimenting — try new foods, go to new places, meet new people. Check out a poetry slam, or Indian food, or skydiving, or a rock concert, or something that

would otherwise not appeal to you to explore. Become someone who is willing to try.

Learn to Love Genuinely

This just sounds like a nice platitude, but what it really means is: learn to love people on the street, people you dislike, people who actually deserve all the love you can give. Learning to love is something you have to train yourself to do, but there are few things that are more completely worth it. Give of your heart. During this holiday season... and always.



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

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

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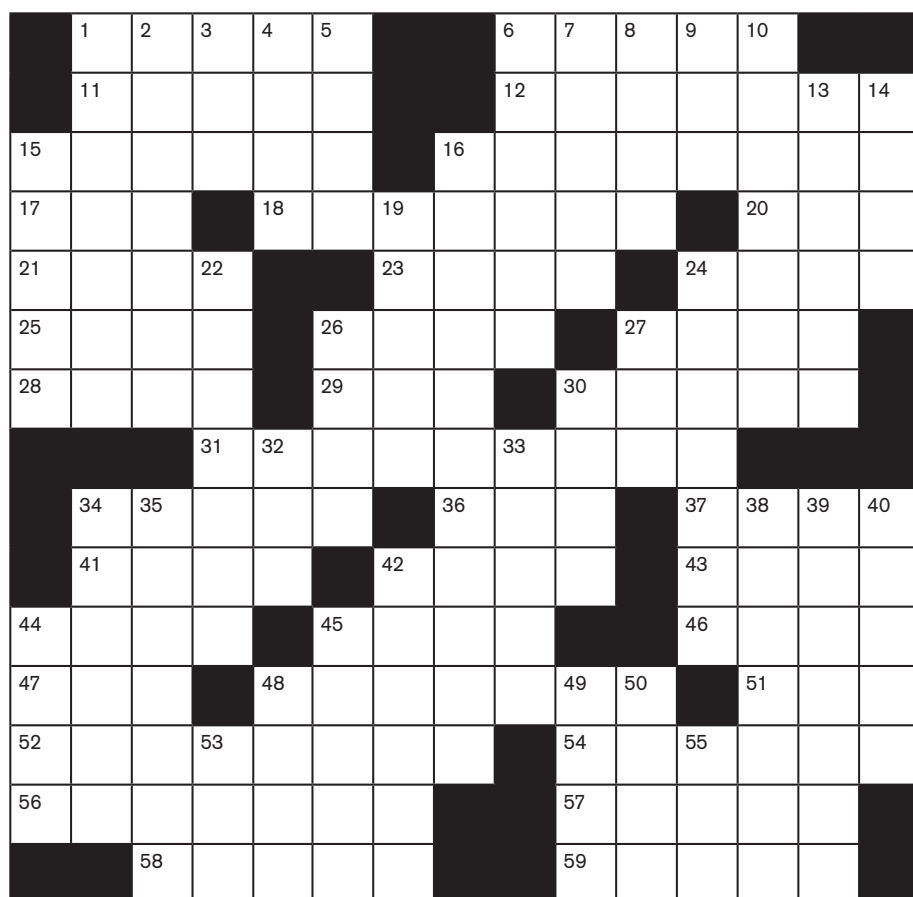
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By Dave Fisher



Answers on page 13

1. Flow control device
6. An ancient Assyrian city
11. Encore
12. Bravery
15. Cold
16. Mynah
17. Petroleum
18. Variant of an element
20. Japanese apricot
21. Hairdo
23. Extremely
24. Wreaths
25. Countertenor
26. Dines
27. Puts on
28. Puts down
29. European peak
30. Plunders
31. Exhibitionists
34. 58 in Roman numerals
36. Uncooked
37. Type of sword
41. Anagram of "Silo"
42. Group of cattle
43. Extend credit
44. Backside
45. ___ fide
46. Abominable Snowman
47. Biblical first woman
48. Gourmandizer
51. Record (abbrev.)
52. Storytellers
54. Rat or mouse
56. Bit-by-bit
57. Nautical for stop
58. Attempt again
59. Expire

1. Smallpox
2. Nimbleness
3. Delay
4. 8 in Roman numerals
5. Concludes
6. They play roles
7. Frothy
8. Certain
9. Website address
10. Clothing
13. Metamorphic rock
14. Auspices
15. Central
16. New spouses of parents
19. Small egg
22. Dinosaur bones
24. Broadly speaking
26. Indian dress
27. To make a fool of (archaic)
30. Bawdy
32. It is (poetic)
33. Unit of gold purity
34. Parallel slat
35. Dilute acetic acid
38. Noblewoman
39. Accord
40. Decree
42. Every 60 minutes
44. Large mass of ice
45. Tired to the point of exhaustion
48. Oversupply
49. By mouth
50. Exploded star
53. Citrus drink
55. Dip lightly

CHICKEN MARSALA OVER WHITE RICE

Prep Time: 15 mins
Cook Time: 40 mins
Total Time: 55 mins
Servings: 4

- 1 cup uncooked white rice
- 2 cups water
- 1 cup all-purpose flour
- salt to taste
- ground black pepper to taste
- 1 pinch dried oregano to taste
- 1 pound skinless, boneless chicken cutlets, pounded to 1/4-inch thickness
- 1 tablespoon olive oil
- 2 tablespoons butter, divided
- 1 clove garlic, minced
- 1 cup sliced fresh mushrooms
- salt and ground black pepper to taste
- 1/2 cup Marsala wine
- 1/2 cup chicken stock

1. Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set rice aside.
2. In a large bowl, whisk the flour with salt, black pepper, and oregano. Gently press the chicken breasts into the flour mixture to coat, and shake off the excess flour.
3. Heat the olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Arrange the chicken in the skillet and cook until the chicken is no longer pink inside and golden brown outside, 5 to 8 minutes per side. Drain the cooked chicken on a paper towel-lined plate.
4. Melt the remaining 1 tablespoon butter in the same skillet over medium heat while scraping up any brown bits with a spoon. Stir in the garlic; cook and stir until fragrant. Add the mushrooms, and cook and stir until they are tender and have released their liquid, about 10 minutes. Season with salt and black pepper, then stir in the Marsala wine and chicken stock.
5. Transfer the chicken back to the skillet, and spoon sauce over chicken pieces. Increase heat to medium-high, and bring to a boil. Cover, reduce heat to medium-low, and simmer until the the sauce is thickened, about 5 minutes more. Serve the chicken and sauce over the cooked rice.

14 DECEMBER 2020



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.

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

Answers on page 13

(courtesy of KrazyDad.com)



DRIVE-THROUGH MERRY & BRIGHT

Holiday Lights

FREE

ROCKWOOD DEC 4, 5 & 6
GLASGOW DEC 11 & 12
6-9 PM each night

Twinkling light displays
Santa sightings
Holiday decorations

NEWCASTLEDE.GOV/HAPPENINGS

NEW CASTLE COUNTY EXECUTIVE MATT MEYER
DEPARTMENT OF COMMUNITY SERVICES
DIVISION OF COMMUNITY RESOURCES



The Funny Bone

When I was learning to drive in the winter, my Dad told me, “If you’re ever lost in the snow, wait for a plow truck, then follow it.”

One cold, snowy Minnesota night, I got lost on the way home. The snow was blowing so fast and piling up so high, I couldn’t see any street signs. With no map in my car and a dead cell phone, I thought I might be stranded so I pulled over to the side of the road.

Then breaking through the flurries, I saw the headlights of a plow truck in my rearview mirror. Thanking my lucky stars, I turned in and followed the truck, hopeful that it would lead me back somewhere I recognized.

I followed that truck for what felt like hours. He turned left, I’d turn left. He’d swing to the right, and I was right on his tail. After a while, I saw brake lights from the plow, followed by four-way flashers. The plow had stopped, and I saw the driver get out and approach my car. I rolled down the window to talk to him.

“Why are you following me, kid?” the plow driver asked.

“Well sir, my dad told me if I was ever lost in a snowstorm, I should wait for a plow truck and then follow it.”

“Well,” said the plow driver. “I just finished clearing the Target parking lot. Want to follow me over to Best Buy??”

A tourist visits a Zen sanctuary.

While wandering the gardens near the back of the temple, the tourist encounters two Zen masters standing near a closed door. They appear to be having a rather serene sort of debate, so the tourist stops to listen.

“As one’s burden increases,” says the first Zen master, “so too does their need for haste.” He steps toward the door, but is stopped by the second Zen master.

“True,” says the second Zen master, “but that which moves within us may also move without us.” He also takes a step toward the door... but the first Zen master holds up a hand.

“Your words are wise,” replies the first Zen master. “However, darkness held inside becomes harder and hard to expel.” Once more, he takes a step toward the door, only to have his path blocked by his companion.

“A single gust of wind,” the second Zen master responds, “can release a fearsome avalanche.”

Several seconds pass in silence as the two men stare at each other. Finally, the first Zen master steps away from the door. “There can be no denying your enlightenment.”

The second Zen master nods, walks through the door, and closes it behind him. The tourist, feeling both curious and inspired, rushes forward to speak with the first Zen master.

“That was amazing!” the tourist says. “I feel like I’ve learned so much! I just have one question: What’s behind that door?”

“What, that?” answers the first Zen master. “That’s the bathroom.”



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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