



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

## Your Own Home LLC

*"The Best Care  
is Home Care"*



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When the weather (finally!) warms up, as we break out of winter's cocoon, it's natural for our thoughts to turn outward. The light-filled months ahead just beg you to expand your horizons—to try something new, to go someplace new, to explore. To me, spring really is a time for rebirth, when I'm inspired to think big, and when all things seem possible.

First things first—getting in shape for all the fun ahead. I have to admit I never really thought about the ups and downs of my blood pressure during exercise, but Dr. Farquhar's article on page 4 gave me the push I needed to just get outside and go for a walk, instead of lamenting that I didn't have enough time to get to the gym (and so skipped it altogether). No excuses! And my reward when I got home was a mini-massage (that I now do even while I'm sitting at my computer). It's easy and feels great! Learn how on page 5.

Ready to go someplace new? Pushing past the boundaries of the neighborhood, we've got ideas for jaunts near and far on pages 10 and 11. I'm already plotting my summer escape! Ready to try something new? This year I'm going to try my hand at straw bale gardening. Nothing crazy, just one, maybe two. I like the idea of using natural, organic fertilizer and creating my own compost in the process. The how-to is on page 16. Try it with me, and let me know how it goes. I'd love to hear from you!

In February we unveiled our newly designed website [www.vitalmagonline.com](http://www.vitalmagonline.com) and already have had an incredible response to it! The site has all the great information you'd expect (plus more that we never seem to have enough room for in the print version of Vital!) in a super-easy-to-navigate format. Go ahead and check it out! Share articles, jokes and recipes with your friends, invite them to subscribe, like us on Facebook... and just have fun with it! And as always, please remember if you contact any of our advertisers to let them know that you saw them in Vital!

Happy April!

Karyn

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# Courage on the Court

By Sue Brooker

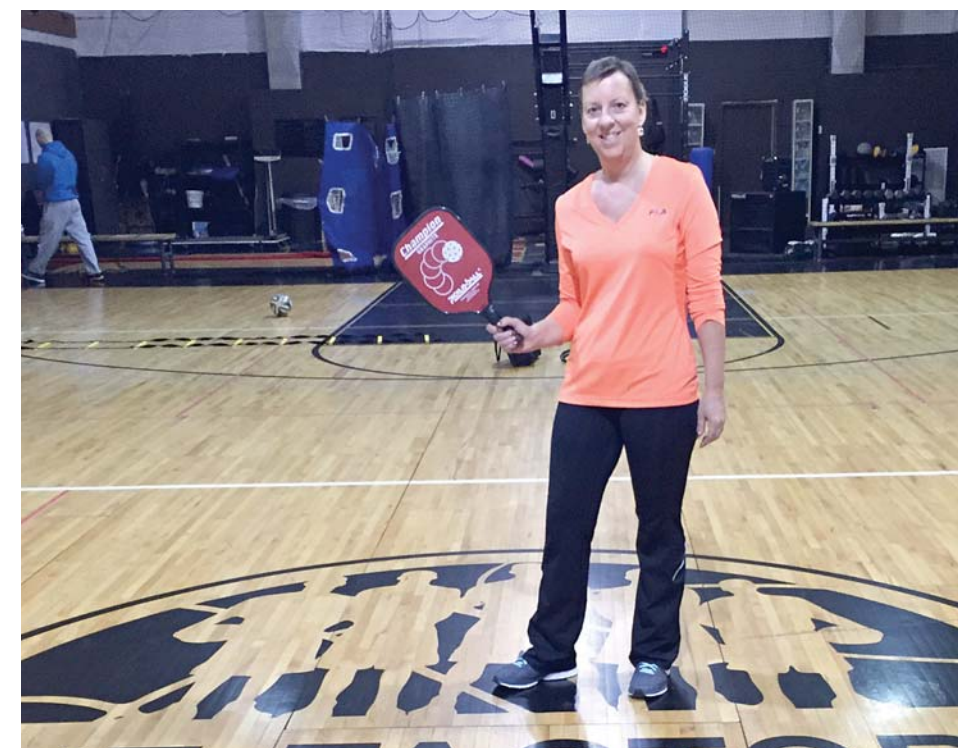
*Life shrinks or expands in proportion to one's courage.*

— Anais Nin

Lynn Casey came onto the pickleball court at The Factory in Lewes, DE with a quiet, yet competitive, spirit. Her story is not much different than many of ours. She worked as a hostess and waitress in Sea Girt, NJ, a vacation area, for over 26 years. She loved it: "I enjoy talking to and helping people. I'm not someone who likes to sit still."

Lynn's always been active, playing field hockey in high school, then adding tennis to her repertoire. She first started playing pickleball in the summer of 2013 in her community at The Peninsula, then later joined First State Pickleball Club out of Dagsboro. She says, "I played once, and I was hooked!" To her, pickleball is like no other sport—social and fun, and always challenging.

On the morning of November 28, 2014 Lynn felt a lump in her breast. From that started a journey that included breast removal, chemotherapy, radiation and then breast reconstruction. Lynn asked questions, got the facts, and lived through the loss of her hair and her nails.



This past Thanksgiving, Lynn's comeback to the pickleball court began, slowly at first, but with purpose, for the love of the game, and herself. It's been a long road over the course of many months, but she's back eating her favorite pasta and participating in the sports and activities she loves.

I remember Lynn leaving the pickleball court one Friday, not feeling well and not mentioning a reason why. We later spoke about her life-changing journey. That is why I share it with you today. As she puts it, "You'll never know what it took to get out of bed every day. In a split second my life changed. It blows my mind. I don't take life for granted anymore."

We all come from different places in life, take different journeys, but by sharing our stories and our hearts, perhaps we can give courage to those in need. Lynn is an



inspiration to us all.

Sue Brooker is the pickleball coordinator at Delaware Senior Olympics. For more information on pickleball and the Delaware Senior Olympics, visit <http://delawareseniorympics.org/pickleball/> or email Susan Brooker at [suebrooker@aol.com](mailto:suebrooker@aol.com).

Do you or someone you know have an inspiring story? Share it with us! Email [karync@vitalmagonline.com](mailto:karync@vitalmagonline.com).

## WORDS OF WISDOM

*"Don't worry about being worried. You're heading out on an adventure and you can always change your mind along the way and try something else."*

— Tracy Kidder



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On the cover, L to R: Bea Kloster, Marge Grace, Jean Swenson, Your Own Home owner Gina Deney



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## Blood Pressure Too High? Lace Up Those Walking Shoes

By William B. Farquhar, PhD, FACSM

Many of the chronic diseases that ravage Western societies today are related to lifestyle factors such as physical inactivity. High blood pressure (i.e., hypertension) in particular is a worldwide scourge that contributes to many deaths. Recent estimates suggest that one billion people worldwide have hypertension. Here in the U.S., one third of the population is hypertensive, and these numbers are projected to rise 7% by 2030. Hypertension increases the risk of heart disease, stroke, and kidney disease. We don't know the reasons why blood pressure is elevated in certain individuals, but here's what we do know: *Regular physical activity lowers blood pressure.*

### The Exercise And Blood Pressure Paradox

While regular exercise lowers resting blood pressure, blood pressure actually increases dramatically during exercise. What explains this paradox? To understand the blood pressure response to exercise, we must first appreciate that we are hard-wired to move, and move every day. When we move, our working muscles need oxygen-rich blood to contract, and we have multiple evolutionary-refined mechanisms that allow this to happen. For example, when our muscles begin to contract, signals from the contracting muscle are sent to the brain, and the brain responds by raising blood pressure above its resting level, which helps to push more oxygen-rich blood to the muscles. This temporary increase in blood pressure during exercise is therefore beneficial. However, once exercise ceases, blood pressure declines below its resting level, and stays low for many hours. This has been termed "post-exercise hypotension," which is an important yet underappreciated benefit of daily exercise. Exercise also lowers overall daily blood pressure through other means as well.

### Daily Or Near-Daily Exercise Is The Key

How high does blood pressure go during exercise? How much does it decline after exercise? Systolic blood pressure (top number) can exceed 200 millimeters of mercury (mmHg) dur-

ing a maximal exercise test on a treadmill. This sounds like an alarmingly high number, but keep in mind this is a temporary increase. Immediately after exercise, blood pressure declines 5 to 7 mmHg below the initial resting values, and stays low for many hours. This decline below resting values after every exercise session is one of the reasons why daily or near-daily exercise is beneficial for those with hypertension.

### Low To Moderate Intensity Exercise Is All That Is Needed

The mechanisms that are responsible for the lower blood pressure immediately after exercise are not fully understood, but this information can guide exercise recommendations for those with hypertension. That is, whereas someone with normal blood pressure interested in increasing their fitness level may choose to exercise three or four days a week, someone with hypertension is better served by exercising daily or near daily. Low to moderate intensity exercises are effective—brisk walking, cycling, or swimming. Just 30 to 40 minutes a day is effective in lowering blood pressure.

### Conflicting "FITT" Recommendations, but the Same Overall Message

Specific recommendations endorsed by prominent organizations like the American College of Sports Medicine, the American College of Cardiology, and the American Heart Association actually differ with respect to the recommended frequency, intensity, time, and type (FITT) of exercise for individuals with high blood pressure. However, the key message from these professional organizations is the same: regular exercise is an important lifestyle factor that can lower blood pressure in hypertensive adults. My advice is to lace up those walking shoes today, tomorrow, the next day, and the next day, and the ... etc. A lower blood pressure (and better health) will follow.

*William B. Farquhar, PhD, FACSM, is professor and chair in the Department of Kinesiology and Applied Physiology at the University of Delaware. He studies the role of diet and exercise on human health. He can be reached at wbf@udel.edu.*

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## The Three R's of Mobility: Roll, Release, and Rehydrate

By Kate Maliha, MA (HKin)

As we get older, we often find ourselves needing some extra stretching for our stiff, tired or aching muscles. It's one reason why fitness classes that incorporate stretching and muscle lengthening techniques, as well as gentle yoga, are becoming more popular. However, stretching isn't the only activity that helps with stiffness and movement restrictions. In fact, techniques that address the myofascia may be even more effective for addressing stiffness and soreness due to aging.

Fascia refers to your body's renewable connective tissue, made up primarily of water. It acts like an envelope or cover over your muscles (myo-); the health of your fascia affects all your movements. Dehydrated fascia can prevent proper movement, and can also cause pain, fatigue, headaches, and muscle aches.

Self-myofascial release, or SMR, uses gentle pressure and movement with pliable balls or soft rollers. It's important to use soft tools for this technique rather than hard, since over time our tissue becomes more fragile. Techniques such as MELT© (www.meltmethod.com) are appropriate for older bodies, since they gently focus on tissue rehydration. Other techniques incorporate slightly firmer rollers and balls, and focus on breaking hydrogen bonds and removing adhesions (hard spots, bumps and lumps in the tissue). Be aware—too much pressure can cause pain and muscle contractions. Here are some guidelines to help make your foam rolling more effective:

- Roll slowly, about an inch per second. Changes to the tissue are most likely to occur between about 90 and 120 seconds. For tender spots, roll and then hold

on the spot for about 30 seconds, until you feel a reduction in tissue tenderness. Both active (slow rolling) and static (holding and compressing) techniques should be used.

- Use your roller as part of a dynamic warm up (prior to your cardiovascular warm-up) as well as during your cool down. While studies have shown that stretching before a workout is not recommended, rolling is different; it will increase range of motion without decreasing muscle performance. Rolling can remove small adhesions between the layers of tissue and will also help improve motor patterns when done at the beginning of a workout.

- During your cool down period, foam rolling can help prevent and eliminate blood pooling, will speed up the process of recovering from the workout, and may help to prevent soreness.

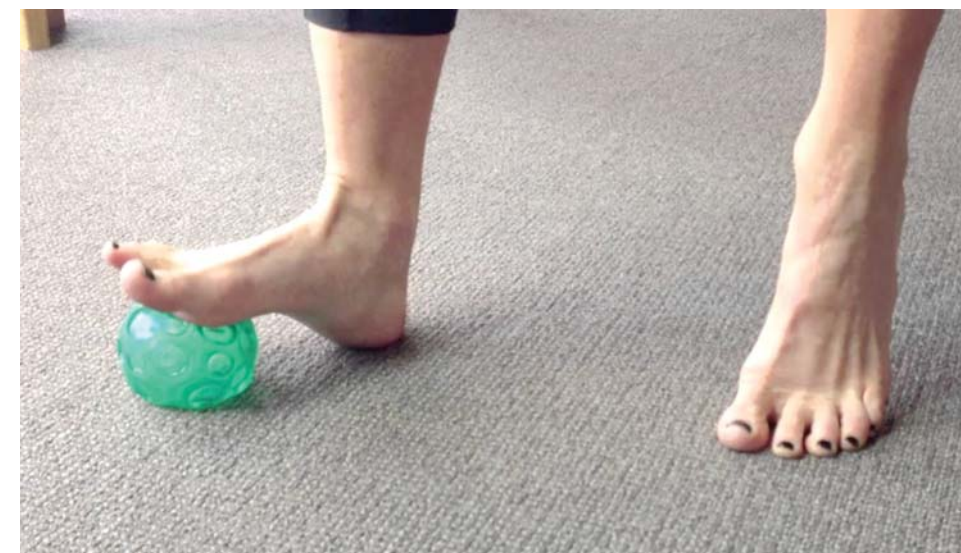
Two exercises you can do at home without special equipment focus on the fascial tissue of the hands and feet. All you need is a tennis ball or slightly softer ball of the same size. Both exercises will help those with arthritis and other types of pain in the hands and feet:

### Hand SMR:

Place your ball on a table and place your palm on top. Press your right hand into the ball and use your left hand to guide and support the movement. Release the pressure and then spread the fingers of your right hand. Next, gently close your fingers around the ball. Follow the same sequence on the other hand. Repeat this sequence a total of four times.

### Foot SMR:

With your ball on the floor and hold-



ing onto a firm support surface for balance, place a bare foot on the ball. Roll the arch of your foot across the ball from front to back four times. Next roll across from side to side four times (slowly and gently). Lean your arms and torso across your thighs if you want to increase the pressure. Perform the technique on both feet.



*Kate Maliha, MA (HKin) has a Master's degree in Human Kinetics, is a Certified Medical Exercise Specialist, and has conducted aging research at the University of British Columbia. She is the Director of Love Your Age Fitness Inc. (<http://www.LoveYourAge.ca>), a fitness company specializing in the exercise needs of seniors.*

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# Ex-Spouse Benefits, Taxes, and You

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

Mid-April features both Ex-Spouse Day and tax day. These two observances are extra important if you are an ex-spouse, because Social Security pays benefits to eligible former spouses, and you may need to claim this income on your tax forms.

If you're 62 or older, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by

annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your ex-spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. The same rules apply for a deceased former spouse.

The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit *Retirement Planner: If You Are Divorced* at [www.socialsecurity.gov/retire2/divspouse.htm](http://www.socialsecurity.gov/retire2/divspouse.htm) to find all the eligibility requirements you must meet to apply as a divorced

spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you can still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit [www.socialsecurity.gov/retire2/divspouse.htm](http://www.socialsecurity.gov/retire2/divspouse.htm) today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income. What you learn may bring a smile to your face ... even on tax day!

## Veterans: Take Note!

War-time veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance provided by the Department of Veteran Affairs. Veterans and survivors who are eligible for a VA pension and require the aid and attendance of another person, or are housebound, may be eligible for additional monetary payment. These benefits are paid in addition to your monthly pension (you must be eligible for a pension).

Since Aid and Attendance and Housebound allowances increase your pension amount, people who are not eligible for a basic pension due to excessive income may be eligible for pension at these increased rates.

The benefit is designed to provide financial aid to help offset the cost of long-term care for those who need skilled services, case management, and help with activities of daily living such as bathing, dressing, eating, taking medicines, toileting, and transferring. This program is also for Veterans who are isolated or whose caregiver is experiencing burden, and will also provide for long-term in-home care for a non-service connected disability such as Alzheimer's, Parkinson's, multiple sclerosis, and other physical disabilities.

### Who Is Eligible?

Veterans, their spouses, surviving spouses and parents are eligible if the Veteran served a minimum of 90 days of active duty, including one day of active duty during a period of war. Other qualifications include specific financial criteria, and docu-

mented physical need for in-home care. Disability does not have to be related to the service.

The Aid & Attendance (A&A) increased monthly pension amount may be added to your monthly pension amount if you meet one of the following conditions:

- You require the aid of another person in order to perform personal functions required in everyday living, such as bathing, feeding, dressing, attending to the wants of nature, adjusting prosthetic devices, or protecting yourself from the hazards of your daily environment.
- You are bedridden, in that your disability or disabilities requires that you remain in bed apart from any prescribed course of convalescence or treatment.
- You are a patient in a nursing home due to mental or physical incapacity.
- Your eyesight is limited to a corrected 5/200 visual acuity or less in both eyes; or concentric contraction of the visual field to 5 degrees or less.

*Angel Companions is reaching out to inform you of this potential source of funds. Ron Miller is the owner of Angel Companions of Wilmington, Delaware. The Angel Companions team pays attention to the details, can offer a fresh perspective on your situation, and provides true heart service to their clients. For more information on the Aid & Attendance benefit, call Ron at 302-343-7003, email him at [rmiller@angelcompanions.net](mailto:rmiller@angelcompanions.net), or visit [www.benefits.va.gov/pension](http://www.benefits.va.gov/pension).*



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## Social Security Q&A

### Question:

I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

### Answer:

You'll receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication, Disability Benefits, at [www.socialsecurity.gov/pubs/10029.html](http://www.socialsecurity.gov/pubs/10029.html).

### Question:

Is it true that if you have low income you can get help paying your Medicare premiums?

### Answer:

Yes, you can get help.

If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your state or local medical assistance, social services, or health and human services office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs.

If you have limited income and resources, you also may be able to get Extra Help paying for prescription drug coverage under Medicare Part D. If you get the Extra Help, Social Security may

contact you to review your status. This reassessment will ensure you remain eligible for Extra Help and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the Extra Help will be effective in January of the following year. Go to [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp) for more information.

Also, see our publication, *Medicare* (Publication 10043), at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). For even more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

### Question:

I'm retiring early, before full retirement age, and I receive investment income from a rental property I own. I've heard there's a limit on income I can make if I retire early. Does investment income from my rental property count as earnings for Social Security purposes?

### Answer:

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by government pensions earned through work on which you did not pay Social Security tax. You can retire online at [www.socialsecurity.gov](http://www.socialsecurity.gov). For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

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# "The Best Care is Home Care"

There's a reason beloved adages like "home sweet home," "home is where the heart is," and "there's no place like home" withstand the test of time—they resonate with us emotionally. People are living longer today, and studies show that most people would prefer to remain living at home even when they are no longer able to get around on their own. In addition to being a less-expensive alternative to out-of-home care, these studies also show that people thrive in familiar surroundings, and that being at home has a positive effect on one's overall well-being. That's why we at Your Own Home believe "The Best Care Is Home Care."

## Your Own Home: The Beginning

When Your Own Home founder Gina Deney's mother reached an age where she needed help but didn't want to leave her home, mother and daughter discovered that options were limited and discouraging. Gina realized there must be others who had the same desires and concerns, and decided she wanted to help.

In Gina's words, "I first became aware of the challenges of safely aging at home when my father died years ago. My mother was left in her home alone with no family members nearby. She had no medical issues requiring skilled care, but after talking to the neighbors, it quickly became evident that she couldn't take care of herself and the house without some kind of supplemental support. She could no longer live alone, and all of her family mem-

bers were hours away. Without any alternatives, unfortunately we had to move her into a nursing facility. None of us wanted to do this, but at that time home health care was in its infancy and there just weren't any other options. She went into assisted living and was very unhappy that we had moved her out of her "retirement" home...the one place where she was truly happy. I don't think she ever let me forget that. She later went into a nursing home with supplemental care. The images of her sitting in her wheelchair in the middle of the dayroom, uninterested in everything around her, and visions of her tiny room with just a few of her actual possessions, haunts me. Literally nothing of her life that made her unique and memorable was left intact. That was not how we planned for my mother to live out her final years, and not the way I feel anyone should age."



Gina proudly shares this letter from one of the Your Own Home caregivers:

My over six years of working for Your Own Home has been a pleasant experience. The office staff is always courteous and helpful with positive input in all situations. The people I care for have become my extended family. One dear man so graciously told me, "I never thought I'd be so dependent on another person in my latter years, but God in His mercy sent you." My daily routine centers around this thought: Times and fashions may change, but respect and loving care for the needs of others remains the same. I believe I, along with other members of the Your Own Home team, meet this criteria.

"I love spending my time with Marian. We enjoy each others company and going on outings." —Michelle, caregiver



Through the lessons she learned navigating the "system" and subsequent research, Gina came up with a plan: in 2004 she put her money and her time where her heart was and founded Your Own Home LLC, a non-medical in-home senior care company that provides caregivers for seniors, the disabled, and for those recovering from surgery and illness. Your Own Home is an independent, family-owned, Delaware-based company, whereas most similar organizations are national franchises or huge corporate entities. Your Own Home is also a member of "Companion Connection," a national organization offering its 150 members training, resources, and the opportunity to share experiences and knowledge with other members.

## Why Your Own Home

Most individuals are moved to a nursing care facility if they suffer an injury, when it becomes

increasingly unsafe for them to be on their own, or when family members become overwhelmed trying to respond to their needs. Nursing care facilities, however, are notoriously expensive. The personal care provided by Your Own Home is typically more cost-effective than most alternatives. And because Your Own Home provides affordable care throughout the entire aging process, family members are able to continue living their own lives with the peace of mind that comes with knowing that their loved one is being cared for. As an added bonus, in addition to caring for a loved one in their home, Your Own Home companions and caregivers can provide supplemental support at assisted or independent living facilities.

Gina shares, "We're here to primarily perform whatever tasks are necessary for someone to remain in their home safely. It can be meal preparation, personal care such as bathing and dressing, assistance with household chores, help with ambulation, and even transportation. Our small size and hands-on approach enables us to customize services to meet the individual needs of our clients. Our emphasis is on care; we assess each individual's needs, then design a care plan based on the specifics of that individual's physical and mental limitations, personality, interests, and history."

## Choosing with Care: "Companion" versus "Caregiver"

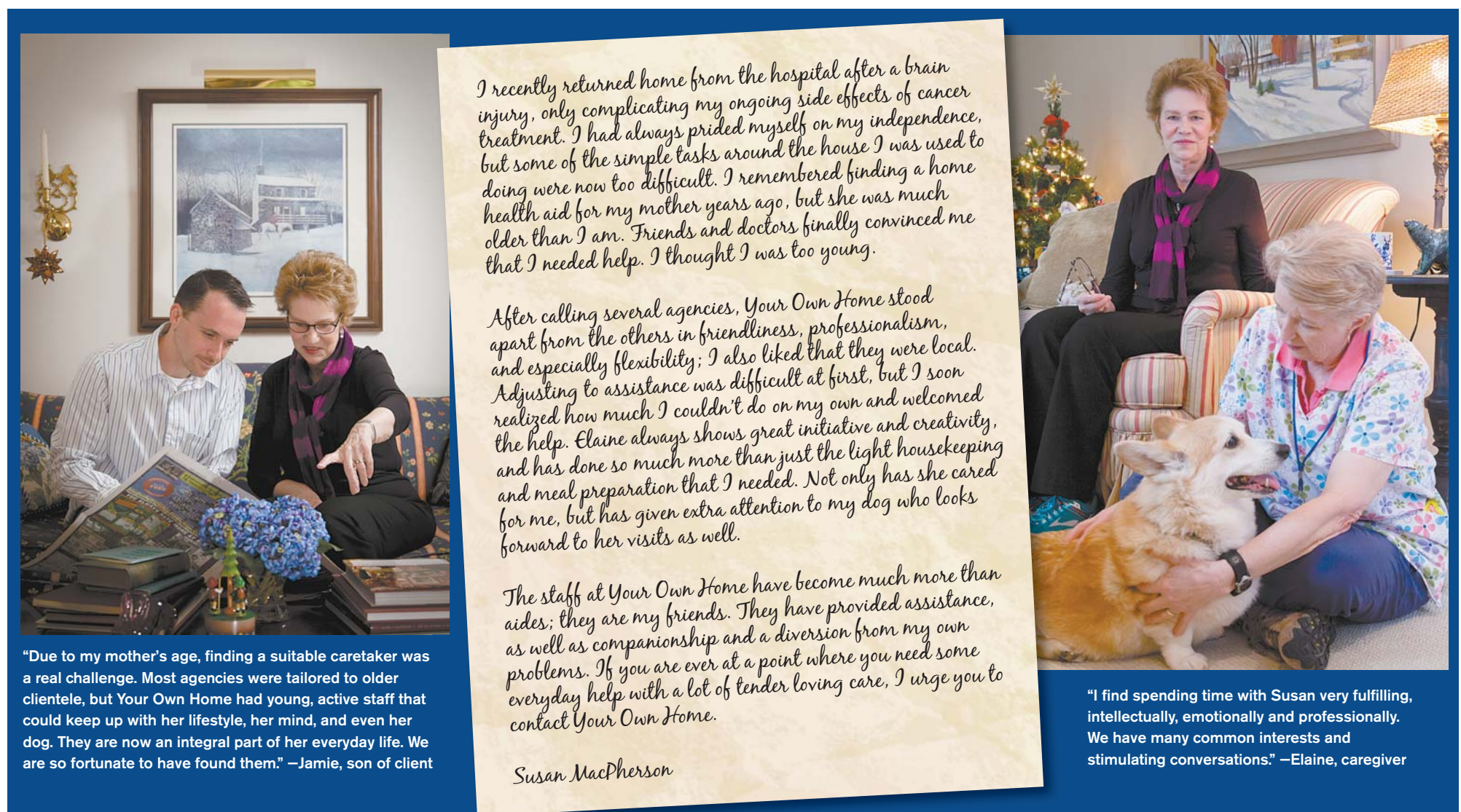
Gina is passionate when she talks about caring for others. In her words, "The terms "companion" and "caregiver" are often used interchangeably. In our mind, a *companion* is just that: someone who provides socialization for the senior such as shopping, planning, and sharing meals together. We know that just having another person in the home can markedly improve the quality of life for someone who doesn't get out anymore, or doesn't have friends and family calling every day. It's a very long day when you have no social interaction. Knowing someone will be stopping over gives a person that extra incentive to get up and get dressed. Our job is to make sure they look forward to the time they're going to spend with their companion."

"Along with socialization, a *caregiver* provides "care" for the client, such as help showering, dressing, and helping with mobility issues. These needs will gradually increase over time. The higher level of training, experience and expertise our caregivers bring to the table enables them to recognize the warning signs more readily than a family member normally would. This helps the family adjust accordingly, and helps to avoid unforeseen incidents that could arise."

## More Help In Your Home

Over time, Gina realized that her clients were depending on her more and more. "Sometimes our clients express their concerns over various issues they're having with clutter, downsizing, or a desire to get rid of unwanted items. We find that people can be overwhelmed with worry, knowing that they cannot physically handle these chores. They need someone to help them, someone other than their caregivers who are taking care of their personal needs. To help, we have people on staff that will organize items, clean out areas, and arrange to have unwanted items disposed of, donated, or consigned. We also box up or pack items to be moved to another location. Simplifying always gives our clients and their families peace of mind and enables them to live in a safer, cleaner environment. In fact, we now offer this service to anyone, regardless of age."

For information on how to determine your family's needs, more on "How to talk to Parents" and more on our services, visit [www.yourownhomecare.com](http://www.yourownhomecare.com). Whatever your needs, whether a few hours a week or 24 hours a day, 7 days a week, Your Own Home will customize care just for you. For a free in-home consultation simply call 302-478-7081. Gina can also be reached via e-mail at [info@yourownhomecare.com](mailto:info@yourownhomecare.com).



I recently returned home from the hospital after a brain injury, only complicating my ongoing side effects of cancer treatment. I had always prided myself on my independence, but some of the simple tasks around the house I was used to doing were now too difficult. I remembered finding a home health aid for my mother years ago, but she was much older than I am. Friends and doctors finally convinced me that I needed help. I thought I was too young.

After calling several agencies, Your Own Home stood apart from the others in friendliness, professionalism, and especially flexibility; I also liked that they were local. Adjusting to assistance was difficult at first, but I soon realized how much I couldn't do on my own and welcomed the help. Elaine always shows great initiative and creativity, and has done so much more than just the light housekeeping and meal preparation that I needed. Not only has she cared for me, but has given extra attention to my dog who looks forward to her visits as well.

The staff at Your Own Home have become much more than aides; they are my friends. They have provided assistance, as well as companionship and a diversion from my own problems. If you are ever at a point where you need some everyday help with a lot of tender loving care, I urge you to contact Your Own Home.

Susan MacPherson

"Due to my mother's age, finding a suitable caretaker was a real challenge. Most agencies were tailored to older clientele, but Your Own Home had young, active staff that could keep up with her lifestyle, her mind, and even her dog. They are now an integral part of her everyday life. We are so fortunate to have found them." —Jamie, son of client

"I find spending time with Susan very fulfilling, intellectually, emotionally and professionally. We have many common interests and stimulating conversations." —Elaine, caregiver



## Coming Out of Hibernation

*It's official—Spring is here! Are you a person who loves the adrenaline rush of outdoor adventures? Or is relaxing at the water's edge more your style? Love discovering hidden gems? No matter what your preference, these spots are worth checking out to help you come out of hibernation.*



VAIL, CO TRANSFORMS DURING THE SUMMER SEASON  
© ANDREW TAYLOR/VAIL RESORTS

### COME FOR THE WINTER; STAY FOR THE SUMMER

Ski resorts may be known as snowy destinations, but turns out they're often even better in the summer, what with concert series, food and wine festivals, and more sports than they offer in the winter. Here are five spots worth checking out when winter ends.

#### Killington, Vermont

Vermont in the spring and summer is a magical place—lakes, trails, sugaring maple trees. And after millions of dollars invested in on-mountain activities, Killington Resort offers unending fun in the forms of mountain bike trails, an alpine coaster, a 5,000-square-foot maze, a four-story ropes course, a summer concert series, and more. For a slower pace, head out for a hike on Vermont's Long Trail, the oldest long distance hiking trail in America, or hop on a paddleboard at any of the nearby lakes and ponds.

#### Vail, Colorado

In 2014 Vail Resorts debuted Epic Discovery, a program designed to encourage "learn through play" and promoting environmental education and forest stewardship with numerous activities across the mountain including biking and hiking trails and interpretative centers with information on forest ecology and local wildlife. For

speed, you'll find ziplines, a mountain coaster, rope ladders and aerial bridges in a treetop ropes course; for serenity, take a scenic gondola ride to a mountaintop lunch. Elsewhere in Vail, you'll find river rafting, fishing, hiking, outdoor concerts, and much more.

#### Snowbird, Utah

At Snowbird, you can spend \$48—considerably less than a lift ticket mid-winter—and get access to all of the mountain's summer activities, including an alpine slide, ropes course, climbing wall, bungee trampoline, and picturesque tram rides. You can go gemstone mining, and soak up views of the Wasatch on endless mountain biking and hiking trails. Don't miss Snowbird's annual Brewfest each June, with tastings from over a dozen local breweries, plus live music and food and craft booths.

#### Heavenly, California

For starters, there's Lake Tahoe, the jewel of the Sierra Nevada, with its endless array of summertime activities, from stand-up paddleboarding to wakesurfing to parasailing. But at Heavenly, on the southern end of Lake Tahoe and straddling the California and Nevada border, the entertainment hardly ends there. You can ride Heavenly's gondola 2.4 miles up the mountain for stunning vistas of the lake's turquoise waters, soar 50 mph on a 3,300-foot-long zip line, tube down

a snow-less hill, or scale a vertical face on the outdoor climbing wall. At night, catch live shows, play roulette, or dine at any of the resort's luxury casinos..

#### Jackson Hole, Wyoming

There's an abundance of great summer attractions in Jackson Hole. From scenic float trips to whitewater rafting, biking, fishing, llama treks (!), hot air ballooning, the Rodeo, wagon tours and wildlife tours, part of the fun is picking the right ones to experience on your visit!

The nearby national parks of Grand Teton and Yellowstone, though, are probably the biggest magnet. Grand Teton is just three miles from the resort; Yellowstone is 50 miles away. It may be for that reason that typically over 3 million people visit Jackson Hole in the summer, compared to 150,000 in the winter.

### HIDDEN GEMS

Perfect for a quiet getaway!

#### Orange Beach, Alabama

Orange Beach is miles of beautiful white sand located on the Gulf of Mexico. In addition to the gorgeous beaches, you'll find deep-sea fishing, water activities, hiking on the Hugh S. Branyon Backcountry Trail, an ocean zoo, and great restaurants serving, of course, fresh seafood. If you're looking for a romantic getaway, Orange Beach is a perfect and affordable escape.

#### Branson, Missouri

With three lakes nearby, over a dozen great golf courses, museums, spa and resorts, and great food, Branson truly is a hidden gem. But the greatest attraction to Branson seems to be the unbelievable number of theatres and musical shows that are performed here. If you're planning a trip to Branson, it's a must that you look in advance at the shows that will be playing. The weather usually is predictably pleasant during Spring, ranging from low 50's to mid 70's. Chances are, you will be surprised and delighted at what you find in Branson!



"I have loved it here for the past 3 years."

— Ted

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"My home was just a house without my wife. With so many friendly smiles, I knew I'd be happy here."

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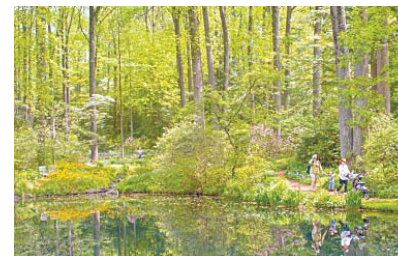
## Get Up And Go

Looking to stay closer to home? From north to south, there are great things happening right here in Delaware.

### 12th Annual Wildflower Celebration at Mt. Cuba Center

Sunday, April 24 from 10:00 a.m. to 4:00 p.m.  
(rain or shine)  
Free Admission

Don't miss Mt. Cuba Center's signature annual event. Enjoy a stunning display of spring wildflowers, live music, gardening demonstrations, family programming, and more. The first 1,000 visitors receive a free native plant.



Mount Cuba Center  
3120 Barley Mill Rd.  
Mount Cuba Center  
Hockessin, DE  
302-239-4244  
[www.mtcuba.org](http://www.mtcuba.org)

### Lantern Tour of The Dover Green

Friday, April 1 from 8:00-9:00 p.m.  
\$10/person

Join our guides though historic Dover and its cemeteries by lantern light. Space is limited; call 302-739-9194 for reservations. Lantern tours cancelled due to inclement weather will not be rescheduled. Meet at the John Bell House on The Green and hear true tales of tragedy and infamy from Dover's history.



First State Heritage  
Park - John Bell House, 43 The Green  
Dover, DE  
302-739-9194  
[www.destateparks.com/park/first-state-heritage/programs/index.asp](http://www.destateparks.com/park/first-state-heritage/programs/index.asp)

### 26th Annual Rehoboth Beach Chocolate Festival

Saturday, April 2 from 11:00 a.m. to 4:00 p.m.  
\$25 VIP ticket or \$15 General Admission

Enjoy chocolate treats prepared by local food industry professionals. VIP Tickets include private admission and 20 chocolate tastes. There will be very limited number of General Admission tickets (includes 10 chocolate tastes) for sale the day of the event.



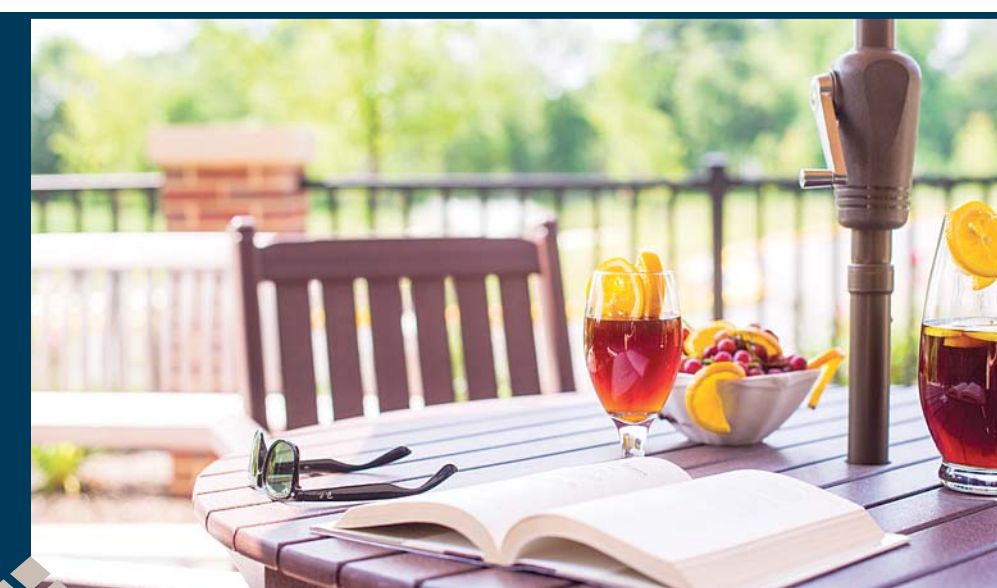
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# Elder Abuse—The Invisible Epidemic

Elder abuse—a devastating, worldwide problem with potentially life-threatening consequences—remains a hidden threat to the well-being of older citizens. Approximately 1 in 10 Americans aged 60+ have experienced some form of elder abuse, with some estimates ranging as high as 5 million seniors experiencing abuse annually. One study estimated that only 1 in 14 cases of abuse are reported to authorities. This means that relatively few victims get the help they need.

## What is elder abuse?

As elders become more physically frail, they're less able to stand up to bullying and or fight back if attacked. Mental or physical ailments may make them more trying companions for the people who live with them. They may not see or hear as

well or think as clearly as they used to, leaving openings for unscrupulous people to take advantage of them.

*Domestic elder abuse* generally refers to mistreatment committed by someone with whom the elder has a special relationship (for example, a spouse, sibling, child, friend, or caregiver).

*Institutional abuse* generally refers to mistreatment occurring in residential facilities (such as a nursing home, assisted living facility, group home, etc.) and is usually perpetrated by someone with a legal or contractual obligation to provide some element of care or protection.

## Who are the abusers of older adults?

Abusers are both women and men. In almost 90% of elder abuse and neglect incidents, the perpetrator is a

family member. Two thirds of perpetrators are adult children or spouses.

## Types of Abuse

Elder abuse can take many forms. Some, like physical abuse, may have visible signs, although that is not always the case. The warning signs of other types, like emotional abuse, may be more difficult to identify. Abuse can come in the form of:

■ **Physical Abuse** – the use of physical force that may result in bodily injury, physical pain, or impairment.

■ **Sexual Abuse** – non-consensual sexual contact of any kind.

■ **Emotional or Psychological Abuse** – the infliction of anguish, pain, or distress through verbal or nonverbal acts. Emotional/psychological abuse includes but is not limited to verbal assaults, insults, threats, intimidation, humiliation, and harassment. In addition, treating an older person like an infant, isolating an elderly person from his/her family, friends, or regular activities, giving an older person the “silent treatment” and enforced social isolation are examples of emotional/psychological abuse.

■ **Neglect** – the refusal or failure to fulfill any part of a person's obligations or duties to a senior. Neglect may also include failure of a person who has fiduciary responsibilities to provide care for an elder (e.g., pay for necessary home care services) or the failure on the part of an in-home service provider to provide necessary care.

■ **Abandonment** – the desertion of an elderly person by an individual who has assumed responsibility

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for providing care, or by a person with physical custody of a senior.

■ **Financial or Material Exploitation** – the illegal or improper use of a senior's funds, property, or assets. Examples include, but are not limited to, cashing an elderly person's checks without authorization or permission; forging an older person's signature; misusing or stealing an older person's money or possessions; coercing or deceiving an older person into signing any document (e.g., contracts or will); and the improper use of conservatorship, guardianship, or power of attorney.

## Self-neglect

If you're concerned about the possibility of abuse, make a call for help.

## To Learn More

The University of Delaware's Office of Professional and Continuing Studies is collaborating with the Center for Drug and Health Studies to host a multidisciplinary conference on May 12, 2016, to help professionals, advocates and community members better understand the issue and to take responsible actions.

The conference will address a broad spectrum of topics including prevention, identification, legal remedies and other interventions, mental health and substance abuse issues, trauma and interpersonal violence. Registration and information is available at <http://www.pcs.udel.edu/pcs-program/elderabuse>.

To report suspected elder abuse in Delaware, contact local law enforcement, or Delaware Adult Protective Services through the Delaware Aging and Disabilities Resource Center ([www.delawareadrc.com](http://www.delawareadrc.com)) at 800-223-9074.

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# Wisdom Begins with Wonder

## The Delaware Aerospace Academy Celebrates 26 Years of Excellence

Just because your kids or grandkids are on summer break doesn't mean they have to suffer “Brain Drain.” Experts say those three months off can actually cause a loss of knowledge gained in the prior year.



“Learning changes the brain. Every time you learn something, there are nerve cells that are making connections,” says UW-Madison educational psychology professor Edward Hubbard. “But if you're not using that information, over time those connections will weaken.”

And conversely, when you're learning, you're strengthening those connections in the brain at a microscopic level. That's where the Delaware Aerospace Academy steps in. We all know that the 21st century is a time of advanced technologies, harnessing energy, recycling our resources, futuristic structures, robotic probes, lunar outposts and human missions to Mars. The future holds undreamed of scientific and technological opportunities. The Delaware Aerospace Academy hopes to prepare students for those challenges through its Destination Academies.

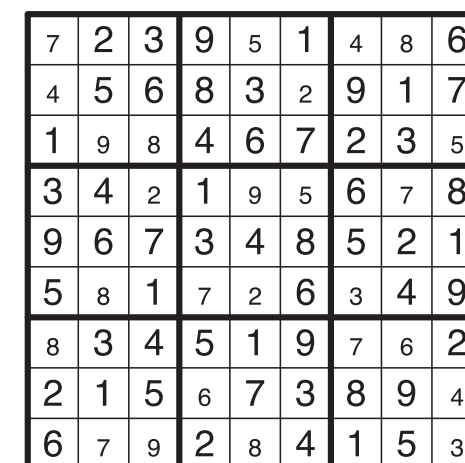
The Destination Academies, offered since 1990, are week-long half- or full-day camps held at the University of Delaware for girls and boys in 1st

through 10th grade. “Cadets” are continually challenged to think, create, solve, build, and work cooperatively. Each academy integrates the study of science, technology, engineering, and mathematics using Earth and Space Education as the unifying framework.

For instance, while the younger set is embarking on memorable sea adventures and dinosaur digs, the older participants are conducting experiments in a space laboratory like NASA's “White Room,” or operating advanced flight simulators and hovercraft and learning about advanced rocketry and robotics, assembling a space station underwater, and conducting in-flight experiments in a Mars Simulation.

Young people of all ages are enraptured with innovation, technology and exploration. The Academy helps to intensify and channel that fascination. An understanding and an appreciation of our world and exposure to the wide variety of high-tech career opportunities are essential to the success of the young people of our country. Make sure your child or grandchild isn't left behind!

Sessions start June 20. To learn more or to enroll, please visit [www.dasef.org](http://www.dasef.org), email [dasef.outpost@verizon.net](mailto:dasef.outpost@verizon.net) or call 302-834-1978. The adventure of a lifetime is waiting!



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## DAY ACADEMY JUNE 27 - JULY 1, 2016

LOCATION: UNIVERSITY OF DELAWARE  
COST: \$275 • TIME: 9 AM-4 PM



- DESTINATION SKY & BEYOND (entering 3rd or 4th grade)
- DESTINATION SPACE (entering 4th or 5th grade)
- DESTINATION FLIGHT (entering 5th or 6th grade)
- DESTINATION ORBIT (entering 6th-8th grade)

**DESCRIPTION**  
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Cost: \$125 Time: 9am-12pm

**OVERNIGHT ACADEMY JULY 10-15, 2016**  
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# ROASTED SPAGHETTI SQUASH WITH PARMESAN AND MUSHROOMS

Tossed with meaty mushrooms and fresh spinach, showered in Parmesan cheese, and lightly sautéed with an irresponsible amount of garlic, this delicious spaghetti squash recipe is both vegetarian and gluten free.



**Yield:** Serves 2-3  
**Prep Time:** 10 minutes  
**Cook Time:** 25 minutes  
**Total Time:** 45 minutes

- INGREDIENTS**
- 1 medium spaghetti squash (about 2 pounds)
  - 1 tablespoon olive oil, plus additional for drizzling on squash
  - 1 teaspoon kosher salt, divided
  - 16 ounces sliced cremini (baby bella) mushrooms
  - 2 cloves garlic, minced
  - 2 tablespoons minced fresh thyme or 1 teaspoon dried thyme
  - 1/4 teaspoon black pepper
  - 1/4 cup minced fresh parsley, plus additional for serving as desired
  - 3 cups fresh spinach, roughly chopped
  - 4 ounces freshly grated Parmesan, plus additional for serving as desired

- PREPARATION**
- Preheat your oven to 375 degrees F. Lightly coat a large baking sheet with cooking spray. Set aside.
  - Halve the spaghetti squash and remove the seeds. Lightly drizzle and rub the insides and outsides of the squash with olive oil, sprinkle the insides of each half with 1/4 teaspoon kosher salt, then place cut sides down on the prepared baking sheet. Bake the squash until fork tender, about 25 minutes. Let rest for 10-15 minutes, until cool enough to handle, then shred its insides into strands with a fork. Set aside.
  - Meanwhile, heat 1 tablespoon olive oil in a large, deep skillet over medium high. Add the mushrooms and sauté until golden brown, about 8 minutes. Add the garlic, thyme, remaining 1/2 teaspoon salt, and black pepper, then sauté until fragrant, about 1 additional minute. Add the chopped spinach by handfuls, allowing it to wilt, then adding more as it will fit into your skillet. Cook just until all of the spinach wilts, about 2 minutes.
  - Add the shredded squash to the skillet, then cook just until heated through, about 2 minutes. Taste and add additional salt and pepper as desired. Stir in the Parmesan and parsley. Serve warm, topped with additional parsley and Parmesan as desired.

This delicious recipe brought to you by [www.wellplated.com](http://www.wellplated.com).

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

Answers on page 13 (courtesy of KrazyDad.com)

## THE FUNNY BONE

A young and foolish pilot wanted to sound cool on the aviation frequencies. His first time approaching a field at night, instead of making any official request to the tower, he said, "Guess who?"

The controller switched the field lights off and replied, "Guess where!"

Our manager at the restaurant where I worked was a much beloved, jovial man. But there was one subject you didn't dare discuss in front of him – his height. Or, should I say, his lack of it. One day, he stormed through the door and announced angrily, "Someone just picked my pocket!" Most of my fellow waitresses and I were speechless, except for the one who blurted out, "How could anyone stoop so low?"

My younger brother, I explained to a friend, had quite a temper as a boy. Our parents had tried extra love, attention and patience on him, with little success. Then, in the middle of one of his tantrums, they simply handed him a shovel, pointed to the backyard and instructed him to go out and dig and not come back until he had control of his anger.

"Apparently," I said, "the therapy worked, because he's turned out very nicely."

"What does he do for a living?" my friend asked.

"He builds in-ground swimming pools."

## Crossword

By Dave Fisher

Answers on page 13

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	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					65				
66					67					68				
69					70					71				

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### ACROSS

- Lariat
- Strong fiber
- Shade trees
- Aquatic mammal
- Food thickener
- Food from animals
- Showed displeasure
- Wise one
- Curse
- Subjugation
- Blind (poker)
- Wreckage
- Relating to the teeth
- Metal fastener
- Autonomic nervous system
- Long-haired wild ox
- Ancient Peruvian
- Quash
- Fungal diseases of plants
- Hollywood hopeful
- Sidelong
- Egyptian peninsula
- Blend
- Roman emperor
- "\_\_\_ the season to be jolly"
- Yore
- Adhesive strip
- A type of fungus
- Cogs
- Game on horseback
- Allure
- Jump up and down
- Nonclerical
- Sound
- Jump
- Chief
- Inclination
- Visual organs
- Optimistic

- Serpent

### DOWN

- Gray wolf
- At the peak of
- "Cut that out!"
- Clairvoyant
- Law and \_\_\_
- Baby baskets
- Opposed
- Palm starch
- Chic
- A long artificial mound
- Inclined
- Devilfish
- Metal
- Debonair
- Where the sun rises
- Snake sound
- Against
- Glance over
- A type of infantry
- A type of political system
- Component of urine
- Canvas
- Blackthorn
- 53 in Roman numerals
- Fragrance
- Maneuvers
- Anagram of "Rascal"
- Big name in computers
- Soft and sticky
- Seaweed
- Skedaddles
- Tropical tuber
- Change direction
- Bright thought
- Pig sound
- Connecting point

## There is Only Now

### Fresh and Unfixed

By Madisyn Taylor

*Being present lets us experience each moment in our lives in a way that cannot be fully lived through memory or fantasy.*

It can be easy for us to walk through the world and our lives without really being present. While dwelling on the past and living for the future are common pastimes, it is physically impossible to live anywhere but the present moment. We cannot step out our front door and take a left turn to May of last year, any more than we can take a right turn to December 2016. Nevertheless, we can easily miss the future we are waiting for as it becomes the now we are too busy to pay attention to. We then spend the rest of our time playing "catch up" to the moment that we just let pass by. During moments like these, it is important to remember that there is only Now.

In order to feel more at home in the present moment, it is important to try to stay aware, open, and receptive. Being in the present moment requires our full attention so that we are fully awake to experience it. When we are fully present, our minds do not wander. We are focused on what is going on right now, rather than thinking about what just happened or worrying about

what is going to happen next. Being present lets us experience each moment in our lives in a way that cannot be fully lived through memory or fantasy.

When we begin to corral our attention into the present moment, it can be almost overwhelming to be here. There is a state of stillness that has to happen that can take some getting used to, and the mind chatter that so often gets us into our heads and out of the present moment doesn't have as much to do. We may feel a lack of control because we aren't busy planning our next move, assessing our current situation, or anticipating the future. Instead, being present requires that we be flexible, creative, attentive, and spontaneous. Each present moment is completely new, and nothing like it has happened or will ever happen again. As you move through your day, remember to stay present in each moment. In doing so, you will live your life without having to wait for the future or yearn for the past. Life happens to us when we happen to life in the Now.

### WORDS OF WISDOM

*"There are two mistakes one can make along the road to truth... not going all the way, and not starting"*

– Buddha



# Straw Bale Gardening—Easy & Organic

Straw or hay bale gardening is a method used to raise vegetables, herbs, and flowers directly on a bale. All you need is a spot that gets 6-8 hours of sun a day. What's so great about it? For starters, since bales are about 2 feet high, they're easier if you have difficulty bending over. The bales aren't permanent; remove them at the end of the season and use as mulch, add to a compost pile, or spread on the ground to enrich the soil. There's no digging or soil prep to be done and bales can even be placed on concrete or asphalt paving.

## Build Your Straw Bale Garden

**1 Source your straw.** Straw or hay bales (straw are preferred over hay since they contain fewer weed and grass seeds) can be found at your local farm store or directly from a producer for as little as \$5. You'll want a bale that's held together tightly with baling twine, jute or sisal encircling the bale in two to three places.

**2 Bed Prep.** Before you set up your bales, lay down landscape fabric or newspaper to prevent weeds from growing up through the bales. Arrange the bales with their **cut sides up**. The strings that bind the bales should run across the sides, not across the planting surface.

**3 Condition the bales.** Two weeks before you plant, start composting the inner straw.

**■ Days 1-3:** Water the bales thoroughly and keep them wet for 3 days. Once the bales are wet they'll be very heavy, so be sure they're situated where you want them before you start watering.

**■ Days 4, 5, and 6:** Sprinkle the top of each bale with 1 cup of ammonium sulfate (21-0-0) or ½ cup of urea (46-0-0), watering the fertilizer in after application. Take care not to water excessively, which could lead to runoff and leaching of the nitrogen.

**■ On days 7, 8, and 9,** cut the amount of fertilizer per bale in half.

**■ On day 10,** stop adding fertilizer, but keep the bales moist.

**■ On day 11,** feel the top of the bale for heat. If it has cooled down to less than your body temp, you're ready to start planting as soon as all dan-

ger of frost has passed. Keep bales moist by watering when needed.

You may start to see some "peppering"—black soil-like clumps that signal the beginning of the composting that will continue through the growing season. If mushrooms sprout up, rejoice—the straw is decomposing as it should.

**4 Build a trellis/greenhouse.** If you like, install tall posts at the end of each row of bales, running wire between them at intervals of 10 inches from the tops of the bales. As your plants grow, the wire works like a vertical trellis providing support to cucumbers, squash and assorted viney vegetables.

**5 Time to plant.** Bales should be ready for planting in about 3-4 weeks. There are 2 ways to plant the bales: holes or a bed. If you're planting seedlings, use your trowel to create holes about 3-4 inches deep, removing some straw. Add some sterile planting mix, compost or manure. Approximately 1 lb of growing medium is needed to fill each pocket. If you're planting seeds, then cover the bales with a two to four-inch layer of planting mix and sow into this seedbed. As the seeds germinate, they'll grow roots down into the bale. While you're at it, plant some herbs or annual flowers into the sides of the bales—it's otherwise underutilized growing space, and will make the garden a whole lot lovelier.

## Straw Bale Planting Guide

Crop	Suggested # of plants/bale
Cantaloupe	2
Cucumber	3-4
Peppers	3-5
Pumpkins	2
Squash (winter)	2
Squash (summer)	2-3
Tomatoes	2-3

## Watering

Watering is crucial. Some people water by hand, some like soaker hoses on timers, others choose alternative passive watering systems. For example, a 2-liter soda bottle or a gallon milk container can be used. Poke drip holes in the lid of the container, fill the container with water, and place it upside

down about an inch away from the target plant. The water will drip out slowly over the next day or two, depending on the size of the drip holes. Liquid organic nutrients can be added to the water.

## Fertilization

Adequate nutrient supply is critical since the composting process occurring in the bale leaches nutrients. Make sure that plants have a sufficient supply of nitrogen, phosphorus, and potassium throughout the season. If the oldest leaves begin to turn yellow before maturity, nitrogen may be low. Purpling indicates phosphorus deficiency, while brown leaf edges indicate potassium deficiency. If plants show nutrient deficiency symptoms, apply a handful (about 3.5 oz) of aged manure, compost, or a mixture of the two in the affected hole. Nutrients are more readily available in organic fertilizers like blood meal and fish meal than from manure. Because compost and most organic fertilizers release nutrients slowly, they are most beneficial when applied at plant-



ing. Inorganic fertilizers provide nutrients more quickly, so are more useful when plants are exhibiting symptoms of nutrient deficiencies.

**6 The harvest after the harvest.** When the harvest season ends, the bales will be soft, saggy and gray. Pile the straw together and leave it to compost over winter; you'll have a mound of beautiful compost to fill all your pots and planters in the spring.

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