



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

## ***Run for the Roses***

The 143rd Kentucky Derby



**Eat Fats,  
Lose Weight?  
Yes!**

Page 3

**Live Boldly:  
Age Out Loud**

Page 9

**Forgetting:  
What's Normal,  
What's Not?**

Page 11

MAY 2017



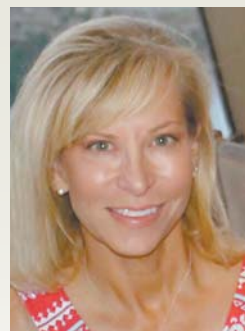


Want Home Delivery? Visit [vitalmagonline.com/subscribe](http://vitalmagonline.com/subscribe) or call 302-544-0684



## Interested in Advertising?

We'd LOVE to Hear From You!  
Call 302-544-0684



Well I think we can safely say now that spring is here to stay! And we have the signature events to prove it this month—steeplechase races and the parties that go with them, Mother's Day, Dover's 300th birthday celebration at Dover Days, and of course the start of the beach season on Memorial Day weekend.

This month is also Older Americans Month. This year's theme is Age Out Loud, celebrating the vital lives that people are living and the contributions to our communities that people of our generations are making every day. Turn to page 9 to learn more; we've found some great websites to inspire you!

I love the phrases "50 is the new 30!" and "70 is the new 50!" Because they're true! Age is just a number. I'm just as active now as I've ever been, I have a wisdom that comes only from living life, and I have a pretty good feel for what's really important in these lives we lead (hint: it's not a competition to see who can accumulate the most "big-boy toys").

Instead of competing to accumulate those toys, isn't it better to make memories accumulating experiences? What makes you happy? Giving back? Time with family? Maybe you love checking things off your bucket list? That's always fun! So this month we're starting a new section called The Bucket List, and starting it off with the Kentucky Derby. It's not just a two-minute horse race... it's a two-week, city-wide extravaganza! What experiences are on your bucket list? Or which ones have you already checked off? Call or email us with your stories!

This is going to be a fun month!

Happy May!

Karyn

## We're Going Nationwide!

If you or someone you know has ever dreamed of owning your own business, now is the time!

Call 302-544-0684 to find out how to publish Vital! in YOUR community.



### EDITOR IN CHIEF

Karyn Cortez  
[karync@vitalmagonline.com](mailto:karync@vitalmagonline.com)

### CREATIVE ART DIRECTOR

Heidi Atwell

Vital! Magazine is published monthly by Vital Media LLC. Articles are intended for general information purposes only and should not replace your personal advisor's advice. Any reproduction in part or in whole of any part of this publication is prohibited without express written consent of the publisher.

Vital! Magazine  
4556 Simon Road  
Wilmington, DE 19803  
302-544-0684  
[www.vitalmagonline.com](http://www.vitalmagonline.com)

Unsolicited material in the form of article contributions and community notifications are welcomed and are considered intended for publication. Upon receipt such material becomes the property of Vital Media LLC and is subject to editing. Material will be returned if accompanied by a self-addressed, stamped envelope. Vital Media LLC will not knowingly accept any advertising in violation of U.S. equal opportunity law.

# Healthy Fats: Truths & Myths

Lauren Ronquillo, RD

For years, medical and nutrition professionals warned against the dangers of a high-fat diet, and recommended limiting fat, particularly saturated fats. We were told that low fat, high carbohydrate was the way to go. The 1980s and '90s marked the height of the low-fat craze. What consumers didn't realize, however, was that extra sugars and chemical additives were needed to make up for the lost flavor provided by the fat.

Over the past 10 years, though, research has shown that avoiding fats does not help with weight loss, and that fats are important for overall health. Certain fats are vital for healthy brain and metabolic function; certain foods high in Omega-3 fatty acids (think nuts, salmon, grass-fed beef and cod liver oil) are shown to help prevent inflammation and heart disease. Fats help to stabilize mood, improve immune and reproductive systems, and improve skin. Not only does fat help us feel full and satisfied after a meal or snack, but it is essential for the absorption of vitamins A, D, E and K into the body.

### Healthy Fats:

**Avocados** – High in fiber and potassium and mostly made up of monounsaturated fats. Add some to a salad or sandwich. Top chili with sliced avocado. Mash avocado with a little salt and mustard to replace mayo. Blend them into a fruit smoothie (you can't taste it!) Add into tuna, egg or chicken salad.

**Full-fat dairy** – Whole milk, regular cheese, full-fat yogurt. Opt for plain yogurt and add flavor with fruit, honey, granola, cinnamon, etc.

**Nuts & Seeds** – Nuts and seeds such as walnuts, almonds, sunflower seeds, chia seeds and flaxseeds are not only a healthy fat source, but are also high in fiber and protein. A small handful is a great portion to aim for. Eat much more than that and the calories add up quickly! Add chia seeds to smoothies, ground flaxseed to baked goods or oatmeal, sunflower seeds to salads, and pair nuts with fruit for a healthy snack.

**Butter/Ghee** – Butter is able to tolerate high heat without oxidizing (becoming toxic to your body). Therefore, it's great for sautéing foods, added in baked goods and topped on vegetables. Ghee is a clarified version of butter. Much of the water, lactose and protein are removed, concentrating the fat. Many people who can't tolerate dairy can tolerate ghee. It has a nutty flavor and can be used just like butter.

**Coconut** – Like butter, coconut oil is great for frying and sautéing since it tolerates high heat without oxidizing. It also can replace vegetable oils in baking. Coconut oil can be added to smoothies (make sure it's melted first) and some people even add it to their coffee. Look for virgin or unrefined coconut oil to get the most health benefits. TIP: if you're not used to coconut oil, add it into your diet slowly; consuming too much can have a laxative effect. Coconut butter, milk and yogurt are great alternates if you are dairy free. Coconut flakes are great for baking or adding to yogurt or oatmeal.

**Avocado Oil/Olive Oil** – Best used as the base for homemade salad dressings or drizzled on fresh vegetables, but can be used for roasting or sautéing or to replace vegetable oil in baked goods.

**Whole eggs** – Yes, even the yolks! Eggs are one of the healthiest foods you can eat. Everyone knows egg whites have the protein, but the yolks have the nutrients. They contain protein, Omega-3s, and are one of the very few foods that contain vitamin D, vitamin E and vitamin K. And the cholesterol in eggs will NOT raise your cholesterol levels. Like fats, dietary cholesterol has been vilified but it is vital (especially in children) for brain health and cellular regulation. Bottom line: don't throw those egg yolks away!

### Fats to Avoid

**Vegetable Oils:** Sunflower, safflower, peanut, canola, soybean, palm, palm kernel oil—these oils are full of Omega-6 fatty acids. While Omega-3s are beneficial to health, excess Omega-6s have been linked to inflammation, which contributes to disease. These

oils are also processed in a way that uses chemicals and toxins. Vegetable oils are not suitable for high heat cooking. When used for cooking or frying, they become rancid (even if it doesn't taste like it), which causes oxidation in the body. Oxidation can lead to various diseases including cancer. Lastly, vegetable oils are full of trans fats and have been linked to an increased risk of cardiovascular disease.

Most packaged foods contain one or more of these oils, so it's best to avoid packaged foods as much as possible. When cooking from home, use coconut oil, avocado oil, olive oil, butter or ghee in place of these oils.

**Margarine/butter spreads** – Made with the same vegetable oils noted above but processed into solid form.

**Low-fat/fat-free dairy products** – Avoid the flavored and/or low-fat yo-

gurts that have added refined sugars or sugar substitutes, other additives and fillers.

**Bottom line:** Healthy fats are not to be avoided, but eaten with each meal and snack to help you feel full and assist with nutrient absorption. Fats have numerous benefits including weight loss, brain health, cell regulation, hormone balance and mood stabilization. Aim to avoid unhealthy fats that are toxic and contribute to inflammation and to incorporate more healthy fats into your diet each day.



Lauren Ronquillo, RD is the registered dietician at Regency Healthcare and Rehabilitation Center, 801 N. Broom Street in Wilmington. Regency offers an array of health care services, including short-term care, therapy, IV services and respite care. If you have questions or would like more information, call 302-652-3861 or visit [www.regencyhcr.com](http://www.regencyhcr.com).

## AN UNPARALLELED CONTINUUM OF CARE

- Medicare and Medicaid Certified
- Short-Term Rehabilitation
- Physical, Occupational, and Speech Therapy
- State-of-the-Art Wound Care with Diapulse Treatment
- 24-Hour Nursing Care
- Specialized Dementia Care
- Hospice and Respite Care
- Five Star Amenities!

<p>2630 Woodland Road Abington, PA 19001 215-884-6776 <a href="http://BrooksideHealthcare.com">BrooksideHealthcare.com</a></p>	<p>318 South Orange Street Media, PA 19063 610-566-1400 <a href="http://SterlingHCR.com">SterlingHCR.com</a></p>	<p>6525 Lancaster Pike Hockessin, DE 19707 302-998-0181 <a href="http://RegalHeightsHealthcare.com">RegalHeightsHealthcare.com</a></p>
<p>4712 Chester Avenue Philadelphia, PA 19143 215-727-4450 <a href="http://RenaissanceHCR.com">RenaissanceHCR.com</a></p>	<p>1020 Oak Lane Avenue Philadelphia, PA 19126 215-224-9898 <a href="http://LaurelSquareHealthcare.com">LaurelSquareHealthcare.com</a></p>	<p>801 North Broom Street Wilmington, DE 19806 302-654-8400 <a href="http://RegencyHCR.com">RegencyHCR.com</a></p>





## The Dilemma: Sun or Vitamin D?

We baby boomers and seniors grew up soaking up the sun. Of course, we didn't know then what we know now about sun safety. That's why it seems like these days we're getting a mixed message: stay out of the sun but be sure to get enough vitamin D.

Many experts recommend older adults need more vitamin D than their younger counterparts. Seniors tend to produce less vitamin D on their own, and at the same time spend less time in the sun. Before age 50, the recommended daily allowance (RDA) of vitamin D is just 200 international units (IU). Between ages 50 and 70, that amount increases to 600 IU, and after age 70, to a whopping 800 IU. Some doctors say getting more would be even better.

### What if I don't get enough vitamin D?

Vitamin D helps the body absorb calcium, necessary for strong teeth and bones. Here are just some of the health risks associated with a vitamin D deficiency:

- ☉ Osteoporosis
- ☉ Falls resulting in broken bones
- ☉ Decreased mobility
- ☉ Diabetes
- ☉ Cancer
- ☉ Heart disease
- ☉ Cognitive decline
- ☉ Depression

### How can I make sure I get my RDA?

The easiest way is to spend time in the sunshine. In fact, vitamin D

is often called the "Sunshine Vitamin." The amount of sun exposure needed to produce the recommended amount of vitamin D varies depending on a person's skin color, the time of day, and geographical location. A mere 15 minutes may be enough for a fair skinned person to achieve their RDA, while it could take more than an hour for someone with darker skin. Keep in mind that skin has to be exposed to reap the benefits—no long sleeves or sunscreen. The majority of doctors agree that 20–25 minutes of sun exposure should suffice.

To be sun-safe, it's best to go out before 10:00 a.m. or after 3:00 p.m. If someone thinks he or she needs more vitamin D or doesn't feel comfortable spending time in the sun (or is under doctor's orders to stay away), he or she can get vitamin D via supplements, by drinking fortified milk and orange juice, by consuming fatty fish like salmon, tuna, trout, and mackerel, or by eating fortified cereal, egg yolks or liver.

It's important for everybody to get enough vitamin D, but it's especially important for seniors. A vitamin D deficiency can cause a whole slew of health problems that are easily avoided.

Brought to you by your friends at The Summit. At The Summit, we've got it all! With our comprehensive wellness programs, you'll find myriad ways to live a healthy, energetic and vibrant life. Come visit us today at 5850 Limestone Rd, Hockessin, DE 19707, call 302-235-3120 or visit [www.thesummitretirement.com](http://www.thesummitretirement.com).



## VALUE AND SAVINGS ARE ALL INCLUSIVE!

Wake up each morning inspired with a wealth of service and amenity at your doorstep. We've built everything you may want and need into your new lifestyle at **The Summit**. Compare us to the competition and you will see that you cannot find a better value at a more affordable price in Hockessin, DE.

**COMPLIMENTARY LUNCH FOR YOU & A GUEST WITH SCHEDULED TOUR!**

### NEW LIFESTYLE INCLUDES:

#### Lifestyle Features & Amenities

- ✓ Grand Clubhouse
- ✓ Sensations Dining Room
- ✓ Multifunctional Arts, Crafts & Game Area
- ✓ Professional Beauty Salon & Barber Shop
- ✓ Full Calendar of Celebrations Activities
- ✓ Inviting Living Rooms & Common Areas
- ✓ Scheduled Day Trips & Recreational Outings
- ✓ Complimentary Scheduled Transportation
- ✓ Themed Parties & Holiday Celebrations
- ✓ Weekly Housekeeping & Linen Service

#### Exceptional Independent Living

- ✓ Suite, One- and Two-Bedroom Apartment Homes
- ✓ 690 - 1,245 Square Feet
- ✓ Large Open Floor Plan
- ✓ Full Size, Fully Equipped Kitchen
- ✓ Laundry in Unit with Washer & Dryer
- ✓ Landscaping and Maintenance Included
- ✓ Snow & Trash Removal

#### Outstanding Assisted Living & Memory Care

- ✓ 24-Hour Nursing
- ✓ Emergency Response & Monitoring System
- ✓ On-Site Therapies Available
- ✓ Mobility & Transfer Assistance
- ✓ Dressing & Clothing Selection Assistance
- ✓ Secured Memory Care Neighborhood

#### The Summit Benefits

- ✓ Peace of Mind for You and Your Loved Ones
- ✓ One Convenient Monthly Bill
- ✓ Best Value in Senior Living in Hockessin, DE
- ✓ No Buy-ins or Long Term Commitments
- ✓ Beautiful Landscaped Grounds & Courtyard

AFFORDABLE PEACE OF MIND

**SCHEDULE A TOUR TODAY! CALL 302.235.8734**



By Discovery Senior Living

5850 Limestone Rd., Hockessin, DE 19707  
302.235.8734 | [TheSummitRetirement.com](http://TheSummitRetirement.com)  
Independent Living | Assisted Living | Memory Care



Managed and Operated by National Award Winning **DISCOVERY** Senior Living

\*Prices, plans, programs and specifications subject to change or withdrawal without notice. Void where prohibited by law. ©2017 Discovery Senior Living. 3/17 SUMM0089

## Celebrating Summer Responsibly

By Jamie MacPherson

Alcohol is prevalent throughout our society. In many cultures, it's not a celebration unless it includes alcohol. Some families have special drinks they look forward to all year long to mark their annual holiday traditions. Some people might say, "I'm finally retired and I deserve it!"



Even though drinking alcohol is a socially acceptable way to unwind after a long day, and is available at just about any festivity, we need to appreciate the real power of that substance we're putting in our bodies. The alcohol we know is primarily ethyl alcohol (ethanol). It results when yeast is added to fruits or grains and given time to devour all the natural sugars. Fermentation, depending on the process and ingredients, yields almost pure ethanol. Most hard liquors are diluted to around 40%, and beer or wine can range from 2-20%.

Given its euphoric effects, it's hard to tell that alcohol is primarily a depressant. Small amounts of alcohol can encourage a person to "loosen up," but larger quantities can lead to depression of the vital organs such as the heart and lungs. This is especially true in anyone taking medications, even over-the-counter herbal remedies. It's best to ask a doctor or pharmacist about the possibilities of adverse interactions when drinking even a small amount of alcohol.

### Did you know:

An estimated 6.8 percent of adults engaged in heavy drinking in the past month.

About 16.6 million adults in the U.S. have an alcohol use disorder.

An estimated 88,000 Americans die annually from alcohol-related deaths, the third leading preventable cause of death in the U.S.

Alcohol contributes to over 200 diseases and injury-related health conditions.

More than 10 percent of U.S. children live with a parent with alcohol problems.

Having a few drinks is fairly harmless for most people. Its effects are short-lived and the worst consequence might be a headache the next morning. A small percentage of the population, though, cannot enjoy such beverages. They become depressed and maybe even dependent. Alcoholism is a serious disease. A doctor or mental health provider should be consulted if you suspect you or a loved one might have a problem. There are also many resources available, both by phone and on the web, for anyone who might need support regarding their own or a loved one's alcohol consumption.

Just remember that if you're going to be drinking, please do so safely and in moderation!

Jamie MacPherson manages outreach at Your Own Home Home Care. May is Alcohol Awareness Month, and Memorial Day marks the start of the summer season. Your friends at Your Own Home ask that you celebrate responsibly. With the help of the services offered by Your Own Home you can enjoy the independence and comfort of living at home, but not have to worry about all of the responsibilities. For more information on senior care, call 302-478-7081 or visit [www.yourownhomecare.com](http://www.yourownhomecare.com).

## FLU SHOTS ARE HERE\*

No appointment necessary.

Most insurance accepted.

Stop in today and get your flu shot!

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



**Your Own Home, LLC**  
In-Home Senior Care

- Caregivers screened and tested
- Offers Live-in or Hourly Care
- Licensed, bonded and insured
- Quick Placement
- Competitive Rates
- Free In-Home Assessment
- 24 Hrs a Day / 7 Days a Week
- Enjoy the Comforts of Your Home
- Long, Short or Respite Care

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



This agency is a member of Companion Connection Senior Care, a national membership organization of non-medical home care agencies. All members have access to recognized experts in the field of home care, as well as the most current educational resources, which enable them to provide the highest level of care to their customers.

**You don't have to be alone anymore. Call us Today!**

**302-478-7081**



You have better things to do with your time than pay bills.  
Let Divvy do it!

Discover the DivvyCare Advantage:

- ♥ See all bills in one convenient online location
- ♥ Multiple family members/users can collaborate from anywhere in the world
- ♥ Bills paid on time, every time
- ♥ No more lost or misplaced bills, no more late fees, no more worry
- ♥ No more sorting bills, no more checks to write, no more envelopes to mail

Paying the bills is part of everyday life. But unpaid, lost or misplaced bills can cause financial disaster. Don't risk hefty late fees, discontinued services, even eviction or foreclosure. Let DivvyCare bring you peace of mind.

Learn more! To speak to a Divvy care manager, or to listen to a recorded message that shares how DivvyCare can help you, call 484-800-8613.

DivvyCare

Pays the Bills So You Don't Have To!

484-800-8613 | [www.divvycare.net](http://www.divvycare.net)

TO YOUR WEALTH

## FRAUD ALERT

### HHS OIG Hotline Telephone Number Used in Scam

The U.S. Department of Health and Human Services (HHS) Office of Inspector General (OIG) recently confirmed that the **HHS OIG Hotline telephone number is being used as part of a telephone spoofing scam targeting individuals throughout the country.** These scammers represent themselves as HHS OIG Hotline employees and can alter the appearance of the caller ID to make it seem as if the call is coming from the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477). The perpetrator may use various tactics to obtain or verify the victim's personal information, which can then be used to steal money from an individual's bank account or for other fraudulent activity. HHS OIG takes this matter se-

riously, and is actively investigating this matter and intends to have the perpetrators prosecuted.

It is important to know that HHS OIG will not use the HHS OIG Hotline telephone number to make outgoing calls and individuals should not answer calls from 1-800-HHS-TIPS (1-800-447-8477). We encourage the public to remain vigilant, protect their personal information, and guard against providing personal information during calls that purport to be from the HHS OIG Hotline telephone number. We also remind the public that **it is still safe to call into the HHS OIG Hotline to report fraud.** We particularly encourage those who believe they may have been a victim of the tele-

phone spoofing scam to report that information to us through the HHS OIG Hotline 1-800-HHS-TIPS (1-800-447-8477) or [spoof@oig.hhs.gov](mailto:spoof@oig.hhs.gov). Individuals may also file a complaint with the Federal Trade Commission 1-877-FTC-HELP (1-877-382-4357).

#### Protect Yourself

Do not provide any personal information to unknown individuals, including any of the following information:

- a social security number
- date of birth
- credit card information
- driver's license number
- bank account information
- mother's maiden name

Do not verify your name or any other personal information. Be extremely cautious.

#### Report the Scam

If you are a victim of the telephone spoofing scam, contact the HHS OIG Hotline or file a complaint with the Federal Trade Commission.

Be sure to include:

- date and time you received the scam call, and
- any other details from the scam call.

Brought to you by Delaware's Senior Medicare patrol (800-223-9074) and the Office of Inspector General—<https://oig.hhs.gov/fraud/consumer-alerts/alerts/phone-scam.asp>.

## Representative Payee: Help a Loved One With Social Security

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

Thirty percent of American adults help provide care for a sick or disabled family member. Caregivers provide physical and emotional support for the people in their care. It's a demanding job, with both stresses and rewards. It's a labor of love.

Caregivers often assist in managing a loved one's finances. For those people who need help managing their benefits, Social Security works closely with caregivers through the representative payee program. A representative payee is someone who receives and oversees the Social Security or Supplemental Security Income (SSI) benefits for anyone who cannot manage their benefits themselves. This can be a child or an adult incapable of managing their own funds.

A representative payee is usually a trusted family member or friend of the beneficiary, but when friends or family are not able to serve as representative payees, Social Security looks for qualified individuals or organizations to represent the beneficiary. You can learn about becoming a representative payee by watching a new series of videos on the duties of a representative payee at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

It's Social Security's hope that these videos will not only educate individuals about the roles and responsibilities of being a representative payee, but also provide further insight, broaden community awareness, and provide key resources to deal with the growing incidence of elder abuse, neglect, and financial exploitation.

Learn more about the representative payee program at [www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee).

Abuse hurts at any age.  
Prevent it. Report it.  
call  
**1-800-223-9074**

**1 in 10** older Americans experience abuse every year

**only 1 in 14** cases are reported

If you suspect something, say something

Delaware Adult Protective Services

All calls are confidential.



# Run for the Roses

## The 143rd Running of the Kentucky Derby

*Boasting a crowd of more than 165,000 people (the record was over 170,513 in 2015), unparalleled history and tradition, and its unique spectacle, the Kentucky Derby has been described as one of the “Greatest Bucket List Sporting Events in America.” Every year on the first Saturday in May, thousands of guests gather under the Twin Spires at Churchill Downs to create lifelong memories with friends and family.*

*Attracting more fans than the World Series or NCAA Final Four, more than twice as many fans as the Super Bowl, more even than all four days of the Masters combined, the size and energy of the crowd at the nation’s longest running major sports event is a huge part of the event’s appeal. One reason it attracts so many people is that the Kentucky Derby is about so much more than the race itself. Go to the World Series or NBA Finals and you get 3 hours of entertainment. Much of the fun surrounding the Super Bowl is in the form of invitation-only parties and VIP events, not the game. But the Kentucky Derby is the complete package, morning to night fun, for weeks leading up to the big event.*



### The Kentucky Derby Festival

You won’t be disappointed if you can stretch out your trip to Louisville. The Kentucky Derby Festival is held during the two weeks leading up to the Derby. It’s one of the premiere events of its kind in the world and a proud five-time winner of the International Festivals & Events Association award for Best Overall Festival. How could it be anything different? When 1.5 million people gather to celebrate spring, the focus has got to be on fun.

Produced annually since 1956, the Derby Festival has become a whirlwind of more than 70 special events. The Festival blasts off each year with the Opening Ceremonies—Thunder Over Louisville, one of the nation’s largest annual fireworks extravaganzas. Your hardest decision then is “what’s next?” For sports fans there’s basketball, volleyball and golf. For music lovers the concerts are almost non-stop. Other highlights include a half and full marathon, hot-air balloon events and live bed racing. The Great Steamboat Race pits historic paddle-wheelers on the mighty Ohio River. The event that started it all, the Pegasus Parade marches down Broadway.

With outdoor concerts at Kroger’s Fest-a-Ville and the elegant Fillies Derby Ball, dance and dress range from frivolous to fancy. The Festival includes several formal affairs, as well as casual, foot-stomping good times all around the community. From elephant ears and corn dogs at the Chow Wagon to ethnic foods and pet-friendly cocktail

hours at Kroger’s Fest-a-Ville and local winetasting at WineFest, culinary adventures abound.

### The Kentucky Oaks

Almost every out-of-towner who bothers to make a trip to the Derby also attends the Kentucky Oaks, the 4th largest race behind the Triple Crown races, held the day before the Derby. The Derby is always held the first Saturday in May, so the Oaks is always the first Friday. That means double the fun, double the hats, double the fancy dress, double the chances to bet, and double the racing action.

The Kentucky Oaks is a big fund raiser for cancer charities, so it’s traditionally a pink day, where everyone wears something pink, from ties for guys to head to toe bespoke pink outfits with matching hats for the more glamorous women. There’s a big fashion show and plenty of stars are in attendance. The lily is the official flower of the Oaks, so you will see lots of them, and just as the Mint Julep is the traditional Derby Day drink, so is the Lily, made with vodka and fruit juices—pink of course—the official drink of the Oaks, though both cocktails, along with anything else you could drink, are free flowing both days.

### Derby Day

So important is fashion to the whole Derby event that, believe it or not, on the Kentucky Derby website they’ve devoted an entire section to “what to wear.” And first and foremost are the hats! Part Southern tradition, part spectacle, the Kentucky

Derby hat parade is much of what makes “The Greatest Two Minutes in Sports” one of the greatest people-watching events in the world.

The long-established fashion was started with Col. Meriwether Lewis Clark Jr.’s vision for the Derby as an event that the high-class would attend, similar to European-style racing events, which mandated full morning dress for men and women. For the first running of the Kentucky Derby, he used high-class women to recruit his target clientele to attend the race. The event quickly became just as much about the fashion as the racing. Going to a horse racing event became an opportunity to show off the latest in spring fashion and women were known to coordinate their hats, dresses, bags, shoes, and even parasols.

Extravagant hats didn’t really come around until the 1960s, though, when social fashion norms loosened up and the presence of television gave women a reason to stand out. The hats became larger, brighter, and more extravagant, and became even more so after the royal wedding in 2011, an event that showcased many elaborate hats and fascinators.

Now’s the time to check one more item off your bucket list! You can get tickets to the big event right up to the day of the race. And if you’re planning for next year, then a package deal is the way to go. But whether you go this year or next, remember to pack your flip flops—there’s so much going on, your feet will thank you for it!

## May is Older Americans Month

Getting older doesn’t mean what it used to. For many, it’s a phase of life where interests, goals, and dreams can get a new or second start. Today, older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

Each May, the Administration for Community Living (ACL) leads our nation’s celebration of Older Americans Month. This year’s theme, **Age Out Loud**, reflects what today’s older adults have to say. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others.

### Your Health

A big part of the new way to age is a focus on physical and mental wellness. Focusing on physical well-being, though, doesn’t necessarily mean training to run a marathon. It means taking care of your body inside and out...eating healthfully and being mindful of what you’re putting into your body, and it means doing what you love and incorporating movement into every day. The Administration for Community Living has pulled together some great resources to help you in your quest to stay healthy. For instance, [go4life.nia.nih.gov](http://go4life.nia.nih.gov) shares how to get started with healthy eating habits, and follows up with the 4 types of exercise you want to incorporate into any activity plan (endurance, strength, balance and flexibility), helps you make your personalized plan, get started, and keep track of your progress. You can find ACLs sampling of resources at [oam.acl.gov/resources.html](http://oam.acl.gov/resources.html).

### Age Your Way

Many people are redefining aging by trying new careers, classes, and



AGE OUT LOUD: MAY 2017

hobbies. If that idea’s inherently appealing to you, here are a couple sites to help you jumpstart your new endeavors:

**Creativity Matters**, [www.artsand-aging.org](http://www.artsand-aging.org) – Whether 20, 40, or 80, we want to feel empowered, be socially engaged, exercise our bodies and brains, have a zest for life, and express ourselves creatively. This site is a toolkit for creating programs that do just that.

**Encore.org: Second Acts for the Greater Good** – At [Encore.org](http://Encore.org), they’re building a movement to tap the skills and experience of those in midlife and beyond to improve communities and the world. Many of us have an extra 20 or 30 “bonus” years of active, healthy life, after having developed extensive skills, knowledge and life experience. Learn how you can use your experiences to create a better future for our communities and the world.

### Giving Back

More than ever, older adults are making a difference—for themselves and in their communities—through civic engagement. Whether coach, mentor, usher, fundraiser—all you do benefits the world in which we live. Looking for opportunities to give back? Try [www.volunteermatch.org](http://www.volunteermatch.org) if you’re looking for something short-term. Able to give a longer-term commitment? The Corporation for National and Community Service ([www.nationalservice.gov](http://www.nationalservice.gov)) is the place to start.

No matter how you choose to spend your time, there has never been a better time in history than right now to Age Out Loud!



## RELATIVE RESPITE

*Need a Break? We Can Help!*

If you are a grandparent or other relative (not a parent) and you are:

- over the age of 55 and caring for a child 17 or younger,
- responsible for a majority of the child’s care,
- related to the child by blood, marriage, or adoption, and
- living in Delaware

**YOU** could qualify for Relative Respite!

Administered by **Easter Seals**, and partially funded through the Division of Services for Aging and Adults with Physical Disabilities, Relative Respite can help. Caregivers may apply for funding to pay a friend, neighbor, camp or agency to provide respite care to your loved one. In addition, our case manager will connect you with the resources you need.

Caregiving is a full time job that requires an immense amount of time and energy. Respite allows you to take a break from caregiving, refresh yourself, and return ready to give it your all. Respite is different for everyone; it could be:

- date night with your significant other,
- lunch with a good friend,
- or simply sitting outside and reading a book in the fresh air.

If it helps you relax, it’s respite.

To apply, go to:  
[www.delrespite.com/relative-respite/](http://www.delrespite.com/relative-respite/)  
or call our office at (302) 221-2087 or (800) 677-3800  
for more information.

*Respite: Relax! Refresh! Rejuvenate!*



Easter Seals Delaware & Maryland's Eastern Shore 61 Corporate Circle, New Castle DE 19720  
Phone: (800) 677-3800 or local (302) 221-2087 Fax: 302-324-4441  
Email: [resources@esdel.org](mailto:resources@esdel.org)



# FIND YOUR FIT WITH FIVE STAR SENIOR LIVING

Our Lifestyle360 approach to life brings everything most important to you back into the picture, as our Signature programs make every day exceptional.

## OUR LIFESTYLE360 PROGRAM INCLUDES:

- Holistic approach for well-rounded days
- Daily activities based upon The Five Dimensions of Wellness – Intellectual, Social, Physical, Emotional and Spiritual
- Opportunities for residents to get involved and make new friends

SEE HOW WE CAN MAKE YOUR DAY  
**EXCEPTIONAL.**

Call to schedule lunch and a tour.

**FORWOOD MANOR** • 302-529-1600

Independent Living • Assisted Living • Skilled Nursing • On-site Rehabilitation

**FOULK MANOR NORTH** • 302-478-4296

Independent Living • Assisted Living • Memory Care • Skilled Nursing • On-site Rehabilitation

**FOULK MANOR SOUTH** • 302-655-6249

Assisted Living • Memory Care • Intermediate Nursing Care • On-site Rehabilitation

**MILLCROFT** • 302-366-0160

Independent Living • Assisted Living • Skilled Nursing • On-site Rehabilitation

**SHIPLEY MANOR** • 302-479-0111

Independent Living • Assisted Living • Skilled Nursing • On-site Rehabilitation

**SOMERFORD HOUSE & PLACE NEWARK** • 302-283-0540

Assisted Living • Memory Care • On-site Rehabilitation



www.FiveStarSeniorLiving.com

©2016 Five Star Senior Living



## CAREGIVER'S CORNER

# When Memory Loss Becomes a Concern

By Misty Scurlock

Everybody misplaces items, forgets the name of someone they know well, or doesn't show up for an appointment because it slips their mind. While memory loss is a common occurrence, especially as we age, there is a difference between memory loss and significant declines in cognition such as those associated with dementia and Alzheimer's disease.

So, what's normal? Well, memory loss that is manageable and doesn't lead to a disruption in your daily life is considered normal. Forgetting something one day, but recalling it the next is also normal. Forgetting that the stove is on or leaving the door open during cold weather is not normal. Many times, families recognize their loved one's memory is declining, although unfortunately, in other cases families may not know someone is exhibiting signs of dementia because the senior often recognizes and is hiding their issue, or is downplaying an incident.

According to the Alzheimer's Association, dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. Dementia is caused by physical changes in the brain. Alzheimer's disease is the most recognizable form of dementia, presenting in 60-80 percent of individuals.

While up to 50 percent of seniors age 85 and older are diagnosed with Alzheimer's disease, there are multiple other forms of dementia that can result from other physical conditions, including vascular dementia (stroke-related), frontotemporal dementia, Creutzfeldt-Jakob disease, Parkinson's disease, normal pressure hydrocephalus, Huntington's disease, Wernicke-Korsakoff syndrome, and Dementia with Lewy bodies (DLB), which is the diagnosis Robin Williams received. Mixed dementia arises when more than one cause of dementia occur simultaneously in the brain.

Often families do not realize that the

various forms of dementia can present different symptoms; thus they may not recognize that their loved one is displaying symptoms from one of these conditions. Dementia is more than just memory loss. Symptoms can range from the impaired communication, poor judgment, disorientation, confusion, behavior changes and difficulty speaking, swallowing and walking found with Alzheimer's disease to sleep disturbances, visual hallucinations, and slowness, gait imbalance or other sporadic movement features found with DLB.

Often, memory loss is the most-recognizable sign of dementia. According to Mayo Clinic, other early signs may include:

- Asking the same questions repeatedly.
- Forgetting common words when speaking.
- Mixing up words, for example saying "bed" instead of "table."
- Taking longer to complete familiar tasks such as following a recipe.
- Misplacing items in inappropriate

CAREGIVER'S CORNER BROUGHT TO YOU BY



places, such as putting a wallet in the freezer.

- Getting lost while walking or driving around a familiar neighborhood.
- Undergoing sudden changes in mood or behavior for no apparent reason.
- Becoming less able to follow directions.

The rate of progression of dementia varies from person to person. It's always best to contact a physician when you feel something isn't right with someone you love. Early identification allows your loved one to begin treatment for any reversible causes of memory impairment, and gives them the opportunity to obtain appropriate treatment to preserve their quality of life.

Misty Scurlock is Director of Communications & Public Relations with Exceptional Living Centers/Churchman Village/The Atrium. To learn more about how you can enjoy the independence of living on your own while having the availability of services to meet all your needs, contact Churchman Village and The Atrium in Newark, Delaware, at 302-409-3232.



## Competitive Rates & Beautifully Renovated Apartments!

The Atrium Independent Senior Living at Churchman Village is all about possibilities. Our residents savor each day by taking part in a variety of daily activities for the mind, body and spirit. For more information about our independent living community, please call (302) 409-3232.

### Services & Amenities

- Daily Activities
- Large Open Dining Room
- Restaurant-Style Dining
- Beauty Salon and Barber Shop
- Wireless Internet
- Patio and Garden Area
- Support Services Available

Located on the Churchman Village Campus near Christiana Hospital  
4949 Ogletown-Stanton Road | Newark, DE  
(302) 409-3232 | ChurchmanVillage.com





# Get all the **benefits** you deserve.



## Dental Coverage

\$1,000 annually; covers exams, x-rays, cleanings, fillings, crowns, extractions and more.



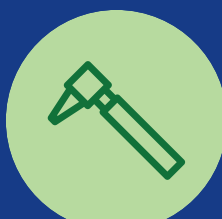
## Vision Coverage

Annual exam and \$150 credit every 2 years for eyewear.



## Health Products Catalog

Up to \$520 in credits to buy things you may need.



## Hearing Coverage

Annual exam and \$1,000 credit every 2 years for hearing devices.



Call **1-877-513-5873**, TTY 711 to learn more.

[UHCommunityPlan.com/DE](http://UHCommunityPlan.com/DE)



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid program. Enrollment in the plan depends on the plan's contract renewal with Medicare. This plan is available to anyone who has both Medical Assistance from the State and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premium and/or co-payments/coinsurance may change on January 1 of each year.

H3113\_170331\_152858 Accepted

CST14240

## TRAVEL

# DART's Safe Driving Tips on Water Covered Roadways

"April Showers Bring May Flowers" as the saying goes. And of course, April and May are often our rainiest months of the year. Have you ever skidded while driving on a wet road for what seemed like a split second or even longer? Even if you didn't lose complete control, you most likely experienced hydroplaning. The word "hydroplaning" is commonly used to refer to the skidding or sliding of a car's tires across a wet surface. Take a minute to review these safe driving tips to avoid hydroplaning on water-covered roadways:



- 1 Keep your tires properly inflated.
- 2 Rotate and replace tires when necessary.
- 3 Slow down when roads are wet—the faster you drive, the harder it is for your tires to scatter the water.
- 4 Stay away from puddles and standing water.
- 5 Avoid driving in outer lanes where water tends to accumulate.
- 6 Try to drive in the tire tracks left by the cars in front of you.
- 7 Turn off cruise control.

- 8 Drive in a lower gear.
- 9 Avoid hard braking.
- 10 Try not to make sharp or quick turns.

For more information on safety, please contact Delaware Transit Corporation's Safety and Security Department at 302-576-6149 and for information on DART's transportation services, please visit [www.DartFirstState.com](http://www.DartFirstState.com). Thank you for reading our safe driving tips and supporting public transit to make a difference.

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

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

## We're all about making connections

Between New Castle, Kent and Sussex Counties with DART's Statewide Bus Services



Plan your trip with DART Bus Routes 301, 302 and 303 to help you make connections statewide. Ride at our new fare of \$2.00 per zone (effective May 21). Don't forget to download DeIDOT's mobile app to receive DART's **NEW** "Real-Time" bus information. There's no more guessing when your bus will arrive!

**Ride More. Save More. Do More.**

Connect with us:  
[DartFirstState.com](http://DartFirstState.com)  
1-800-652-DART (3278)





# ZUCCHINI NOODLES WITH AVOCADO PESTO & SHRIMP

Cut some carbs and use spiralized zucchini in place of noodles in this zesty pesto pasta dish. Top with Cajun-seasoned shrimp to complete this quick and easy dinner.



Makes 4 servings  
Prep: 35 minutes  
Ready in 35 minutes

INGREDIENTS

- 5-6 medium zucchini (2¼-2½ pounds total), trimmed
- ¾ teaspoon salt, divided
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- ¼ cup unsalted shelled pistachios
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil plus 2 tablespoons, divided
- 3 cloves garlic, minced
- 1 pound raw shrimp (21-25 count), peeled and deveined, tails left on if desired
- 1-2 teaspoons Old Bay seasoning

PREPARATION

1. Using a spiral vegetable slicer or a vegetable peeler, cut zucchini lengthwise into long, thin strands or strips. Stop when you reach the seeds in the middle (seeds make the noodles fall apart). Place the zucchini “noodles” in a colander and toss with ½ teaspoon salt. Let drain for 15 to 30 minutes, then gently squeeze to remove any excess water.
2. Meanwhile, combine avocado, basil, pistachios, lemon juice, pepper and the remaining ¼ teaspoon salt in a food processor. Pulse until finely chopped. Add ¼ cup oil and process until smooth.
3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add garlic and cook, stirring, for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3 to 4 minutes. Transfer to a large bowl.
4. Add the remaining 1 tablespoon oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.

www.eatingwell.com

# 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				

©www.mirreyes.com

ACROSS

1. Stalks
6. Equipment
10. Swine
14. Aromatic seeds
15. Component of urine
16. Modify
17. Nutritious
19. Anger
20. French for “Boat”
21. Mayday
22. Hack
23. Leg joints
25. Footwear
26. Dry riverbed
30. A small hand tool
32. Hard rubber
35. Emissaries
39. Out of fashion
40. Lampoon
41. Germless
43. Footstool
44. A hussar’s jacket
46. A musical pause
47. Half note
50. Beg
53. Computer symbol
54. L
55. Hang around
60. Opera star
61. A variety show
63. Chair
64. Beige
65. Coral island
66. Tall woody plant
67. Observed
68. Chatty

DOWN

1. Anagram of “Cabs”

2. A city in western Russia
3. Send forth
4. Marcel Marceau was one
5. Move stealthily
6. Destroy the inside of
7. Found at the end of a pencil
8. Spray can
9. Beams
10. Coffeepot
11. Potato state
12. Leg of lamb
13. Stairs
18. Religious sister
24. French for “Summer”
25. Sired, biblically
26. Marries
27. Assist in crime
28. A hemispherical roof
29. Excessive
31. Toward sunset
33. Manner of speaking
34. Express in words
36. An indefinite period
37. Historical periods
38. Dispatched
42. Put into position
43. In song, the loneliest number
45. Attraction
47. Center
48. Less friendly
49. Exploded stars
51. Beer
52. Sofa
54. Nights before
56. Anagram of “Tine”
57. Radiate
58. L L L L
59. Depend
62. Grayish brown

# THE FUNNY BONE

The children were gathered in the front pew one Sunday morning for the Children’s Sermon. The minister asked, “Does anyone know what the resurrection is?” One little boy blurted out, “I’m not quite sure, but I do know that if you have a resurrection that lasts longer than four hours, you have to see a doctor.”

It took about ten minutes for the congregation to settle down enough to continue with the worship service.

Five-year-old Mark couldn’t wait to tell his grandfather about the movie he’d watched on television, “20,000 Leagues Under the Sea.” The scenes with the submarine and the giant octopus had kept him completely wide-eyed. In the middle of the telling, his grandfather interrupted him by asking, “What made the submarine sink? Do you think was it the octopus?”

With a look of incredulity Mark replied, “No, Grampa-a-a-a! It was the 20,000 leaks!”

“Dear Lord,” the minister began, arms extended toward heaven and a rapturous look on his upturned face. “Without you, we are but dust...”

He would have continued, but at that moment my very obedient daughter leaned over to me and asked, quite audibly in her shrill little four-year-old-girl voice, “Mom, what is butt dust?”

# 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.

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

Answers on page 13

(courtesy of KrazyDad.com)

# PLATINUM PICNIC

68th Annual

Save the Date



JUNE 7, 9 A.M.-1 P.M.  
HOCKESSIN PAL

7259 Lancaster Pike, Hockessin  
NCCDE.ORG/SPECIALEVENTS (302) 395-5652



In its 68th year, The Platinum Picnic should be old hat, but the event continues to evolve from a celebration of age to a celebration of youth with costume contests, a DJ, fun games, and variety show! All while enjoying a fantastic hot lunch buffet and spending time with old and new friends.

If you Go:

68th Annual Platinum Picnic  
“A Salute to the USO”

Wednesday, June 7, 9 a.m. – 1 p.m.

Hockessin PAL, 7259 Lancaster Pike, Hockessin

Admission: FREE; Lunch: \$5

NCCDE.ORG/SPECIALEVENTS  
(302) 395-5652



# Saint Francis LIFE offers all-inclusive care for seniors living in New Castle County.

Staying independent and being able to continue living at home are important objectives for seniors; however, ensuring their safety and proper care are serious concerns.

LIFE, a Program of All-Inclusive Care for the Elderly (PACE), helps seniors live safely at home with assistance from a team of compassionate healthcare experts.

By providing complete medical, health and social services in a centralized location, as well as in participants' homes, LIFE enables seniors to live independently.

Celebrate vitality. Celebrate independence. Celebrate life.

**SaintFrancisHealthcare.org**  
**302.660.3351**  
**1.800.232.5460 (TTY)**



living independently for elders  
**Saint Francis Healthcare**