



# Vital!

VITAL INFORMATION FOR A VITAL LIFE®

## Competition's Heating Up!

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AUGUST 2017



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Check out Chris Neaves on this month's cover, taken at the Dover International Speedway, a.k.a. the Monster Mile. She bikes, she runs, she swims, she competes in triathlons! And she's one of the athletes that enjoys the camaraderie of her friends from Delaware Senior Olympics. Vital! has been a sponsor

of the Delaware Senior Olympics for years now for many reasons, not the least of which is that DSO's main purpose is to promote health through activity...and that activity does not have to mean competition at a very high level (although it can!). Instead, health through activity means enjoying time with friends and like-minded individuals while playing sports, games, walking, what-have-you—anything other than being a couch potato! And if you've been a reader of Vital! for any length of time, then you know—THAT is the key to successful aging!

If you happen to be a person who loves competition, look for DSO's schedule of annual games on page 13. With everything from Wii bowling to archery to swimming and 5k road races, there's something for everyone. Aside from fun, need more reasons to get up off the couch? Page 3 will tell you why. (Spoiler alert: Spending an hour in front of the TV can shorten your lifespan by 22 minutes).

Then mark your calendar for August 21. Have you heard about the Great American Eclipse? Everyone in the country will be able to see at least a partial eclipse of the sun, and some lucky ones will see a total eclipse. Learn more about where, when, and how to view it on page 9. This is one Bucket List item that's truly a once-in-a-lifetime event!

There's still a ton of fun left to be had this summer...Enjoy!

Happy August!  
*Karyn*

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### EDITOR IN CHIEF

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

### CREATIVE ART DIRECTOR

Heidi Atwell

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# Chemical vs. Mineral: Which Sunscreen Is Best?



Summer is in full swing and we are spending more time outside enjoying the warmth and the sun. It seems like there are reminders everywhere to cover up, wear hats and sunglasses, and apply our sunscreen to protect us from the sun's harmful rays. While we know that sunscreen can help protect against skin cancers, like melanoma, the sunscreen you choose may not be protecting your skin as much as you think.

The Environmental Working Group (EWG) recently released its 2017 Guide to Sunscreens ([ewg.org/sunscreen](http://ewg.org/sunscreen)), that rates the safety and effectiveness of about 1,500 products advertised as sun protection. They discovered a whopping 73% of the products examined either didn't work very well or contained concerning ingredients.

Although most people focus on a high SPF (Sun Protection Factor), they probably should focus on the product's ingredients instead; and look for brands that are least likely to have potentially harmful or irritating compounds, such as "natural" or mineral-based sunscreens.

### What's In a Formula?

Sunlight contains two types of harmful rays: UVA rays (or aging rays) that can prematurely age your skin, cause wrinkles and age spots; and UVB rays (or burning rays) which are the primary cause of sunburn. Sunscreen is supposed to block or bounce these rays off the skin and reduce our risk of skin cancer while also helping to prevent sunburn and early signs of skin aging.

Traditional sunscreens use chemical blockers—typically some combination of oxybenzone, avobenzone, octisalate, octocrylene, homosalate and/or octinoxate—which absorb UV radiation to disperse it. Since that radiation is absorbed first, damage can occur; and because it's a chemical reaction, heat is produced, which may actually cause you to feel hotter in the sun.

Another concern with chemical blockers, which has been confirmed by animal and cell studies, is that they disrupt hormone production. Wisconsin Professor of Dermatology Apple Bodemer, M.D., recommends that more research on humans is needed to tell us how these blockers function specific to sunscreen, such as how much of the chemical is absorbed and how quickly it's excreted.

Studies on these chemicals, in general, are alarming considering they are contained in products that we're supposed to spread on every day. One chemical in particular, oxybenzone, which is added to nearly 65% of the non-mineral sunscreens in the EWG's 2017 sunscreen database, has been linked with a higher risk of endometriosis in women, poorer sperm quality in men, skin allergies, hormone disruption, and cell damage. A new study out of Russia published in the journal *Chemosphere* found that another common sunscreen chemical, avobenzone, which is generally safe on its own, actually breaks down into toxic compounds called phenols and acetyl benzenes when the molecules interact with chlorinated water and UV radiation. Yet another worrisome chemical is retinyl palmitate, a form of vitamin A, which may trigger the development of skin tumors and lesions when used on skin in sunlight.

### Are All Mineral-Based Creams Better?

Many experts suggest using mineral-based sunscreens because they are more natural and utilize physical blockers zinc oxide and/or titanium dioxide to form a barrier on your skin that reflects UV rays. However, even the cleaner ingredients of mineral based sunscreens go through a chemical process during formulation, and it's not uncommon to find a combination of both physical and chemical blockers in these products.

Since we're still learning what chemi-

cal blockers really do in our bodies, experts agree your best bet is a mineral-based sunscreen, especially if you have sensitive skin. You will find that many mineral sunscreens are very white and are hard to rub into your skin. Manufacturers have counteracted this by developing formulas with nanoparticles, which help the white titanium dioxide look more transparent and actually offer better SPF protection, but provide less UVA protection. So ideally, use a formula that has a balance of larger zinc oxide particles for greater UVA protection, and smaller titanium dioxide particles so the product will go on clearer.

### What to Look For in Your Sunscreen

The EWG suggests that you look for sunscreens with active ingredients zinc oxide and titanium dioxide. If you can't find these, the next best thing is to avoid ones with the chemicals that science says are most harmful: oxybenzone, avobenzone and retinyl palmitate. For longer wear, look for sunscreens labeled "sport" or "water resistant." And while most of us are taught to look at SPF, even the

FDA calls high SPF "inherently misleading." The EWG points out that it's far more effective to apply a low SPF sunscreen properly, and reapply every two hours, than a higher one half-heartedly.

Finally, although it might be more of a hassle to put on, you're better off sticking to lotion than spray. Those nanoparticles that minimize chalkiness are generally safe, but could cause lung damage if inhaled.

Remember, though, that in a pinch, any type of sunscreen is better than no sunscreen. According to Dr. Bodemer, "We know UV radiation is a human carcinogen. It definitely causes non-melanoma type skin cancers, and burns in particular are strongly associated with melanoma. Going out in the sun has a much higher likelihood of causing cancer than putting sunscreen on your skin."

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## TO YOUR HEALTH

## Increased Activity Means Increased Longevity

In the age of digital technology and binge-watching, it's no surprise that most adults—especially older adults—don't get the exercise they need. Instead of reaching for running shoes, most are reaching for the TV remote. According to a study by MarketCharts, adults aged 50-64 watched an average of 42 hours of TV per week.

## Less TV Means More Health Benefits

Watching television invariably means getting comfortable in a sitting or lying down position and watching a screen. Research shows that it's not good for anyone's body to remain in such a sedentary position for long periods of time. Studies show that every hour an adult spends watching television can shorten his or her lifespan by 22 minutes. Need more reasons to get up off the couch?

- A sedentary lifestyle is unhealthy and has been linked to many serious health issues, including:
  - Heart disease
  - Type 2 diabetes
  - Cancer (various kinds)

- Watching television is linked to eating unhealthy food. Not only can commercials about chips and other junk foods influence poor eating, but it's become a habit for

many people to eat ice cream and other fatty snacks while watching TV.

- Many people find themselves missing out on opportunities for social interaction because they're busy watching TV. Like a sedentary lifestyle, social isolation leads to a decline in your health and overall well-being and has been linked to depression and poor attitudes.

## Create an Action Plan

It can be hard to pull out of the habit of watching television, but taking small steps toward the door can make a big difference. To keep from becoming a couch potato, make a plan (that you need to stick to!) to become more active.

- 1 Schedule activities outside the home (golf, bridge, dinner, walk in the park).
- 2 Schedule time to call friends or relatives at a specific time each day.
- 3 Spread out the weekly chores so that they don't all fall on one particular day.

Once you're in the habit of getting out and about, you'll wonder how you ever managed to sit still for so long!

*The Summit Senior Living offers a Celebrations Activities program that schedules numerous exciting events designed to get residents social and active. At The Summit, it's almost impossible not to get involved and hop off the couch! Want to learn more about the myriad ways you can live a healthy, energetic and vibrant life? Visit us at 5850 Limestone Rd, Hockessin, DE 19707, call 302-235-3120 or visit [www.thesummitretirement.com](http://www.thesummitretirement.com).*

## QUOTE OF THE DAY

*“Mental attitude plays a far more important role in a person’s success or failure than mental capacity.”*

- Kemmons Wilson, Founder of Holiday Inn

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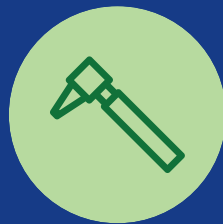
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## TO YOUR WEALTH



## Will Your Kids Blow Your IRA After Your Death?

By Michele Procino-Wells, Esq.

I see clients on a regular basis whose largest asset is their traditional IRA (or other tax-deferred retirement account), yet they have given very little thought to what will happen to that account after their deaths. They simply put beneficiaries' names on a fill-in-the-blank style designation form and don't give any real thought to how the distribution of the account will actually occur when they pass away.

In general, the receipt of an inheritance is not subject to income tax. The major exception to this rule is retirement accounts that consist of pre-tax income. After an IRA owner's death, the beneficiaries of the IRA must pay tax as they withdraw funds from the account. Ideally, the beneficiaries will defer paying that tax for as long as possible by postponing withdrawals from the account. Unfortunately, that often doesn't happen.

Under current law, beneficiaries are permitted to "stretch" payments (known as "required minimum distributions" or "RMDs") over their life expectancy. The ability for IRA investments to compound, tax free, over a much longer period of time, makes IRAs one of the most valuable assets when planning for intergenerational transfers of property. For example, a \$200,000 IRA, inherited by a 50-year old, could be worth \$1.5 million or more over the lifetime of the beneficiary and the beneficiary's children.

This income tax "stretch" can be obtained by naming individuals as beneficiaries of IRAs or by naming a certain type of trust as beneficiary. Unfortunately, naming individuals as beneficiaries with no safeguards in place to protect the IRA often creates a host of problems, some of which may include:

- The individual beneficiary may at any time decide to take out more than the RMDs because the beneficiary is unaware of the tax rules and available options, receives bad advice, or the beneficiary (or a person who may influence the benefi-

ciary) wants to spend the money. As a result, significant income taxes are imposed much earlier than required, losing years of tax-free compounding.

- When an IRA is left outright to a primary beneficiary, the original IRA owner loses control of who will eventually inherit the IRA assets after the later death of that beneficiary.

- The IRA beneficiary may have poor money management skills, be a spendthrift, be too young, or suffer from an illness or incapacity which impairs the ability of the beneficiary to manage the IRA funds.

- The IRA is exposed to the beneficiary's spouse in a divorce.

- A disabled beneficiary could lose state and federal government benefits upon outright receipt of IRA funds.

- Lawsuits filed against the beneficiary or bankruptcy (even if years later) would result in the loss of the IRA funds.

### All These Risks Can Be Avoided

Without exception, all these risks can be avoided by designating a certain type of trust as the IRA beneficiary instead of an individual. When a trust is the beneficiary, the terms of the trust must adhere to certain requirements to obtain maximum "stretch" of the IRA over the lifetimes of the beneficiaries of the trust. A standard revocable trust generally does not meet these requirements. Instead, a separate trust called a "Retirement Account Trust" or a "RAT" is created and named as the IRA beneficiary.

A RAT is specially designed to meet all of the IRS requirements and offers the best of both worlds: it allows beneficiaries to still maximize the "stretch" but also provides protection against all the risks discussed above.

A properly drafted RAT offers unique flexibility after the IRA owner's death, permitting the trustee to adapt to the conditions existing at

the time. If the beneficiary's share of the RAT is structured as a "conduit" trust, it will direct that all IRA distributions flow over into the trust and then are immediately distributed out to the beneficiary. In the alternative, for a variety of personal, family and financial reasons, many clients prefer the RAT to be originally established as an "accumulation" trust, where IRA distributions flowing into the trust are distributed to the beneficiary, but only at the discretion of the trustee based on the beneficiary's circumstances at the time.

When drawn up properly, RATs offer a smart planning option for individuals with retirement accounts of significant value, especially when they have concerns about how those accounts will be managed after their deaths.

*Contributed by Procino-Wells & Woodland, LLC. Intended for informational purposes only and does not constitute legal advice. For legal advice, consult a licensed attorney. The examples used are simplified for ease of understanding and illustration of general concepts.*

## Social Security Q&A



### Question:

Although I stopped working a few years ago, I had additional seasonal earnings after my retirement. Will my monthly Social Security retirement benefit increase?

### Answer:

Each year, we review the records for all working Social Security recipients to see if additional earnings may increase their monthly benefit amounts. If an increase is due, we calculate a new benefit amount and pay the increase retroactive to January following the year of earnings. You can learn more about how work affects your benefits by reading our publication, *How Work Affects Your Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

### Question:

I was speaking with my sister and she told me that she receives half of her spouse's benefit. Why am I not eligible for benefits from my spouse?

### Answer:

If your spouse is eligible for Social Security benefits, you could be eligible for one-half of their benefit at your full retirement age. However, if you worked and are eligible for Social Security benefits on your own record, your own benefit may be higher than what you could be eligible for on your spouse's record. If you have questions regarding your eligibility for benefits, please call 1-800-772-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. Monday through Friday.

### Question:

Do Members of Congress have to pay into Social Security?

### Answer:

Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at [www.socialsecurity.gov](http://www.socialsecurity.gov).

# The Great American Eclipse

Not since June 8, 1918 has a total solar eclipse crossed our country coast to coast. But on Monday, August 21, the solar eclipse will do just that. In fact, its path of totality makes landfall only and exclusively within the United States, making this the very first such eclipse since we've even BEEN a country! (The path of totality of the eclipse of June 13, 1257, was the last to make landfall exclusively on lands currently part of the U.S.)

A solar eclipse occurs when the Moon passes between Earth and the Sun, its apparent diameter larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of miles wide. So if you're not in the path of totality, you'll see the partial eclipse, which occurs when the Sun, Moon, and Earth are not exactly lined up. The Sun appears to have a dark shadow on a portion of its surface.

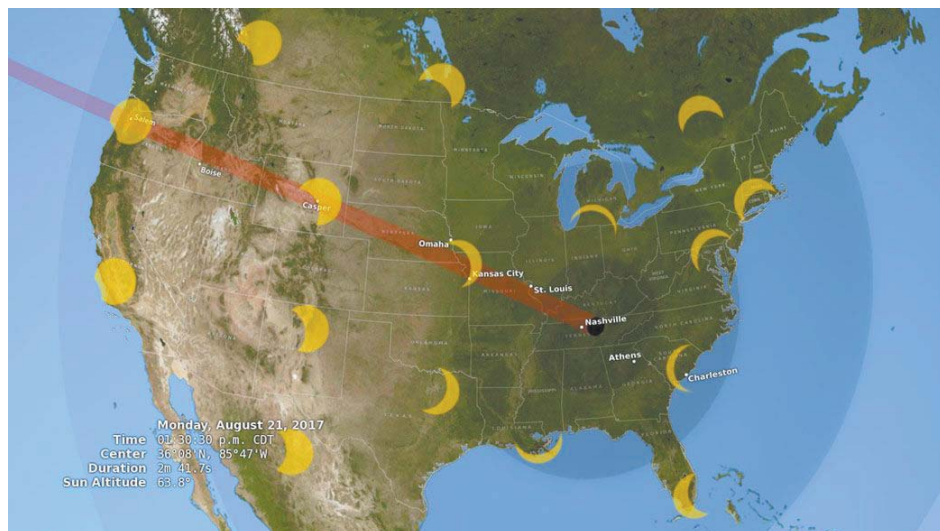
Within the path of totality, weather permitting, you will see one of the most spectacular sights in all of nature: the solar corona—the Sun's pearly outer atmosphere. The people who see the total eclipse are in the center of the moon's shadow when it hits Earth. The sky becomes very dark, as if it were night. If it's overcast or cloudy near the path of totality, observers are still going to experience "something." In fact, the eclipse2017.org website states, "If the sky is completely overcast, it will get VERY dark—pitch black, in fact, to the point where it will be tricky to walk

around. If there are broken or scattered clouds, then you will have to hope that the Sun is not behind one of them at the time of totality, although even if it is, you will still experience the temperature drop, and the sunset glow on the horizon."

The Moon takes its first "bite" out of the Sun around 9:00 a.m. PDT on the west coast, marking the start of the partial eclipse. The total eclipse begins about 75 minutes later, around 10:15 a.m. PDT. It takes about 90 minutes for the Moon's dark shadow to cross the country. When you hear someone say, "the total eclipse lasts 90 minutes," that's what they mean. But that could be misleading: At any given location within the path of the Moon's shadow, the total eclipse lasts at most 2 minutes 40 seconds—so don't be late! The total eclipse ends around 2:45 p.m. EDT and the Moon uncovers the last of the Sun's bright face 2½ to 3 hours after it began, around 4:15 p.m. EDT. This marks the end of the partial eclipse. To find out when the eclipse occurs at any location (and what it will look like from that location), visit TimeandDate.org or Google maps.

## Viewing the Eclipse

One of the most important messages to convey is do not look directly at the eclipse with your naked eyes. You should only use sanctioned or certified eclipse-viewing glasses or some other type of solar viewer. NASA's website is very clear: The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as "eclipse glasses" or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun. Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or another optical device. Similarly, do not look at the sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer. The concentrated solar rays will damage the filter and enter your eye(s), causing serious injury,



## Viewing Tips:

**1 Stay flexible on eclipse day.** Unless you are certain August 21 will be clear, don't do anything that would be hard to undo in a short time (like set up camp). If it's cloudy before the eclipse starts, you're going to want to move.

**2 Don't plan anything funky.** Totality will be the shortest two and a half minutes of your life. All your attention should be on the Sun. Anything else is a waste.

**3 Notice it getting cooler?** Point a video camera at a digital thermometer and a watch, both of which you previously attached to a white piece of cardboard. Start recording video 15 or so minutes before totality and keep shooting until 15 minutes afterward. The results may surprise you.

**4 Watch for the Moon's shadow.** If your viewing location is high enough, you may see the Moon's shadow approaching. This sighting isn't easy because the shadow is moving at more than 1,000 mph.

**5 View the 360° sunset.** During totality, take just a few seconds to tear your eyes away from the sky and scan the horizon. You'll see sunset colors all around you because,

in effect, those locations are where sunset (or sunrise) is happening.

**6 Get a filter in advance.** Cardboard "eclipse" glasses with lenses of optical Mylar cost about \$2. Such a device—it's not a toy—will let you safely look directly at the Sun. It filters out most of the light, and all of the dangerous infrared (heat) and ultraviolet radiation.

**7 Take lots of pictures.** Before and after totality, be sure to record your viewing site and the people who you shared this great event with.

**8 BUT DO NOT PHOTOGRAPH THE ECLIPSE!** Why would you even consider looking down and fiddling with a camera when you could be looking up at all that heavenly glory? This eclipse will last at maximum 162 seconds. That's it. So just watch.

**9 Record your memories.** Sometime shortly after the eclipse, when the event is still fresh in your mind, take some time to write, voice-record, or make a video of your memories, thoughts, and impressions. A decade from now, such a chronicle will help you relive this fantastic event.

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# Plastic Trash is Smothering the Earth

A new study finds that humans have produced more than **9 billion tons** of plastics since 1950—with more than half of that made in the past 13 years. That is literally a ton of plastic garbage for every person on Earth. Plastics don't break down like other man-made materials, so about 80% of the stuff ends up as waste in landfills, littered on land and floating in oceans, lakes and rivers. Plastic recycling in the U.S. stands at a mere 9% compared to 30% in Europe and 25% in China.

But recycling only delays plastic's inevitable trip to a trash bin. Incineration is the only way to assure that plastic is eliminated, and Europe and China by far lead the United States in that category as well, up to 40 percent compared with 16 percent. But burning plastic is risky because if the emissions aren't carefully filtered, harmful chemicals become air pollution. Like other countries, the United States has been slow to enforce regulations on industry emissions.

## How You Can Help

Here are 17 ways to reduce your plastic waste:

1. **Stop using plastic straws, even in restaurants.** If a straw is a must, purchase a reusable stainless steel or glass straw.



2. **Use a reusable produce bag.** A single plastic bag can take 1,000 years to degrade.
3. **Give up gum.** Gum is made of a synthetic rubber, aka plastic.
4. **Buy boxes instead of bottles.** Often, products like laundry detergent come in cardboard which is more easily recycled than plastic.
5. **Purchase food, like cereal, pasta, and rice from bulk bins** and fill a reusable bag or container to save money and unnecessary packaging.
6. **Reuse containers** for storing leftovers or shopping in bulk.
7. **Use a reusable bottle or mug** for your beverages, even when ordering from a to-go shop.
8. **Bring your own container for take-out** or your

restaurant doggy-bag since many restaurants use styrofoam.

9. **Use matches instead of disposable plastic lighters** or invest in a refillable metal lighter.
10. **Avoid buying frozen foods**—their packaging is mostly plastic. Even those that appear to be cardboard are coated in a thin layer of plastic. Plus you'll be eating fewer processed foods!
11. **Don't use plasticware at home;** request restaurants to not pack them in your take-out box.
12. **Ask your local grocer to take your plastic containers** (for berries, tomatoes, etc.) back. If you shop at a farmers market they can refill it for you.
13. The EPA estimates that 7.6 billion pounds of disposable diapers are discarded in the U.S. each year. **Use cloth diapers** to reduce your baby's carbon footprint and save money.
14. **Make fresh squeezed juice or eat fruit** instead of buying juice in plastic bottles.
15. **Make your own cleaning products**—they're less toxic and eliminate the need for multiple plastic bottles.
16. **Pack your lunch in reusable containers and bags.** Opt for fresh fruits and veggies and bulk items instead of single serving cups.
17. **Use a razor with replaceable blades** instead of a disposable razor.



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## Delaware's 7th Annual Caregivers Conference is September 20

If you're caring for a loved one, this is the one event this year you do NOT want to miss. Presented by Easterseals in partnership with DSAA-PD at the Executive Banquet and Conference Center in Newark, it's an interactive day designed just for you.

■ Learn about all the resources available to you and all the help you might qualify for to make life easier.

■ Hear from panels of experts who'll share their wisdom and answer your questions on multiple topics of interest and issues relevant to the caregiving community.

■ Caregivers just like you will be sharing personal stories of their

caregiving journeys.

■ Network with fellow caregivers in a fun, warm and welcoming atmosphere.

■ End the day by enjoying some especially relaxing activities to help wash away stress and give you the energy and knowledge to take care of yourself moving forward.

You'll walk away with new knowledge, new friends, and renewed energy, ready to tackle the world. If you provide care for another, you owe it to yourself to be here. Best of all, it's free! For more information or to register call 302-221-2087 or visit [tinyurl.com/CaregiverConference2017](http://tinyurl.com/CaregiverConference2017)

A Big Thank You to Our Sponsors!

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Moving Forward

**Life**  
Living independently for elders  
Senior Services

**AGE ADVANTAGE**  
SENIOR CARE SERVICES

**BATH FITTER**

If you provide care and support to a loved one affected by Alzheimer's and other dementias, then you'll also want to attend the Alzheimer's Association's Annual Dementia Conference Wednesday, November 15 at Dover Downs Hotel & Conference Center.

Want to join the fight for Alzheimer's first survivor? Walk to End Alzheimer's events in Delaware are September 30 at Grove Park in Rehoboth and on October 21 in Wilmington. To register go to [alz.org/delval/walk](http://alz.org/delval/walk) or call 800-272-3900.



## Are You Caring For A Loved One?

Seeking Support & Assistance  
Can Make Your Role as a Caregiver Easier!



Carol Barnett and her brother Steve Slotkin enjoy themselves at a Phillies game. One of the fun things about being a caregiver!

## CAREGIVER RESOURCE CENTERS

**CHEER Community Center**

302-854-9500

**Georgetown Easter Seals**

302-253-1129

**Modern Maturity**

302-734-1200 ext. 186

**Walk-Ins Welcome**

**New Castle Easter Seals**

302-221-2076

**Newark Senior Center**

302-737-2336 ext. 112

**Wilmington Senior Center**

302-651-3420 *Bilingual*

Find out More by  
Calling the Aging and  
Disability Resource  
Center (ADRC)  
1-800-223-9074

**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Services for Aging and Adults with Physical Disabilities

**Delaware**  
Aging & Disability  
Resource Center

Caregiver Resource Centers are supported by both state and federal funds per the Older Americans Act, Title III-Part E and the National Caregiver Support Program.



# DELAWARE SENIOR OLYMPICS 2017 ANNUAL GAMES

For more information, visit [www.DelawareSeniorOlympics.org](http://www.DelawareSeniorOlympics.org)  
or call 302-736-5698 or toll free 888-881-6128.

## AUGUST

### SOFTBALL (WOMEN)

**August 5**  
(Rain date: 8/6 or 8/13)  
Schutte Park  
Corner of Electric Avenue  
and North Street  
Dover, DE

### TABLE TENNIS

**August 14**  
Rain or Shine  
Chinese American Center  
1313 Little Baltimore Road  
Hockessin, DE

### VOLLEYBALL (MEN AND WOMEN)

**August 18 & 19**  
Rain or Shine  
Kent County Parks and  
Recreation Center  
1683 New Burton Road  
Dover, DE 19904

## SEPTEMBER

### PICKLEBALL

**September 8, 9 & 10**  
Rain or Shine  
Kent County Parks and  
Recreation Center  
1683 New Burton Road  
Dover, DE 19904

### BASEBALL

**September 9**  
(Rain date: 9/10)  
Delcastle Recreational Park  
2920 Duncan Road  
Wilmington, DE 19808

### RUNNING ROAD RACES (5K)

**September 9**  
Rain or Shine  
Bellevue State Park  
800 Carr Road  
Wilmington, DE 19808

### TENNIS

**September 9 & 10**  
(Rain date: 9/16)  
Sanford School  
6900 Lancaster Pike  
Hockessin, DE

### CYCLING (40K ROAD RACE)

**September 16**  
Rain or Shine  
Eden Hill Medical Center  
200 Banning Street  
Dover, DE 19904

### SOFTBALL (MEN)

**September 16**  
(Rain date: 9/17 or 9/23)  
Schutte Park  
Corner of Electric Avenue  
and North Street  
Dover, DE

### RUNNING ROAD RACES (10K)

**September 16**  
Rain or Shine  
Bellevue State Park  
800 Carr Road  
Wilmington, DE 19808

### BILLIARDS

**September 17**  
Rain or Shine  
The Slate Café  
5838 Dupont Highway  
Smyrna, DE 19977

### GOLF

**September 18**  
Rain or Shine  
Wild Quail Golf  
1 Clubhouse Drive  
Camden, DE 19934

### SHUFFLEBOARD

**September 20**  
(Rain date: 9/27)  
Manor House  
1001 Middleford Road  
Seaford, DE

### TRACK & FIELD

**September 23**  
Rain or Shine  
Dover High School  
One Dover High Drive  
Dover, DE

### WEIGHT LIFTING

**September 23**  
Rain or Shine  
CrossFit Dover  
155 Commerce Way  
Suite L  
Dover, DE 19904

### BOCCE

**September 30**  
(Rain date: 10/7)  
Cokesbury Village  
726 Loveville Road  
Hockessin, DE 19707

### WII BOWLING AND GOLF

**September 30**  
Rain or Shine  
Country House  
4830 Kennett Pike  
Wilmington, DE

## OCTOBER

### HORSESHOES

**October 1**  
(Rain date: 10/8)  
Park Brown Pits  
3037 Park Brown Road  
Harrington, DE 19952

### SWIMMING

**October 6**  
Rain or Shine  
Central DE YMCA  
1137 S. State Street  
Dover, DE 19901

### RACQUETBALL

**October 7**  
Rain or Shine  
Midway Fitness and  
Racquetball Club  
18105 Melson Road  
Rehoboth Beach

### WASHERS

**October 7**  
(Rain date: 10/8)  
Brandywine Springs Park  
Newport Gap Pike (Rt 41) and  
Faulkland Road

### ARCHERY

**October 8**  
(Rain date: 10/15)  
New Castle 100 Archers Club  
2272 Sunset Lake Road  
Newark, DE 19702

### CYCLING (TIME TRIALS)

**October 10**  
(Rain date: 10/11)  
Dover International Speedway  
Dover Downs  
1131 N. Dupont Highway  
Dover, DE 19901

### BOWLING

**October 17, 18 & 19**  
Rain or Shine  
Brunswick Doverama  
1600 S. Governors Avenue  
Dover, DE

### BADMINTON

**October 25**  
Rain or Shine  
Mid-County Sr. Center  
1 Regiment Road  
Wilmington, DE 19808

### BASKETBALL (MEN AND WOMEN)

**October 28**  
Rain or Shine  
PAL Gym  
7259 Lancaster Pike  
Hockessin, DE 19707

### BASKETBALL SHOOTING

**October 28**  
Rain or Shine  
PAL Gym  
7259 Lancaster Pike  
Hockessin, DE 19707

## ACTIVE AT EVERY AGE



# The Senior Games and Delaware Senior Olympics

## Fitness, Fellowship and Fun

The 2017 National Senior Games presented by Humana were hosted in Birmingham from June 2-15, bringing in more than 10,500 athletes age 50 and over competing in 19 medal sports. Because competition is organized into five-year age divisions, there are numerous opportunities for senior athletes to test themselves, and set new highs, in comparison with their age peers.

The 30th anniversary of the National Senior Games made history, with athletes producing at least four new world records and eight American Masters track records among the 142 new entries into The Games' record books.

Hollyce Kirkland, 98, of Sevierville, TN, ran for world record times in the women's 95-99 400- and 800-meter races at 4:29:64 and 9:30:46 respectively. She also earned an American record in the 200-meter race. Curt Davison, 92, of Kirkwood, MO,

threw the hammer to a new high mark of 25.28 in the men's 90-94 group. Joining them in the all-time ranks is 101-year-old Julia Hawkins of Baton Rouge, LA, who set the women's 100+ 100-meter mark at 36.62 seconds. Dubbed "Hurricane Hawkins," the spry retired teacher beat six of seven other competitors running simultaneously in the 90-95 and 95-99 divisions. "I came to run, and that's what I did," Hawkins quipped.

To date, 133 individual athletic efforts set National Senior Games records across a variety of sports where such records are kept. New marks were set in archery, bowling, golf, road race, swimming, and track and field.

"We're proud that we provide a great competition experience for both elite senior athletes and everyday people working their way to qualify to come to Nationals for fitness, fun and fellowship," says Marc T. Riker, CEO of the National Senior Games Asso-

ciation. "The number of new records is evidence that more and more of the best are joining us, and that our elder ranks are pushing the envelope to show what they can do, even at an advanced age."

## DSO – It's Not All About Competition

Locally, the Delaware Senior Olympics is about more than competitive sports. It's about fitness, fellowship and fun. Anyone age 50+ can join DSO. Throughout the year there are fun events, including the annual picnic, fund raising auction, and the year-end social where DSO members, families, and friends get together. DSO also organizes the Senior Group Challenge, in which organized groups keep track of their activities (hikes, walks, other) over the course of the year, as well as the free Walk Delaware Program, whose challenge is to walk, ride, bike or swim the combined length and width of Delaware, 131 miles, in one year's time.



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

If you do want to compete, Delaware's annual games are being held from August through October. To find out how you can get involved, visit [delaware-seniorolympics.org](http://delaware-seniorolympics.org), email [admin@DelawareSeniorOlympics.org](mailto:admin@DelawareSeniorOlympics.org), or call 302-736-5698/888-881-6128 for more information.



NEW CASTLE COUNTY DEPARTMENT OF COMMUNITY SERVICES

## 55+ LIFESTYLE CENTERS

FITNESS • KNOWLEDGE • FRIENDSHIP • ADVENTURE

ABSALOM JONES SENIOR CENTER: (302) 995-7636

GARFIELD PARK COMMUNITY RECREATION CENTER: (302) 571-4004

HOCKESSIN COMMUNITY RECREATION CENTER: (302) 239-8861

Registration is required for all activities. If you are a member of the 55+ Lifestyle Program, certain activities are free of charge. Contact the centers for full program schedule.



County Executive Matthew Meyer  
Department of Community Services  
Division of Community Resources

[NCCDE.ORG/55PLUS](http://NCCDE.ORG/55PLUS)

New Castle County Happenings

# EAST COAST TREE SERVICE

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– FREE ESTIMATES –

Licensed & Insured For Your Protection

**CALL NOW!**  
**(302) 588-3955**

DE Lic #2013602079



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

  - Ho-hum
  - After-bath powder
  - Mongrel
  - Sexual assault
  - Lengthways
  - District
  - Dwarf buffalo
  - Sesame seed
  - Hazard
  - “Beau \_\_\_\_”
  - Cause extensive destruction
  - Defrost
  - Fish broth
  - Venture to say
  - Insect wounds
  - Miscarriage
  - Daughter of a sibling
  - Dip lightly
  - Weave diagonal lines into
  - Crimson
  - Fall color
  - Browning bread
  - Custodian
  - Measure in a lab
  - Last
  - Jacket
  - Something that is inferred
  - Filaments
  - All excited
  - Follow as a result
  - Heap
  - Fail to win
  - Stinks
  - Stigma
  - Anagram of “Sees”
  - To endure (archaic)
  - Feudal worker
- DOWN

  - Boast
  - Alley
  - Punctuation mark
  - Common Old World heath
  - Bar bill
  - Cut down
  - Delineated
  - Tent fabric
  - Cocktail
  - Murres
  - Exam
  - Give and \_\_\_\_
  - Not the most
  - Where the sun rises
  - Tibia
  - Pause
  - Carpenter’s groove
  - By surprise
  - Ouch!
  - Medical science of the elderly
  - Smell
  - Louse-to-be
  - Border
  - A parcel of land
  - Nonclerical
  - Asylum seeker
  - Sweeping story
  - Put away
  - Gallivant
  - Go in
  - Showered
  - Unsuccessful person
  - Broad valley
  - Prima donna problems
  - Sleep in a convenient place
  - Microwave (slang)
  - Distinctive flair
  - Arid
  - East southeast

SHRIMP SCAMPI ZOODLES



Zucchini noodles stand in for pasta in this low-carb shrimp scampi makeover. And you may not even need a spiralizer (the special gadget that makes veggies into curlicues). Check your supermarket produce section: some stores sell spiral-cut zucchini.

Total: 30 min  
Active: 30 min  
Yield: 4 servings

INGREDIENTS

- 6 tablespoons unsalted butter, cut into cubes
- 4 tablespoons extra-virgin olive oil
- 4 cloves garlic, minced
- 1/2 teaspoon crushed red pepper flakes
- 1 cup dry white wine
- Finely grated zest of 1 lemon
- 1½ pounds medium peeled and deveined shrimp, tails removed
- Kosher salt and freshly ground pepper
- 6 cups zucchini noodles, from 2 medium zucchinis (about 1 pound)
- ¼ cup roughly chopped fresh flat-leaf parsley

DIRECTIONS

Heat the butter and 2 tablespoons oil in a large skillet over medium-high heat. Once the butter melts, add the garlic and red pepper flakes, and cook, stirring, until fragrant and the garlic is just golden, about 2 minutes. Add the wine and lemon zest and cook, reducing the sauce until the alcohol smell is gone and the sauce is a nice golden color, 4 to 5 minutes. Add the shrimp, ½ teaspoon salt and a few grinds of pepper and cook, stirring frequently, until the shrimp start to turn pink on the outside but are still translucent inside, about 3 minutes.

Add the zucchini noodles and toss with tongs until they are well coated with the sauce and have wilted slightly, about 3 minutes. Season to taste with salt and pepper.

Transfer to a serving bowl, drizzle with the remaining 2 tablespoons olive oil, sprinkle with parsley.

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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.

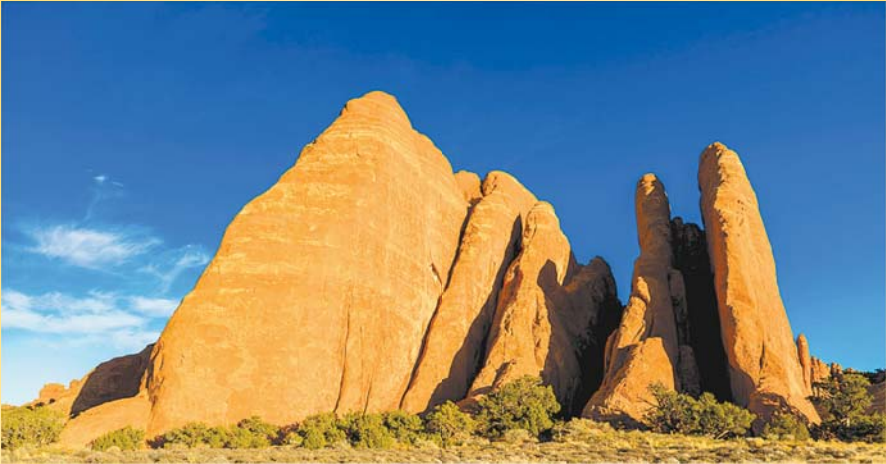
						1		8
			9	3				7
	8		1	6			9	4
	1	7					8	
6			7		2			3
	2					7	1	
8	5			4	6		7	
4				9	3			
9		2						

Answers on page 13

(courtesy of KrazyDad.com)



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Stone Soup

By Madisyn Taylor

Imagine a world in which we all shared our gifts and bounty with each other rather than focusing on self preservation.

There are many variations on the story of stone soup, but they all involve a traveler coming into a town beset by famine. The inhabitants try to discourage the traveler from staying, fearing he wants them to give him food. They tell him in no uncertain terms that there’s no food anywhere to be found. The traveler explains that he doesn’t need any food and that, in fact, he was planning to make a soup to share with all of them. The villagers watch suspiciously as he builds a fire and fills a cauldron with water. With great ceremony, he pulls a stone from a bag, dropping the stone into the pot of water. He sniffs the brew extravagantly and exclaims how delicious stone soup is. As the villagers begin to show interest, he mentions how good the soup would be with just a little cabbage in it. A villager brings out a cabbage to share. This episode repeats itself until the soup has cabbage, carrots, onions, and beets--indeed, a substantial soup that feeds everyone in the village.

This story addresses the human tendency to hoard in times of deprivation. When resources are scarce, we pull back and put all of our energy into self-preservation. We isolate ourselves and shut out others. As the story of stone soup reveals, in doing so, we often deprive ourselves and everyone else of a feast. This metaphor plays out beyond the realm of food. We hoard ideas, love, and energy, thinking we will be richer if we keep to them to ourselves, when in truth we make the world, and ourselves, poorer whenever we greedily stockpile our reserves. The traveler was able to see that the villagers were holding back, and he had the genius to draw them out and inspire them to give, thus creating a spread that none of them could have created alone.

Are you like one of the villagers, holding back? If you come forward and share your gifts, you will inspire others to do the same. The reward is a banquet that can nourish many.

www.dailyom.com

# 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**