



Vital!

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Nationwide Healthcare Services

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The new year is always filled with so much promise and so many possibilities. It really is the perfect time to tell yourself, "I can do anything!"

All you need is a vision—it doesn't matter if your vision is something new you want to create or try in your life, or a "reset" of

something you're already endeavoring—and an action plan. For me, since my son is getting older, much more independent, and doesn't need so much of my time and attention, I'm free to explore opportunities that allow me to make a difference in my community. This year I'm signing up for volunteer services in a variety of fields, the most exciting of which (to me) is TEDx. I'll be sharing more in upcoming months.

This coming year in Vital!, we'll be sharing tips with you on how to get to and maintain your healthiest you; sharing all the news that's important to you with regard to Social Security, Medicare, taxes and elder law; introducing you to the organizations in our communities that make differences in all our lives; helping you with all your caregiving concerns; sharing ideas about living your most vital life, and much, much more!

To start off the year, how about a Polar Bear Plunge? It's the "coolest" way to do charitable work; you can read all about it on page 3. Thinking about a new pet? Set yourself up for success—we bring you the easiest breeds to care for on page 5. If caring for the environment is a resolution, why not start with your Christmas tree lights? They're recyclable! Find out how you can get cash for those lights on page 12. If volunteering is on that resolution list, opportunities abound on the MLK Day of Service, January 15. Find out more on page 15. And just to make sure those resolutions stick, turn to page 13 for handy tips to make the journey simple.

Happy New Year! Looking forward to an amazing 2018!

Karyn and Heidi

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THE BUCKET LIST

Polar Bear Plunge: The "Coolest" Tradition

What do you think of when you think Polar Bear Plunge? Many people associate polar bear plunges with celebrating the New Year – and they would be right. The first recorded polar bear plunge took place in Boston back in 1904, and they've been happening all over the world ever since.

Most of the time the event is organized for charity; other times it's a religious ritual. Whatever the reason, thousands of people all over the world take on the

challenge. Judging by the numbers, swimming in frigid waters is more popular in Europe than in North America. In Scheveningen, The Netherlands, the country's main beach resort town, about 10,000 people participate each year. In Biarritz, France, people celebrate by drinking champagne while in the icy water. Christian Orthodox countries celebrate Epiphany, the birth and baptism of Jesus. A silver cross is thrown into a river and gutsy people swim to retrieve it. It's called the Bless-

ing of the Water and symbolizes Jesus' baptism in River Jordan.

While these plunges are a fun way to spend the day with friends and strangers, the daring swims are not for everybody. They're called "Polar Bear Plunges" for a reason: A person simply doesn't have enough fat and fur to protect their body from freezing temperatures, and the icy waters are a shock. People have been known to hyperventilate, with heart rate and blood pressure spiking. Other risks include hy-



pothemia, arrhythmia, and "diving reflex," where heart rate and breathing slow.

Polar bear plunges aren't all bad, though. A quick dunk in the cold water can increase blood flow to the organs and help exfoliate the skin. The shock from the quick change in temperature is considered a mild stressor, activating the immune system, and levels of dopamine, serotonin and endorphins increase.

People with heart problems, those who smoke or are out of shape, and those who have been drinking the night before the swim are advised not to take part in polar bear plunges. Taking part can be dangerous, but watching it or reading about is totally risk-free!



The largest polar bear plunge in our country, Plungeapalooza, is at Sandy Point State Park, Maryland. Every January over 10,000 courageous plungers head to the park seeking thrills and chills in the 30 degree Chesapeake Bay, all to benefit the 7,549 athletes of Special Olympics Maryland.

Celebrating its 22nd anniversary, this year the Maryland tradition takes place the weekend of January 25-27. Learn more at www.somd.org.

At 1:00 the very next Sunday, February 4, head on up the road to Rehoboth Beach, Delaware for the Lewes Polar Bear Plunge benefitting Special Olympics Delaware. Take the plunge at www.plungede.org.



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The Flu: What To Do If You Get Sick

Hopefully by now you've already gotten your annual flu shot. Aside from the pure discomfort of being sick, flu can bring on serious complications. Sinus and ear infections are examples of moderate complications from flu, while pneumonia is a serious flu complication that can result from either influenza virus infection alone or from co-infection of flu virus and bacteria. Other possible serious complications triggered by flu can include inflammation of the heart (myocarditis), brain (encephalitis) or muscle (myositis, rhabdomyolysis) tissues, and multi-organ failure (for example, respiratory and kidney failure). Flu virus infection of the respiratory tract can trigger an extreme inflammatory response in the body and can lead to sepsis, the body's life-threatening response to infection. Flu also can make chronic medical problems worse. For example, people with asthma may experience asthma attacks while they have the flu, and people with chronic heart disease may experience a worsening of this condition triggered by flu.

How do I know if I have the flu?

- You may have the flu if you have some or all of these symptoms:
- Fever (although not everyone with flu will have a fever)
 - cough
 - sore throat
 - runny or stuffy nose
 - body aches
 - headache
 - chills
 - fatigue
 - sometimes diarrhea and vomiting

What should I do if I get sick?

Most people with the flu have mild illness and don't need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases just stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your doctor.

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). This is true both for seasonal flu and novel flu virus infections. If you're in a high risk

group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

Do I need to go the emergency room if I'm only a little sick?

No. The emergency room should be used for people who are very sick. But if you do have the emergency warning signs, go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you're concerned about your illness, call your doctor for advice. If you go to the emergency room and you're not sick with the flu, you may catch it from people who do.

What are the emergency warning signs of flu in adults?

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms that improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. Your doctor may prescribe drugs for treating the flu called "antivirals." These drugs can make you better faster and may also prevent serious complications. Visit www.cdc.gov/flu/treatment for more information.


How long should I stay home if I'm sick?

CDC recommends staying home for at least 24 hours after your fever is gone, except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.

What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.

Source: cdc.gov



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



The 6 Best Dog Breeds for Seniors

"Dogs are not our whole life, but they make our lives whole. If there are no dogs in Heaven, then when I die I want to go where they went," said Roger Caras, writer and photographer. A dog can be one of the greatest sources of joy for owners of any age, including the oldest among us. Older owners are often advised to adopt an adult dog with a history of good health and good temperament, keeping in mind that mixed breeds often have fewer health problems than purebreds. According to DogTime, six of the top breeds recommended for seniors are:



1 Pembroke Welsh Corgi. These cuties are known for being happy, loving, and intelligent, but with a stubborn streak at times. They're easy to train, motivated to learn when a treat is presented, and make great watchdogs.

2 Yorkshire Terrier (Yorkie). Smart and self-assured, the Yorkie is a combination of endearingly small size and adventurous terrier spirit. The breed displays a range of personalities. Some are cuddly and perky, wanting nothing more than to follow in their owner's footsteps throughout the day. Others are mischievous, outgoing, and into everything. Set limits, and your Yorkie will be a wonderful companion; but if you spoil him, watch out!

3 Pug. Pugs are adorable, energetic, and humorous at every age. These low-maintenance little canines easily adapt to any lifestyle. No matter whether you're laid back or like to take long brisk walks every day, your pug will be perfectly content being right there with you.

4 Shih Tzu. Looking for an adorable small dog that doesn't tend to be a yapper? A Shih-Tzu may be your perfect companion. The breed requires daily brushing and regular grooming, but sheds very little. These are smart little dogs that do well with low to moderate exercise. Note that Shih-Tzus are typically quiet dogs, but do bark when a stranger is present.

5 Pomeranian. This foxy-faced dog, nicknamed "the little dog who thinks he can," is a compact, active, agile and obedient family friend. Pomeranians are smart and vivacious. They love meeting new people and get along well with other animals, although they sometimes think they're a lot bigger than they really are. Alert and inquisitive, Pomeranians also make excellent watchdogs and will bark at anything out of the ordinary.

6 Boston Terrier. For a friendly and happy-go-lucky dog who is attentive to your needs, compact, requires minimal grooming, and is an all-around excellent companion, you can't go wrong adopting a Boston Terrier. There are three weight categories, ranging from under 15 pounds up to about 25 pounds. Regular exercise is important because this is an energetic breed.

These are just six of many community-friendly dog breeds recommended for seniors. American Humorist Josh Billings said, "A dog is the only thing on earth that loves you more than he loves himself." Before making the big jump into adopting a pet, make sure s/he fits your family's personality and lifestyle.

At The Summit Senior Living, we encourage residents to have pets as companions. 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.

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Is It Medicare or Medicaid?

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

A lot of people have a difficult time understanding the difference between Medicare and Medicaid. Both programs begin with the letter “M.” They’re both health insurance programs run by the government. People often ask questions about what Medicare and Medicaid are, what services they cover, and who administers the programs.

Let’s start with Medicare. Medicare is the national healthcare program for those aged 65 or older and the disabled. You pay for some Medicare expenses by paying the Medicare tax while you work. The Centers for Medicare & Medicaid Services is the agency in charge of both Medicare and Medicaid, but you sign up for Medicare A (Hospital) and Medicare B (Medical) through Social Security.

You can apply for Medicare online from the convenience of your home at the link on our website: www.socialsecurity.gov/medicare. If you’re already receiving Social Security retirement benefits when you reach age 65 or are in the 25th month of receiving disability checks, we will enroll you automatically.

Medicare Part C (Medicare Advantage) and Part D (Prescription Drug) plans are available for purchase in the insurance marketplace. Social Security administers a program called Extra Help to help people with low income and low resources pay for premiums, co-pays, and co-insurance costs for Part D plans. You can find out more about Extra Help and file for it at socialsecurity.gov/medicare/prescriptionhelp.



Each year, The Centers for Medicare & Medicaid Services publishes *Medicare and You* available online at their website at www.medicare.gov/medicare-and-you/medicare-and-you.html. This publication is a user’s manual for Medicare.

Each state runs their own Medicaid program under guidance from the Centers for Medicare & Medicaid Services. Medicaid offers care for the most vulnerable among us. While it does not require paying taxes while working, it does have guidelines about how much income and resources you can have to qualify. Medicaid provides coverage for older people, people with disabilities, and some families with children. Each state has its own eligibility rules and decides which services to cover. The names of the Medicaid program may vary from state to state. You can read about each state’s Medicaid program at www.medicaid.gov/medicaid/by-state/by-state.html. You can find each state’s Medicaid contact information at www.medicaid.gov/about-us/contact-us/contact-state-page.html.

Medicare and Medicaid are two of the major insurance programs that provide healthcare to the American public. Understanding each program, as well as how the two programs differ, can help you and those you care about find the right healthcare program.



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Financial assistance is available. Offer valid through January 31, 2018.

The Medicare Advantage Disenrollment Period is January 1 – February 14

What can I do?

- If you’re in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare.
- If you switch to Original Medicare during this period, you’ll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

What can’t I do?

- Switch from Original Medicare to a Medicare Advantage Plan.
- Switch from one Medicare Advantage Plan to another.
- Switch from one Medicare Prescription Drug Plan to another.
- Join, switch, or drop a Medicare Medical Savings Account (MSA) Plan.

Social Security Q&A



Question:

Will my Social Security disability benefit increase if my condition gets worse or I develop additional health problems?

Answer:

No. We do not base your Social Security benefit amount on the severity of your disability. The amount you are paid is based on your average lifetime earnings before your disability began. If you go back to work after getting disability benefits, you may be able to get a higher benefit based on those earnings. In addition, we have incentives that allow you to work temporarily without losing your disability benefits. For more information about disability benefits, read our publications *Disability Benefits and Working While Disabled—How We Can Help*. Both are available online at www.socialsecurity.gov/pubs.

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Nationwide Healthcare Services: Exemplary Care ~ Core Values

This month we have the pleasure of introducing to you to Meir Gelley, President and CEO of Nationwide Healthcare Services, an innovative network of nursing and rehabilitation centers in Delaware and Pennsylvania that deliver exemplary post-acute services and long-term care.

In the fast-paced universe of healthcare, governed by myriad regulations and faced with the ongoing changes in CMS (Centers for Medicare & Medicaid Services) guidelines that impact people's lives on a daily basis, it is a breath of fresh air to meet a leader with the judgment and sensitivity to know that the whole reason behind his endeavors and initiatives is the health and well-being of *people*—the residents at Nationwide Healthcare facilities.

Highly regarded among residents and their family members, as well as the staff at each Nationwide facility, Mr. Gelley prides himself on the personal relationships he builds with each of them, interacting with staff members, engaging in conversations with residents—and showing with every interaction that he truly cares.



LOBBY AT REGAL HEIGHTS HEALTHCARE & REHABILITATION CENTER

Vital! Magazine (VM): I've heard you say, "At Nationwide, 'healthcare' means more than simply supplying health services and managing conditions; caring for others touches every aspect of our lives." How is this exemplified at the Nationwide facilities?

Meir Gelley (MG): We're keenly aware that healthcare is not the sole domain of the physician, the nurse or the therapist, but is rather the result of the entire care team contributing their best skills and talents in a well-concerted endeavor, with one single focus: restoring every individual to their overall state of well-being. We're passionate about providing exemplary care that restores our residents' health to an optimum level—and showing compassion in our every interaction with residents and their family members. In fact, that philosophy drives our actions to such an extent that our clinical care and ini-

tiatives have earned each of our facilities tremendous accolades.

VM: Can you give our readers insight into some of these initiatives?

MG: Absolutely! Our Transition of Care program is a good example. Exclusive to our Delaware facilities, we are the only long-term care (LTC) facility in the state that offers this service. Our program's Transition of Care Navigator works personally with our short-term residents, identifying their individual needs to help ensure quality outcomes and a safe discharge home. It's designed to assist patients who are discharged from a hospital and admitted to our facility from start to finish, throughout the course of their stay all the way to their discharge home. Our Navigator also follows up post-discharge to make sure all is going well.

In terms of clinical care, the NO-VAERUS air system, in place at our Brookside & Regal Heights facilities, is state-of-the-art technology that significantly reduces unhealthy contaminants, effectively decreasing airborne viruses, bacteria, particulates, mold, and odors. It cleans the air and kills all airborne germs, thus preventing us from ever having to close down the building when someone has a respiratory infection.



MEIR GELLEY SIGNING THE CEREMONIAL BEAM AT BAYHEALTH HOSPITAL'S NEW MEDICAL CENTER

VM: Speaking of prevention, disaster preparedness has been on everyone's mind in light of the recent hurricanes. How do you prepare for unforeseen events?

MG: Disaster preparedness at Nationwide goes above and beyond what is mandated by law. At Regency in Wilmington, for example, the facility has a full generator backup, whereas the requirement is only to have partial backup. In case of an emergency, this is a HUGE plus—and offers priceless peace of mind to our residents and their family members, as well as our staff. We're proactive and ready year-round, not just during hurricane season.*

VM: Can you expand on the clinical care aspect?

MG: Certainly. Case in point, the residents who benefit from the Diapulse® Wound Treatment System™ at our facilities.

VM: Can you tell us about this specialized equipment and how your residents benefit from this technology?

MG: The Diapulse® system is a pulsed, non-thermal electromagnetic therapy used in the management of chronic wounds and soft-tissue in-

juries. Harnessed by our wound care specialists, this cutting-edge equipment has proven to be the most effective treatment for acute and chronic wounds.

VM: Speaking of wounds and the use of technology: We closely followed Rep. Scalise's impressive recovery. He regained his ability to walk using the ZeroG®—the same technology that your residents benefit from!

MG: Yes. We're thrilled to be the first skilled nursing facility worldwide to acquire ZeroG® with the Woodway treadmill for use in post-acute recovery care at Brookside Healthcare & Rehabilitation Center in Abington, Pennsylvania.

VM: What is the ZeroG®?

MG: ZeroG® is a robotic, body-weight support system which is mounted to a motorized trolley that rides along an overhead track. The beauty of this innovative gait and balance training system, designed by Aretech, is that it helps individuals safely improve balance, gait and functional independence without the risk of falling. Better yet, the advanced fall protection prevents injury by catching an individual if they start to fall. This way, people who may be experiencing weakness and poor coordination



CHARGE NURSE ROXANNE JOHNSON, LPN AND RESIDENT WILLIETTA HOWARD

can safely use ZeroG® for a variety of real-world activities such as walking, balance exercises and going up and down steps.

VM: How does it work?

MG: The therapist secures the patient into a comfortable harness, attaches it to the ZeroG® robot, and therapy can begin. The amount of support is individualized for each person, depending on their level of ability and therapy goals, and can be increased or decreased with the touch of a button.

VM: It seems an important component in terms of achieving the optimal level of rehabilitation that the residents would want before returning home.

MG: Indeed, along with another important component: our ADL suites. The ADL suites at our facilities allow residents to practice various levels of mobility and independence in an environment that mirrors a homelike setting. We've found these two components combined are the most effective means to help residents transition home upon discharge.

VM: What are the components of an ADL (Activities of Daily Living) suite?

MG: Our ADL suite at Regal Heights, for example, is spacious enough to accommodate a washer/dryer combo, a kitchenette space with a dishwasher and a freestanding range, and two "bathroom" areas that include a walk-in shower and a tub/shower combo. The suite also includes a bed that allows residents to practice safe transfers into and out of bed.

VM: What is the role of the ADL suite in the rehabilitation process?

MG: Residents eagerly anticipate practicing in the ADL suites. It allows them to see how far they've

come in the rehab process and is an early signal that their discharge date is approaching. Worth noting is that our ADL suite's masterful design does not just make the suites "look like home," but rather conveys a warm *feeling of home*, motivating residents to go through the sometimes arduous rehabilitation process, joyfully anticipating the return to their cherished routines back home.

VM: That shows a lot of thought behind your delivery of care.

MG: That's just a brief overview of how Nationwide brings together the latest technology, state-of-the-art equipment, home-like surroundings, and compassionate care—and I haven't even mentioned our famous Nationwide calendars and the tremendous impact they have in each of the communities where we're located!

VM: It sounds like a fun project ...

MG: Especially for our residents! The original idea was to have something for family members to take home. The idea has evolved through the years; today, it's a huge project. The initial planning starts in August and involves many different people in each community: makeup artists, hairdressers, puppeteer groups, stage and lighting stylists, photographers and the master design of our marketing experts.

Our eagerly awaited calendars have become a tradition, and the distinctive voice of Nationwide: They establish our core belief that beauty is ageless.

They also provide a great outlet for our residents to have fun, whether it's dressing up in costume, donning their favorite outfit, being pampered with a personalized makeup session—or getting to be the "cover girl" or "cover guy" they always dreamed of being.

We're proud to create yearly calendars that convey to family members and friends Nationwide's utmost respect for the elderly. Our conviction is that you can be 85 years old (and much older if you consider that some of our residents celebrated their 100th birthdays this year), feel beautiful—and have fun!

VM: This is very impressive—a high bar to surpass.

MG: It involves a lot of teamwork and reflects our Vision.

VM: Can you give us a preview of projects Nationwide is currently working on?

MG: One of our most exciting projects right now originates from Nationwide's recent acquisition of Bayhealth Milford Memorial Hospital in Delaware. Nationwide plans to transform the 22-acre site into an innovative, multi-use, healthcare-focused community that will include a wellness pavilion and a Nationwide Healthcare facility, complete with our signature, elevated standards of care.

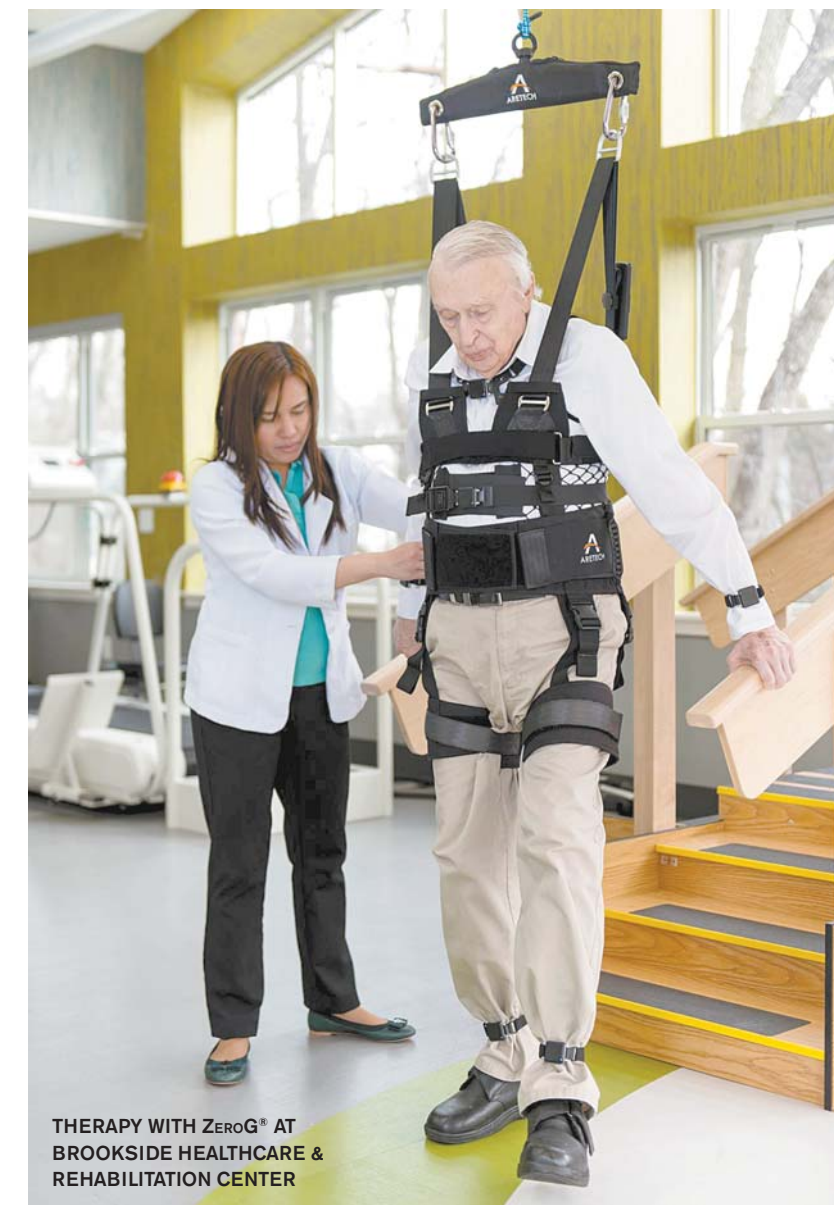
We've built a wonderful relationship with Bayhealth, and at a "topping out" ceremony a couple of months ago, as I signed the ceremonial beam at the site where Bayhealth is building its new medical center, our shared intention was clear: To continue our mutually supportive relationship long after we open our new facility in Milford.

VM: Your commitment to your residents and your core values are certainly evident in everything you do. How can readers learn more or schedule a tour?

MG: In addition to contacting any of our communities directly, Vital! readers can also call Meg Judson, MHA, Nationwide's Director of Business Development, at 215-479-0072, email Meg at mjudson@nationwidehealthcare.com, and learn more about us at www.NationwideHealthcare.com.

Awarded the Person-Centered Care Award by Quality Insights of Pennsylvania (presented to only one facility out of 700 in PA), and accorded the Best Employer Award presented by 1199c Training and Workforce Governor's Initiative, Nationwide Healthcare Services stands out as an innovative force in the healthcare industry at large, unique in the many ways it positively impacts the communities it serves.

*Full generator back-up available at Regency Healthcare & Rehabilitation Center in Wilmington, DE; Sterling Healthcare & Rehabilitation Center in Media, PA; Brookside Healthcare & Rehabilitation Center in Abington, PA; and Renaissance Healthcare & Rehabilitation Center in Philadelphia, PA.



THERAPY WITH ZEROG® AT BROOKSIDE HEALTHCARE & REHABILITATION CENTER

Who's Got Your Six?

By Renata J. Maslowski

Nobody woke up this morning hoping to become an unpaid, over-worked, and untrained caregiver. Yet in 2017, 34.2 million people provided unpaid assistance to a senior 50 years or older. These are the things we do for love, and aging loved ones.



U.S. statistics show that 60% of caregivers are women, on average 49 years old, and employed full time. They've provided care to an elderly loved one with one or more illnesses for 21 hours per week for as long as 4 years. It's the equivalent of a part-time job, often in a position for which the individual caregiver has little to no expertise. The combination of issues makes caregiving a recipe for stress!

In 2015, an in-depth study by the National Alliance for Caregiving (NAC) and the AARP Public Policy Institute focused on vulnerable groups of caregivers (older caregivers, caregivers who had no choice in taking on this role, and higher-hour (at least 21 hours per week) caregivers) who face complex, high-burden care situations. Their findings, though, offer ideas for all caregivers.

First, it's essential that healthcare professionals recognize that the caregiver, as advocate for the person receiving care, is a critical part of the care team. Second, it's essential that other family members and friends realize that the caregiver is managing financial, personal care and advocate roles simultaneously, and to be ready to step up when needed to relieve the stress and burden of all these roles.

What can family and friends do to help?

- Create a list of tasks and a plan to address them based on informa-

- tion from the primary caregiver.
- Obtain a good diagnosis of the illness(es) that the senior has, and the requirements to care for them.
- Receive training from an expert (e.g., nurse or physical therapist) about how to provide care BEFORE the transition to home care.
- Discuss finances and options for care.
- Collect and complete legal/financial paperwork.
- Design AND put into action a respite plan for the caregiver.
- Consider hiring professional caregivers (i.e., home care aides).

Most resources for caregivers define tasks for **them** to do to cope with the long-term stress of caring for a loved one. It can often sound like more work than relief.

Maintaining the vitality of caregivers must be similar to the military mantra "who's got your six," which implies that those who are part of the caregiver's family and friends should be looking out **for the caregiver**, as well as the ailing senior. The caregiver's support team must step up *before* being asked, in order to prevent caregiver burnout.

One of the best ways to do this is to shadow a caregiver for a weekend or longer to see what's needed and the best ways of providing care. Even identifying a few tasks that others could do for the senior may be enough to ease the burden on the caregiver. Alternately, fresh eyes may see that a new, long-term solution involving professionals is needed.

The ultimate goal should be to keep the ailing senior as independent as possible, while simultaneously helping to maintain the caregiver's vitality.

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Sharing the Care is a Win-Win For Families and State of Delaware



By Sheila Grant
Associate State Director for
Advocacy
AARP Delaware

During the winter holiday season, many families come to the realization that older loved ones need more help at home. They may not be able to keep up with housecleaning or home repairs. They may need help with laundry, bathing, or managing medications. This realization is often the start of a frustrating journey for family caregivers.

Delaware's population is aging rapidly. In fact, by 2030, the number of Delawareans age 60+ is expected to double. As they age, most Delawareans prefer to continue living at home with help from family and friends. For family caregivers who work, balancing work and caregiving duties can become a juggling act. Hiring an aide can make life easier for the caregiver. Unfortunately, Delaware law prevents aides from doing many health care tasks, like giving medicines. AARP Delaware wants to ease

the burden on family caregivers by working to allow aides to do more.

Home health aides in Delaware can help with bathing, dressing, eating, and getting out of bed, but they cannot legally give medications. Most other states have eased up on regulations to allow aides to do more. In fact, a recent AARP Public Policy Institute Study ranks the First State 41st out of 52 states on this measure. The study shows a need for improvement in Delaware in the category of Supporting Caregivers. Some have expressed valid concerns about patient safety. It's important to address these concerns before making policy changes, but we can borrow good ideas that have worked in other states to ensure safety.

Allowing aides to do more would make life easier for family caregivers, but there are other benefits, as well. It would also help their loved ones, who would receive medicines on schedule and remain in their homes longer. In addition to helping families, the change would also help ease the State's budget crunch. Imagine the Medicaid dollars saved if nurs-



es didn't have to make that extra trip to administer medications.

The way we provide care for older adults and people with disabilities is changing, and Delaware has some catching up to do. In the coming years, Delaware will need to accelerate its plans to meet the growing demand for care. We should join dozens of other states in modernizing outdated policies and allowing aides to do more tasks in the home.



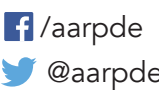
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DISCOVER REAL POSSIBILITIES IN DELAWARE.

AARP is in Delaware creating real, meaningful change. We're proud to help all our communities become the best they can be. Like providing family caregivers with tips to take care of loved ones, helping to make our communities more livable and hosting fun, informative events all across the state.

If you don't think *Real Possibilities* when you think AARP, then you don't know "aarp."

Get to know us at aarp.org/de.



Christmas Lights: Don't Trash 'Em – Get Cash For Them!

Just because your holiday lights don't work any more doesn't mean you have to load up the landfill—recycle them.

We've come a long way since the days of hanging candles on a tree, water and bags of sand nearby to squelch any unintended fires. Electric lights first came into vogue around 1895, when President Grover Cleveland featured the first electrically lit White House Christmas tree. With more than 100 multicolored bulbs, the brightly colored tree got America's attention, and illuminated Christmas trees soon became all the rage—if you could afford one, that is. The cost of renting a generator and paying a "wireman" to light up your tree came with a lofty price tag: \$300, which is the equivalent of \$2000 today. As a result, the electrically lit tree remained a sight seen primarily at high society holiday parties.

As the years went by and the technology became affordable, demand grew for new shapes and sizes of light-up displays, including flowers, snowmen, saints, and even Santa himself. Thus was born the outdoor light show. By 1923 President Calvin Coolidge had lit the first National Christmas tree with about 3000 lights.

In 1970, the introduction of the mini-light, which continues to dominate the market today, created a revolution in decorative lighting. The mini-bulbs offered high-impact, low-cost lighting and used a lower wattage per strand, while suburban tract housing created an easy structure to decorate. Yes, we all know "that house." There's one in every town.

How Lights Get Recycled

Christmas light strings are made by coating copper wire with polyvinyl chloride (also known as PVC or by the resin code #3) and adding some light sockets (copper or brass and plastic). The bulbs are also a combination of metal, plastic and, if you have an older set of lights, glass.

Commercial recyclers separate the copper, PVC and glass by chopping the strings into small pieces and pulling out the different materials, which are then processed and used in a variety of new products.

Where to Recycle Your Lights

Several companies offer discount coupons that encourage you to recycle your existing, energy-wasting bulbs and replace them with LEDs. Send your old lights to HolidayLEDs and they'll not only recycle them for you but send you a coupon good for 15% off any future purchase of LED Christmas lights at HolidayLEDs.com. The recycling program is open all year round.

and puzzles which they then donate to the Dallas/Fort Worth Toys for Tots center.

In the past, both Home Depot and Lowe's have collected Christmas lights for recycling. Check with your local store to see if it currently participates in these programs. Local hardware stores and natural food co-ops often participate in local holiday light recycling programs, too. Check on their websites or the next time you drop in to shop. Consider it your gift to Earth!



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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

New Castle County Happenings

Every Family Has a Story



And our "family" at DART is no exception. Whether celebrating the holidays together, enjoying the DART Rodeo, or DARTFest, we cherish the great sense of family that exists within The Delaware Transit Corporation.

This year, DART's Annual Holiday Celebration was held at The Mill in downtown Wilmington. Recently opened and housed in the Nemours Building, The Mill is a community and co-working space that provides shared workspace for entrepreneurs, remote workers, startups and established businesses by day, and space for events of all types by night. Kudos to our Customer Service team, who once again took the lead to throw our highly anticipated annual party, when all our DART employees come together as family to celebrate the holiday season.

Employees were able to enjoy the company of co-workers outside normal hours in the office, a shift driving the bus, or in the garage maintaining DART's fleet. There was time to reflect on accomplishments of the past year, and more importantly, relax, laugh and talk about families and friends on a more personal level. We cherish this opportunity for our DART family to celebrate together and to remember the important connections that are often forged in the workplace.

For the new year, DART wishes you and your family amazing times for celebration, where the roots and ties that keep you together continue to remain deep and strong.

Happy New Year,
The DART Family

The Delaware Transit Corporation, a subsidiary of the Delaware Department of Transportation (DelDOT), operates DART First State. Real-Time Transit Information is available on the free DelDOT App (iOS and Android), as well as on DART's Trip Planner www.Dart-FirstState.com. For more information, please call 1-800-652-DART.

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

Keep Your New Year's Resolutions

- It's not as hard as you might think.
- 1 Keep your resolutions simple.** Focus on one or two of your most important goals.
 - 2 Choose carefully.** Select a goal with multiple benefits. Example—giving up smoking improves your health, but also gives you a sense of pride and accomplishment.
 - 3 Set realistic goals.** There will always be opportunities for Phase II.
 - 4 Create bite-sized portions.** Break goals down to manageable chunks—lose 5 pounds, save \$30 a month, go for a run once a week. Decide exactly how you will make this happen.
 - 5 Plan your time.** Use a calendar or diary to plan your actions for the coming weeks or months; decide when and how often to evaluate.
 - 6 Make notes.** Add your motivations. Use visual cues—photos of your slimmer self, pictures of something you're saving for, a shocking credit card statement to spur you into action!
 - 7 Treat yourself when you reach your milestones.** Just don't grab a candy bar if you're losing weight!
 - 8 Enlist support.** Turn to supportive, trustworthy friends and family to help when the going gets tough.
 - 9 Don't give up!** We're all human. Slip ups are inevitable; don't let one be your excuse to give up. Forgive yourself and say "I'm starting again now!"
 - 10 Put yourself in charge.** Other people can advise and support you, but it's *your* actions that need to change to see the results you want. Don't play the blame game. Yes, it's scary to take responsibility for your future, but surely it's better than the alternative?

From Our DART Family To Yours...

Have A Safe & Happy New Year!

As you share and celebrate the important connections between family and friends during the holiday season, DART wishes you all the best in the New Year!

Ride More. Save More. Do More.

Connect with us:
DartFirstState.com
1-800-652-DART (3278)

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			
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32						33						34	35	36
37					38						39			
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				43					44					
	45	46						47						
48					49	50	51				52	53	54	55
56					57					58				
59					60					61				
62					63					64				

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ACROSS

- 1. Oodles
- 6. Sun
- 10. Send forth
- 14. Course around a star or planet
- 15. Not a single one
- 16. Disabled
- 17. Light wood
- 18. Greek letter
- 19. Part of the outer ear
- 20. Eyeglasses
- 22. Angers
- 23. Antlered animal
- 24. Flavorful
- 26. Overwhelm
- 30. Believe in
- 32. Unoriginal
- 33. Spinning top
- 37. Hairdo
- 38. Pee
- 39. Carryall
- 40. Implicating
- 42. Enclosed shopping centers
- 43. Gloves
- 44. A chip of stone
- 45. 58 in Roman numerals
- 47. Soak
- 48. Swimming hole
- 49. Unmoving
- 56. 53 in Roman numerals
- 57. Assist in crime
- 58. Eagle's nest
- 59. Killer whale
- 60. Center
- 61. Flavor
- 62. Equal
- 63. Cravings
- 64. Go in

DOWN

- 1. Boohoos
- 2. Poop
- 3. Competent
- 4. Platter
- 5. Courtly
- 6. A small cut
- 7. Anagram of "Loot"
- 8. Blind (poker)
- 9. Comfort
- 10. Oval
- 11. New Zealand native
- 12. Insert
- 13. T T T T
- 21. Alien Life Form
- 25. American Sign Language
- 26. Behold, in old Rome
- 27. Midday
- 28. Fortitude
- 29. Unacquainted
- 30. Dilutes
- 31. Jewelry
- 33. Court order
- 34. Effrontery
- 35. Small island
- 36. A feat
- 38. Degree of being ultimate
- 41. 3 in Roman numerals
- 42. Mogul
- 44. Slime
- 45. France's longest river
- 46. Vocalization
- 47. Locations
- 48. Raindrop sound
- 50. Double-reed woodwind
- 51. Small slender gull
- 52. Low-fat
- 53. At one time (archaic)
- 54. Location
- 55. Clairvoyant

GINGERED PUMPKIN BISQUE

Fill your bowl and your belly with this hearty, spiced soup—a true celebration of flavors.

Serves 6

INGREDIENTS

- Nonstick cooking spray
- 15-ounce can pumpkin, or an equivalent amount of baked sugar pumpkin or squash
- 1 firm medium pear, peeled, cored, and chopped
- 1½ cups diced onion
- 14.5-ounce can reduced-sodium chicken broth
- ½ teaspoon ground cumin
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ⅓ teaspoon cayenne pepper
- 2 cups fat-free half-and-half
- ¼ cup trans-fat-free margarine
- 1½ tablespoons packed brown sugar substitute blend, such as Splenda
- 2–3 teaspoons grated ginger
- ¼ cup plus 2 tablespoons fat-free plain Greek yogurt

DIRECTIONS

1. Coat a 3 1/2- to 4-quart slow cooker with cooking spray. Place the pumpkin, pears, onions, broth, cumin, nutmeg, salt, and cayenne in the slow cooker. Cover and cook on high for 3-1/2 hours, or on low for 7 hours, or until onions are tender.
2. Working in 1-cup batches, purée the pumpkin mixture in a blender, being sure to secure the lid tightly while puréeing. Return the mixture to the slow cooker, stir in the remaining ingredients, except the yogurt. Cover and cook on high for 30 minutes.
3. Serve topped with equal amounts of yogurt.

Nutrition Facts Serving Size: 1 cup soup and 1 tablespoon yogurt
Calories 170, Carbohydrate 23g, Protein 3g, Fat 4g, Saturated Fat 1g, Sugars 8g, Dietary Fiber 4g, Cholesterol 0mg, Sodium 400mg, Potassium 408mg

Source: www.diabetes.org

WORDS OF WISDOM

“If you wait until you can do everything for everybody, instead of something for somebody, you’ll end up not doing anything for anybody.”

— Malcolm Bane

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.

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

Answers on page 13

(courtesy of KrazyDad.com)

THE FUNNY BONE

NEW YEAR'S RESOLUTIONS

Getting in shape:

A friend of mine had resisted efforts to get him to run with our jogging group until his doctor told him he had to exercise. Soon thereafter, he reluctantly joined us for our 5:30 a.m. jogs on Mondays, Wednesdays, and Fridays.

After a month of running, we decided that my friend might be hooked, especially when he said he had discovered what “runner's euphoria” was. “Runner's euphoria,” he explained, “is what I feel at 5:30 on Tuesdays, Thursdays, and Saturdays.”

Starting that diet:

My friend Kimberly announced that she had started a diet to lose some pounds she had put on recently.

“Good!” I exclaimed. “I’m ready to start a diet too. We can be dieting buddies and help each other out. When I feel the urge to drive out and get a burger and fries, I’ll call you first.”

“Great!” she replied. “I’ll ride with you.”

Learning new things:

I was trying to decide what to do for a talent show I planned to enter. Trusting my mother to help me out, I asked, “For the show, what do you think I should do, sing or put on a comedy act?”

Glancing up from her paper, she said dryly, “What’s the difference?”

GREAT WAYS TO GIVE BACK

MLK Day of Service, January 15

On January 15, millions of people across the country will come together to volunteer and honor the legacy of Dr. Martin Luther King Jr., who never stopped asking the question, “What are you doing for others?” The MLK Day of Service is a moment to work together to fulfill King’s vision for a better America—it’s a day “on” instead of a day off.

The King Day of Service evolved from a discussion in 1988 between former Pennsylvania U.S. Senator Harris Wofford and Atlanta Congressman John Lewis, both close friends and colleagues of Dr. King during the Civil Rights Movement. The two co-authored the King Holiday and Service Act, which President Bill Clinton signed into law on August 23, 1994.

The national King Day of Service started in Philadelphia as a small project in 1996 with 1,000 volunteers. It has become a fast-growing nationwide movement that has worked to break down barriers, form ongoing partnerships, and foster understanding about the legacy of Dr. King, particularly among young people. Last year, close to 145,000 volunteers served in some 1,800 projects in the 22nd annual Greater Philadelphia Martin Luther King, Jr. Day of Service, the largest King Day event in the nation. Tens of thousands of people throughout the tri-state region, including children, seniors, and families, received vital services and resources as part of the event.

Take Part

To find volunteer opportunities across the country, visit volunteer-match.org/seasonsofservice/mlkday.

To find hundreds of volunteer opportunities across our region, visit mlkdayofservice.org. You can browse projects, see which efforts still need volunteers and sign up online. Girard College serves as a regional hub for many projects; other types of volunteer opportunities include indoor and outdoor clean-ups, packaging meals and advocacy.

Elsewhere, museums, attractions and more have special events and festivities in store. For example, help celebrate the legacy of Dr. King from 11:00 a.m.-3:00 p.m. at the Delaware Art Museum, in partnership with One Village Alliance and Raising Kings. Activities include gallery highlights, art making, mentorship opportunities, and more. The event is free; donations are accepted.

Another fun choice: Celebrate the life and work of Dr. King with The Philadelphia Orchestra in its annual free performance during the MLK Day of Service at Girard College. Combining the traditions of African-American culture and Western classical music, the concert pays tribute to Dr. King’s vision of a society free of prejudice and racial divisions, and his belief in the power of music to help create positive change.

No matter how you choose to participate, the bottom line is that working with others to help others is just about the best way to celebrate the new year!

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