



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Calling All Caregivers!

To the 2017 Caregiver Conference



the
faces of
caregiving



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SEPTEMBER 2017



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I looked up the definition of “care” and found as a noun, “the provision of what is necessary for the health, welfare, maintenance, and protection of someone or something” and as a verb, “attaching importance to something, or to look after and provide for the needs of.” In one way

or another, every person on this planet is a caregiver, and this month opportunities to show you care abound.

Celebrate the loving bond between grandchildren and grandparents on Grandparents Day, Sunday, September 10. Show Earth you care by giving the planet a “day off” on Zero Emissions Day, September 21. The goal is simple: for 24 hours, don’t use gas, oil, or coal, and use minimal or no electricity generated by fossil fuel, while enjoying the mindfulness and the discipline of not automatically turning on light switches and appliances. Is your passion caring for animals? You can raise money for local charities just by walking your dog! Learn more on page 3.

And for caregivers caring for a loved one, young or old, the 2017 Caregiver Conference is finally here! It’s a day not to be missed, your opportunity to meet with community and caregiving experts and advocates as well as other caregivers to learn how to be the best caregiver you can be. Details are on pages 8 and 9. And while you wait for September 20 to roll around, we’ve got your simple prescription for self-care on page 15. Indulge yourself!

Happy September!

Karyn

Cover photos courtesy of Age Advantage Senior Care, BAYADA Pediatrics, and Easterseals.

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Vital! Magazine
4556 Simon Road
Wilmington, DE 19803
302-544-0684
www.vitalmagonline.com

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LIVESTRONG® AT THE YMCA

A PHYSICAL ACTIVITY AND WELL-BEING INITIATIVE FOR CANCER SURVIVORS

The YMCA of Delaware recently launched a new initiative called **LIVESTRONG** at the YMCA, a research-based physical activity and well-being program that helps people affected by cancer reach their holistic health goals.

LIVESTRONG at the YMCA is a national evidence-based intervention that helps adult cancer survivors (ages 18 and over) reclaim their health and well-being following a cancer diagnosis. Over 12 weeks, groups of cancer survivors meet twice a week for 90-minute sessions. **LIVESTRONG** at the YMCA engages cancer survivors through an approach that focuses on the whole person in a supportive environment. Participants work with trained Y staff to build muscle mass and strength, increase flexibility and endurance, improve functional ability, and practice mind-body techniques. In addition to the physical benefits, the program also focuses on the emotional well-being of survivors by providing a supportive community environment where people affected by cancer can connect during treatment and beyond.

Enrollment into the program will be offered at no cost to participants and will include a complimentary family membership to the YMCA. It is designed to run parallel with other

services offered to cancer survivors statewide and to be an additional resource for those in need. The YMCA is very excited about this program, and considers it an excellent complement to services already offered in the first state. Last spring, the YMCA ran 5 pilot groups at 3 of its branches. Starting in October, the Y will be expanding the program statewide, offering the program at all YMCA branches in Delaware.

“We are excited about the opportunity to expand this program throughout the state. We look forward to collaborating with new partners, as well as providing greater access to those who have been diagnosed with cancer. The impact of this program runs deep, providing the support to build both emotional and physical strength,” says Tricia Jefferson, Director of Healthy Living and Strategic Partnerships for the YMCA of Delaware. “The Y strives to be a leading voice on health and well-being for our community by providing resources and guidance so that all people, no matter what their circumstance, can achieve greater health and well-being in spirit, mind and body.”

For more information about the program visit <https://www.ymcade.org/livestrong>, contact Tricia Jefferson at tjefferson@ymcade.org, or call 302-571-6998.

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It Pays to Keep Track of Your Earnings

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

Regularly reviewing your Social Security earnings record could make a big difference when it's time to collect your retirement benefits. Consider this: If your employer incorrectly reported just one year of your work earnings, your future benefit payments from Social Security could be close to \$100 per month less than they should be. Over the course of a lifetime, that could cost you tens of thousands of dollars in retirement or other benefits to which you are entitled.

It's the responsibility of your employers, past and present, to provide accurate earnings information to Social Security so you get credit for the contributions you've made through payroll taxes. On average, we annually process about 236 million W-2 wage reports from employers, representing more than \$5 trillion in earnings. More than 98 percent of these wages are successfully posted with little problem. But ultimately we rely on you to inform us of any errors or omissions. You're the only person who can look at your lifetime earnings record and verify that it's complete and correct.

What's the easiest and most efficient way to validate your earnings record?

- Visit www.socialsecurity.gov/my-account to set up or sign in to your own mySocialSecurity account;

- Under the "My Home" tab, click on "Earnings Record" to view your online Social Security statement and taxed Social Security earnings;
- Carefully review each year of listed earnings and use your own records, such as W-2s and tax returns, to confirm them; and
- Keep in mind that earnings from this year and last year may not be listed yet.

If you notice that you need to correct your earnings record, read our one-page fact sheet at www.socialsecurity.gov/pubs/EN-05-10081.pdf. Sooner is definitely better when it comes to identifying and reporting problems with your earnings record. As time passes, you may no longer have past tax documents and some employers may no longer be in business or able to provide past payroll information.

If everything is correct, you can find online calculators to plan for your retirement and prepare for the unexpected, such as becoming disabled or leaving behind survivors, at www.socialsecurity.gov/planners/benefit-calculators.html. We use your top 35 years of earnings when we calculate your benefit amounts. Learn more about how your benefit amount is calculated at www.socialsecurity.gov/pubs/10070.pdf.

Social Security Q&A

Question:

I am 57 years old and I currently receive Social Security disability benefits. Can I still get my regular Social Security retirement benefits when I reach full retirement age?

Answer:

If you are still receiving Social Security disability benefits when you reach your full retirement age, we will automatically switch you from disability benefits to retirement benefits at that point. The dollar amount will remain the same. For more information, visit our website on disability benefits at www.socialsecurity.gov/disability

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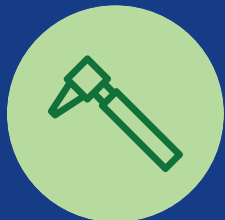
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Social Activities Are Essential for a Vital Life

By Renata J. Maslowski

What does retirement mean to you? For many, it conjures thoughts of sitting in a rocking chair whiling away the day. Is that enough to maintain brain health as you age? According to health studies, apparently not!

The most valuable aspect of pre-retirement is working on a project that holds meaning beyond oneself and that involves sharing tasks with others. Both social activity and broader significance of work remain relevant needs after retirement.



How we spend our free time and use our talents say a great deal about who we are and how we feel about ourselves. As we age, retire and decrease family responsibilities, our social activities become proportionally more important.

Studies show that social activities can help keep older adults more fit mentally and emotionally, and that finding or building a strong social community is key to successful aging. "Researchers have long known about the health benefits of 'social capital'—the ties that build trust, connection, and participation."¹

Epidemiologist Yvonne Michael, Drexel University School of Public Health, found that communities with high social capital could transfer healthy practices to their senior members. These communities showed seniors had better mobility, higher rate of health screenings and less bad habits, like smoking. The community members also felt more secure be-

cause the social capital allowed them access to help with tasks, like snow shoveling, that were beyond their physical abilities.

There are also broader positive effects of well-established social capital. Building strong relationships may help us reduce stress, and protect us against dementia and depression.²

The results of public health studies repeatedly indicate that social capital can help us maintain physical activity and preserve mental health and cognitive abilities. Seniors with social connections had 50-70% better cognitive function than those who were isolated.

There are many ways for you to build a strong social network.

- Volunteer at a church, school, club or nonprofit organization to use prior work skills.
- Join a book, game or craft club through a YMCA, senior center or library to blend creativity and fun.
- Enroll in adult education programs that promote lifelong learning.
- Seek out a senior living community that offers a vibrant activities program and plenty of daily social engagement.

While you may wish to stay in your own home as long as possible, living in a supportive, secure and socially-connected community offers clear benefits to your physical, emotional and mental health. Exploring the options and finding the place that works best with your personality and needs is essential.

Whatever path you take to enrich your life, ensure that you maintain the social activities that are essential for keeping vital with age.

^{1,2} Resources available upon request. Renata J. Maslowski is the Director of Marketing and Sales for Ingleside Homes, Inc. We offer seniors Independent and Assisted Living options. For more information or to schedule a visit, call 302-575-0250. Also on the web at www.inglesidehomes.org.



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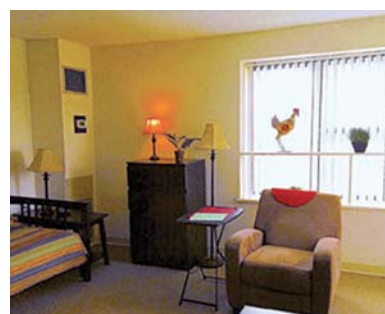


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The 7th Annual Caregiver Conference “Take Care of Yourself”

FAMILY CAREGIVER (def.): Anyone who provides any type of physical and/or emotional care for an ill or disabled loved one at home. Loved ones in need of care could be suffering from a physical or mental illness, disability, substance misuse, or other conditions.

Whether you're the parent of a child with special needs, the family of a wounded soldier, a young couple dealing with a diagnosis of MS, or the adult child of an aging parent, you are a family caregiver. And you are not alone. According to the Caregiver Action Network, more than 90 million Americans care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. And more often than not, you come into that role unexpectedly.

Take Gabe, for instance. When Gabe's mother Rita fell in her home, he knew it was time for her to move in with him. In an instant, he and his wife, Eve, became full-time caregivers to his 90-year-old mother. Although he took his role as caregiver in stride, he knew he couldn't do it alone. He discovered Easterseals. Easterseals Caregiver Services helped ease the transition for him, and Easterseals Adult Day Services keeps his mom engaged in her community. “If my mom were at home she'd be sitting on the sofa, but the staff at Easterseals keeps her moving and eating healthfully. Knowing my mom is safe, secure, well-nourished and engaged enables me to concentrate fully on my job,” he says.

The 2017 Caregiver Conference

Gabe's story is a familiar one and one to which others can relate. “We know how important to caregivers all the different services and supports offered throughout our community are, which is why we're proud to host the 7th Annual Caregiver Conference,” says Ken Sklenar, President/CEO of Easterseals. “Whether you're caring for a young person with special needs or an aging loved one, we encourage all caregivers to join us at the free event on September 20 at the Executive Banquet and Conference Center in Newark.”

The day is going to be both informative and fun. “Take Care of Yourself to Take Care of Others” is the theme of this year's event, presented by Easterseals Delaware & Maryland's Eastern Shore and the Division of Services for Aging and Adults with Physical Disabilities (DSAAPD). Scheduled topics include panel discussions on accessing community legal, financial and technological resources, and being a healthy caregiver, both physically and mentally, followed by fun and relaxing methods and techniques to help manage stress, with a lighthearted performance to end your day. Throughout the day you'll have opportunities to participate in question and answer sessions with the experts, and hear from and meet with other caregivers. There will also be raffles and door prizes, and a continental breakfast and full lunch will be served.

You Don't Know What You Don't Know

“Caregiver events help me to give my mom a better quality of life. I'm not as stressed out because I've learned that there are services available to help her, and to help me. I've learned to understand her better and I've gained insight into how she thinks,” Gabe says. “My advice to other caregivers is to make every opportunity to attend the caregiver events. Every time I attend one I walk away with new knowledge and more confidence. I always recommend these events to other caregivers.”

The 7th Annual Caregiver Conference is the perfect opportunity for you to meet with aging and disability experts, community organizations, caregiver advocates, homecare and facility coordinators and support organizations, all in one place, all in one day. It's easy to register for the free full-day seminar and exhibits, and registration includes your continental breakfast and

lunch. To register call 302-221-2087 or go online to www.tinyurl.com/caregiverconference2017.

“Learn about all the programs our community offers, talk to other caregivers, or just take some time for yourself at the Easterseals 7th Annual Caregiver Conference,” invites Sklenar. “As a caregiver, it's important that you take care of *you* so that you can continue to take care of your loved ones. We can help with that.”

Space is filling up fast!

If you're interested in coming to the conference, here's what you need to know:

Where:

Executive Banquet and Conference Center, 205 Executive Drive
Newark, DE

When:

September 20
from 9:00 a.m. – 3:00 p.m.

Contact:

Connie Brouillette
Easterseals Delaware & Maryland's
Eastern Shore
61 Corporate Circle
New Castle, DE 19720

Phone: 302-221-2087

Email: cbrouillette@esdel.org

Registration website:

www.tinyurl.com/caregiverconference2017

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A Special Thank You

No conference would be possible without the support of a wide range of participants, and the Caregiver Conference is no exception. While at the conference, you'll have opportunities to meet and share with not only other caregivers, but also over 35 community service providers dedicated to helping you and making your life easier. In particular, we'd like to give a special thanks to the wonderful companies that are our event sponsors. Make sure to look for them at the conference, meet their community liaisons, and learn more about the services they offer and how you might be able to partner in your caregiving journey.

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How to Manage it All

By David Maxfield

Question: *What's the best way to manage both work and personal responsibilities? I feel like I put all my energy and attention into getting work done at the office, only to arrive home at the end of the day with little energy left for my family. They're my bigger priority, but receive less of my time and attention because I just can't manage it all. Any advice?*

Answer: Great question! Here at VitalSmarts we just finished a major study on this topic, and the news is good! We discovered a relatively small number of changes you can make that will increase your productivity and reduce your stress at both work and home.

We worked with 1,594 people to find out what "10s" in their workplace (managers and peers) do to be successful. Common phrases we heard:

Communication Practices

■ **Top Performers:** "They ask for help," "Not afraid to ask ques-

tions," "Know who to go to"

■ **Average Performers:** "Lack of communication," "Slow to respond," "Don't listen," "They complain about"

Productivity Practices

■ **Top Performers:** "Very well organized," "Good time management," "Attention to detail," "Keep track of what needs to be done"

■ **Average Performers:** "Lack of focus," "Don't follow through," "They're late," "Disorganized," "Miss deadlines," "Not on task"

We studied ways to improve personal productivity practices with guidance from David Allen, author of *Getting Things Done: The Art of Stress-Free Productivity*. Using his Getting Things Done (GTD®) principles, we built an assessment to measure personal productivity practices. We assessed thousands of people and found that the GTD practices both improved performance and reduced stress.

Here, a few items that grabbed our attention:

■ People with high GTD scores are 55 times less likely to say, "I start projects that never get finished, even when others are relying on me."

■ They are 13 times less likely to say, "I'm not truly present at home, because I'm worrying about work."

■ They are 18 times less likely to say, "I often feel overwhelmed. I think of the tasks looming over me that are about to crash."

Three ideas from the GTD approach to help you at work and at home

1 Capture everything that comes into your head. My favorite David Allen quote is "Your mind is for having ideas, not for holding them." Use a couple capture tools, instead of relying on your memory. I use three: Post-It Notes, my email inbox, and a notebook. Whenever I have an idea, get an assignment, or remember a to-do, I capture it using one of these tools. Having a reliable way of catching everything coming at me gives me peace of mind that nothing is slipping through the cracks.

2 Take action daily. Go through all of your capture tools every day or two, and take or determine a next action for each item. I do this at the end of every workday, meaning I never use my email or notes as storage bins. I get my inbox to zero before I quit for the day. It feels like a little victory every time.

3 Take stock once a week. Keep a non-negotiable meeting with yourself every week to catch up, get current, and align with your priorities. I spend an hour every Sunday reviewing my past week and planning my next. This is when I make sure my actions line up with my priorities, purpose, and values. This hour does more for me than any yoga method, meditation, or cocktail. It leaves me feeling renewed, energized, and confident that I'm on track.

Try these three practices. They take some discipline, but produce immediate payoffs.

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The Key To Long-Lasting Rehabilitation: Returning Home – At The Right Time

No doubt, rehabilitation after a fall, surgery or illness is challenging. That challenge can be compounded with the longing to just get past the ordeal and return home as soon as possible. Rehabilitation, however, is a gradual process. Positive, long-lasting outcomes can't be rushed, and a thorough recovery often requires the support of physical and occupational therapists, 24-hour skilled nursing care, and specialists trained in the use of state-of-the-art technology – all working in a concerted effort to assist patients through the stages of the rehabilitation process.

If you're facing a rehabilitation situation, your best bet for a solid recovery will be in an environment where you can be relaxed and comfortable enough to feel "at home" and entirely focused on your recovery. You'll want the full support and expertise of a team of specialists who can calibrate specific state-of-the-art rehab tech-

nology to fit your personal needs, leading you through the stages of rehab to recovery, and ultimately assuring your timely return home – to stay.

There have been incredible advances in the technologies available to assist in people's recoveries. For instance, at each of Nationwide Healthcare's rehab locations you'll find systems and equipment with names like "ACP Multi-Modality Therapy System", "Woodway treadmill", "Smart Car" and "ADL Suite."

Those names may not mean much to you, but what they do for you will. The ACP therapies, such as electrical muscle stimulation, are safe, non-invasive and medication free, and are proven to decrease pain, inflammation and edema, so that you can move through treatments earlier and recover more quickly. Because Woodway treadmills are specially designed with recovery in mind,

you'll experience less impact, less muscle fatigue and more comfort in your joints, so you can exercise longer with less soreness. The Smart Car lets you practice and get comfortable again getting in and out of a car. And the recently completed ADL (activities of daily living) Home Suite at Regal Heights Healthcare & Rehabilitation Center is fully equipped with a bedroom, bath and kitchen so that you can relearn and practice the activities necessary for daily living in a conscientiously-designed environment that mirrors a home setting.

Nobody wants a remission that sends them back to the hospital or rehab center. The way to ensure you're ready to go home—and stay home—is to take full advantage of the specialists and technologies available to you, work hard at getting back to your old self, and get yourself fully prepared for your return home.



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

To learn more about Nationwide Healthcare's facilities, please visit <https://www.nationwidehealthcare.com>. For more information and a tour of the ADL Suite at Regal Heights, please contact Susan Ricciardi, Admissions Director, at 302-998-0181.

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Is Your Family Affected by Alzheimer's?

The Alzheimer's Association is Here to Help

As many as 5.5 million people in the United States have Alzheimer's disease, including about 200,000 who are younger than 65. It's the sixth-leading cause of death and the most common form of dementia. Alzheimer's is the only cause among the top 10 that has no cure, cannot be prevented or even slowed.

Today, as Americans continue to live longer, more people are developing the disease. One out of three seniors succumbs to the disease. Overall, it kills more people than breast cancer and prostate cancer combined.

A degenerative brain disease that affects memory, thinking ability, and behavior, Alzheimer's is not a normal part of the aging process. Without a major scientific breakthrough, it is projected the number of people in the U.S. with Alzheimer's will nearly triple by 2050.

The Alzheimer's Association® is the world's largest nonprofit funder of Alzheimer's research. While researchers continue to work toward discovering ways to prevent Alzheimer's, develop new treatments, and ultimately, a cure, chapters throughout the country provide care and support services to people in their areas and their families who are coping with Alzheimer's or other forms of dementia.

The Delaware Valley Chapter serves an estimated 26,000 Delawareans who feel the impact of Alzheimer's. "We offer services such as caregiver support groups, consumer education, and early-stage initiatives for people who are dealing with the symptoms of dementia and their care partners," says Katie Macklin, the Chapter's Delaware executive director.

The most heavily-used and popular service is the 24/7 Helpline, 800-272-3900. "Anyone can call the Helpline

any time day or night with questions about the disease, resources, or even just to talk," says Macklin. "We have translation services in more than 200 languages and dialects."

The chapter will host a Walk to End Alzheimer's to raise funds for its care and support services and to support research on Saturday, September 30 in Rehoboth Beach and again, on Saturday, October 21 in Wilmington.

"We encourage Delawareans to join the fight to end Alzheimer's and come on out to our Delaware walks," says Macklin. "Even if you and your family are not personally affected, you probably know someone who is, so please gather your family, friends, even your co-workers, create a team and begin raising dollars for the cause

today! Your efforts can help us find Alzheimer's first survivor."

About the Alzheimer's Association Delaware Valley Chapter

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter, headquartered in Philadelphia, PA, operates Regional and Branch Offices that serve 18 counties in Delaware, South Jersey, and Southeastern Pennsylvania, providing programs and services to more than 294,000 individuals with Alzheimer's disease or a related disorder. More information is available at the 24/7 Helpline, 800-272-3900 or alz.org/delval. The Chapter's Delaware Regional Office is located at 240 N. James Street, Newport, DE 19804 and the Sussex County Branch office is located in Georgetown, DE.

JOIN THE FIGHT FOR
ALZHEIMER'S FIRST
SURVIVOR.



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alz.org/walk
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Sept. 30
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Rehoboth, DE

Saturday
Oct. 21
Riverfront
Wilmington, DE



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Crossword

By Dave Fisher

Answers on page 12

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					

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- ACROSS
1. Herbaceous plant

6. Workbench attachment

10. RapsCALLIONS

14. Positive pole

15. Picnic insects

16. Groan

17. Fortify

19. Cogitate

20. Afternoon nap

21. Consumed food

22. Pot

23. Not written exams

25. Fragrant oil

26. 50%

30. Persons

32. Imitate

35. Nitrify

39. Wine and dine

40. Seamster

41. Windflower

43. Ideal

44. Part of a dress

46. Tardy

47. Evidence

50. Doctrine

53. Optimistic

54. Ghost's cry

55. Deepest part of the self

60. Dogfish

61. Loyalty

63. Adolescent

64. French for "Black"

65. Large body of water

66. Classify

67. Leg joint

68. Homes for birds
2. Against

3. Achy

4. Midmonth date

5. Slowly, in music

6. Big wine holder

7. Breathe in

8. Type of hat

9. Feudal worker

10. Extraneous

11. Increase

12. Noodles

13. Contemptuous look

18. Needlefish

24. Gorilla

25. Communion table

26. Sister and wife of Zeus

27. Ends a prayer

28. Olympic sled

29. Showy

31. Falafel bread

33. Remote

34. Care for

36. Aquatic plant

37. Horn sound

38. Sea eagle

42. An apparition

43. Dowel

45. Offensive term for an Asian laborer

47. Backsides

48. Juliet's love

49. Willow

51. Russian fighter

52. Negatively charged particle

54. Financial institution

56. A ceremonial staff

57. 1 1 1 1

58. Leave in a hurry

59. Anagram of "Nets"

62. Before, poetically
- DOWN
1. Low in pitch

GRILLED SUMMER
VEGETABLES WITH
ROMESCO SAUCE

Summer's not over yet! Embrace the fresh vegetables that are still so irresistible this time of year. Grill them to really make their flavors come alive.

INGREDIENTS

- For the Romesco sauce
- 2 large red bell peppers
 - ¼ cup raw hazelnuts, toasted and skins removed
 - ¼ cup dried bread crumbs
 - 1 clove garlic, chopped
 - 1 large egg yolk
 - 2 tablespoons sherry vinegar
 - 2 teaspoons smoked paprika
 - ½ teaspoon fine sea salt
 - ½ cup grapeseed oil



For the vegetables

- 1 pound eggplant
- 1 pound assorted summer squashes
- 1 bunch red kale
- 8 ounces shishito peppers or small sweet peppers
- 8 ounces pole or Romano beans, stems and strings removed
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- Fine sea salt
- Chopped toasted and skinned hazelnuts, for garnish

INSTRUCTIONS:

1. Make the Romesco sauce: Prepare a hot charcoal fire or preheat a gas grill to high for direct cooking. Grill the bell peppers until they are blackened all over, turning as needed. Transfer to a bowl and cover with plastic wrap; let steam for 15 minutes. Peel away the skin and remove the seeds and membranes, capturing as much pepper juice as possible.
2. In a food processor, combine the flesh of the peppers and their juices, the hazelnuts, bread crumbs, garlic, egg yolk, vinegar, paprika, and salt and process until very finely chopped, about 2 minutes. With the motor running, add the grapeseed oil in a slow, steady stream, processing until emulsified. Transfer to a bowl. (The sauce can be prepared up to 2 days in advance. Cover and refrigerate until ready to use.)
3. Grill the vegetables: If the grill is not already hot, prepare it for direct cooking over high heat. Cut the eggplant and squashes into ½-inch-thick slices and place in a large bowl. Remove the tough stems from the kale leaves and add the leaves to the bowl. Add the shishito peppers and the beans. Drizzle the olive oil and lemon juice over the vegetables and season with salt. Toss to coat the vegetables.
4. Grill the vegetables over direct heat, turning as needed, for 8 to 10 minutes for the eggplant, 4 to 6 minutes for the peppers, beans, and squash, and 1 to 2 minutes for the kale. As the vegetables are ready, transfer them to a sheet pan.
5. Spread the Romesco sauce on a serving platter. Arrange the vegetables over the sauce. Garnish with the hazelnuts.

From Silver Oak Cookbook: Life in a Cabernet Kitchen – Seasonal Recipes from California’s Celebrated Winery Copyright © 2016, Dominic Orsini.



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.

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

Answers on page 12 (courtesy of KrazyDad.com)



NEW CASTLE COUNTY DEPARTMENT OF COMMUNITY SERVICES

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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

Daily Self-Care

By Madisyn Taylor

Putting yourself first means that it may be necessary to say no to someone else in order to say yes to yourself.

We’ve all heard the instructions of an airline attendant reminding us to put on our own oxygen mask before we help anyone else with theirs. This advice is often cited as a metaphor for self-care because it so accurately expresses why it is important. It seems to say, ironically, that if you can't take care of yourself for yourself, do it for others. Few situations in our daily lives mimic the wake-up call of an airplane emergency, so it's easy to keep putting self-care off - easy, that is, until we get sick, overwhelmed, or exhausted, and suddenly don't have the energy to care for the people who count on us. That's when we realize we haven't been getting the oxygen we need to sustain ourselves. We begin to understand that taking care of ourselves is neither selfish nor indulgent; it's just plain practical.

Putting yourself first means that it may be necessary to say no to someone else in order to say yes to yourself. For many of us, there is always something we feel we could be doing for someone else, and it helps to remember the oxygen metaphor. You can even encourage yourself by saying "I am caring for myself so that I am better able to care for others" or some other mantra that will encourage you. It also helps to remember that self-care doesn't have to be composed of massively time-consuming acts. In fact, the best prescription for taking care of yourself is probably small, daily rituals; for example, taking one half-hour for yourself at the beginning and end of the day to meditate, journal, or just be. You might also transform the occasional daily shower or bath into a half-hour self-pampering session.

Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love. The oxygen you need is all around you; sometimes you just need to be reminded to breathe.

www.dailyom.com

THE FUNNY BONE

What Is Celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, Frank and his wife Ann listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other."

He then addressed the men.

"Can you name and describe your wife's favorite flower?"

Frank leaned over, touched Ann's arm gently, and whispered, "Gold Medal All-Purpose, isn't it?"

And thus began Frank's life of celibacy.

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.

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