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NOVEMBER 2017



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What about me?"

I got to that point a few weeks ago. And I realized that somehow I'd gotten away from doing things that make me *happy* in my quest to get things done. But as they say, "If Mama ain't happy, ain't nobody happy." So—I started going to the gym again, I got back to participating in activities at my son's school, and I decided to start volunteering again. And you know what? Even though in one sense that puts more on my plate, in the end, it makes for a happier, healthier me.

So this month, we're hoping to help you get to that happier, healthier you. We all know that just 30 minutes of movement a day (or more if you can!) staves off all sorts of illnesses. But now that it's colder, what's an outdoor person to do? Turn to page 4 for some great cold weather workout tips. If it's your family connections that make you happiest, check out pages 10 and 13—whether it's your kids, grandkids or parents that are in your thoughts, there are plenty of ways to bond during the upcoming holiday season.

Time and again it's been shown that when you volunteer, you actually benefit just as much as the recipient of your efforts. Volunteering strengthens social connections, lowers stress, improves mood, enriches your life and give you a sense of purpose. What's not to like about all that? Looking for ideas on where to start? Look no further than page 15. People everywhere can use your helping hand, at Thanksgiving and all through the year.

This month, and every month, we'd also like to give thanks and gratitude to you, our readers and community supporters. There's nothing better than getting your notes, calls and emails, and we're so happy we're able to be a part of your lives. Thank you!

Happy November, and Happy Thanksgiving to you and your families!

Karyn and Heidi

You Heard That Right!

Have you been to a movie theater lately and enjoyed the surround sound experience? Did you know that the noise level of that movie probably approached 98 decibels, which is only slightly below that of a rock concert?



With our nation's population of older adults increasing, hearing loss has been called a major public health issue. Men tend to develop hearing loss about six years earlier than women, often as a result of working in a high-risk environment such

as construction, or in a factory, music, or military setting. Some age-related hearing loss is a normal part of the aging process, but studies show that one-third of hearing loss can be prevented. What steps can we take now to protect our hearing and reduce hearing impairment?

Turn It Down

Our ears are assaulted every day by noises from many sources. Be more intentional about the volume you select on the TV or the car radio. If you use headphones to listen to movies or music, be especially careful to control the volume. When purchasing new appliances, consider the quieter model—every little bit helps towards having a quieter household.

Protect Your Hearing

Sometimes pride or vanity keeps us from doing what's best for our health. Don't be too proud to use earplugs or earmuffs in high-risk environments such as concerts, movie theaters, or fireworks shows. Wear hearing protection while woodworking, target shooting, and using or being around power tools and lawn equipment.

Even some vehicles like boats and 4-wheelers can be loud enough to damage your hearing.

Take a Test

Many of us are good about making routine visits to our general practitioner, but somehow neglect regular hearing tests. Make your doctor aware of any changes to your hearing, any ringing or buzzing sounds, or increased difficulty understanding words during conversations.

Leave Your Ears Alone

Using a cotton swab to remove ear wax can just push the wax deeper into the ear canal, resulting in ear infections or the inability to hear.

Since a large percentage of hearing loss can be prevented, take these steps now to protect your hearing. They'll go a long way toward reducing your risk of hearing impairment as you age.

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Hot Tips for Cold Weather Workouts

Has your fitness routine suffered since we changed the clocks? Or perhaps you've made a(nother) promise to yourself to get into better shape? Now there's only one barrier: actually doing it. That can be a challenge, especially if you're starting out during the coldest time of the year.

Look on the bright side. The colder months are a great time to get out there and push yourself a little bit (within reason), since you won't overheat as quickly as you might during hotter summer months. Here are seven winter exercise tips to consider.

1 Get Some Home Equipment.

According to WebMD, if you have a treadmill, stationary bike or stair climber stashed away somewhere, now is the time to pull it out. Turns out that even people who made it to the gym without fail in warmer months can lose motivation when faced with dark mornings and early nightfall. Pump up the volume—TV or music, that is—and get that body moving!

2 Get Motivated.

If you see snowflakes or snow on the ground when you look outside, your first instinct may be to curl up again under the warm blankets. The key to getting outside for a jog in winter is to get “pumped up” first, notes Lifehacker.com. Warm up with 5-10 minutes of low-impact aerobics before stepping outside; it's also better for your heart to be warmed up than to go straight from inactivity indoors into a freezing outdoor environment.

3 Get New Gear.

We all love new gadgets and clothes to show off—err, to improve our workouts. Men's Fitness magazine agrees. “Winter is a great excuse to hook yourself up with new gear, whether that's shoes, clothing or a new ‘toy.’ The monetary investment should motivate you to make your purchases worthwhile.” Do a bit of research to get the best items (thermal leggings? gloves?) for your money without going overboard.

4 Take Shelter Outdoors.

You might be outside for a run, but that doesn't mean you need to be at the mercy of the elements, notes Women's Health magazine. Try to avoid paths next to water, and seek out tree-lined trails and city blocks with tall buildings that can provide some shelter from biting wind or flying snow. Try to stay close to home, and choose plowed streets and well-lit areas, both to avoid black ice and for safety.

5 Don't Jump into Your Summer Workout.

If you're starting up again after a bit of a break, don't try to match summer distances. “If you normally do four miles in the summer, start with two,” suggests Women's Health. This way you don't find yourself winded in the middle of nowhere, which could lead to a risk of hypothermia. Help your body stay warm by wrapping a scarf around your nose and mouth to filter the cold air before it enters your lungs.

6 Dress Dry.

Choosing the right gear is about more than staying warm. The quickest way to lose body heat is by getting wet. Winter is a double threat - perspiration and precipitation - so choose the right fabrics. For example, while cotton is popular, it's actually not the best option for winter exercise because it retains moisture. Try cold gear synthetics like polyester, nylon and polypropylene. But be aware: they can stink after soaking up sweat.



7 Don't Relax Until You Hit the Max.

How many of us already know this: if you plop yourself into a comfortable chair first thing in the morning or right after work, that's likely where you'll stay for the foreseeable future. Fitness Magazine backs this up: they suggest avoiding the sofa (or any other

warm and inviting location) until you've turned in your workout for the day. Change right into your workout clothes when you get up or get home from work and get going. Because, think about it: Nobody ever finished a workout and said, “Gee I wish I hadn't done that!”

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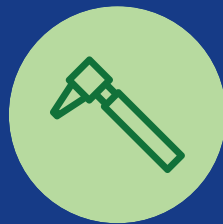
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TO YOUR WEALTH



Medicare Open Enrollment: What You Need to Know

Six out of 10 people expect Medicare to cover most or all of their health care costs in retirement, according to the 2014 Ameriprise Financial Health, Wealth and Retirement study. But the largest expense in retirement for many—long-term care—isn't covered. And basic Medicare doesn't cover vision, hearing or dental.

Nearly two-thirds of those surveyed in the Ameriprise study plan to work until they are old enough to qualify for Medicare—age 65 for most. Here's what you need to know about Medicare coverage gaps as you prepare for the transition from employer-based or private insurance.

First, a quick breakdown of what Medicare does include:

Part A: Hospital insurance. Covers hospital stays, certain procedures performed in the hospital, care at a skilled nursing facility and hospice care.

Part B: Medical insurance. Includes doctor visits, home health care services and laboratory tests.

Part C: Medicare Advantage. Receive your Part A and Part B benefits as well as additional services not covered by Medicare by paying a monthly premium to a Medicare-approved private insurance company.

Part D: Prescription drug coverage. Covers 60% of brand-name prescription drugs and 49% of generic drugs after \$3,700 has been spent by you and your drug plan. After reaching the \$4,950 out-of-pocket limit, you'll pay either 5% coinsurance or a small copay for covered brand-name and generic drugs.

So what about costs Medicare doesn't cover? Many people fill gaps in Parts A and B coverage by

buying a supplemental policy called Medigap and a Part D prescription drug plan, or with a Medicare Advantage policy, which provides both medical and drug coverage from a private insurer.

This is how the programs compare:

Medigap

This supplemental insurance is designed to cover Medicare deductibles, coinsurance and copays that would otherwise have to be paid out of pocket. Medigap works only with Medicare (Parts A and B) and does not apply if you're enrolled in Medicare Advantage. You must be at least age 65 to be eligible for Medigap, and it should be purchased within six months after enrolling in Medicare Part B or there's no guarantee you'll be able to get coverage. Available in most states, there are 10 standard Medigap policies that offer a wide variety of benefits, from nursing care to overseas insurance. These plans do not provide prescription drug benefits.

Medicare Advantage

These plans provide additional services that may include vision, hearing, dental and, often, health and wellness programs. You pay a monthly premium, and copayments are usually less than the coinsurance and deductibles under Medicare Parts A and B. Most include Medicare prescription drug coverage. Medicare uses a rating system to help determine which Medicare Advantage and prescription drug (Part D) plan is best for you. Beginning Dec. 8, 2017, Medicare recipients can switch to a Five-Star Medicare Advantage plan during a special enrollment period that extends beyond the traditional open enrollment period. The star ratings can be found in the Medicare Plan Finder tool or by calling 1-800-MEDICARE.

You may have heard that Medicaid covers long-term care for those who can't pay for it out of pocket. What's lesser known is that program rules

require a person's assets be spent down to almost nothing before benefits kick in—and that includes retirement plans, real estate, trusts and other investments that people commonly think of as safe. While there are some asset protections for a spouse, many have had estates they've been diligently building for decades completely wiped out before Medicaid eligibility parameters are met for long-term care needs. And transferred assets count against your eligibility unless they were passed on five or more years before you need long-term care.

The good news? Having a long-term care plan not only allows more choice in the kind of care received, it also offers asset protection in many states through the Long-Term Care Partnership program, a collaboration between insurance companies and state governments. While purchasing a long-term care plan in your 30s or 40s will likely mean

lower premiums, the average age of a buyer is in their 50s.

Don't miss out. Medicare beneficiaries can make the following changes during open enrollment Oct. 15 – Dec. 7, 2017 for plans starting Jan. 1, 2018.

- Change from basic Medicare to a Medicare Advantage plan or vice versa.
- Switch between Medicare Advantage plans.
- Enroll in a Medicare Part D prescription drug plan, switch from one Part D plan to another or drop Medicare prescription drug coverage completely.

Keep in mind that new Medicare beneficiaries can sign up three months before their birthday (age 65 is when most are eligible), a date not related to the open enrollment period noted above.

Source: Ameriprise Financial

Your Social Security Check Just Got Bigger

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 66 million Americans will increase 2.0 percent in 2018.

The 2.0 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 61 million Social Security beneficiaries in January 2018. Increased payments to more than 8 million SSI beneficiaries will begin on December 29, 2017. (Note: some people receive both Social Security and SSI benefits.)

Also of note:

- The maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$128,700.
- Full retirement age is rising in 2018. Next year, newly eligible

retirees who were born in 1956 will have to wait until they're 66 years and four months old before they'll be able to receive 100% of their monthly retirement benefit. That's a two-month increase from 2017 for those born in 1955.

- The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$17,040. (We deduct \$1 from benefits for each \$2 earned over \$17,040.)
- The earnings limit for people turning 66 in 2018 will increase to \$45,360. (We deduct \$1 from benefits for each \$3 earned over \$45,360 until the month the worker turns age 66.)
- There is no limit on earnings for workers who are "full" retirement age or older for the entire year.



A Primer: Fraud Alert vs. Credit Freeze

With recent news of large data breaches, like many consumers, you may feel anxious and wonder if you're doing enough to protect your personal information going forward. A fraud alert or a credit freeze can help give you peace of mind.

Here's a snapshot of the two security options, and how to add them to your credit file:

Fraud Alert

A fraud alert is a temporary, no-cost, 90-day statement that notifies potential lenders to verify your identification before extending credit in your name. To add it to your file, call or visit the website of one of the three major credit bureaus. After providing identifying information, such as your name and Social Security number to one bureau, the alert will be automatically added by the other bureaus. Fraud alerts are renewable

every 90 days, with unlimited renewals. Alerts also can be extended for seven years if you provide a police report showing that you've been a victim of identity theft.

Credit Freeze

A credit freeze, also referred to as a security freeze, stops potential lenders from obtaining your credit report, preventing credit, loans and other services from being approved in your name without your consent. If you plan to apply for a mortgage or other lines of credit, a credit freeze could impact the approval process, so keep this in mind since you will need to lift or remove the freeze before lenders can review it. Unlike a fraud alert, you need to contact all three bureaus separately to add a credit freeze to your file. Fees apply to start and stop credit freezes, which vary by state.

Source: Costco.com

Social Security Q&A

Question:

I run a bed and breakfast. By this time every year, I am tired of all the paperwork involved with filing taxes. Is there an easier way for small businesses to file W-2s for their employees?

Answer:

Absolutely. If you are a small business owner or entrepreneur, you should check out Social Security's Business Services Online (BSO) website. There, you can file your employees' W-2s and W-2cs electronically and print out the W-2s to provide paper copies to your employees. You also can verify the Social Security numbers of your employees. Our online services are easy to use, fast, and secure. Visit our BSO page at www.socialsecurity.gov/bso.

Question:

My daughter just joined a non-profit charity and is helping victims of natural disasters. She gets a salary. We were wondering if she has to pay Social Security tax.

Answer:

Yes, people who work for non-profits and who receive a salary must pay Social Security tax just like everyone else. It is commendable that she is helping people in need. But the fact is that she is also a wage-earner. Those wages and the Social Security tax she pays on them will offer her financial relief in the future, when it comes time to apply for Social Security. So she is really helping herself, too. For more information, visit our electronic publication, *How You Earn Credits* at www.socialsecurity.gov/pubs.

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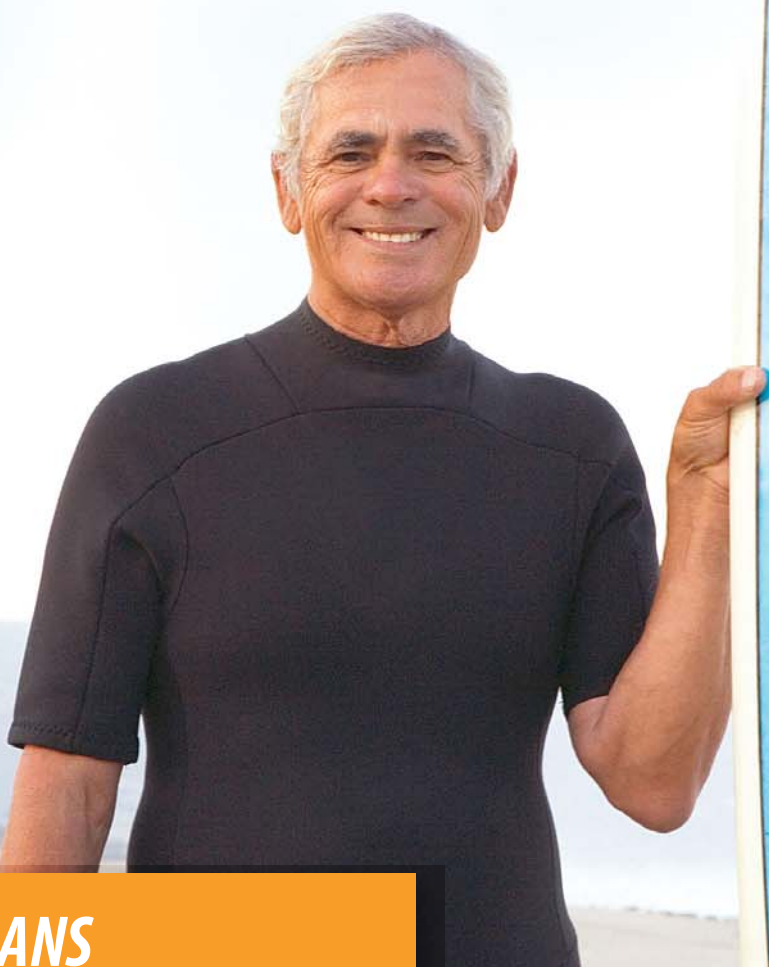
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5 Easy Ways to Bond with Your Grandkids

By Jill Maldonado

Studies show that kids who feel connected to their extended family and have a sense of family history are more confident, more resilient and more likely to have successful relationships later in life. As grandparents, you have an important role to play in their lives, but distance, changing culture and other circumstances can make it difficult to bond with your grandchildren.

Not to worry! Here are five simple things you can do to forge a strong relationship with your grandkids.

Create Together. There's no better way to create connection and memories than to have fun making something together. Doing something as simple as baking cookies becomes a cherished memory. How about building a bird house or just drawing a picture? Pay attention to things your grandkids are already drawn to and use that as your entry point.

Pass Along Something Your Grandparents Taught You. Create a sense of family history. You're uniquely qualified to help preserve and pass down skills that are in danger of being forgotten. My

Nana taught me how to finger knit. I'd never even heard of finger knitting and I thought it was the coolest thing in the world. I can't wait to teach my grandchildren how to do it! Is there something you learned as a child that your grandkids haven't had the opportunity to learn? Pass it down!

Share Their Parents' Childhood with Them. Dig out the baby books, scrap books or old family photos. Tell them stories about what their mom or dad was like as a kid. The idea that their parents were once kids seems distant and abstract; make it concrete by sharing some awkward middle school photos or stories of how their dad learned to ride a bike. Learning about their parents' ups and downs will give kids perspective on their own difficulties and give them real examples of resilience and persistence.

Have THEM Teach YOU Something. Try asking them to teach you how to play their favorite video game—and then play with them. Ask them how to text, snap, or how to use their favorite app. Let them be the authority on something—it's a wonderful way to show that you respect the things they know and like.

Stay in Touch. If you're far away from your grand-



kids, use every means available to stay in touch. Become pen pals and use actual pen and paper to correspond. A fun way to keep up a correspondence is by starting a letter journal. Buy a special journal for each grandchild and take turns writing entries in it and mailing it back and forth. When the journal is full you have an instantly archived record of your correspondence. Then you can get a new notebook and start a new chapter in your relationship! Keeping in touch over distance means you can skip the stilted conversations about their favorite subject at school when you visit.

Yes, it might be tempting to feel like everyone's just too busy, but realize—these bonds you're creating will last forever.

Help End Hunger in Delaware: Stuff The Bus!

Join DART in celebrating 20 years of partnering with the Food Bank of Delaware for our annual "Stuff the Bus" Thanksgiving Food Drive. Help us achieve our goal of collecting 20 tons of food for Delawareans in need of food assistance.

In our small state of Delaware, hunger is a real problem that affects all, from children to seniors. According to the Food Bank's annual report, did you know in just one year:

- Over 122,000 food insecure Delawareans needed assistance.
- 154,886 bags of food were distributed to children through the Backpack Program.
- Mobile Pantry served 5,545 Delaware households, distributing 390,875 pounds of food.
- 30,034 meal boxes were distributed to seniors through the Senior Nutrition Program.
- 8.2 million meals were provided to Delawareans in need.

- The Summer Nutrition Program delivered close to 100,000 meals to kids at risk of hunger.

Hunger is a community problem. It's not a problem that can be solved by just the Food Bank or their network of hunger-relief agencies. To solve it, we need the entire community's involvement and that's where you can help; take the first step to getting involved by being part of our "Stuff the Bus" Thanksgiving food drive.

Please see our ad on this page for "Stuff the Bus" locations. If you cannot stop by any of these locations, you can still drop off your donations at any Delaware Motor Vehicle office or the Voice Radio Network at 20254 DuPont Blvd., Georgetown. Donations will be accepted from October 26 until November 9, 2017.

To achieve the vision of a community free from hunger, we need support from people like you!

Happy Thanksgiving from DART!



Join DART for the annual Thanksgiving Food Drive.

Bring your non-perishable donations to help achieve our goal of collecting 20 tons of food for Delawareans in need of food assistance.

Monday, November 6, 9 AM - 3 PM
Acme, 18578 Coastal Highway, Rehoboth
(Delaware 105.9 broadcasts live 11 AM - 1 PM and The Vault 103.5 & Power 101.7 live 1 PM - 3 PM)

Tuesday, November 7, 8 AM - 6 PM
Walmart, 939 N. DuPont Highway, Milford
AND
Acme, North Dover Center, 1001 N. DuPont Hwy., Dover
(EAGLE 97.7 & COOL 101.3 broadcasts all day from both locations)

Wednesday, November 8, 8 AM - 5 PM
Acme, Fairfax Shopping Center, 1901 Concord Pike, Wilmington
(WSTW 93.7 broadcasts live 10 AM - 2 PM)

Thursday, November 9, 7 AM - 5 PM
Rodney Square, Market Street side, Wilmington
(WJBR 99.5 will broadcast live 11 AM - 1 PM)

Friday, November 10, 7 AM - 1 PM
Rodney Square, Market Street side, Wilmington

Saturday, November 11, 9 AM - 3 PM
Acme, Suburban Plaza, 100 Suburban Dr., Newark
AND
Acme, 460 E. Main St., Middletown
(WJBR 99.5 broadcasts live 11 AM - 1 PM)
DartFirstState.com / 1-800-652-DART



Smart911: When Seconds Count

Did You Know?

Over 70% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you—only your phone number and a very general sense of your location. This does not bode well in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or if there is a fire.

Smart911 in Delaware

Six years ago, Gene Miroli's wife, Gracie, called 9-1-1 and she wasn't able to speak. Emergency responders arrived shortly after the call, but saw no one in the house. The doors were locked, nobody answered the land line and Gracie wasn't answering her cell, so they left. But Gracie was in her house; she had collapsed, and died some time between making the call and an hour later when her daughter arrived at the house. If the emergency responders had gotten into the house, could they have saved her? We'll never know. By law they weren't allowed to take any further action.

Through his grief, Gene had a thousand questions. One thing he discovered was that Delaware didn't allow emergency responders into a home without permission. He also discovered Smart911. Smart911 is a free service that allows citizens across the U.S. to create a Safety Profile for their household that includes any information they want 9-1-1 to have in the event of an emergency, including medical issues, current location, even pets and whether they have permission to break through a door. Then, when anyone in that household dials 9-1-1 from a home phone or mobile phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker, providing additional information that can be used to facilitate the proper response to the proper location.

Working with local government officials, Gene was instrumental in getting Smart911 implemented first in New Castle County, and then throughout the state.

Why Smart911?

Physical Disabilities. For those who have a physical disability or mobility restrictions, it is vital for responders to know about the person, their disability and what type of assistance or special equipment they may need to evacuate their home or receive transport.

Developmental Disabilities. For families affected by autism or who may have difficulty communicating verbally with 9-1-1 their individual conditions as well as rescue notes indicating how responders will need to approach the individual can be included in their Safety Profile.

Medical Conditions. For citizens who are affected by epilepsy, diabetes, Alzheimer's, allergies or other medical conditions, Smart911 can inform responders of your condition as well as medications and emergency contacts.

Seniors & Elderly Care. For active seniors living alone, a Safety Profile can provide peace of mind that in the event of an emergency, 9-1-1 will have details on their home and their medical needs. For caretakers, they can be assured that if the person they care for needs to dial 9-1-1 when they are alone, their details are available and the caretaker can be listed as an emergency contact.

General Emergencies. For all citizens, there is always the risk of unplanned accidents or events. Whether in a vehicle or in your home, even the most basic details such as the address associated with a mobile phone can be available to 9-1-1 and response teams to send help fast.

Pets & Service Animals. For citizens with pets or other animals, your Safety Profile can alert police to their presence when entering your home, and fire crews can be aware of exactly how many people and pets need to be evacuated. For owners of a service animal, you can alert responders that your animal needs to be transported with you.

To sign up for your free Smart911 profile, go to <https://www.smart911.com/>.

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High-Tech Healthcare: The Results Are In

It's impossible to pick up a newspaper without reading about the impact that technology is having on every aspect of our daily lives: smartphones, of course, but also self-driving cars, bullet trains, and a host of other applications, not the least of which is technology in virtually every aspect of healthcare. For many people, capitalizing on the power of these advanced, life-changing innovations allows them to live longer, healthier and more productive lives.

"The expanded role of technology in treatment has contributed to a shortened healing time for many patients, increasing their comfort during treatment, and enhancing their overall quality of life," says Steven P. Levin, M.D., Abington Hospital-Jefferson Health, and Physiatrist at Brookside Healthcare & Rehabilitation Center in Abington PA, a part of Nationwide Healthcare Services.

As an example, one of the high-tech pieces of equipment in use at Brookside is ZeroG®, a gait and balance system that provides body-weight support to patients with a wide range of diagnoses, allowing them to practice walking, balance tasks, sit-to-stand maneuvers, and even stair climbing in a safe and controlled environment. This motivating therapy aids patients in building the confidence they need to reclaim their highest possible level of independence.

One recent success story can be found in Charles Doheny, a 39-year old recovering from anoxic brain



injury. Initially utilizing the ZeroG® to recover his standing balance and to practice sit-stand transfers, Charles soon graduated to using it for more difficult maneuvers. Charles can now walk about 30 feet with minimal assistance. "It's truly amazing to observe Charles during therapy," comments his mother. "To watch him now move independently—there are just no words."

Evidence-based studies of rehabilitation technologies indicate time and again the advantages for patients who have experienced stroke and other neurological conditions, spine issues, upper- and lower-extremity injuries, and amputation, and Brookside Healthcare & Rehabilitation Center is at the leading edge: harnessing the power of technology, rendering delivery of health care more efficiently and effectively, and significantly enhancing patients' overall quality of life. For more information call Meg Judson, Director of Business Development at Nationwide Healthcare Services at 215-479-0079 and visit www.brooksidehealthcare.com.

SWAMP	FOWL	TOPS
LAMIA	ALEE	EBRO
ORIEL	CEES	NOIR
EMANATIONS	DENT	
	VIA	EGEST
GROVES	SONAR	
ROWER	REBELLION	
OVER	AIDED	ONTO
WEDNESDAY	LICIT	
	ASPEN	MENACE
CACTI	HAT	
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ORAL	AWOL	UNLED
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ODOR	ERAS	ENTRY

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

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Making Meals Mutually Meaningful for Seniors

by Renata J. Maslowski

Life today moves at a feverish pace. Often, we're left with little time to gather, socialize and enjoy a leisurely meal with our family and friends. It makes you wonder: Is making meals mutually meaningful really relevant?

The Case for Eating Together

In the U.S., over 40% of people 75 years of age and older (about 6.7 million people) are living alone.¹ A recent study reported on the mealtime routines, challenges and preferences of over 600 people who fall into this group. It turns out that about 76% of those studied ate alone most of the time, with 40% exhibiting the warning signs of poor nutritional health. Poor food choices, skipping meals, lack of appetite due to disease, certain medicines, mental health and/or dental issues each contribute to the risk of malnutrition in seniors.

Missing meals together may seem like a simple inconvenience to working adults, but for our retired loved ones, those lapses in eating together can be detrimental to overall health and well-being. Research by the Mount Sinai Heart Center found that people who routinely skipped breakfast were significantly more likely to develop atherosclerosis compared to individuals who normally had a morning meal. Prior studies link skipping breakfast to a higher risk of problems that can lead to heart disease, such as obesity, diabetes and high cholesterol.²



The most often cited response by seniors regarding their feelings about eating alone is feelings of loneliness.³ This is a driving factor why senior centers and senior living communities often place heavy emphasis on shared mealtimes, with the goal being improved health and increased social contact.

A Successful Approach

There are several creative approaches to making mealtimes more satisfying for seniors.

- **Food choices should include healthy items**—whole grains, fiber, fruits and vegetables. If chewing is difficult, blending, steaming or cooking foods can make them easier to swallow.
- **Meal times and quantities can vary.** Some people may need to eat multiple small meals throughout the day. Ensure that your loved one drinks plenty of water; feelings of thirst decrease with age.
- **Make meals a social event.** Eating with a companion or a group can help seniors make healthier food choices and eat more.
- **Be patient.** Seniors may have trouble chewing and swallowing due to health problems, dental issues, or unsteady hands. Slow the pace of the meal. It helps with digestion and improves everyone's mood.

Making meals mutually meaningful can help seniors stay vital, healthy and connected to friends and family. The rewards of dining together go beyond health and mental wellbeing, though. Taking meals at a slower pace may also ease the stresses on caregivers, and provides a mutually satisfying environment to truly connect with those we love. Try it—one bite at a time.

At Ingleside Homes, we're social! Schedule a time to come learn about the affordable Independent and Assisted Living options that we offer. Call Renata J. Maslowski, Director of Marketing and Sales for Ingleside Homes, Inc. at 302-575-0250 or visit our website, www.inglesidehomes.org.

Resources:

¹Craving Companionship, Executive Summary, US Study Results by HomeStead: http://www.craving_companionship_executive_summary.pdf

²Skipping breakfast tied to higher risk of hardening in arteries, by Lisa Rapoport, October 2, 2017: <https://www.reuters.com/article/us-health-atherosclerosis-breakfast/skipping-breakfast-tied-to-higher-risk-of-hardening-in-arteries-idUSKCN1C72TB>

³Seniors and Nutrition: Why Eating Together is Better, by American Senior Communities, posted December 20, 2016: <http://www.ascseniorcare.com/seniors-nutrition-eating-together-better/>

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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
56						57					58			
59						60					61			
62						63					64			

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ACROSS

1. Marsh
6. Poultry
10. Spinning toys
14. Female demon
15. Away from the wind
16. River of Spain
17. Bay window
18. C C C C
19. French for "Black"
20. Emissions
22. Fender blemish
23. By means of
24. Excrete
26. Orchards
30. Submarine detector
32. Oarsman
33. Insurrection
37. Not under
38. Assisted
39. Savvy about
40. Mid-week day
42. Allowed
43. Type of poplar tree
44. Threaten
45. Desert plants
47. Cap
48. Humdinger
49. Container
56. By mouth
57. Absent Without Leave
58. Lacking leadership
59. Chancel
60. Temporary worker
61. Murmured
62. Smell
63. Historical periods
64. Vestibule

DOWN

1. Blackthorn
2. Not cool
3. Dogfish
4. Bearing
5. Discussion
6. Type of connective tissue
7. Margarine
8. To fancy (archaic)
9. Diminished
10. A certain cut of meat
11. Double-reed instruments
12. Publish
13. Classify
21. "___ the season to be jolly"
25. Woman
26. Get bigger
27. Wander
28. Was indebted
29. Lingo
30. 4-door car
31. Comply with
33. Go on horseback
34. Ancient Peruvian
35. Ear-related
36. Memo
38. Suck in (air)
41. Eastern Standard Time
42. An informal term for money
44. Chart
45. Healed
46. San Antonio fort
47. Assists
48. Gray wolf
50. Pitcher
51. Unwokable state
52. Shortly
53. Coagulate
54. Lascivious look
55. Countercurrent

ROASTED SWEET POTATOES WITH CHILE YOGURT & MINT

Easy to make ahead for your Thanksgiving celebration, this twice-roasted method allows for the sweet potatoes to get super-creamy on the inside while their skins get a little crispy.

Serves 8



INGREDIENTS

- 4 pounds medium sweet potatoes
- 2 tablespoons extra-virgin olive oil, plus more for drizzling
- 2½ cups plain whole-milk Greek yogurt
- 1 serrano chile, finely grated
- 2 teaspoons finely grated lemon zest
- 2 teaspoons fresh lemon juice
- Kosher salt
- 2 tablespoons toasted sesame seeds
- 1½ cups mint leaves, torn if large
- Flaky sea salt

PREPARATION

- Preheat oven to 400°. Toss sweet potatoes with 2 Tbsp. oil on a parchment-lined rimmed baking sheet. Roast, turning halfway through, until tender, 50–60 minutes. Remove from oven; increase oven temperature to 450°. Let sweet potatoes cool slightly, then tear into large pieces (including skin)—irregular pieces look best. Spread out on the same baking sheet and roast until browned and crisp around the edges, 20–25 minutes.
- Combine yogurt, chile, lemon zest, and lemon juice in a medium bowl; season with kosher salt. Coarsely crush sesame seeds on a cutting board with a flat-bottomed mug (or leave them whole).
- Spread chile yogurt on a platter; top with sweet potatoes. Scatter mint, sesame seeds, and sea salt over; drizzle with oil.
- Do Ahead: Sweet potatoes can be roasted 6 hours ahead. Let sit at room temperature. Reheat in a 400° oven just to warm through before serving. Chile yogurt can be made one day ahead; cover and chill.

Recipe by Andy Baraghani, bon appetit

THE FUNNY BONE

Two guys are walking through a game park and they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

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.

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

Answers on page 12

(courtesy of KrazyDad.com)

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GREAT WAYS TO GIVE BACK

When the holiday season rolls around, many of us cherish the time we get to spend with our loved ones. During this time, however, it's also easy to get caught up in the whirlwind of the season. Hectic travel schedules and frenzied last-minute shopping can make the holidays more stressful than they need to be. So instead of getting caught up in what gifts to buy, why not spend some time thinking about how you can give back to those who may be less fortunate. After all, giving back is the best way to spread holiday cheer.

Some ideas:

Adopt a Family. Volunteers "adopt" an individual or family for the holiday season. These special donors provide holiday gift certificates for children and the elderly living in poverty. To learn more go to www.dhss.delaware.gov/dhss/dssc/adoptfam.html.

Code Purple. Code Purple is a statewide movement that helps people who are homeless find a place of refuge or shelter when winter weather conditions become too dangerous for individuals or families to remain outside. Code Purple sites are staffed by trained volunteers and typically are located at Houses of Worship (churches) and targeted shelters that provide a safe, warm and short-term (up to 24 hours) respite from the cold.

■ **Statewide and New Castle County Code Purple:** Contact Delaware 2-1-1 by dialing 2-1-1 or 800-560-3372 or visit www.delaware211.org.

■ **Kent County Code Purple Hotline:** Call 800-733-6816 or email codepurpledelaaware@yahoo.com.

■ **Sussex County Code Purple:** <http://codepurplesussexcounty.com> or email sussexcountycodepurple@gmail.com.

Delaware Hospital for the Chronically Ill. The Delaware Hospital for the Chronically Ill in Smyrna and the Governor Bacon Health Center in Delaware City are seeking support from the community in "adopting" residents for the holidays who have little family involvement or support. The state suggests three ways to help: Adopt-A-Resident (donors can buy one or more items on a resident's wish list, spending a recommended maximum of \$25.00); Monetary donation (gift card or check so the staff can shop for residents); General donation (purchase items from a list of suggested gift items). For more information and to participate, email Jennifer.Bobel@state.de.us or call (302) 223-1011.

Food Bank of Delaware. Help make the holiday season bright for families in need this year. The Food Bank of Delaware is asking for the public's assistance in making sure that no Delawarean goes without a holiday meal this season. Businesses, schools, faith-based organizations and other community groups are encouraged to organize food drives throughout the holiday season. Visit www.fbd.org/

The Ronald McDonald House of Delaware provides accommodations for families with seriously or chronically ill or injured children who travel to area hospitals for medical treatments. The children range in age from newborn to age twenty one. The Ronald McDonald House also operates Ronald McDonald Family Rooms at Bayhealth Medical Center, Christiana Care, and Nemours/Alfred I. duPont Hospital for Children. Volunteers are needed to help with daily tasks and activities with families at the House, as well as in the Family Rooms at local hospitals. Call 302-656-HUGS or visit <https://rmhde.org/volunteer/>

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