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

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Happy New Year! The holidays are fun, no doubt, but come January we finally get a chance to think about *ourselves* again, and what we need to be happy and healthy. And the beauty of focusing on ourselves is that the end result is that we're able to be more present for others, and when we do for ourselves, we can then do for others. Doing for ourselves can mean so many things, but it all boils down to body, mind and spirit.

Most people start out the new year with grand resolve that this will be the year that they (fill-in-the-blank). Why do people so often fail at keeping their resolutions? It could be that they aren't clear in the first place about what will bring their own unique self true happiness. It's different for everyone. Madisyn Taylor brings her inimitable insight into directing your energy toward living the life you want right now on page 15.

In their gusto to get started on "the new you," so many people often overdo it, and end up giving up. Are you getting back to working out? Big results in little time can certainly be had if you practice HIIT, but on the next page you'll see why in this case, the tortoise definitely wins the race.

Conduct a quick Google search about habit formation and you'll probably learn that it takes a mere 21 days to form a habit. Or maybe 18, or 31, or even 66. The numbers vary, but the standard advice does not: Repeat a behavior for a certain length of time and you're destined to develop the habit. While that may or may not be true, what IS true is that if you don't start somewhere, you'll never make progress. We found 30 ways for you to kickstart your new year. They're on page 11 and range from simply getting enough sleep to taking the first steps to starting your own business.

What thoughts and goals are energizing you in 2019? Send us an email or give us a call. We want to know!

Happy January!

Karyn and Heidi



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Too Much of a Good Thing? The Midlife HIIT Rules

By Maria Lally

HIIT, which stands for high-intensity interval training, has been a fitness favorite for a while now, given its premise that short bursts of intense exercise burn more fat and build more muscle than longer, steadier workouts, meaning more results in less time. However, while the benefits of HIIT are widely known, is there a tipping point?

Proving you really can have too much of a good thing, a new study led by Ginger Gottschall, associate professor of kinesiology at Penn State University, found that the benefits of the hugely popular HIIT workouts dwindle if you do them too often—and can even be harmful. According to Gottschall, "Individuals with a high volume of HIIT training were unable to reach their maximum heart rate regularly and complained of symptoms related to overtraining." HIIT aficionados run the risk of extreme overload, delayed onset muscle soreness (DOMS), injury and heart problems, especially those who are new to working out, or over 40.

So with that in mind, here are the midlife HIIT rules:

Start slow

"In terms of cardio gains, weight and fat loss, and general gains in overall fitness and health, HIIT produces fantastic results for most people," says personal trainer Matt Roberts. "However, if you're new to working out, don't do HIIT. Use a little interval training in your workouts, yes, do some weight training, yes, but don't do true HIIT. Not until you've been exercising fairly regularly for at least a month. After this you can start doing HIIT once a week, and then after another month you can build up—if you wish—to doing it two or three times a week. It's not a good method for beginners."

Set limits

"Even if you're reasonably fit and able to do HIIT without too many problems, three sessions a week is more than enough for most people, even very fit ones," says Roberts.

"Any more than that is probably too much." This is in line with Professor Gottschall's study, whose findings were presented at the American College of Sports Medicine's annual conference, where she called for a weekly upper limit for HIIT fans.

Track your heart rate

Whether you use a Garmin, Fitbit or even the standard heart rate monitor on your phone, Roberts says the easiest way to tell if you're overdoing it during a HIIT session is to invest in a fitness tracker. "These are a really good guide to whether you're pushing things a little too far."

As a rule, HIIT workouts push your heart rate above 85% of your maximum. "Raising your heart rate to 85% of the maximum is fine," he advises, "but only provided your recovery heart rate comes down to 65-70%. The danger lies in not giving yourself sufficient recovery time between peaks of intensity to get your heart rate down again. An adequate rest period varies from person to person, depending on their overall health and fitness levels. There is no one-size-fits-all."

Don't push yourself (especially if you're a man)

Roberts continues, "There's such a thing as too much of a good thing, and this goes for HIIT as well. When a person exercises to exhaustion, whether through marathon training or extreme HIIT, it can impact their body's ability to use testosterone. And since testosterone naturally declines with age, if you're a man over 40 and you do HIIT too often you may affect your ability to regenerate testosterone levels."

Another reason to stick to the thrice-weekly limit.

Keep it short

The whole point of HIIT is short but intense bursts of activity, so don't be tempted to prolong things. "I was surprised by the obvious difference between doing 30 minutes [of HIIT] and doing more than 45 minutes," says Professor Gottschall. "The difference in performance, stress-related feelings, and sleep quality

was significant." More than 40 minutes of high-intensity exercise can also increase your risk of injury.

Add yoga to your weekly workouts

People often come to yoga to gain flexibility, but the more beneficial aspect to athletes is that of mobility—an increased range of motion in joints and muscles—while maintaining strength and control in that full range. By adding yoga to your routine, you help break down patterns of tightness and tension that build up in your body during HIIT and reduce the likelihood of injury. It's the perfect complement for improving overall fitness and well-being.



the YMCA

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The Importance of a Family Medical History Tree

As medical science continues to discover disease-related genetic links, it's important for you to be armed with your family medical history. A Medical History Family Tree will assist you and your healthcare team in the following ways:

- Helping to make a diagnosis
- Assessing your risk of developing conditions other family members have
- Determining tests needed to monitor for those conditions
- Determining lifestyle habits that are right for you
- Identifying the risk level of other family members
- Determining if you are at risk of passing a condition(s) to your offspring

Going back about three generations (to your grandparents or great-grandparents), try to collect details on every direct family member who has died and the cause of death. Also, document the medical conditions of all family members, including the age at which they were first diagnosed, their treatment, and if they ever had surgery. Important medical conditions to document include:

- Cancer
- Heart disease
- Diabetes
- Asthma
- Mental illness
- High blood pressure
- Stroke



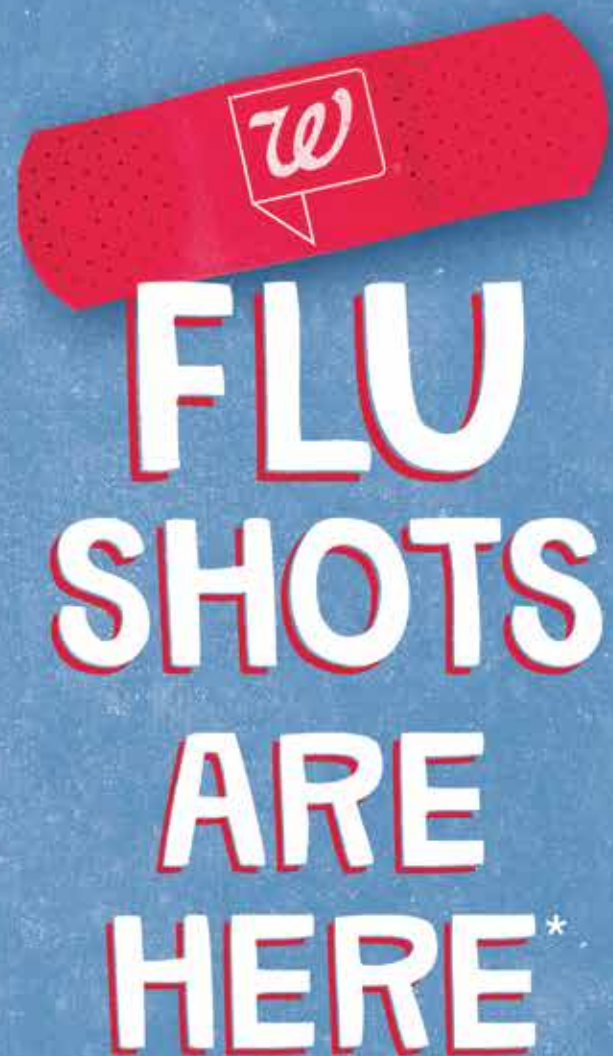
- Kidney disease
- Alcoholism
- Birth defects
- Learning disabilities
- Vision or hearing loss

For family members with known medical problems, make notes on their overall health, including if they smoked, were overweight, and their exercise habits. If a family member had cancer, be sure to learn the primary type and not just where it metastasized. If your family members came from a different country, make note of that as well, as some medical conditions have possible ethnic roots.

So, take advantage of family get-togethers, start making phone calls or send out a survey and learn more about your family medical history. Once you've assembled the tree share it with the rest of your family. You never know who or how it might help one of your family members.



"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."
—Buddha



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

GREAT WAYS TO GIVE BACK

MLK Day: Make it a Day ON, Not a Day Off!

Legislation signed in 1983 marked the birthday of the Rev. Dr. Martin Luther King, Jr. as a federal holiday. In 1994, Congress designated the Martin Luther King Jr. Federal Holiday as a national day of service. Each year, on the third Monday in January, the MLK Day of Service is observed as a "day on, not a day off." MLK Day of Service is intended to empower individuals, strengthen communities, bridge barriers, create solutions to social problems, and move us closer to Dr. King's vision of a "Beloved Community."

Here are just a few ways you can participate in the annual MLK Day of Service. For more opportunities, go to <https://www.national-service.gov/serve/search>.

Share Your Love of Animals and Education! The Brandywine Zoo is seeking knowledgeable, self-motivated, and engaging volunteers to assist our education team by serving as Zoo Exhibit Guides! These volunteers will support our educational programming and

enhance visitor experience by providing interpretation at assigned zoo exhibits. We're looking for volunteers with great people skills (especially with children!), energetic, positive, creative, and have a passion for animals and wildlife conservation! Brandywine Zoo, 1001 North Park Dr., Wilmington, DE 19802; 302-571-7747.

Provide Homebound Seniors with Healthy Meals and Companionship. A simple meal delivery and a warm "Hello!" can have a major impact on the quality of life for a homebound senior in need. Homebound seniors in Kent and New Castle Counties are in need of healthy meals. There is a state-wide shortage of volunteers to deliver meals to those in need. When individuals live alone, or are not able to leave their homes, they rely heavily on people who visit their homes for both meals and friendship. CCL-Delaware assists Meals on Wheels year-round by delivering nutritionally balanced meals to seniors in need. Join us on Thursday, January 17, 2019 from 12:30-2:30 to kick off

MLK Day of Service weekend learning about the many ways you can make a difference as a volunteer and help us reach our goal of preparing and delivering 800 healthy snack bags. Modern Maturity Center, 1121 Forrest Ave., Dover, DE 19904; 302-734-1200.

Translators Needed in Sussex County. The Easterseals Georgetown Therapy Department is seeking Spanish- and Haitian-speaking volunteers to help with translation during speech therapy, occupational therapy, physical therapy, and early childhood education sessions. Translators will help with gathering information from families as well as assisting interventionists. These meetings take place in both clinic and home settings. Volunteers are also needed in the office to assist in scheduling new patients for evaluations over the phone. Easter Seals is flexible and can work with volunteers around their schedules. Easterseals Delaware & Maryland's Eastern Shore, 22317 Dupont Blvd, Georgetown, DE 19947; 302-253-1100.



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ASSISTED CARE

For residents who require little or no assistance in caring for their needs of daily living, we offer independence without the responsibilities of housekeeping. Enjoy three chef-prepared meals daily plus vibrant activity programming. Housekeeping, linen services, help with personal care and medications is included, as is 24-hour on-call nursing care.

NURSING CARE

For residents who require intermediate or skilled nursing services, we provide 24-hour routine nursing care, nutritional care, recreation, socialization, and on-site therapy services.

Gilpin Hall is a non-profit organization with a long tradition of care for the elderly. Since 1824, we've served the changing needs of our community, building on its past, creating a better future.



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Changes to the Medicare Advantage Open Enrollment Period in 2019

The Centers for Medicare and Medicaid Services ((CMS)'s 21st Century Cures Act eliminates the existing Medicare Advantage (MA) disenrollment period that currently takes place from Jan. 1 – Feb. 14 of every year and, effective for 2019, replaces it with a new Medicare Advantage open enrollment period (OEP) that will take place from Jan. 1 – March 31 annually. The new OEP allows individuals enrolled in an MA plan, including newly MA-eligible individuals, to make a one-time election to go to another MA plan or Original Medicare. Individuals using the OEP to make a change may make a coordinating change to add or drop Part D coverage.

What's the new Medicare Advantage Open Enrollment Period?

Beginning in 2019, the Medicare Advantage (also known as Medicare Part C) Open Enrollment Period will run from January 1 – March 31 every year. If you're enrolled in a Medicare Advantage plan, you'll have a one-time opportunity to:

- Switch to a different Medicare Advantage plan.
- Drop your Medicare Advantage plan and return

to Original Medicare, Part A and Part B.

- Sign up for a stand-alone Medicare Part D Prescription Drug Plan (if you return to Original Medicare). Most Medicare Advantage plans include prescription drug coverage already. Usually you can't enroll in a stand-alone Medicare Prescription Drug plan if you already have a Medicare Advantage plan, but there are some situations where you can. Call your Medicare Advantage plan if you have questions.

Why would I want to switch to a different Medicare Advantage plan?

Medicare Advantage plans have certain benefits you can always count on. They deliver your Medicare Part A and Part B benefits, except hospice care, which Part A covers. Many also include coverage beyond Original Medicare (Parts A and B). For example, most plans include prescription drug coverage, and some include routine vision services or other benefits.

But these extra benefits (beyond Parts A and B) can change year to year. For example, suppose you take certain medications and you have a Medicare

Advantage Prescription Drug plan. Currently your plan might cover your prescriptions, but sometimes a plan changes its formulary (list of covered medications). Every fall, your plan will send you an Annual Notice of Change. It lists any changes to your benefits or plan rules. A plan formulary may change at any time. You will receive notice from your plan when necessary.

Why would I want to enroll in a stand-alone Medicare Part D Prescription Drug Plan?

Most (but not all) Medicare Advantage plans include prescription drug coverage. But Original Medicare (Part A and Part B) doesn't include this benefit. Instead, Original Medicare may cover certain prescription drugs in specific situations, like if you're in a hospital or clinic.

So, if you drop your Medicare Advantage plan to return to Original Medicare, you might want to enroll in a stand-alone Medicare Prescription Drug Plan. The new Medicare Advantage open enrollment period described above lets you do this.

Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Understanding Social Security Disability Benefits

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



Disability is something most people don't like to think about, but the chances that you'll become disabled probably are greater than you realize. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age.

Social Security pays disability benefits through two programs:

- **The Social Security Disability Insurance (SSDI) program, and**
- **The Supplemental Security Income (SSI) program.**

Social Security Disability Insurance is funded through payroll taxes. Social Security Disability Insurance recipients have worked for years and have made contributions to the Social Security trust fund in the form of Social Security taxes – either FICA (Federal Insurance Contributions Act) for employees or SECA (Self-Employment Contributions Act) for the self-employed.

SSI is a means-tested program, meaning it has nothing to do with work history, but provides payments to people with disabilities who have low income and few resources. Social Security manages the program, but SSI is not paid for by Social Security taxes. Social Security pays benefits to people who can't work because they have a medical condition that's

expected to last at least one year or result in death. Federal law requires this very strict definition of disability. While some programs give money to people with partial disability or short-term disability, Social Security does not.

It's important that you know which benefits you may be qualified to receive. You can read more about Social Security Disability Insurance at www.socialsecurity.gov/pubs/EN-05-10029.pdf and more about SSI at www.socialsecurity.gov/pubs/EN-05-11000.pdf.

When you apply for either program, we'll collect medical and other information from you and make a decision about whether or not you meet Social Security's definition of disability. In addition to meeting our definition of disability, you must have worked long enough — and recently enough — under Social Security to qualify for SSDI benefits.

The amount needed for a work credit changes from year to year. In 2018, for example, you earn one credit for each \$1,320 in wages or self-employment income. When you've earned \$5,280, you've earned your four credits for the year. In 2019, you earn one credit for each \$1,360 in wages or self-employment income. When you've earned \$5,440, you've earned your four credits for the year.

To see if you meet the requirements for disability benefits, visit www.socialsecurity.gov/planners/disability/qualify.html.

Social Security covers millions of people, including children, wounded warriors, and people who are chronically ill. And this is just a part of what we do. Remember, you can also apply for retirement, spouse's, Medicare, or disability benefits online at www.socialsecurity.gov/forms/apply-for-benefits.html.

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These Are the Best U.S. States for Retirees

A recent ranking by Bankrate looked at seven relevant features in the life of a retiree and used government and expert sources to compare states. They then weighed those rankings based on the importance given to them by responses to a survey that found that 47% of Americans would consider moving when they retire. Factors started with cost of living and taxes—both weighted 20%. Healthcare quality was weighted 15%, weather 15%, crime 10%, cultural vitality 10% and well-being 10%.

Based on Bankrate's ranking, these are the best states to retire, with Cost of Living (COL) and Taxes (T) rankings in parentheses. For the entire list, visit www.thestreet.com:

1 South Dakota (COL 19; Taxes 2). People are content in South Dakota, according to Gallup's State of American Well-Being series, which surveys how people feel about aspects of their lives such as purpose, relationships, lack of money stress, community and good health. South Dakota is also the second most tax-friendly state in the country, according to the Tax Foundation.

2 Utah (COL 25; Taxes 8). Utah finished behind South Dakota in cost of living, overall crime rate, well-being, taxes and cultural vitality, but won out for health value and weather.

3 Idaho (COL 12; Taxes 20). Idaho is both more affordable and significantly safer than the top two states, while also posting a superior health score and a top-10 well-being ranking, but has a higher tax burden and ranked poorly for cultural options.

4 New Hampshire (COL 43; Taxes 7). New Hampshire is the safest place to live, provides excellent health care, low taxes and has plenty of things to do, but ranks poorly on cost of living (43 out of 50) and weather.

5 Florida (COL 27; Taxes 4). The weather's great, taxes are low and Florida ranks just outside the top 10 in well-being. Every other metric, though, finished middle-of-the-pack, with healthcare placing 36th, a major concern for retired couples, who could spend an average of \$280,000 on healthcare costs, according to Fidelity.



Achieving Better Hearing Takes More Than Just Technology - It Takes a Partnership!



DR. STACY SANDERS

It's always refreshing to meet a group of dedicated individuals whose sole purpose is to improve the quality of life of those who cross their paths. That is exactly what you'll find at Hearing Services of Delaware. In fact, Dr. Stacy Sanders admits she is humbled every day. "We're given the opportunity to help people hear the best they can. The positive differences we make for those with hearing health concerns are simply awesome!" She continues, "I think I relate best to something Harry Connick, Jr. said: 'The opportunity to help even one person reminds me that this is what we're here for.'" Every day in our offices we get to help a husband communicate with his wife a little better. We get to help a daughter and a mom reconnect. We get to help a grandmother engage again with her social or religious groups. Through better hearing, we're able to help people every day live a better life!"

Dr. Sanders and the entire staff at Hearing Services of Delaware are focused on improving awareness around hearing health care. "Because hearing loss is typically a very gradual process, and not as noticeable as blurry vision or a toothache, people naturally struggle to identify with their own hearing health care needs. The majority of people we meet each day haven't had their hearing tested in years." She's also focused on removing the stigma surrounding hearing loss. "There is no surgery or pill you can take. In my opinion, over-the-counter options are not in the consumer's best health care interest. And wearing hearing aids does not make someone look 'old'—they help someone hear and understand better!"

Over the years, the long-term relationships the team at Hearing Services of Delaware has formed with patients are just one reason they've earned over 50 five-star reviews on Google, Facebook, and HealthyHearing.com. They're also why so many satisfied patients refer friends and family each month. Dr. Sanders adds, "Physicians refer their patients to us, and our patients refer their friends and family members to us because they value the services and the delivery of care we provide. We're known and trusted throughout the First State for consistent success in diagnosing hearing problems and helping people hear the best they can. All of us here understand the impact we have in our community and we're proud that our patients share their positive experiences with others in their life."

Why should you choose Hearing Services of Delaware for your hearing care?

"I liked that they explained things very clearly, answered all questions. They provided clear, simple instructions with hearing devices."

—Carol S., Dover, DE

"After going to several other places that specialize in hearing aids it was a pleasure to find Hearing Services of Delaware. The audiologist and staff were very understanding and patient."

—Linda R., New Castle, DE

"I appreciated the attention dedicated to the patient. Excellent explanations, great treatment and excellent customer service."

—Helen M., Clayton, DE

"I didn't know much about hearing loss. I always felt like it was about me and not just selling hearing aids! I never felt rushed at my appointments either. Staff that care are so important!"

—Geri M., Wilmington, DE

"The hearing aids are amazing. They are small, comfortable, and don't get in the way of my glasses."

—Margaret C., Middletown, DE

"I was treated like I was the most important person in the world. Really great experience. Lisa is the greatest! Thanks!"

—Leland S., Bear, DE



It's your brain that hears. *Not your ears.*

If you're like most people, you're used to thinking of hearing as something that happens in your ears. What people often don't think about is what happens *between* their ears—in the hearing part of the brain. That's where sound becomes information that has meaning. Your brain works hard to make that happen. When the sound signals from your ears are compromised, your brain has to work even harder to fill in the gaps. This extra effort can take its toll.

When you listen to a conversation, your ears and your brain work together as a system, with your brain doing most of the heavy lifting. Your brain is what uses the information from your ears to **orient** you by figuring out which direction sound is coming from. It's in the brain that sound waves become sounds you **recognize**. And your brain is what helps you **focus** in on a conversation and **separate** out unwanted noise. All four of these tasks happen simultaneously and continuously inside your brain.

Give your brain exactly what it needs to hear!

With so much of your hearing happening in your brain, it's important that your brain gets the support it needs when your hearing is compromised. Today's hearing device technology preserves the important details in speech, so your brain doesn't have to fill in the gaps. Many hearing instruments today work to reduce the effort involved to participate in conversations. They're finely tuned to match your unique hearing profile and personal sound preferences. They deliver sound with the clearest, purest signal possible in the way your brain is best able to understand it. What this means for you is that you will hear more naturally. Anywhere. Anytime.

Technology to meet your hearing health care needs. Services to exceed your expectations!

Hearing Services of Delaware provides the solutions and services for your unique hearing needs.



Today's digital hearing devices provide the clearest fidelity of sound so that you hear better and remain engaged in conversations and activities with the people and in the places that matter most to you. As an independently owned and operated audiology and hearing aid dispensing practice, we have the ability to choose the best devices for your unique needs from all of the major hearing aid manufacturers. This provides the audiology staff with the ability to choose, with you, the best and most affordable solution for your specific and unique hearing needs.

Audiology and Hearing Aid Services:

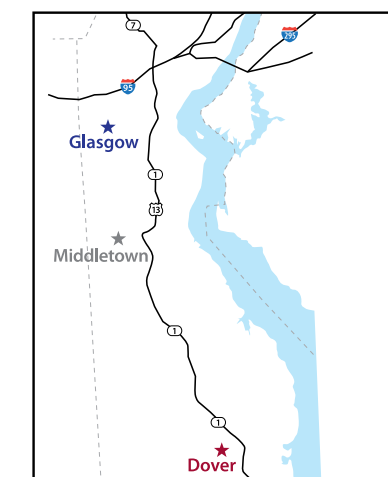
- Complete Hearing Tests
- Tinnitus Management
- Real Ear Measurement
- Repair/Service for All Major Manufacturers of Hearing Aids
- Hearing Protection, Swim Molds and Assistive Listening Devices



plans including (but not limited to) Blue Cross Blue Shield, Medicare, Aetna, and UnitedHealthcare.

When was your last hearing test?

Because most changes in hearing occur gradually over time, speech and sounds that fall outside your range of hearing simply cease to exist to you. If it's been more than 3 years since your last hearing test, call Hearing Services of Delaware today to schedule an appointment!



Hearing Services of Delaware has 3 convenient locations:

- > **Newark**
28 Peoples Plaza
- > **Middletown**
104 Sleepy Hollow Dr., Suite 202
- > **Dover**
99 Wolf Creek Blvd., Suite 3

For more information or to schedule your appointment, call us at 302-376-3500 or visit us on the web at www.heardelaware.com.

*The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals. One offer per customer. Offer not available to any consumer using an insurance benefit, a Managed Care, or Federal reimbursement (including third-party administered reimbursements). Offer cannot be combined with any of our promotional offers, coupons or discounts. Other terms may apply. See office for details.

The journey begins with a discussion about the unique and personal hearing challenges one faces each day. A hearing evaluation is then conducted and, if appropriate, a live listening demonstration experience with hearing devices is provided. "It's always exciting to watch someone hear and understand a loved one or a friend better," Dr. Sanders says. "It's also an emotional experience; it reminds us of why we do what we do."

Dr. Sanders and the Hearing Services of Delaware team understand that an investment in better hearing is not *just* about technology. "Our **Complete Hearing Health Care Program** is the most comprehensive package of services in Delaware. It includes all of the services people need to be successful with their investment in better hearing, including free batteries for the lifetime of the devices." Hearing Services of Delaware takes a long-term approach to helping you hear the best you can. Your investment in better hearing with Hearing Services of Delaware comes with:

- **Warranties Up to 3 Years to Cover Loss & Damage and Repairs**

- **45-Day Satisfaction Period**
- **Regular Cleanings & Adjustments for Your Hearing Devices**
- **Yearly Audiometric Screenings**
- **Annual Presentation of New Technology**
- **Batteries Provided for the Life of Your Hearing Devices**

Get the hearing help you need today!

There is a big difference between hearing aids and hearing health care. Hearing aids are only as good as the expertise of the person fitting them and the counseling they provide. The audiologists at Hearing Services of Delaware have all either achieved a Master's or Doctoral degree in Communications Disorders and Audiology. Additionally, they attend various conferences and presentations annually to continue their education in all aspects of audiology and hearing device technology.

Hearing Services of Delaware has also partnered with CareCredit so you can get the help you need today, and accepts most major medical insurance

Embrace Your Roots on New Year's Eve

Happy New Year!

Whether you're ringing in New Year's Eve from some exciting foreign country or at home with family and friends, you probably have a New Year's tradition or two. Common traditions throughout the U.S. include singing "Auld Lang Syne" to greet the New Year and eating black-eyed peas for good luck. Here are some of our favorite New Year's traditions from around the world. Which is your favorite?

Spain

In Spain, it's customary to eat 12 grapes, one at each stroke of the clock at midnight. Each grape represents good luck for one month of the coming year.

Colombia

In hopes of a travel-filled new year, residents of Colombia carry empty suitcases around the block.

Denmark

Residents of Denmark greet the New Year by throwing old plates and glasses against the doors of family and friends to banish bad spirits. They also stand on chairs and jump off together at midnight to "leap" into January in hopes of good luck.

Finland and Germany

People predict the coming year by casting molten lead or tin into a container of water, then interpreting the shape the metal takes after hardening. A heart or ring means a wedding, while a ship predicts travel and a pig declares there will be plenty of food.

Scotland

During Hogmanay, "first-footing" is practiced across the country. It's considered good luck to have a tall, dark man enter the home for the first time after midnight bearing gifts for good luck (coal, shortbread, salt, and whiskey are common). Scots also hold bonfire ceremonies where

people parade while swinging giant fireballs on poles, symbols of the sun, to purify the coming year.

Latin America

You just might find your soul mate, or at the very least have an amorous year, if you wear red underwear on New Year's Eve. Or choose yellow for happiness and peace, or white for fertility and health.

Greece

Hang an onion on your front door on New Year's Eve as a symbol of rebirth in the New Year. On New Year's Day, parents wake their children by tapping them on the head with the onion.

Ireland

Bang bread against the walls at midnight to beat off bad luck.

El Salvador

Noche Vieja (old night) is an all-day event in El Salvador. Families

welcome the New Year with food, cumbia, merengue or salsa music, firecrackers all day long and fireworks at night. "Estreno," or brand-new clothing, is worn at night to attract new and positive things all year long. As midnight approaches, break an egg one minute before midnight, dump it in a glass of water and let it sit as the year changes. The egg yolk mutates into various forms, and people try to interpret them as trips, houses, and signs of things to come in the New Year. At midnight, everybody is outside and the streets explode with fireworks. Family, friends, neighbors and strangers embrace, offering peace and best wishes. One hour into the New Year, streets are empty.

As night turns to day, no matter where you live, you're sure to hear the distant sound of a few firecrackers. Let it remind you that the New Year has arrived and that we must do our best to make it a really good one.

30 Ways to Kickstart Your New Year

What are you going to do now to make sure you have your best year ever? What one thing will mean the difference in actually achieving your goals rather than chalking them up to yet another year's unfulfilled resolutions? Think about it.

With the help of Success magazine, our aim is to get you thinking and to inspire you to reach farther, go faster, achieve more than ever before. Are you energized by this prospect? Or maybe a little overwhelmed? Then start small, focusing on just one thing you want to accomplish. This life is yours to make of it whatever you desire, so start now!

- 1 **Create a new habit.** Jack Canfield, co-founder of the Chicken Soup for the Soul series, advises: Each month for 30 days in a row, commit to doing something new that you've thought about doing, but haven't done, and notice how it affects your life. Some possibilities: exercise for 30 minutes, listen to only positive music, don't read the newspaper, stop watching television, eat only vegetarian or raw food, verbally appreciate at least 10 people a day, get eight hours of sleep, meditate for 20 minutes, do 20 minutes of yoga, read a self-help book for 30 minutes every morning, plan your next day's schedule and prioritized to-do list before you leave work, do five things every day that forward your #1 goal, spend an hour with your spouse, call one of your children on the phone, write a handwritten thank-you note to someone, drink 10 glasses of water, take a nap, listen to a motivational CD on the way to work. Start this month and do one activity for the next 30 days in a row and then assess how it's impacted your life.
- 2 **Write letters to three people in your life to let them know what they mean to you.**
- 3 **Start a business plan.**
- 4 **Write a "101 Lifegoals" list.**
- 5 **Make a commitment to fitness.**
- 6 **Find a volunteer opportunity at VolunteerMatch.org.**
- 7 **Practice the one-a-day principle.** You can't delight every-

one all the time, but you can do something extraordinary for one person each day.

- 8 **Sign up for a birthday/anniversary reminder service.**
- 9 **Increase your awareness of your thoughts.** Words have power! As you develop a keen awareness of your communication, you become empowered to purposefully choose language that inspires and empowers you.
- 10 **Write a personal mission statement or mantra.**
- 11 **Schedule family time.**
- 12 **Lose other people's opinions.**
- 13 **Find a mentor.**
- 14 **Keep friends close.** Take time for visits, calls, and reconnect the old-fashioned way by writing notes or sending cards throughout the year. Life's too short not to.
- 15 **Get a leg up.** Take the stairs, park in the farthest parking spot.
- 16 **Start a journal.** You might not even realize to what extent you're influenced—negatively and positively—by things and people around you. Keep track of these influences so you can eliminate the negative and increase the positive. For instance, if being around a certain friend always makes you feel discouraged or drained, you should limit time with that person. Nurture your emotional well-being by choosing friends who genuinely want you to succeed and who encourage you. Read and listen to inspirational and motivational material. Make it a point to go to funny movies or watch a TV sitcom that makes you laugh. Whether it's gossip from others, violence in the media, pessimism in your own thoughts or other influences, make conscious efforts to reduce your exposure to the negative. You'll see positive benefits immediately!
- 17 **Take daily steps toward achieving your long-term vision.** Daily choices make a big difference in your long-term happiness.
- 18 **Reconnect with family.** Schedule a weekly conference call to catch up and stay close even if you live



- 19 **Do something that scares you.**
- 20 **Practice gratitude.** Says Sandra Bienkowski: I often think I need new clothes, but when I clean out or organize my closet, I realize I have lots of options and everything I need at my fingertips. In many areas of my life, I'm often surprised by how I already have what I need if I just choose to look at things differently. How often do you laugh? Are you doing the things you love the most? Be sure to delight in all the amazing aspects of your life.
- 21 **Stop smoking.**
- 22 **Review your expenses as a couple.**
- 23 **Take a dance or fitness class.**
- 24 **Cut up credit cards.**
- 25 **Plan a trip to a place you have always wanted to go.**
- 26 **Clean out your closet and donate unwanted clothes to charity.**
- 27 **Put a regular date night with your spouse on the calendar.**
- 28 **Schedule all doctor and dentist appointments for the year.**
- 29 **Say "yes" when you want to say "no."** Actively seek opportunities to meet people, gather new ideas, connect and share.
- 30 **Lower your blood pressure.** Cut your sodium intake.

WORDS OF WISDOM

"Rather than saying good luck and good fortune to you this New Year, let me say work hard, laugh often, continue to learn, be kind, help others, pray for wisdom and then good fortune will see you this coming year."

—Robert Rivers

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Don't Miss Those Special Moments



There are few words that cause more fear, or are more misunderstood, than "hospice." Just mention the "h" word, and most people stop listening. Many have misconceptions about what hospice truly is; in fact, most of our patients and their families had little or no idea of what hospice actually was or what it involved until they came under Delaware Hospice's care.

More than anything else, hospice care provides time—time for spe-

cial moments and creating lasting memories. Hospice focuses on quality of time versus quantity. A multi-discipline team strives to help families accomplish personal goals and make every moment count. The result is that by focusing on improving both the patient's and family's quality of time, as opposed to quantity, hospice patients actually live, on average, 29 days longer than non-hospice patients do. This is typical because patients are comfortable in their surroundings. Symptoms are being properly managed, and needs are being met—not just the physical, but the psychosocial and spiritual as well. Some patients even graduate hospice care because their health improves!

Many people only consider hospice care in the final days of life, missing those special moments. Hospice care is most beneficial when there is sufficient time to manage symptoms and establish a trusting relationship with both the patient and the family. When families start witnessing the

benefits of hospice care, the most common statement we hear is "we wish we had known about hospice sooner."

Caregivers also benefit from hospice services. They gain knowledge of what to expect in the months ahead; they gain time when supplies are delivered; they're educated on medications. Volunteers provide extra support through companionship, help with errands, and breaks for the family caregiver.

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

Medicare, Medicaid, and most private insurance plans cover services. However, as a non-profit, Delaware Hospice cares for everyone, regardless of their ability to pay. Hospice care is available to people of all ages with any life-limiting illness. Just give Delaware Hospice a call for a free meeting to learn how to capture those moments for you or a loved one. Give us a call at 1-800-838-9800 or visit us at www.delawarehospice.org.



Let DART Do the Driving!

Getting from point A to point B is a piece of cake when you let DART do the driving! All the info you need to plan a trip and get yourself back home safe and sound is available right at your fingertips in DART's new Transit app. The app helps you plan your trip, select your bus stop and get real-time bus information, use DART Pass to pay your fare right from your phone, and view rider alerts and other news.

Start off with the app's Trip Planner. Just enter your start and end locations to get all the travel information you need, based on date and time of day. You can view all the bus stops in your area or search a different location for the nearest bus stop. After you choose your stop(s), real-time bus arrival times will display, taking

the guesswork out of when your bus is coming. Buy your fare on DART Pass, the app's mobile fare payment option; just show your phone to the bus operator when you board and you're good to go. It's convenient and makes for faster boarding. If there are weather-related service disruptions or detours due to road construction or a holiday parade, the Rider Alerts feature keeps you in the know. Download the free "DART Transit" app from the Apple or Google Play stores today, and get moving!

The DART Transit app was developed in-house by a collaboration of several talented employees from DTC, DelDOT Technology and Innovation, and the State's Department of Technology and Information. For more information, visit DartFirstState.com or call 800-652-DART (3278).

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Crossword

By Dave Fisher

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					
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				47		48		49			50			
51	52	53					54			55				
56					57	58					59	60	61	62
63					64					65				
66					67					68				
69					70					71				

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Answers on page 12

ACROSS

- Jewish scholar
- Adorable
- Ice cream holder
- Scallion
- Diva's solo
- Baking appliance
- Redress
- Cans
- Nothing (British)
- Randomize
- Layer
- The thin fibrous bark
- Haughty
- Cook
- Protrude
- Calypto offshoot
- Lion sound
- Beers
- Around
- Perceptiveness
- Due
- Tropical nut
- Cozy
- Not a single one
- Mesh
- Before, poetically
- University administrator
- Gratify
- Sea eagle
- Cain's brother
- Extra
- Central area of a church
- Wicked
- Candied
- Frosts
- Always
- Conceals
- Automobiles
- Not more
- Browned bread

DOWN

- Street
- Against
- Life stories
- ___ fide
- Unreactive
- Trebuchets
- Pee-pee
- Bell sound
- Artists' workstands
- Bootleg
- Egg-shaped
- Handrail post
- Vestibule
- Indian prince
- Alright
- Baby's bed
- Sharpen
- Where the sun rises
- Excluded from a society
- Spur makers
- Double-reed woodwind
- Forearm bone
- Adolescent
- Delight
- Broker
- Sewing tools
- Go places
- Terror
- Hemp
- Not a single time
- One more than seven
- Plunge
- Hodgepodge
- Nil
- Air force heroes
- "___ we forget"

ROASTED BUTTERNUT SQUASH BROCCOLI CHEDDAR CHICKEN COUSCOUS

Delicious, cheesy broccoli cheddar chicken couscous with sweet and spicy roasted butternut squash. You'll love this easy, cozy and healthy dinner recipe for any night of the week!

Serves 4

Prep time: 15 mins | **Cook time:** 25 mins | **Total time:** 40 mins

INGREDIENTS

For the butternut squash:

- 4 cups cubed butternut squash (from about 2 pounds butternut squash)
- 1 tablespoon olive oil
- ½ tablespoon pure maple syrup
- ½ teaspoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- Freshly ground salt and pepper



For the chicken:

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breast, cut into bite sized chunks (can also use boneless skinless chicken thighs)
- 1 teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon cayenne pepper
- Freshly ground salt and pepper

For the broccoli cheddar couscous:

- 1¾ cup water or low sodium chicken broth
- 1 cup israeli (or pearl) couscous
- 1 medium head broccoli, cut into small florets (about 3 ½ cups broccoli florets)
- 1½ cups shredded cheddar cheese
- Freshly ground salt and pepper, to taste

INSTRUCTIONS

- Preheat oven to 350°F. Line a large baking sheet with parchment paper. Place butternut squash cubes on the baking sheet. Drizzle with olive oil and maple syrup. Sprinkle on chili powder, garlic powder and cayenne pepper. Generously season with freshly ground salt and pepper. Use your hands to toss together so that the squash is well coated. Bake for 20-30 minutes, flipping halfway through, until the squash is tender. Once done, allow to rest on baking sheet until you are ready to add to the rest of the dish.
- While the squash is cooking, cook your chicken breast. Add 1 tablespoon of olive oil to a large skillet and place over medium-high heat. Add in chicken. Immediately sprinkle with garlic powder, paprika and cayenne pepper and generously season with salt and pepper. Cook chicken for 5-8 minutes until no longer pink. Remove from heat and set skillet aside or transfer to a bowl.
- To make the couscous: In this order add the following to a large pot or dutch oven: water, couscous and broccoli florets. Bring to a boil, then cover, reduce heat to low and cook for 8-10 minutes total; check after 5 minutes and give everything a stir. Replace the lid and allow to cook for 3-5 more minutes to absorb the water. Stir again, and then add in cooked chicken and shredded cheddar. Stir to melt the cheddar. Finally fold in the roasted butternut squash. Taste and adjust seasonings as necessary. Enjoy!

www.ambitiouskitchen.com

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.

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

Answers on page 12

(courtesy of KrazyDad.com)

The Funny Bone

Eating healthier:

The teacher in our Bible class asked a woman to read from the Book of Numbers about the Israelites wandering in the desert. "The Lord heard you when you wailed, 'If only we had meat to eat!'" she began. "Now the Lord will give you meat. You will not eat it for just one day, or two days, or five, or ten or twenty days, but for a month—until you loathe it."

When the woman finished, she paused, looked up, and said, "Hey, isn't that the Atkins diet?"

During camouflage training in Louisiana, a private disguised as a tree trunk had made a sudden move that was spotted by a visiting general. "You simpleton!" the officer barked. "Don't you know that by jumping and yelling the way you did, you could have endangered the lives of the entire company?"

"Yes sir," the solder answered apologetically.

"But, if I may say so, I did stand still when a flock of pigeons used me for target practice. And I never moved a muscle when a large dog peed on my lower branches. But when two squirrels ran up my pants leg and I heard the bigger say, 'Let's eat one now and save the other until winter'- that did it!"

Getting What We Want

If we aren't clear about what we want in life, it won't be able to find us.

By Madisyn Taylor

The best way to get what we want from life is to first know what we want. If we haven't taken the time to really understand and identify what would truly make us happy, we won't be able to ask for it from those around us or from the universe. We may not even be able to recognize it once it arrives. Once we are clear about what we want, we can communicate it to those around us. When we can be honest about who we are and what we want, there is no need to demand, be rude or aggressive, or manipulate others that are involved in helping us get what we want. Instead, we know that we are transmitting a signal on the right frequency to bring all that we desire into our experience.

As the world evolves, humanity is learning to work from the heart. We may have been taught that the way to get what we want is to follow certain rules, play particular games, or even engage in acts that use less than our highest integrity. The only rules we need to apply are those of intention and connection. In terms of energy, we can see that it takes a lot of energy to keep up a false front or act in a way that is counter to our true nature, but much less energy is expended when we can just be and enjoy connections that energize us in return. Then our energy can be directed toward living the life we want right now.

It can be easy to get caught up in following goals that appear to be what we want. Society has certain expectations of behavior and the roles each of us should play, but as spiritual beings we are not bound by these superficial structures unless we choose to accept them. Instead, we can listen to our hearts and follow what we know to be true and meaningful for each of us individually. In doing so, we will find others who have chosen the same path, and are certain to stay on our right path and continue to feed our soul.

www.dailyom.com

Here's What's In Season in January:

(This will vary depending on the time of the month and where you live.)

Apples
Beets
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Chicory
Clementines

Cranberries
Grapefruit
Kale
Leeks
Lemons
Oranges
Parsnips
Pears

Persimmons
Pomegranates
Shallots
Spinach
Sweet Potatoes
Tangerines
Turnips
Winter Squash

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