



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Staying Active While You're Staying In

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APRIL 2020



What a crazy time we're living in! From the very beginning of this magazine back in 2009, the most frequent comment we've gotten is "It's fun, it's informative and I read it cover to cover." We love that, and plan on bringing you great information to help you age successfully for a very long time to come. After all, there's nothing better than being healthy, wealthy and wise!

Most of you pick up the magazine when you're out and about, while many others (both inside Delaware and out) are on our electronic mailing list (www.vitalmagonline.com/subscribe-to-vital). This month we're distributing the magazine in some of the same locations (advertiser locations, Walgreens, WSFS, physician's offices), but also in new locations, such as more banks, grocery stores, gas stations and pharmacies. We wanted to remind you, since it's a little harder to get out and about this month, that the magazine can always be found online at www.vitalmagonline.com/archived-issues where you can read it in its entirety, or you can simply go to the home page to browse articles that interest you. If you're on Facebook, like and follow us! We're at [@VitalMagOnline](http://www.facebook.com/VitalMagOnline).

We'd like to ask a favor: if you like the magazine, please share! If you think your neighbors or parents or grandparents or friends would like the magazine as much as you do, send them a copy of the magazine or send them the links to our website, archives or Facebook page, or get them their own electronic subscription—after all, it looks like we're going to have a lot of time to read, so might as well make it fun!

April is National Volunteer Month. Besides helping others, volunteering is good for YOU, and we've got some great opportunities for you to share your skills. Check them out on pages 10 and 11. Looking to pick up a few new skills? They're all about lifelong learning at OLLI; learn more about the hundreds of classes they're offering this summer on page 12. And if all this COVID-19 stuff just makes you want to hibernate, why not try making home your vacation spot? Madison Taylor shares her point of view on page 13. And my favorite this month—grow your own food! It's easy and it's on page 5.

Stay safe, stay healthy!

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Addressing Polypharmacy: 4 Tips for Preventing Medication Complications



By Kim Elliott, RN

The doctor knows best. That's typically our mentality when we're diagnosed with an illness or prescribed medication. However, that notion can get complicated with age and as more chronic conditions present themselves. These chronic conditions lead to more doctors' appointments, varying treatment plans and a multitude of prescriptions.

The effects of taking multiple medications to manage co-existing health problems is called polypharmacy. Medication side effects and interactions can cause deadly harm, and seniors are especially at risk.

What is polypharmacy?

The National Council on Aging reports that approximately 80% of older adults have at least one chronic disease and 77% have at least two. Research shows that roughly 25% of people ages 65 to 69 take at least five prescription drugs to treat chronic conditions, and that number jumps to 46% for those between 70 and 79. Those numbers don't include any over-the-counter medications, vitamins or supplements, which might also cause a myriad of side effects or drug interactions.

There are three types of polypharmacy:

- **Overuse** is too much of a good drug. For example, overprescribing the appropriate dosage or prescribing multiple medications for

the same condition.

- **Underuse** is too little of a good drug. For example, not optimizing a treatment plan or non-adherence by the patient.
- **Misuse** is the wrong drug and/or at the wrong time. For example, prescribing a potentially inappropriate medication or taking it incorrectly.

Some medications pose more of a threat than others. Closely monitoring for drug reactions, eliminating unnecessary or potentially dangerous medications, and optimizing non-medical treatments will decrease the risk of polypharmacy.

What are the risks?

Polypharmacy can lead to increased healthcare costs, increased hospitalization, poor drug adherence or increased side effects and drug interactions. In the most dangerous cases, drug side effects may be mistaken for a new medical condition, and then treated with a new prescription.

These conditions can put you more at risk for polypharmacy:

- **Multiple doctors** prescribing **multiple medications**
- **Multiple pharmacies** filling prescriptions
- Taking **high-risk medications**
- Taking a **large amount of medications**
- Poor **diet**

- Failure to know about **side effects, interactions, dosage or other adverse effects** when ordering drugs

- Failure to monitor drug therapy appropriately

Any of these issues can increase the dangers of polypharmacy, which includes symptoms such as cognitive impairment, frailty, low blood sugar, low blood pressure, weight loss, urinary incontinence, falls and fractures or bleeding.

How can you prevent it?

Patients and clinicians can work together to decrease the risk of polypharmacy. A few tips include:

- **Keep an up-to-date list of current medications** including dosage and over-the-counter drugs, vi-

tamins or supplements. Share this list at every doctor's appointment.

- **Use one pharmacy** to fill prescriptions.

- **See as few prescribing physicians as possible.**

- **Take note of any adverse side effects** and share these with your doctor.

Polypharmacy is complicated, but closely monitoring for side effects and communication between patients and physicians can lower the risk.

The above content is shared for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You must consult your doctor before acting on any content in this article.

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 PROMEDICA

Social Distancing? Grow Your Own Food

Growing your own food isn't rocket science. It takes a bit of time, but the end result is well worth it, and the basic crops, like lettuce, tomatoes, peppers, are very forgiving. The best part is that you don't even necessarily need a garden to grow your own food. You can grow herbs indoors; depending on what you're growing, you can use grow bags or hanging planters; or you can go to a community garden.

Why grow your own food?

Your food is fresher. It's literally farm to table. And you can keep away from the crowds at the grocery store.

Fresh food tastes better. This kind of goes without saying.

Homegrown food is healthier. You control contaminants, chemicals and pesticides, with no additives.

Reliable food supply. Growing your own food increases your back-up food supply in the event of an

emergency. Preserving and canning your harvest helps even more.

Growing your own food saves money. Initially, seeds, planting, and growing materials will be an expense, but your home garden should pay for itself with the first full harvest.

You'll eat healthier. Growing your own entices you to eat more fresh fruits and vegetables.

You control when to harvest your food. Vegetables that ripen in the garden have more nutrients than some store-bought vegetables that must be picked early.

Ready to get started?

- Start small and plant things you'd really like to eat.
- Pick a spot with at least 6 hours of sunlight and access to water.
- Use contaminant-free soil.
- Consider using a raised garden bed, which allows you to control

the soil and nutrient blend.

Easy to grow foods

1 Onions and garlic. Stored correctly, onions can last up to eight months. Garlic bulbs will keep for months in the freezer. Plant whole onion bulbs with shoots or single garlic cloves in well-drained soil in spring and leave them to do their thing (remembering to water them).

2 Potatoes. Fill a container, a grow bag or even an old potato bag half full with compost. Plant one or two whole potatoes in there. Once you start to see the green shoots emerge above the soil, cover with a bit more compost, wait until they emerge again and repeat. Continue this process until the container is full, and 10–20 weeks later, when the foliage starts to wither, your potatoes are ready. Keep those babies well-watered! Prop your bag on top of some bricks to allow water to drain out, and if you're growing them inside, fill the bottom of the container with stones before you add soil so excess water will drain to the bottom.



3 Herbs. Start them from seed or buy a potted plant. Basil, chives, parsley and sage will grow happily in a sunny window, and oregano, thyme, mint and rosemary do well both indoors and out.

4 Strawberries. You can plant strawberries in pots, grow bags or the garden, as long as they don't get too waterlogged. Bonus: if you look after them, they'll keep producing fruit year after year.

5 Salad greens. Plant seeds in the summer months and you'll have leaves big enough to put on your sandwiches in 3–4 weeks! Just snip off the tops or pull a leaf as needed. If you find the slugs are eating them before you are, some crushed eggshells or salt around your plants will help ward them off.



6 Chilis and peppers. They're great in a small window pot and easy to grow from seed. Just stick to one a pot and water them little and often.

7 Celery. Put the root in a shallow bowl or cup of water by a windowsill, making sure it's not totally submerged. Spray the top with water occasionally so it doesn't dry out. After about a week a new little celery head will pop up. At this point you can transfer it into some soil in a pot or grow bag. You'll have a whole new edible celery within a few weeks!

8 Tomatoes. Start from seed or a small starter plant. Some varieties can be grown in hanging baskets. Just make sure they get plenty of sun and tie the plant to a stake to keep it upright. If you plant basil next to the tomato plants, you'll naturally repel pests and even improve the flavor of the tomatoes.

9 Cucumbers. Cucumbers like sunlight and warm temps, as well as support for climbing. (Thanks to their vertical growth, cukes do well in containers.) Water them regularly and you'll have enough for the neighbors. Bush (rather than vine) cucumbers are best for containers or small spaces.

More easy vegetables to grow

Most root vegetables, like carrots, turnips and radishes, are hardy and can be planted directly in the garden early in the spring and left until fall. The tops can also be harvested as the plants grow. Green beans, pumpkins and zucchini are also a cinch to grow and are quite prolific producers.

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5 Common Online Scams Targeted at Retirees



By Katherine Burke

Contrary to Gen X, Y and Z's popular opinion, there are a lot of great things about aging—wisdom, a self-assuredness that young people lack, experience, better income, and a host of other attributes. However, as we grow older, we may also become more vulnerable to unsavory characters looking to take advantage of us.

Particularly because Boomers tend to be less internet-literate than younger generations, we also tend to be the target of many online scams.

Here are the most common ones to watch for.

1 Romantic catfishing. We've all heard the stories—a lonely, older woman meets an enticing man online, usually younger. He sweeps her off her feet and offers her the romance and attention she craves. Until he asks her for money. Because she trusts him and he swears he loves her, she wires him money, again and again, for all sorts of “emergencies.” The average loss? On average, around \$20,000.

2 Children in danger. Anyone's worst fear is that something will happen to a loved one. Scammers target older people, and in particular, those whose children or grandchildren live far away. The scam works like this: You get a call from a person telling you that your loved one has been in an accident and there's a problem with their health insurance so you need to wire a large sum of money immediately to save

their life. It's easy to see how people get caught up in the panic of it all and fall for this.

3 Account update requests. We've all got various online accounts, so receiving an email marked “URGENT” from one of them draws our attention. The email usually goes on to say that you need to update your account or verify some information in order to continue using your account. “All you need to do is provide private information, or worse, click on a link or download this nifty little attachment.” Stop! Never download attachments or click links that come in emails when you didn't initiate contact. They almost certainly carry malware.

4 Bank emails. Lots of people fall for emails that are supposedly from their bank or credit card company, asking them to confirm their account details, PIN, or passwords. It's a quick and easy way for scammers to get all they need to steal your

money or your identity. Be forewarned: Banks will never send emails asking for private information.

5 Investment schemes. Some “well-meaning” emails offer an incredible opportunity to invest in a unique scheme and get rich...except get-rich-quick schemes are as old as time. We all know by now that they never work. Let's say they're easy enough to avoid online because it looks sketchy. The problem is that these schemes will sometimes be pitched to you in person, by people who seem trustworthy. Be wary of people trying to get you to essentially gamble away your retirement or life savings.

The bottom line is that not all is as it seems, so caution needs to be exercised at all times. As we grow older, cruel people tend to see us as easy targets and devise clever ways to convince us to part with our money. Be careful online and don't fall for these common schemes!

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Have to Travel? Stay Safe

By Joyce Winters

It's common to be nervous walking through an airport, or any crowded place for that matter, whenever there is an outbreak of any kind of virus. Coronavirus is not just one virus – it's a family of viruses that typically affect the respiratory tract. They can lead to the common cold, pneumonia and severe acute respiratory syndrome (SARS).

The reality of the novel coronavirus, or COVID-19, is worse since there's still so much that we are trying to find out. Although scientists still have much to learn, what we do know is that it spreads similarly to other respiratory illnesses. When an infected person coughs or sneezes, they shed droplets of saliva, mucus or other bodily fluids. If any of those droplets hit you or you touch them (say if they landed on your face), you can also get infected.

These droplets don't travel through the air, but rather depend on time and distance. Emily Landon, medical director of antimicrobial stewardship and infection control at the University of Chicago Medicine, explained that the hospital's guidelines for influenza define exposure as being within six feet of an infected person for 10 minutes or longer.

Many airports have already started screening people for the coronavirus, making it a little scary for people who are boarding a flight or returning home. Some of the most important advice is common sense:

- Avoid people who are sick, particularly those with cold or flu-like symptoms.
- Make sure to wash your hands. According to the U.S. Center for Disease Control, you should wash your hands with soap for more than 20 seconds. Avoid touching the eyes, nose or mouth with unwashed hands.
- Use a hand sanitizer with more than 60% alcohol often—especially in places with large crowds of people (such as airline lounges, waiting rooms and airplane bathrooms).
- On airplanes, be sure to open the air vents and aim them at your face. That will pipe filtered air towards you, which is safe to breathe.
- Stay away from coughing passengers.

Will masks help? According to senior scientist at Johns Hopkins University Eric Toner, not particularly. "Wearing masks, except in the situation of a healthcare provider, has never been shown to be

a very effective way to protect yourself from infectious diseases."

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Saint Francis
LIFE

Helping New Castle

As we age, we realize that the phrase “We’re not so young anymore” really is true! We might be reminded when we’re opening a jar or medicine bottle, climbing the stairs, or getting dressed. It hits us when we’re having trouble remembering a recipe or when a word escapes us in conversation.

We might feel overwhelmed and uncertain about how we will manage. How will we make and get to all our doctor’s appointments, access medications and understand medical insurance? How will we stay independent and not depend on our families all the time? What happens if we fall and need help or have limited mobility?

One thing we do know is that, even with all of these challenges, most seniors want to age in their own home - where they’ve lived their lives, raised their families and feel most comfortable. Saint Francis LIFE can help.

LIFE stands for Living Independently for Elders. The program is based on a model of care that originated in the 1970s called PACE, which means Program of All-inclusive Care for the Elderly. It is centered around the belief that seniors with chronic care needs are better served in their own community, which leads to better overall well-being. All-inclusive means that people receive all the medical and social services and supports they need in

order to continue living safely in their own homes as long as possible. Currently there are 263 PACE Centers in 31 states across the U.S., serving 51,000 seniors.

Seven years ago, Saint Francis LIFE opened its doors on the Wilmington Riverfront to its first New Castle County participant. Since then, the LIFE program has grown to serve about 260 New Castle County seniors and is still growing.

LIFE serves people who are

- **55 and older,**
- **live in New Castle County,**
- **need assistance with daily activities of living, such as dressing, bathing, grooming, eating, toileting and mobility, and**
- **can live safely in the community with the help of LIFE.**

Most seniors in the LIFE program have multiple medical conditions and challenges that make it difficult for them to live on their own, but with LIFE’s services and supports, they are able to remain living independently in their own home.

Saint Francis LIFE helps seniors manage the complexities of aging in place

Each participant in the LIFE program has their own personal care team, consisting of primary care providers, nurses, therapists, social



PICTURED FROM LEFT: CHAPLAIN REV. CHERYL PARKER, SOCIAL SERVICES MANAGER VIVIANA NIJAMKIN-ACOSTA, AND SOCIAL WORKERS AUGUSTINE NOAH, IESHA WHITE AND HANNAH ZIMMERMAN,

workers and dietician, who manage care and services to help them live at home. These care teams work with participants and their families to create individualized care plans based on the individual’s health and social needs and goals. Some participants are very independent, needing fewer services than others who may be more medically compromised. As needs change, services and supports are added to help a person stay in their home.

By creating individualized care plans for each person, LIFE provides seniors what they need to live at home:

- **A multidisciplinary team of doctors, nurses, social workers, dietician and therapists;**
- **A Primary Care Health Center for person-centered and coordinated medical care;**
- **Access to more than 100 specialists and providers in a specialty care network;**
- **Rehabilitative services for physical, occupational and speech therapies;**
- **Nutrition care for a healthy diet;**
- **An Adult Day program for socialization and activities;**
- **In-home services for assistance**

with activities of daily living at home;

- **Transportation to and from the Center and medical appointments; and**
- **A spiritual care program.**

Primary and Specialty Medical Care

Getting to primary care providers can be difficult for some individuals. LIFE’s Primary Care Health Center at the Riverfront makes it easy. The Health Center’s physicians, nurse practitioners and nurses are all specially trained to treat and care for seniors. Primary care offices in the community might have thousands of patients, but LIFE only treats the 260 program participants. Because participants use only the LIFE primary care team, they see their providers regularly for routine and preventive care. The providers really get to know each person’s medical needs and are able to deliver patient-centered, comprehensive and coordinated care. The Center also has an onsite lab for blood draws and provides some specialty care, such as podiatry and wound care, on-site.

When participants need specialty care, including dental, vision, hearing, cardiology, neurology, nephrol-





County Seniors Live at Home

ogy and more, they use the more than 100 specialists in the LIFE provider network. LIFE schedules all medical appointments and provides transportation to and from these appointments as needed. The LIFE primary care providers work directly with specialists in the network to assure continuity of medical care and to ensure participants have everything they need before and after their appointments, including blood work, testing and additional appointments. This assistance can be very helpful to caregivers trying to balance caring for their loved ones and their own busy lives.

LIFE also provides all prescription medications and can help with medication management. Most medications are delivered right to participants' homes; there are no fees or copays.

Rehabilitative Therapies

Maintaining strength, mobility and communication skills is important to independence and living safely in the community. The LIFE rehabilitation team provides state-of-the-art physical, occupational and speech therapy as needed to help participants meet these goals. LIFE also provides medical equipment, including walkers, wheelchairs, shower chairs and more, as needed. LIFE offers classes on balance, moving safely in the kitchen, managing pain and chair yoga to help reduce the risk of falls, hospitalizations and skilled nursing

stays. If a participant is hospitalized, the LIFE nurse case manager visits, communicates and coordinates with the hospital and LIFE care team so that when the patient is discharged home, he or she has everything they need. If short-term skilled nursing care is needed, LIFE works to get a person back home as quickly as possible because—that is where they want to be!

Adult Day Program

Too often, seniors can become socially isolated. The LIFE Adult Day Program provides participants with a place to go during the day for much needed interaction with friends and recreational activities that keep the mind and body active. There's always something to do, whether it's bingo, cards, dominoes, arts and crafts, holiday parties, DJ dance parties, trivia competitions, day trips, clubs and more. Transportation is provided as needed to and from the day program to make it easy for people to get involved.

Proper nutrition is critical to good health, especially for those with medical conditions requiring a special diet. The LIFE registered dietician teaches participants how to make wise food choices that support health and nutrition goals. Everyone at the day program receives a breakfast snack and nutritionally-balanced three-course lunch. Caregivers rest assured knowing their loved one has had two good

meals and that medical care is onsite and accessible while at the LIFE Center. If there is a medical concern after-hours or on the weekend, medical assistance from a physician or nurse is available any time, day or night, through LIFE's on-call service.

Social Services and Spiritual Care

Staying connected to services in the community is key for seniors' independence. The LIFE social services team helps participants address, coordinate and access community services. The team works closely with the members of each participant's care team and caregivers, arranges family meetings, helps connect with behavioral health clinicians, assists with Social Security or Medicaid issues, and can assist with Advanced Directives, Health Care Wishes, Power of Attorney and other paperwork. They also help caregivers with resources for caregiver support and education about aging.



LIFE also offers spiritual care to individuals of all faiths. The Voices of LIFE Choir, Bible study, chat and chews, and celebrations of religious holidays are just a few of the many spiritual activities at LIFE. The Healing the Grief program can provide ways to cope with grief experienced in someone's life. The "My Life Story" program teaches students how to write about their history and experiences. LIFE also has a beautiful chapel onsite for prayer and reflection.

In-home Services

Some seniors need extra help in the home. A LIFE home care nurse can visit to assist with medications, wound care or help with medical equipment, such as oxygen. LIFE home care aides can help those hav-

ing difficulty with everyday activities like bathing, getting dressed, cooking, light housekeeping, laundry and other challenging activities. LIFE also provides medical supplies as needed. These and all LIFE services are provided according to each participant's personalized care plan.

Because of the importance of following plans of care, each person's care team works closely with participants and their caregivers. Care plans are continually reviewed and updated to meet changing medical and social needs. LIFE views caregivers as partners in care. Many caregivers credit LIFE's all-inclusive care for maintaining their loved one's ability to live at home, and value LIFE's collaboration.

No Cost to Qualifying Seniors

In the PACE model of care, LIFE is both the medical provider and insurance company and is funded by Medicare and Medicaid. Eligible seniors with either Medicare and Medicaid or just Medicaid do not pay anything for the LIFE program. There are no fees, charges, co-pays or deductibles as long as a participant uses the providers in the LIFE provider network.

LIFE Expansion in Newark

Many more elderly in New Castle County can benefit from the services and supports of the LIFE all-inclusive care program. With the support of Trinity Health, one of the largest providers of Programs of All-inclusive for the Elderly in the United States and the parent company of Saint Francis Healthcare, a second Saint Francis LIFE Center will open this summer on Route 896 in Newark. This second site will enable LIFE to help 250 more New Castle County residents remain living independently in their homes.

To find out more about the Saint Francis LIFE program, call us at 302-660-3351 or visit www.saintfrancislife.org.

LIFE complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.





Volunteers: A Mission-Critical Calling

Every Wednesday, Dottie, a retired nurse, comes to Delaware Hospice's Dover office to make friendly check-in calls to patients in the Delaware Palliative and Delaware Transitions programs. She also audits and organizes the nurse supply closet, in addition to helping out with our education programs. John spends much of his time out in the community visiting patients, sometimes sitting vigil when one is nearing the end of their journey. Sharon can be found taking care of clerical and fundraising tasks in the Newark office on Tuesdays, Wednesdays, and Thursdays from noon until closing, with the regularity and dedication of a paid employee.

If you've ever wondered how a nonprofit like Delaware Hospice can provide top-quality care regardless of a patient's ability to pay, you've just met one of the key factors in the equation: volunteers like Dottie, John, and Sharon.

Volunteers do more than stuff envelopes.

Along with a mission-driven staff, expert leadership, and generous donors, volunteers play a critical role in helping Delaware Hospice provide expert, compassionate care for serious illness. Volunteers can be found in every single department at Delaware Hospice—including in the volunteer office!

In 2019, more than 400 volunteers ranging in age from 16 to 90 contributed over 26,000 hours of service—delivering patient supplies, greeting visitors, picking up prescriptions, making follow-up phone calls to grieving families, giving rides to adult daycare, sewing lap blankets, and helping children work through their losses at Camp New Hope. Their donated time was worth more than \$479,000 and freed Delaware Hospice to direct funds where they're most needed.

"When Delaware Hospice calls me, I know I can make a difference because someone needs me now," explains Mike Raser, who runs errands, transports patients, and sometimes sits vigil. As an Army vet, Mike also plays a special role in Delaware Hospice's Vet-to-Vet program.

Each volunteer becomes part of the Delaware Hospice family.

Every volunteer at Delaware Hospice is treated as if they're regular staff. While there's no minimum service-hour requirement that many other organizations have, Delaware Hospice volunteers must keep their paperwork up to date and report their service hours. (To receive reimbursement from Medicare, we're required to document that 5% of all of our staff hours are provided by volunteers.)

The volunteer program exhibits the same compassionate team-focused approach found throughout Delaware Hospice's staff. Rolonda often

accompanies a new volunteer on their first patient visit to help break the ice, or serves as a source of support to the volunteers themselves. She knows she can call on Mike when a patient needs a visit, or on Beth when she needs to get supplies to a patient's home. She tracks volunteers through family illnesses and sends birthday cards. And every volunteer is celebrated at a special gathering in April for National Volunteer Month. Whether someone gives one hour a year or one hundred hours a year, every volunteer second is valued—and adds up to make Delaware Hospice the one-of-a-kind health-care nonprofit it is.

We always need new volunteers who are willing to share their time and talents with the community! We'll help you find a volunteer role that fits your skills, schedule, and interests. Apply to volunteer today at www.delawarehospice.org/volunteer or call our offices throughout the state.



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Helping People, Changing Lives: The Health Benefits of Volunteering

Volunteers make an immeasurable difference in the lives of others. Oftentimes, they perform with the core intention of helping others. But did you know that volunteering can benefit your own health as well? Researchers have attempted to measure the benefits that volunteers receive, including the positive feeling referred to as helper's high, increased trust in others and increased social interaction.

From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits, especially for older adults.

1 Volunteering decreases the risk of depression. Research has shown that volunteering leads to lower rates of depression, especially for individuals 65 and older. Volunteering increases social interaction and helps build a support system based on common interests, both of which have been shown to decrease depression.

2 Volunteering increases self-confidence, gives a sense of purpose and teaches valuable skills. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

3 Volunteering helps people stay physically and mentally active. Volunteer activities get you moving and thinking at the same time. One study found that volunteer-

ing among adults age 60 and over provided benefits to physical and mental health. Another study found that, in general, volunteers report better physical health than do non-volunteers. Older volunteers experience greater increases in life satisfaction and greater positive changes in their perceived health as a result of volunteering.

4 Volunteering may reduce stress levels. Volunteering may enhance a person's social networks to buffer stress and reduce risk of disease. By savoring time spent in service to others, you will feel a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

5 Volunteering may help you live longer. An analysis of data from the Longitudinal Study of Aging

found that individuals who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health. In addition, several studies have shown that volunteers with chronic or serious illness experience declines in pain intensity and depression when serving as peer volunteers for others also suffering from chronic pain.

6 Volunteering helps you meet others and develop new relationships. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you. Dedicating your time as a volunteer also helps you expand your network and practice social skills with others.



**Empowering seniors
to prevent health care fraud.**



Volunteer

- Empower Seniors and Caregivers to Protect Themselves
- Meet New People
- Make a Difference in Your Community

**Call 302-255-9601 to volunteer in New Castle County;
or 302-424-8654 for Kent or Sussex Counties.**



Visit us online: <https://DHSS.Delaware.gov/DHSS/DSS/SMP.html>

Supported, in part, by grants 1802DEMIAA and 1802DEMIDR from the
US Administration for Community Living, Administration on Aging, Department of Health and Human Services



Be a Senior Medicare Patrol Volunteer!

Volunteers come to an organization for a myriad of reasons, offering a variety of skills. But all volunteers share one thing in common: they choose to help a cause and make a difference in someone's life.

During the month of April, our nation recognizes the priceless contributions of volunteers. Many organizations would cease to exist without the dedication and expertise of their volunteers. The Delaware Senior Medicare Patrol (SMP) is a grant program administered by the Department of Health and Social Services' Division of Social Services. The SMP team consists of both paid staff and volunteers.

This month, why not consider making a difference in the life of a senior who depends on Medicare benefits in order to stay healthy, as well as when he or she faces a health challenge? All too often, these vulnerable community members are targeted by scammers and cheats who take advantage of the trusting nature of our older citizens, stealing their personal information and then using it to steal money from the Medicare Health Insurance Program, which in turn affects all of us.

SMP volunteers will learn how to help seniors stop Medicare fraud, waste and abuse, how to better manage their Medicare benefits, and how to protect themselves from dishonest attempts to obtain their personal information. Volunteers perform these outreach and education services by giving presentations, meeting with community groups, and providing one-on-one counseling sessions.

Volunteering with the Senior Medicare Patrol offers you a unique way to help others while also helping yourself. Not only will you get to meet new and interesting people of all ages and backgrounds, but you'll also get answers to any questions you might have about Medicare along the way!

If you think the Delaware Senior Medicare Patrol would be a good match for your time and talents, please contact us at 302-424-8654 or email Joanne Friend at joanne.friend@delaware.gov. To read more about the SMP grant program, go to <https://DHSS.Delaware.gov/DHSS/DSS/SMP.html>

University of Delaware's Summer OLLI Programs: Learning for the Fun of It

Are you looking for a fun learning opportunity this summer? With topics ranging from iPhone photography to Aztec culture, and TV sitcoms to home organization, there's something for everyone at the University of Delaware's lifelong learning program for adults age 50-plus.

With programs based in Bridgeville, Dover, Lewes, Ocean View and Wilmington, the Osher Lifelong Learning Institutes at the University of Delaware—affectionately nicknamed “OLLI”—are volunteer-based learning cooperatives for adults to take and teach classes together with no grades, exams or educational prerequisites.

For the first time this summer, OLLI will also hold classes on UD's Newark campus. More than a hundred OLLI courses will be held in the following locations this summer, in subjects like:

■ **Dover**—Pearl Harbor and WWII

history, iPhone photography, nonfiction writing, Italian farm to table (classes start July 6).

■ **Newark**—TV sitcoms, resources for healthy aging, opera in the movies (classes start July 7).

■ **Lewes**—IRAs and retirement, Aztec history and culture, painting workshop, tai chi (classes start June 1).

■ **Wilmington**—acoustic guitar workshop, James Bond films, personal and home organization, Hinduism (classes start July 7).

Newark classes will take place at UD's STAR Tower on South College Ave.; Wilmington classes take place at Arsht Hall, 2700 Pennsylvania Ave. Participants can enroll in up to six courses and unlimited extracurricular activities for one \$95 registration fee, which includes any combination of Newark and Wilmington courses.

OLLI Dover classes are held at Wy-

oming Church on Wyoming Road. Lewes classes take place at the Fred Thomas Building, 520 Dupont Ave. or at Trinity Faith Christian Center on New Road. For one \$60 registration fee, participants sign up for unlimited courses at all three locations.

Prior OLLI membership is not required to register for OLLI summer sessions. OLLI gift certificates are available for purchase year-round.

Dover member Joe Bailey is passionate about OLLI's learning opportunities. “I never thought I could love school this much,” he says. “Lifelong learning has always been important to me although not necessarily in a formal way. Since joining OLLI, I have taken between four and seven classes every semester and have even planned vacations around my schedule.” Adds Bailey, “OLLI is addictive!”

“I've always been an avid learner,” says longtime member Carolyn

Stankiewicz of Wilmington. “OLLI is a natural continuation for my curiosity exploring everything from astronomy to yoga.”

The University of Delaware is proud of its history as one of the first and largest lifelong learning programs in the country. Last year, when the country's OLLI programs reported 170,000 participants nationwide, more than 4,000 of that number were members of the Delaware programs alone. In Delaware and across the country, OLLI is affiliated with and receives partial support from the Bernard Osher Foundation, a philanthropic organization focused on higher education, lifelong learning and the arts.

For details about courses and locations, contact the Kent or Sussex county program at 302-645-4111 or OLLI-Kent-Sussex@udel.edu, or the Wilmington/Newark program at 302-573-4417 or LLL-wilm@udel.edu, or visit www.lli.udel.edu/summer2020.

DISCOVER. EXPLORE. GROW.

The University of Delaware hosts Osher Lifelong Learning Institute (OLLI) programs throughout Delaware for adults 50+ to enjoy classes, teach, exchange ideas, play music and travel together. OLLI offers more than 900 courses each year — with no grades or exams and no educational prerequisites.

JOIN US AT OLLI FOR SUMMER SESSION!

Lewes: **June 1 – 26** • Dover: **July 6 – 30**

Wilmington: **July 7 – 30**

Classes
start soon
in Newark!



WILMINGTON | BRIDGEVILLE | DOVER | LEWES | OCEAN VIEW

302-573-4417 (in Wilmington) • 302-645-4111 (in Kent & Sussex Counties)



For a course catalog, visit lli.udel.edu/summer2020 and join our mailing list!



Relaxing at Home

If you can't get away on a vacation, turn your home into an instant vacation place.

By Madisyn Taylor

Throughout our lives, most of us are led to believe that relaxation is best pursued outside of the home. As a result, we spend months anticipating weeklong vacations, seldom fully appreciating the leisure time we are blessed with on a more regular basis. It is possible, however, to experience the same utterly relaxed state you slip into while on holiday within your home's walls. The feelings of serenity you enjoy during a vacation are a product of your outlook rather than your locale. You give yourself permission to enjoy yourself and unwind while on vacation. Granting yourself the same privilege while at home allows you to experience complete relaxation, even when surrounded by routine.

Our homes can be distracting places as most survival tasks are addressed there. Reviving the tranquility you felt on holiday is as easy as creating an atmosphere that helps you relax. First, divest your-

self of the notion that messes must be cleaned up immediately and reaffirm that relaxation is as vital as physical nourishment. Then, set the mood. Music that reminds you of a beloved vacation destination can put you in a vacation mindset. The exotic flavor of a tropical beverage or the spiciness a favorite ethnic dish can transport you to a more restful mental space. Finally, put aside your projects and commit to doing only what you consider truly pleasurable. Your responsibilities will wait as you put up your feet and revel in peacefulness that comes from within.

If you find it difficult to ignore the temptation to simply fall back into your usual schedule, consider that relaxation should occupy a prominent place on your to-do list. You deserve to take "you time" and to care for yourself, even during life's busy periods. While you may not always be able to get away from it all, you can still nurture yourself and regain your peace of mind.

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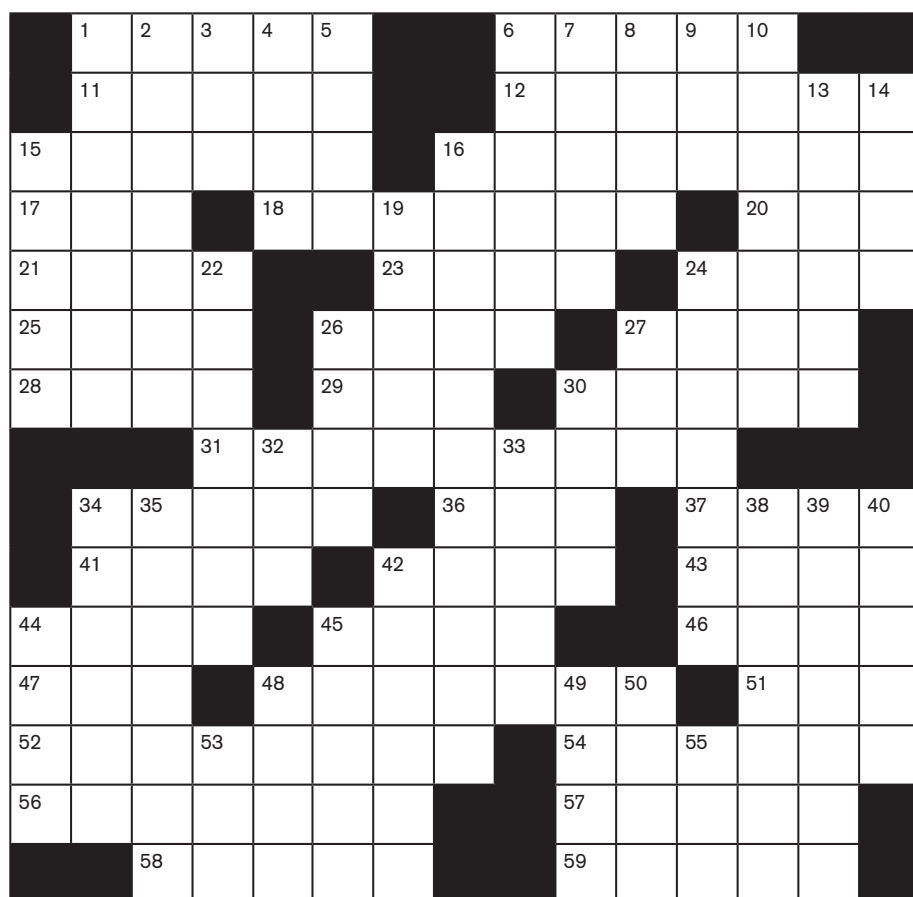


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Crossword

By Dave Fisher



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Answers on page 13

ACROSS

1. Quaked
6. 10 cent coins
11. Row of shrubs
12. Extra
15. A triangular fore-and-aft sail
16. Pad for sheet music
17. Historic period
18. A British title of respect
20. 52 in Roman numerals
21. Acted like
23. Not pretty
24. Weight loss plan
25. Roman emperor
26. Hourly pay
27. Typeface
28. Catch
29. East southeast
30. Short and plump
31. Completing
34. Pottery fragment
36. Pull
37. Biblical kingdom
41. Rate
42. Goals
43. Lasso
44. Ascend
45. "Cut that out!"
46. Dines
47. Commercials
48. Patron
51. Brassiere
52. Jellies
54. Large indefinite amount
56. A Christian recluse
57. Layers
58. Fathers
59. Dispatches

DOWN

1. Hone
2. Ancient Greek mistress
3. Lyric poem
4. Curved molding
5. Knows
6. Gentle
7. Shade of white
8. No more than
9. Before, poetically
10. Young tree
13. Merriment
14. Modify
15. Inclines
16. Proposals
19. Somewhat
22. Slang for infantryman
24. LA baseball team
26. Make (one's way)
27. Merriment
30. Swine
32. Fury
33. Bulges
34. Arachnid
35. Bothers
38. Twofold
39. Crush
40. Plateaux
42. Makes amends
44. Anger
45. Malice
48. Blend
49. Klutz's cry
50. Part in a play
53. French for "Friend"
55. Cacophony

DIY “GATORADE”: LEMON-POMEGRANATE ELECTROLYTE DRINK

Sports drinks provide easy-to-digest carbohydrates to help fuel athletes for longer-duration exercises. They also help replace electrolytes that are lost when you sweat or exercise.



This recipe uses a mix of coconut water and regular water to provide a more varied flavor and to add some potassium and calcium. Feel free to use only water if you prefer, but you may need to add electrolytes, like salt and a powdered calcium-magnesium supplement, for proper refueling. Experiment with flavors (for example, try using lime instead of lemon or choose your favorite juice). The recipe may also need some tweaking based on your own needs:

- Adding too much sugar can cause stomach distress during exercise for those with a sensitive gastrointestinal (GI) tract.
- Adding too little sugar can lower the amount of carbohydrates you get before, during, or after your workout. This can affect your performance and ability to refuel.
- Finally, although you don't lose a lot of potassium or calcium in sweat, they're still important electrolytes to replenish.

For weight loss after an athletic event or exercise, aim to drink 16 to 24 ounces (2 to 3 cups) of a rehydration fluid per pound of weight lost, to properly rehydrate.

This recipe provides a 6 percent carbohydrate solution with 0.6 grams (g) of sodium per liter, which are both within general sports-nutrition rehydration guidelines.

Yield: 32 ounces (4 cups, or approximately 1 liter)

Serving size: 8 ounces (1 cup)

INGREDIENTS

- ¼ tsp. salt
- ¼ cup pomegranate juice
- ¼ cup lemon juice
- 1½ cups unsweetened coconut water
- 2 cups cold water
- Additional options: sweetener, powdered magnesium and/or calcium, depending on needs

DIRECTIONS

Put all ingredients in a bowl and whisk. Pour into a container, chill, and serve!

Nutrition Facts: Calories 50, Fat 0, Carbohydrate 10, Fiber 0, Sugar 10, Protein <1, Sodium 250 mg, Potassium 258 mg, Calcium 90 mg



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.

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	7		3	5		8		

Answers on page 13 (courtesy of KrazyDad.com)

The Funny Bone

Laughter is the Best Medicine to Help You Stay Healthy!

Something tells me I need to lose some weight. During a recent trip to visit my son and his family, I stopped off at a bakery to pick up dessert. After scanning the display case, I settled on a dozen poundcake cupcakes. The clerk's pleasant response: "Is that for here or to go?"

Four worms were placed in four separate test tubes: 1st in beer, 2nd in wine, 3rd in whiskey, 4th in mineral water. The next day, the teacher shows the results: The 1st worm in beer, dead. The 2nd in wine, dead. The 3rd in whiskey, dead. The 4th in mineral water, alive and healthy.

The teacher asks the class: "What do we learn from this experience?"

A child responds: "Whoever drinks beer, wine and whiskey doesn't have worms."

A tourist in Hawaii is amazed at how healthy and invigorated he feels after just a few days visiting the islands. He strikes up a conversation with one of the locals while they are wading out into the crystal clear, warm surf on yet another perfect island day. "I just can't get over how beautiful this place is," the tourist says excitedly. "I feel great! I haven't felt this young and healthy in years! Island life is fantastic!" The local says, "I know what you mean! Take me for instance. When I came here, I was totally bald, didn't have any teeth and I couldn't even walk...and look at me now!" The tourist looks at him and says, "Wow, that's amazing! How long have you been here?" And the local says, "Oh, I was born here."

A woman gave birth to a set of twins. She was so tired by the end of it that she fell asleep. She woke up 16 hours later and asked about her babies. The nurse tells her, "You had two healthy babies. First one is a daughter and the second is a son. Fortunately, your brother was here to name your kids since you were out cold. We tried several times to wake you up." The new mother exclaims, "Oh no! My brother is a complete moron. I'm almost afraid to ask what he named them." The nurse says, "Well he named your daughter Denise." The mother goes, "Well that's a pretty name for my daughter. Maybe I didn't give my brother enough credit. What'd he name my son?" And the nurse says, "Denephew."

A man and his pet greyhound walk into a bar. While he's sipping on his drink, he notices a guy with a pet turtle. Now this turtle did not look healthy. It had a large crack down its shell and bandages all over it. So the man asks the bartender, "What's up with that turtle?" To which the bartender answers, "That's the fastest turtle in the world."

The man's very confused, so he decides to talk to the guy with the turtle. "Excuse me sir, what's up with your turtle?" And the guy answers the same thing, "He's the fastest turtle in the world. In fact, I bet you \$100 my turtle could beat your greyhound in a race."

"You're on," the man replies. They walk to an open area at the bar and start the race. "'3, 2, 1, Go!" The greyhound starts running as fast as he can. The man with the turtle picks up his pet and throws it across the bar.

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