



Vital!

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Get Happy! **Release Your** **Expectations**

Retiring Soon? **How to Handle** **Market Volatility**

Page 7

Build Your **Resilience**

Page 8

Family **Caregiving** **During** **Coronavirus**

Page 11



MAY 2020



Life has certainly changed over the past month. It's serious, it's scary, and we're likely not going back to "the way it used to be." Because of this magazine, many of my friends are involved in senior care in one way or another, whether as caregivers, doctors or other frontline personnel. I worry about them every day and am so proud of the work they do to keep us all safe and healthy. They all are heroes.

In our household, we're taking social distancing seriously and will continue to do so probably even after things start to open up. I'm able to work from home, my son is learning via Zoom and online lessons, and I worry that school next year may or may not happen. Which in the whole big scheme of things, is not a horrible worry to have. There's a lot of unknown, and for someone like me, an acknowledged control freak, well...I've resolved to take heed of Rienhold Niebuhr's Serenity Prayer - to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

One of the questions my friends and I have been asking of ourselves is what part of the way we're living now would we want to continue? We've all got teenage kids heavily involved in sports and activities, so this slower pace is something we never expected to be able to enjoy. We've got more time on our hands, but with nowhere to go, there's no reason to think "I should be" doing this or doing that or going here or there. Every day there's time to get outside. Every night is family dinner night. Everyone is more relaxed. And we all agreed: it's given us time to really take stock of what's important in our own lives and to see that, even when life changes unexpectedly, that's not necessarily a bad thing. For that I'm grateful.

One of the nicest compliments we've gotten over the years is that the magazine is always so positive. We love that! So this month, even though we have a ton of information about how to handle your health and your money during the pandemic, don't miss the stories about becoming more resilient and releasing expectations, and...Fish Stories (!) on page 15. My favorite is the second...did I mention that we've been spending an inordinate amount of time fishing these days?

How are you spending your time now? Is there anything you want to continue when this has passed? Let us know! Email karync@vitalmagonline.com.

Happy Mother's Day to all you Moms!
And Happy May!

Karyn and Heidi

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Hearing Loss? How to Communicate with Staff at the Hospital During COVID-19

For those with hearing loss, going to the hospital is very different during the pandemic.

Normally, as a patient, hospitals must offer services that help you understand what is being said and are supposed to ask you what services you need. This might include in-person sign language interpreters, Video Remote Interpreting (VRI), lip-reading, written communications, hand-held amplification devices, captioning or CART, or speech-to-text apps.

During the pandemic, most hospitals are seeing such an increased number of patients that they often cannot provide these services. Many hospitals will not allow in-person interpreters, family members, or visitors to come into the hospital. Most doctors and nurses now wear masks and gloves and may talk to you from behind a window or curtain, so it may be harder for you to understand them. You may be alone for a long time.

You have the right to decide your care. This means that during the pandemic, you will need to take extra steps prior to a hospital stay.

- Print out a page/medical placard to let staff know you are deaf, hard of hearing, or DeafBlind and need them to communicate with you differently.
- If you have a smartphone, load the apps you need to communicate and bring your phone with you.
 - Before you go to the hospital, download several VRI apps and/or speech-to-text apps.
 - Test the apps at home before you go to the hospital.
 - If the hospital does not have WiFi, you may have to use your phone's cellular connection.
 - When you get to the hospital, ask hospital staff to let you use their WiFi, and to put you in an area with strong WiFi.
 - Tell hospital staff to communicate with you through

your smartphone with VRI or speech-to-text apps.

- If you do not have a smartphone, bring or ask hospital staff for something to write on, along with pens or markers.
- Bring an emergency bag with items you need to communicate. Label the bag and items with your name. Leave space on the label to add your hospital room number. The emergency bag can include:
 - Paper and pens or markers.
 - Phone charger.
 - Tablet and/or laptop and chargers.
 - A cellular hotspot in case the hospital WiFi is not working.
 - An extension cord or power strip in case your bed is far from an outlet.
 - Reading glasses to read the speech to text on a phone app.
 - Extra batteries for your hearing aid, cochlear implant, or assistive listening device.
 - A copy of your advance medical directive, if you have one.
 - Emergency contact information for family members or friends.
 - For DeafBlind people, Braille device, charger and extra gloves for an interpreter to use.

If the hospital staff refuses to talk with you or respect your wishes, demand an "ethics consultation." You can also contact ConsumerGroups@DHHCAN.org for help. Examples of a placard as well as communication apps can be found at www.hearing-loss.org/communication-access-recommendations-hospitals-covid-19/#tools.

Hearing Services of Delaware cares about you. For over 25 years, our audiology staff has been helping people hear better by providing Delaware's highest quality hearing health care services. Call us at 302-376-3500 or visit <https://heardelaware.com>.



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For more information about our services, please call us.

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Total Health Self-Care: It's a NEW START

Caregivers know that one of the most dangerous enemies they face is caregiver burnout. That's why self-care is always equally as important as caring for others. Because of COVID-19, everyone's stress levels have increased and working conditions have become unprecendently challenging. This simple guideline for total health can be beneficial to helping sustain your mind, body and soul.

NEWSTART

Nutrition is the foundation of good health. Taking time to eat a well-balanced nutritious meal is key to maintaining good health.

Exercise and movement is the law of life. Muscle tone and strength are lost without exertion, but exercise goes beyond muscles; it improves the health of body, mind and spirit. Find time for a walk, for a bike ride, or tennis or golf. Take the dog for a walk on a new nature trail. Find a staircase if you don't have a treadmill.

Water makes up 70% of our bodies, so keeping well hydrated and knowing what and

when to drink is essential to health. Eight eight-ounce glasses a day (about a half-gallon) are recommended. Sip throughout the day to hit your goal. And please wash those hands (20 seconds!) after each trip to the bathroom.

Sunlight is important for the body's metabolism and hormonal balance. The sun's energy turns a chemical in your skin into vitamin D3, which is carried to your liver and then your kidneys, where it is transformed to active vitamin D. All you need is 10 minutes of sun each day on skin unprotected by sunscreen.

Temperance helps you enjoy the good things in life in moderation, while avoiding that which is harmful. A temperate, balanced approach to life enables you to incorporate compromise in all you do.

Air is the body's most essential resource. More important than food or water, proper breathing and fresh air are fundamental to good health. Getting out and getting some fresh air has been shown to help digest food more effectively, improve blood pressure and heart rate, strengthen

the immune system, and reduce obesity rates.

Restoration requires rest in order for the body to renew itself. Most healthy adults need between 7 to 9 hours of sleep per night to function at their best.

Trust is a firm belief in the reliability, truth or strength of someone or something. Whether you believe in a divine being or simply a loved one, trust provides a sense of calm, stability and balance during difficult times.

Remember the principles of NEWSTART to help you make changes in your lifestyle and to help you achieve optimum health. In the challenging times of COVID-19, our self-care is a MUST. It's never too early or too late to become a healthier you.

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Selling a Home?

Why It's Better to Sell Now Than to Wait

Every day that passes, people have a need to buy and sell homes. That doesn't stop during the current pandemic. If you've had a major life change recently, whether with your job or your family situation, you may be in a position where you need to sell your home—and fast. While you probably feel like timing with the current pandemic isn't on your side, making a move is still possible. Rest assured, with technology at your side and fewer sellers on the market in most areas, you can list your house and make it happen safely and effectively, especially when following the current COVID-19 guidelines set forth by the *National Association of Realtors* (NAR) and the *Centers for Disease Control and Prevention* (CDC).

You may have a new employment situation, a parent who moved in

with you, you just built a home that's finally ready to move into, or some other major part of your life that has changed in recent weeks. Buyers have those needs too, so rest assured that someone is likely looking for a home just like yours.

Here's the other thing—people are spending a lot of time on the Internet right now, given the stay-at-home orders implemented across the country. Buyers are actively looking at homes for sale online. Some of them are reaching out to real estate professionals for virtual tours and getting ready to make offers, too. Homes are being sold in many markets.

There Is Less Competition Right Now

This can definitely work in your favor. If other sellers are removing their listings, your home has a better

chance of rising to the top of a buyer's search list and being seen. If you need to sell right now, don't wait for the competition to get back into the market again.

This year, delayed listings from the typically busy spring season will push into the summer months, so more competition will be coming to the market as the pandemic passes. Getting ahead of that wave now might be your biggest opportunity.

Your Trusted Real Estate Advisor Can Help

Real estate agents are working hard every single day under untraditional circumstances, utilizing technology to help both buyers and sellers who need to continue with their plans. We're using virtual tours to show homes currently on the market, staying connected with buyers and sellers through video chats, and

leveraging resources to complete transactions electronically. We're making sure the families we support remain safe and can keep their real estate needs on track, especially as life is changing so rapidly.

Bottom Line

Homes are still being bought and sold in the midst of this pandemic. If you need to sell your house and would like to know the current status in your local market, contact a local real estate professional to create a safe and effective plan that works for you and your family.

If you're ready for a move or just planning ahead, call Erik Bashford (302-540-8048) or Holly Henderson-Smith (302-298-2836) to learn more about all the ways they can help you. Pantano Real Estates's Certified Senior Real Estate Specialists are here for you!

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Retiring soon? How to Handle Market Volatility

By Alessandra Malito, [marketwatch.com](https://www.marketwatch.com)

It's hard to be sanguine when retirement is around the corner.

Investors have been on a roller coaster the past month, but near-retirees are probably wondering how they can get off the ride—and fast. Failing to do so could lead to a less-than-ideal nest egg in retirement.

The markets have been volatile, what with plunging oil prices and fears of the spreading coronavirus affecting global economies.

Most investors are told to stay the course, especially if retirement is far away. But some people may not have time on their side, especially if they intend to retire within the next year or so. Individuals who enter retirement during a market downturn face a “sequence of returns” risk, which means they could potentially be withdrawing assets from their investment principals—not investment gains. When that happens, they can lose future returns.

Near-retirees worried about their nest egg have a few options, none of which include withdrawing all of their money or stopping contributions to their plans.

For starters, they should look through their financial plans and its assumptions to see how their investments are set up to handle volatility. They should not yet intend to make changes to their asset allocations in their portfolios, since selling when the market is down would inherently create “realized losses.” (Investors haven’t actually lost or gained money from their investments until they choose to sell them.)

This is also a good time to see how much of a portfolio or assets are in conservative funds or cash, said Alex Reffett, co-founder of East Paces Group in Atlanta. “I would recommend having five to seven years of cash flow in very conservative assets that aren’t affected by short-term market volatility,” he said. This way, “you will feel confident that you can ride out market volatility, even in serious recessions like 2008-09.” With this strategy, investors are withdrawing in the immediate future from these assets, leaving their investments in equities to rebound over time (and thus, deterring a real loss).

There are instances where selling some investments may be worth considering, said Rocco Carriero, chief executive officer of Rocco A. Carriero Wealth Partners in Southampton, N.Y. Investors who are extremely worried about their finances in the foreseeable future could talk to advisers about selling equities that would amount to about one year’s worth of expenses in cash. “Now you know



for the next 12 months that you don’t have to worry,” he said.

Alternatively, some people may see this market volatility as a good opportunity to buy more in equities, while prices are down, buying over time, since nobody knows where the actual bottom is.

Financial plans are meant to be unique to each individual investor, so it’s hard to suggest a “perfect” asset allocation for any near-retiree. Still, investors—and if they have one, their advisers—can take a second look at their portfolios to see where they stand and create “what-if” scenarios.

Another option: delaying retirement. Continuing to work could allow a person to postpone withdrawing from their funds, and boost contributions to accounts, which will eventually lead to more money in retirement.

Releasing Your Expectations

*The further you distance yourself from your expectations,
the more exhilarating your life will become.*

By Madisyn Taylor

As we endeavor to find personal fulfillment and realize our individual ideals, we naturally form emotional attachments to those outcomes we hope will come to pass. These expectations can serve as a source of stability, allowing us to draft plans based on our visions of the future, but they can also limit our potential for happiness by blinding us to equally satisfying yet unexpected outcomes. Instead of taking pleasure in the surprising circumstances unfolding around us, we mourn for the anticipation left unfulfilled. When we think of letting go of our expectations, we may find ourselves at the mercy of a small inner voice that admonishes us to strive for specific goals, even if they continually elude us. However, the opposite of expectation is not pessimism. We can retain our optimism and free ourselves from the need to focus on specific probabilities by opening our hearts and minds to a wide variety of possible outcomes.

When we expect a situation, event, or confrontation to unfold in a certain way, it becomes more difficult to enjoy the surprises that have the

potential to become profound blessings. Likewise, we may feel that we failed to meet our inner objectives because we were unable to bring about the desired results through our choices and actions. Consider, though, that we are all at the mercy of the universal flow, and our best intentions are often thwarted by fate. As you grow increasingly open to unforeseen outcomes, you will be more apt to look for and recognize the positive elements of your new circumstances. This receptivity to the unexpected can serve you well when you are called upon to compromise with others, your life plans seem to go awry, or the world moves forward in an unanticipated manner by granting you the flexibility to see the positive aspects of almost any outcome.

The further you distance yourself from your expectations, the more exhilarating your life will become. Though a situation in which you find yourself may not correspond to your initial wants, needs, or goals, ask yourself how you can make the most of it and then do your best to adapt. Your life’s journey will likely take many unpredicted and astonishing twists because you are willing to release your expectations.

Building Your Resilience



What is resilience?

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part, thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.

While these adverse events are certainly painful and difficult, they don’t have to determine the outcome of your life. In fact, often these experiences can help you grow. That’s the role of resilience.

What resilience isn’t

Being resilient doesn’t mean that a person won’t experience difficulty or distress. Resilience isn’t a personality trait that only some people possess. On the contrary, resilience involves behaviors, thoughts and actions that anyone can learn and develop.

Like building a muscle, increasing your resilience takes time and intention. Focusing on four core components—connection, wellness, healthy thinking and meaning—can empower you to withstand and learn from difficult and traumatic experiences. To increase your capacity for resilience to weather and grow from difficulties, use these strategies.

Build your connections

Prioritize relationships. Connecting with empathetic and understanding people can remind you that you’re not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings.

The pain of traumatic events can lead some people to isolate, but it’s important to accept help and support from those who care about you. Whether you go on a weekly date night with your spouse or plan a phone call or lunch with a friend, try to prioritize genuinely connecting with people who care about you.

Join a group. Along with one-on-one relationships, some people find that the social support found within civic groups, faith-based communities, or other local organizations can help reclaim hope.

Foster wellness

Take care of your body. Self-care may be a popular buzzword, but it’s also a legitimate practice for mental health and building resilience. That’s because stress is just as much physical as it is emotional. Positive lifestyle factors like proper nutrition, ample sleep, hydration and regular exercise can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.

Practice mindfulness. Mindful journaling, yoga, and other spiritual practices like prayer or meditation can help people restore hope, which can prime them to deal with situations that require resilience. When you journal, meditate, or pray, ruminate on positive aspects of your life and recall the things you’re grateful for, even during personal trials.

Avoid negative outlets. It may be tempting to mask your pain with alcohol, drugs or other substances, but that’s like putting a bandaid on a deep wound. Focus instead on giving your body resources to manage stress.

Find purpose

Help others. Whether you volunteer with a community group

or support a friend in a time of need, you can garner a sense of purpose and connection and foster self-worth while tangibly helping others, all of which grow resilience.

Be proactive and move toward your goals.

It’s helpful to acknowledge and accept your emotions during hard times, but it’s also important to foster self-discovery by asking yourself, “What can I do about a problem in my life?” If problems seem too big to tackle, break them down into manageable pieces.

Ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?” For example, if you got laid off from work, spend an hour each day developing your top strengths or working on your resume. Taking initiative can muster motivation and purpose even during stressful periods of your life, increasing the likelihood that you’ll rise up during subsequent painful times.

Look for opportunities for self-discovery.

People often find that they have grown in some respect as a result of a struggle. For example, after a tragedy or hardship, people have reported better relationships and a greater sense of strength, even while feeling vulnerable. That can increase their sense of self-worth and heighten their appreciation for life.

Embrace healthy thoughts

Keep things in perspective.

How you think can play a significant part in how you feel - and how resilient you are when faced with obstacles. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. For instance, if you feel overwhelmed by a challenge, remind yourself that this isn’t an indicator of how your future will go, and that you’re not helpless. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.

Accept change. Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of an adverse situation. Accepting things that can’t be changed can help you focus on circumstances that you can alter.

Maintain a hopeful outlook.

It’s hard to be positive when life isn’t going your way. An optimistic outlook empowers you to expect that good things will happen to you. Visualize what you want, rather than worrying about what you fear. Note ways in which you start to feel better as you deal with difficult situations.

Learn from your past. By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you’ve been able to find strength and ask yourself what you’ve learned from those experiences.

Seeking help

Getting help when you need it is crucial in building your resilience. For many people, using the kinds of strategies listed above may be enough, but at times, an individual might get stuck or have difficulty making progress on the road to resilience.

A licensed mental health professional can assist people in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are unable to function as well as you would like or perform basic activities of daily living as a result of a traumatic or other stressful life experience. Keep in mind that different people tend to be comfortable with different styles of interaction. To get the most out of your therapeutic relationship, you should feel at ease with a mental health professional or in a support group.

You’re not alone on the journey. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life’s challenges that you can.

www.apa.org



Your Smart TV is Spying on You. Make It Stop.

Jefferson Graham, USA TODAY

Those smart TVs that sold for unheard of low prices over the holidays come with a catch. The price is super low, but the manufacturers get to monitor what you're watching and report back to third parties, for a fee.

Or, in some cases, companies like Amazon (with its Fire TV branded sets from Toshiba and Insignia) and TCL, with its branded Roku sets, look to throw those same personalized, targeted ads at you that you get when visiting Facebook and Google.

It doesn't have to be this way. You have the controls to opt out. With just a few clicks, you can stop the manufacturers from snooping on you in your own living room.

Amazon-branded 'Fire TV Edition' sets

Go to Settings and Preferences, where you have several categories to uncheck. Select "Privacy Settings," and make sure "Device Usage

Data," "Collect App and Over-the-Air data" and "Interest-based ads" are turned off. Go back and check your settings often. There have been reports that even after "interest-based ads" were turned off, they somehow clicked back to "on."

Amazon will urge you to turn interest-based ads back on, saying that the apps will be instructed not use your information to "build profiles" for advertising purposes or "target you with interest-based ads. It only sounds like a great deal.

TCL/Roku

TCL makes branded Roku TVs with software also used in sets by Hisense, Hitachi, Insignia, Philips, RCA and Sharp.

Turn off ACR (Automatic Content Recognition is an identification technology that recognizes content played on a media device or present in a media file) by going to Settings, then Privacy, and "Smart TV Experience." To disable ACR, make sure

all the options there are unchecked, notes CNET.

LG

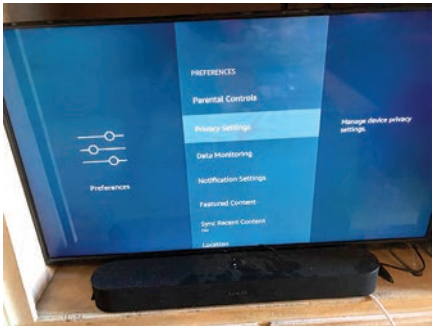
In the menu, click to Settings, which brings you to All Settings, and find your way to General. The feature to look for here is LivePlus, which is what LG calls the ACR technology that monitors your viewing. This is the one you want to turn off.

Samsung

On newer sets, go for Settings in the menu, then Support, then Terms & Policies. From there, CNET suggests "Choose Viewing Information Services" and uncheck the ACR tab. Personalized ads are in Service Privacy Notice, where you uncheck Enable to hopefully stop them in their tracks.

Sony

Consumer Reports notes that ACR is turned on when the TV is set up, via agreements with manufacturer Sony, AndroidTV operating system provider Google, and Samba TV, a company that gathers analytics on



viewers' habits that advertisers can use for targeted ad campaigns.

On Sony TVs, you'll have to go back to the setup, available within Settings, to turn off ACR.

Vizio

Select System, click on "Reset & Admin" and opt for "Viewing Data" to opt out of ACR.

The Easiest Step

There's also a simpler, incredibly effective step. If you don't want your viewing tracked, just turn the WiFi off on the set altogether and just rely on your cable TV signal. But you won't be able to say "Alexa, turn off the TV" or "Hey Google, open Netflix" so what fun is that?



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Meals on Wheels: It's Time to Pitch In!

The Corporation for National and Community Service reported that in 2018, over 29 million older adults contributed more than 3 billion hours of service in their communities valued at over \$73.5 billion. These volunteers helped with everything from helping other seniors live independently to tutoring at-risk youth, from providing financial education and job training to veterans to helping communities recover from disasters, and more. In fact, volunteers are among the most valuable of resources both in our communities and at many non-profit organizations.

Everyone has so much on their plate these days that it might seem impossible to squeeze even one more moment out of the day. But volunteering doesn't have to take a huge amount of your time, and the intrinsic rewards you'll reap far outweigh even the financial benefit you're giving back to your community. Consider this: Studies have shown that people who volunteer feel more connected to others and become less absorbed in the normal (and these days, the extraordinary) stresses of daily life. And the perks don't end there. Beyond reaping social, emotional and physical benefits, volunteers feel more involved in life and live longer than those who don't volunteer.



Need more proof that volunteering does a body good? Volunteering can reduce stress and combat depression. It keeps you mentally stimulated and provides a sense of purpose. Volunteering also counteracts anxiety and social isolation. In fact, studies have shown that volunteers have a lower mortality rate than those who don't volunteer.

Volunteers are happy! They have a greater satisfaction with life and higher self-esteem. They tend to have more friends and stronger relationships. When you invest the time and energy to volunteer, you are in-



vesting in yourself just as much as in the causes you support.

Retirement can be the perfect time to volunteer. Retirement provides time - time to give back, time to explore new ideas, and time to start a new adventure...like volunteering.

Giving Back Locally

Supported by over 900 volunteers, City Fare is New Castle County's Meals on Wheels nutrition program. Every weekday, we deliver over 1,000 meals to homebound seniors and disabled persons in the county, allowing them to stay in their homes and remain independent. One client reported that even though he has 2 children that are local and help on a regular basis, City Fare Meals on Wheels has been a godsend. He loves the fact that he's able to stay in his home, the home that he built himself. He enjoys every meal he receives from City Fare and appreciates all the time and effort of the volunteers who deliver the meals.

Volunteers are a crucial part of our program, and their service goes well beyond meal delivery. Imagine being homebound, with no one to visit you. Our volunteers are a daily check-in, a friendly smile and happy greeting to seniors who may not otherwise have any other social contact. And the value of knowing that you make a difference in someone's life can't be measured.

If you've got one hour once a month and are ready to help, call City Fare at 302-421-3731 or email mealsonwheels@cityfare.org. There are over 60 routes available, leaving from multiple area senior centers. It might just be the best call you ever make!



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Division of Social Services

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— Serving Seniors in New Castle County —



**St. Anthony's
Community Center**



Meals on Wheels

GIVE BACK LOCALLY

Family Caregiving During Coronavirus

By Anthony Cirillo, [usnews.com](https://www.usnews.com)

By now you've heard the stories and seen the videos. Loved ones who cannot visit their mom, dad, husband or wife due to the coronavirus pandemic have resorted to phone calls and hand signals outside windows. The isolation inside and out is deafening, but the helplessness from the caregiver's side hurts even more.

In many ways, all caregivers become long-distance caregivers at a time like this. Thirteen percent of Americans provide long-distance care already. So, what are some things we can be doing now—and once this passes, that we can do later? Let's take a look.

Keep the Home Safe: Wire Up

If you can't be in the home where your loved one is, at the very least, you can check in. And you don't have to go out and buy a whole new security system.

Technically, my wife and I are in a vulnerable population because we're over 60. Our house has an alarm system with cameras inside and out. We alone have access to them, but it would not be a big deal to give our three kids access so they can check in just in case they can't reach us by phone. In senior living facilities, so called Granny Cams have been debated; these are legal in some states, but not all, but where applicable, they can give family members peace of mind knowing they can keep an eye on their loved ones.

There are solutions such as BrioCare and LifePod that leverage smart speakers to help caregivers monitor loved ones, while also engaging the care recipient with trivia, games and books. Using existing technologies that you may already have makes these solutions affordable. And when you add a video component to these app solutions, like Echo Show, you can engage face to face with a loved one too. This is especially important if they don't have a smartphone, FaceTime, Skype or some other video app.

Consider adding whole-house monitoring systems to your house and that of a loved one. There are a variety of home sensor companies on the market. You can also cobble together your own systems with Ring or SimpliSafe and with your local security provider.

Isolation Does Not Mean Idleness

Isolation is always a problem, and now, when you have a situation where able-bodied older adults want to go out but can't, well, that can be challenging. So how do you keep engaged? If you have a spouse, that's great. Heck, my wife and I are getting creative. Besides learning some new board games, we're knocking out our spring cleaning early. I had already started learning Italian and will ramp that up; likewise, my wife will continue online piano lessons.

An older person alone doesn't have to be lonely. If your loved one reads, ship him or her books. If they have trouble with their eyesight, install an audio book app on their phone.

Visitors currently are not able to enter senior living facilities, so some program providers are getting creative. One person I know streams live music concerts from their home studio, while another friend of mine does a Science for Seniors program that she offers virtually.

Take Care of the Essentials: Food and Finances

It's been incredible how restaurants and food delivery services have stepped up their game during this crisis. You can order groceries online and have them delivered or ready for pick up at the curb. It also means that caregivers can easily send Whole Foods items to mom or dad through their Amazon Prime account, or arrange for grocery deliveries from any number of stores, as well as order supplies, make medical appointments as needed and more, all from the comfort of home.

This extra time we all have is a good time to take stock of how prepared we or our parents are for aging, getting necessary documents in order, and decluttering the house. It's also a good time to take care of finances. There are shared platforms such as EverSafe and Onist that monitor bank and investment accounts, credit cards and credit data, and provide easy-to-use tools that help organize and analyze personal finances all in one place.

Take a Hand

Chances are your employer offers caregiver services of some type. The uptake on these is low, partly because people aren't aware of the benefits or don't want to self-identify. Now is not the time for that. Many of these companies offer access to aging life professionals and advocates who can help throughout the caregiving journey.

If you haven't done so in the past, once the coronavirus passes, help build a local support system for mom and dad. You can utilize e-tools such as Lotsa Helping Hands or ECare Diary to help coordinate and assign care.

Find your local Area Agency on Aging. They can assess your situation and offer solutions. Non-profit organizations are stepping up locally and can help. Faith-based organizations are a great support too. Of course, mom or dad's neighbors can be a great resource. It's a bonus that neighbors can keep an eye on each other. Even the postman can be your eyes and ears if they see mail and newspapers piling up.

The point of all this is that we can survive this pandemic and actually thrive afterwards if we install the right tools and safeguards to become better and healthier caregivers while helping those we love.

COVID-19: Tips for Dementia Caregivers

Most likely, dementia does not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk for flu. However, dementia-related behaviors, increased age and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease or other dementias may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

Tips for dementia caregivers at home

According to the Alzheimer's Association, caregivers of individuals living with Alzheimer's and all other dementia should follow guidelines from the Centers for Disease Control (CDC), and consider the following tips:

- For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion, contact your health care provider for advice. Unless the person is having difficulty breathing or a very high fever, it is recommended that you call your health care provider instead of going directly to an emergency room. Your doctor may be able to treat the person without a visit to the hospital.
- People living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next.
 - Consider placing signs in the bathroom and elsewhere to remind people with dementia to wash their hands with soap for 20 seconds.
 - Demonstrate thorough hand-washing.
 - Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.
- Ask your pharmacist or doctor about filling prescriptions for a greater number of days to reduce trips to the pharmacy.
 - Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.
 - Think ahead and make alternative plans for care management if the primary caregiver should become sick.



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The Right Way to Remove a Tick

By Jeneen Interlandi

With more people forced to exercise outdoors, state and local parks are becoming more crowded at the same time that ticks are emerging from their winter hiatus. In many parts of the country, tick season is already here.

It's tough to say how dire any given tick season will be. Many factors play a role, and outbreaks of diseases like Lyme and Powassan can vary tremendously from one community to the next. But experts say that overall, the specter of insect-borne diseases is getting worse. "Mosquitoes and ticks are being found in new areas where we haven't seen them occurring before," says Benjamin Haynes, a spokesman for the Centers for Disease Control and Prevention. And the list of diseases they carry is growing longer.

You'll want to protect yourself from getting bitten by a tick in the first place, but when precautions fail, what's the best way to find and remove those little bloodsuckers?

Know Where and How to Look

The CDC recommends that you bathe or shower as soon as possible after returning from a tick-prone area. You should also conduct a full-body tick check if you can. Use a full-length mirror to examine all parts of your body for insects. And if you can't get to a shower or mirror right away, you should at least check the most likely hiding places. Ticks love dark, moist places like armpits, the groin, behind the ears, and the base of the skull, near the hairline.

It's important to do these checks as soon as possible. While some pathogens (like the bacteria that cause Lyme disease) take up to 72 hours to

pass from tick to human, others (like the Powassan virus) can be transmitted in a matter of hours. The faster you find the tick, the less likely you are to become infected.

The Right Moves

If you find a tick, don't panic! The CDC's protocol for removing them is quite simple:

- 1 Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2 Once you have a firm grasp, pull straight up with steady, even force. Don't twist or jerk the tick because you might cause its mouth to break off and remain in the skin.
- 3 If you do accidentally break the tick in half, try removing the mouth with the tweezers. If you can't, leave it alone and let the skin heal.
- 4 You can dispose of the tick by submersing it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet. (Never handle a tick with your bare fingers; pathogens called spirochetes can pass from the tick to you through tiny breaks in your skin.)
- 5 Once the tick is disposed of, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- 6 Check the bite area for several weeks after removal. If you develop a rash there (or have a fever at any point in that time frame), see a doctor about getting tested for Lyme and other tick-borne diseases.

What Not to Do

Fancy tools: There are several tick-removal devices on the market, but the CDC says that a plain set of pointy tweezers or a thin, curved forceps is really all you need. These simple instruments are actually perfect for gripping the tick close to the skin and avoiding its bloated abdomen, which can burst open if you squeeze it.

Suffocation: One popular folk remedy for removing ticks involves trying to "suffocate" them with butter, petroleum jelly, or some other thick, waxy substance. This won't kill the tick, and by delaying tick removal to try it, you increase the likelihood that disease-causing pathogens will pass from the tick's body to yours.

Heat: Another popular tick-removal strategy involves using heat, usually in the form of a glowing match, to get the tick to detach from your skin on its own. This approach doesn't work because heat will only encourage the



tick to burrow deeper into your skin. It also wastes precious time. Your goal is to remove the tick as quickly as possible, the CDC writes. You don't want to wait for it to detach.

Bottom line: Speed counts. Do a self-check as soon as you're able, and if you find a little critter, remove him as cleanly and quickly as possible.

Consumerreports.com

T	R	I	O		A	N	T	S		B	L	E	D	
W	I	M	P		C	A	R	P	S		R	I	V	E
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6	1	2	3	4	9	5	8	7
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7	8	4	6	5	1	3	9	2
1	2	5	9	3	7	4	6	8
9	6	3	4	2	8	1	7	5
3	4	6	7	8	5	9	2	1
8	5	1	2	9	3	7	4	6
2	9	7	1	6	4	8	5	3

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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			
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62					63				64		65		
66					67					68			
69						70				71			

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Answers on page 13

ACROSS

- 1. Threesome
- 5. Picnic insects
- 9. Hemorrhaged
- 13. Weakling
- 14. Quibbles
- 16. Rend
- 17. Highest point
- 18. Crown
- 19. Poems
- 20. Pottery fragment
- 22. A temporary fortification
- 24. Sailors
- 26. Claw
- 27. Film material
- 30. Deduce
- 33. Cursing (archaic)
- 35. A bleaching vat
- 37. 3 in Roman numerals
- 38. Decree
- 41. Tear
- 42. A kind of macaw
- 45. Pain in the neck
- 48. Predicament
- 51. Give forth
- 52. Sentry
- 54. Sweeping story
- 55. Ones who accomplish
- 59. Fungal diseases of plants
- 62. Weight to be borne
- 63. Double-reed instruments
- 65. Wings
- 66. Window ledge
- 67. Coagulates
- 68. Container weight
- 69. Unique
- 70. If not
- 71. God of love

DOWN

- 1. It was (contraction)
- 2. Wealthy
- 3. Extraneous
- 4. Perform surgery on
- 5. Behave
- 6. Childlike
- 7. Characteristic
- 8. Disseminate
- 9. Very rich chocolate cake
- 10. Adriatic resort
- 11. Always
- 12. Writing table
- 15. French for “Room”
- 21. Sketch
- 23. Misfit
- 25. Anagram of “Ties”
- 27. Largest continent
- 28. Bird sound
- 29. Terminate
- 31. Lingo
- 32. Kick out
- 34. Martini ingredient
- 36. Type of sword
- 39. Prompt
- 40. An indefinite period
- 43. Stiffly
- 44. Chills and fever
- 46. Exhausts
- 47. Inspire
- 49. Mayhem
- 50. Triple
- 53. Dribble
- 55. And
- 56. Metal money
- 57. Corridor
- 58. Collections
- 60. Tropical tuber
- 61. Views
- 64. South southeast

CAJUN CHICKEN PASTA

Serves: 4 to 6
Prep time: 10 minutes
Cooking time: 20 minutes

INGREDIENTS

- Kosher salt
- 1 cup freshly grated Parmesan cheese
- 2 medium scallions
- 2 medium tomatoes
- 1/4 cup fresh parsley leaves and fine stems
- 4 tablespoons unsalted butter
- 1 pound dried penne pasta
- Freshly ground black pepper
- 1 tablespoon salt-free Cajun spice blend
- 1 1/2 pounds skinless boneless chicken breasts
- 2 tablespoons olive oil, plus more for the pasta



PHOTO: JOE LINGEMAN/KITCHN;
FOOD STYLIST: JESSE SZEWCZYK/KITCHN

DIRECTIONS

1. Fill a Dutch oven or large pot two thirds of the way with salted water and bring to a boil. Meanwhile, prepare the following ingredients: grate 1 cup Parmesan cheese, dice 2 tomatoes (about 1 cup), thinly slice the light green and white parts of 2 scallions, and coarsely chop 1/4 cup fresh parsley leaves if desired. Cut 4 tablespoons unsalted butter into 4 pieces.
2. Add 1 pound dried penne pasta to the boiling water and cook until just shy of al dente (it should still be a little too tough to chew), about 8 minutes. Meanwhile, place 1 teaspoon kosher salt, 1 teaspoon freshly ground black pepper, and 1 tablespoon Cajun spice blend in a large bowl and stir to combine. Pat 1 1/2 pounds chicken breasts dry with paper towels. Cut into 1-inch pieces, add to the bowl, and toss to combine.
3. When the pasta is ready, reserve 1/2 cup of the pasta water, then drain the pasta in a colander. Immediately drizzle it with a little olive oil and toss to coat the noodles so they don't stick together. Leave the pasta in the colander.
4. Wipe out the pasta pot, then add 2 tablespoons olive oil and heat over medium-high heat until shimmering. Add the chicken, spread into an even layer, and leave untouched for 1 minute. Flip the chicken over. Repeat until the chicken is cooked through and browned in spots, about 4 minutes total.
5. Add the pasta, butter, and 1/4 cup of the pasta water, and stir to combine until the butter just starts to melt, about 1 minute. Add the Parmesan a little at a time, stirring vigorously and constantly with a wooden spoon, to form a thick sauce that clings to the noodles, about 2 minutes. If it appears dry, add 1 tablespoon of the pasta water at a time until it reaches your desired consistency.
6. Remove from the heat and stir in the tomatoes. Taste and season with salt and pepper as needed. Divide between plates and top with the scallions and parsley, if using.

Storage: The pasta will last 5 days in a sealed container in the refrigerator.

www.thekitchn.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.

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

Answers on page 13

(courtesy of KrazyDad.com)



The Funny Bone

Fishing Season

A couple goes on vacation to a fishing resort in northern Minnesota. The husband likes to fish at the crack of dawn. The wife likes to read.

One morning the husband returns after several hours of fishing and decides to take a nap. Although she isn't familiar with the lake, the wife decides to take the boat. She motors out a short distance, anchors, and continues to read her book.

Along comes the game warden in his boat. He pulls up alongside and says, "Good morning Ma'am. What are you doing?"

"Reading my book," she replies, thinking isn't that obvious?

"You're in a restricted fishing area," he informs her.

"But officer, I'm not fishing. Can't you see that?"

"Yes, but you do have all the equipment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with rape," says the woman.

"But I haven't even touched you," says the game warden.

"That's true, but you do have all the equipment."

A man was stopped by a game warden recently with two buckets of fish leaving a lake well known for its fishing. The game warden asked the man, "Do you have a license to catch those fish?"

The man replies to the game warden, "No, sir. These are my pet fish."

"Pet fish?"

"Yes, sir. Every night I take these here fish down to the lake and let them swim around for a while. I whistle and they jump back into their buckets, and I take 'em home."

"That's a bunch of hooey! Fish can't do that!"

The man looked at the game warden for a moment, then says, "Here, I'll show you."

"O.K. I've GOT to see this!" The game warden was curious now.

The man pours the fish into the lake, then stands there and waits. After several minutes, the game warden turns to the man: "Well?"

"Well, what?"

"When are you going to call them back?"

"Call who back?"

"The FISH."

"What fish?"

One day a rather inebriated ice fisherman drills a hole in the ice and peers into the hole. A loud voice says, "There are no fish down there."

He walks several yards away and drills another hole, peers into the hole and again the voice says, "There's no fish down there."

So he walks about 50 yards away and drills another hole and again the voice says, "There's no fish down there."

He looks up into the sky and asks, "God, is that you?"

"No, you idiot," the voice says, "it's the rink manager."

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