



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Saint Francis LIFE Keeping Seniors Safe at Home



**Heading Back
to the Gym?
Play It Safe**

Page 3

**Max Out Your Money:
When to Take
Social Security**

Page 7

**7 Ways to Avoid
Caregiver
Burnout**

Page 10

JULY 2020



Do you ever feel like you've just emerged out of a cocoon, into a strange, unknown world? Between living through a pandemic and political unrest everywhere, it almost feels like it would be better to just crawl right back in. I participated in a Zoom meeting today (yes, had not even heard of Zoom just 3 months ago) in which the presenter discussed the mental health aspects of living through the pandemic. Insomnia, vivid dreams, grief, fear. Experienced by millions. And the list went on.

On the flip side, it reminded me of a quote that was sent to me: *"Peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart."* How great is that? Just the perfect reminder to, every once in a while, take a deep breath and center yourself. Find peace. The presenter then shared an even longer list of things you can do to balance your feelings. If you'd like to see the video, find it at https://youtu.be/GY3_bLgimac.

This month, we're excited to be sliding back into some semblance of activity. Gyms are opening back up. Should you go? Should you wait? Depends. Check out the articles on page 3 to help you decide, and page 5 if you decide against it. After all, you still need to get active.

If you're getting close to retirement, or have recently retired, you've got some big money decisions ahead of you, not the least of which is when to start taking Social Security. Consult with a financial planner, but to get you thinking in the right direction, we lay out some of the primary questions you need to answer for yourself on page 7. There's a lot to consider, and your decision will affect your benefits for the rest of your life.

Continuing our series on growing your own food, this month it's scrap gardening! Herbs, veggies—buy them once and never buy 'em again. Who knew!

Wishing you a safe 4th and Happy July!
Karyn and Heidi



Want Home Delivery?
Visit vitalmagonline.com to subscribe or call 302-544-0684

EDITOR IN CHIEF

Karyn Cortez
karync@vitalmagonline.com

CREATIVE
ART DIRECTOR

Heidi Atwell

Vital! Magazine is published monthly by Vital Media LLC. Articles are intended for general information purposes only and should not replace your personal advisor's advice.

Any reproduction in part or in whole of any part of this publication is prohibited without express written consent of the publisher.

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

Unsolicited material in the form of article contributions and community notifications are welcomed and are considered intended for publication. Upon receipt such material becomes the property of Vital Media LLC and is subject to editing. Material will be returned if accompanied by a self-addressed, stamped envelope. Vital Media LLC will not knowingly accept any advertising in violation of U.S. equal opportunity law.



Heading Back To The Gym? Play It Safe

By Kelli Kennedy, AP

Are some workouts, like yoga or spinning classes, less safe than others? Should I wear a mask? Do I need more than six feet apart in cardio classes where there's panting and heavy breathing?

There are many legitimate concerns about how gyms and fitness studios can safely reopen without furthering the spread of coronavirus. But infectious disease experts say risk can be greatly mitigated by following some simple rules.

"There may be scenarios where (the gym) can't develop a system whereby your risks are lower, so the responsibility falls to you," says Dr. Deverick Anderson, director of the Duke Center for Antimicrobial Stewardship and Infection Prevention.

So:

Wash, Rewash, Repeat

"When you put down that dumb-

bell, you've got to immediately wash your hands. You've got to assume that if you were to accidentally touch your eyes, you're putting yourself at risk," Anderson says.

Bring your own towel, wash every piece of equipment before and after using it so you're not relying on whether someone before you followed the rules. Most gym wipes aren't strong enough, so bring your own disinfectant or inquire what the gym is using. And before you hop on the treadmill or grab your weight, let the spray sit on the equipment for a minute or two, he says.

Surfaces, not people, may offer more opportunities for contact with the virus. Experts have said different things, but some believe the virus can last for up to 24 hours on cardboard and up to two or three days on plastic and stainless steel. But the federal Centers for Disease Control emphasizes that surfaces are not thought to be a major path for transmission.

If respiratory droplets from an infected person do land on surfaces, "they absolutely can be spread there, and it's a very common thing to wipe sweat off your forehead," says Dr. Kristin Englund, an infectious disease expert at the Cleveland Clinic. "And if you wipe past your eyes or nose, you're going to be carrying the virus there."

Cardio

Cardio workouts and fitness classes may pose increased risks. Experts agree that there may be a greater risk of spreading the virus in environments where people are, say, exercising on an elliptical machine, sweating, and panting onto the machine. "These are activities that make me anxious," says Englund.

Anderson agrees that there should be at least six feet of distance in cardio settings — along with an understanding that the risk there is "not the same as walking into the grocery store six feet apart."

Masks

Anderson acknowledges that it's impractical to wear masks while sweating, but he suggests wearing them to enter and exit facilities. Employees, he says, should definitely be wearing masks.

An abundance of signs stressing hand washing and equipment cleaning protocol is helpful at first. Unfortunately, people eventually become inured to them, he says.

It's a Personal Choice

To some degree, since guidance varies by city and state, your workout will be as safe as you choose to make it. Each facility is bound to have folks who are and aren't following safety precautions.

Bottom line: Is it worth it?

Says Anderson: "For many people, I think the answer to that is yes. For some people, the answer to that is still no, as we learn more and more about this disease and who is at most risk."

PICTURE YOURSELF HERE

4949 OGLETOWN-STANTON ROAD • NEWARK, DELAWARE
PH: (302) 998-6900 • CHURCHMANVILLAGE.COM

Where Should You Go After the Hospital?

By Julie Beckert, HCR-ManorCare

It may be easier to think about going home after a hospital stay or surgery, but choosing a Skilled Nursing and Rehabilitation center may be the better choice for you or your loved one. Why? The biggest benefit of choosing to stay at a skilled nursing and rehabilitation center is that you'll be provided with direct and continued access to medical and clinical care while you recover.

A Safer Recovery

A short stay at a skilled nursing and rehab center can help build up your strength and stamina, which allows you to have a safer transition to home. In-house nursing care is provided 24/7 and you'll have easy access to physicians, nurse practitioners, on-site lab work and any medical testing your medical team deems necessary.

During recovery at a skilled nursing rehab, you or your loved one will receive comprehensive rehabilitation therapies like physical therapy, occupational therapy or speech language therapies. This is important, because studies have shown that when you receive therapies early on and more often, the outcomes may be better after

a surgery or an acute illness. In a skilled nursing and rehabilitation center, you'll receive up to three hours of therapy per day. This frequency and intensity of therapy allows for better outcomes and decreases the very real risk of re-hospitalization.

You'll also have help performing normal activities of daily living. Simple things like brushing your teeth, putting on your socks, taking a shower or preparing a light meal can quickly become daunting after a surgery or acute illness. The clinical and rehab team are not only trained to assist you, but they'll also provide you with the tools, training and physical support to perform those tasks safely on your own. This carries over to include creating a continued care plan, as initiated from the hospital, to help anticipate and establish the goals you want and need to achieve before you go home.

Dietitians are another part of your team. They'll create a nutrition plan that fits your needs while recuperating. Mealtime is never a worry because nutrition is delivered with consistency and accuracy to provide you with the best food to fuel your body. Diets are customized for you and your carloric, nutritional and physical needs, which are a critical part of the recovery process.

The Social Side of Recovery

An important aspect of recovery at a skilled nursing rehab is social interaction. After hospitalization, a primary risk factor for re-hospitalization is social isolation. Several research studies have shown a strong correlation between social interaction and health and healing, particularly among older adults. When you engage with other people who are supportive of your achievements, harmful inflammatory factors are lowered.

A Faster, Safer Recovery

The bottom line is that, after surgery or hospitalization, all the factors that come into play in a faster, safer recovery with less chance of re-hospitalization are at your fingertips when you choose a stay at a skilled nursing and rehabilitation center.

ManorCare Health Services provides skilled nursing and rehabilitation services at its locations across the country and locally in Wilmington and Pike Creek. To learn more about ManorCare Health Services and the HCR-ManorCare family of services, please call 302-764-0181 in Wilmington, 302-239-8583 in Pike Creek, or visit www.hcr-manorcure.com for information on skilled nursing and rehabilitation, assisted and independent living, home health care, memory care and hospice care.

19 Fun and Easy Ways to Get Some Exercise



Ready to lose those pandemic pounds, but not ready to hit the gym? Or maybe you plain just don't like to "exercise." You're not alone. But that doesn't mean you can't find fun ways to get active. You just need to think outside the box.

- 1 Become inefficient.** Park in the farthest corner of the parking lot. Take the stairs. Stand up more. Have fun air-drumming to your favorite songs.
- 2 Take a hike.** Put on some sturdy shoes, grab some water and a friend, and head on over to the local park or explore those woods you've always wondered about.
- 3 Climb on stuff.** While you're out on your hike, don't just stay on the path. Jump onto rocks, use fallen trees as a balance beam, and hang from some branches or try some pull ups to work your arms too.
- 4 Go for a walk.** If time is a factor, squeeze in a brisk 15-minute walk. Make it fun—plan a "walk" to the beach or some other location. Keep track of your distance every day and before you know it, you'll have covered the distance to your destination. If you're at work, follow in Steve Jobs footsteps. Get everyone in on the action and suggest a walking meeting.
- 5 Try Geocaching.** It's like going on a scavenger hunt with thousands of people. With a little help from a GPS system and a map, discover hidden treasure, sign your name to prove you were there, and put the treasure back for the next person.
- 6 Dance.** Fast or slow, at a club, at the gym (Zumba!) or in your living room, not only will dancing get your heart rate up, it's impossible to not get a mood lift too when you're swaying to your favorite beats.
- 7 Play with your grandkids.** Roll around on the ground with them, chase them around the yard, go for a bike ride. Be young at heart!
- 8 Try martial arts.** There are over 175 different styles of martial arts that range in speed and level of exertion, but no matter whether you practice Tai Chi or Capoeira, your friends are going to think you're just a badass.
- 9 Clean the house.** Somebody's gotta do it. Just think about all those calories you're burning as you push the vacuum. Hold in those abs!
- 10 Go to the playground.** You're never too old to have fun on the swings, slide down the sliding board and try your hand at the climbing walls.
- 11 Practice Yoga.** Strength, flexibility and mindfulness all rolled into one. Like martial arts, there are so many forms of yoga to try, don't just stop at one.
- 12 Play video games.** Wii, Dance Dance Revolution, Just Move—they're all fun and games!
- 13 Join a rec league.** Check out Meetups or the Senior Olympics (and no, it's not all competitive) or join a co-ed kickball, softball, or tennis league.
- 14 Sit in a squat, or pike position on the floor while watching TV.** No, not leaning against the couch—sitting up actively engaging your core. You can also stretch or do a plank during commercials (or in the 15 seconds between Netflix episodes!)
- 15 Go for a walk while on the phone.** What if you just decided you had to stand for all of your phone calls?
- 16 Sit in a deep squat.** If you're able to sit like our ancestors, the stretch you'll feel in your spine will help counteract sitting in a chair all day. Chest up, heels down and relax all the way down so that your butt is down by your heels.
- 17 Pull yourself up.** Get yourself a door-frame pull-up bar. Put it in a doorway that you have to cross through regularly. Now every time you go through, do either 1 pull-up, 1 negative pull-up, or hang for 10 seconds from the bar.
- 18 Casual Parkour.** From avoiding cracks on the sidewalk to balancing on curbs, jumping from tile to tile, or hopping up onto a bench and then back down, it all counts. Just get yourself to move differently than you would have otherwise.
- 19 Fidget.** Tap your toes. Twitch your legs. Stand up and sit down again. Take a lap around the house or office. Fidgeting (aka "small micro-movements") can account for up to 350 additional calories burned per day. According to the New York Times, "Overweight people have a tendency to sit, while lean ones have trouble holding still and spend two hours more a day on their feet, pacing around and fidgeting, researchers are reporting in findings published today. The difference translates into about 350 calories a day."

At that rate, ten days later you've burned off a pound!

Problem House?

Unwanted Inheritance?
Facing Foreclosure?
Behind on Payments?

Problem Tenants?
House Needs Repairs?
Owe Taxes?

Fair price offer for your house

Call 302-635-0205

Fast Closing

Delaware's #1 House Buyer

No realtors, no commissions, no closing costs, no fees

Exemplary. Caring. Supportive.

Nationwide Healthcare Centers, renowned for their delivery of exemplary short-term rehabilitation and long-term care, offer environments that are warm and welcoming.

Our Delaware Facilities

Regency
Healthcare & Rehabilitation Center
Wilmington, DE • 302-654-8400
RegencyHCR.com

Regal Heights
Healthcare & Rehabilitation Center
Hockessin, DE • 302-998-0181
RegalHeightsHealthcare.com

Polaris
Healthcare & Rehabilitation Center
Milford, DE • 302-503-7650
PolarisHealthcareRehab.com

NationwideHealthcare.com

Call Toll-Free:

1-800-223-9074

To report suspected fraud/abuse.

DETECT

- Use your Personal Health Care Journal (ask your Senior Medicare Patrol officer for your FREE copy!)
- Access your Medicare information at www.MyMedicare.gov.
- Review Medicare Summary Notices (MSNs) and other statements for services you did not receive, double-billing, and services not ordered by your doctor.

Empowering seniors to prevent health care fraud.

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

DELAWARE HEALTH AND SOCIAL SERVICES Division of Social Services

When it comes to your health care, experience makes a difference



At ManorCare Health Services, Arden Courts and Heartland Hospice, our continuum of care services provide the right care at the right time in the right setting.



Skilled Nursing and Rehabilitation

ManorCare Health Services provides comprehensive medical and rehabilitative treatments to help patients get back on their feet after a hospital stay. We work with each patient to design an individual plan of care to meet their specific goals.

ManorCare Health Services

Wilmington

302-764-018

Pike Creek

302-239-8583



Memory Care

Arden Courts is a unique approach to caregiving and was created to help individuals with memory impairment enjoy residential living while receiving the professional assistance and engagement they need. By recognizing each individual resident's needs, we provide an environment that promotes safe independence for as long as possible.

Arden Courts Memory Care

302-762-7800



Hospice

Heartland's approach to caring focuses on patients and their family's needs. Hospice care enables patients to maintain cherished activities in comfort, provide support to family members in caring for their loved ones and offers spiritual and emotional support.

Heartland Hospice

302-737-7080

As part of ProMedica, the 15th largest not-for-profit health system, we are proud to serve the Wilmington community with our continuum of care designed to meet individual health care needs.

For more information about our services, please call us.

ManorCare

Arden Courts

Heartland

PROMEDICA

TO YOUR WEALTH

When Should You Take Social Security?

The answer is different for everyone and depends on your individual situation. You can start taking benefits as early as age 62 (or earlier if you are a survivor of another Social Security claimant or on disability), wait until you've reached full retirement age or even wait until you reach age 70. While there's no "correct" claiming age for everybody, the typical response to that question is if you can afford to wait, delaying your benefits may be more beneficial to you in the long run.

What's full retirement age?

Full retirement age (FRA) is the age at which you're eligible to receive 100% of your Social Security benefits. Your full retirement age is between 66 and 67, depending on your birth year.

What if I take benefits early?

You can elect to begin receiving benefits as early as age 62. If you do, be aware that your check will be permanently reduced. If you choose to receive your Social Security check up to 36 months before your full retirement age, your benefit is permanently reduced by five-ninths of 1% for each month.

If you start more than 36 months before your full retirement age, the benefit is further reduced by five-twelfths of 1% per month, for the rest of retirement.

For example, let's assume that you stop working at age 62. If your full retirement age is 66 and you elect to start benefits at age 62, the reduced benefit calculation is based on 48 months. This means that the reduction for the first 36 months is 20% (five-ninths of 1% times 36) and 5% (five-twelfths of 1% times 12) for the remaining 12 months. Overall, your benefits would be permanently reduced by 25%.

Effect of early retirement on benefit (DOB: Jan. 2, 1943- Jan. 1, 1955)

Beginning Age	62	63	64	65	66 ¹
Percentage of PIA ₂	75%	80%	86.6%	93.3%	100%

1. Represents Full Retirement Age (FRA) based on DOB Jan. 2, 1943-Jan. 1, 1955
2. The Primary Insurance Amount (PIA) is the basis for benefits that are paid to an individual

SOURCE: SSA.GOV

What if I delay taking my benefits?

On the other hand, if you delay claiming benefits until after your FRA (up until age 70), you will earn a "delayed retirement" credit that will permanently increase your baseline benefit by 8% per year. This means that if you wait to collect until age 70, you'll receive from 24% to 32% more than if you had begun collecting at your full retirement age—and roughly 76% more than if you had begun collecting at 62.

Effect of late retirement on benefit (DOB: Jan. 2, 1943- Jan. 1, 1955)

Beginning Age	66 ¹	67	68	69	70
Percentage of PIA ₂	100%	108%	116%	124%	132%

1. Represents Full Retirement Age (FRA) based on DOB Jan. 2, 1943-Jan. 1, 1955
2. The Primary Insurance Amount (PIA) is the basis for benefits that are paid to an individual

SOURCE: SSA.GOV

Every year, the Social Security Administration will send you a Benefits Statement that outlines your projected benefits at age 62, full retirement age, and age 70, assuming you continue to work and earn about the same amount until age 62, full retirement age, or age 70 before retiring. If you need a copy of your annual statement, you can request one from the Social Security Administration (SSA).

How should I decide when to take benefits?

Consider the following factors as you decide when to take Social Security.

Your cash needs: If you'll need your Social Security benefits to make ends meet, you may not have the option to wait. If possible, you may want to consider postponing retirement or work part-time until you reach your full retirement age, or even longer so that you can maximize your benefits.

Your life expectancy and break-even age:

Taking Social Security early reduces your benefits, but you'll also receive monthly checks for a longer period of time. On the other hand, taking Social Security later results in fewer checks during your lifetime, but the credit for waiting means each check will be larger.

Your spouse: If you are married, take each spouse's age, health, and benefits into account. The higher-earning spouse should recognize that survivor benefits are based on the deceased spouse's benefit. This means that if the higher-

earning spouse waits to collect benefits, even if the lower-earning spouse starts to collect earlier, the survivor's benefit will be increased accordingly.

Whether you're still working: Although your benefit will be reduced if you take Social Security early and continue to work, the reduction is temporary. Earnings are reduced based on your age, however you receive the money back in the form of a recalculated higher benefit beginning at full retirement age.

What about taxes on social security?

Keep in mind that Social Security benefits may be taxable, depending on your "combined income." Your combined income is equal to your adjusted gross income (AGI), plus non-taxable interest payments (e.g., interest payments on tax-exempt municipal bonds), plus half of your Social Security benefit.

As your combined income increases above a certain threshold (from earning a paycheck, for instance), more of your benefit is subject to income tax, up to a maximum of 85%. For help, talk with a CPA or tax professional.

In any case, if you're still working, you may want to postpone Social Security either until you reach your full retirement age or until your earned income is less than the annual limit. In no situation should you postpone benefits past age 70.

What if I change my mind?

If you receive Social Security benefits at a reduced rate, but then change your mind, you have the option of withdrawing your application and paying back to the government what you've already received (including Medicare payments and taxes deducted). Then, you could restart benefits at a later date to take advantage of a higher payout.

For important details about repaying benefits please read the SSA publication *If You Change Your Mind* (<https://www.ssa.gov/benefits/retirement/planner/withdrawal.html>).

The bottom line

If you have a choice and are in good health, think seriously about waiting as long as you can to take your benefits (but no later than age 70). For retirees in good health, a long retirement coupled with uncertainty about markets and inflation are the biggest risks. Delaying Social Security, if you can, is effectively an insurance policy against those challenges.

Your situation may differ, however, and there are many factors to consider. Get help from your financial planner if you need it.



Seniors can live safely at home

now and in the brighter days of our future

with support from Saint Francis LIFE

Older adults with underlying health conditions might be at higher risk for severe complications from COVID-19. Home is still the safest place for seniors to be, and with medical and social services provided by Saint Francis LIFE, seniors are able to remain safely at home.

Traditionally, Saint Francis LIFE's all-inclusive care model provides frail seniors with coordinated and comprehensive medical and social services at our health center, our day center, in the community and at home.

With stay-at-home and social distancing mandates of the pandemic, **the Saint Francis LIFE geriatric-trained team acted quickly to modify its all-inclusive services and innovatively meet seniors' needs in their homes.**

Saint Francis LIFE is uniquely positioned to provide comprehensive care for seniors during this time and after this pandemic is over. Do you know a senior who could benefit from community-based, coordinated care? Let us know!

Call 302.660.3351

Visit saintfrancisLIFE.org



Medical Care

- Nurses and doctors visit seniors at home for hands-on care, as needed.
- Providers utilize telehealth technologies for virtual visits.
- Medications and medical supplies are delivered to senior homes.



Rehabilitaion Therapy

- Physical and occupational therapists conduct virtual therapy sessions.
- Therapists visit senior homes for hands-on care, as needed.



Nutritional Care

- Saint Francis LIFE coordinates home-delivered meals for seniors, as needed.
- Saint Francis LIFE staff connects seniors' with food banks and assists with online grocery shopping.



Social Work Services

- Caregivers turn to Saint Francis LIFE social workers for guidance and support.
- Social workers connect seniors with community resources via telephone.



Social Engagement

- Isolation and stay-at-home orders can be challenging for seniors.
- Saint Francis LIFE recreational therapists have group calls with seniors.
- Telephonic activities like BINGO and trivia, along with home-delivered activity packets, keep seniors engaged and connected.



Participant and Caregiver Education

- Saint Francis LIFE serves as a resource for COVID-19 facts.
- The program keeps seniors informed of symptoms, how to avoid getting sick, and other topics like how to avoid scams during COVID-19.



Spritual Care

- Saint Francis LIFE provides spiritual support to help seniors cope with the impact of COVID-19.
- Seniors can choose to participate in prayer and reflections via telephone with Saint Francis LIFE staff and other seniors.



Trinity Health | Saint Francis
Mid-Atlantic LIFE

Caregiver, Take Care Of Yourself

Avoiding Caregiver Burnout

According to estimates from the National Alliance for Caregiving, during the past year, 65.7 million Americans (29 percent of the adult U.S. adult population/31 percent of all U.S. households) served as family caregivers for an ill or disabled relative. Caregiver burnout, a state of physical, emotional, and mental exhaustion that may be accompanied by a change in attitude—from positive and caring to negative and unconcerned—can occur when caregivers don't get the help they need, or if they try to do more than they are able, either physically or financially. Caregivers who are “burned out” may experience fatigue, stress, anxiety, and depression. Many caregivers also feel guilty if they spend time on themselves rather than on their ill or elderly loved ones.

But if you don't take care of yourself, you can't take care of anyone else!

Recognize the Signs of Stress

If you are experiencing irritability, feelings of resentment, loss of sleep, increased susceptibility to colds and flu, or if you feel guilty about taking time for yourself, then chances are that you need to re-evaluate your situation.

Acknowledge and Accept the Pressure You Feel

It's a normal and healthy reaction to be upset that your loved one is ill and recognize that it takes a toll on you. Reach out to your own support network, keep a journal to help you cope, seek professional and spiritual advice if you're overwhelmed.

Take a Break

Don't feel guilty about participating in activities that don't include the person you're caring for. You need time for yourself in order to take care of others. Exercise, socialize, stay involved in activities you enjoy. It's good for your physical and mental well-being.

Ask for Help

Often people want to lend a hand, but they don't know how. Ask them to do specific tasks. Tell a friend you could really use a home-cooked dinner on Wednesday, or have a neighbor pick up your family member's medication from the drugstore.

Try Respite Care

Hiring someone to help can reduce the burden on the regular caregiver. It doesn't have to be expensive—respite care is when someone comes to give you a few hours off.

Take Pride in What You Are Doing

You are providing love and support for someone - not always an easy task. Take care of yourself, and you will be better equipped to give your family member the loving care they need.

Lifespan Respite

In Delaware, the Lifespan Respite program supports people who take care of individuals across the age and disability spectrum. It provides respite vouchers to eligible caregivers which allow them to pay for care for their loved ones while they take a break from their own caregiving responsibilities.

Eligible persons are those caring for a child with disabilities, an adult with disabilities, or an older person. Also eligible are grandparents and other relatives aged 55+ who are raising other people's children (regardless of whether or not those children have disabilities). A care recipient must not otherwise be getting services through the Division of Developmental Disabilities Services (DDDS), hospice, Medicaid managed care, or Veterans Affairs (VA).

To learn more about the Lifespan Respite program, visit https://dhss.delaware.gov/dhss/dsaapd/lifespan_respite.html. To learn more about respite programs in other states, visit www.archrespite.org.

Scrap Gardening: 7 Easy Veggies to Start from Scraps



What Is Kitchen Scrap Gardening?

Kitchen scrap gardening is the ultimate in recycling. It's environmentally friendly, can save on grocery bills, and it's a fun, hands-on science lesson for young children.

Here are some of the best scraps to get growing. You'll probably get better results if you start with high-quality organic produce since some non-organic produce is actually treated to prevent sprouting. Of course, your local climate will determine if and when plants started from scraps can be transferred to an outdoor garden. If after a week you don't see any sprouting, compost the scraps and try again.

7 Vegetables You Can Regrow from Scraps

1 Green onions. Instead of tossing the end with the little roots growing out of it, plant it root end down in some quality potting soil, place it in a sunny window, keep it watered and watch it grow. In less than two weeks it will be tall enough to snip the top off to eat.



2 Celery. Cut stalks off about two inches from the bottom of the celery bunch and place that white base in a shallow bowl of water. Do not submerge. After several days, roots will begin growing from the base and leaves will grow from the top. After about a week, you can plant in soil with only the leaves above the surface. Celery is a cool weather crop, so plant outside

in early spring rather than waiting until the hot summer months.

3 Romaine lettuce. Cut off the lettuce you plan to eat and leave a couple of inches at the base. Place this romaine heart in water and new leaves will start to grow from the center. Remove outer leaves as they start to die. You can eventually move your plant to soil.

4 Garlic. A garlic bulb is made up of individual garlic cloves. All you need is one clove. Plant it in your garden in the fall, root side down and tapered end pointing up. The next spring or summer you can harvest a full bulb of garlic. It's ready when the tops begin to turn yellow and fall over. Cloves also like a pot in a sunny window.

5 Potatoes. Small potatoes can be planted whole. For larger potatoes just cut them into pieces, making sure there are a couple of eyes on each piece. Let them dry for a day or two, plant the pieces

in your garden or a container filled with well-drained potting mix, and in a few months, you should be able to dig up a whole bunch of new potatoes!

6 Sweet potatoes. So easy, all you have to do is plant the entire sweet potato.

7 Basil, Cilantro, and Other Herbs. Re-growing herbs, such as basil and cilantro, is fairly easy to do. Cut a stem about four inches long, and place it into a glass of water. Be sure that the leaves are not submerged in the water. Place



your stem in a bright area, but out of direct sunlight. In a few days, look for roots forming. Once these roots are about an inch long, go ahead and transplant them into some soil. In no time you will have your very own flourishing herb garden.

Regrow Vegetables from Seeds

Don't stop with just scraps! You can also retrieve the seeds from your food scraps in order to propagate. Rinse off the slimy, seedy insides of your organic tomatoes and allow them to dry thoroughly. Plant them in a container inside until sprouted to a few inches tall, when they can then be transplanted outside. Peppers, cucumbers, pumpkins, winter squash, and microgreens can also be re-grown by salvaging their seeds. Turn those composting scraps into new, edible treasures!

For more great gardening tips, visit www.farmersalmanac.com.

The Best Place to Get Better.

BETTER REHAB. BETTER NURSING. BETTER RESULTS.

We are one of the largest providers of post acute care in the region, offering a supportive environment with state-of-the-art technologies. Our team works collaboratively to develop an individualized treatment plan for each patient.

- ✓ SKILLED NURSING CARE
- ✓ REHABILITATION AND EVIDENCE-BASED THERAPY
- ✓ COMPREHENSIVE PULMONARY CARE



Cadia Healthcare Silverside 3322 Silverside Road Wilmington, DE 19803 (302) 478-8889	Cadia Healthcare Pike Creek 3540 Three Little Baker's Boulevard Wilmington DE 19709 (302) 455-0808	Cadia Healthcare Broadmeadow 500 South Broad Street Middletown, DE 19709 (302) 449-3400	Cadia Healthcare Capitol 1225 Walker Road Dover DR 19904 (302) 734-1199	Cadia Healthcare Renaissance 26002 John J. Williams Highway Millsboro DE 19966 (302) 947-4200
--	--	---	---	---



EAST COAST TREE SERVICE

When Other Companies Can't Do The Job... They Call Us!



Residential and Commercial Tree Removal, Clearing & Trimming

- We regularly (and SAFELY) work around electric wires and around homes and buildings.
- We will remove every trace of your trees – or allow you to remove them yourself to lower your cost.

– FREE ESTIMATES –

Licensed & Insured For Your Protection

CALL NOW!
(302) 588-3955

DE Lic #2013602079





We've spent nearly 50 years at one job. *Maybe you can relate?*



Acts is one of the most trusted, most experienced names in retirement communities. Our approach promotes active senior living and supports your independent lifestyle, while providing lifelong peace of mind with the Acts Life-Care® plan that protects your nest egg. Discover Acts' culture of Loving-Kindness – letting God's grace steer our actions, our attitudes and our values in serving our community with a commitment to excellence. Contact us today.



Where Loving-Kindness Lives

FOR PRICING AND MORE INFORMATION: AboutActs.com/Vital | (877) 925-4730



Country House ~ WILMINGTON, DE

Cokesbury Village ~ HOCKESSIN, DE



July, July

You can tell it's the height of summer—July is National Blueberry Month, National Ice Cream Month AND National Hot Dog Month. Yum!

July is also the birth month of Julius Caesar, and was given its name in his honor by the Roman Senate in 44 BC. How could the name of a month be changed, you ask? Good question! (And interesting trivia.)

Archeologists have reconstructed methods of timekeeping that go back to prehistoric times. The natural units for timekeeping used by most historical societies are the day, the solar (tropical) year and the lunation (the phases of the moon).

The Lunisolar Calendar

A solar year is the time that the Sun takes to return to the same position in the cycle of seasons, as seen from Earth, for example, the time from vernal equinox to vernal equinox, or from summer solstice to summer solstice. A solar calendar, then, uses

an annual cycle. A **lunar calendar** is a calendar based on the monthly cycles of the Moon's phases (about 29½ days). If using just the phases of the moon, a solar calendar and a lunar calendar only match up every 33 years. Therefore, a **lunisolar calendar** adds extra days and months (aka intercalary days or months) in order to align lunar months with the solar year (and thus the seasons).

The early Roman calendar was based on the ancient Greek calendar, and had only 10 named months. It also had an *intercalary* month, called Intercalans, that was 27 or 28 days long, added once every two years after February 23rd. For years that included Intercalans, February 23rd-28th were omitted. How confusing was that!

In 45 BCE, Julius Caesar reformulated the calendar, creating a 365-day year with a leap year every four years. The changing of the month was no longer dependent on the observation of the new moon, and thus, we

had the Julian calendar. (Today, we use the Gregorian calendar, which slightly changes the leap years.)

In the early days

MARCH: Happy New Year! The ancient Romans insisted that all wars cease during the time of celebration between the old and new years. March was the first month of the new year in ancient Rome, so many historians believe the Romans named March after Mars, the Roman god of war.

APRIL: The name for this month may come from a Roman word for "second"—*aprilis*—as it was the second month of the Roman year. Others claim it comes from "*aperire*," a Latin word meaning "to open," because it represents the opening of buds and flowers in spring. Still others think April was named after the goddess Aphrodite.

MAY: Spring is in full bloom for the Romans in May, and this month is named after Maia—a goddess of growing plants.

JUNE: This month is named after Juno, the queen of the gods and patroness of marriage and weddings. And that's where the Romans' creativity stopped.

JULY: This month used to be called Quintilis—the Roman word for "fifth," as in, the fifth month of the Roman year. After the death of Julius Caesar, ruler of the Roman empire, it was changed to July in honor of his family name (Julius).

AUGUST: The sixth month of the Roman year was originally called Sextillia—the Roman word for "sixth." It was later changed to

August by the Emperor Augustus, naming it after himself.

SEPTEMBER: The name for this month comes from the Roman word for "seventh"—*septimus*—as it was the seventh month of the Roman year.

OCTOBER: The name for this month comes from the Roman word for "eighth"—*octavus*—as it was the eighth month of the Roman year.

NOVEMBER: The name for this month comes from the Roman word for "ninth"—*nonus*—as it was the ninth month of the Roman year.

DECEMBER: The name for this month comes from the Roman word for "tenth"—*decimus*—as it was the tenth month of the Roman year.

Then a few extra months were added...

JANUARY: This was one of the extra months that the Romans added to the year. This month was named after Janus—the god of beginnings and endings. He is often depicted as having two faces looking in opposite directions.

FEBRUARY: This is another extra month that the Romans added to the calendar. Its name comes from a festival that was held at this time called Februa. The festival aimed to cleanse the city of evil spirits and welcome health and fertility.

Because the Romans added two new months into the year, and because hundreds of years ago people started considering January the first month of the year, the names of the months just don't make sense anymore.

HAPPY JULY from your friends at Cadia Healthcare! Providing care in Delaware for over 30 years and with 5 locations, Cadia Healthcare is the largest provider of Rehabilitation and Skilled Nursing in the state of Delaware. For more information visit www.CadiaRehab.com.

Buying
Your Dream
Home

Moving
Closer to
Family

Thinking
About
Downsizing

Making a
Lifestyle
Change

Whatever your reason...
We can help!



Erik Bashford
REALTOR, LICENSED IN DE
302.540.8048

Holly Henderson-Smith
REALTOR, LICENSED IN DE & PA
302.298.2836



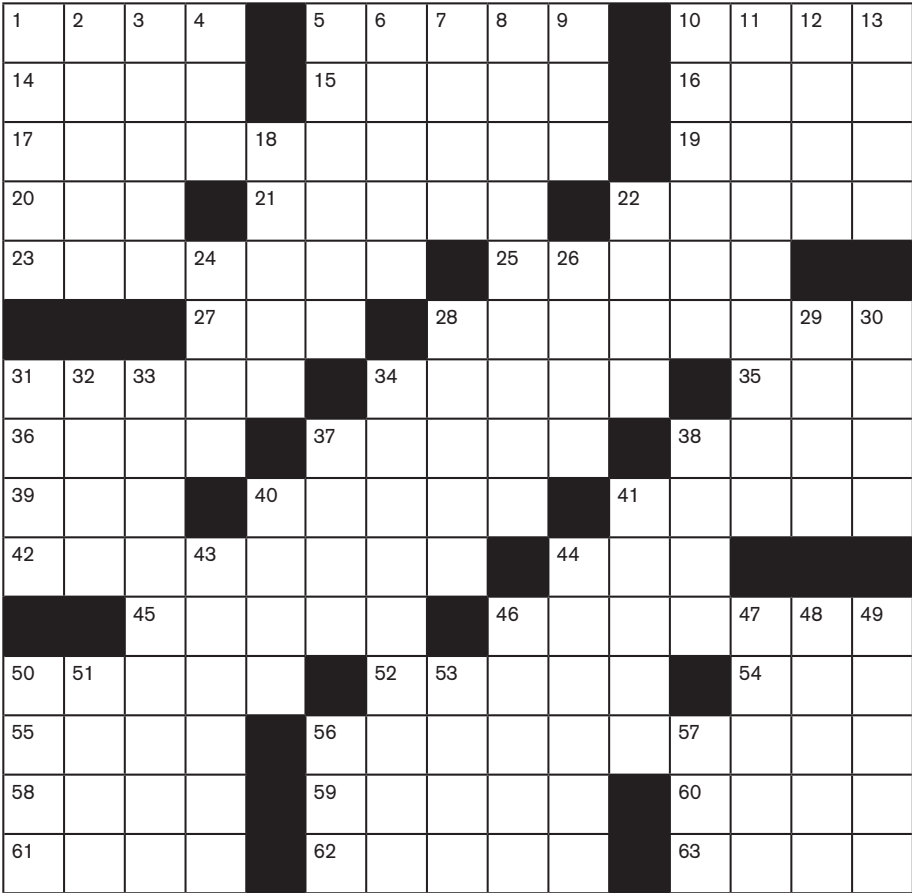
PANTANO Real Estate, Inc. 1504 N Broom Street, Suite 3 Wilmington, DE 19806 | 302.888.0300
WWW.PANTANOREALESTATE.COM | EQUAL HOUSING OPPORTUNITY

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

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

Crossword

By Dave Fisher



©www.mirroreyes.com

Answers on page 13

ACROSS

- 1. Mountain pool
- 5. Ascend
- 10. Stepped
- 14. Assist in crime
- 15. Eagle's nest
- 16. Indian music
- 17. Sorrowful
- 19. Comply with
- 20. Eastern Standard Time
- 21. Amidst
- 22. Gowns
- 23. Impresario
- 25. Slack-jawed
- 27. Ancient unit of measure
- 28. Jokester
- 31. Master of ceremonies
- 34. Military brass instrument
- 35. Nigerian tribesman
- 36. Depend
- 37. Swift
- 38. Be cognizant of
- 39. Ribonucleic acid
- 40. Courted
- 41. Indications
- 42. Having a higher rank
- 44. Suffer
- 45. Trademark
- 46. An ice sport popular in Scotland
- 50. A single-masted ship
- 52. Feudal lord
- 54. To make a fool of (archaic)
- 55. Tailless amphibian
- 56. A language of India
- 58. Monster
- 59. Embellisher (comic art)
- 60. Throat-clearing sound
- 61. Seedcases
- 62. Untidy
- 63. Learning method

DOWN

- 1. Stories
- 2. Humble
- 3. Odd-numbered page
- 4. Greatest possible
- 5. A semiaquatic reptile
- 6. A tart fruit
- 7. Press
- 8. Guessed incorrectly
- 9. Spelling contest
- 10. Soldiers
- 11. Joining of wood
- 12. Curved molding
- 13. Not nights
- 18. Bog hemp
- 22. Sexual assault
- 24. Watery part of milk
- 26. Aureate
- 28. Peculiar
- 29. Black, in poetry
- 30. Seating sections
- 31. Makes a mistake
- 32. List of options
- 33. Weatherboard
- 34. Lineage
- 37. Thrust with a knife
- 38. Murder
- 40. Envelop
- 41. Fathers
- 43. Wears away
- 44. Omen
- 46. Yields
- 47. Potato state
- 48. A nine-piece musical group
- 49. Filth
- 50. Cease
- 51. Corporate image
- 53. Writing fluids
- 56. Not her
- 57. Black gunk

SWEET-AND-SPICY RIBS



PEDEN & MUNK

FIRE UP YOUR FOURTH!

These meaty ribs are purposely precooked until very tender but not yet falling off the bone so they don't shred when it's time to grill them. What's more – they give the grillmaster more time to enjoy the party!

INGREDIENTS (SERVES 8)

- ¾ cup (packed) light brown sugar
- ¼ cup smoked paprika
- 2 tablespoons cayenne pepper
- 2 tablespoons garlic powder
- 3 tablespoons kosher salt, plus more
- 2 St. Louis-style pork ribs (3–4 pounds each)
- ½ cup (1 stick) unsalted butter
- ½ cup apple cider vinegar
- Vegetable oil

DIRECTIONS

- Preheat oven to 325°. Combine brown sugar, paprika, cayenne, garlic powder, and 3 Tbsp. salt in a small bowl; set aside ¼ cup spice mixture.
- Pat ribs dry with paper towels and rub with remaining spice mixture, massaging into crevices. Wrap each rack in a double layer of foil, crimping edges to seal tightly. Place each foil packet on a rimmed baking sheet and bake until meat is fork-tender at the thickest part but not falling off the bone, 2–3 hours. Let cool.
- Tear open a corner of each foil packet and carefully pour juices from ribs into a large heatproof measuring cup. Let juices settle, then spoon fat from surface and discard.
- Heat butter in a medium saucepan over medium, stirring often, until it foams, then browns (do not burn), 5–8 minutes. Add juices from ribs and ¼ cup reserved spice mixture and bring to a simmer. Cook until reduced by one-third, 15–20 minutes. Remove sauce from heat, add vinegar, and season with salt.
- Prepare grill for medium-high heat; oil grate. Remove ribs from foil and grill, basting with sauce and turning occasionally, until charred in spots, 5–7 minutes. Transfer to a cutting board and let rest 10 minutes. Slice between ribs and serve with remaining sauce.

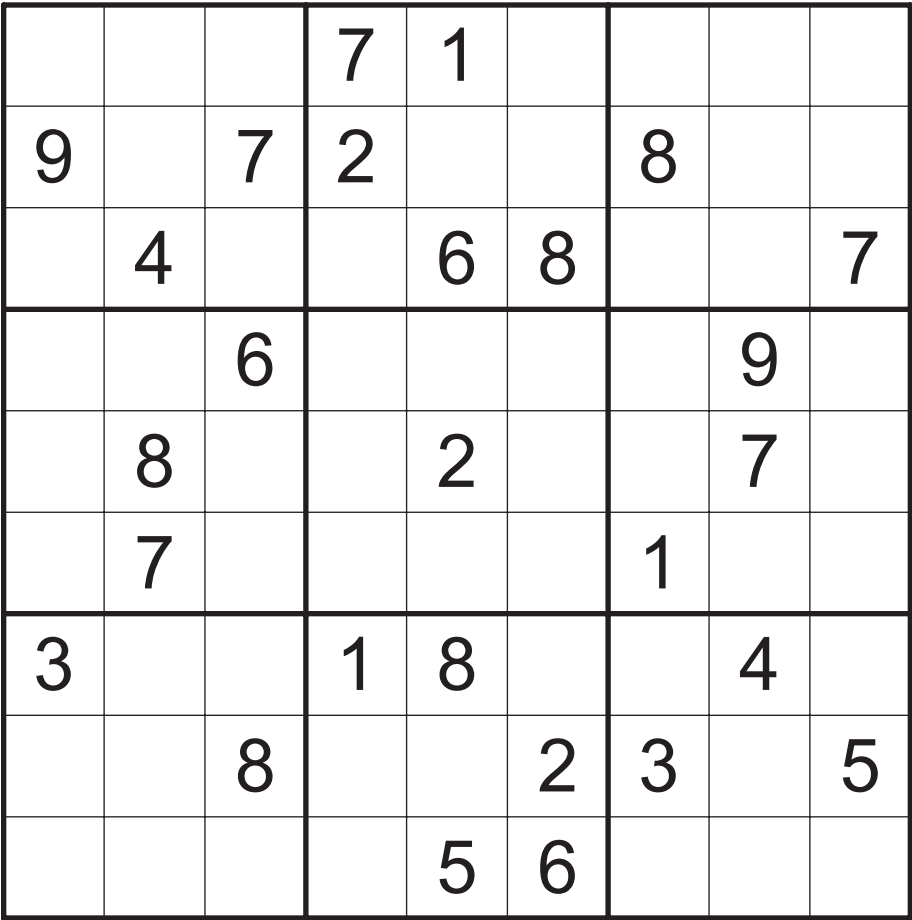
Do Ahead: Ribs can be baked 1 day ahead; let cool in foil, then chill. Bring to room temperature before grilling. Sauce can be made 1 day ahead; cover and chill. Reheat over low.

Courtesy www.Bonappetit.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.



Answers on page 13

(courtesy of KrazyDad.com)

GET UP AND GO

Free admission week at Hagley Museum

200 Hagley Creek Road, Wilmington, DE 19807

Monday, June 29 – Sunday, July 5 from 10:00 a.m. – 5:00 p.m. All are welcome to enjoy complimentary admission for tours and events to celebrate our reopening to the general public! No advance reservation is required, but admission will be monitored and capped at 250. Visit www.hagley.org/freeweek for more information.

The Delaware State Fair

Delaware Fairgrounds, 18500 S. DuPont Hwy, Harrington, DE 19952

July 23 – August 1

Homegrown Summer Fun! With over 75 exhibitors and 10 days of excitement at the Delaware State Fair, you can pick up your favorite deep-fried treat, catch some great live music, explore exhibits, shop at the marketplace, and enjoy other festivities.

Lefty's Summer Drive In

36450 Plaza Drive, Lewes, DE

Retro-cool meets modern convenience with a Lefty's twist when summer fun takes on a whole new look at Lefty's Summer Drive-In. Just pull up and park with your crew in your favorite ride, then sit back and relax while you watch great classic movies and chow on awesome Lefty's grub, served car-side. Movies show nightly @ 9 p.m. Current schedule goes through July 19, 2020. Tickets go on sale at 8 a.m. 7 days prior to each show time. Advance purchase online only. Ticket cost is \$25/car. Maximum 6 guests from the same household. For more info, call 302-864-6000 or visit www.iloveleftys.com/events.

The Funny Bone

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

A woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All she did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

Hear Better, Live Better!

Personalized hearing healthcare

Our focus and passion continues to be to help improve quality of life for you, your family and friends through better hearing.

Benefits of treatment

Research by the National Council on Aging demonstrated that hearing aids are directly connected with improvements in the social, emotional, psychological and physical well-being of people with mild to severe hearing loss. Today's hearing aids are small, light and inconspicuous, with features and options to suit every preference, budget, hearing loss and lifestyle.

Enjoy the sounds of life

Hearing clearly and understanding what is being said around you is essential to your every day activities and overall quality of life. At Hearing Services of Delaware, we believe that hearing health is healthcare and because hearing affects more than just your ears, it makes sense to take care of your hearing health the same way you take care of the rest of your health.



28 Peoples Plaza • **Newark**
104 Sleepy Hollow Drive, Ste 202 • **Middletown**
99 Wolf Creek Blvd, Ste 3 • **Dover**
heardelaware.com

CALL TODAY 302.376.3500



We accept most major medical insurance plans, including (but not limited to) Blue Cross Blue Shield, Medicare, Aetna and United Health Care. Financing options available. Ask for details.

The purpose of this hearing assessment and/or demonstration is for hearing wellness to determine if the patient(s) may benefit from using hearing aids. Products demonstrated may differ from products sold. Test conclusion may not be a medical diagnosis. The use of any hearing aid may not fully restore normal hearing and does not prevent future hearing loss. Testing is to evaluate your hearing wellness, which may include selling and fitting hearing aids. Hearing instruments may not meet the needs of all hearing-impaired individuals.