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Saint Francis LIFE: We're Growing!



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Happy New Year!! So much to look forward to this year—I can't wait to be able to have big get-togethers, birthday parties, vacations, sporting events and everything that's so fun to look forward to again! Now more than ever, the start of this new year is the perfect time to give thanks for our blessings, make plans for the future, and maybe even resolve to keep our resolutions.

This month we're introducing you to my friend Paul Bohannon. Paul is an eight-year cancer survivor and has an amazing story to tell. Given just 6 months to live, he resolved instead to educate himself, work with a wide variety of professionals, change his habits and LIVE to tell about it. He's not offering professional advice—just sharing his own personal journey.

If one of your resolutions is to give of yourself more, one often overlooked way to give is to give blood. January is National Blood Donor Month, so it's our reminder that, even though people may be more cautious during covid, the need never ends. January 18th is another opportunity to give; it's MLK Day of Service. Observed each year on the third Monday in January as "a day on, not a day off," MLK Day is the only federal holiday designated as a national day of service to encourage all Americans to volunteer to improve their communities. It's the perfect time to find a project and get involved!

Let us know what your plans and wishes are for 2021! We love getting your emails, letters and phone calls so keep 'em coming. So much to look forward to this year!

Happy January!

Karyn and Heidi

ON THE COVER: FROM LEFT ARE SAINT FRANCIS LIFE SALES AND ENROLLMENT MANAGER ERICCA WEBB; SOCIAL SERVICES MANAGER VIVIANA NIJAMKIN-ACOSTA; EXECUTIVE DIRECTOR AMY L. MILLIGAN; QUALITY ANALYST ASHLEY AMBROSE; QUALITY, COMPLIANCE AND CREDENTIALING DIRECTOR CLARE THOMAS; CLINICAL OPERATIONS AND PARTICIPANT SERVICES DIRECTOR SUSAN MADDOX; STATE PACE ADMINISTRATOR COLLEEN YEZEK, AND LOGISTICS MANAGER RORY YEAGER.



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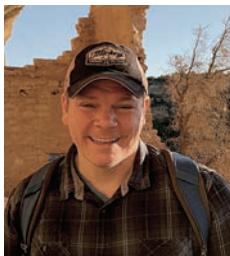
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Cancer's Blessing: A Patient's Perspective

(First in a series)



Over the next few months, we're proud to share with you our friend Paul Bohannon's story. His story is one of grit, of persistence, of not taking no for an answer. Eight years ago, Paul was diagnosed with prostate cancer, and given 6 months to live. Six months! Yet, here he is to tell his story, eight years later, cancer free. How did he do it? What was his path? What did he learn? What can you or a loved one learn if you are going through a cancer diagnosis? We invite you to follow Paul's story each month, although if you don't want to wait, you can read more of his story at <https://www.vitalmagonline.com/cancers-blessing-a-patients-perspective> right now.

By Paul Bohannon

The purpose of these articles is to frame my very personal approach to my cancer diagnosis in the hopes of helping even one other person. The voice of these articles is targeted toward the patient, however, I'll also point out a series of key strategies for all those impacted by cancer.

As a reader, you're likely in one of two distinct groups: you were diagnosed with cancer, or you have a loved one, friend, or colleague who is dealing with cancer. Perhaps you're trying to figure out how to come to terms with "The Diagnosis." You're either trying to make sense of it all for yourself, or trying to be there as a support mechanism to someone you love.

My History

My "problems" started when I was 39 years old. I had started training for a half-marathon and was running all the time. I was in phenomenal shape...or so I thought. After I finished the half-marathon, I had my first brush with what I found out later was the cancer invading my urinary tract. I went to relieve myself and it felt like fire was escaping.

And thus began a truly disappointing two-year search into what was causing my pain. Time after time, doctor after doctor, I was prescribed extremely high-powered antibiotics and told to drink water instead of my morning coffee because, of course, I was "too young" for prostate cancer.

After two years, I finally found someone willing to dig a little deeper.

After one such breakout of painful urination I went to a standalone emergency clinic. A young nurse practitioner performed a digital rectal exam, looked at me and declared that my prostate felt very abnormal and I needed to see an expert; I needed to see a urologist right away.

"Wait," I thought. "The first three doctors were all urologists!"

A New Plan

I sought out a new urologist, but this time I did something dramatically different. You see, my sister-in-law is and was at the time a nurse. She and I made it very clear that we were not allowing the doctor's view of my health to be based solely on my Prostate Specific Androgen (referred to as PSA) tests, size of prostate, ability to urinate. We insisted on further tests. My new doctor—and quite honestly the man who saved my life—started a process that can only be described as insanely fast and scary.

Within a week (Christmas Eve Eve of 2012, to be exact; I was at a trade-show), the doctor called me. It was a Sunday. He gave me the result of my biopsy: all twelve of my biopsy results were positive for cancer.

He explained that prostate cancer is graded on a scale called the Gleason Scale. They call it staging. Like all cancer "measures," it gets very technical. (Read more about it at <https://www.cancer.net/cancer-types/prostate-cancer/stages-and-grades>.) In layman's terms, he told me that if my cancer was a canine, then it was the equivalent of starving wolves circling my campsite in midwinter, I was weaponless, naked and...oh, it was pitch black at night. Basically, I was screwed.

The Emotional Rollercoaster

I made the same first mistake most cancer patients do: I asked the doctor, and would not let him off the phone, until I got a life expectancy. He said at best six months, and he needed to operate within a week.

In future discussions we'll dive deeper into the tenets I used to formulate my approach to cancer, but for the sake of this article, we'll gloss over these in the interest of laying a foundation. My first reaction was intense

anger. I was angry at my parents for giving me weak genes, angry at my work, my loved ones, myself, and the "stupid doctors who couldn't diagnose my cancer" (although the self-anger came after about a week). The anger gave way to profound sadness, then pity, then fear of death, fear of what I would miss, fear of my legacy—or lack of legacy at this point. Eventually, the emotional rollercoaster returned to anger. In fact my anger was so intense, I was impossible to interact with.

During this hatred/ anger period, something amazing happened, and it's why I say cancer was a "bless-

ing." I found Suzanne Somers' book "Knock Out." I read it in one evening, and what it did for me I hope to pass on to anyone reading this. It gave me a glimmer of hope. Hope that six months was not accurate, hope that I would live, hope that I would...I don't know, survive—maybe?

Coming up: Finding an Advocate and Setting Goals

Paul Bohannon lives in Portland, OR where he enjoys kayaking on the Columbia, hiking through the Columbia Gorge and sitting around the fire with his family.

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



Save a Life: Give Blood

The need for blood doesn't take a holiday, nor diminish during a pandemic or because a snow-storm hits.

Blood donations typically drop off during and immediately after the winter holidays, which makes National Blood Donor Month in January a critical time. The Red Cross needs to collect more than 13,000 donations every day to keep the blood supply ready and available to meet the needs of about 2,600 hospitals, clinics and cancer centers across the country. They rely on voluntary blood donors like you.

Donations are always needed

According to the U.S. Food and Drug Administration (FDA), every two seconds, someone needs a blood transfusion. Donated blood is a potentially life-saving and essential part of caring for patients.

Donors are critical volunteers

When you donate blood, you're providing a life-saving service, like health care providers, first responders and other essential workers, says the FDA: "People who donate blood are equivalent to those people who are working in a critical infrastructure industry. In volunteering to do so, they are contributing immeasurably to the public

health of our nation."

Donate blood to help cure coronavirus

If you've recently recovered from COVID-19, you may be part of the cure for coronavirus. Your blood plasma—the yellowish liquid component of blood—may contain antibodies that can attack coronavirus, which might help someone else who is critically ill fight the disease.

At participating blood donation centers, the FDA is exploring an investigational treatment using plasma from people who've recovered from COVID-19. This convalescent plasma is being used to help people with serious or immediately life-threatening COVID-19 infections.

Who's eligible to donate during the pandemic?

During the pandemic, you may be eligible to donate blood and/or plasma if you're healthy, have recovered from COVID-19, are at least 17 years old, weigh more than 110 pounds and are in basic good health.

Can someone get COVID-19 from donated or donating blood?

The FDA indicates that generally, respiratory ill-

nesses like COVID-19 are not known to be transmitted by blood transfusion, and there haven't been any reported cases of coronavirus from a blood transfusion. COVID-19 is thought to be transmitted from person to person through droplets in the air when an infected person coughs or sneezes.

What to expect before donating

At your appointment, you'll be asked a set of standard questions before donating to help determine if you're in good health and free of any diseases that could be transmitted by blood transfusion.

If you're eligible to donate, your donated blood is tested for blood type (ABO group) and Rh type (positive or negative) to make sure that patients receive blood that matches their blood type. Before a transfusion, the donor and blood unit are also tested for certain proteins (antibodies) that may cause adverse reactions in people receiving a blood transfusion.

All blood for transfusion is tested to make sure it's free of certain infectious disease pathogens, such as hepatitis B and C and human immunodeficiency virus (HIV).

Pass the tests and you're ready to go save a life!



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Covid-19 Vaccine Fraud **ALERT**

Officials from the FDA, Health and Human Services, Medicare and Homeland Security are warning consumers about scammers selling unproven and illegally marketed products that make false claims, such as being effective against the coronavirus, as well as early access to the Covid-19 vaccine.

The FDA is particularly concerned that these deceptive and misleading products might cause Americans to delay or stop appropriate medical treatment, leading to serious and life-threatening harm. It's likely that the products don't do what they claim, and the ingredients in them could cause adverse effects and could interact with, and potentially interfere with, essential medications.

Treatments and Vaccines for COVID-19

Fraudulent COVID-19 products can come in many varieties, including dietary supplements and other foods, as well as products claiming

to be tests, drugs, medical devices, or vaccines. For example, the FDA and the Federal Trade Commission issued warning letters to companies for selling fraudulent COVID-19 products, including teas, essential oils, tinctures, and colloidal silver.

Products marketed for veterinary use, or "for research use only," or otherwise not for human consumption, have not been evaluated for safety and should never be used by humans.

How to Protect Yourself and Your Family from Coronavirus Fraud

"If you're receiving unsolicited offers for a vaccine, not one, not two, but about 10 red flags should go up," says Nenet Day, assistant special agent in charge at the Department of Health and Human Services Office of Inspector Generals. "There is no way that you under any circumstance should deal with anybody except a known and reputable medical provider or pharmacy," Day added.

Tips to Avoid Covid-19 Vaccine Scams

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you or try to obtain personal information.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email—or even someone knocking on your door—claiming they can get you early access to the vaccine, **STOP**. That's a scam.

If you have a question or suspect fraud, contact the Delaware Senior Medicare Patrol at 1-800-223-9074. <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-fraud.aspx>



Call Toll-Free:
1-800-223-9074

To report suspected fraud/abuse.

REPORT



- Call the affected provider and discuss the problem with them.
- Gather all pertinent information and documentation related to the problem.
- Contact the Delaware Senior Medicare Patrol at 1-800-223-9074. This is a free and confidential service!



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

Empowering seniors to prevent health care fraud.



This project was supported in part by Grant Number 90MPPG0028-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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Social Security Q&A

Question:

I retired from my job at age 62. My wife and I have been living on savings and my company pension. She will continue to receive the same amount after I am deceased. We will both turn our full retirement ages of 66 before the end of 2021. Her Social Security retirement benefits would be minimal compared to 50% of my retirement benefits at 66.

Given that her spousal benefits do not increase if I opt to wait even longer and earn delayed retirement credits, it seems that the 8% annual increase is not worth the wait. I have looked at various breakeven calculations and it seems that the breakeven point is way longer (close to 20 years or more) when you factor in both Social Security payments starting at age 66. Based on my calculations, even if I waited six months and filed at 66 1/2, we would have to be over 90 years old before we came out ahead. Could that correct?

Answer:

If you're just comparing the actual benefit received, I don't think that it would be possible for your breakeven point to be as late as when you're in your 90s. In any case, breakeven analysis should not be the only or the major factor you consider when deciding when to file.

For example, your wife's unreduced benefit rate as a widow in the event you die before her would be equal to the higher of either her retirement benefit rate or your retirement benefit. So if you start drawing your benefits at 66 instead of 70, your wife's monthly survivor rate would be 32%

lower than it would be had you waited until 70 to start drawing your benefits. For many couples, that is a bigger factor in their decision making than breakeven analysis.

On another note: If your wife's own full retirement age (FRA) retirement benefit, which is equal to her primary insurance amount (PIA), is minimal in comparison with 50% of your PIA, then she certainly wouldn't want to wait past her FRA to claim her own Social Security retirement benefits.

Question:

I am on SSDI and work part time. My FRA will be May 2021. If I can still continue working, do I contact Social Security or does my SSDI convert automatically to a retirement benefit?

Answer:

As long as you continue to qualify for Social Security disability (SSDI) benefits until you reach full retirement age (FRA), your SSDI will automatically convert to regular retirement benefits effective the month you reach FRA.

Once you reach FRA, there will be no limit on the amount that you can earn and still collect your benefits. However, whether or not you can be paid SSDI benefits prior to FRA depends on the amount of your earnings and whether or not you've completed your trial work period.



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Even a Pandemic Won't Stop Saint Francis LIFE



SAINT FRANCIS LIFE EXECUTIVE DIRECTOR AMY MILLIGAN AND TRINITY HEALTH PACE CEO DAN DRAKE

They've been hard at work all year, and the fruits of their labors will soon be apparent. Saint Francis LIFE is excited to announce it's going to be opening "College Avenue" in Newark shortly, expanding its services to support seniors living safely at home throughout New Castle County.

With the start of the new year, it's hard to believe that we are still in the midst of a pandemic. Everyone is anxious for life to return to "normal." For the time being, however, home is still the safest place to be, especially for older adults with underlying health conditions.

Pandemic or not, Saint Francis LIFE understands how important it is to seniors to remain safe, healthy and independent. A Program of All-inclusive Care for the Elderly (PACE), LIFE's comprehensive medical care and social supports are vital to many older adults' ability to safely continue living in their own homes in the community.

In order to expand its all-inclusive services to help more seniors, the LIFE program is opening a second Saint Francis LIFE center in Newark this winter. Located on Route 896, the new location, called "College Avenue," will serve 250 seniors. Along with LIFE's original Wilmington Riverfront Center, the program will now be able to support at least 500 New Castle County seniors.

The Saint Francis LIFE College Avenue Center will offer the same patient-oriented services as those provided at the Wilmington Riverfront site. Each program participant will have his or her own

dedicated team of health care professionals and a personalized care plan, complete with medical care and services developed to keep them safe at home.

"We're very excited to be opening our new center," says Saint Francis LIFE Executive Director Amy L. Milligan, who has led the program since its inception eight years ago. "This site will grow our ability to support seniors living in the southern part of the county."

Similar to the Wilmington location, the Newark location's services will include:

A Primary Care Health Center, plus Specialty Care

LIFE's geriatric primary care providers and nurses are specially trained to care for older adults and only treat participants in the LIFE program, which allows highly personalized care. "The health and safety of our patients is our top priority," says LIFE Medical Director Paul Eberts, MD. "During the pandemic, we've been caring for our patients onsite in our Health Center, at specialists' offices in the community, and at home in person and by telehealth. LIFE participants can reach us any time, day or night."

Weekly Check-ins and Social Services

The LIFE team checks in with participants weekly to screen for symptoms of illness and make sure they are safe. Prescribed medications and medical supplies are delivered directly to people's homes, and social workers can even help participants access community resources for nutrition and assist with online grocery shopping for those in need.

Physical and Occupational Therapy

Staying mobile is especially important during the pandemic. Many seniors have become more isolated, increasing their risk for deconditioning and falls. The new center provides rehabilitative services, led by a team of physical and occupational therapists who help seniors stay safe and independent. A regimen of therapy and prevention exercises, whether in person at the center, at home, or by phone and video, keeps seniors moving and able to manage their activities of daily living at home.

Help at Home

Some individuals need more assistance, for instance with bathing, dressing, toileting, meal preparation, light housekeeping and companionship. As needed, the new center's home health aides make home visits, which can be a tremen-



DAY CENTER



ENTRANCE TO DAY CENTER



HEALTH CENTER

dous help to caregivers. Nurses may also visit in order to give medications and care for wounds. All care is provided with personal protective equipment, such as masks and face shields, to keep our participants safe.

Socialization

Without frequent social interaction and stimulation, many seniors are at risk of feeling isolated and lonely, which can lead to poor physical and mental health outcomes. The new center's Adult Day program provides a place for people to be with friends and participate in a wide variety of activities.

During the pandemic, the center is following state guidelines for onsite Day program services. To help participants stay connected and to give them the opportunity to socialize from home, they're invited to participate in activities virtually, such as Bingo and trivia, and to share in fun activities packets sent to the home. Spiritual care programs for support are offered to help cope with the impact of COVID-19 and other spiritual needs.

Transportation

LIFE vans provide the transportation necessary to help participants get to and from the center, as well as to and from their medical appointments. In addition to providing the transportation to medical appointments in the community, LIFE actually schedules the appointments for participants. If you ask any caregiver, they'll tell you that these services have been a godsend, and that they are essential to support managing the care of their loved ones.

Saint Francis LIFE is **enrolling seniors now** to provide comprehensive care for seniors during this time and in the brighter days of our future. If you or someone you know could benefit from LIFE's community-based coordinated care, contact us at 302-660-3351 or visit saintfrancislife.org.

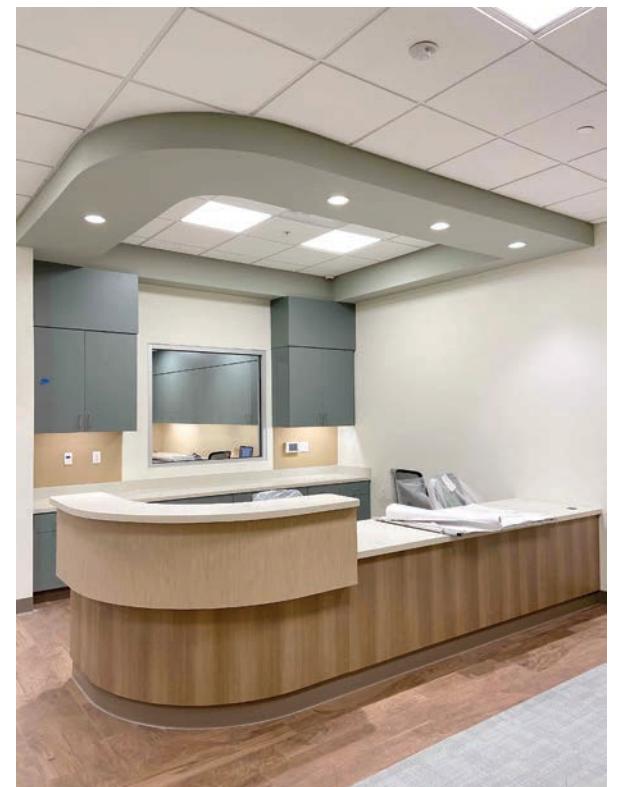
Seniors qualifying for Medicare and Medicaid or Medicaid receive program services at no cost. Seniors who do not qualify for Medicaid may privately pay.



SAINT FRANCIS LIFE COLLEGE AVENUE



PRIMARY CARE CENTER



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An Unexpected Scenario & The Durable Power of Attorney

Jim was fiercely independent. He lived in his own apartment. He paid his own bills online. And within two hours, he even fired the aide his daughters had hired to help him.

Still, his family was prepared should Jim's health or mental sharpness take a turn for the worse. They had a Durable Power of Attorney. They had a spreadsheet with all of his accounts, user names, and passwords. They had a plan.

So when a COPD episode set Jim back, his daughters began to take on additional responsibilities. While visiting Jim's apartment, Patty discovered her dad had been missing some bills. She logged into his accounts without a hitch and began taking care of matters, and figured she could finish up at home.

But when Patty tried to log into her dad's accounts from her own house, the websites recognized the change in location and posed security questions. "What was the name of your first barber?" a website demanded. Well, when Jim set up that question, he had no problem remembering his first barber. But now, his memory was too fuzzy.

Patty called the bank. The Durable Power of Attorney didn't help over the phone or by email. She needed to visit a branch location or send a hard copy by mail. She eventually got the situation straightened out, but it was a huge headache.

"And we thought we were prepared," she lamented.

It's not uncommon for situations like this to catch people off guard. For many, managing someone else's affairs is an entirely new experience. But at Delaware Hospice, we've been supporting family caregivers since 1982. And we've learned a lot along the way.

First and foremost, we know that planning ahead is critical – even if you can't anticipate every scenario. The road is much more difficult once someone's mental capacity begins to fail or they become unable to communicate their wishes.

Jim was wise to have a Durable Power of Attorney in place. Even though it didn't immediately solve problem, it's an essential tool if you'll be managing your loved one's affairs.

Here's what you need to know about a Durable Power of Attorney:

Be sure you have a DURABLE Power of Attorney. In Delaware, you need to ensure that you have a DURABLE Power of Attorney. Unlike a standard Power of Attorney, this will stay valid if your loved one becomes incapacitated.

Be prepared to present hard copies of legal documents. Banks are all different; we recommend calling ahead to understand what's required. If you live out of town or travel frequently, all the more reason to be proactive about making necessary arrangements when possible. That way, you're not caught off guard if you can't go in person or don't have time for the mail.

Know that a Durable Power of Attorney does not survive death. Once someone has died, any permissions they've given you also cease. Even if you were managing your loved one's finances while they were living, you no longer that authority unless you are also the executor/executrix of the estate.

There are many factors to consider when planning ahead. Delaware Transitions can help you navigate the waters. We're always here with free nonmedical support for individuals and their families living with serious illness. For more information, call 800-838-9800 or visit www.delawaretransitions.org.

This information isn't a suitable substitute for professional, medical, or legal advice.



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Polaris is a proud member of the Nationwide Healthcare Services' network — a premier provider of healthcare throughout Delaware, including Regal Heights Healthcare & Rehabilitation Center in Hockessin and Regency Healthcare & Rehabilitation Center in Wilmington.

The Milford Wellness Village and Polaris Healthcare & Rehabilitation Center are located at
21 West Clarke Ave, Milford, DE 19963



www.polarishealthcarerehab.com



Plastic Bag Ban Starts January 1

Joining seven other states and several major cities, beginning January 1, consumers and many businesses in Delaware will no longer be able to use or distribute single-use plastic carryout bags at checkout. Grocery stores can, however, still offer plastic bags for fruits and vegetables, and to wrap meats.

Who is affected

House Bill 130 bans plastic bags from stores with more than 7,000 square feet of retail space and chain stores with three or more locations with at least 3,000 square feet each. Those stores may now offer paper bags, cloth bags or a thicker type of reusable plastic bag, and they're allowed to charge for those bags. Restaurants are not subject to the ban, nor are small stores with one or two locations. The legislation also leaves cities with more than 50,000 residents the option of enacting a stricter law to require stores in excess of 500 square feet to comply with the ban.

All retail stores affected by the law are required to provide an at-store recycling program for plastic bags and other plastics, such as cereal box liners, newspaper sleeves and single-use produce or meat bags.

Plastic bags should be returned to stores for recycling, not be placed in curbside recycling bins.

COVID-19 concerns

Under the law, it's up to individual

stores and companies to determine whether they allow reusable bags brought in by customers. Shoppers should check their store's policy, says DNREC's Nikki Lavoie. "We're encouraging stores to allow customers to bring their own reusable bags. While the primary way to contract coronavirus is via person-to-person contact, customers should clean their bags before each use. Retailers may have customers bag their own purchases to reduce the chance of employees coming in contact with the virus. Employees should sanitize the checkout area and shopping carts before the next customer is helped."

Clean bags after use

Officials urge consumers to clean and disinfect bags between uses. CDC officials say COVID-19 is spread mainly from person to person, through respiratory droplets produced when an infected person coughs, sneezes or talks. The droplets can also land on surfaces, with the potential to infect people who touch the surfaces and then their faces.

According to CDC officials, moisture lingers on plastic surfaces for up to seven days, while it is absorbed into and paper and cloth and can't survive more than 3 to 24 hours. Therefore, the safest approach is to choose recyclable paper grocery bags or to bring a freshly washed, reusable cloth or canvas shopping bag to a self-service checkout line.

For more information, go to de.gov/bags.

The Problem with Plastic Bags

Plastic bags start out as fossil fuels and end up as deadly waste in landfills and the ocean. Birds often mistake shredded plastic bags for food, filling their stomachs with toxic debris. For hungry sea turtles, it's nearly impossible to distinguish between jellyfish and floating plastic shopping bags. Fish eat thousands of tons of plastic a year, transferring it up the food chain to bigger fish and marine mammals.

Despite all of this, plastic bags are in almost every American home because retail giants continue to use them for nearly every purchase made in their stores.

10 Facts About Single-use Plastic Bags

- 1 Americans use 100 billion plastic bags a year, which require 12 million barrels of oil to manufacture.
- 2 It only takes about 14 plastic bags for the equivalent of the gas required to drive one mile.
- 3 The average American family takes home almost 1,500 plastic shopping bags a year.
- 4 According to Waste Management, only 1 percent of plastic bags are returned for recycling. That means that the average family only recycles 15 bags a year; the rest end up in landfills or as litter.
- 5 Up to 80 percent of ocean plastic pollution enters the ocean from land.
- 6 At least 267 different species have been affected by plastic pollution in the ocean.
- 7 100,000 marine animals are killed by plastic bags annually.
- 8 One in three leatherback sea turtles have been found with plastic in their stomachs.
- 9 Plastic bags are used for an average of 12 minutes.
- 10 It takes 500 (or more) years for a plastic bag to degrade in a landfill. Unfortunately, the bags don't break down completely but instead photo-degrade, becoming microplastics that absorb toxins and continue to pollute the environment.

RECYCLING IN DELAWARE

ACCEPTED IN CART

Place only these materials loose, empty, clean and dry in your recycling cart or dumpster:



PAPER
Magazines, junk mail, paper bags, office paper, newspaper, etc.



PLASTIC CONTAINERS
Leave lids on.



CANS, BOTTLES, JARS
Remove lids and recycle separately.



CARTONS, PAPERBOARD, CORRUGATED CARDBOARD

KEEP YOUR RECYCLING OUT OF BAGS. PLACE ITEMS LOOSE IN THE BIN.

NOT ACCEPTED IN CART

Keep these items out of your recycling cart or dumpster:



SHREDDED PAPER



FROZEN FOOD/ REFRIGERATED CONTAINERS



FOOD WASTE



COFFEE CUPS

Visit the website to learn about recycling these items:



BATTERIES



STYROFOAM



GARBAGE



MIRRORS AND WINDOW GLASS



TANGLERS
Garden hoses, string lights, nylon rope, etc.



SCRAP METAL



PLASTIC BAGS
Return to retail store.



ELECTRONICS



YARD WASTE



DELAWARE RECYCLES
It's second nature.

www.de.gov/recycling



How to Transfer Files from PC to PC

So you got a new computer for Christmas? How exciting! Now, though, you need to move your data from the old computer to new. What's the best way to do it?

A few factors will influence the process, such as how many files you need to transfer, the size of the files, and the operating systems of the two computers. Transferring files isn't an overly complex process, but it may take up to several hours depending on the amount of data you need to transfer. Here are the five most common methods of transferring data.

1 Cloud storage or web data transfers

Cloud-based services, such as Google Drive and OneDrive, allow you to download and transfer files of virtually unlimited sizes, storage space permitting.

If you don't have cloud storage or would rather not use it, you can also use web software to upload bigger files. PlusTransfer, for example, is free and you can upload files as big as 5GB in one fell swoop. Bonus: You don't even need to register for an account and there's no software to download. It's a streamlined answer to file sharing needs.

2 SSD and HDD drives via SATA cables

Both solid-state drives and hard disk drives use SATA cables to link them to the main circuit board, also known as the motherboard. Even if it's not working, you can connect your old hard drive to a SATA SSD or eSATA (an external SATA) port in your new computer. After you install the old drive, the operating system in your new PC will read the drive and

begin transferring the data.

One issue you may run into with this method is finding an extra SATA port. To get around this problem, you may want to use a SATA-to-USB converter. Once you get all the files off your old hard drive, you have the option to use it as an external storage device. This is a great tool to use if you want to back up any important files.

3 Basic cable transfer

Instead of relying on a cloud-based service or an external hard drive, you can also use a variety of cables to transfer data. This method is typically speedier than using drives because files are being copied and pasted in tandem, PC to PC.

As soon as you connect your devices via USB ports, the transfer software included with the cable will guide you through the migration of your files and settings.

4 Use software to speed up your data transfer

If you're looking for a simple solution, the LapLink PCmover v.11.0 Ultimate with Ethernet cable might be what you've been searching for. The replacement for Microsoft's Windows Easy Transfer, this software makes it effortless to move files from your old PC to your new Windows 10 computer. To use the PCmover software, simply install the software on both computers and the transfer begins.

PCmover benefits:

- Allows you to choose exactly which files, settings, applications, and users to transfer to your new PC.
- Only transfers certain files and



applications to specific users if the device is used by multiple individuals.

- Transfers data a variety of ways, including over WiFi or wired network, ethernet, USB and cable.
- The security information regarding each file and access controls are specific to each user.
- It's the only data transfer system recommended by Microsoft.

The main benefit of using software such as PCmover is that it enables you to customize your new PC based on the settings of the old device. Once you apply the settings from your old computer, your PC will have a similar look and feel, albeit with the new computer's upgrades.

5 Transfer your data over WiFi or LAN

If both your computers are on the same network and within range, you can set up a local area network (LAN) so you can use one PC to search through the other PC's hard drives to choose which files you want to transfer. Windows 10 and other operating systems have a built-in setting that allows users to set up a home network so devices on that same network can recognize each other as long as both devices are powered on.

6 Using an external storage device or flash drives

This is probably the most popular way to transfer files PC to PC because it's so simple.

- 1 Plug in a USB flash drive to the old computer.
- 2 Copy desired files and applications to the drive.

- 3 Unplug the flash drive using appropriate procedures (do not remove until files have finishing copying).

- 4 Plug in the flash drive to your new computer and transfer data.

This copy-and-paste method is user-friendly, but is limited by the storage capacity of the external device. If both computers that you're transferring data between have USB 3.0 ports, you may want to invest in a USB 3.0 flash drive, which has a very speedy data transfer rate.

The more data you have to migrate over to a new device, the more important the speed of the transfer rate will become. Even small differences in speed can make a difference of hours if you plan to move a high volume of files.

Because flash drives usually have more limited storage availability, many users may want to consider upgrading to an external hard drive to move files.

After you're done

After you're done transferring files, first wipe the old drive before disposing of it, and then back up the files on your new computer.

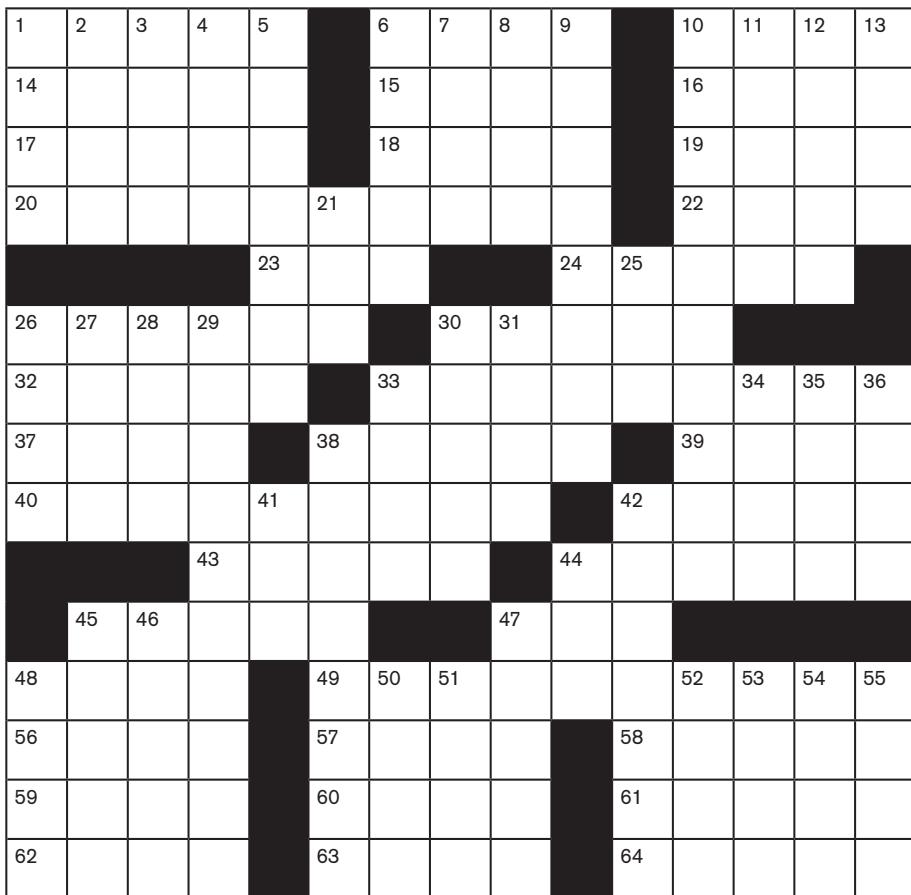
In the case of a mishap, without a backup of those files, that data is lost forever. So, take time to back up your files away from your main computer. For legal documents, you should also think about keeping a hard copy on file in a safe. Most people only start backing up their data after their first big data loss, but you can stay ahead of disaster by having multiple copies of your data and files in another external hard drive.

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

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



Crossword By Dave Fisher



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Answers on page 13

ACROSS

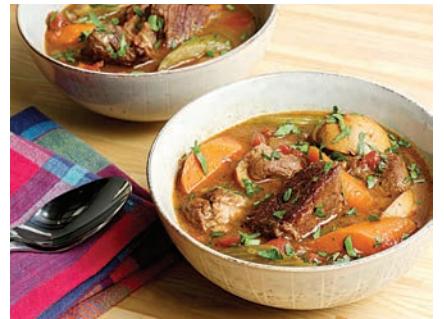
- 1. Demolish
- 6. Make secure by lashing
- 10. Felines
- 14. Female demon
- 15. Emanation
- 16. Away from the wind
- 17. Spy
- 18. Mortgage
- 19. Chair
- 20. Crisp round cookie
- 22. Constellation bear
- 23. Enemy
- 24. Angry
- 26. Type of grass
- 30. Fend off
- 32. Dismay
- 33. Officials in New England towns
- 37. Administer
- 38. Elegance
- 39. Hawkeye State
- 40. Signaling by waving flags
- 42. A rise in body temperature
- 43. Butchers' offerings
- 44. A feeling of intense unhappiness
- 45. Rule
- 47. Container
- 48. Defrost
- 49. A group of representatives
- 56. Hodgepodge
- 57. Caustics
- 58. Small lizard
- 59. A Maori club
- 60. At one time (archaic)
- 61. Lascivious looks
- 62. Former lovers
- 63. Rodents
- 64. An analytic composition

DOWN

- 1. Smelting waste
- 2. Wise men
- 3. Ends a prayer
- 4. Make melodious sounds
- 5. Hostile
- 6. Not true
- 7. Wreckage
- 8. District
- 9. Primitive wind instruments
- 10. Victims
- 11. Alarm
- 12. Make fun of
- 13. Bristle
- 21. Caviar
- 25. Record (abbrev.)
- 26. Crazes
- 27. Type of sword
- 28. Unwanted email
- 29. Disastrous
- 30. Backsides
- 31. If not
- 33. Notch
- 34. Relocate
- 35. Pitcher
- 36. Not
- 38. A maker of candles
- 41. Dowel
- 42. Wangle
- 44. Russian fighter
- 45. Unwind
- 46. High society
- 47. Conquers
- 48. Brood
- 50. Tropical American wildcat
- 51. In order to prevent
- 52. TTTT
- 53. Frosts
- 54. Gumbo
- 55. Prying

THE BEST BEEF STEW

This amazing beef stew hits the spot on these cold, wintry nights. The deep flavors come from browning the chuck roast in batches and cooking the onions and garlic until they're sweet. Cooking low-and-slow in the oven allows the meat to become completely tender in its rich red wine-laced sauce. This is a great dish to make ahead as its complex flavors intensify overnight.



Total: 2 hr 30 min Active: 45 min
Yield: 8 servings

INGREDIENTS

- 4 sprigs flat-leaf parsley
- 4 sprigs thyme
- 1 sprig rosemary
- 2 fresh bay leaves
- 2 tablespoons olive oil
- 3 pounds beef chuck roast, cut into 2-inch pieces
- 1 large onion, chopped
- 5 cloves garlic, chopped
- 7 medium carrots (about 12 ounces), peeled, cut diagonally into 1-inch pieces
- 3 large stalks celery, cut diagonally into 1-inch pieces
- 1/2 cup dry red wine
- 2 tablespoons all-purpose flour
- 4 cups low-sodium chicken broth
- 1 1/2 pounds small red potatoes, halved
- 28-ounce can diced tomatoes
- Kosher salt and freshly ground black pepper
- Chopped flat-leaf parsley, for serving

DIRECTIONS

1. Arrange a rack in the lower third of the oven and preheat to 275° F. Tie the parsley, thyme, rosemary and bay leaves together with kitchen twine.
2. Heat the oil in a large Dutch oven or other heavy pot over medium-high heat. Working in batches, cook the beef in a single layer spaced about an inch apart, turning a few times, until the pieces are browned on at least three sides, 8 to 10 minutes per batch. As the beef finishes browning, transfer to a large plate.
3. Reduce the heat to medium. Add the onion and garlic to the pot and cook, stirring occasionally, until the onions are tender and beginning to brown, about 6 minutes. Add the carrots and celery and continue to cook until they are brightly colored and fragrant, about 4 minutes. Stir in the wine, scraping up any browned bits on the bottom of the pot, and cook until it evaporates, about 4 minutes. Sprinkle the vegetables with the flour, stir to evenly coat them and cook for 1 minute. Add the broth, potatoes, tomatoes and the reserved beef with any accumulated juices. Season with 3 tablespoons salt and 1 teaspoon pepper. Add the herb bundle and bring the stew to a simmer.
4. Cover the pot and then transfer to the oven. Bake until the beef is tender but still holds its shape, 1 1/2 to 2 hours. Let the stew cool for 30 minutes before serving. Discard the herb bundle and serve topped with chopped parsley.

Cook's Note: For added richness in the broth we prefer a robust Cabernet Sauvignon.

Recipe courtesy of Food Network Kitchen



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.

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

Answers on page 13

(courtesy of KrazyDad.com)

The Funny Bone

The Crime Scene

It was a brutal crime and the local constables were stumped, so they called on the brilliant detective for help.

Arriving at the scene, Sherlock noticed the carpet askew, the victim on the ground, a terrible wound on his head. Next to him, lay a large picture.

He also saw a bowl of almonds, a broken window and a tube of glue; all three were hysterical.

"The carpet says the picture is the one. The picture says he didn't do it, but we know he's the culprit; the victim's fingerprints are all over it," stated Lestrade. "Even so, the almonds, the window AND the glue insist THEY did it!"

"It's elementary," announced Sherlock. "The RUG did it!"

The picture needed to be straightened, and as the victim adjusted it, the carpet, in a fit of jealousy, tripped him, causing the heavy picture to hit him on the head, killing him."

"What about the others?" Lestrade asked.

Said Sherlock, "The almonds are nuts, the window is cracked, and the glue is crazy. The rug, Sir, is lying. The picture was framed."

Dividing Souls

On the outskirts of a small town, there was a big, old pecan tree just inside the cemetery fence. One day, two boys filled up a bucketful of nuts and sat down by the tree, out of sight, and began dividing the nuts.

"One for you, one for me, one for you, one for me," said one boy. Several dropped and rolled down toward the fence.

Another boy came riding along the road on his bicycle. As he passed, he thought he heard voices from inside the cemetery. He slowed down to investigate. Sure enough, he heard, "One for you, one for me, one for you, one for me..."

He just knew what it was. He jumped back on his bike and rode off. Just around the bend he met an old man with a cane, hobbling along.

"Come here quick," said the boy, "you won't believe what I heard! Satan and the Lord are down at the cemetery dividing up the souls!"

The man said, "Beat it kid, can't you see it's hard for me to walk." When the boy insisted though, the man hobbled slowly to the cemetery.

Standing by the fence they heard, "One for you, one for me, one for you, one for me."

The old man whispered, "Boy, you've been tellin' me the truth. Let's see if we can see the Lord!"

Shaking with fear, they peered through the fence, yet were still unable to see anything. The old man and the boy gripped the wrought iron bars of the fence tighter and tighter as they tried to get a glimpse of the Lord.

At last they heard, "One for you, one for me. That's all. Now let's go get those nuts by the fence and we'll be done."

They say the old man had the lead for a good half-mile before the kid on the bike passed him.

NEW ONLINE PROGRAMS



FITNESS

Virtual Senior Programs with Absalom Jones Senior Center brings you **Tai Chi** with Winston, **Power Moves** with Yolanda, and will soon feature **Yoga!** Watch on YouTube, Facebook, and at newcastlede.gov/seniors. New Episodes every week

ARTS & CRAFTS

Learn to a new artistic skill with **live virtual art classes** with The Art Studio. Try machine quilting with our series **Quilting with Maryanne**. Find out more about these programs at newcastlede.gov/artstudio and newcastlede.gov/seniors.



COOKING & MORE!

The Reader's Cafe is launching the online series **Cooking with Chef Ben**. This series will take you step-by-step to create the perfect holiday dinner. More shows and classes are in development. Find information about these programs and much more at NEWCASTLEDE.GOV/HAPPENINGS.



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WHEN CALLING, MENTION CODE AG60-11

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