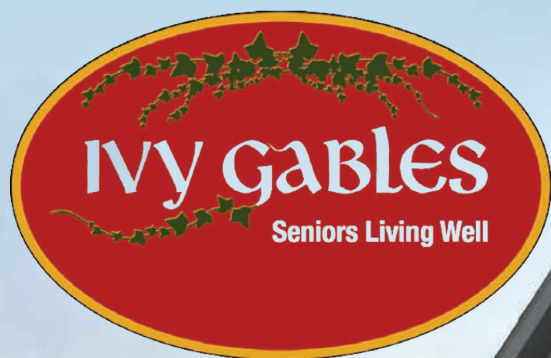




Vital!

VITAL INFORMATION FOR A VITAL LIFE®



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It's been over 15 months since Friday the 13th (March 13) when things shut down around here. Last Friday, the mask mandate was lifted in Delaware, and it's been both freeing and odd. Freeing, because, for instance, over the weekend I went to the first lacrosse game of my son's spring season where I did not wear a mask (even though we're already in the season-end championships), and odd, because I know that I've been vaccinated and am cleared to go anywhere without one, yet am wearing one anyway. And I am perfectly fine with that.

My family is one of the lucky ones. None of us have contracted the virus. If ever there was a time to be thankful for your health and safety, now would be the time. Things are getting back to normal!

My family weren't the only ones who escaped COVID. Everyone living at Ivy Gables Senior Living did as well. And they did it in the middle of an enormous expansion! Join us on pages 8 and 9 to find out more about all the big changes, how they do what they do and what makes Ivy Gables so special.

In keeping with the "thankful for your health" theme, June is Men's Health Month. Men: To keep things simple, pull out the pages of the magazine to keep as your checklist, and make your appointment with your care provider now, while you're thinking about it. Women: your job is to make sure the men in your life don't let this fall through the cracks. It's important!

When it comes to our community's safety, Vital's community partners have it under control. Consumer Reports recently published an article on how to navigate the multitude of options of hospice care. Delaware Hospice is the only organization in the area to meet all six of the criteria. We'll help you do your research on page 11. While you're making your appointment to see your care provider, add another one to the calendar: Celebrate World Blood Donor's Day with Your Own Home In-Home Senior Care Providers on June 14th by donating blood. You never know whose life you might save. Next up—June 15 is World Elder Abuse Awareness Day. Learn more from the Department of Justice and Adult Protective Services about the exploitation that many people experience, and how you can recognize it and take action against it on page 7.

Feeling back to normal yet? We hope so! 'Cuz normal once again means sunshine, baseball, barbecues and beach vacations.

Hello summer!

Karyn and Heidi

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Cancer's Blessing: A Patient's Perspective

(6th in a series)



In January, we introduced you to our friend, Paul Bohannon. Eight years ago, Paul was diagnosed with prostate cancer, and given 6 months to live. 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 www.vitalmagonline.com/cancers-blessing-a-patients-perspective right now.

Last month we talked about getting down to healing. This month we talk about tips and tricks to reinforce mental success in cancer treatment.

Reinforcing Mental Success in Cancer Treatment

As a continuation to the series of articles we've published so far, I thought it imperative to focus on some key tools I developed that worked well for me. Evolving over time, these tools helped me cope with all the aspects of my cancer treatments.

I have interviewed hundreds of other cancer patients, and one thing I can assure you is that each person's journey is unique. You will hear, read and find tons of statistics, but remember, through all of this, there isn't a "single solution" that works for all of us.

These tools are designed to help support the treatment plan you choose. Again, pick and choose as you wish to create your own support plan. There is only one major theme that is important to stress again: Whatever plan you pick, you must follow it and BELIEVE it WILL WORK. Your mind is your most important ally.

Develop Your Mantra

I developed a series of phrases that I repeated to myself daily. I even printed them and taped them to my bathroom mirror, incorporating recital into my morning and night-time routines. Every day, I would

look myself in the eye and repeat these phrases to myself. The goal is to indoctrinate your body and mind into knowing that you speak the truth. I still do this to this day. I started by saying out loud, "I am healthy, I am strong, I will survive." Then I realized there was still some doubt in that phrase, so I changed it to "I am healthy. I am strong. I am a survivor." You can create your own phrase, but the key is that your brain needs to see and hear your positive mantra.

Take on a Meditation Mindset

Following this mantra theme, let's talk a bit about meditation. I will take a liberty and classify prayer as a form of meditation for these purposes because of one simple thing: when you pray or meditate you are in a state of calm; you are focusing all of your being on your conversation with the universe, your higher power or God. The proper mindset is imperative when approaching cancer. It's impossible to 100% ignore all the troubles of this world, all the pain, all the anguish, so you must find a way to release it from your consciousness whenever possible.

I used a couple of meditations, including apps I purchased, to guide me, since I didn't have a lot of practice with meditation. I recommend finding several that you enjoy so you can rotate them. My personal favorites are the Solfeggio Scale, and using the sounds of waves combined with a guided meditation during which I am actively listening. During the day, I usually spend about 5 minutes reciting the mantra described above, then at night I

recite the mantra, then lay down and fall asleep meditating/praying.

My experience is that initially, most of us are so focused on the cancer that it is the focus of all our energy, instead of focusing on love and healing. Give yourself time to unplug from the cancer and focus on rejuvenating yourself and recharging your soul.

Come to Terms with Possible Outcomes

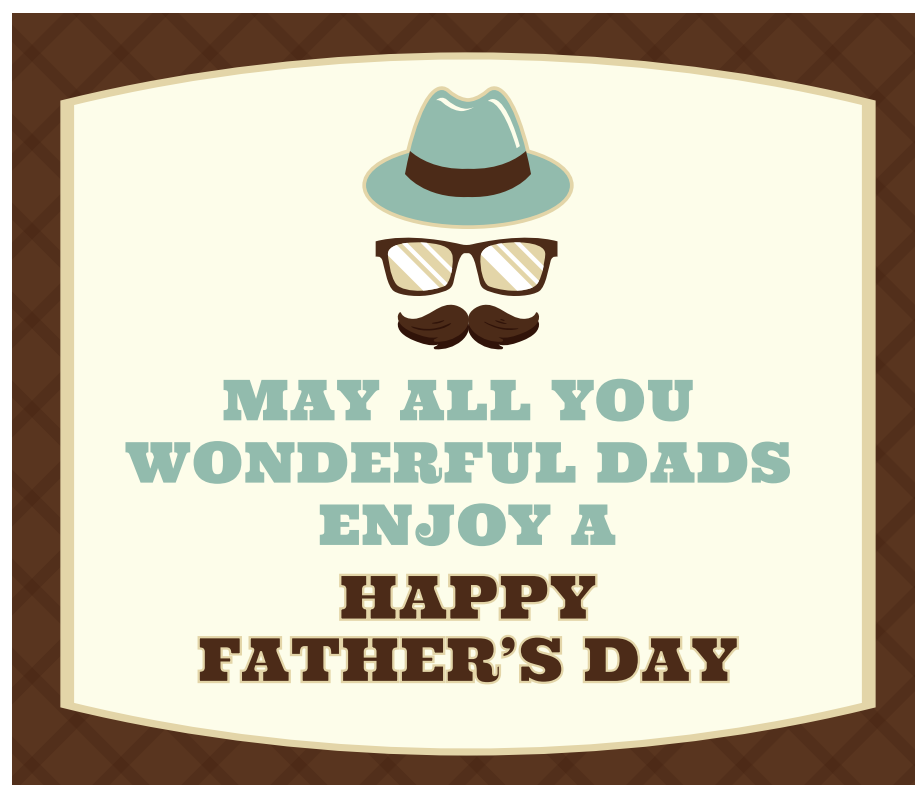
Today's final point is the importance of coming to terms with the inevitable. I say inevitable not because you will die from cancer, but because eventually, we are all going to die. Whatever you believe happens after this life, it is important that you accept it. You will gain an immense release by asking yourself the "what if I die" this week, month, year? It will not be easy, but it was one of the most important breakthroughs I had in developing my survival plan.

I know that sounds a bit counter-

intuitive, but after nights of struggling with pain, loneliness and fear, it occurred to me that even without cancer, I was terminal; my cancer was simply a new challenge or opportunity to improve my outcome. I wish there were some magical recommendation here, but again, we are all unique. For me, I would go to bed or take an afternoon nap (naps are amazing, especially if you are doing chemo or radiation) and while laying there, I would cry out the fear, the pain and the loneliness. Crying's process of release was a monumental healing moment for me, considering that I do not normally cry.

I have a strong belief that the process of coming to terms with the finality of your life is individual, but one you must work through in order to heal past your cancer and move on with hope, optimism and certainty in your life.

Next month: How to create and stay on a successful survival plan.



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OR CALL 302-544-0684 FOR DETAILS.

June is Men's Health Month



June is Men's Health Month, and this year we observe National Men's Health Week from June 14-20. It just so happens that Father's Day falls on the last day of Men's Health Week, a perfect time for focusing on health education and awareness, disease prevention, and family.

Men typically visit the doctor less than women do. Whether that's because men are afraid of what they might be told at an annual check-up, they dread the probes that can be part of an exam, they're locked into a mindset of toughing it out, or another excuse, there's really no good reason NOT to see a healthcare provider regularly. Just like women, men may also be affected by common conditions such as heart disease, diabetes, cancer, depression. They may also have conditions that are specific only to men.

That said, below are some guidelines that www.medlineplus.gov offers to help you keep yourself (or the men in your life) healthy for many years to come.

Visiting Your Health Care Provider

You should visit your health care provider regularly, even if you feel healthy. These visits can help you avoid problems in the future. For example, the only way to find out if you have high blood pressure is to have it checked regularly. High blood sugar and high cholesterol also may not have any symptoms in the early stages. Simple blood tests can check for these conditions.

The purpose of these visits is to:

- Screen for medical issues.
- Assess your risk for future medical problems.
- Encourage a healthy lifestyle.
- Update vaccinations.
- Help you get to know your provider in case of an illness.

Health Screenings for Men Age 40-64

Blood pressure screening

- Have your blood pressure checked at least once every 2 years. If the top number (systolic number) is between 120 to 139 mm Hg, or the bottom number (diastolic number) is between 80 to 89 mm Hg, you should have it checked every year.

- If the top number is 130 or greater or the bottom number is 80 or greater, schedule an appointment with your provider to learn how you can reduce your blood pressure.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often, but still at least once a year.
- Watch for blood pressure screenings in your area. Ask your provider if you can stop in to have your blood pressure checked. You can also check your blood pressure using the automated machines at local grocery stores and pharmacies.

Cholesterol screening and heart disease prevention

- Recommended starting age for cholesterol screening is age 35 for men with no known risk factors for coronary heart disease.
- Once cholesterol screening has started, your cholesterol should be checked every 5 years.
- Repeat testing sooner than needed if changes occur in lifestyle (including weight gain and diet).
- If you have a high cholesterol level, diabetes, heart disease, kidney problems, or certain other conditions,

you may need to be checked more often.

Colorectal cancer screening

If you are under age 50, talk to your provider about getting screened. You should be screened if you have a strong family history of colon cancer or polyps. Screening may also be considered if you have risk factors such as a history of inflammatory bowel disease or polyps.

If you are age 50 to 75, you should be screened for colorectal cancer. There are several screening tests available:

- A fecal occult blood (stool-based) test done every year
- A fecal immunochemical test (FIT) every year
- A stool DNA test every 3 years
- Flexible sigmoidoscopy every 5 years
- Double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years
- Colonoscopy every 10 years

You may need a colonoscopy more often if you have risk factors for colorectal cancer, such as:

- Ulcerative colitis
- A personal or family history of colorectal cancer
- A history of growths called adenomatous polyps

Dental exam

- Go to the dentist once or twice every year for an exam and cleaning. Your dentist will evaluate if you have a need for more frequent visits.

Diabetes screening

- If you are over age 44, you should be screened every 3 years.
- Having a BMI over 25 means that you are overweight. If you are overweight, ask your provider if you should be screened at a younger age. Asian Americans should be screened if their BMI is greater than 23.
- If your blood pressure is above 130/80 mm Hg, or you have other risk factors for diabetes, your provider may test your blood sugar level for diabetes.

Eye exam

- Have an eye exam every 2 to 4 years ages 40 to 54 and every 1 to 3 years ages 55 to 64. Your provider may recommend more frequent eye exams if you have vision problems or glaucoma risk.
- Have an eye exam at least every year if you have diabetes.

Immunizations

- You should get a flu shot every year.
- Ask your provider if you should get a vaccine to reduce your risk of pneumococcal infection (causes a type of pneumonia).
- You should have a tetanus-diphtheria and acellular pertussis (Tap) vaccine once as part of your tetanus-diphtheria vaccines if you did not receive it previously as an adolescent. You should have a tetanus-diphtheria booster every 10 years.
- You may get a shingles or herpes zoster vaccination at or after age 50.
- Your provider may recommend other immunizations if you are at high risk for certain conditions.

Infectious disease screening

- The US Preventive Services Task Force recommends screening for hepatitis C.
- Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, and HIV, as well as other infections.

Lung cancer screening

You should have an annual screening for lung cancer with low-dose computed tomography (LDCT) if:

- You are over age 55 AND
- You have a 30 pack-year smoking history AND
- You currently smoke or have quit within the past 15 years

Osteoporosis screening

- If you are age 50 to 70 and have risk factors for osteoporosis, you should discuss screening with your provider.
- Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, having a fracture after age 50, or a family history of osteoporosis.

Physical exam

- Your blood pressure should be checked at least every year.
- Your provider may recommend checking your cholesterol every 5 years if you have risk factors for coronary heart disease.
- Your height, weight, and body mass index (BMI) should be checked at every exam.

During your exam, your provider may ask you about:

- Depression
- Diet and exercise
- Alcohol and tobacco use



- Safety, such as use of seat belts and smoke detectors

Prostate cancer screening

If you're 55 through 69 years old, before having the test, talk to your provider about the pros and cons of having a PSA test. Ask about:

- Whether screening decreases your chance of dying from prostate cancer.
- Whether there is any harm from prostate cancer screening, such as side effects from testing or overtreatment of cancer when discovered.
- Whether you have a higher risk of prostate cancer than others.

If you are age 55 or younger, screening is not generally recommended. You should talk with your provider about if you have a higher risk for prostate cancer. Risk factors include:

- Having a family history of prostate cancer (especially a brother or father)
- Being African American
- If you choose to be tested, the PSA blood test is repeated over time (yearly or less often), though the best frequency is not known.
- Prostate examinations are no longer routinely done on men with no symptoms.

Skin exam

- Your provider may check your skin for signs of skin cancer, especially if you're at high risk. People at high risk include those who have had skin cancer before, have close relatives with skin cancer, or have a weakened immune system.

Testicular exam

- The US Preventive Services Task Force (USPSTF) now recommends against performing testicular self-exams. Doing testicular self-exams has been shown to have little to no benefit.

Health screenings for men age 65 and older

Some of the above-mentioned screenings should continue after age 65. These include blood pressure, infectious disease, lung cancer screenings, and skin and dental exams. After age 65, continue with:

Abdominal aortic aneurysm screening

- If you are age 65 to 75 and have smoked, you should have an ultrasound to screen for abdominal aortic aneurysms.
- Other men should discuss this screening with their provider.

Cholesterol screening and heart disease prevention

- If your cholesterol level is normal, continue to have it rechecked at least every 5 years.
- If you have high cholesterol, diabetes,

heart disease, kidney problems, or certain other conditions, you may need to be checked more often.

Colorectal cancer screening

Until age 75, you should continue screening for colorectal cancer as recommended above. If you are age 76 or older, you should ask your provider if you need to be screened.

Diabetes screening

- If you are age 65 or older and in good health, you should be screened for diabetes every 3 years.
- If you are overweight and have other risk factors for diabetes, ask your provider if you should be screened more often.

Eye exam

- Have an eye exam every 1 to 2 years.
- Have an eye exam at least every year if you have diabetes.

Hearing test

- Have your hearing tested if you have symptoms of hearing loss.

Immunizations

- If you are age 65 or older, get a pneumococcal vaccine.
- You should get a flu shot each year.
- Get a tetanus-diphtheria booster every 10 years.
- You may get a shingles, or herpes zoster, vaccine at age 50 or older.

Osteoporosis screening

- If you have risk factors for osteoporosis, you should check with your provider about screening. Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, a fracture after age 50, or a family history of osteoporosis.
- Men age 70 and over should consider getting bone mineral density testing.

Prostate cancer screening

For men older than age 70, most recommendations are against screening.

If you choose to be tested, the PSA blood test is repeated over time (yearly or less often), though the best frequency is not known.

- Prostate examinations are no longer routinely done on men with no symptoms.

Physical exams

- Have a yearly physical exam.
- Your provider will check your weight, height, and body mass index (BMI).

During the exam, your provider will ask you about:

- Your medicines and risk for interactions
- Alcohol and tobacco use
- Diet and exercise
- Safety, such as using a seat belt
- Whether you have had falls
- Depression

Saw Palmetto and Prostate Health

By Melissa Coats, ND

Since June is Men's Health Month, let's talk about one of the most common complaints I get as a physician from my older male patients: urinary changes resulting from benign prostatic hypertrophy (BPH). Common in men as they age, BPH is caused by enlargement of the prostate gland. Since the prostate gland surrounds the urethra, the tube urine passes through, it can prevent the bladder from emptying completely. BPH can cause a weak urine stream or pain when urinating, or cause you to wake numerous times at night to urinate. Half of all men have BPH by the time they reach age 60.

As a naturopathic physician, I strive to help prevent issues before they start by supporting the tissues of the body. One plant found to be successful in treating BPH as well as supporting the tissues is saw palmetto (*S. repens*). Saw palmetto is a palm plant that grows in warm climates. Saw palmetto berry extract is an herb rich in fatty acids which can be found alone as a supplement or in combination formulas.

According to randomized studies, *S. repens*, alone or in combination with other plant extracts, has provided the strongest evidence for efficacy and tolerability in treatment of BPH when compared to other phytotherapies (plants or plant extracts, particularly plants that are not part of the normal diet, used for medicinal purposes).

Saw palmetto supports tissue nutrition of the urinary tract and is also supportive to the pelvic organs. This plant is well-tolerated and has few side effects in comparison to some of the commonly prescribed medications for this issue. Some studies have shown saw palmetto to be as effective as the prescription drug finasteride (Proscar®) in relieving the symptoms of BPH. While saw palmetto helps relieve urinary symptoms, it does not appear to shrink the size of the prostate.

Most, but not all, men tolerate saw palmetto well without side effects, so be sure to consult with your physician before starting on any new supplements. There are no reports of interactions between saw palmetto and medicines or other herbs. It is a possibility, though, that taking saw palmetto with warfarin (Coumadin®) could increase its anticoagulant effects, increasing the risk of bleeding.

Although saw palmetto is not the answer for everyone presenting with BPH or lower urinary tract issues (saw palmetto can noticeably reduce the symptoms of BPH in about half of the men who use it), I have seen it help many men who suffer from frequent urination from BPH, so it might be worth trying for a while to see if it can help. It should be noted that when taking phytotherapies it is recommended to use them consistently for a while (it typically takes four to six weeks of therapy to see results) to ensure that you are getting the effect. Herbal or plant medicines tend to take a little more time to work, but once they are part of your life, they can make a huge difference without the side effects generally found with multiple medication usage.

Dr. Melissa Coats is a licensed naturopathic physician in Scottsdale, AZ at Naturopathic Specialists, LLC (www.liste-nandcare.com). Sources and references available upon request.



Online Shopping 101: 15 Tips to Keep You Safe



Consumers spent \$861.12 billion online with U.S. merchants in 2020, up an incredible 44.0% year over year, according to Digital Commerce 360 estimates. That's the highest annual U.S. ecommerce growth in at least two decades. It's also nearly triple the 15.1% jump in 2019.

Online shopping is easy (hop on your computer or phone while you sip your morning coffee? Yes!), convenient (who doesn't like to press a button and have something show up at their door?) and safe. Well, for the vast majority, safe. The FBI reported about \$3.5 billion in losses in 2019. While that's a small percentage of total purchases, \$3.5 billion is nothing to sneeze at.

So how do you snag that latest deal of the day and protect yourself at the same time? Check out these online shopping safety tips shared by www.digitalcommerce360.com.

1 Shop with reputable retailers. When possible, shop directly with online retailers you know and trust. Bookmark your favorite shopping sites to get there quickly and safely. Avoid typing the name of the retailer into your browser bar.

That's because a tiny typo could land you on a fake site that looks just like the real one. Make a "purchase" on an illegitimate site and you may unwittingly hand scammers your credit card number and other personal info.

2 Vet new-to-you businesses. Did you spot an amazing product from a new seller? Do your homework on any business you've never purchased from in the past. Look for online reviews and search the Better Business Bureau website for complaints. Check the "contact us" page on the website for a U.S. address and phone number. Then take it a step further: call the business to verify.

Why? The FBI reported that some scammers hijack the contact info of real U.S. businesses to make their shady site look legitimate.

3 Beware amazing deals. Did you spot an ad on Facebook or Instagram offering rock-bottom prices or an eye-popping offer of free stuff? Reports of lost money from social media scams have more than tripled in the past year, according to the U.S. Federal Trade Commission (FTC).

Remember, if an offer looks too good to be true, it probably is. Compare prices before you buy. Unusually low prices could be a red flag that you've landed on a fake site just waiting to snag your personal information or steal your money.

The FBI found that many sites at the center of its recent spate of complaints were advertised on social media platforms.

4 Don't browse on public Wi-Fi. Avoid shopping from public Wi-Fi next time you're sipping a latte at your favorite coffee shop. The guy staring at his phone at the next table could be a hacker spying on your online activity, hoping to grab your name, address and credit

card number.

5 Use a VPN. If you ever do use public Wi-Fi, say at an airport, café or other public space, protect yourself with a VPN (virtual private network). A VPN creates an encrypted tunnel between your computer and the server.

6 Pick strong passwords. Use a complex set of lower and uppercase numbers, letters, and symbols. Or consider a long passphrase that you can remember and others are unlikely to guess.

Avoid dictionary words and personal information a thief could easily find or guess, like your kid's birthdate, your dog's name or your favorite sports team.

Never reuse passwords across sites. If you do, a data breach at one company could give criminals access to your other accounts.

7 Check site security before you buy. Look for a lock icon in the browser bar of a site to verify that they use SSL (secure sockets layer) encryption. The URL also should start with "https" rather than just "http."

Secure websites are configured to mask the data you share, such as passwords or financial info. Shopping only on secure sites reduces the risk that your private information will be compromised while you shop.

8 Don't fall for email scams. You might get emails or texts offering amazing bargains or claiming there's been a problem with a package delivery. Delete suspicious messages from unfamiliar senders. And don't open attachments or click links in messages because they could infect your computer or phone with viruses and other malware.

9 Guard your personal information. Here's a general rule: No shopping website should ever ask for your Social Security number. If one does, run.

10 Pay with credit, not debit. Always use a credit card to shop as securely as possible. First, a credit card doesn't give a seller direct access to the money in your bank account. Second,

most credit cards offer \$0 liability for fraud, meaning if, after investigation, they discover fraud, you're not on the hook for the purchase.

11 Add extra security with a virtual credit card. A virtual credit card can offer even more online shopping security. Some credit card issuers will give you a temporary card number that's linked to your credit card account.

You can use the temporary number to shop online without showing the seller your real credit card details. If a thief gets a hold of the virtual credit card number and later tries to use it, they'll be out of luck.

12 Keep an eye out for fraud. Review your bank and credit card statements for fraudulent charges at least once a week. Or set up account alerts to notify you of any new activity on your card. When you receive a text or email notification, you can check your account to make sure you recognize the charge.

13 Mind the details. After you make the purchase, keep the details in a safe place. Hang on to the receipt, your order confirmation number and the tracking number the seller provides. If you have a problem with the order, this information will help you get the issue resolved quickly.

14 Track your stuff. After you make an online purchase, keep tabs on it to make sure it's headed your way. If the merchant refuses to provide shipping info or respond to your requests for the status of your order, contact your credit card issuer for help. They may remove the charge from your bill and look into the matter.

15 Report scammers. Did you get scammed? If so, file a complaint with the U.S. Federal Trade Commission and the FBI's Internet Crime Complaint Center. Tip: If you suspect you may be a victim of ID theft, the FTC offers an identity theft recovery plan.

Following these online shopping safety tips may help you foil scammers and avoid becoming a target in the first place.



Delaware Continues to Fight Financial Exploitation of Older Adults and Those with Disabilities

Each year, an estimated 5 million older adults are abused, neglected, or exploited. Older Americans lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that could be used to pay for basic needs such as housing, food, and medical care. Unfortunately, it occurs in every demographic and can happen to anyone—a family member, a neighbor, even you. It is estimated that only one in five of these crimes are discovered.

Tuesday, June 15, 2021, is World Elder Abuse Awareness Day. WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect. In addition, WEAAD is held in support of the UN Interna-

tional Plan of Action acknowledging the significance of elder abuse as a public health and human rights issue.

On that day and every day, the Division of Services for Aging and Adults with Physical Disabilities and the Delaware Department of Justice partner in an effort to unite communities around Delaware to raise awareness about elder abuse. This year, we are focusing on the special challenges related to financial exploitation, including fraud and scams.

Although massively underreported, financial exploitation is increasingly becoming a rampant form of abuse among aging adults, particularly those with cognitive impairments such as Alzheimer's disease or other types of dementia. According to the National Adult Protective Services Association (NAPSA), one in nine seniors has reported being abused, neglected, or exploited within the

last year, and one in twenty seniors has indicated some form of perceived financial mistreatment. In Delaware, almost half of all reported cases to Adult Protective Services is an allegation of financial exploitation.

Adult Protective Service agencies commonly receive reports about the following:

- **Theft:** involves assets taken without knowledge, consent, or authorization; may include taking of cash, valuables, medications, or other personal property. Theft is a crime that should be reported to APS and the police.

- **Exploitation:** involves acts of dishonesty by persons entrusted to manage assets, including using the assets for unintended purposes or not in the best interest of the person who has entrusted their assets to someone else; may include falsification of records, forgeries, unauthorized check-writing. Exploitation is a crime that should be reported to APS and the police.

- **Real Estate:** involves unauthorized sales, transfers, or changes to property title(s); may include unauthorized or invalid changes to estate documents. This is also a form of theft or exploitation and should be reported.

- **Fraud:** involves acts of dishonesty in the form of scams. Common scams include government imposter scams (including the IRS scam), the grandparent scam, lottery or sweepstakes scams, and health care, social security, and tech support scams. To learn more about the top 10 scams reported in Delaware in 2020, visit <https://attorneygeneral.delaware.gov/top10scams/>. There are also great resources on the Federal Trade Commission's website: www.ftc.gov.

- **Home Improvement Fraud:** includes building contractors or handymen who receive payment(s) for building repairs, but fail to initiate or complete projects or grossly overcharge for their services; may include invalid liens by contractors. Home Improvement Fraud should be reported to local police as soon as possible. Be sure

to keep records about all payments and interactions with contractors.

- **Electronic:** includes "phishing" email messages to trick persons into unwittingly surrendering bank passwords; may include faxes, wire transfers, telephonic communications. Internet crimes, even if you are not victimized, should be reported to the FBI at ic3.gov.

- **Mortgage:** includes financial products which are unaffordable or out-of-compliance with regulatory requirements; may include loans issued against property by unauthorized parties. Mortgage scams should be reported to the DOJ by calling 1-800-220-5424.

- **Investment:** includes investments made without knowledge or consent; may include high-fee funds (front or back-loaded) or excessive trading activity to generate commissions for financial advisors. Investment fraud should be reported to the DOJ's Investor Protection Unit: 302-577-8424 or Investor.Protection@delaware.gov.

- **Insurance:** involves sales of inappropriate products, such as a thirty-year annuity for a very elderly person; may include unauthorized trading of life insurance policies. Visit <https://insurance.delaware.gov/contact/> for more information.

There are many ways to get involved in strengthening our communities and preventing this type of exploitation. Talk about it with one another, to your leaders and to your neighbors. Lend strength to existing social support structures by providing support to older adults and those with disabilities. Contribute to building new social support structures by being aware of abuse, neglect, and exploitation and reporting it when you see it or suspect it.

If you see signs of abuse, neglect, or exploitation, please call Delaware's APS at 1-800-223-9074 to report. You may also contact the DOJ's Senior Protection Initiative if you have been victimized by a scam: SeniorProtection@delaware.gov or by calling 1-800-220-5424. Together, we can end elder abuse, neglect, and exploitation.

Financial Exploitation of Older Delawareans and Adults with Disabilities

It's a crime.

Older adults and people with disabilities who fall victim to financial exploitation pay a price that goes beyond money lost.

Financial exploitation can lead to significant distress and increased depression.

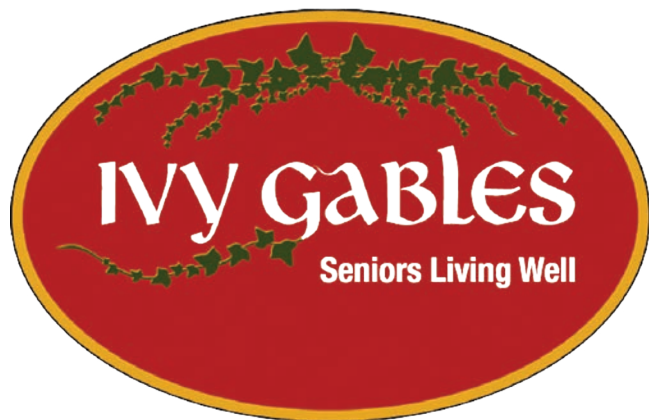
Call Adult Protective Services at 1-800-223-9074 to report.



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Division of Services for Aging and Adults with Physical Disabilities





We'd like you to meet George and Tammy Loudon, who started Ivy Gables with the vision "Seniors Living Well." Also the longtime owners of Grace Park Senior Living in Stroudsburg, PA, the Loudons have been passionate about caring for seniors for years, priding themselves on providing the seniors who live in their communities a warm, comfortable, elegant and caring residence.



knowing that they'll be able to age in place, no matter what curves life may throw their way. That means that once a person makes their home at Ivy Gables, that's their forever home, even should they need assistance in the future.

What do you see as your purpose in senior care?

We've always believed in encouraging independence and individuality. Our goal is, and always has been, helping families help their loved ones live independently while maintaining a good quality of life in a safe and caring environment.

There is so much that goes into caring for others. We believe in strong family values, healthy and active lifestyles, personalized care, lifelong education, and motivation and inspiration for the mind, body, and soul.

Do you have a particular philosophy that you employ in your communities?

We're devoted to providing compassionate, extraordinary, personal hands-on care. Our philosophy is that each resident's well-being is enhanced



Even those familiar with Wilmington may not have experienced the quaint villages that are Arden and Ardentown. Like taking a step back in time, the Ardens exemplify true community: tight-knit, caring neighbors, a truly unique personality, secluded from, yet close to, the surrounding bustling neighborhoods and cities. And in the middle of it all, stands Ivy Gables, Wilmington's most sought-after senior living community.

Built on a parcel dating back to 1790, Ivy Gables Senior Living is nestled among 100-year old trees, a historic stone farm house and a carriage house. For the past 9 years, George and Tammy Loudon have lovingly restored the former Eden Rock, all the while providing multiple levels of care to residents. And now, Ivy Gables is expanding from 24 residences to 62, with the addition of a new building housing 18 private and shared accommodations for memory care, and another 20 designated for independent and assisted living.

What does the tagline "Choose your Life Style" mean?

When you choose Ivy Gables you're choosing a "life style." Ivy Gables has the feel of a French country bed and breakfast, nestled on beautiful grounds with ample opportunities to get out and explore nature year-round. For those who prefer to be active indoors, we offer daily fitness programs. Relaxation includes everything from playing games to enjoying live entertainment at cocktail hour, and residents look forward to socializing with their own families and their Ivy Gables family alike.

Meals here are always an event. For instance, we celebrate summer with garden-to-table dining. After selecting the finest and freshest ingredients from our private on-site garden, our chefs prepare them to perfection and serve them in our beautiful dining room in the most delightful way. In winter, our fireplaces lend a warm ambience to our rooms, enticing residents to linger just a while longer.

I've seen the signs around the building, "You can't bloom in your room!" What does that mean?

Our Arts and Entertainment department provides "Energy for Body, Mind, and Soul." It's a vital program of activities that stimulates residents cognitively, culturally, creatively, psychologically, spiritually and physically. Each and every one of those aspects contribute to individual's growth and social interaction.

That sounds fun! What kinds of activities does that include?

There's something for everyone at Ivy Gables. We have classes, Bible study, clubs, educational seminars, live entertainment, outdoor concerts and in-house movies. We go to restaurants, shows and museums, and mystery trips are a favorite—people never know where they're going, but it's al-



ways fun when they get there. We also offer group and personal courtesy transportation whenever needed. You might even have seen our English cab tooling around town!

Many of our residents are very civic-minded, contributing to community projects whenever possible. They work with the local Montessori school and ACRA throughout the year, and participate in a charity craft once a month. That sense of belonging to the larger community is one of the reasons our residents love Ivy Gables.

You have 3 lifestyles at Ivy Gables. What are they?

We think that it's so important for residents to know that when they choose the move to Ivy Gables, they've found a forever home. We offer a continuum of care that spans Independent Living, Assisted Living, as well as Memory Care. We welcome individuals as well as couples.

What types of services might one expect from Assisted Living?

Assisted Living is for individuals who can live independently but might require additional hands-on care, such as help with bathing, grooming, medication management and other daily living needs.



What about Memory Care?

For our Memory Care residents, we offer all of our Assisted Living services and activities, tailored for Memory Care Lifestyle, in a fully secured setting. Both private and shared accommodations are available. Our highly trained staff implement proven techniques and strategies to enhance memory care living and we support and encourage residents' families to participate in our programs and activities.

Beyond our other programs, we also offer specialized therapies, including aromatherapy, tactile therapy, and music, art and pet therapies.

It's easy to see why Ivy Gables is senior living unlike anywhere else. What else sets Ivy Gables apart?

That's easy. It's our staff! We follow the Ritz Carlton Service Model. Our professional and medical staff is trained to be flexible, engaging, and over the top every time. Our purpose is to make our residents' day, and we thoroughly and totally believe that customer service is the service we give that we are not obligated to give. Real customer service is the service that cannot be bought with money.

When will your expansion be complete?

We'll be opening the doors to our new building in June 2021. The expansion more than doubles accommodations, from 24 residences to 62. About half of the expansion is dedicated to additional secure memory care, both private and shared accommodations, with the remainder designated for independent and assisted living. We've maintained our philosophy of aging in place throughout the new building as well. And that's just another way we show what we mean when we say Seniors Living Well.

Moreover, we credit the dedication of our staff to keeping our community COVID-free throughout the past 15 months. We're proud to say among all our residents, we did not have one single case of COVID. We recognized early on that we had to institute safety protocols unlike any before, and it was our dedicated staff that ensured every one of our residents remained healthy. It was hard. It was exhausting. And it was worth it.



Are you taking applications now? How can readers come see the Ivy Gables lifestyle?

We are! And we love having guests. We're at 2210 Swiss Lane, Wilmington, DE 19810. Come see what all the excitement's about by calling 302-475-9400 to schedule a private tour. Learn more about us by visiting our website at www.ivygableseniorliving.com.



“What were the first things that attracted me to Ivy Gables? Arden! And having the Candlelight Theater right next door. The grounds of Ivy Gables, with big trees and expansive lawns and gardens were perfect for walking. When I went inside, everyone was so friendly. I knew this was the place for me! The food is delicious, and I always have something to do, whether it's socializing with the other residents or participating in the wide variety of activities.”

– Elizabeth Ligon

“My mom had a broken hip and needed 24-hour care upon release. We looked at Ivy Gables first because it came highly recommended. My family and I fell in love with Ivy Gables and its home-like feel. Ivy Gables is a beautiful facility with top-quality staff, excellent food and lovely grounds in the back. My seven brothers and sisters and I all agreed that mom would love it there. We especially love the big bright four-season porch and have had many family gatherings there.

Mom has been at Ivy Gables a few months now and we continue to love the care and quality of service that she receives. She gets spoiled with wonderful fresh foods. They cater to her likes and dislikes too. They have taken Mom out to lunch at nearby restaurants, taken shopping trips, and last week we went to Winterthur Museum and Gardens for a nice tour in the cutest transport cab you ever want to see. To top things off, the Arden Theater sent over some free tickets to a show. Fun times!

I have only good things to say about the staff at Ivy Gables. Nurses, aides, chefs, directors, and maintenance staff all bend over backwards to be cheerful and loving. My mom (who is 90 years old) calls Ivy Gables home and she loves it there. I think she gets treated like a queen and always feels that she is well taken care of when her family cannot always be there. My mom has blossomed and her health is the best we could hope for.

Ivy Gables is more like a home in the country than an assisted living facility. We are glad we found you.

– Mary S.



Save a Life – Or Three

By Jamie MacPherson

Your Own Home In-Home Senior Care

Did you know that somebody in the United States receives donated blood every two seconds? That is a remarkable number of lives saved through the kindness and generosity of others. Whether it is a natural disaster, accident, health complication, or scheduled surgery, donor blood is always on the front lines as a critical ingredient of life support. While transfusions are nothing new, the system and technological advances which we enjoy today certainly are.

Back in 1665, an English physician recorded the first successful blood transfusion: an attempt to keep his beloved dog alive. It took 150 years for this procedure to be performed on humans, and ninety more to develop the tools to cross-match blood types, ensuring compatibility. While the Red Cross was formed in 1881, it was not until 1940 that the U.S. established the national blood collection program that proved instrumental in treating injured soldiers during World War II both here and abroad. Civilians were eventually allowed to join the program at the conclusion of the war.

At the beginning of that brief history lesson, not

much was known about blood. Doctors understood its importance and eventually its functions, but it was not until recent decades that they began to separate blood into distinct components with specific applications: whole blood, red blood cells, platelets, and plasma. That discovery, along with advances in blood typing and compatibility, means greater effectiveness with a lower risk for both donors and recipients. It took 350 years, but health workers finally have the right tool for the job—when it is available.

Scarcity of blood components means a shared responsibility in the solution: donate! It is virtually painless, takes very little time, and can be done regularly. Over a third of our population is eligible to donate, yet only two percent do (four percent worldwide). The Red Cross works in association with thousands of hospitals and blood banks to organize collection and distribution of blood products, but they need our help. Celebrate World Blood Donor's Day on June 14th with a visit to redcrossblood.org. There you will find more information about compatibility, screening, and blood drives which are happening in your area. If you are not able to donate, contribute your time at one of their events or establish a new one with your company, church, or community group.



We never know when we are going to require blood, so invest in the system which ensures there are plenty of units available for the next person who needs them. Three lives can be saved with one unit of blood, so help a deserving human and give today!

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When It's Time for Hospice: 6 Features to Look For

By Jennifer Saienni
Delaware Hospice

Having to choose a hospice provider is not a situation that anyone wants to be in. It's an emotional time and an emotional decision. However, if you're in that place, there are definitely factors to consider when selecting who will be caring for you or a loved one. To help navigate the multitude of options, Consumer Reports published an article, "How to Find a Good Hospice Program: Six Features to Look For." Delaware Hospice is the only organization in the area to meet all six of the criteria.

1 Nonprofit status and 20+ years of experience. Serving Delaware since 1982, Delaware Hospice is the state's leading nonprofit hospice. Throughout our almost 40 years of service, support and end-of-life education, we have become a trusted

community partner, consistently providing the highest quality hospice and healthcare services available.

2 Hospice-certified nurses and doctors on staff and available 24/7. Questions don't arise according to a schedule. Regardless of the time of day, both patients and caregivers should be able to talk with a nurse, nurse practitioner or doctor for answers to all their questions. At Delaware Hospice, we know that everyone's needs are different. Our certified hospice personnel are here to cater to each patients' individual needs. We are also the only organization in Delaware with Certified Hospice and Palliative Pediatric Nurses.

3 Palliative care consultants who begin care if you're not yet ready for hospice. Our Delaware Palliative program assists with both

the physical and emotional sides of a serious illness. Individualized care is provided during home visits by a physician, nurse practitioner and social worker. Through individualized care, patients reap the benefits of in-home care while receiving curative treatment.

4 An inpatient unit, where patients can go if symptoms can't be managed at home. The Delaware Hospice Center in Milford offers 16 single patient/family suites set in a comfortable home-like atmosphere. Our team provides specialized hospice care 24 hours a day, allowing family members to spend quality time together. Families are also able to enjoy a stroll through the beautifully landscaped gardens.

5 Ability to provide care in nursing homes and assisted living residences. We provide service in almost 70 nursing homes and assisted



living residences throughout Delaware and two counties in Pennsylvania. With these partnerships, we're able to offer our families timely visits and expert care.

6 Medicare approval. Delaware Hospice is a Medicare- and Medicaid-approved organization, as well as a state-licensed hospice program. We are also approved by many other private and commercial insurance organizations.

To learn more about any of our programs, please visit www.delawarehospice.org or call us at 302-478-5707.



Delaware Hospice provides more than in-home hospice services. Whether it's palliative care, children's care or bereavement services you are looking for, we have you covered.

delawarehospice.org • 302.683.8948

Do Plastic Bag Bans Work?

Now that single-use plastic bags have been banned in Delaware, you may have noticed that grocery stores and other locations have replaced them with thicker, reusable plastic bags. So, is the ban even making a difference on the environment? Opinions differ, based on which part of the problem you focus on.

Some argue that plastic is not the problem, but rather our carbon footprint. And they believe that plastic grocery bags are not part of the carbon problem. A 2011 report by the U.K.'s Environment Agency shows that the carbon impact of paper, reusable plastic, and cotton bags is higher than single-use plastic bags when considering the production, use, and disposal of each.

What this report doesn't include is any attempt to calculate the toxicity of plastic or the dangers of littering plastic bags. Its conclusion might be different were it to factor in:

- the impacts of plastic production, such as the cancerous toxins unleashed by manufacturing plants, particularly on low-income and communities of color,
- the deadly burden of plastic bags on marine animals, such as whales and sea turtles,
- or the toxic fumes released by waste incinerators when plastic is burned.

What's more, when fees on paper bags are included in single-use plastic bag bans, consumers are more likely to bring reusable bags.

Bans Aren't Perfect, But They Still Work

A more recent study from the University of Sydney found that California's bag ban led to a moderate increase in paper bag usage and pushed some customers to buy thicker plastic bags. The study suggests these thicker bags were purchased to replace the secondary

use of free, single-use plastic bags as trashcan liners or to pick up pet waste. As a comparison of weight, the study reported that 28.5% of the plastic reduced through a bag ban was offset by shifting consumption to other bags.

But look at this the other way: the ban reduced plastic bag consumption by 71.5%—a huge decrease. It also took 100% of those plastic grocery bags out of the recycling system, where they bound up machinery and increased costs. The ban also kept them from littering neighborhoods and the environment.

Do Bans Create More Problems?

Courtney Lindwall had an opportunity to interview Jennifer Sass, a scientist at nrdc.org, who says yes, bans do work, and debunks the skeptics' claim that in trying to wean ourselves off plastic bags, we're only creating more troubles.

Q: Recent reports are claiming that plastic bag bans have unintended environmental consequences—causing a spike in the use of paper and tote bags, which may result in even more pollution. Is that true?

A: In an effort to stem the swelling tide of ocean pollution, plastic bag bans are sweeping across the country—but not everybody's on board. Let's take a closer look at a few circulating claims and break down some of the misinformation behind them.

Myth 1: Paper bags are worse for the environment than plastic bags.

Reality: Let's be clear: Environmentalists don't see switching to single-use paper bags as the solution to kicking our plastic habit. That's why any good plastic bag ban attempts to avoid a surge in paper bag use by also implementing a paper bag fee, ideally nudging shoppers to bring bags from home instead. After all, growing trees for paper uses up a lot of water and fertilizer. But when we make bags from recycled paper, their impact lessens, since recycled content uses far fewer resources (trees, energy, water, and chemicals) than virgin fiber content. Another plus? Paper bags are readily recyclable or compostable. Paper ultimately breaks down, whereas the 13 million tons of plastic that make their way into our oceans each year do not.

Myth 2: Reusable tote bags are worse for the environment than plastic bags.

Reality: Certainly, something durable will require more resources to produce than something designed to survive just a few minutes. But numerous studies looking at the impact of reusable totes on the climate assume people make very limited use of these bags. A 2018 life-cycle study by the Danish government concluded that a cotton tote must be reused 52 times to bring its carbon footprint below that of a single-use plastic bag. But considering all the uses we have for our totes, such a threshold is easily exceeded within just a few months. Avoiding single-use bags also helps you do your part to keep plastic bags out of the waste stream.

Of course, to get the most value out of your reusable bag, the kind you carry does matter. Start with one that's durable, then consider its recycled content. More recycled content makes it a better choice.

Myth 3: Plastic bag bans cause such a large spike in garbage bag sales that they're ineffective.

Reality: The NPR Planet Money episode references a 2019 study that flagged a complicated issue: Those single-use plastic bags were often used a second time for pet waste or lining trash bins. So a team of researchers wondered, would a plastic bag ban lead to a rise in purchases of pet waste bags and other plastics? To answer the question, they camped out in grocery stores in California, collecting data on consumer habits. Sure enough, the study confirmed that sales of trash bags ticked up following the implementation of plastic bag bans. But total plastic usage was still at a net negative. In fact, the study found that even after accounting for the bump in garbage bag sales, we still used 70 percent less plastic overall. That's a *considerable win*.

Despite all this, some people will continue to defend plastic bags because they see packing a tote before heading to the store as just another chore. Which is why we propose a fourth R to the "reduce, reuse, recycle" adage: Remember. It's a worthwhile task.

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Achieving A High Vibration

Affirmative activities that leave us feeling joyous, appreciative, loving, and peaceful raise our vibration.

By Madisyn Taylor, www.dailyom.com

All matter is made up of energy, and that energy is in motion continually. Everything in the universe, from the smallest molecules to the most complex living beings, has an optimal rate of vibration to keep it healthy. We reach this high vibrational level when we are whole, healthy, and fulfilling our potential. Human beings are able to consciously control these vibrations within themselves using a variety of techniques. We know when we have reached a high vibrational state because we feel good and can sense that we are aligned with all that is. We find we are capable of healing and have good intuition and perception that are a result of our resonating closer and closer to our ideal frequencies.

Thoughts, emotions, intentions, choices, and actions contribute to our vibrational state, as do the environments we inhabit. Affirmative activities that leave us feeling joyous, appreciative, loving, and peaceful raise our vibration. Constructive, creative, and expansive thoughts do the same. When we cultivate habits that contribute to our physical health and strength, our vibration is likewise raised. Certain mantra meditations, breathing exercises, and chants are designed to increase vibration. But simply practicing gratitude and forgiveness, surrounding ourselves with loving high-vibration people, eating whole foods, and spending time in nature can also help us transcend our current vibrational limitations.

When your desire for change is strong enough, you will find yourself gravitating toward what can help you achieve and maintain a high vibrational state. A positive outlook will then become the most important tool you possess, and this outlook will sustain you when the path leading toward transformation is wide and winding. As you evolve, your vibrational frequency will also evolve, aiding you in the creation of an even higher reality. Consciously and unconsciously, you will attract auspicious circumstances and positive people that will help you continue exploring the scope of your higher self until you move beyond the earthly plane.

8	5	6	4	1	7	2	3	9
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9	7	2	1	5	8	3	4	6
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*Vaccine subject to availability. State-, age- and health-related restrictions may apply.

Crossword

By Dave Fisher

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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63						64					65			
66						67					68			
69						70					71			

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Answers on page 13

ACROSS

- 1. Fence “doors”
- 6. Crest
- 10. F F F F
- 14. A kind of macaw
- 15. Remnant
- 16. Pout
- 17. Not last
- 18. Accomplished
- 19. Destroy by fire
- 20. Fussy
- 22. Soon
- 23. Between the head and shoulders
- 24. Treeless Arctic plain
- 26. Stinging remark
- 30. Consumed food
- 31. Biblical boat
- 32. Maguey
- 33. It ebbs and flows
- 35. Drive forward
- 39. Fox hunt cry
- 41. Aircraft engine enclosure
- 43. Greetings
- 44. Badgers
- 46. Tidy
- 47. Ripen
- 49. Cook in hot oil
- 50. Bronzes
- 51. Crone
- 54. Enemies
- 56. Margarine
- 57. Stretchability
- 63. Anagram of “Sing”
- 64. Checks
- 65. Black-and-white diving bird
- 66. Norse god
- 67. Doing nothing
- 68. Heavenly hunter
- 69. Anagram of “Meat”
- 70. C C C C

- 71. Homes for birds

DOWN

- 1. Spike
- 2. Diva’s solo
- 3. Sailors
- 4. At one time (archaic)
- 5. Lustrous fabric
- 6. Dependence
- 7. Hunched
- 8. List of options
- 9. Excrements
- 10. A long artificial mound
- 11. Discovered
- 12. Uproar
- 13. Ringworm cassia
- 21. Expiration
- 25. Relating to urine
- 26. Shower alternative
- 27. Wings
- 28. Somersault
- 29. Deadly nightshade
- 34. Engages
- 36. Urgent request
- 37. Distinctive flair
- 38. Permits
- 40. Eastern discipline
- 42. Heretofore (2 words)
- 45. Genial
- 48. It induces nausea
- 51. Breast
- 52. Leave out
- 53. On the up and up
- 55. Also called Peter
- 58. Stow, as cargo
- 59. Medical breakthrough
- 60. Colored part of an eye
- 61. Gait faster than a walk
- 62. Cravings

LOBSTER-STUFFED ZUCCHINI BLOSSOMS

Delicate zucchini blossoms are made for filling and frying. We’re giving this classic Italian appetizer a decadent spin with a lobster-and-mascarpone filling, though feel free to use lump crabmeat, cooked shrimp, or diced zucchini in place of the lobster.



Credit: Victor Protasio

Total: 30 mins Yield: 4

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 3½ tablespoons fresh lemon juice, divided
- 1 tablespoon minced preserved lemon rind
- 2½ teaspoons Aleppo pepper, divided
- 1½ teaspoons kosher salt, plus more for sprinkling
- 1 (8-ounce) container mascarpone cheese
- 7 large eggs, divided
- 2 teaspoons lemon zest
- 2 tablespoons chopped mint leaves
- 1 pound cooked and picked lobster, crab, or shrimp meat, very finely chopped
- 24 zucchini blossoms
- 2 cups all-purpose flour (about 8½ ounces)
- 2 cups toasted fine breadcrumbs
- Neutral oil, such as grapeseed, for frying

DIRECTIONS

1. Whisk together olive oil, 1½ tablespoons lemon juice, preserved lemon rind, ½ teaspoon Aleppo pepper, and ½ teaspoon salt in a bowl.
2. Whisk together mascarpone, 2 eggs, lemon zest, mint, remaining 2 tablespoons lemon juice, remaining 2 teaspoons Aleppo pepper, and remaining 1 teaspoon salt in a separate bowl until smooth. Stir in lobster. Transfer to pastry bag or large ziplock plastic bag; if using a ziplock bag, snip a hole in bottom corner.
3. Clean zucchini blossoms (see Note).
4. Insert tip of piping bag into center of blossom without separating petals more than necessary. Carefully pipe 1 tablespoon lobster mixture into each blossom. Gently press outside of blossom to seal. Repeat with remaining blossoms and lobster mixture. Arrange filled blossoms on a rimmed baking sheet.
5. Beat remaining 5 eggs in a shallow dish. Place flour and breadcrumbs in separate shallow dishes. Dredge filled blossoms in flour; gently brush off excess. Dip blossoms in egg, then dredge in breadcrumbs.
6. Pour oil to a depth of ¾ inch in a high-sided skillet; heat over medium until shimmering. Working in batches, fry blossoms until a delicate, golden crust forms, 90 seconds to 2 minutes.
7. Using a spider, transfer blossoms to a paper towel-lined baking sheet to drain. Sprinkle with salt. Serve hot with preserved lemon vinaigrette.

Note: To clean zucchini blossoms: using kitchen tweezers or long, thin scissors, clip away the pointed sepals where the stem meets the flower. Blow into the flower so the petals separate naturally. Pluck out the stamen or pistils from inside. Use a pastry brush to gently remove any dirt or pollen.

www.foodandwine.com



Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

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

Answers on page 13

(courtesy of KrazyDad.com)

GET UP AND GO.... GET YOUR VACCINE



The country is opening up again, especially to those who have gotten a COVID vaccine. Haven't gotten yours yet? Simply visit www.vaccine.gov and enter your zip code and you'll be able to find most locations, and you can even search by the vaccine you're interested in.

Locally, visit <https://coronavirus.delaware.gov/vaccine/where-can-i-get-my-vaccine/> for locations and hours or call 1-833-643-1715, option 3.

Here's a partial rundown of locations that have been offering vaccinations. Call in advance to confirm availability.

- ChristianaCare throughout New Castle County, 800-693-CARE
- Modern Maturity Center, Dover, 302-734-1200
- Beebe Healthcare throughout Sussex County, 302-645-3300

Walk-Ins may be available at the following:

- Westside Family Health, New Castle County 302-224-6800; Kent/Sussex County 302-678-4622
- Canby Park, 1946 Maryland Ave., Wilmington, DE 19805
- Oxford Plaza, 256 Chapman Rd., Suite 100, Newark, DE 19702
- Williams Public Health Clinic, 805 River Rd., Dover, DE 19901
- Blue Hen Corporate Center, 655 S. Bay Rd., Suite 1A, Dover, DE 19901
- Riverwalk Public Health Clinic, 253 NE Front St., Milford, DE 19963
- Georgetown Plaza, 19 Georgetown Plaza, Georgetown, DE 19947

Mobile:

The CarePort MD bus will be at the Greek Festival in Wilmington from 11 a.m.-7 p.m. from June 3rd-7th.

The Funny Bone

We Love Plays on Words

My wife is really mad at the fact that I have no sense of direction. So I packed up my stuff and right.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, "I'm sorry, sir, only one carrion allowed per passenger."

Two fish swim into a concrete wall. One turns to the other and says "Dam!"

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

I ordered a chicken and an egg from Amazon. I'll let you know.

During the wedding rehearsal, the groom approached the pastor with an unusual offer.

"Look, I'll give you \$100 if you'll change the wedding vows. When you get to me and the part where I'm to promise to 'love, honor and obey' and 'forsaking all others, be faithful to her forever,' I'd appreciate it if you'd just leave that part out." He passed the minister a \$100 bill and walked away satisfied.

It is now the day of the wedding, and the bride and groom have moved to that part of the ceremony where the vows are exchanged. When it comes time for the groom's vows, the pastor looks the young man in the eye and says:

"Will you promise to prostrate yourself before her, obey her every command and wish, serve her breakfast in bed every morning of your life and swear eternally before God and your lovely wife that you will not ever even look at another woman, as long as you both shall live?"

The groom gulped and looked around, and said in a tiny voice, "Yes."

The groom leaned toward the pastor and hissed, "I thought we had a deal!"

The pastor put the \$100 bill into his hand and whispered back, "She made me a much better offer."

Man is a woman's best friend.

He will reassure her when she feels insecure and comfort her after a bad day.

He will inspire her to do things she never thought she could do. To live without fear and forget regret.

He will enable her to express her deepest emotions and give in to her most intimate desires.

He will make sure she always feels that she's the most beautiful woman in the room and will enable her to be confident and invincible.

No wait..... sorry..... I'm thinking of wine. It's wine that does all that.

Sorry.

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 

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 PROMEDICA