



Vital!

VITAL INFORMATION FOR A VITAL LIFE®

Your Own Home In-Home Senior Care Compassionate Care in Your Own Home

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NOVEMBER 2021



As I write this, it's not even Halloween yet, but we're already talking about Thanksgiving and I'm thinking, "The roses are still blooming...how is it already Thanksgiving?!" I'm certainly not ready for the holidays to come around yet, but I'm more than happy to think about all the things I'm grateful for.

You may have learned that having an attitude of gratitude improves our health, our resilience and our relationships. Gratitude unlocks the fullness of life. It turns what we have into enough. Daily practice doesn't have to be cumbersome. It can be as simple as thinking of 3 things for which you're grateful before falling asleep, or better yet, being truly present in the moment. Here's a quick list to get you started:

- My spouse who complains when dinner is late, because s/he is home with me.
- My teenagers who complain about doing dishes, because that means they're at home, not on the streets.
- The piles of laundry and ironing, because it means I have clothes to wear.
- The clothes that fit a little too snug, because it means I have enough to eat.
- A lawn that needs mowing, windows that need cleaning and gutters that need fixing, because it means I have a home.
- My high heating bill, because it means I am warm.
- The mess to clean after a party, because it means I've been surrounded by friends.
- The taxes I pay, because it means I'm employed.
- All the complaining I hear about our government, because it means we have freedom of speech.

A few more things we're grateful for? Family, friends, and our wonderful community of readers and businesses that have supported Vital! Magazine for 13 years. You mean the world to us, and without you, there would be no Vital! Thank you.

Wishing you and your loved ones a very Happy Thanksgiving and the start of a memorable holiday season!

Karyn and Heidi

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Do You Hear Ringing?

TINNITUS (pronounced tih-NITE-us or TIN-ih-tus) is sound perceived in the head with no external source. For many, it's a ringing sound, while for others, it's whistling, buzzing, chirping, hissing, humming, roaring, or even shrieking. The sound may seem to come from one ear or both, from inside the head or from a distance. It may be constant or intermittent, steady or pulsating.

Millions of Americans experience tinnitus, often to a debilitating degree, making it one of the most-common health conditions in the country. Roughly 50 million people struggle with some form of tinnitus. About 20 million are dealing with burdensome chronic tinnitus, while 2 million have extreme and debilitating cases.¹

Tinnitus is typically caused by:

- **Hearing Loss:** Most people who have tinnitus also have hearing loss.
- **Loud Noise:** Exposure to loud noise can cause permanent hearing loss and tinnitus. Continued exposure can make the tinnitus and hearing loss become worse.
- **Medication:** More than 200

medicines, including aspirin, can cause tinnitus. If you have tinnitus and you take medicine, ask your doctor or pharmacist whether your medicine could be the cause.

Tinnitus is at times very distressing, but it is not a life-threatening condition. Most people who experience tinnitus learn to manage it through "self-help." A visit to your doctor's office will usually reassure you that there are no underlying medical conditions related to your tinnitus, and your quality of life can be recovered.

Quick tinnitus test:

- ☐ *Do you hear a ringing, roaring, clicking or hissing sound in your ears?*
- ☐ *Do you hear this often or all the time?*
- ☐ *Does the sound bother you a lot?*

If you answered yes to any of these questions, you may have tinnitus. Please contact our office to set up an appointment.



How is tinnitus treated?

A careful review of your health history, along with an audiometric test, will identify which of the following is the right treatment option for you:

Hearing Aids provide the dual benefit of enhancing hearing and utilizing internal tinnitus management technology.

Personal Listening Devices like your smartphone can be employed. Use the devices with headphones, earbuds or hearing aids. Utilize music or tinnitus apps as part of tinnitus therapy.

Allergy Treatment may be beneficial if you test positive for allergies. Treatment can have the dual effect of reducing the ringing in your ears and giving you a big boost in energy. Allergies exacerbate tinnitus.

The first step is to contact Hearing Services of Delaware. Their highly skilled audiologists will perform a complete evaluation of your ears and hearing. The goal of this appointment should be for you to understand your ears and hearing and to learn how you can manage your tinnitus.

Hearing Services of Delaware has treatment options for tinnitus and can provide the relief you are looking for.

For more information or to schedule your appointment, call Hearing Services of Delaware, a HearingLife company, at 302-376-3500, or visit www.heardelaware.com.

¹American Tinnitus Association



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Entering a Season of Gratitude

Thanksgiving Holiday Ideas to Live Healthy, Live More

On average, Americans will consume between 3,000 – 4,500 calories on Thanksgiving Day, while the recommended average ranges from 2,000 – 2,600 calories (depending on age, gender, and various other factors). We believe it is essential to enjoy, celebrate and relax on Thanksgiving. We also recognize that small changes often make a big impact in your wellness journey. As you prepare for time with loved ones, consider nutritional options and healthy lifestyle alternatives. Celebrating one holiday differently could spark inspiration to take more control of your overall health. At Saint Francis LIFE, we believe when you live healthy, you live more. Let's get started together with these Thanksgiving ideas:

Don't Nix Menu Staples; Replace with Nutrient-Dense Substitutes

Instead of traditional recipes, try these swaps for some of your classic dishes:

- Instead of mashed potatoes, try mashed cauliflower or vitamin-rich mashed sweet potatoes.
- Swap out regular stuffing for a quinoa/squash base and add kale, diced apples, and rosemary.
- Instead of green bean casserole (often made with greasy onions and fattening soup) cook fresh green beans with roasted garlic, or alternatively, make lemon and garlic roasted asparagus.
- Instead of canned, sugary cranberry sauce, steam fresh cranberries and mash them or try using the variation monk fruit instead.
- For the main dish, avoid deep frying the turkey, and roast your turkey without adding butter. Avoid



eating the skin, which is full of saturated fat.

- For dessert, try baked apples with cinnamon and nutmeg or a healthier version of a pie with a nut crust, monk fruit filling and coconut whipped cream.

Don't Skip Meals

Eat as you regularly would prior to Thanksgiving dinner, and you will be less likely to overeat. Make it a three-meal day. If appetizers are part of the celebration, try to choose lighter options such as veggies and hummus, chips and salsa or a vegetable-based soup such as butternut squash soup.

Keeping blood sugar levels steady helps avoid irritability and lessens sugar cravings. In addition, the mindset of starving yourself prior to the main meal, will often result in binge eating.

Stay Away from Sweet Beverages

Instead of sweet cocktails, cider, punch, soda or juices high in sugar, try a flavored seltzer. Stay hydrated throughout the day with water or tea. Having enough water will curb your sugar cravings and keep your appetite balanced throughout the day.

Engage in Light Activity

Take a walk with your family in between dinner and dessert, or after both! A break with movement can increase energy and help you to digest a big meal. Light exercise before and after the meal will help decrease the fat in your blood.

Don't Forget to Give Thanks

It's easy to get swept up in the hustle and bustle of a Thanksgiving celebration. Try a phone-free dinner to stay engaged with loved ones and enjoy the moment. The best way to live in the present is to embrace gratitude. Look around and recognize who and what you are thankful for, share it with each other and find the joy in the day. After all, the heart of the holiday is to give thanks.

Boosting mental health and making smart nutritional choices are essential to improving quality of life, a fundamental value at Saint Francis LIFE.

Saint Francis LIFE is here to help seniors live life to the fullest. Our program helps participants live independently, live at home, and LIVE MORE. As a Program of All-Inclusive Care for the Elderly (PACE), we offer community-based care with a full circle approach. A team of health care providers creates customized care plans for each participant's individual needs. The care team includes primary care providers, nurse practitioners, specialists, social workers, rehabilitation therapists, recreational therapists and more. Our model of care helps seniors live in the comfort of their own home for as long as possible. There's so much LIFE to live, and Saint Francis LIFE can help seniors to LIVE MORE.

Contact us today to see if you or someone you know qualifies for services. We can be reached by phone at 302-660-3380 or visit our website www.saintfrancislife.org.

Sources: *Businessinsider.com *Consumerreports.org *Healthline.com *www.vitacost.com
*<https://brainmd.com/blog/healthy-thanksgiving-recipes/>

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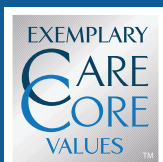
The lounge area provides a relaxing space that encourages conversation.

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For more information or to schedule a visit, call 302-503-7650

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Start Planning Today for Your Family's Future to Ensure Compassionate, Quality Long-Term Care



Americans are living longer than ever before thanks to modern medical advancements. With increased life expectancies comes an increased demand for long-term care support services among older adults. The Administration for Community Living, a part of the Department of Health and Human Services, reports that almost 70 percent of people turning 65 will need long-term care services in the future.

Long-Term Cares Requires Long-Term Planning

Long-term care encompasses services and supports ranging from assistance with daily tasks to

full-service nursing care. November is National Long-Term Care Awareness Month, which makes this month the perfect time to plan for your family's future long-term care needs.

A Facility that Provides Customizable Care

We can never be certain what the future holds for ourselves or our loved ones. That's why it's critical to identify a facility that can provide a full range of onsite nursing, therapeutic and rehabilitative services managed by clinical experts you can trust.

When considering a long-term care facility, do your research to verify it is equipped with a team of talented professionals that cater to individual needs and deliver wellness and comfort with dignity and compassion.

A high-quality facility should provide, but is not limited to, the following:

- 24-hour skilled nursing care for patients who require around-the-clock support.
- A full range of on-site care and services, such as stroke management, pulmonary and cardiac

care, optometry and podiatry services, a pharmacy consultant and many others.

- A rehabilitative care team who can create a plan for recovering patients to return to their everyday activities.
- Tailored wound care treatment plans which utilize the latest technology and are designed to meet the distinct needs of each resident.
- A wide array of amenities and activities to ensure the comfort and well-being of all residents.

The steps you take today to plan for your family's future will ensure they receive the specialized care they need in a setting that provides wellness and comfort. Nothing provides peace of mind like the knowledge that our loved ones are receiving the first-class care they deserve.

Polaris Healthcare & Rehabilitation Center is a state-of-the-art skilled nursing facility that delivers wellness and comfort with dignity and compassion. It is located at the heart of the innovative Milford Wellness Village in Milford, DE. Call 302-503-7650 or visit www.polarishealthcarerehab.com to schedule a free tour.



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Your Own Home, LLC

In-Home Senior Care

Compassionate Care...in Your Own Home

Maintaining a home is no easy task, and the obstacles only increase with age. Suddenly, the floors take longer to clean, the mailbox is further from the door, and the laundry still has not done itself. For members of a tough generation who are used to self-sufficiency, asking anybody for help (especially a stranger) is done grudgingly, and only when there are few options left. After all, there is a certain pride and dignity that comes with the senior years, which can easily feel undermined by the reality that we can't do everything for ourselves the way we used to.

But why should somebody be forced to move into assisted living just because they need help with grocery shopping or folding clothes? Isn't there anybody besides family or friends who can lend a hand with the basics?

Seventeen years ago, those were some of the thoughts racing through the mind of Your Own Home's founder, Gina Deney, as she dealt with her parents' persistent health concerns from several states away. Without the need for full time or nursing care, there was no reason to uproot them in a drastic move to a senior community. However, things around the house were still slipping and something had to be done; at that time, in-home senior care was not as readily available as it is today. Born out of necessity, Gina's mission has been to bring reliable, affordable, and compassionate assistance to seniors who wish to remain in their homes, while at the same time easing the burden on family caregivers.

This month we'd like to introduce you to Gina. She's built a one-of-a-kind home health care agency, completely unlike the impersonal franchises that have cropped up, dedicated to caring for you or your loved ones.



V: What are some common concerns when a family member is researching agencies to care for a loved one?

GD: Many of these adult children are making a difficult and emotional decision without knowing where to start. They may also be weary from months or years filling in as the primary provider and aren't sure what they need. There have been plenty of stories in the news about the unfavorable treatment of seniors, so trusting that we will care for their loved one like a member of our own family is of the utmost importance. We outline how we match caregivers to customers instead of sending whoever is available each week, which is a point of comfort. Money is often a factor in the level of care a customer can afford, so we keep our rates and hourly minimums reasonable and below the large franchises.

Another question which comes up is about the use of our time while we are on site. If there is a day when we're scheduled to do certain chores and they get done faster than expected, we always fill the remaining time with activities, exercise, or getting a head start on tasks like meal prep and or-

ganization. We shift our assignments to whatever is needed when we arrive and make adjustments accordingly.

V: Are all of the people under your care seniors?

GD: For the most part, our clients are active seniors who need basic help with chores around the house, picking up groceries, or tasks like bill organization and medication reminders. While most are in good health, they sometimes have extenuating circumstances such as physical limitations, Alzheimer's disease, or dementia. Although not common, we also get requests from younger adults recuperating from a medical procedure who can't lift or bend over for a period of time, or from those with long-term or lifetime illnesses. No matter the age, the primary purpose of our care remains the same: we help fill in the gaps.

V: There are plenty of other agencies that provide similar services to yours, so what sets Your Own Home apart from the larger players?

GD: Yes, many of us offer similar basic services so it can be a difficult choice to make. Being a smaller and independent company has several advantages, each of which is a source of pride for us as we compare ourselves to the larger franchises.

We've listened to the needs of our customers and their families over the years, not just in the types of services we provide but also the way in which we provide them. Starting with an in-depth assessment which should include family members when available, we tailor a care program which not only provides the tangible tasks required but also true humanity and compassion. Ideally, we have one caregiver who is the primary on each case, so there is a level of trust between us, the client, and their families. Being small means we know the strengths and personalities of each of our staff, so making the connection is usually straightforward – we always have the right person for the job. This also means we don't encounter a "well that other caregiver must have the answer in their notes" scenario very frequently, and there is a reliability and continuity



to customer care. Our caregivers end up becoming de facto members of the families they serve, and their commitment goes far beyond what is required. They frequently maintain connections with former clients long after their contract is over. It's a level of personal attention and care you don't often find with multi-site and franchised agencies.

V: What are some examples of going above and beyond the call of duty you've heard from staff?

GD: That's an ever-growing list! A few that stand out for me are furniture repair, taking pets to vet appointments, and driving a customer to their college reunion several states away. Our caregivers are good sports who are always up for a new challenge, so we encourage families to ask what's possible before neglecting an opportunity. Our job is to support that person however we can to keep them active for many years, so unique requests come with the territory.

V: You've been in business a long time and have had to adjust along the way. In light of the pandemic, how have you had to adapt to the changing needs of current and new clients?

GD: This was a lot of change for us all at once. At the beginning we went into sanitary mode, limiting our physical contact with clients and their homes. We immediately let family members and the public know what we were doing to keep everybody safe and made staffing adjustments to fulfil our commitments. We also had to adapt our hours to account for more grocery shopping and errands for immunosuppressed clients – whatever was required to limit our seniors going into public places unnecessarily. We created new checklists and procedures to respect the wishes of our clients, which included tasks like disinfecting door handles and faucets, or limiting contact with clothing by not doing their laundry. The way we operate is by no means back to normal, but the processes and precautions we took a year and a half ago have been relaxed, especially after vaccines became available.

One thing we did notice, both in the news and our industry journals, was that the public finally had an uncomfortable glimpse into the daily operation of certain nursing and assisted living facilities. Although not common, the situations which unfolded inside those institutions highlight some of the reasons we are hired to look after seniors at home in a private, safe, and controlled environment. This pandemic has emphasized how essential our services truly are in ways we never imagined.

V: What is some advice you would give to somebody still debating whether to stay in their home or move somewhere more structured?

GD: Look to the future regarding your possible needs, and start asking questions now. Be honest with yourself, friends, and family, and ask for their advice and assistance in making these decisions.



The simple reality is waiting too long means living at home may no longer be an option or alternatives may be limited.

Doing the research and feeling confident in your path forward should be done when you have the time and ability to put in the work, not when you're faced with circumstances which force you to act immediately. The decision isn't all about you, either. It is a relief for adult children to see that you have a plan and are being proactive about your senior years, since they are often confused about the logistics as well. It should be a time of discovery for everybody involved.

Whatever your decision, know that you have our support. We are happy to answer any questions as

they arise, so please call us to discuss how we can be a part of your active senior lifestyle. We will do everything we can to make the time spent in your home enjoyable, will adapt as necessary to your changing circumstances, and are available to assist even after you make a move to a new home.

V: Gina, this has been great. I'm sure many people have questions about how you can help them or their loved ones. How can readers get in touch with you for more information or to schedule a meeting?

GD: Simple! Just give us a call at 302-478-7081. You can also find more information by visiting our website, www.yourownhomecare.com. We're looking forward to helping!

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Living life and looking ahead



Worries are for the Birds

Living the Good Life at Manor House

Bob Larkin has a lot of birds. Ospreys. Orioles. Eagles. They perch around his home, captured in moments of contented peace or high drama, each beautifully carved and painted by Bob himself. He's been carving for thirty-two years, and his handmade aviary only keeps growing.

"I could carve a different bird every week and never run out of birds," he says.

Bob's enthusiasm is contagious. He teaches woodworking classes every other week to a committed group of students who are his neighbors at Manor House, a premier Acts Retirement-Life Community in Seaford, Delaware. He guides them through the process of creating small carved items — Santa Clauses, snowmen, and, of course, birds.

A retired naval officer, Bob and his wife, Jane, relocated to Manor House nine years ago, finding a lovely cottage on the beautiful campus in scenic Seaford. At Manor House, Bob enjoys a maintenance-free, resort-like lifestyle that affords him the time and space to pursue a wide range of activities and the best of retirement, whether it's dedicating a few extra hours to crafting the perfect feather or celebrating another completed work with his wonderful friends and neighbors.

Best of all, Bob and the residents at Manor House enjoy the peace of mind that comes from knowing they have Acts Life Care®, where future care is paid for in today's dollars with consistent monthly fees should their needs ever change.

Located on a graceful curve of the Nanticoke River, Manor House is surrounded by rich farmland and framed by the Atlantic Ocean and the Chesapeake Bay. Manor House residents enjoy access to the best of both worlds -- the natural beauty and



abundant recreational opportunities of their central Delmarva location and the rich culture of Seaford and nearby larger venues. The winters in Seaford are typically a bit milder than that of northern counterparts in the Mid-Atlantic, as it often receives warm air from Virginia and the Carolinas. Recreational opportunities are plentiful and rural traditions run deep, setting the stage for a vibrant community of active seniors.

Isn't it time to get moving?

Making the transition to a new home is challenging at any point in life. But Bob Larkin has been continually pleased with all that he enjoys at Manor House.

"Coming here, we've never regretted it," he says.

Bob and all his friends at Manor House warmly invite you to discover a retirement that's right for you — full of fun, friends, and opportunities to do the things you love,

free from maintenance, free from worry, free as a bird. For more information about an Acts community near you, call (855) 941-5574 or visit www.AboutActs.com/Vital.

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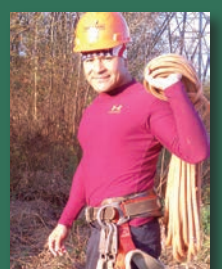
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Rockwood is Free in December!

In appreciation for the community's support through this exceptionally difficult year, all of Rockwood's public programs will be free to the public in December! This gift to our friends and neighbors was made possible through the generosity of the Rockwood Park Preservation Society, benefitting Rockwood through fundraising, recreational and educational events. Become a member today!

Rockwood Park & Museum will feature an inspiring temporary exhibition, entitled **Coming Home**, from November 26 through January 9. This exhibition recounts five tales of adventurous travel that brought Rockwood's families back home again, told through the worldly treasures they collected for over 100 years. Nestled within the home's enchanting holiday decorations, *Coming Home* will be featured in the museum's guided and self-guided tours.

The merriment of the season will be highlighted in New Castle County's annual **Holiday Open House** celebration the evenings of December 4 & 5. Along with the talents of local choirs, food trucks and Santa

display, the *Holiday Open House* will feature self-guided tours of the museum's first floor both nights.

Rockwood by Candlelight, a very special holiday display of the museum's first floor, illuminated by the lights of the season and candlelight, will take place from 5-8 PM on the second and third weekends of the month, December 10, 11, 17 and 18. After enjoying the spectacular holiday lights of Rockwood's heritage park, the ultimate date night (or night out with the kids) ends with a stroll through the museum's living rooms, lit as they were when the home was first built. Visit Rockwood.org for reservations and current hours of operation.

Celebrating the Holidays at Rockwood

December 4 & 5, 5 - 9 p.m.
Holiday Open House

Along with the talents of local choirs, food trucks, Santa display and the official tree-lighting ceremony, the Holiday Open House features self-guided tours of the museum's first floor.

November 26, 2021 - January 9, 2022
Coming Home: A Holiday-Themed Feature Exhibit

Recounts five tales of adventurous travel that brought Rockwood's families back home again.

December 10, 11, 17 & 18, 5 - 8 p.m.
Rockwood by Candlelight:
A Very Special Display of Holiday Lights & Candlelight

Tour the museum's first floor & historic gardens, illuminated by the lights of the season.

In appreciation of the community's support, all public programs in December at Rockwood will be **free to the public!**

This gift to was made possible through the generosity of the Rockwood Park Preservation Society.


Become a member today for your gateway to Rockwood!

Visit rockwood.org for reservations and current hours.

Rockwood Museum and Park | rockwood.org
4651 Washington St. Ext., Wilmington | (302) 761-4340



Social Security Announces 5.9 Percent Benefit Increase for 2022



Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration has announced.

The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal **my Social Security** account. People may create or access their **my Social Security** account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2022, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and **my Social Security's** Message Center.

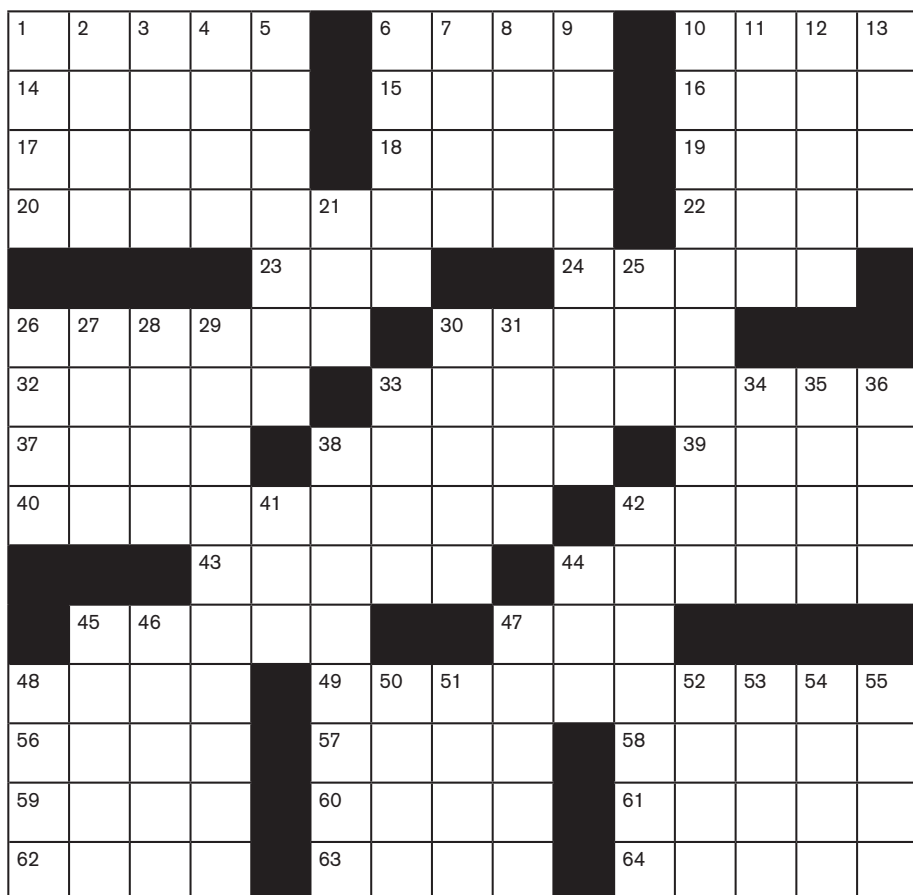
The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

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

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

Crossword

By Dave Fisher



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Answers on page 13

ACROSS

1. Upper-class people (British)
6. Nursemaid
10. Food thickener
14. Dole
15. Former Italian currency
16. Audition tape
17. Tropical vine
18. Yucky
19. VVVV
20. Bass fiddle
22. Feudal worker
23. 52 in Roman numerals
24. Everglades bird
26. Dissipate
30. Extraordinary
32. Arm of the sea
33. Mandatory completion dates
37. Stigma
38. Kicks out
39. Arid
40. Fascinate
42. Creepy
43. Poplar tree
44. Astraddle
45. Earlier in time
47. Erst
48. Prefect
49. Snakelike
56. Against
57. Black, in poetry
58. Law and _____
59. Gladly (archaic)
60. Backside
61. Encounters
62. Whip
63. Kind of bean
64. It makes dough rise

DOWN

1. After-bath powder
2. Hodgepodge
3. Custard dessert
4. Typeface
5. Hollywood hopeful
6. Refuge
7. Flexible mineral
8. Boats
9. Yokels
10. Sponsor
11. Ganders
12. Catkin
13. Thorny flower
21. Suffer
25. Woman
26. Platter
27. Ancient Peruvian
28. Smack
29. Being relevant to
30. A tale of achievements
31. Be worthy of
33. Twofold
34. Roman emperor
35. Anagram of "Sire"
36. Views
38. Abroad
41. Nigerian tribesman
42. Frugality
44. Era
45. Prison-related
46. Relative magnitudes
47. Breathing problem
48. To cast aside (archaic)
50. River of Spain
51. Optimistic
52. Tall woody plant
53. Notion
54. Catches
55. At one time (archaic)

PUMPKIN AND SHELLFISH BISQUE WITH PUMPKIN SEED PISTOU

Sweet pumpkin lends a creamy, silky texture to this autumnal soup, while fresh pistou brightens it up. Serve extra pistou with grilled meats, roasted vegetables, and buttered pasta.



Credit: © Greg Dupree

INGREDIENTS

PISTOU

- 1 tablespoon vegetable oil
- ½ cup raw pepitas
- 1 cup chopped fresh flat-leaf parsley
- ½ cup olive oil, divided
- 1½ tablespoons fresh lemon juice
- 1 tablespoon fresh oregano leaves
- 1½ teaspoons kosher salt
- 1 medium garlic clove
- Pinch of crushed red pepper

BISQUE

- 2 tablespoons vegetable oil
- 1 small yellow onion, chopped
- 1 large pumpkin or other winter squash, peeled and cut into large cubes (about 4 cups)
- 4 cups seafood stock (such as Aneto)
- 3 thyme sprigs, tied into a bundle
- ½ cup heavy cream
- 2 tablespoons unsalted butter, cubed
- 1 tablespoon kosher salt

DIRECTIONS

Make the pistou

1. Heat vegetable oil in a small saucepan over medium. Add pepitas; cook, stirring and tossing often, until slightly puffed and toasted, about 3 minutes. Let cool slightly, about 5 minutes.
2. Combine parsley, ¼ cup olive oil, lemon juice, oregano, salt, garlic, crushed red pepper, and cooled pepitas in a blender. Process on medium speed, slowly drizzling in remaining ¼ cup olive oil, until mixture is slightly smooth yet still textured, 20 to 30 seconds.
3. Transfer mixture to a container with a tight-fitting lid. Set aside at room temperature until ready to use (up to 3 hours). (Pistou can be stored in an airtight container in refrigerator up to 2 days; bring to room temperature and stir before using).

Make the bisque

4. Heat oil in a medium stockpot over high. Add onion; cook, stirring often, until softened, about 5 minutes. Add pumpkin and stock; bring to a boil over medium-high. Reduce heat to medium-low, and add thyme. Simmer, uncovered, until pumpkin is fall-apart tender, about 30 minutes. Remove stockpot from heat. Remove and discard thyme; stir in cream.
5. Working in batches if needed, pour soup into a blender. Secure lid on blender, and remove center piece to allow steam to escape. Place a clean towel over opening. Process on high speed until smooth, about 30 seconds. With blender running on medium speed, gradually add butter; process until silky-smooth, 1 minute and 30 seconds to 2 minutes. Transfer soup to a clean large pot; stir in salt.
6. Ladle soup evenly into 4 bowls. Top each bowl with about 2 tablespoons pistou.

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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.

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

Answers on page 13

(courtesy of KrazyDad.com)

Happy Thanksgiving!

From your friends at Vital! Magazine

The Funny Bone

Freya was driving home on Black Friday when she saw an elderly Apache woman walking along the side of the road outside Albuquerque, New Mexico. She stopped the car and asked the woman if she would like a lift. With a silent nod, the woman climbed into the car. Freya tried in vain to make conversation with the Apache woman. The old Apache looked closely at everything she saw, studying every little detail, until she noticed a red gift bag on the seat next to Freya. "What's in the bag?" asked the old woman. "It's a bottle of gin that I got for my husband." The Apache woman was silent for another minute or two. Then speaking with the quiet wisdom of an elder, she said, "Good trade."

A small business owner was upset when a brand new corporate chain much like his own opened up next door and erected a huge sign which read "BEST BLACK FRIDAY DEALS!"

He was horrified when another competitor opened up on the other side of him and announced its arrival with an even larger sign, reading "LOWEST BLACK FRIDAY PRICES!"

The small business owner panicked, until he got an idea. He put the biggest sign of all over his own shop.

It read "MAIN ENTRANCE."

My wife and I went out for a leisurely drive to see the autumn leaves, when we noticed that one of the tires seemed to be getting low. We stopped at the closest service station to get some air.

She was a bit taken aback when I asked her for some change, and asked, "Why in the world did they start charging for AIR?!"

I looked at her and winked, "Inflation."

The Turkey Popped Out of the Oven

Written by Jack Prelutsky

The Turkey popped out of the oven and rocketed in to the air;
It knocked every plate off the table and partly demolished a chair.

It ricocheted into a corner and burst with a deafening boom,
Then splattered all over the kitchen, completely obscuring the room.

It stuck to the walls and the windows, it totally coated the floor,
There was turkey attached to the ceiling, where there had never been turkey before.

It blanketed every appliance, it smeared every saucer and bowl;
There wasn't a way I could stop it; that turkey was out of control.

I scraped and I scraped with displeasure and thought with chagrin as I mopped,
That I would never again stuff a turkey with popcorn that hadn't been popped.



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