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SUMMER 2024



It's summer! Our favorite time of the year! Farmers Markets open the first week of May, Rockwood's Ice Cream Festival is June 29th, and of course, the beach, the beach, the beach. The start of summer (which we all know is Memorial Day weekend) is also a great time to "reset." Reset goals, make new resolutions, try new sports and activities, make new friends, you name it, summer is the best time of year to do it.

Our friends at Saint Francis LIFE have some great ideas on how to make the most of the season. Our favorites are taking your workout outside and going on picnics. Really—When was the last time you went on a picnic? Find the whole list on page 4.

Do you plan on giving blood this summer? If not, think about it. Summer is traditionally a difficult time for blood banks. In fact, last September the Blood Bank of Delmarva declared a blood emergency because donations dried up over the summer months. But there are plenty of blood drives going on that you can participate in across the state. Before you go, eat up! Check out foods that keep your blood iron-rich on page 7.

If a move is in your future, The Home Base Team should be your next call. Whether you're buying at the beach, downsizing or moving to senior living, they help every step of the way. From helping you sort through your stuff, to handling renovations and repairs, to offering free moving services (yes!), you won't need to lift a finger. Read more about them on page 13.

Summertime...and the livin's easy. Time to get outside and have some fun!

Happy Summer!
Karyn and Heidi



Want Home Delivery?
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Discovering Wellness:

A Dive into the YMCA of Delaware's Healthy Living Programs

Ah, the allure of a healthier lifestyle! We've all been there, right? Promising ourselves that we'll start jogging every morning or eat more greens. But let's be real, motivation can be as fleeting as a summer breeze. That's where the YMCA of Delaware comes into play like a superhero for your wellness journey. Strap on your sneakers because we're about to embark on a thrilling exploration of their healthy living programs!

The YMCA of Delaware: More than just a gym

First, forget everything you thought you knew about gyms. The YMCA of Delaware isn't just a place to pump iron and flex muscles. It's a vibrant community hub buzzing with energy and positivity. Picture this: state-of-the-art facilities, expert trainers with infectious enthusiasm, and a diverse range of programs tailored to every age, fitness level, and stage of your life.

Diabetes Prevention Program:

In the realm of wellness initiatives at the YMCA of Delaware, the Diabetes Prevention Program (DPP) shines as a beacon of hope for those at risk. If you're concerned about Type 2 Diabetes, implementing small, achievable adjustments can significantly lower your risk and enhance your well-being. Beyond mere fitness, the DPP tackles the root causes of prediabetes through personalized coaching, education on nutrition labels and portion control, and a strong sense of community support. Participants witness improvements in blood sugar levels and energy and experience life-changing transformations, embodying the YMCA's commitment to wellness and empowerment. Joining DPP isn't just about managing diabetes risk—it's about rewriting the narrative of health and vitality for a brighter, healthier tomorrow.

The best part—this program is covered by most insurance pro-

viders, and grant opportunities are available.

LEAN:

LEAN (Lifelong Essentials for Activity & Nutrition) is a program designed to assist you in achieving a healthier weight and adopting a sustainable lifestyle. For 14 weeks, you'll concentrate on cultivating healthy habits, managing stress, maintaining a positive outlook, establishing a support network, and crafting a personalized plan. The program features 14 weekly group sessions, each lasting 90 minutes, that include a workout led by a certified coach. Together, we'll kickstart your physical activity and shift your perspective on food for long-term wellness.

LIVESTRONG:

This transformative 12-week program is designed specifically for cancer survivors, offering a comprehensive blend of cardiovascular conditioning, strength training, balance exercises, group support sessions, motivational workshops,

flexibility training, diverse activities, and confidence-building exercises. Participants will journey alongside peers who understand their experiences, fostering a supportive community that celebrates progress and resilience. Whether you seek to regain vitality, strength, or a renewed sense of well-being, Livestrong at the YMCA provides a pathway to physical and emotional empowerment.

PEDALING FOR PARKINSONS:

Did you know that riding an indoor, stationary bicycle can reduce Parkinson's motor symptoms by up to 35%? The YMCA of Delaware is thrilled to announce the launch of our Pedaling for Parkinson's program at the Middletown Family & Dover Ys. Participating is easy—just complete an interest form, have a Parkinson's diagnosis, and receive clearance from your physician. The class structure includes a 10-minute warm-up, 40 minutes of uninterrupted cycling, and a 10-minute cooldown with stretching exercises.

Upon enrollment in any of the Healthy Living programs listed above, you'll receive a membership for yourself and your household family members (up to 2 adults & 4 children) for four months. To learn more, visit the YMCA of Delaware's website at <https://www.ymcade.org/> or call any of our local branches.

the YMCA

FIND YOUR STRENGTH. FIND YOUR Y.

» JOIN TODAY!
FIND YOUR Y AT
WWW.YMCADE.ORG

Embracing the Joy of Warm Weather

Make the Most of the Season



In the colder months, older adults often face isolation and loneliness. According to a 2022 study by the American Medical Association, a third of adults over 45 admit to feeling lonely, while a quarter of those age 65 and up are socially isolated. With temperatures on the rise, it's a great time for new opportunities to stay connected and active.

Fresh air. New hobbies. And if we're lucky, we hope these ideas will also lead to new friends!

1 Take your workout outside: If you're looking to stay in shape, explore local community centers, senior centers, or parks for outdoor exercise like dance classes, yoga, or tai chi. Appreciate the brighter days, center yourself, and enjoy the endorphins.

2 Picnics: Pack a basket with your favorite meal, grab a blanket, and head to a nearby park with loved ones for a picnic. The combination of sunshine, tasty food, and great company is the perfect way to savor the spring.

3 Nature Walks: Check out local trails at parks nearby or find a neighborhood with pretty trees and flowers and take in the scenery as you step. Not only does walking provide low-impact, gentle exercise, it is an easy way to admire the season's vibrant colors and wildlife.

4 Volunteer Work: Consider pitching in for local clean-up efforts, community garden projects, or mentoring programs. Not only does volunteering foster a sense of purpose and fulfillment, but it also helps you

to socialize and connect with your neighbors.

5 Outdoor Painting or Photography: Unleash your creativity by capturing the beauty of nature through art or photography. Set up an easel in the garden or explore beautiful community landmarks and get inspired with your paintbrush or camera.

6 Gardening: Enjoy the health benefits of gardening—physical fitness, stress reduction, mental well-being, and the nutritional benefits of growing your own fresh produce. Consider joining a community garden.

We encourage everyone to practice self-care for their overall wellness. Another way to care for yourself is ensuring your home is clean and safe. The simple act of spring cleaning can boost your mood and reduce allergens and germs. Here are some tips to get started:

- **Clean the blades of your fans and vents** to any airflow units to improve air quality.
- **Organize your belongings** to cut down on dust and avoid tripping hazards.
- **Clean your dishwasher** with white vinegar and hot water to eliminate residue and germs.
- **Replace old dish sponges** regularly to avoid the buildup of germs and bacteria.
- **Clean your vacuum cleaner** to make sure it is working properly and sucking away dirt and allergens.

Spring cleaning offers peace of mind and a healthier environment. It also sneaks in movement and fitness.

Whether it's emotional or physical wellness, Saint Francis LIFE helps seniors improve their health and Live More! Learn about our coordinated care at saintfrancislife.org or by calling 302-660-3351 in Wilmington or 302-661-7400 in Newark and find out if you or a loved one qualify for our comprehensive services.

LIVE AT HOME. LIVE HEALTHY. LIVE MORE.



MEDICAL AND SOCIAL SUPPORT FOR SENIORS



Visit saintfrancislife.org
or call 302-660-3380

Tips to Save, Save, Save!

Let's face it, if your heating & air conditioning system and water heater are working properly, you most likely don't think about them. We take for granted hot air in the winter, cool air in the summer, and hot water all the time. When they fail, you're on a mission to find the best units at the lowest price, installed as quickly as possible.

Whether you're in a bind when a system fails, or need a repair/service on your units, these tips can help you save money, time, and a lot of stress:

- Check your HVAC unit and water heater every six months to ensure they are working efficiently.
 - ➔ **HVAC System checklist**
Go through the basic system. Is it cooling properly/heating properly?
 - ➔ **Water Heater checklist**
Check for water around the unit. Is your water taking a long time to heat up? Does your water stay hot long enough?
- Are your HVAC unit and water heater under warranty? If not, get on a service plan. This will bring you peace of mind knowing that your units are working properly and at their best capacity.
- Do you travel a lot or go away for extended periods of time? Upgrade your water heater to a tankless unit, saving you hundreds of dollars a year. These units work by heating the water directly, without the use of a storage tank. They use flow sensors to activate the heater when water travels

through them so you are not heating water continuously when you don't need to.

Heater Leaders is your solution to savings thousands of dollars on an HVAC system, and hundreds on a water heater. How do we do it? As property managers, we've found that our most common service calls are for no heat in the winter, no cool air in the summer, and no hot water all year long. Over the years, we've built up a network of professional, honest and reliable plumbers. Together we've pooled our resources and now focus only on HVAC systems and hot water heaters. We pass our volume discounts on to you and offer same-day or next-day delivery and installation.

Locally owned and family-run, with over 30 years of combined experience, our goal is to provide the best units with top-notch service at the lowest prices, guaranteed! We don't believe that you have to break the bank to get a new HVAC system or a new water heater unit. On average, we have saved our customers over \$3,000.00 on a new HVAC system and over \$300.00 on a new hot water heater using the exact same equipment as the quotes they received from other companies!

As an added bonus, we offer 0% financing for those who qualify!

Don't wait for your HVAC system to fail or for your water heater to stop working. Be proactive and schedule a service call with us to ensure your units are working efficiently. Call us today at 610-494-5000 for a FREE ESTIMATE or visit our website at www.heaterleaders.com. We look forward to meeting you!



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The Silent Thief: Medicare Fraud

By Lena Thayer, Delaware SMP

It seems that with every interaction we have, there is an opportunity for a “bad actor” to take our personal information and exploit it. As technology has evolved and become integrated into our daily lives, our personal data has become an important and valuable commodity that needs to be safeguarded.

This is especially true with our private health information. Medicare beneficiaries have fallen victim to errors, abuse, and fraud to the tune of (est.) \$60 billion annually throughout the United States. The Senior Medicare Patrol is committed to empowering and assisting Medicare beneficiaries, their families and caregivers

to protect themselves, detect potential Medicare issues and report irregularities once they find a problem.

Today, let’s discuss the top ways to protect your personal health information from exploitation.

PROTECT

When it comes to preventing Medicare fraud, you are the first line of defense. The best practice is to never share your information with anyone who is not your doctor or health care provider. Many people receive unsolicited calls, emails, texts and sometimes even in-person visits offering the promise of free or heavily reduced medical equipment, genetic testing, treatments and much more.

These solicitors are highly adept at using compelling stories to earn your trust and leveraging their experience to take advantage of you. By hanging up the phone, refusing to give out your Medicare number and ensuring you only receive treatment or supplies from your health care provider, you are taking an active stance to protect yourself.

DETECT

As critical as it is to safeguard your personal data, it is just as important to review your medical statements for accuracy. Every time you receive your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), you should review it carefully to ensure that every service it says was provided is actually what you were seen for. For instance, a common form of Medicare abuse is called upcoding. Upcoding occurs when healthcare providers charge a service to Medicare for more time than was spent during treatment, for instance charging for three hours of occupational therapy instead of two. Or they may charge Medicare for a related service that reimburses them at a higher rate, for instance stating the treatment was for COPD instead of the common flu. And let’s face it, people make mistakes, and sometimes a simple coding error can cause you big problems with healthcare costs.

Checking your statements and working with your healthcare provider to update your records accurately keeps you and your future benefits safe. When you keep track of all your medical appointments and prescriptions and compare them to your MSN or EOB, you are staying vigilant in protecting your benefits. The Delaware Senior Medicare Patrol has created My Healthcare Tracker, a free, simple-to-use booklet that helps you to track all your medical appointments and the details surrounding

each visit. If you would like a My Healthcare Tracker, you can reach out to have one sent to you.

REPORT

If you believe that your Medicare number has been compromised, it’s important to act as soon as possible. The longer the compromised records remain unresolved, the higher the chance of the issue never being rectified. In the case of seeing what you believe to be an error on your MSN or EOB, you should contact the healthcare provider first, asking them to explain and correct the records. If your provider will not make the change or cannot explain the charge to your satisfaction, you can get help.

Ultimately, each of us serves as our strongest defense against Medicare fraud. By remaining vigilant in safeguarding our personal information and thoroughly reviewing our medical statements, we guarantee the accuracy of our records and safeguard our financial and medical benefits.

A CALL TO ACTION

The Delaware Senior Medicare Patrol is dedicated to empowering our community via outreach and education. We do this by having a presence at events throughout Delaware and by giving presentations to community groups throughout the state. Our program is largely able to perform its work through the help of volunteers like you. Our volunteers work directly with the public to Protect, Detect and Report suspected Medicare errors, abuse, and fraud.

If you are interested in joining our fight, would like a My Healthcare Tracker booklet, have a question or would like to make a report, or would like us to do a presentation for your group, please contact us today at 302-255-9774.

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NUTRITIONAL NUGGETS

It used to be called "iron-poor blood," but now we know it as anemia. Whatever you call it, one way to help treat it is to eat foods rich in iron (most doctors recommend taking a supplement, too). These foods will also help replace the iron lost when you give blood to support the Summer Blood Challenge!

- Red meat
- Egg yolks
- Dark, leafy greens (spinach, collards)
- Dried fruit (prunes, raisins)
- Iron-enriched cereals and grains (check the labels)
- Mollusks (oysters, clams, scallops)
- Turkey or chicken giblets
- Beans, lentils, chick peas and soybeans
- Liver
- Artichokes

And here’s a tip: If you eat iron-rich foods along with foods that provide plenty of vitamin C, your body can better absorb the iron.

INTERESTED IN ADVERTISING IN VITAL!?
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Empowering Seniors to Prevent Health Care Fraud

Senior Medicare Patrol (SMP), through a Federal grant, provides outreach and education to Medicare beneficiaries, families, and caregivers, to **Prevent, Detect, and**



Report Medicare fraud, abuse, and errors. The Medicare Trust Fund loses upwards of \$80 BILLION a year due to fraudulent practices. **YOU** can help put a dent in that number by learning how to prevent, detect, and report potential fraud and abuse. Consider having SMP join your next group, service club, or caregiver meeting. Our presentations are short and free. For more information or a presentation, call:

1-800-223-9074 or 302-424-8657

Proteger, detectar, reportar fraudes, abusos y errores de Medicare



This project was supported, in part by Grant Number 90MPPG-0028-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

Your Own Home: The Best Care is Home Care



Your Own Home provides affordable and reliable care, giving loved ones' relatives peace of mind. We provide meal preparation, personal care, such as bathing and dressing, assistance with household chores, help with ambulation, laundry, and even transportation. Our flexibility and hands-on approach enables us to customize services to meet the needs of our clients. We assess each client's unique concerns and design a care plan based on their physical and mental limitations, personality, interests, and history. Our caregivers are kind, caring and dedicated to making sure our clients and their families feel safe and secure while under their care. Safety is paramount.

A client's needs will gradually change over time. Our experienced caregivers recognize the warning signs of a possible decline in capabilities and will communicate these changes to the family. Without care, these changes can go unnoticed, creating a health and safety hazard for your loved one.

In addition, Your Own Home companions and caregivers can provide supplemental support at assisted or independent living facilities. We also work in partnership with Hospice when that option is chosen.

This year we are honored to have received a CareScout Quality Network badge. The CareScout Quality Network signifies we are a high-quality provider that has met the rigorous quality standards of the CareScout Network of

Ann's Story

"My over six years of working for Your Own Home has been a pleasant experience. The office staff is always courteous and helpful with positive input in all situations. The people I care for have become my extended family. One dear man so graciously told me, 'I never thought I'd be so dependent on another person in my latter years, but God in His mercy sent you.' My daily routine centers around this thought: Times and fashions may change, but respect and loving care for the needs of others remains the same. I believe I, along with other members of the Your Own Home team, meet this criteria."

Quality. The CareScout Quality Network is the first network of long-term care providers in which every provider must meet rigorous standards for quality and commit to person-centered care. "The CareScout Quality Network badge shows we meet quality standards for staffing, training, and retention of our caregivers, which is a big part of our commitment to person-centered care. We are extremely grateful for this recognition and the resources that are now available to us ensure that we provide exemplary care to our clients.

Please visit www.yourownhomecare.com for more about our services. You will also find information on "How to talk to your parents" and how to determine your family's needs.

Kind words from a Your Own Home Care Client

I can tell you I was extremely happy with YOH. My mother's health was rapidly declining so when the rehab center gave me 48 hours notice that they were releasing her, I went into a panic. I didn't even know what agencies were available. I remembered seeing a sign about YOH.

I contacted them, making an appointment for Bea to meet me at my mother's home. Bea was quick to react, coming to our home and reviewing information about the company, their services and their system. She also assessed the home to make sure it was comfortable for my mother and also the caregiver. Mom required 24-hour care by someone who was familiar with Mom's condition. Bea provided me with one particular name for the main stay and another for the every-other-weekend care. It was a great fit for all.

Bea brought out the caregiver and she was definitely a lady. I couldn't have done this without this caregiver. Not only was she professional about herself, her skills were exactly what my mother needed. Mom was always clean and dressed appropriately. Her hair was brushed/combed and makeup was applied daily. Both caregivers provided Mom with good, healthy meals, no fried foods, and limited sweets. Both caregivers followed my directions exactly.

YOH required a daily log be kept by each caregiver. I could come in at any time, review the log and know exactly how my mother was doing. My mother thrived much longer than expected. I owe much of this to not only the level of care she received but also but the agency to know my needs. Kudos to all concerned. The YOH family made an extremely hard time a little easier for me to cope. They helped with the daily operations which gave me more quality time to spend with my mother. And this is exactly why I would highly recommend Your Own Home to others.

Thank you, Vicki Bonvetti



Your Own Home, LLC
In-Home Senior Care

302.478.7081
yourownhomecare.com



We're excited to announce we're part of the CareScout Quality Network – the first network of long-term care providers where every provider has met rigorous standards for quality and has committed to person-centered care.

Find out more: www.CareScout.com/qualitynetwork

Transforming Healthcare in Delaware: The WeCare Story

In 2019, a transformative initiative reshaped the healthcare landscape of Delaware. The once-vacant Bayhealth Hospital campus in Milford was reborn as the Milford Wellness Village, thanks to a visionary partnership between Nationwide Healthcare Services, the City of Milford, and local community leaders. This new venture promised more than just medical services—it was a bold commitment to integrated health and education designed to serve the heart of Delaware. One of the early initiatives of this innovative health hub is WeCare, a program that has become a beacon of hope for the state's most vulnerable populations.

WeCare was founded under the auspices of the Innovations in Nutrition Grant funded by the Department of Health and Human Services Administration for Community Living. With a mission deeply rooted in community service, WeCare set out to transform the lives of seniors in Sussex County, addressing their most pressing healthcare needs while allowing them to age in place with dignity and safety. Today, WeCare stands as a profound testament to the power of innovative community healthcare, dramatically improving life outcomes for count-

less residents in Delaware, a state with the fifth largest senior population in the country.

Origin and Impact

WeCare began with a clear and compelling mission: to strengthen the local coordination of care for Sussex County's most medically vulnerable seniors. The initiative aimed to prevent traumatic and costly medical crises that could compromise the quality of life for these individuals. Partnering with the Modern Maturity Center of Dover, DE, WeCare quickly became a lifeline for over 200 Meals on Wheels recipients, providing not just meals but a comprehensive support system encompassing medical care, nutritional advice, and daily living assistance. This robust network of support rapidly gained recognition as "a safety net of safety nets" within Delaware's healthcare framework.

As the program evolved, the WeCare team identified an urgent need for targeted education on self-management of chronic diseases, particularly diabetes. Responding to this need, WeCare crafted and successfully funded a grant proposal titled "Empowering Communities to Deliver and Sustain Evidence-Based, Chronic Disease Self-



Diabetes Self Management



Management Education Programs." The funding received in 2022 has enabled WeCare to train over 50 Lay Leaders who now deliver a variety of year-round, accessible in-person and online programs focusing on chronic disease and diabetes management. These educational efforts are projected to reach 1,000 residents over four years, further extending WeCare's impact.

This initiative has not only filled a critical gap in community health education but has also fostered a sense of empowerment among participants. Collaborating with organizations like the Modern Maturity Center and other senior centers across the state, WeCare's programs have become a model for successful community-based health initiatives.

The effectiveness of these programs was underscored by a 2022 study conducted by the University of Delaware Center for Research and Education in Social Policy, which provided compelling evidence of WeCare's success. The study highlighted how WeCare has consistently bridged significant gaps in healthcare for its clients, ensuring they receive necessary medications, resolve insurance issues, and maintain crucial communications with health providers. The report noted, "Time and time again, WeCare has helped clients to secure required medications, resolve health issues that otherwise would have left clients without needed care or resources, resolve issues with insurance agencies, and has supported communication with home health agencies and physicians, thus ensuring the best possible care for WeCare clients."

A Trusted Health Partner

At the heart of WeCare's success is its dedicated team of Personal Health Nurses. These professionals serve as trusted advisors, guiding members through the complexities of the healthcare system and ensuring they receive the care they need. This personal touch not only enhances the effectiveness of the medical interventions but also provides emotional and social support to those navigating the often-overwhelming landscape of health services.

As WeCare continues to grow and serve more Delawareans, it invites residents to join its expanding network of care. The most effective path to becoming a WeCare member is through active participation in one of the many educational programs offered. Available both online and in-person, these sessions provide invaluable resources and support, empowering participants to manage their health proactively. Programs range from Chronic Disease Management Workshops, which focus on conditions like diabetes and arthritis, to Nutrition Seminars that promote healthier eating habits. Each of these programs equips participants with the knowledge and tools needed for better health management and wellness.

WeCare is more than just a program; it is a community-centric movement that is reshaping healthcare in Delaware, making it more accessible, effective, and compassionate. Join us in this vital mission—because caring is not just what we do; it's who we are.

For more information, visit WeCare-Services.org or call 302-459-3900.



Promoting better healthcare decisions and well-being through personalized relationships

WeCare is filling a critical gap in community health and education for seniors in southern Delaware.



Located at the Milford Wellness Village

Learn about all the programs and training services that are provided in person and online by healthcare professionals and instructors.

Chronic Disease Self-Management Program

Equip Yourself with Chronic Disease Education: Empowering Seniors to Take Control

Diabetes Self-Management Program

Empowering Diabetes Control and Healthy Living

Fall Prevention Guided Programs

- Bingocize® - An Engaging and Approved Health Promotion Program
- Empower Yourself with A Matter of Balance - Boost Confidence and Stay Active

WeCare is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award with 100 percent funding by ACL/HHS.

www.wecareservices.org

Milford Wellness Village
21 W Clarke Ave, Milford, DE 19963
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Programs are FREE. Register today!



WECARE EDUCATORS REGULARLY TRAIN VOLUNTEERS TO BECOME COMMUNITY CAREGIVERS AND KEEP SENIORS SAFE AND HEALTHY IN THEIR HOMES.

Promoting Better Quality of Life During Late Stages of Dementia

Dementia is a cruel condition. It robs quality of life from a growing number of Americans each year. For family caregivers, Alzheimer's and other dementias can be among the most difficult diseases to cope with. Dementias typically have a long path of decline, and slowly losing a loved one over an extended period of time can be especially difficult emotionally. In the later stages of the disease, patients with dementia require constant supervision, and caregivers can easily burn out.

People often think that dementia and Alzheimer's disease are terms for the same thing. However, dementia is not a specific disease. Dementia is a general term for the impaired ability to remember, think or make decisions that interfere with daily living.

Understanding Alzheimer's
Alzheimer's disease is the most common type of dementia, accounting for 60 to 70 percent of dementia cases, according to the Alzheimer's Association. The Alzheimer's disease process is associated with plaques and deterioration in the brain. These factors cause the brain cell connections and the cells themselves to degenerate and die, destroying memory and other important mental functions.

An estimated 6.7 million Americans were living with Alzheimer's in 2023. Not surprisingly, 73 percent are age 75 and older. By 2060, the number of Alzheimer's disease cases in America is expected to grow to 14 million unless medical breakthroughs emerge to prevent or cure the disease, according to the Centers for Disease Control.

Specialized, compassionate care for patients with dementia
Caring for people with dementia and Alzheimer's disease requires patience, compassion, and a special kind of understanding.

Delaware Hospice realizes that dementia patients can benefit from the specialized skills their caregivers bring to the table, in addition to their core expertise of caring for seriously or terminally ill people. In fact, their staff has more than 100 certified dementia practitioners (CDPs). This certification is from the National Council of Certified Dementia Practitioners and demonstrates a dedication to excellence in the field of memory care.

Recognizing the growing prevalence of dementia patients, Delaware Hospice has a goal to maintain 30 percent of its clinical staff as CDPs.



Delaware Hospice's "Peace of Mind" dementia support program is designed to offer specialized care and support services that can significantly benefit people in the final stages of Alzheimer's and other dementias—as well as their families.

"Our specialized focus on dementia care helps keep patients out of the hospital and in their homes or residential memory care centers, where they prefer to be," said Andrew Himmelstein, M.D., medical director for Delaware Hospice.

Learn more about how Delaware Hospice can provide a better quality of life for people in the final stages of dementia. Call 800-838-9800 or visit DelawareHospice.org/dementia-and-hospice-care.





Your Guide Through Serious Illness Care

Offering the area's most comprehensive serious illness support, Delaware Hospice walks with you and your loved ones through each step of the journey.

Get the help you need - contact us today.
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The Proactive Seller: Harnessing the Power of Pre-Listing Home Inspections

In the intricate dance of buying and selling real estate, a seller's preparation can make all the difference. One often overlooked but critical step is the pre-listing home inspection. This proactive measure not only streamlines the selling process but also empowers sellers with knowledge and control. Let's delve into why performing a pre-listing home inspection is a strategic move every seller should consider.

Unveiling the Hidden: A Pre-emptive Strike

A home inspection before listing unveils potential deal-breakers lurking beneath the surface. It's a thorough check-up of the property's health, covering major systems, structural integrity, and safety concerns. By identifying issues early, sellers can address them on their terms, avoiding the pressure and expense of last-minute repairs during the negotiation phase¹.

Setting the Stage: Trust and Transparency

When sellers present a pre-listing inspection report, they signal honesty and openness to potential buyers. This transparency fosters trust and can reduce buyer hesitation. Knowing the

home's condition upfront, buyers are less likely to back out or engage in protracted negotiations, leading to a smoother and faster sale².

The Negotiation Edge: Knowledge is Power

Armed with a detailed report, sellers gain a significant advantage in negotiations. Understanding the extent of necessary repairs or the lack thereof allows for accurate pricing and can prevent lowball offers. Sellers can justify their asking price with confidence, knowing their home's true value³.

Marketing Might: A Competitive Advantage

A pre-listing inspection isn't just about uncovering issues—it's also an opportunity to highlight the positives. Sellers can use the report as a marketing tool, showcasing the home's good condition or recent upgrades, thus attracting serious buyers and possibly commanding a higher price¹.

Conclusion: A Worthwhile Investment

The upfront cost of a pre-listing home inspection is a wise investment in the home-selling journey. It provides a clear roadmap for sellers to make

informed decisions, enhances the home's marketability, and ultimately contributes to a more favorable and expedient sale. For sellers aiming to navigate the complexities of the real estate market, a pre-listing home inspection is not just important—it's essential.

References available upon request.

When it's time to sell your home, it's time to contact The Home Base Team. Neil Douen and his team specialize in Senior Relocation. They'll help you every step of the way, from choosing a new home, to downsizing and packing your belongings. They even offer free moving services! Call Neil at 302-650-4482 to start your journey.



THE HOME BASE TEAM AT EXP REALTY

Specializing in Senior Relocation

Are you ready to transition into a more comfortable living space? Let Neil Douen and his team guide you through every step of the way!

At The Home Base Team, we understand that change can be overwhelming. That's why we're dedicated to providing **personalized, patient, and professional assistance to seniors** looking to make their next move.

Call us today for a **free consultation** and let us help you embark on this new chapter with confidence and ease!

The Home Base Team—Your Comfort, Our Commitment.



Neil Douen
The Home Base Team
Exp Realty
302-650-4482

Your referrals are greatly appreciated!



Our comprehensive services include:

- Complementary Moving Assistance:** We handle the heavy lifting, ensuring a smooth transition to your new home/community for free.
- Estate Sales Management:** Turning your treasures into profits with ease and dignity.
- Junk Removal:** Leave the clutter behind and start fresh with our clean-out services.
- Home Painting:** A fresh coat for a fresh start, tailored to your taste and needs.
- Multiple Contractor Coordination:** From minor fixes to major renovations, our trusted contractors are at your service.

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Crossword

By Dave Fisher

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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69					70					71				

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Answers on page 6

ACROSS

- Eruption
- Hotels
- “Oh dear!”
- Consumer of food
- Half-moon tide
- Type of gesture
- Love intensely
- Arouse
- Indian dress
- Trustworthy
- Utiliser
- Information
- Apprehend
- Strip of wood
- Zero
- Accomplished
- Chills and fever
- Baby cow
- Pantywaist
- Floorshow
- Annoying
- Muse of poetry
- European volcano
- Believe or trust (Scottish)
- Soak (up)
- Hurried on foot
- Stitches
- Depressed urban area
- Large northern deer
- Big laugh
- Valid or accurate
- Car
- Heads
- Omit
- Journey
- Farm newborn
- Territories
- Feudal worker
- Anagram of “Seek”

DOWN

- Grain disease
- Small ball with a hole
- Stow, as cargo
- At the peak of
- Arid
- Vogue
- Impossible to satisfy
- Variant of basketball
- Type of fastener
- Distributed
- Ludicrous people
- Rent
- Units of land
- Bypass
- Terpsichore
- Hazard
- Shoestring
- Food thickener
- Big brass
- Hyperthermia
- Contenders
- Achy
- Type of duck
- Evergreens
- Origin
- Positions in a social hierarchy
- Quiver
- Swoop
- A frame of iron bars
- 24 in a day
- Consumed
- Inscribed pillar
- Cozy spot
- Winglike
- Sovereign
- Poi source
- Bird home

SUMMER GAZPACHO

Active Time: 45 min
Total Time: 2 hrs 45 min
Yield: 4 servings



Gazpacho is an Andalusian classic that began as a simple soup of bread, oil, and garlic. Today, it's kind of like a liquid salad, and that's okay by me. All you need is a fine-mesh sieve and a blender...so easy!

INGREDIENTS

- 1½ pounds vine-ripened tomatoes
- Tomato juice
- 1 cup peeled, seeded, and chopped cucumber
- ½ cup chopped red bell pepper
- ½ cup chopped red onion
- 1 small jalapeno, seeded and minced
- 1 clove garlic, minced
- ¼ cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground cumin, toasted
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons thinly sliced fresh basil leaves

DIRECTIONS

- Fill a 6-quart pot halfway full of water, set over high heat, and bring to a boil.
- Meanwhile, make an “X” with a paring knife on the bottom of each tomato. Drop the tomatoes in the boiling water for 15 seconds, remove, and transfer to an ice bath until cool enough to handle, about 1 minute. Remove and pat dry. Peel and halve the tomatoes. Seed the tomatoes, putting the seeds and pulp in a fine mesh strainer set over a bowl in order to catch the juice. Press as much of the juice through as possible and then add enough bottled tomato juice to bring the total to 1 cup. Chop the tomato flesh.
- Combine the tomatoes and juice in a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeño, garlic, olive oil, lime juice, balsamic vinegar, Worcestershire, salt, cumin, and pepper and stir to combine.
- Transfer 1½ cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Cover and chill for at least 2 hours or up to overnight. Serve with thinly sliced basil.

Thanks to altonbrown.com

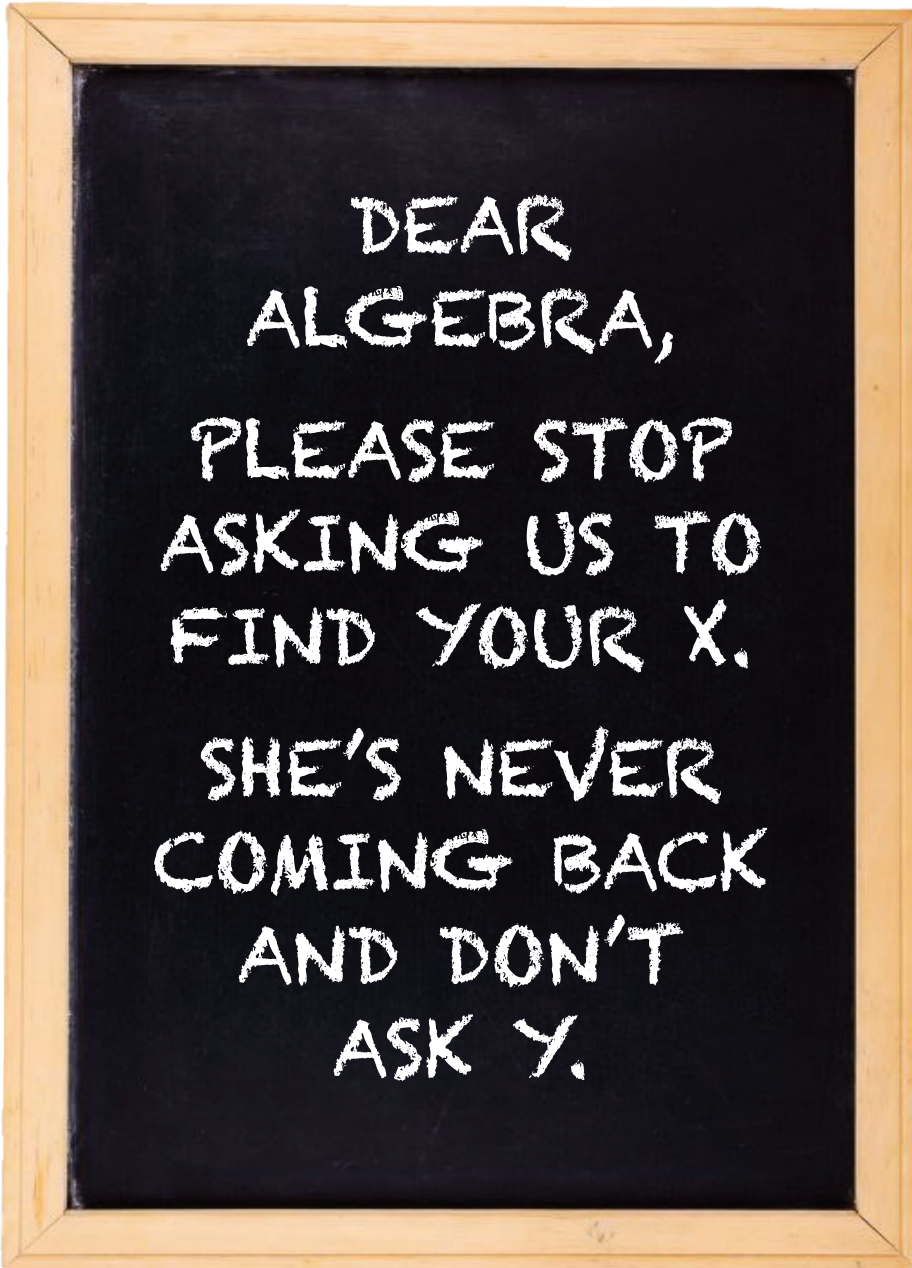
Sudoku

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.

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

Answers on page 6

(courtesy of KrazyDad.com)



The Funny Bone

Holy Humor

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

“Is there anything breakable in here?” asked the postal clerk.

“Only the Ten Commandments,” answered the lady.

Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, “Good morning, Lord,” and there are those who wake up in the morning and say, “Good Lord, it's morning.”

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter.

Then he put a note under the windshield wiper that read: “I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses.”

When he returned, he found a citation from a police officer along with this note “I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation.”

There is the story of a pastor who got up one Sunday and announced to his congregation: “I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets.”

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humour, because attached to the back of the carriage was a hand printed sign... “Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust.”

A Sunday School teacher began her lesson with a question, “Boys and girls, what do we know about God?”

A hand shot up in the air. “He is an artist!” said the kindergarten boy.

“Really? How do you know?” the teacher asked.

“You know – Our Father, who does art in Heaven...”

YOU HAVE RIGHTS!



CARE You have the right to:

- Receive considerate, respectful, and appropriate care, treatment, and services.
- Receive reasonable continuity of care.
- Choose a personal attending physician.
- Not be transferred or discharged from a facility except for medical reasons, your own welfare, or the welfare of other residents — or for nonpayment of justified charges. You will be given 30 days' notice, except when the situation is deemed an emergency.

INFORMATION You have the right to:

- Receive, prior to or at the time of admission, a written statement of the services provided.
- Receive a written itemized statement of charges and services.
- Receive from the attending physician complete and current information concerning your diagnosis, treatment, and prognosis.
- Inspect all records pertaining to you.
- Have the facility place at your bedside the name, address, and phone number of the physician responsible for your care.
- Receive, in writing, information regarding any relationship the facility has with other health care or related institutions or service providers.
- Examine the most recent survey of the facility.
- Receive information from agencies acting as client advocates and be afforded the opportunity to contact those agencies.
- Request information regarding minimum acceptable staffing levels, as it relates to your care.
- Request the names and positions of staff members providing care to you.
- Request an organizational chart outlining the facility's chain of command, for purposes of making requests and asserting grievances.

DIGNITY You have the right to:

- Respect and privacy.
- Be free from restraints.
- Privacy in your room.
- Privacy during visits by your spouse.
- Retain and use your own clothing and personal possessions.
- Not have to perform a service for the facility.

CHOICE You have the right to:

- Make choices regarding activities, schedules, health care, and other aspects of your life.
- Participate in an ongoing program of activities.
- Participate in social, religious, and community activities.

RESPECT You have the right to:

- Receive from the administrator and staff a timely, courteous, and reasonable response to requests or grievances — in writing, if requested.
- Associate or communicate with others, without restriction.
- Manage your own financial affairs.
- Recommend changes or present grievances to the facility staff, the Long-Term Care Ombudsman, and others.
- Be fully informed of all rights and responsibilities.
- Be free from verbal, physical, or mental abuse; cruel and unusual punishment; involuntary seclusion; withholding of monetary allowances; withholding of food; and deprivation of sleep.
- Receive notice before your room or roommate is changed, except in emergencies, and to have the facility honor requests for a room or roommate whenever possible.
- Exercise your rights as a citizen of the state and the United States of America.

For more information, contact the State Ombudsman at 1-855-773-1002, or email DHSS_OSEC_Ombudsman@Delaware.gov.



DELAWARE HEALTH AND SOCIAL SERVICES
Long Term Care Ombudsman