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VITAL INFORMATION FOR A VITAL LIFE®

Village Primary Care

Healthcare Built for the Community, with Heart



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Even though as I write this, it's almost 80 degrees outside, the clocks are turning back, leaves are falling, and winter is coming, with all the warmth, festivities, and cozy gatherings we look forward to every year. Whether you'll be braving the cold to check out local holiday lights, trying your hand at some new recipes for family dinners, or simply enjoying a quiet evening with a warm drink, the season brings us all closer in the best ways.

To start it off, November is National Gratitude Month and National Caregivers Month. Our friends at Saint Francis LIFE and Your Own Home share some great reasons and ways to practice gratitude, show gratitude and care for those we love on pages 3 and 10. I think it's time to buy a new journal!

Let's not forget the importance of staying active, even as temperatures drop. Our friends at Delaware Senior Olympics have some ideas on keeping fit and active indoors on page 4. And if you're up for a challenge, check out their website to learn how you can make some new friends, take up some new activities or even get into a little friendly competition, despite the winter chill. If you're into thrifting, antiquing or just clearing out the cupboards, you'll want to turn to page 6 to make sure you're not leaving money on the table.

Delaware Hospice shares some myths and truths about hospice care on page 11. If you have ever had a loved one need hospice care, you know what an amazing service it truly is. And finally, a great big welcome to Village Primary Care! At the heart of the Milford Wellness Village, Dr. Fielder and her team are bringing the heart back into healthcare. Learn more on page 8.

We'd like to thank all our wonderful readers and community partners for the support you have shown us over the years. We are grateful to be able to partner with all the amazing organizations and people who make it their mission to help our community be its healthy, vibrant, welcoming best. Thank you!

Happy Winter!
Karyn and Heidi



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ON THE COVER: Village Primary Care's owner and executive director, alongside community leaders, celebrates their ribbon cutting!

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November is National Gratitude Month

By Julia Etters, Saint Francis LIFE

This is a good time of year to reflect on what we are grateful for in our lives. Practicing gratitude year-round is helpful for our mental health. In fact, one thought of thankfulness can create a 10% increase in happiness and lower depressive thoughts by 35%, according to a National Library of Medicine study.

Practicing mindfulness can be easy. Try it with the “Three Good Things” exercise.

Every night before bed, write down three things that went well that day and why they were good. You can write in a journal or keep notes on your phone or computer. It is important to write them down so you can look back on them at times when you are having a hard time with gratitude.

The three things can be simple, such as “My husband picked up my favorite dessert at the store” or “Today was my grandson’s birthday.”

Write down the reasons why you are thankful for each thing next to it. If you wrote down that your husband bought your favorite dessert, you may write next to it “My husband is really thoughtful, and I am thankful he thinks of me.”

Writing these things down may feel a little odd at first but try to stick with it for at least the first week. It will get easier over time.

Another simple exercise is a “wonder walk.”

- Find a peaceful place outdoors where you can be present.
- Start with deep breaths, counting to 5 as you inhale and 5 as you exhale. Concentrate on the sound of your breath and feeling the air move through you.

- Before you begin your walk, notice your feet on the ground. Open your ears to the sounds outdoors.

- Continue your breathing (inhale for 5 seconds, exhale for 5 seconds) as you focus on being open to what surrounds you. Explore small or big things as you increase your awareness. You might appreciate animals scurrying, the unique shapes of clouds, or the beauty of foliage or a nearby stream.

- Finding wonder within these things can help your perspective and mood. Small moments of awe cause joy and spark curiosity.

- End your walk with the same breathing technique.

Chances are that these two exercises will leave you feeling happier, less stressed, and more mindful. The connection between mental and physical health is stronger than you might think. Studies show that improved mental health can prevent chronic disease and sleep problems. Taking care of our whole selves makes a difference in our overall well-being.

Our team at Saint Francis LIFE values physical, emotional, spiritual, and social health, and our program offers full-circle care to improve the quality of life for seniors. In addition to a primary care physician and nurse, participants have access to recreation and physical therapy, social services, and more. Comprehensive and coordinated care allows seniors to live independently and age in place. We partner with caregivers, giving seniors and their loved ones resources to LIVE more. Begin your path to healing with Saint Francis LIFE.

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Tired of Feeling Tired?

By Melissa Coats, ND

Fatigue, whether chronic or acute, is something that strikes all of us at some point. So many of the ads we see on television today are for energy-boosters that will supposedly help you beat fatigue. Unfortunately, these drinks and pills don't get to the root of the problem and end up being a temporary fix.

The real causes of fatigue are stress, poor diet, lack of exercise, medications, pain and insomnia, just to name a few. Rather than using caffeine or energy drinks to pump adrenaline and create a false (and short-lived) high, try working on the cellular level to help your body make its own energy.

Three nutrients that support the body's natural energy-making process and that are safe for use with most medications are: CoQ10 (ubiquinol), Acetyl-L-Carnitine, and D-Ribose. When used alone or in combination with each other, these three nutrients help to produce energy in the body, which in turn can help your heart, muscles and mind to be stronger and more alert.

While CoQ10 is a commonly-known nutrient,

Acetyl-L-Carnitine and D-Ribose are not. Here is a rundown of the benefits of each of these nutrients:

CoQ10 (Ubiquinol):

- CoQ10 deficiency has been found in persons with chronic fatigue, heart disease, depressed immune systems, muscular dystrophy, and those who exercise excessively.
- CoQ10 has been found to be depleted by the use of statin drugs (cholesterol-lowering drugs).
- CoQ10 can help fight oxidative and free radical damage in the body.
- Those with Alzheimer's and Parkinson's may benefit from the use of CoQ10.
- When taken long term, CoQ10 has been shown to help lower blood pressure.

Acetyl-L-Carnitine:

- Acetyl L-Carnitine is a modified amino acid that supports cellular energy production. It is also an antioxidant.
- Some of the possible benefits of Acetyl L-Car-

nitine are: preserving memory; preventing Alzheimer's Disease; improving circulation to the heart, brain, eyes and muscles; and mitigating the effects of fibromyalgia, MS, diabetes, depression, dementia and cirrhosis.

D-Ribose:

- D-Ribose is a simple, five-carbon sugar found naturally in our bodies. However, unlike other sugars (sucrose, glucose and lactose), Ribose is used by the body to make the energy molecule that powers our hearts, muscles, brains and every other tissue in the body.
- A key molecule called Adenosine Triphosphate (ATP) is known as the energy currency of the cell because the amount of ATP we have in our tissues determines whether we will be fatigued or energetic. Ribose provides the key building block of ATP, and the presence of Ribose in the cell stimulates the metabolic pathway our bodies use to make this vital compound.
- D-Ribose has been found helpful for fibromyalgia, heart health, chronic fatigue, congestive heart failure, restless legs and muscle recovery after exercise.

Sources and references available by emailing questions@vitalmagonline.com. Sources and references available by emailing questions@vitalmagonline.com. Dr. Melissa Coats is a licensed naturopathic physician in Scottsdale, AZ at Naturopathic Specialists, LLC (www.listenandcare.com).

Is it Time to Change Up Your Fitness Routine?

As we get older, it becomes increasingly important to stay active and healthy. Exercise helps to improve our cardiovascular health, strengthen our bones and muscles, and reduce our risk of chronic diseases such as heart disease, stroke, and diabetes. It can also help to improve our mental health and well-being. However, we may find that our bodies don't respond to exercise in the same way that they used to. It may be time to change things up! Here are a few ideas to get you going.

- **Tai chi:** Tai chi is a gentle form of exercise that can help improve balance, flexibility, and strength. It's also a great way to reduce stress and improve mental clarity.
- **Yoga:** Yoga is another great option for older adults. It can help improve flexibility, strength, and balance. It can also help reduce stress and improve mental clarity.
- **Pilates:** Pilates is a low-impact form of exercise that can help improve core strength and flexibility.
- **Walking:** Walking is a great way to get some exercise without putting a lot of strain on your joints. It's also a great way to get some fresh air and sunshine.

- **Swimming:** Swimming is a low-impact form of exercise that can help improve cardiovascular health. It's also a great way to cool off on a hot day.
- **Dancing:** Dancing is a great way to get some exercise and have some fun. It's also a great way to socialize and meet new people.
- **Aqua aerobics:** Aqua aerobics is another great way to get some exercise in the water. It's a low-impact form of exercise that can help improve cardiovascular health.
- **Senior fitness classes:** Many gyms and community centers offer senior fitness classes. These classes are designed for older adults and can help improve strength, flexibility, and balance.
- **Senior sports leagues:** There are many senior sports leagues that offer a variety of sports, such as basketball, volleyball, and softball. These leagues can provide a great way to get some exercise and socialize with other older adults. Check out Delaware Senior Olympics. There are so many different sports and activities that you can participate in, and it is not all about competition. It is about leading an active, healthy lifestyle. Visit www.delawareseniorympics.org to learn more!



- **Walking clubs:** Walking clubs are a great way to get some exercise and socialize with other older adults. These clubs typically meet at a regular time and place to walk together.

It is also important to talk to your doctor before starting any new exercise program, especially if you have any health conditions. Your doctor can help you to develop a safe and effective exercise program that is right for you.

So, if you want to stay active and healthy, consider trying one of these exercise and fitness activities. You may be surprised at how much you enjoy them!



EMBRACING THE POWER OF PLANTS:

The Benefits and Practical Tips for a Plant-Based Diet

So, you're thinking about giving a plant-based diet a try, but you're unsure if it's right for you—especially at this stage of life. You're not alone! As we get older, the way we fuel our bodies becomes even more important for maintaining energy, vitality, and overall health. Many people are exploring plant-based eating, not just because it's trendy, but because it offers numerous benefits.

The Benefits of Going Plant-Based

1 Heart Health Boost. As we age, our risk of heart disease increases. Studies have shown that a plant-based diet can help lower blood pressure, reduce bad cholesterol (LDL), and improve heart health overall. Plant-based foods like leafy greens, berries, nuts, seeds, and whole grains are packed with antioxidants and fiber, which can support a healthy heart. Fiber, in particular, helps remove excess cholesterol from the bloodstream, while antioxidants reduce inflammation, a key contributor to heart disease.

2 Better Blood Sugar Control. Type 2 diabetes is a growing concern for many people, but plant-based diets, which are rich in fiber and low in processed sugars, can help regulate blood sugar levels. Fiber slows down digestion and prevents rapid blood sugar spikes, which is beneficial for both managing and preventing diabetes.

3 Weight Management. Struggling to keep the extra pounds off? You're not alone. Plant-based diets are generally lower in calorie density, which means you can eat more without consuming too many calories and without feeling deprived.

4 Improved Digestion. Let's face it: our digestive systems can get a bit sluggish. Plant-based diets, being

high in fiber, promote regularity and a healthier gut. Fiber also feeds the beneficial bacteria in your gut, which play a role in everything from digestion to immune function.

5 Lower Cancer Risk. Certain plant-based foods contain powerful cancer-fighting compounds. For instance, cruciferous vegetables (like broccoli, cauliflower, and Brussels sprouts) contain sulforaphane, a compound shown to have anti-cancer properties. Studies suggest that those following a plant-based diet may have a reduced risk of certain cancers, including colon and breast cancer.

6 Joint and Bone Health. Osteoporosis and arthritis are common concerns for those over 50. A plant-based diet rich in calcium, magnesium, and anti-inflammatory compounds can support bone density and reduce joint inflammation. Leafy greens, tofu, nuts, and seeds can provide plant-based sources of calcium and magnesium, which are essential for bone health.

Precautions to Keep in Mind

While a plant-based diet can be very beneficial, there are a few things you should consider to ensure you're getting all the nutrients you need:

1 Vitamin B12. Vitamin B12, crucial for nerve health and red blood cell production, is primarily found in animal products. Since a plant-based diet lacks natural B12 sources, make sure to take a B12 supplement or consume B12-fortified foods like plant-based milk, cereals, and nutritional yeast.

2 Protein Intake. As we age, muscle loss can accelerate. Protein is essential for muscle maintenance and recovery, especially if you're staying active. Luckily, there are plenty of plant-based protein sources, like beans, lentils, tofu, tempeh, quinoa,

and nuts. Aim to include a protein source with each meal to ensure you're meeting your needs.

3 Omega-3 Fatty Acids. Omega-3s are vital for brain and heart health. While fish is a common source, plant-based eaters can get omega-3s from flaxseeds, chia seeds, walnuts, and algae-based supplements, which provide the active forms of omega-3s (DHA and EPA).

4 Iron and Zinc. Plant-based sources of iron (like spinach and lentils) are not as easily absorbed as iron from animal sources. To improve absorption, pair iron-rich foods with vitamin C-rich foods, like oranges or bell peppers. Zinc, which supports immune function, is also less bioavailable in plant foods. Include sources like pumpkin seeds, chickpeas, and cashews, and consider a supplement if needed.

5 Calcium and Vitamin D. To maintain strong bones, ensure you're getting enough calcium and vitamin D. Fortified plant milks, leafy greens, and tofu can provide calcium, while safe sun exposure or a vitamin D supplement can help with vitamin D needs.

Practical Tips for Integrating Plant-Based Eating with Family and Friends

One of the biggest challenges with switching to a plant-based diet is finding a balance when your family or friends aren't on the same page. Here are some strategies to make it work:

1 Try Meatless Mondays. Get your family on board with "Meatless Mondays" as a way to try plant-based meals together. Start with something everyone loves, like veggie-packed pasta, stir-fried rice with tofu, or hearty bean chili. Often, people don't even miss the meat when

they're focused on delicious flavors and satisfying ingredients.

2 Use Familiar Dishes with a Twist. Instead of introducing completely new dishes, try familiar meals with a plant-based twist. Think black bean burgers instead of beef burgers, or veggie pizza with plant-based cheese options. Using flavors and textures they already enjoy can make the transition easier.

3 Experiment Together. Make it a family activity to try new recipes or explore plant-based versions of favorite dishes. Try making a vegan lasagna with layers of vegetables, lentils, and cashew-based cheese. Cooking together can be a fun experience and might help others appreciate plant-based options.

4 Keep Snacks and Sides Familiar. Plant-based side dishes like roasted vegetables, sweet potato fries, or a big salad are easy to add to any meal and will appeal to everyone. Having these familiar, tasty side dishes can make meals more enjoyable for those who aren't ready to go fully plant-based.

5 Be Patient and Respectful. Transitioning to a plant-based diet can be a big change for everyone, not just you. If your family or friends are resistant, that's okay. Lead by example and show them how much you're enjoying the benefits. Respect their choices, and hopefully, they'll come to appreciate the changes you're making.

Switching to a plant-based diet can be a powerful step toward improved health, more energy, and a better quality of life. With its benefits for heart health, weight management, and longevity, a plant-based lifestyle can help you thrive.

So, why not give it a try? Your body will thank you!



Finding Treasures in Grandma's Kitchen



By Yelena Moroz-Alpert, House Beautiful

You may not want to copy your grandmother's dated cabinets for your upcoming kitchen renovation, but you may want to take a closer look at what's inside them. The resale value of that tacky-looking pig cookie jar might be a few hundred dollars. If you're lucky enough to spot Tiffany or Bernardaud china patterns, you can score a few thousand. Even humble mason jars and casserole dishes can be treasures!

Copper Pots

You may need to use some elbow grease to clean copper pots, but the effort is more than worth it. For example, a French set of four nineteenth-century antique copper pots can bring around \$1,500.

Cut Crystal and Glassware

Cut crystal and cut glass can be extremely valuable depending on the pattern and collection. Whatever you do, don't put crystal in the dishwasher—the high heat will cloud the glass.

Solid Sterling Silver Flatware

"Along the same lines as the cut crystal, many grannies received solid sterling or plated silver flatware on their wedding day and proceeded to protect and polish these pieces throughout their adult lives," Austin Carrier of Hommeboys says.

"Usually kept safely in their original wood boxes, it's common to find a complete set, with solid silver being the most valuable."

Handmade Ceramics

Ceramics may look humble, but when they're handmade by artisans and decorated with specialty glazes and patterns that are no longer in production, their value skyrockets. "Brands like Heath and Rookwood Pottery and designs like spongeware are extremely collectible and valuable," Carrier says.

Pyrex Mixing Bowls and Casserole Dishes

Almost every American kitchen had Pyrex pieces up until about 20 years ago. If you spot one in a cupboard, don't add it to the garage sale pile. Vintage Pyrex sets are worth more than you think. The most valuable patterns are the 1956 Pink Daisy, 1957 Butterprint, and the 1983 Colonial Mist. The resale value can range from \$50 to \$1,400, depending on the pattern, set pieces, and condition.

You can also find Pyrex mixing bowls, pie plates, casserole dishes, and loaf pans. The glass that Pyrex is made from is so durable that it can be used in the oven, freezer, and refrigerator—just don't put it in the dishwasher - Hand wash only. The dishwasher often removes the pattern on the outside of the pieces and ruins the value.

Corningware Casserole Dish Sets

Made by the same New York company as Pyrex, a Corningware casserole dish was a ubiquitous wedding present in the 1950s. Don't discard one of these without checking to see if the pattern and design is rare or was discontinued shortly after manufacturing. The Cornflower blue design is the most common, but is still worth quite a bit of money today. The rarer patterns like Wildflower, produced from 1977 to 1984, and Floral Bouquet, from 1971 to 1975, can go online for over \$10,000.

Jadeite Mixing Bowl Sets

The milky green hue of jadeite, or jade glass, is not only gorgeous but also a throwback to the Great Depression era. The McKee Glass Company and its rival, the Jeannette Glass Company, began jadeite production in 1932, making mixing bowls, canisters, and shakers. These two companies added uranium to the glass mixture, so pieces made by them glow under a black light. By 1945, jadeite dinnerware was also produced by the Anchor Hocking Fire-King division. The value is affected by both the quality of the piece and the rarity of the item. You can find pieces on Etsy and eBay selling for up to \$1,200 for a complete set of dinnerware.

Mason Jars

There are the typical mason jars you buy at the hardware store and then there are the collectible ones. Up-

side-down Ball mason jars are rare, as well as jars made from amber-colored glass. The resale marketplace price for these jars ranges from \$700 to \$3,900, depending on the color of the glass, type of lid, embossed lettering, and whether it's blown or molded glass.

Champagne Coupes

Vintage champagne flutes are nice, but if you find some with hollow stems—that's a rarity. This design was used in the early 1900s to remove the sediment from bubbly by giving it a place to settle before one took a sip. They can go for as much as \$400/pair.

Cast Iron Skillets

Take a closer look at that cast iron skillet. Is it very smooth? Much lighter than yours? So light you can pick it up with one hand? Turn it over. Does it say Griswold, Wagner, or Lodge? "Cast iron made at the beginning of the 20th century is far superior" to pieces made today. The value of a vintage skillet can range from \$200 to \$2,000, or more.

Decorative Cookie Jars

As people embraced healthy eating trends starting in the '70s, cookie jars started to fade in popularity. But if you spot molded ceramic and decoratively painted jars from the 1930s to 1950s, they can fetch you \$150 to \$500. Some of the cookie jars are worth quite a bit of money, especially if they depict specific cartoon characters that were popular during that time.

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THERE'S NO FAKING IT: *Deepfake Fraud Is a Real Problem*

By idx.us

Scammers are using realistic, AI-generated deepfakes to commit identity fraud and other crimes. Here's how the technology is being used by bad actors, how to recognize deepfake audio and video, and how to protect yourself against this evolving threat.

AI-generated audio and video are being used to trick businesses and individuals

The person at the other end of that video call certainly looks and sounds legitimate. Maybe it's someone you've bonded with on a dating site, or maybe it's a semi-distant relative or remote work colleague. Yes, it's odd that they're asking you to send them money or provide sensitive personal information, but you trust them.

Just one problem: They're not real. Their image and voice have been generated through artificial intelligence (AI), and are being controlled behind the scenes by a scammer. What you're experiencing is a deepfake, a rapidly evolving technology often used for malicious acts.

The U.S. Government Accounting Office (GAO) defines a deepfake as video, photography, or audio that "seems real but has been manipulated with AI. The underlying technology can replace faces, manipulate facial expressions, synthesize faces, and synthesize speech."

More and more criminals are using AI deepfakes to commit identity fraud or pry money and data from businesses and individuals. The digital verification platform Sumsub reported an astonishing 1740% jump in deepfake-related fraud attempts in North America between 2022 and 2023.

How deepfakes are being used in scams

By creating a deepfake persona, fraudsters can trick people into believing they're interacting with someone they know or want to know. This builds trust, making it

easier for the scammer to manipulate the victim. Cybercriminals can also utilize deepfakes to create compromising material for the purpose of extortion. They can use an AI bot to, for example, take a brief snippet of a person's real voice and "clone" it to produce an authentic-sounding facsimile; the faked voice can then be made to say just about anything.

The majority of deepfake fraud cases thus far have targeted businesses. Even large global companies can fall for these scams: In one recent example, an employee at a multinational design and engineering firm was tricked by a deepfake video call into transferring \$25 million of the company's funds to fraudsters. Many bad actors, meanwhile, are using deepfake audio and video in attempts to gain access to company data, which could result in breaches of customer information.

As this technology grows more sophisticated, it's also getting easier to use—which means it's becoming increasingly popular as a method to defraud individuals. Deepfakes have already made their way into the world of romance scams, according to a recent report in *Wired*. The article described how a crew of scammers used "deepfakes and face-swapping to ensnare victims in romance scams, building trust with victims using fake identities, before tricking them into parting with thousands of dollars."

Tips for detecting deepfake video and audio

While a number of deepfake detection tools currently exist, many are only available to businesses. Also, most are designed to analyze recordings, and cannot help in real time



during audio or video calls. To recognize deepfakes in real time, you'll most likely have to rely on your own powers of observation.

The MIT Media Lab offered tips on how to determine whether a person seen on video is a deepfake. Zero in on elements of the person's face, they advised. This includes:

■ Cheeks and forehead

Does the skin appear too smooth or too wrinkly? Is the agedness of the skin similar to the agedness of the hair and eyes?

■ Eyes and eyebrows

Do shadows appear in places that you would expect?

■ Eyeglasses

Is there any glare? Is there too much glare? Does the angle of the glare change when the person moves?

■ Blinking

Does the person blink enough or too much?

■ Lip movements

Some deepfakes are based on lip syncing. Do the lip movements look natural?"

In an article for *PolitiFact*, Manjeet Rege, director of the Center for Applied Artificial Intelligence at the University of St. Thomas, and Siwei

Lyu, a computer science and engineering professor at the University at Buffalo, offered advice on listening for clues that a voice might actually be an audio deepfake. These include "irregular or absent breathing noises, intentional pauses and intonations, along with inconsistent room acoustics."

Use your common sense

One thing is clear: Deepfake technology is evolving at such speed that it will become progressively more difficult to tell fiction from reality. Today you might be able to spot a weird glitch in a person's face on video, or a strange vocal pattern on a call. But those flaws might not be as noticeable a year or two from now.

Beyond the observational tips offered here, your best defense is to use common sense. If someone contacts you by phone or video—whether or not it's a person you seemingly know and trust—and makes an unusual request or demand involving money or sensitive information, step back and assess the situation. Do whatever you can to independently verify that what the person is telling you is true. As AI expert Manjeet Rege said in the *PolitiFact* interview, "Healthy skepticism is warranted given how realistic this emerging technology has become."



HEALTHCARE LEADERS AND PROVIDERS FROM THE GREATER MILFORD AREA GATHERED TO CELEBRATE VILLAGE PRIMARY CARE'S RIBBON-CUTTING, UNITED IN OUR SHARED COMMITMENT TO SUPPORTING A HEALTHIER COMMUNITY!

VILLAGE PRIMARY CARE

Healthcare Built for the Community, with Heart

At Village Primary Care, we understand that healthcare is more than just appointments—it's about relationships. Our practice, located in the heart of the Milford Wellness Village, operates with a simple yet meaningful philosophy: "Treat others the way we want to be treated." Whether you're here for a wellness visit, chronic care management, or a sick visit, we believe every patient should feel valued, heard, and cared for—just as we would care for our own family.

Building a family practice means listening to the community and evolving with its needs. We've designed our office and operations with a growth mindset—adapting as we go and making changes based on patient feedback. Our commitment is to create a space where people feel comfortable discussing their health openly, knowing that their concerns are met with empathy and practical solutions. We are proud to bring the heart back into healthcare in a system often driven by numbers and metrics.

Our location within the Milford Wellness Village offers unparalleled opportunities for integrated care. We collaborate with trusted partners like AquaCare Physical Therapy, which provides patients with physical rehabilitation services, and WeCare Services, which supports seniors by helping them manage daily living activities, nutrition, and overall well-being. WeCare is a federally funded program designed to help seniors stay in their homes, providing services at no cost to participants—a reflection of the community-centered care we strive to promote.

We recognize that busy schedules can make it hard to prioritize healthcare, which is why we offer early morning, evening, telehealth, and same-day sick visits to meet patients where they are. Whether you prefer a virtual check-in from home or need to squeeze in a visit before or after work, we've got you covered. We currently accept Aetna, United Health, Cigna, Multiplan, and Medicare and are in the process of adding Highmark BCBS, Medicaid plans, and TriCare to expand access even further.

At the core of our practice is Kaitlin Fielder, APRN-FNP-C, a compassionate and skilled provider with a background in emergency services, geriatrics, and mental health. Kaitlin believes that healthcare works best when it's a collaboration. She listens carefully to each patient, empowering them to take an active role in their health. Kaitlin's passion for health literacy ensures that patients fully understand their care options, enabling them to make confident, informed decisions.

Our new medical suite reflects the growth and future of Village Primary Care. With the space to perform simple procedures, gynecological exams, and vaccinations, we are equipped to provide a wide range of services. Additionally, we plan to expand our team to meet the growing needs of the community, offering comprehensive care that keeps pace with Milford's development. We are excited to adding services to ensure that local families have the healthcare resources they deserve close to home.

We are grateful to our patients for trusting us on

their healthcare journey, and we want them to feel supported every step of the way. Patient education and accessibility are cornerstones of our practice, and we've streamlined the booking process to make things easier. Patients can book appointments online or by phone, with access to digital forms that help us prepare for their visits in advance. This ensures we have the necessary records and information to deliver the best experience possible, starting from the moment they walk through the door.

Don't just take our word for it—hear what our patients are saying:

"Highly recommend Village Primary Care! From front desk to Dr. Fielder, everyone was so friendly and helpful. Dr. Fielder listened to all my concerns and took her time."
 – ASHLEY R.

"Kaitlin is amazing!! I always feel heard and supported by her! The best provider I've ever had."
 – ASHLEY L.

"This was the most comforting and reassuring office I've been to. They're patient, kind, and thorough without being condescending!"
 – TY G.

Whether it's a routine checkup or chronic disease management, Village Primary Care is committed to being the healthcare hub for our patients. We are excited to serve Milford and surrounding areas, helping families stay healthy and thrive. Join us in our mission to make healthcare simple, compassionate, and accessible for everyone. Schedule an appointment online or by phone today, and experience healthcare the way it should be—focused on you.

For more information or to make an appointment, call us at 302-467-3200 or visit www.mvillageprimarycare.com. We can't wait to see you!



NURSE PRACTITIONER KAITLIN FIELDER IS JOINED BY HER INCREDIBLE TEAM, MEDICAL ASSISTANT FRIDA ARGUELLO-IBARRA AND MEDICAL ADMINISTRATOR TIAUNDR A COOPER. TOGETHER, THEY'RE COMMITTED TO DELIVERING COMPASSIONATE, PATIENT-CENTERED CARE AT VILLAGE PRIMARY CARE!



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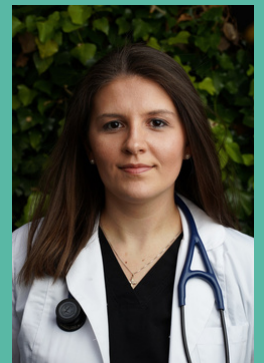


For More Information:

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www.mvillageprimarycare.com

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Kaitlin M Fielder APRN-FNP-C

"Kaitlin Fielder is so sweet and down to earth. She is my Momma's new primary and we love her" - Michelle B.

"Had my first visit and it was a positive welcoming visit. I'm glad I came across Village Primary Care." - Kirstin F.



November is National Family Caregivers Month

By Gina Deney, Your Own Home



National Family Caregivers Month (NFCM) is celebrated every November to recognize and honor the over 50 million Americans who provide care and medical assistance to loved ones. While family caregivers should be celebrated every day, this is a time to recognize and honor caregivers nationally, raise awareness around caregiving issues, educate communities, and work to increase support for our nation's caregivers.

The Caregiver Action Network (CAN) leads the national observance and provides free education, peer support, and resources to family caregivers. The month-long campaign aims to:

- Honor and recognize caregivers.
- Celebrate their dedication.
- Provide support and resources to caregivers.

The 2024 theme for NFCM is I Care. Some ways to celebrate NFCM include:

- Starting a conversation with friends and family about caregiving.
- Recognizing the love and sacrifice of caregivers.
- Recognizing the dignity, health, and security of caregivers.

National Gratitude Month is also celebrated in November. It's a time to reflect on what you're grateful for and to give thanks. Practicing gratitude has been shown to have many benefits.

- Gratitude can help improve your mood, decrease stress, and strengthen your immune system.
- Gratitude can help you feel more positive emotions and relish good experiences.
- Gratitude can help you build strong relationships and deal with adversity.
- **Appreciate the little things:** Take time to focus on the things that make you smile every day.

Practicing gratitude shouldn't be limited to just one month. By incorporating gratitude into our daily routines, we can cultivate a mindset of appreciation and foster a more positive outlook on life. The Your Own Home Care Family feels extremely grateful to be able to help others.

We are grateful for our diverse group of caregivers

who come from many walks of life but possess a unique commonality of compassion, patience and genuine love and respect for others that is becoming rare nowadays. They often perform tasks that many in this fast-paced society would consider thankless with inimitable grace and commitment. They bring solace, reassurance, and joy to the people they care for, their families and friends. I cannot thank them enough.

It has been sixteen years since I realized my dream of enhancing the quality of life for Delaware seniors. With each passing day, I am filled with deep gratitude toward all of the members of our "family" and their unending service to others. I am also grateful to be a part of the community, and for the relationships we have developed with our clients and their families.

If you know a caregiver, please join me in saluting them, for they truly are cut from a special cloth and deserve our gratitude. Take a moment to share this message with them, for they are blessings to us all.

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Focusing a New Spotlight on the Truths of Hospice Care

When Jimmy Carter celebrated his 100th birthday on October 1, 2024, he gained attention for being the first U.S. president to reach that milestone. In addition, former President Carter has focused a new spotlight on another vital topic—the truths about hospice care.

Mr. Carter began home hospice care in February 2023. He's far from the first celebrity who has been publicized for being a hospice patient. But unlike most celebrities who received hospice care, Mr. Carter has demonstrated that hospice is not just for the last days of life.

By contrast, in recent years, Aretha Franklin received hospice care for only one week. The family of Tony Dow, who played Wally on "Leave It to Beaver," announced he was on hospice care on July 26, 2023. He died the next day.

Former President Carter's highly

visible experience with hospice has started to correct some of the myths about the service that have been obstacles to people getting the care they deserve.

Myth: Hospice is only for the last days of life

Truth: Intended for those whom doctors expect to live six months or less, hospice can enhance quality of life long before the final days. Earlier involvement enables patients to benefit from emotional, spiritual and physical support when it's most needed.

Doctors re-evaluate hospice patients every six months to determine if they believe death is likely within the next six months. Patients can continue hospice care or – if their condition has improved – discontinue hospice services until needed again.

Some hospice providers deliver a broad continuum of serious illness care that can help even sooner. For

instance, Delaware Hospice's palliative care program can start at any time and coincide with curative treatment, providing pain and symptom management that helps patients live more comfortably.

Myth: Hospice means giving up on my loved one

Truth: Hospice means prioritizing comfort and quality of life when curative treatment is no longer beneficial. Far from giving up, this choice allows a person's remaining days to be filled with peace and support. Care is typically delivered in the comfort of home, and many families say they wish they'd reached out much sooner.

Myth: Hospice is limited to non-clinical care

Truth: Hospice is a specialized form of care that prioritizes each patient's quality of life and wishes. It combines emotional, spiritual and medical care from an interdisciplinary team of healthcare professionals.

Myth: Hospice can become very expensive

Truth: Hospice is typically fully covered by Medicare, Medicaid and insurance plans. As a non-profit provider, Delaware Hospice is devoted to ensuring care for all, regardless of ability to pay.

Myth: Hospice provides around-the-clock care

Truth: While hospice teams are on-call around the clock, continuous at-home care is uncommon. However, when patients need a higher level of care to stay comfortable, inpatient facilities like the Delaware Hospice Center in Milford or a dedicated hospice unit like the one at Saint Francis Hospital are equipped to provide 24-hour care from expert staff in a home-like setting.

To learn more about the range of expert care services Delaware Hospice offers, call 800-838-9800.

Positively your best choice for serious illness care at home

Looking for the best provider of serious illness care? Make sure they offer a full range of services for different stages of illness. Plus, check how long they've served your region. If they're driven by a caring mission instead of profit, that's another plus.

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7 Solutions to Ocean Plastic Pollution

By Brian Hutchinson, Oceanic Society co-CEO

With skyrocketing plastic production, low levels of recycling, and poor waste management, between 4 and 12 million metric tons of plastic enter the ocean each year—enough to cover every foot of coastline on the planet! And that amount is projected to triple in the next 20 years.

In the ocean, plastic pollution impacts sea turtles, whales, seabirds, fish, coral reefs, and countless other marine species and habitats. In fact, scientists estimate that more than half of the world's sea turtles and nearly every seabird on Earth have eaten plastic in their lifetimes.

One reason that plastic pollution is such a problem is that it doesn't go away: "Plastics are forever." Plastic debris simply breaks down into ever-smaller particles, known as microplastics, whose environmental impacts are still being determined.

7 Things You Can Do Today

1 Reduce Your Use of Single-Use Plastics.

Wherever you live, the easiest and most direct way that you can get started is by reducing your own use of single-use plastics. Single-use plastics include plastic bags, water bottles, straws, cups, utensils, dry cleaning bags, take-out containers, and other plastic items that are used once and then discarded.

The best way to do this is by a) refusing any single-use plastics that you do not need (e.g. straws, plastic bags, takeout utensils, takeout containers), and b) carrying reusable versions of those products with you.

2 Support Legislation to Curb Plastic Production and Waste.

As important as it is to change our individual behaviors, such changes alone are insufficient to stop ocean plastic pollution. We also need legislation that reduces plastic production, improves waste management, and makes plastic producers responsible for the waste they generate. One such effort in the United States is the 2021 Break Free From Plastic Pollution Act, a comprehensive federal bill that aims to address the plastic pollution crisis, and there are a number of state level initiatives to introduce extended producer responsibility (EPR) legislation that makes plastic producers and distributors responsible for their products and packaging at the end of life.

3 Recycle Properly.

This should go without saying, but when you use single-use (and other) plastics that can be recycled, always be sure to recycle them. At present, just

9% of plastic is recycled worldwide. Recycling helps keep plastics out of the ocean and reduces the amount of "new" plastic in circulation. If your trash company accepts your recycling, make sure you rinse, dry, sort and leave it loose in the bin.

4 Participate In (or Organize) a Beach or River Cleanup.

Help remove plastics from the ocean and prevent them from getting there in the first place by participating in or organizing a cleanup of your local beach or waterway. This is one of the most direct and rewarding ways to fight ocean plastic pollution. You can simply go to the beach or waterway and collect plastic waste on your own or with friends or family, or you can join a local organization's cleanup or an international event like our Global Ocean Cleanup or the International Coastal Cleanup.

5 Avoid Products Containing Microbeads.

Tiny plastic particles, called "microbeads," have become a growing source of ocean plastic pollution in recent years. Microbeads are found in some face scrubs, toothpastes, and bodywashes, and they readily enter our oceans and waterways through our sewer systems, and affect hundreds of marine species. Avoid products containing plastic microbeads by looking for "polyethylene" and "polypropylene" on the ingredient labels of your cosmetic products.

6 Spread the Word.

Stay informed on issues related to plastic pollution and help make others aware of the problem. Tell your friends and family about how they can be part of the solution, or host a viewing party

for one of the many plastic pollution-focused documentaries, like *A Plastic Ocean*, *Garbage Island: An Ocean Full of Plastic*, *Bag It*, *Addicted to Plastic*, or *Plasticized*.

7 Support Organizations Addressing Plastic Pollution.

Many non-profit organizations are working to reduce and eliminate ocean plastic pollution in various ways, including Oceanic Society, Plastic Pollution Coalition, 5 Gyres,

Algalita, Plastic Soup Foundation, and others. These organizations rely on donations from people like you to continue their important work. Even small donations can make a big difference!

These seven ideas only scratch the surface of ways you can help address the growing problem of plastic pollution in the oceans. The important thing is that we all do something, no matter how small.

WORDS OF WISDOM

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder them.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remember the headliners of yesterday. These are no second-rate achievers—they are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson: The people who make a difference in your life are not the ones with the highest credentials, the most money, or the most awards. They simply are the ones who care the most.



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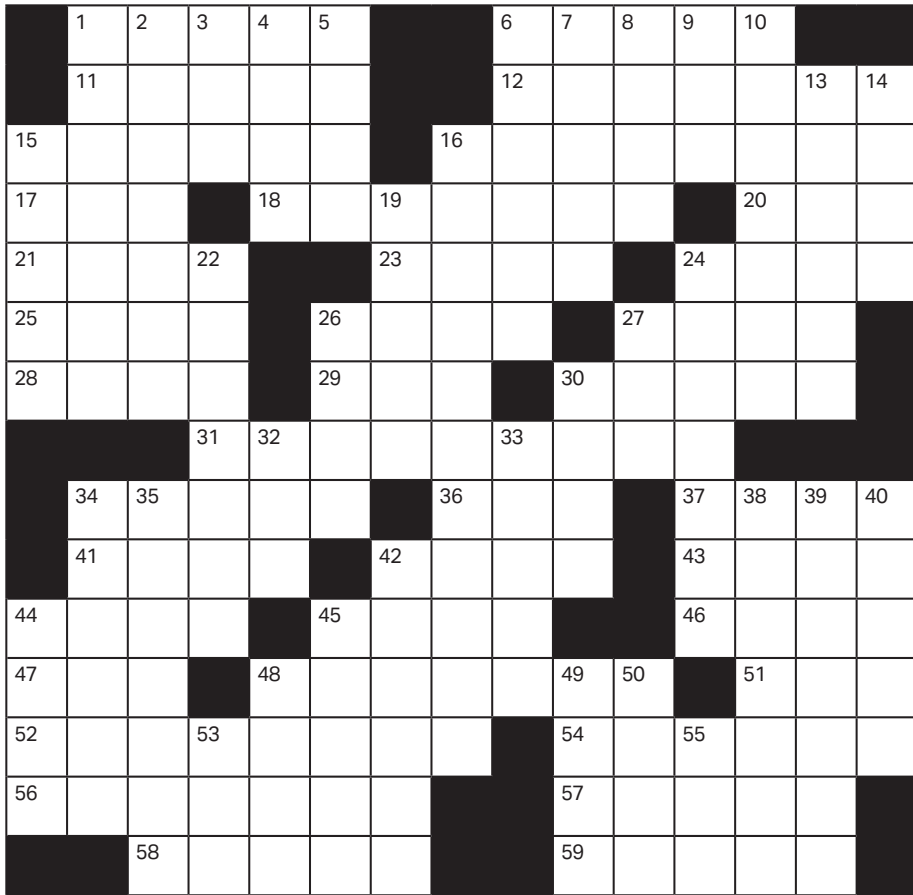
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Crossword By Dave Fisher



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Answers on page 6

ACROSS

- 1. Freshwater fishes
- 6. Specified days of the month
- 11. Legislate
- 12. Deplete
- 15. Son of a king
- 16. Neuralgia
- 17. Lip
- 18. Greek letter
- 20. Police officer
- 21. Egg-shaped
- 23. Type of cheese
- 24. Cone-bearing trees
- 25. Quash
- 26. Gush forth
- 27. Ocean motion
- 28. Biblical garden
- 29. Possesses
- 30. Weary
- 31. Innocent
- 34. Faith in God
- 36. Evening (poetic)
- 37. Russian emperor
- 41. Coastal raptor
- 42. Resorts
- 43. Lubricate
- 44. Cozy
- 45. Pickpockets (slang)
- 46. Wool
- 47. Gesture of assent
- 48. A painter's tool
- 51. Seated oneself
- 52. Used
- 54. Dodges
- 56. Indicate
- 57. Depart
- 58. Cast out
- 59. Made a mistake

DOWN

- 1. Educated
- 2. Enliven
- 3. Tin
- 4. Behold, in old Rome
- 5. Stair
- 6. Render unable to scratch
- 7. Adage
- 8. Comparison connector
- 9. Consume food
- 10. Kill oneself intentionally
- 13. Tallied
- 14. Faucets
- 15. Put to the test
- 16. Avoided
- 19. Floral leaf
- 22. Yearning
- 24. To begin with
- 26. Leveling wedge
- 27. Poetic contraction
- 30. Anagram of "Nets"
- 32. Employ
- 33. Minimal
- 34. Indicate
- 35. Having profound knowledge
- 38. Convincing
- 39. Worn down
- 40. Leases
- 42. Unspoken
- 44. Give the cold shoulder
- 45. Stuns
- 48. Toll road
- 49. Story
- 50. Always
- 53. Captain's journal
- 55. Paddle

CHICKEN ENCHILADA SOUP

This chicken enchilada soup is creamy and made with shredded chicken, black beans, fire-roasted tomatoes, green chiles, and enchilada sauce. It's a quick and easy way to make a delicious and flavorful soup in just 30 minutes that will keep you full and satisfied!



Prep Time: 5 min Cook Time: 25 min Total Time: 30 min
Servings: 6 servings

INGREDIENTS

- 3 tablespoons olive oil
- 1 medium white onion, diced
- 1 jalapeño pepper diced, optional
- 2 cloves garlic, minced
- ½ cup masa harina. You can typically find this near the other flours in the grocery store or in the Hispanic foods aisle.
- 2¼ cups red enchilada sauce (about 2 10-ounce cans)
- 3 cups chicken broth
- 3 cups cooked shredded chicken (about 1½ pounds)
- 1 (15.5-ounce) can black beans, drained and rinsed. You can also use pinto beans.
- 1 (14-ounce) can fire-roasted diced tomatoes. If you can't find fire-roasted, you can use regular.
- 2 (4-ounce) cans diced green chiles
- 1 teaspoon kosher salt, plus more to taste
- 4 ounces cream cheese, diced into small cubes
- Garnishes: cilantro, shredded Monterey jack cheese, tortilla strips, avocado slices

DIRECTIONS

1. Heat the olive oil in a large Dutch oven or pot over medium-high heat. Add the onion and jalapeño. Cook for 3 minutes until the onions begin to soften and become translucent. Add the garlic and cook for 30 seconds until fragrant.
2. Add the masa harina and cook for 1 minute, stirring constantly.
3. Add the enchilada sauce, chicken broth, shredded chicken, black beans, diced tomatoes, diced green chiles, and salt. Stir together and cook for 10 minutes, uncovered, until the soup begins to simmer. Stir the soup occasionally to ensure the masa harina gets fully distributed throughout the soup.
4. Remove the pot from the heat and stir in the cream cheese until it is completely melted.
5. Add more broth to make the soup thinner or more cream cheese to make it creamier.
6. Serve in bowls garnished with shredded Monterey jack cheese, avocado slices, and cilantro.

Thanks to isabeleats.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	2			
			9			1		
7		8	3					2
6	3		4				8	
5								4
	8				1		9	3
9					4	6		8
		2			5			
			1	3				

Answers on page 6

(courtesy of KrazyDad.com)

What Food Pantries REALLY Want

Some tips and guidance if you donate to food pantries derived from feedback from those who use them:

- 1 Everyone donates Kraft Mac and Cheese in the box. People can rarely use it because it needs milk and butter, which are hard to get from regular food banks.
- 2 Boxed milk is a treasure since kids need it for cereal, which they also get a lot of.
- 3 Everyone donates pasta sauce and spaghetti noodles.
- 4 They cannot eat all the awesome canned veggies and soup unless you buy pop tops or put a can opener in there, too.
- 5 They get a lot of Rice a-Roni, but it needs oil, which is a luxury.
- 6 Spices or salt and pepper would be a real Christmas gift.
- 7 Tea bags and coffee make them feel like you care.
- 8 Sugar and flour are treats.
- 9 They fawn over fresh produce donated by farmers and grocery stores.
- 10 Seeds are cool in spring and summer because growing can be easy for some.
- 11 They rarely get fresh meat.
- 12 Tuna and crackers make a good lunch.
- 13 Hamburger Helper goes nowhere without ground beef.
- 14 They get lots of peanut butter and jelly but usually not sandwich bread.
- 15 Butter or margarine is nice too.
- 16 Eggs are a real commodity.
- 17 Cake mix and frosting make it possible to make a child's birthday cake.
- 18 Dish soap and/or dishwashing detergent is very expensive and is always appreciated.
- 19 Feminine hygiene products are a luxury and women will cry over that.
- 20 Everyone loves Stove Top Stuffing.

Most people buy what they think food pantry users want, but have never asked them. If you help families, single people, foster youth and the homeless, this list can help better tailor your donations!

The Funny Bone

PUNS FOR EDUCATED MINDS

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

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

She was only a whiskey maker, but he loved her still.

A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.

No matter how much you push the envelope, it'll still be stationery.

A dog gave birth to puppies near the road and was cited for littering.

A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

Two silk worms had a race. They ended up in a tie.

Time flies like an arrow. Fruit flies like a banana.

Atheism is a non-prophet organization.

Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'

The tiny fortune-teller who escaped from prison was a small medium at large.

The soldier who survived mustard gas and pepper spray is now a seasoned veteran.

A backward poet writes inverse.

To jump off a bridge in Paris, you'd be in Seine.

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.

Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'

Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

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