

Take One!
I'm FREE!



Vital!

VITAL INFORMATION FOR A VITAL LIFE®



UNLEASH YOUR BEST SELF AT THE YMCA

**How Aging Teaches
Sustainable Success**

Page 4

**The True Value
of Connection**

Page 10

**The Truth About
Solar Energy**

Page 12



Spring is on its way! After months of bundling up and cozying in, it's time to shake off the winter chill and welcome longer days, blooming flowers, and fresh opportunities. There's something about spring that feels like a reset—a chance to try something new, get outside more, and embrace the energy that comes with the season.

In this issue, we're diving into ways to make the most of spring. If you're looking for a fresh start, why not take on a new hobby? Whether it's gardening, joining a local walking group, or picking up a creative class, now is the perfect time. Check out page 7 for inspiration on ways to stretch your limits this season.

Warmer weather also means it's time to focus on our health and well-being. Swimming is one of the best full-body workouts, especially as we age, and the YMCA is highlighting why it might just be the perfect exercise for you on page 8. Plus, we're taking a closer look at staying financially savvy this year—because just like spring cleaning our, it's always a good idea to refresh our financial habits too.

If you're feeling the need to reconnect with loved ones near and far, it's time to put your camera to use! Saint Francis LIFE shares a primer on all things video on page 10. And Delaware Hospice wants you to discover the special care of the Helping Hearts Program. It's all there for you on page 11.

And now it's time—take a deep breath of that fresh spring air, step outside, and embrace all the possibilities this season has to offer. As always, we're here to bring you information and inspiration for living your best life.

Happy spring!
Karyn and Heidi

EDITOR IN CHIEF

Karyn Cortez
karync@vitalmagonline.com

**CREATIVE
ART DIRECTOR**

Heidi Atwell

Vital! Magazine is published monthly by Vital Media LLC. Articles are intended for general information purposes only and should not replace your personal advisor's advice. Any reproduction in part or in whole of any part of this publication is prohibited without express written consent of the publisher.

Vital! Magazine
4556 Simon Road
Wilmington, DE 19803
302-544-0684
www.vitalmagonline.com

Unsolicited material in the form of article contributions and community notifications are welcomed and are considered intended for publication. Upon receipt such material becomes the property of Vital Media LLC and is subject to editing. Material will be returned if accompanied by a self-addressed, stamped envelope. Vital Media LLC will not knowingly accept any advertising in violation of U.S. equal opportunity law.





NATIONAL SENIOR GAMES WEEK

MARCH 17-23, 2025

The goals for National Senior Games Week are to:

- ★ Increase awareness, support, and participation in local, state and national Senior Games programs.
- ★ Empower individuals ages 50+ to get active and improve their health and well-being.
- ★ Promote positive messages around seniors and aging.

About the Senior Games

- ★ State Senior Games programs are LOCAL, independently-organized groups that offer a variety of games and sports for participants at every level and age bracket, from shuffleboard to track and field, cornhole to Wii to swimming, basketball to beach volleyball, and everything in between, even non-ambulatory sports. Non-competitive health and well-being programs are offered as well.
- ★ Senior Games competitions are Olympic-style multi-sport competitions for adults ages 50-100+ held locally, as well as at state and national levels across the United States and Canada.
- ★ Over 100,000 older adults from every U.S. state and numerous other countries participate in Senior Games programs each year.
- ★ Senior Games events create tens of millions of dollars in economic impact each year while inspiring healthy lifestyles across generations.

- ★ The National Senior Games Association is the national umbrella organization for Senior Games, with over 50 Member Organizations representing nearly every state and Canada.
- ★ The National Senior Games Association hosts the biennial National Senior Games, which brings together over 11,000 athletes ages 50+ to compete against peers in their same age bracket in more than 20 sports. For most sports, participants must qualify at a State Senior Games in the year prior to the National Senior Games.

- ★ The first Senior Games event, called the "Senior Olympics," was held in Los Angeles, California, in 1969, and the movement soon spread to other states. The first National Senior Games, a championship event, took place in 1987 and is still held biennially today.



2024 Pickleball Coordinators



Delaware won the best Website award at the National Senior Games Association annual conference.

Breaking News!

Delaware Senior Olympics will be changing its name from Delaware Senior Olympics to Delaware Senior Games.

Feel free to pay your annual membership now.

Games registration will be posted around May.

Call Janette with any questions at 302-736-5698

Keep your eye out for our new logo!



“Never put an age limit on your dreams.”

— Dara Torres, American swimmer and 12-time Olympic medalist



What Aging Can Teach Us About Sustainable Success

By Steve Magness, The Growth Equation

In the health and wellness space, reversing aging has become trendy. There are all sorts of supplements you can take, protocols you can follow, and dubious tests you can take to help you on your journey to find the fountain of youth. Perhaps the most famous of those on this journey is Bryan Johnson, who, at age 47, claims he's in the top 1% of 18-year-olds on dozens of mostly arbitrary measures.

As I recently turned 40, I've been contemplating this modern version of the age-old anti-aging quest. In some ways, this 'Don't Die' quest can be beneficial. Whatever gets you exercising, sleeping, eating less junk, and spending more quality time with friends and family is a good thing in my book. Most of these big bucket items aren't reversing aging though. They're just helping us age gracefully.

And I think that's the point where we often get derailed. The goal isn't to be king of mastering arbitrary biomarkers that may or may not extend our lifespan. It's to live a good life. Whatever that means to you. It's akin to the athlete who is convinced that the whole point of running is to run their mile faster. Meanwhile, they miss out on the joys of the experience, the exhilaration of competition, and the contentment of trying to master something hard. And they miss that running those miles faster doesn't even promise that your actual performance will improve.

Instead of trying to resist aging, there's power in accepting it. Just like when it comes to toughness, if we deny or try to resist the pain or fatigue, it generally backfires. If, however, we learn to accept that the race we're running or task we're doing will be difficult, that we might fail, and ultimately don't have full control over the result, we find ourselves able to navigate it. The same goes for aging. Instead of resisting it, accept it.

In that acceptance comes wisdom. We get to learn and adjust as we go. Instead of trying to look to the past, we can use our experience to stay in the game longer—and enjoy doing so.

I've recently had the longest injury-free stretch of running in many years. And most of that is attributable to accepting my limits. By not trying to pretend I'm 18 again. It's why I run 35 miles per week, instead of 100. It's why I do small sprinkles of intense workouts instead of trying to 'go see God' every week... It's in accepting reality that we unlock the ability to navigate it better.

With that in mind, here are a few lessons I've learned as an aging athlete who can still run pretty fast but is also having a lot of fun doing it.

1 Stop short. Almost always. There's an adage in running that you should have one more rep in the tank. It's also called the no hands on your knees rule. Both get a simple point—the risk of pushing to get that final repeat is seldom worth it. The benefit is small if it even exists.

This is even more true as you age. Instead of doing a 5-mile tempo, run 3. Instead of 20x200, do 14. It's not wussing out. It's trusting your mind and body. Practice is about balancing the risk and reward. And as you get older, that balance is shifted to minimizing risk. Because the name of the game is...consistency trumps everything else.

Where that line is for each person will differ. But it's often ego and insecurity that causes us to push too far in practice. We ignore that slight twinge in our calf until it strains. We overlook the feeling of fatigue until it's full-blown burnout. It takes true confidence and self-awareness to stop short, giving you a better chance of coming back tomorrow, the next day, and the next.

2 Use your hard-earned wisdom to your advantage. Experience is your asset. When younger-you would ignore your body, present-you now knows to listen to it. When younger-you might have gone out in a race too quickly, only to fade, present-you knows how to thread the needle to pace perfectly.

Use your experience to your advantage. This mainly means don't do stupid things that you sometimes could get away with when you were younger.



3 It's easier to maintain than build. Building a quality or capacity is hard. You've got to convince your brain and body to change. That means a regular stimulus that embarrasses your body just enough so it adapts in the right direction. Maintaining what is already built up is a lot easier. There's no convincing your body to change, it's just about keeping what you have around.

As I've aged, I'm trying to take advantage of over two decades of training. The goal isn't to go somewhere I haven't gone, to push new bounds. It's to simply maintain some of the capabilities and capacity I've painstakingly built over decades of training. Instead of 60 miles per week, I can get pretty aerobically fit off 35-40. Instead of 10x400 at mile pace, I can do a handful of repeats and get most of the bang for my buck.

Sure, there are some things I've neglected for a while that I'll need to build back up. But that's the point. Identify what it is you can maintain. It takes the load off, and you get the most out of the benefits for 30-40% less work.

4 Redefine what success means to you. When you're young, success seems rather straightforward. You either won the race or didn't, ran a personal best or fell short. That narrow definition of success may work when progress comes easy, but as we get older, that relationship breaks.

And it's a good thing it does. It forces us to move from judging our success by the simple and external to the multidimensional. Success could now be based on the feeling or experience; that challenge of navigating a tough

patch, or the feeling of being alive as you're overwhelmed by sensory feedback. Or you could zoom out and see exercise as a part of a broader journey. One that allows for mastery as you challenge yourself in something you can control. Or perhaps winning is about simply showing up. When your pursuit is about connecting with others, just being there is a win—regardless of the outcome.

Your pursuits can fulfill different needs or roles. And those may change and fluctuate with the different seasons of your life. This move away from the simplistic doesn't make you less competitive. It allows you to explore the craft in a way that fits gracefully as you are in this present moment, not as you were at eighteen.



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

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



How to Remove Personal Information from Data Broker Sites

You may have heard that the hackers who breached AT&T's database last year have sorted through all the records and focused on selling the phone records of the Trumps and Marco Rubio's wife. Scary stuff. But data breaches are not that uncommon.

Data brokers are companies that collect your information from a variety of sources to sell or license it out to other businesses. Before they can pass your data along, brokers analyze it to put you into specific consumer profiles to help businesses suggest products you might like and create targeted marketing campaigns based on your interests.

While businesses don't typically use your information maliciously, there are risks involved with having your personal data spread online. There might be certain details you don't want to share with the world, like health or criminal records or financial issues. Having your data featured online can expose it to cybercriminals who might use it for identity theft. When a criminal has your data, they might be able to access your financial accounts, use your credit to secure a loan, or even use your insurance to receive medical care.

Where do data brokers get your information?

Some information sources are offline. For example, a broker can peruse public records to view your voter registration information. Other information sources are online. For instance, a broker might track your buying history to see which products you're likely interested in.

Below are some of the top sources data brokers use to collect consumer information.

- **Websites you visit:** Typically, websites and search engines have software trackers that store information about what you do on the internet. Data brokers use web scraping tools to collect data from the websites and social media pages you visit online.
- **Items you've purchased:** Data brokers are extremely interested in which products and services

you've used in the past. They can track your online spending habits on retail and e-commerce sites. Brokers also want to know things like whether you've used coupons or loyalty cards to pay for items.

- **Online agreement forms:** Usually, you'll have to agree to terms and conditions when you register for a new service or program online. Sometimes, companies add disclaimers in the fine print of their terms that notify you that your information can be shared.
- **Public records:** Brokers might be able to find information like your date of birth, Social Security number (SSN), marriage record, driving record, or court records simply by looking through public records.

Can you remove personal information from data broker sites?

Most data broker sites will give you the ability to have your personal information removed from their database, but don't expect it to be easy. Even after your information is removed, you may have to repeat the process periodically.

How to remove personal information from data broker sites

Go to the data broker website.

Some of the biggest data broker sites that might have your information include:

- **Acxiom** aggregates information from millions of consumers across the globe. It sells personal information like your religious beliefs and political affiliations to telemarketing and commerce businesses.
- **Epsilon** has a big database that holds information about millions of households and businesses.
- **Equifax** is one of the three big credit reporting bureaus in the U.S. It provides financial information to both businesses and investors. In 2017, a data breach



at Equifax exposed the personal information of almost 150 million people.

- **CoreLogic** provides information to businesses like real estate companies and landlords trying to do things like screen applicants for rental properties.

Other people-search sites like Peek-You, Spokeo, and Whitepages let average consumers search through databases of personal information.

Create an account with the data broker site.

It may seem counterintuitive, but most data brokers require you to register with them to opt out of data collection. You'll likely have to create an account with every data broker you want to opt out of. Unfortunately, this will require you to give the brokers some personal information, like your name, email address, and possibly a picture of your driver's license. Cross out your license number if you have to send a photo of your ID.

Find your personal information.

After creating an account, visit their portal to find out whether they have your personal information listed. Services like DeleteMe and Canary will delete your information from data brokers, however most of these sites charge a fee, and they only delete your information from a select number of sites. Some data broker sites don't allow third parties to request information to be deleted on behalf of consumers.

Make removal requests for each instance of data

You'll have to make a separate removal request for every data broker site you want to opt out of. Some

data brokers make the process more difficult than others. Since data companies are always collecting records, you may need to remove your information annually.

Here's how to opt out of some of the largest data brokering companies:

- **Acxiom:** Call their support number at 877-774-2094. Pick which types of data you don't want the company to gather. It can take a few weeks for your request to process.
- **Epsilon:** Email optout@epsilon.com and include your name and mailing address to ask the company not to sell your personal information or to delete your data entirely. You can also call them at 866-267-3861. Epsilon will have a third party verify your identity by asking questions about your personal information.
- **Equifax, Experian, TransUnion:** Visit <https://www.optoutprescreen.com/>. Click "Click Here to Opt In or Opt Out" at the bottom of the page. Pick the option "Electronic Opt Out for Five Years." You'll have to provide some personal information.
- **CoreLogic:** Email privacy@corelogic.com. Your subject line will need to be "California Privacy Rights Request." Your email must state that you'd like to remove yourself from the company's databases and opt out of marketing programs. The email should have your name and address. If you don't get a confirmation in about a week, follow up and ask for the status of your request.

Courtesy McAfee.com



How to Deal with Delicate Family Issues

By Joseph Grenny

Dear Joseph,

My sister is the executor of my parents' estate. When my dad died last May, the estate went to my mom who is living with my sister. Recently, my sister helped my mom re-write her will. The new will leaves all of the acreage of my parents' property and sole decision-making authority for distribution of all other assets to my sister. When I talked to my sister about our parents' estate she said she believes no one in the family deserves another dime. I think it is wrong to have such a partial fiduciary for the estate and would like to discuss this with my mother. How should I do that?

Signed,
A Way for the Will

Dear Way for the Will,

Please hang with me for the next few paragraphs. It might be hard here at the start.

One look at your question leaves me worrying that your sister is setting herself up for big problems—either perceived or real. Either she may play an inappropriate role in the division of the estate, or she may unwittingly act in ways that make it likely you and others will feel that way.

But after a second pass, there are small suggestions that this is a more complicated story with multiple strong and valid concerns. For example, in the facts:

- Since your father died, your sister has had primary responsibility for the care of your mother.
- Your question raises only issues about estate division and not about shared responsibility.

See why I asked you to hang with me? Please don't take offense. Of course I know nothing—I am only inferring. I believe my primary value to you is not in perfectly understanding the situation but in offering alternative ways of approaching it. These are easier for me to offer due to my detachment and naiveté. So, here goes.

- **Focus on what you really want.** These situations bring up all of the old victim, villain, and helpless

stories of your youth. Perceived inequities, rivalries, and disappointments of yesteryear can be triggered in an instant with the smallest cue. Be very attentive to your own motives—pay attention when you get caught up in winning, being right, avoiding conflict, or punishing. Think deeply about what you really want—for yourself, for others and for the relationships in years ahead. Commit these desires to writing so you can keep them front and center in your mind. I don't know what is fair or right—but I can assure you that the biggest influence on your future happiness will not be the outcome of estate. Rather it will be your emotions about the estate. And the best way to manage your emotions is to monitor your motives.

- **Talk about responsibilities first, assets second.** Be sure to think about all of the family issues. Discuss them systemically because they are all connected. For example, don't raise issues about who gets the farm without validating its connection to who has worked the farm. If your energy is all about asset distribution, this should give you pause to reexamine your motives. If your motives are right, the estate will be an element of your conversation not the soul of it.
- **Empathize deeply.** Before opening up conversations with mom, sister, or other siblings I recommend you take yourself through a powerful empathy exercise. On

various sheets of paper, write the names of each family member who has a stake in these issues. Then, one at a time, become that person. Underneath each person's name write out their concerns, feelings, needs, opinions—as best you can guess them. Make sure you do this from his or her perspective. You will know you have succeeded in empathizing when you feel a reverence and respect for his or her view while writing it. It will feel reasonable. If the writing exercise provokes resentment or resistance in your mind, keep at it. You'll get there! The purpose of this process is not to cause you to surrender your own interests or needs. Those are important. It is to simply create space to consider the needs and interests of others.

- **Practice rigorous transparency.** Now you're ready to talk. But by no means should you talk exclusively with your mother. The

estate is your mother's so she is the ultimate decision-maker. But because she may be open to influence from others, be sure to avoid creating rivalries by holding closed conversations. Encourage your mother to be inclusive, if that seems appropriate to her. Let all family members know your broader motives. If someone becomes contentious—validate their concerns. Listen deeply. Empathize. Unilaterally commit to getting a fair hearing for everyone. With all this said, I know there are times when feelings are so deep-seated or motives become so clouded that the future could still be painful. But I am confident that if you keep your own priorities right, and approach these conversations with compassion and understanding, you will reach as good an outcome as is possible.

Crucial Skills Newsletter, VitalSmarts, L.C., www.crucialskills.com. All rights reserved. Reprinted with permission.

ACTIVITIES FOR 2025

Want to experience more fun activities this year? Make a list and challenge yourself to check off as many new activities as you can in 2025.

Here are some ideas to start.

- Volunteer at a local shelter
- Try a new fitness routine (yoga, Pilates, etc.)
- Get a new hairdo
- Read more
- Enter yourself in a contest
- Learn to garden
- Take a pottery class
- Learn about something that intimidates you
- Adopt a pet
- Pay it forward in a drive-thru
- Enter a marathon
- Try a new food
- Purge your closet
- Learn a new language



The Incredible Health Benefits of Swimming



As we age, staying active becomes one of the most vital components of maintaining overall health and quality of life. Among the many forms of exercise available, swimming stands out as a gentle yet highly effective way to stay fit, improve mobility, and support mental well-being. Whether you're swimming laps, enjoying water aerobics, or just floating to relax, the water offers unique benefits that are especially valuable for older adults.

Why Swimming Is the Perfect Exercise for Seniors

Swimming is often referred to as a “lifelong sport” because it is suitable for people of all ages and fitness levels. Here’s why it’s particularly beneficial as we get older:

1 Low-Impact, Joint-Friendly Movement. Unlike many land-based exercises, swimming is easy on the joints. The buoyancy of water reduces the impact on knees, hips, and other joints, making it an excellent option for individuals with arthritis, joint pain, or limited mobility. Swimming allows you to move freely and comfortably, improving range of motion without causing additional strain.

2 Builds Strength and Endurance. Swimming is a full-body workout that engages multiple muscle groups. The natural resistance of the water helps build strength, while the repetitive motion improves endurance and cardiovascular health. Regular swimming can increase your stamina and help you stay active in everyday life.

3 Supports Heart Health. As a cardio workout, swimming strengthens the heart and improves circulation. It can help lower blood pressure, reduce the risk of heart disease, and improve overall cardiovascular fitness. For seniors, this makes swimming a safe and effective way to stay heart-healthy.

4 Improves Balance and Reduces Fall Risk. Water-based exercises enhance core strength and coordination, which are critical for maintaining balance as we age. By improving these areas, swimming and water aerobics can help reduce the risk of falls, a major concern for older adults.

5 Eases Stress and Promotes Mental Well-Being. Spending time in the water has a calming effect on the mind. Swimming is a great way to reduce stress, boost mood, and improve mental clarity. The rhythmic motion of swimming can even have meditative benefits, helping to relieve symptoms of anxiety or depression.

6 Enhances Flexibility and Mobility. The movements involved in swimming stretch and lengthen muscles, improving overall flexibility. This is particularly important for older adults who may experience stiffness or reduced mobility with age.

Group Exercise in the Water

For those who prefer a social aspect to exercise, aquatic group classes are a fantastic option. These classes typically take place in shallow or deep water and combine aerobic movements with strength-building exercises. Popular water-based group classes include:

- **Water Aerobics:** Low-impact exercises that improve cardiovascular health and strength.
- **Aqua Yoga or Aqua Tai Chi:** Gentle, flowing movements to improve balance, flexibility, and relaxation.
- **Hydrotherapy Classes:** Perfect for those recovering from injuries or dealing with chronic pain, these classes focus on therapeutic exercises.

Group classes not only offer physical benefits but also provide an opportunity to connect with others, fostering a sense of community and belonging.

Swimming for Rehabilitation and Pain Relief

Swimming is often recommended by physical therapists and doctors as a rehabilitation tool for individuals recovering from surgery or injury. The water’s buoyancy supports the body, making it easier to perform movements that might be difficult on land. Additionally, the gentle resistance of the water can help strengthen muscles and improve flexibility without causing pain.

For those with chronic conditions such as arthritis, osteoporosis, or back pain, swimming can be a lifesaver. Warm water pools, in particular, can help soothe aches and improve circulation, offering relief and improving quality of life.

Swimming and Cognitive Health

Studies have shown that regular aerobic exercise, including swimming, can boost cognitive function

and reduce the risk of cognitive decline. Exercise increases blood flow to the brain, improving memory and mental sharpness. The meditative quality of swimming also helps reduce stress, which can negatively impact brain health over time.

The YMCA: A Place to Dive In

If you’re looking for a place to enjoy the benefits of swimming, the YMCA is a trusted resource for active older adults. With seven locations across Delaware, the YMCA offers heated indoor pools that are open year-round and outdoor pools that are open Memorial Day Weekend through Labor Day.

Each YMCA location provides a variety of aquatic programs tailored to all fitness levels, including lap swimming, water aerobics, and arthritis-friendly exercise classes. Their experienced instructors create a supportive and welcoming environment, ensuring everyone feels comfortable and confident in the water.

For those who enjoy the social aspect of exercise, group classes at the YMCA are a great way to meet new friends while staying active. Whether you’re a seasoned swimmer or a beginner, there’s a class for you.

Additional Offerings for Active Older Adults

Beyond swimming, the YMCA of Delaware offers numerous opportunities for seniors to stay healthy and engaged, including:

- **Strength and Balance Classes:** Improve stability and prevent falls with classes specifically designed for older adults.
- **Pickleball:** This fun and fast-growing sport is perfect for staying active while enjoying friendly competition.
- **Social Clubs:** Join book clubs, walking groups, or special interest groups to connect with others who share your hobbies.
- **Wellness Programs:** Many Y locations offer health screenings, nutritional counseling, and programs for managing chronic conditions.

The YMCA is more than just a gym—it’s a community dedicated to helping people of all ages achieve their health and wellness goals.

Take the First Step

Swimming and aquatic exercise offer a safe, enjoyable, and effective way to stay healthy as you age. Whether you’re looking to boost your fitness, relieve pain, or simply relax, the water provides endless possibilities.

If you’re ready to dive in, explore your local YMCA of Delaware to discover their aquatic programs and other offerings for active older adults. With welcoming pools, supportive staff, and a range of fitness options, the YMCA is here to help you make the most of this vibrant stage of life.



UNLEASH YOUR BEST SELF



JOIN TODAY! www.ymcade.org

Financial assistance is available.



The Value of Connection – It's Better in Person!

Older adults are often at risk for loneliness. In fact, one in three older adults reported infrequent contact with people from outside their home in a 2023 study from the University of Michigan National Poll on Healthy Aging. Not surprisingly, feelings of isolation can be a threat to a senior's health and well-being.

Do you or your aging loved ones struggle to keep up with relationships? One solution is video calls. Video calls offer a real-time way to bridge the connection gap.

Whether your loved ones live nearby or out of state, video calls offer meaningful interactions. Talking about our daily lives, sharing big news, and showing scenes from a new place can all be uplifting, bringing extra joy to the day.

There are all types of platforms available, depending on your device or preference. WhatsApp, Google Meet, Zoom, Call Genie and FaceTime are just a few. Though each application may differ, here are some general tips for all video calls.

- 1 Choose a platform and do a test run first. Practice before you both get on the call, so you all know how it works. This also is a good time to make sure internet connections are strong enough for the video call.
- 2 If you're not using the speaker, invest in a pair of good headphones, making sure they're compatible with the device you plan to use. This way you won't have to put your ear up to the phone and can enjoy the visit.

After all, the video call is to see each other's faces, not ears!

- 3 If you're unfamiliar with how to change settings on your device, have someone show you the ropes. Prepare for the call by getting comfortable with your device.
- 4 Think about purchasing a phone stand. If you can prop up your phone, you can focus on the person and the call. This helps the person on the line to not get motion sickness. After all, if you're carrying your phone around and moving the screen, it can be difficult for others to see your face, which is why they wanted to connect in the first place!
- 5 Have fun! Video calls with friends and family are not formal meetings. Enjoy laughing and catching up with your loved ones.

There are many benefits of a video call that a phone call doesn't offer. You can see body language, facial expressions, and someone in their environment. Video calls can significantly improve mental health and help greatly with feelings of depression.

Saint Francis LIFE is a Program of All-Inclusive Care for the Elderly, caring for older adults mental, social, and medical well-being. Our recreational therapists design activities for social engagement including arts and crafts, gardening, yoga and more. When seniors join Saint Francis LIFE, they receive all their care in one place, including recreational therapy.

Learn more about our head-to-toe care and see if you or your aging loved one qualify. Call us at 302-660-3380 or visit saintfrancislife.org.

LIVE AT HOME.
LIVE HEALTHY.
LIVE MORE.



MEDICAL
AND SOCIAL
SUPPORT
FOR SENIORS



Trinity Health | Saint Francis
PACE LIFE

Visit saintfrancislife.org
or call 302-660-3380



Discover the Special Care of the Helping Hearts Program

February is American Heart Month—a time to raise awareness about heart disease and stroke, and to work toward reducing the number of deaths caused by these conditions.

For decades, the leading cause of death among American adults has been heart disease. In recent years, heart disease has claimed between 600,000 and 700,000 lives annually. The most common type of heart disease in the U.S. is coronary artery disease (CAD), which can lead to a heart attack.

Of course, progressive heart disease can cause a lot of challenges before it results in death. People with heart disease and their families can benefit from specialized care and support focused on the distinctive burdens of the condition.

That's why Delaware Hospice and Delaware Palliative feature the Helping Hearts program – services tailored to the specific needs of cardiac patients during their final 6 to

12 months of life. The program is built on the best standards for end-stage heart failure, as outlined by the American Heart Association.

How Helping Hearts helps cardiac patients

Helping Hearts improves quality of life, prevents crisis situations, and manages cardiac patients' symptoms at home during end-stage heart disease. Other goals of the program include:

- Improving the ability to cope with heart disease.
- Increasing family caregiver confidence and ability to provide care for their loved one.
- Monitoring cardiac symptoms to identify any "red flags" of potential crisis.
- Preventing visits to the emergency department.
- Avoiding hospital admissions.
- Assisting in exploring options for care and meeting personal goals.

The Helping Hearts team approach

Helping Hearts is comprised of an integrated care team led by a doctor board-certified in palliative medicine, and includes nurses, social workers, nurse assistants, chaplains, counselors and trained volunteers. This team collaborates seamlessly with the patient's primary care physician to provide holistic care. In addition to expert clinical care, the team offers support in areas such as diet and medication management, as well as techniques to reduce stress and increase relaxation.

The program focuses on delivering care personalized to each patient, with the highest quality support and guidance. The program features these key services:

- 1 Specialized Nursing Care.** Nurses who have advanced training in cardiac care visit patients regularly to monitor and manage their condition and make sure the physician's treatment plan is followed ac-

curately.

2 Educational Support. Helping Hearts includes extensive educational resources personalized to help each patient understand and manage their condition.

3 Symptom Management. Effectively managing symptoms is the heart of the Helping Hearts program. The team provides ongoing reviews to maximize treatments and optimize comfort.

4 Comprehensive Support Services. Beyond medical care, the team offers emotional and practical support through their social workers, chaplains, counselors and volunteers.

Are you or someone you know coping with advanced heart disease? Do your heart some good by looking further into the Helping Hearts program.

To learn more about the Helping Hearts program available from Delaware Hospice, 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.

It all adds up to only one choice.

Delaware Hospice.

302.478.5707 • DelawareHospice.org

**DELAWARE
HOSPICE™**

**DELAWARE®
PALLIATIVE**





The Truth About Solar Energy

By Vanessa Glavinskas, edf.org

To avoid the catastrophic effects of a warming planet, the world must urgently move away from fossil fuels in favor of renewable energy. But misinformation about solar power is gaining traction and risks stalling the transition. To set the record straight, here's what you need to know.

Is solar really better for the climate than fossil fuels?

Yes. Solar power is better for the climate because solar panels produce energy by tapping into a free, clean and abundant resource—sunshine. Conversely, burning fossil fuels for energy is the biggest source of planet-warming pollution globally, and co-pollutants like particulate matter, or soot, are known to cause respiratory problems and cardiovascular disease.

Even better: A solar panel generates enough clean electricity to offset the initial emissions created by its production and transportation in just three years, on average. Given that modern panels last about 30 years, that's decades of pollution-free energy generation.

But solar takes up a lot of space. If we use land for solar energy, how will we grow food?

We see this question a lot, says Matthew Eisenson, who studies climate misinformation at Columbia's Sabin Center for Climate Change Law. Farmland is ideal for solar arrays because it's flat and enjoys a lot of sunshine, but that doesn't mean that land can't also be used for growing food.

In fact, some innovative farmers are finding that solar panels can actually co-exist quite well with some crops, a practice called agrivoltaics. That's because the shade cast by the panels lessens evaporation, reducing the need to irrigate. The panels can also protect crops from severe weather, and grazing animals appreciate the shade. Plus, says Fiona Lo, a climate scientist at Environmental Defense Fund, growing plants underneath solar panels helps to keep those panels cool, increasing their efficiency.

However, farmland isn't the only place for solar panels. "It's possible to meet

global electricity demand by adding solar panels to just half the world's rooftops," says Lo, citing a 2021 study by the World Economic Forum, which identified Asia, Europe and North America as potential hotspots for more rooftop solar energy generation.

Do solar panels contain toxic metals?

Solar panels are primarily made of extremely strong tempered glass, aluminum and silicon, with cadmium and copper sometimes added to make them better conductors of electricity.

While cadmium is a toxic heavy metal, the type of cadmium used in solar panels is cadmium telluride, a safer form that doesn't dissolve in water or get released into the air. (It's also encased in tempered glass.) A study published in the *Journal of Natural Resources and Development* did not find elevated levels of cadmium in the soil under solar panels. Burning coal releases much higher concentrations of cadmium.

Can we actually get enough reliable energy from solar?

As of 2020, solar energy made up only about 3.3% of annual electricity generation in the U.S. But investment is on the rise. A 2021 U.S. Department of Energy study found that solar could provide 40% of the nation's electricity by 2035.

And research shows that solar, wind and energy storage together can meet much of America's electricity needs without compromising reliability. For example, advances in battery technology mean that we can now store solar power when generation exceeds demand, putting it back into the grid when it's most needed. In fact, it was energy from solar power that kept the lights on during Winter Storm Elliott in North Carolina in 2022 when traditional sources of energy like gas failed.

Plus, as solar panels drop in cost, they are increasingly attractive to both consumers and businesses. For example, the Denver airport has covered 140 acres of its open land with a solar array, and the power generated is expected to save the airport \$3 million over 25 years—a win-win.



Delaware's Green Energy Program

DNREC (dnrec.delaware.gov) administers rebates to promote the use of several forms of renewable energy in Delaware. The Green Energy Program began in 1999. It has provided funding to more than 6,000 Delaware renewable energy projects.

Rebates maintained by the DNREC Division of Climate, Coastal and Energy are available to offset the installed cost of renewable energy technologies, including photovoltaic (solar), geothermal, solar water heating and wind. These grants are only open to customers of Delmarva Power, funded through a public benefits fund charge (\$0.000356 per kilowatt-hour consumed) collected every month.

Delaware's other utilities operate similar programs.

Applying for Renewable Energy Rebates

Grant applications must use the Green Grant Delaware online application system at greengrantdelaware.com. Applications and required attachments should only be submitted after completing an acceptable energy audit and selecting an approved renewable energy contractor. Applicants are also required to register as an eSupplier with Delaware's Division of Accounting prior to receiving grant payments. For assistance with this process, please contact the Division at 302-526-5600 and ask to speak with a member of the vendor team.

For more information about the Green Energy Program please email DNREC.EnergyPrograms@delaware.gov.

Participating Contractors

The Green Energy Program maintains a list of participating contractors approved to install renewable energy technologies eligible for state rebates. Installations done by contractors outside this list cannot receive rebates. Visit <https://dnrec.delaware.gov/climate-coastal-energy/renewable/participating-contractors/>.

Other Utilities

If you are not a Delmarva Power customer, there are renewable energy rebates available through the Delaware Electric Cooperative and the Delaware Municipal Electric Corporation. Find information about all available solar opportunities for Delawareans at [solar.delaware.org](https://solar.delaware.gov).

Low- to Moderate-Income Solar Program

Funding is available to those who qualify for potentially free or reduced-cost solar installations. Learn more about the Low- to Moderate-Income Solar Program at <https://dnrec.delaware.gov/climate-coastal-energy/renewable/lmi-solar-pilot-program/>.

Expired Solar Panel Disposal

For information on expired panel disposal, contact the DNREC Division of Waste and Hazardous Substances at <https://dnrec.delaware.gov/waste-hazardous/contacts/>.

Contact Us

Application Assistance
877-453-2327

All Other Questions
302-735-3480



EAST COAST TREE SERVICE

**WE TREAT YOUR HOME
LIKE IT'S OUR OWN**

**Residential and Commercial Tree Removal,
Clearing & Trimming**

- We regularly (and SAFELY) work around electric wires and around homes and buildings.
- We will remove every trace of your trees – or allow you to remove them yourself to lower your cost.

OWNERS ON-SITE AT EVERY JOB

Licensed & Insured For Your Protection

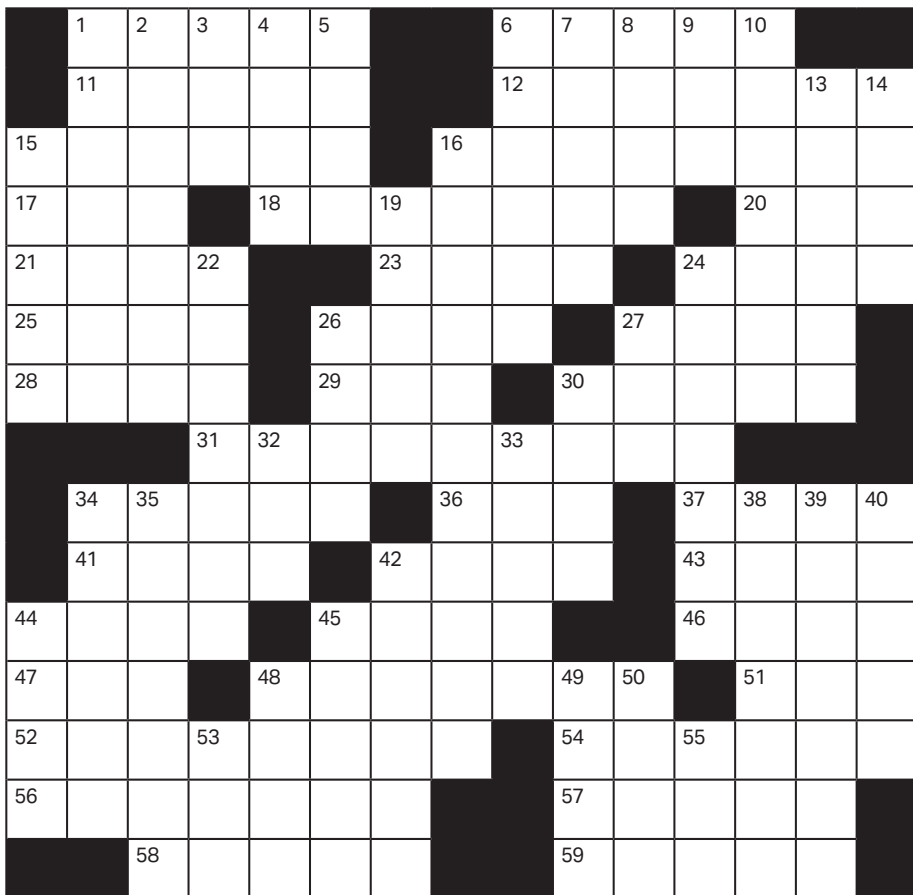
**FREE ESTIMATES—CALL TODAY!
302-588-3955**



DE Lic #2013602079



Crossword By Dave Fisher



©www.mirroreyes.com

Answers on page 6

ACROSS

- 1. Scottish landowner
- 6. Odor
- 11. Master of Ceremonies
- 12. Long and tiresome
- 15. Gland that produces melatonin
- 16. Noncommissioned officer
- 17. East southeast
- 18. Food-related
- 20. Golf ball support
- 21. Backside
- 23. Military
- 24. Fraud
- 25. Diva's solo
- 26. Applications
- 27. Dregs
- 28. Jump
- 29. Anagram of "Eat"
- 30. Destitute
- 31. Book of scriptures
- 34. A rustling sound
- 36. Guff
- 37. Frosts, as a cake
- 41. Expresses relief
- 42. Assistant
- 43. Naked
- 44. Teller of untruths
- 45. Skin disease
- 46. Smile
- 47. Paintings
- 48. Spartan
- 51. Stomach muscles, for short
- 52. Menacing
- 54. Roam
- 56. Tales
- 57. Ancient Roman magistrate
- 58. Rips
- 59. Genders

DOWN

- 1. Relaxation
- 2. Inability to remember
- 3. Frozen water
- 4. Anagram of "Dear"
- 5. Sandwich shop
- 6. Water vapors
- 7. Joyous
- 8. Jittery
- 9. Falsehood
- 10. Despised
- 13. Apprehensive
- 14. Flower stalk
- 15. Flower feature
- 16. Style of train
- 19. Artist's stand
- 22. More content
- 24. Searching
- 26. Mormon state
- 27. Fifth sign of the zodiac
- 30. No
- 32. South southwest
- 33. Basin for washing anal area
- 34. Apparition
- 35. More of the same
- 38. Able to be healed
- 39. Comestibles
- 40. Feeling
- 42. Entry
- 44. Young woman
- 45. Daisylike bloom
- 48. Largest continent
- 49. Ticks off
- 50. An abandoned calf or lamb
- 53. Anger
- 55. Combine

IRISH SHEPHERD'S PIE

This makes a lovely alternative to the much more common corned beef and cabbage that you may have been planning for St. Patrick's Day dinner.



Prep Time: 25 Min
Cook Time: 1 Hour 10 Min
Servings: 10

INGREDIENTS

- 1 T. olive oil
- 1 T. butter
- 1 onion, diced
- 2 pounds lean ground lamb
- 1/3 cup all-purpose flour
- salt and ground black pepper to taste
- 2 tsp. minced fresh rosemary
- 1 tsp. paprika
- 1/8 tsp. ground cinnamon
- 1 T. ketchup
- 3 cloves garlic, minced
- 2½ cups water, or as needed

- 1 (12 oz.) package frozen peas and carrots, thawed
- 2½ pounds Yukon Gold potatoes, peeled and halved
- 1 T. butter
- 1 pinch ground cayenne pepper
- ¼ cup cream cheese
- ¼ lb. Irish cheese (such as Dubliner®), shredded
- salt and ground black pepper to taste
- 1 egg yolk
- 2 T. milk

DIRECTIONS

1. Preheat the oven to 375° F (190° C).
2. Place olive oil and butter in Dutch oven over medium heat. Stir in onion and ground lamb; brown the meat, breaking it up into small crumbles as it cooks, about 10 min.
3. Stir in flour until incorporated, then mix in salt, black pepper, rosemary, paprika, cinnamon, ketchup, and garlic; cook and stir until garlic is fragrant, 2-3 min.
4. Stir in water and scrape up any brown bits from the bottom of the Dutch oven. Reduce heat to medium-low and bring mixture to a simmer; cook and stir until thick, about 5-6 min.
5. Remove lamb mixture from heat and stir in peas and carrots until combined.
6. Spread lamb mixture into the bottom of a 9x13" baking dish and set aside.
7. Place potatoes into a large pan of salted water. Bring to a boil, reduce heat to medium, and cook until tender, about 15 min. Drain well and return potatoes to pan.
8. Mash butter, cayenne pepper, cream cheese, and Irish cheese into the potatoes. Mash until combined and potatoes are smooth. Season to taste with salt and black pepper.
9. Whisk together egg yolk and milk in a small bowl; stir into the mashed potato mixture.
10. Top the lamb mixture in the baking dish with the mashed potatoes and spread evenly to cover.
11. Bake until the top is golden brown and sauce is bubbling up around the edges, 25-30 min.

Allrecipes.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.

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

Answers on page 6

(courtesy of KrazyDad.com)

HIGHWAY SIGNS

A police officer pulled over a car. When he walked up to the car, he saw that there were three nuns in the car.

He said, "Ma'am, you're driving too slow, could you please drive faster?"

The nun replied, "Oh, I'm sorry officer. I saw a 21 on the sign and assumed the speed limit was 21 miles per hour."

The officer explained, "No, ma'am. The speed limit is 65. The highway is 21."

Then the police officer looked in the back and noticed two other nuns in a tight embrace, shaking like leaves.

"Excuse me, Sister," said the officer to the driver, "but what's wrong with those two?"

"Oh," replied the driver. "That must be because we just got off Highway 145."

The Funny Bone

Employment applications always ask who to notify in case of an emergency. I think you should write "A Good Doctor" or "911."

Have you ever been guilty of looking at others your own age and thinking, "Surely I can't look that old?"

I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS degree, which bore his full name. I'd known a tall, handsome, dark-haired boy with the same name in my high school class some 50-odd years ago. Could he be the same guy that I had a secret crush on? Seeing him, however, I quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was way too old to have been my classmate. Hmmm ... Or could he? After he examined my teeth, I asked him if he had attended Morgan Park H.S. "Yes, I did! I'm a Mustang," he gleamed with pride. "When did you graduate?" I asked. He answered, "In 1969. Why do you ask?" "You were in my class!" I exclaimed. He looked at me closely. Then, that ugly, old wrinkled SOB asked, "What did you teach?"

THE SENIOR SPECIAL

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$4.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then, I'll have to charge you five dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"YES!" stated the waitress.

"I'll take the special then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied. She took the two eggs home and baked a cake.

RESPECT YOUR ELDERS

Several women, each trying to one-up the other, appeared in court, each accusing the others of causing the trouble they were having in the apartment building where they lived.

The judge, with Solomon-like wisdom, decreed that he was ready to hear the evidence and the oldest would speak first.

The case was dismissed for lack of testimony.

Brand Name Prescription Drugs at Affordable Prices!

www.MyRxUS.com/Vital



BRAND NAME Prescription Drugs (no generics!) delivered to your door at substantially lower prices than you typically pay.

Our mission is to improve access to affordable brand-name drugs to improve health outcomes for those who need them.

[Visit MyRxUS.com/Vital](http://www.MyRxUS.com/Vital) for a Full Listing of Available Brands

Some of Our Most Popular Brands

- Eliquis - starting at \$190.00
- Januvia - starting at \$130.00
- Jardiance - starting at \$175.00
- Trulicity - starting at \$250.00
- Farxiga - starting at \$130.00
- Pradaxa - starting at \$220.00
- Brilinta - starting at \$185.00
- Rybelsus - starting at \$250.00

Shipping is always included!

Top Reasons to Order through MyRxUS/Vital

- All orders prepared and delivered by licensed, certified pharmacies.
- Certified brand-name drugs by prescription only.
- 100% secure SSL-encrypted transactions.
- Quick & easy ordering process.



www.MyRxUS.com/Vital

Disclaimer: MyRxUS is not a pharmaceutical company, manufacturer, or pharmacy. All prescriptions are shipped directly to you from certified, licensed participating pharmacies. Products are for those age 18+ only.

The examples above are from a third-party provider and are for informational and educational purposes only. Vital is not liable for any damages resulting from the use of the information in this ad. All transactions shall be solely between the consumer and/or patient, www.myrxus.com, and the fulfilling pharmacy.