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Summer! More than a Season

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SUMMER 2025



What is it about summer that everyone looks forward to? Is it that it reminds us of our younger years, when summer meant freedom? Perhaps that with it, summer always brought great expectations of wondrous fun to be had, new friends to be made, and fantastical adventures—people, places and things to conquer? Even now, when my summer days are remarkably similar to my spring days, my fall days, and my winter days, I still get that flutter of anticipation, that excitement that comes with thoughts of summer fun.

We plan trips to the pool, we plan picnics, we plan outings with the kids and grandkids. We plan day trips, we plan vacations and we plan weekend getaways. And we keep in the back of our mind that things don't always go as planned. Even a simple look at the recent volatility in the stock market (a "correction", they call it) reminds us of this as well. It's always best to have a "Plan B."

And so we think summer is the perfect time to take advantage of all the opportunities for fun our area has to offer. It's also the time to take a look at where you are now compared to where you were five or ten years ago, and to seriously think about where you might be (and of course where you want to be) ten years from now. So go get yourself a nice iced tea, read through your Vital!, then indulge in a little summer reverie!

Karyn and Heidi



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A NEW START AFTER 60: I learned to scuba dive – and realized a childhood dream

By Ammar Kalia, The Guardian

For Caroline Babayan, the arrival of the Covid-19 pandemic was a wake-up call. She was locked down in Oslo, where she has lived for the past 40 years with her wife and children, and found herself thinking about the shape of the years to come. “I asked myself what I wanted to do with the rest of my life,” she says. “I was 62 and I might only have 15 or 20 good years left. I realized that I should do the things that I had wanted to do and not leave it for another day. It was the push I needed.”

What she had always wanted to do was dive. Ever since she devoured Jules Verne’s sci-fi classic *Twenty Thousand Leagues Under the Sea* as a 10-year-old, Babayan has harboured a love of the ocean. Despite growing up in landlocked Tehran, 1,200m above sea level, she would dream about living in a glass dome underwater and when her family took her on holidays to the Caspian Sea, she would spend as much time as possible swimming. “It was a fantasy life for me as an only child,” she says. “I lived in my imagination and the ocean was just endless with wonder.”

In 2021, after decades spent working in adult education, Babayan enrolled in a diving certification course to finally make her dreams of exploring

the ocean come true. She took her written theory test and soon began trying out diving equipment in a pool. At first, it was a struggle. “Each body floats differently, so you have to get your weighting right, otherwise you don’t sink properly,” she says. “It can feel really tiresome, like you’re always struggling.”

Once her instructors found her correct weighting, she then began diving in open water, but that also brought its challenges. “I started in November and the water in the fjords in Norway was so cold,” she laughs. “I had to wear a drysuit, which was really heavy and uncomfortable – I didn’t enjoy it.”

Still determined to have a positive experience, a month later, Babayan took to warmer waters on a family holiday to Lanzarote and eventually managed her debut dive. “The first time I dived successfully, it was as if I was flying,” she says. “You see fish swimming above you, which is so strange, and it gave me that feeling of freedom I had imagined as a child. I knew then that this is what I wanted to continue doing.”

Since that first trip, Babayan, now 66, tries to fit in at least two diving holidays each year and still finds that same sense of adventure each time she sinks into the water. “It’s fascinating seeing all the marine



life, but it’s also so calm because the only thing you hear is your own breathing,” she says. “You have to concentrate on your breath, almost like meditation.”

One recent trip involved diving in a cave in Sardinia and plunging into a “world within a world”. “The silence was amazing,” she says. It might sound terrifying to some but Babayan makes sure to always dive with an instructor at hand and to not stray much deeper than 20 meters.

Diving has remained a solo pursuit. Babayan’s wife hasn’t trained because she wears glasses and contact lenses, while her grandchildren mainly find it amusing that their granny enjoys such an adventure sport. Still, Babayan finds strength

in having the experience for herself, no matter her age.

“Your age is in other people’s eyes and our bodies are far more resilient than we know,” she says. “I have never encountered any issues or prejudice about being an older diver. I have a medical checkup every two years to keep my certification, and as long as that’s OK, I will carry on.”

She travelled to Hanoi for her most recent diving trip before journeying farther south in Vietnam to explore the South China Sea. “One of the perks of growing older is that you don’t have to worry about what other people might think of you any more,” she says. “Go out and try whatever it is you’ve been waiting to do. Fulfill your dreams!”

Embrace Micro Self-Care

Small acts of self-kindness build up, creating a foundation of strength, resilience, and confidence that enables you to navigate life’s challenges with greater ease.

In our busy lives, finding time for self-care can seem like an insurmountable challenge. Our schedules are packed with responsibilities, family obligations, and myriad tasks that often leave little room for personal well-being. However, dedicating a few minutes each day to nurture yourself can have a profound impact on your overall health.

Adding self-care into your daily routine doesn’t mean you have to make drastic changes or find large blocks of time. It can be as simple as taking a five-minute meditation break, enjoying a quiet

cup of tea, doing a short workout, or stepping outside for a few moments to breathe in fresh air. These small moments of “you time”—micro self-care—can help reset your mental state, boost your energy, keep you fit, alleviate stress, and promote happiness. Remember, self-care is not a luxury; it’s a necessity for maintaining a balanced life.

The true beauty of micro self-care lies in its cumulative effect. Consistent daily practices, no matter how brief, can lead to significant improvements. Over time, these small acts of

self-kindness build up, creating a foundation of strength, resilience, and confidence that enables you to navigate life’s challenges with greater ease. By prioritizing yourself, even for just a few minutes each day, you are not only enhancing your own life, but also enriching the lives of those around you by becoming a more centered, happier, and present individual.

Finding time to care for yourself is one of the truest ways you can express your self-love. If you have to, schedule it in your calendar. It’s worth it, because you are!



Don't Get Bogged Down by Bugs

When the weather gets warmer, we spend more time outside. That also means more bugs. If a bug bite bothers you, here are some tips from doctors to help:

1 Stop Scratching, as it can make the bite worse. Use an anti-itch cream like hydrocortisone, or a cream or spray like Benadryl. Calamine lotion can also help with itching.

2 Reduce Swelling by placing an ice pack on the bite.

3 Treat Pain: If the bite hurts, ask your doctor if you can take ibuprofen or acetaminophen. These can help with painful stings, like from wasps or bees.

If you get stung by a bee, it's important to remove the stinger. Don't use tweezers or squeeze the skin. Instead, scrape it off with a fingernail or some gauze, then wash the area with soap and water.

When to See a Doctor or Go to the Emergency Room

It's important to pay attention to how your body feels after a bug bite. You should go to the doctor or the emergency room right away if:

- You have trouble breathing.
- You feel like your throat is closing.
- Your lips, face, or tongue are swollen.
- Your heart is beating very fast.
- You are throwing up.
- You have a red rash after a tick bite.
- You get a fever with a red or black rash that spreads.
- You have chest pain.
- You feel dizzy or lightheaded.

If you feel like you're getting the flu,

your rash gets worse, or you have an allergic reaction, get to the doctor or urgent care quickly.

Preventing Bug Bites

There are different bug sprays and lotions you can use to stop bug bites. It's best to use one that has DEET in it. Picaridin is another ingredient you can look for. If you want a natural option, try oil of lemon eucalyptus.

Whichever bug spray or lotion you choose, remember to read the label, and follow directions. Keep in mind that cuts, wounds, or irritated skin should not be sprayed. And more is not always better—use enough to cover clothes and any bare skin.

You can also take action by preparing the outdoor areas of your house. Here are a few basic tips that will help with unwelcome pests:

- 1** Clear out any sources of standing water, no matter how small. This attracts mosquitoes.
- 2** Ensure garbage bins are closed securely.
- 3** If you have food outside, cover everything up.
- 4** Consider hanging traps for flying insects such as wasps or Japanese beetles.

It's important to stay prepared for pests this season. Don't let them ruin your time outdoors. Remember these tips, and know how and when you should respond to bug bites to stay safe and healthy.

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Your Voice in Long-Term Care: How Delaware’s Ombudsmen Help Residents Thrive

For many older adults, moving into a long-term care or assisted living facility is a big step—one often filled with new routines, faces, and challenges. While these facilities work hard to provide comfort, care, and community, sometimes questions or concerns arise. That’s where Delaware’s Long-Term Care Ombudsman Program comes in—a friendly, knowledgeable, and compassionate resource designed to support residents, families, and staff alike.

The program’s mission is simple but powerful: to protect the rights, dignity, and well-being of those living in long-term care settings across Delaware. Whether it’s answering a question about services, resolving a concern about care, or simply lending a listening ear, ombudsmen are advocates who work to make sure everyone’s voice is heard.

A Helping Hand When You Need It

Delaware’s Long-Term Care Ombudsman Program is part of a nationwide network established in the 1970s to assist residents in nursing homes, assisted living communities, and other residential care facilities. The word *ombudsman* might sound a little formal, but the role is deeply personal. These trained advocates are often on the front lines, visiting facilities, talking with residents, and helping to navigate complex care systems.

Their job? To ensure that residents are treated with the respect and attention they deserve. That means ombudsmen are there to respond to concerns—big or small—whether it’s about discharge concerns, meals, medications, social activities, pri-

vacy, or anything else that impacts quality of life.

“They’re not here to criticize,” says one longtime Delaware resident who now volunteers with the program. “They’re here to make sure people feel safe, cared for, and empowered.”

Respecting Facilities, Supporting Residents

It’s important to understand that ombudsmen are not “inspectors” or watchdogs out to find fault. In fact, many long-term care facilities in Delaware work hand-in-hand with ombudsmen and see them as partners. After all, both share the same goal: to provide residents with the best possible care.

Sometimes, a resident may feel hesitant to voice a concern directly to staff, or a family member may be unsure about how to navigate a situation. In those cases, ombudsmen can step in as a neutral, trusted third party. With the resident’s permission, they can help communicate concerns, seek solutions, and ensure issues are handled appropriately and respectfully.

“They’re a bridge,” one facility director recently noted. “They help us better understand the resident’s experience and give families peace of mind. That makes our community stronger.”

What Kinds of Issues Can an Ombudsman Help With?

The variety of ways an ombudsman can help might surprise you. They provide information about residents’ rights, explain facility policies, and even help with transitions between

facilities when needed. They also assist with concerns like:

- Help with daily living activities.
- Timely response to call bells.
- Nutrition and hydration.
- Respectful treatment from staff.
- Safe, clean living environments.
- Access to medical and mental health care.
- Discharge and transfer concerns.

For example, if a resident is unsure why a certain medication was changed, or if someone is concerned about wait times for assistance, an ombudsman can help clarify the situation and advocate for a resolution.

In more complex situations—such as questions about discharge procedures or Medicaid eligibility—ombudsmen can help residents and families understand their options and rights. And while ombudsmen do not have enforcement power, they can refer serious matters to state agencies when authorized or with consent from a resident or their legally supported decision maker.”

Community Roots, Statewide Impact

Delaware’s program includes both paid staff and trained volunteers, many of whom have a personal connection to the work. Some are retired nurses or social workers; others are family members of former residents who want to give back. All are committed to making sure our most vulnerable citizens receive the attention and care they deserve.

These ombudsmen travel throughout the state—visiting facilities in Wilmington, Dover, Rehoboth Beach, and everywhere in between. They take the time to sit down with residents, get to know them, and learn about their experiences. And they often notice the little things that matter: Is the hallway easy to navigate with a walker? Are snacks and drinks accessible? Are there engaging activities available each day?

With a warm smile and a caring presence, ombudsmen build trust over time. For many residents, they become a familiar face—someone to talk to about everyday joys and occasional concerns alike.

A Call for More Volunteers

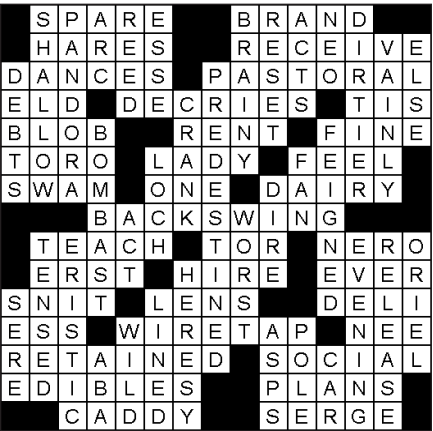
Like many helping professions, the ombudsman program faces a growing demand for services. The number of Delawareans needing long-term care is increasing as our population ages, and the need for dedicated ombudsmen is greater than ever.

Volunteers play a key role in meeting this demand. With training and support, volunteers can make facility visits, talk with residents, and help resolve everyday concerns. It’s a meaningful way to give back—and an opportunity to make a real difference in someone’s life.

Many volunteers say the most rewarding part of the role is simply listening. “Some people just want to be heard,” says one Delaware ombudsman. “They want to know that someone cares and that their voice matters.”

Supporting Dignity, Respect, and Quality of Life

Aging is a journey, and every person deserves to make that journey with dignity and respect. Delaware’s Long-Term Care Ombudsman Program helps make that possible by ensuring that residents’ voices are heard, families have support, and facilities have the tools they need to succeed.



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3	6	7	9	4	5	8	2	1

If you or a loved one is living in a long-term care facility and have questions or concerns, or if you’re interested in becoming a volunteer, you can contact the Delaware Long-Term Care Ombudsman Program:

DELAWARE LONG-TERM CARE OMBUDSMAN PROGRAM

Phone: 855-773-1002

Public Contact Email: DHSS_OSEC_Ombudsman@delaware.gov

Website: <https://dhss.delaware.gov/dhss/ltcop/>

Because everyone deserves to feel safe, supported, and heard—no matter where they call home.

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



‘No Way to Prevent This Crime’: Delaware Recorder of Deeds Warns About Property Theft

By Anitra Johnson, Delaware News Journal

A real estate agent impersonates a seller and pockets \$3 million from fraudulent property sales. A Los Angeles homeowner loses their house to an international identity theft ring. In Florida, during a scheduled video call with the seller, a title company is met with an AI-generated fake.

These stories may sound sensational, but the crimes are real. Cybercriminals are now using artificial intelligence and deepfake technology to forge deeds and steal real property.

Now, this new wave of property crime is taking root in Delaware.

To help combat the threat, each county’s recorder of deeds has launched free monitoring services to alert residents to activity involving their property.

How the real estate scams work

Property theft schemes often unfold when fraudsters assume a homeowner’s identity, forge documents and list a property for sale on legitimate platforms like Zillow and Realtor.com. The transactions are often cash-only and conducted entirely online, leaving few opportunities to catch the fraud before it’s too late.

“There is no way to prevent this crime from happening,” Kent County Recorder of Deeds Eugenia Thornton said.

In a “Race to Record” state like Delaware, documents must be processed quickly, and recorders are required to check only formatting, required forms and fees – not the authenticity of the content. The state’s approval of remote and online notary services in 2023 has made the system even more vulnerable, Thornton said.

Using AI technology, swindlers can file forged documents that are nearly indistinguishable from legitimate records with one of Delaware’s Recorder of Deeds. And while Delaware law requires a licensed attorney for most real estate transactions involving collateral, scammers are exploiting a loophole through quitclaim deeds. These legal documents allow property to be transferred without an attorney, so long as the paperwork is notarized. By the time fraud is detected, victims may be left facing a lengthy and expensive legal battle to reclaim their property.

Thornton has been calling attention to the problem. Her office maintains a webpage dedicated to so-called “house-stealing” crimes, sharing articles and news reports about property fraud around the country to raise awareness, under the Deeds Office at www.kentcountyde.gov.

According to her newsletter, the Kent County Realtors Association reported four fraudulent property listings in Dover in May 2023. Over the next year, police investigated similar scams in Lebanon, Felton and Harrington.

County-level solutions

All three counties in Delaware have launched free property monitoring services to notify residents when a document is filed under their name.

■ **New Castle County offers AlertMe.** To register, visit www.newcastlede.gov/2398/AlertMe.

■ **Kent County provides the Property Fraud Alert system.** Visit www.kentcountyde.gov/My-Government/Departments/Deeds-Office/Property-Fraud.

■ **Sussex County manages the Recording Activity Notification Service.** Visit www.sussexcountyde.gov/deed-fraud-alert.

Whether it’s a homeowners association filing against a resident or an elderly homeowner being coerced into a sale, the systems’ real-time notifications could be the difference between a timely intervention and a costly, potentially devastating loss.

These services can be particularly useful if:

- A loan is taken out using the property as collateral.
- A lien is placed on a property.
- A co-owner files documents without consent.

Anyone who suspects property fraud is urged to contact the Delaware Attorney General’s Consumer Protection Unit at 302-577-8600 or email attorney.general@delaware.gov.

Write Your Own Memoir



Teacher? War veteran? World traveler? Mother, Father, Sister, Brother? Each and every one of us has become who we are because of all the things that have happened to us along the road called Life. What greater gift to give than the stories of the most meaningful moments in your life? Those stories are your memoirs.

The best part about writing your memoirs is that there is no right or wrong way to write. Simply write from your heart. Imagine yourself, grandchildren at your knee, telling the stories of your loves and adventures.

Probably the hardest part is getting started. Plan to write for only 15 to 30 minutes and start with the most life-changing events you can recall. You might divide your life into different age brackets and think about the highlights from birth to age 25; from age 25 to 50; and then from age 50 on. Another way to find a starting place is to think about

important choices you have made, influential people in your life, places you’ve lived or lessons you’ve learned.

A fun way to begin writing your memoirs is to attend a class. Each week you will likely have an assignment on a different topic. You might write about a favorite summer memory from childhood or describe your first job. When the class meets, each person reads his/her story to the group. Margaret Ann Avent, who teaches a class on writing memoirs, says, “It’s just so much fun. Many of us grew up in the same era. We remember penny candy and ice cream cones costing a nickel. Someone will mention a favorite song, and that brings back memories for the rest of us. There is a lot of laughing and joy in sharing your stories.”

Whether you attend a class or write on your own, don’t think you’re writing an autobiography. You’re not. You are writing individual stories that shaped who you are and how you think. A memoir is the easiest type of writing because you’ve already done the research, and you know the characters. Now, all you have to do is get something on paper. Don’t worry about the grammar because you can go back later and correct that.

When you have your memoirs written, get them photocopied. You can add pictures if you like and have an office supply store spiral bind the pages. No matter how you reproduce your memoirs, the important thing is that you have shared a bit of yourself with your family and future generations. You’ve created a legacy, and you’ll have fun in the process.





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A Lifestyle That Promotes Well-Being

As we age, staying socially engaged and maintaining an active lifestyle are essential for overall well-being. Studies show that seniors who live in vibrant, social environments experience improved mental health, better physical health, and even increased longevity. That's why independent living communities, like Excelcare at Newark, are designed to enhance quality of life by providing the perfect balance of independence, social connection, and convenience.

An Active Social Life

Social isolation can lead to health risks, including cognitive decline. At Excelcare at Newark, residents enjoy a full calendar of events, group outings, and engaging activities that foster friendships and personal fulfillment.

On-Site Medical Support

While independent, residents have peace of mind knowing that skilled nursing and rehabilitation services are available if needed—providing security without sacrificing autonomy.

Maintenance-Free Living

No more worrying about home repairs, housekeeping, or lawncare. Residents can focus on enjoying their lives while we take care of the rest.

Discover the Freedom of Independent Living

At Excelcare at Newark, you can enjoy life on your terms—free from household chores and full of opportunities for connection, wellness, and peace of mind. Whether you're looking to stay active, build new friendships, or simply relax in a comfortable,

maintenance-free setting, our community is here to support you.

Schedule Your Visit Today!

Ready to embrace a worry-free, social, and fulfilling lifestyle? Discover how Excelcare at Newark can enhance your independence today!

I love the social life here—it keeps me active and happy!

—Barbara S., Resident

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-Monica



“

I care for both my father and aunt in our home. Our goal was to keep them safely at home. PACE Your LIFE has reduced the stress of caregiving and allows them to stay at home.”

-Cammy



“

Before enrolling in PACE Your LIFE, my husband was living in an assisted living facility in another state. PACE Your LIFE allowed him to be able to safely come back home with me and still receive opportunities & socialization during the day.”

-Mary



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Care for the Elderly**



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Seven Great Reasons to Start Hospice Care Sooner



The vast majority of people who experience hospice care for themselves or a loved one are overwhelmingly satisfied and even amazed with the support provided. Their biggest regret? Not starting hospice care sooner.

It's easy to understand why patients and their families often hesitate to start hospice care. To many, hospice seems like "giving up" and can trigger inaccurate thoughts that it's a signal for a quick death.

Truth is, hospice care is generally available for individuals who are diagnosed with a serious illness and choose to shift their focus from intense medical treatments to ensuring each day is as comfortable and meaningful as possible. Hospice is designed to provide months of support—not just the final weeks or days—to bring peace and help patients enrich their quality of life.

"The sooner we start hospice care, the earlier we are able to make the final months of life comfortable and meaningful for our patients and their loved ones," said Monet Henry, Director of Intake and Admissions, Delaware Hospice.

Here are seven reasons why starting hospice care sooner can be a big advantage:

1 Improved quality of life. A top priority of hospice experts is to keep pain, anxiety and other symptoms under control. Patients can be more comfortable and clear-minded on hospice care to still enjoy doing things they love. Plus, more than 93 percent of hospice care is provided wherever the patient calls home, keeping them where they prefer to be.

2 Comprehensive, holistic care. Hospice is much more than medical care. A collaborative team of doctors, nurses, certified nursing assistants, social workers, counselors and chaplains also provides expert emotional and spiritual support for patients and their families.

3 Fewer emergency room visits and hospitalizations. With regularly scheduled home visits and 24/7 access by phone, Delaware Hospice often can prevent changes in conditions from becoming emergencies. Hospice

care drastically reduces visits to the ER and hospitalizations, keeping patients at home.

4 Greater support for families. In addition to emotional and spiritual support, Delaware Hospice educates and trains family members to be more capable and confident caregivers for their loved ones.

5 Access to additional services. Hospice care also includes delivery of necessary medical equipment at home, such as a hospital bed and wheelchair, as well as all prescriptions related to the hospice diagnosis. Delaware Hospice even has special programs like We Honor Veterans, with care tailored to the specific needs of those who served in the military.

6 More time for meaningful memories. All of this support adds up to patients and families having more quality time to spend together, building new memories that last.

7 Get the full hospice benefit covered by Medicare, Medicaid and most private insurance plans. With such comprehensive care available for six months, why wait until the final weeks or days to reap the advantages?

To learn more about services 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.

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PALLIATIVE

GOING GREEN AT THE FARMERS MARKET: How Local Shopping Helps the Environment

There's something special about strolling through a farmers market—the fresh air, the colorful produce, and the friendly conversations with local growers. But did you know that your weekly trip to a farmers market isn't just good for your taste buds? It's also a great way to support the environment.

Here in Delaware, our farmers markets do more than bring fresh, local food to the community—they also play a big role in protecting our planet. Whether you're a regular at Glasgow Park or just discovering the stalls at Bellevue, every purchase you make at a local market is a step toward a healthier Earth.

Less Travel, Lower Emissions

Most food in grocery stores travels hundreds - or even thousands—of

miles before it hits the shelves. All that transportation means more fuel burned and more greenhouse gases released into the air.

But when you shop at a farmers market, you're buying food that's often grown right here in Delaware or nearby. Less time on the road means fewer emissions—and fresher food, too!

Eco-Friendly Farming

Many of the farmers at our local markets use sustainable farming practices. That means fewer chemicals, smarter water use, and care for the land that feeds us. These methods help protect our soil, keep our water clean, and support pollinators like bees and butterflies.

When you support farmers who grow responsibly, you're helping to

preserve the natural resources we all depend on.

Bye-Bye, Plastic

At the farmers market, there's usually a lot less packaging. You're not grabbing a plastic-wrapped cucumber or a styrofoam tray of apples. In fact, most people bring their own reusable bags, cutting down on waste that ends up in landfills or pollutes our environment.

Every time you skip the plastic, you're helping keep our communities cleaner and greener.

Keeping Land Green and Growing

Supporting local farmers means helping them keep their farms in operation, which also helps preserve our open spaces. These green spaces don't just look beautiful;

they absorb carbon dioxide, support wildlife, and give us all a little more breathing room.

Local Food Builds Stronger Communities

Buying local food helps build stronger connections between farmers and neighbors. It keeps dollars in our local economy and makes our food supply more resilient. When you know where your food comes from, you feel more connected—and that connection often leads to more mindful choices for both health and the environment.

Shopping at a farmers market is a small act that makes a big difference. It's good for the Earth, good for our local economy, and good for you. So bring your tote bag, grab a friend, and enjoy all the fresh, eco-friendly goodness Delaware has to offer!



4 LOCATIONS | MAY-OCTOBER
GLASGOW | BELLEVUE | CAROUSEL PARK | MIDDLETOWN
NEWCASTLEDE.GOV/FARMERSMARKETS



New Castle County | DE
Parks & Recreation
Live Healthy New Castle County



Visit a Market Near You

Delaware's community-run farmers markets are growing and thriving. When you buy local, you get the freshest Delaware has to offer and help keep small farms productive. Find a local market near you, and as you shop, connect with the family farmers committed to growing your food. For more information, visit www.agriculture.delaware.gov.



NEW CASTLE COUNTY

Bellevue Farmers Market

510 Duncan Road
(Bellevue Community Center)
Wilmington, DE 19809
Fridays, 3 p.m. to 7 p.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits.

Carousel Park Farmers Market

Carousel Park & Equestrian Center,
3700 Limestone Road
Wilmington, DE 19808
Fridays, 2 p.m. to 6 p.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits.

Co-Op Farmers Market

Newark Shopping Center,
230 E. Main Street
Newark, DE 19711
Sundays, 9:30 a.m. to 2 p.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits. EBT values up to \$10 are doubled at this market.

Glasgow Park Farmers Market

Glasgow Park,
2275 Pulaski Highway
(near the intersection of Rt. 40 & Rt. 896)
Newark, DE 19702
Thursdays, 3 p.m. to 7 p.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits.

Middletown Farmers Market

204 E. Main Street
Middletown, DE 19709
Saturdays, 9 a.m. to 12:00 p.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits.

New Castle Saturday Market

211 Delaware Street
New Castle, DE 19720
Saturdays, 9 a.m. to 1 p.m.
This season, this market accepts FMNP benefits.

Northside Food & Culture Market

Haynes Park, 4398 Miller Road
Wilmington, DE 19802
2nd & 4th Saturdays,
10 a.m. to 12:30 p.m.
This season, this market accepts FMNP benefits.

Penn Farm Farmers Market

Wheelys Farm Stand & Cafe,
791 Basin Road East
New Castle, DE 19720
Tuesdays, 12:00 p.m. to 2 p.m.
This season, this market accepts FMNP benefits.

West Side Grows Farmers Market

Cool Spring Park,
North Van Buren and
West 10th Streets
Wilmington, DE 19806
Wednesdays, 3:30 p.m. – 6 p.m.
This season, this market's EBT values are doubled.

Wilmington Farmers Market

Rodney Square,
10th and Market Streets
Wilmington, DE 19801
Wednesdays, 10 a.m. to 2 p.m.
This season, this market accepts FMNP benefits.

KENT COUNTY

Modern Maturity Farmers Market

1121 Forest Avenue
Dover, DE 19904
Thursdays, 11 a.m. to 2:00 p.m.
This season, this market accepts FMNP benefits.

Tidal Farmers Market

1456 Frederica Road
Frederica, DE 19946
Sundays, 9 a.m. to 1 p.m.
This season, this market accepts FMNP benefits.

Wyoming Station Farmers Market

11 S. Railroad Avenue
Wyoming, DE 19934
2nd & 4th Saturdays,
9 a.m. to 1 p.m.

SUSSEX COUNTY

Bethany Beach Farmers Market

Garfield Parkway & Pennsylvania Avenue (PNC Bank parking lot)
Bethany Beach, DE 19930
Sundays, 8 a.m. to 12 p.m.

Bethel Farmers Market

312 First Street
Bethel, DE 19931
1st & 3rd Saturdays,
9 a.m. to 12 p.m.

NEW! Delmar Farmers Market

State Street Park
Delmar, DE 19940
1st & 3rd Saturdays,
10 a.m. to 1 p.m.

Farmers Market at Warren Station

1406 Coastal Highway
(Rt. 1 Bayside at Warren Station)
Fenwick Island, DE 19944
Fridays, 8 a.m. to 12 p.m.

NEW! Greenwood Farmers Market

100 W. Market Street
Greenwood, DE 19950
3rd Saturdays, 8 a.m. to 2 p.m.

Historic Lewes Farmers Market

George H. P. Smith Park
(spring/summer market location)
DuPont & Johnson Avenues
Lewes, DE 19958
Saturdays, 8 a.m. to 12 p.m.,
May 3 – September 27, 2025

Lewes School Parking Lot
(fall market location),
820 Savannah Road
Lewes, DE 19958
Saturdays, 9 a.m. to 12 p.m.,
October 4 – November 22, 2025

This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits. Also, this season, EBT values up to \$20 doubled at this market.

Historic Lewes Farmers Market at Kings Highway

37707 Crooked Hammock Way
(Crooked Hammock Brewery)
Lewes, DE 19958
Wednesdays, 8 a.m. to 11:30 a.m.
This season, this market accepts EBT cards (SNAP benefits) and FMNP benefits. Also, this season, EBT values up to \$20 doubled at this market.

Hops and Crops Market

413 S. Bedford Street
Georgetown, DE 19947
Wednesdays, 4 p.m. to 7 p.m.

Milton Farmers and Artisans Market

514 Union Street
Milton, DE 19968
Fridays, 3:30 p.m. to 6 p.m.

Nassau Valley Vineyards Farmers Market

32165 Winery Way (Nassau Valley Vineyards & Winery)
Lewes, DE 19958
Sundays, 12 p.m. to 3 p.m.

Rehoboth Beach Farmers Market

Grove Park, Rehoboth Avenue
(adjacent to Lighthouse Circle)
Rehoboth Beach, DE 19971
Tuesdays, 10 a.m. to 2 p.m.
This season, this market accepts FMNP benefits.

Riverwalk Farmers Market Downtown Milford

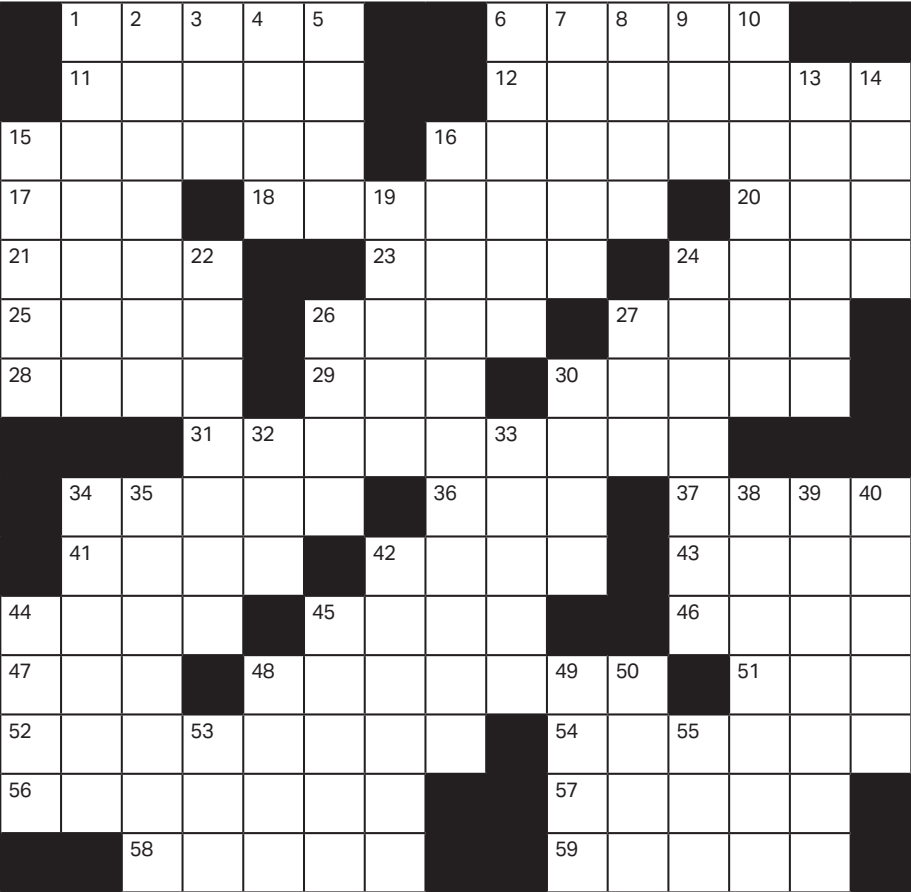
South Walnut Street at
Riverwalk Park
Milford, DE 19963
Saturdays, 9 a.m. to 1 p.m.
This season, this market accepts FMNP benefits.

The Farmers Market at Sea Colony

Marketplace at Sea Colony Shopping Center (parking lot)
33546 Market Place
Bethany Beach, DE 19930
Wednesdays, 8 a.m. to Noon

Crossword

By Dave Fisher



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Answers on page 6

- ACROSS**
- 1. Extra
 - 6. Trade name
 - 11. Rabbits
 - 12. Get
 - 15. Social events
 - 16. Like idyllic country life
 - 17. Antiquity
 - 18. Condemns
 - 20. Poetic contraction
 - 21. Amorphous mass
 - 23. Let out
 - 24. All right
 - 25. Bull
 - 26. Female aristocrat
 - 27. Sense
 - 28. Propelled through the water
 - 29. Half of two
 - 30. Kind of farm
 - 31. Pulling the golf club back
 - 34. Instruct
 - 36. Craggy peak
 - 37. Detective ____ Wolfe
 - 41. Once, long ago
 - 42. Employ
 - 43. At any point
 - 44. Agitated state
 - 45. Focusing glass
 - 46. Sandwich shop
 - 47. S
 - 48. Eavesdrop
 - 51. Born, in bios
 - 52. Kept
 - 54. Party
 - 56. Comestibles
 - 57. Schemes
 - 58. Golf porter
 - 59. Durable fabric

- DOWN**
- 1. Not deep
 - 2. Mythological box opener
 - 3. Circle fragment
 - 4. Marsh plant
 - 5. Being
 - 6. Cerebral
 - 7. Adjust again
 - 8. Play parts
 - 9. Modern
 - 10. Filthier
 - 13. For naught
 - 14. Apart from this
 - 15. Arrears
 - 16. Preordained
 - 19. Starting handle
 - 22. Pompous speech
 - 24. Pretended
 - 26. Scottish lake
 - 27. Air movement device
 - 30. Awful
 - 32. Play a role
 - 33. Most bad
 - 34. Got uptight
 - 35. Controversial
 - 38. After sunset
 - 39. Set free
 - 40. Bay window
 - 42. Unorthodox ideas
 - 44. Arid
 - 45. Delineated
 - 48. Untamed
 - 49. Cobras
 - 50. Barbershop emblem
 - 53. Goat hair fabric
 - 55. Automobile

ZUCCHINI FRITTERS

Pan-fried zucchini, yellow squash, and carrot cakes with golden crispy edges and tender insides. These make great dippers for toddlers to adults. You would never know that these nutritious fritters amount to eating your vegetables.



Prep Time: 20 minutes | Cook Time: 10 minutes
Additional Time: 15 minutes | Total Time: 45 minutes
Servings: 4 | Yield: 20 fritters

INGREDIENTS

- 2 cups shredded zucchini
- 1 cup shredded yellow squash
- 1 cup shredded carrots
- ½ teaspoon salt
- 1 cup corn muffin mix
- 1 teaspoon baking powder
- ½ teaspoon sweet paprika
- 2 large eggs, lightly beaten
- 2 tablespoons vegetable oil, or more as needed

DIRECTIONS

1. Toss together zucchini, squash, carrots, and salt in a colander and drain for 15 minutes. Wrap vegetables in a clean kitchen towel and squeeze out as much moisture as possible; transfer mixture to a medium bowl.
2. Combine corn muffin mix, baking powder, and paprika in a large bowl. Stir in vegetables and beaten eggs until well mixed.
3. Heat 2 tablespoons oil in a large skillet over medium heat, tilting the skillet to spread oil evenly. Working in batches, drop tablespoonfuls of zucchini batter into hot oil, flattening each dollop with the back of a spoon. Pan-fry until golden brown, 1 to 2 minutes per side. Transfer fritters to a paper towel-lined plate to drain. Repeat with remaining batter, adding more oil as needed.

COOK'S NOTE

To store, wrap cooled fritters in aluminum foil and refrigerate for up to 2 days; rewarm in a low oven.

NUTRITION FACTS: Calories 258; Total Fat 13g; Saturated Fat 3g; Cholesterol 94mg; Sodium 1029mg; Total Carbohydrate 30g; Dietary Fiber 2g; Total Sugars 6g; Protein 7g; Vitamin C 15mg; Calcium 186mg; Iron 2mg; Potassium 360mg



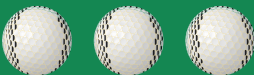
Sudoku

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

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

Answers on page 6 (courtesy of KrazyDad.com)

GOLF CADDY HUMOR



Golfer: Think I'm going to drown myself in the lake.
Caddy: Think you can keep your head down that long?
Golfer: I'd move heaven and earth to break 100 on this course.
Caddy: Try heaven, you've already moved most of the earth.
Golfer: Do you think my game is improving?
Caddy: "Yes sir, you miss the ball much closer now."
Golfer: Do you think I can get there with a 5 iron?
Caddy: Eventually.
Golfer: You've got to be the worst caddy in the world.
Caddy: I don't think so sir. That would be too much of a coincidence.
Golfer: Please stop checking your watch all the time. It's too much of a distraction.
Caddy: It's not a watch – it's a compass.
Golfer: How do you like my game?
Caddy: Very good sir, but I prefer golf.
Golfer: Do you think it's a sin to play on Sunday?
Caddy: The way you play, sir, it's a sin on any day.
Golfer: This is the worst course I've ever played on.
Caddy: This isn't the golf course. We left that an hour ago.
Golfer: That can't be my ball, it's too old.
Caddy: It's been a long time since we teed off, sir.

The Funny Bone

Juan Vega, the clam diver, found an injured sea otter and nursed it back to health.

From the moment the grateful otter was able to walk, it never left Juan's side. It even learned to dig for clams.

One day, a man went to Juan's house looking to hire him for a week.

His wife answered the door.

"Sure," his wife said. "It will cost you \$500."

"That much?"

"But you're getting my husband and his otter. They bring up more clams than anyone else in town."

"I just want Juan. I'll hire him alone for \$350." the man countered.

"Sorry," she shrugged. "You can't have Juan without the otter."

A lawyer sold his well to an old man.

Two days later, the lawyer came to the old man and said, "Sir, I sold you the well, but it's not with the water inside! If you want to use the water, you will have to pay extra."

The old man smiled and replied, "Yes, I was about to come looking for you. You'll need to take your water from my well, else your rent will start tomorrow."

What do you call a tea that tastes sometimes like tea and sometimes like coffee ?

Uncertainty.

I was at a party supply store looking for balloons. I find a pack and ask the clerk how much they are.

"Five bucks" he says.

"Okay but I need them filled up."

"Then that'll be ten bucks."

"Oh my god, why is it so much more expensive?" I ask.

"Inflation."



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