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VITAL INFORMATION FOR A VITAL LIFE®

Feel Good At Any Age

At The YMCA

The 15 Worst Things to Carry in Your Wallet

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The Best Sports for Longevity

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A Quick Fix to Prevent Cognitive Decline

Page 7





Spring is here, and we're feeling refreshed! After those last few chilly weeks, we're ready to get outside, shake off the winter cobwebs, and dive into everything this season has to offer.

This month we're thrilled to feature the YMCA's innovative BrainSavers® program (page 8). It's not every day you find a program that tackles physical fitness AND brain health together. The Y has always been about community, but their holistic approach to vibrant aging is really something special. If you've been looking for a way to stay sharp while staying active—and maybe make some new friends along the way—check this out.

Speaking of staying healthy, allergy season is upon us (sorry!). Our friends at **Saint Francis LIFE** have some practical tips on **page 4** for breathing easier this spring. From cleaning your fan blades to eating foods rich in quercetin (who knew?), there are some surprisingly simple ways to feel better. And while you're spring cleaning, take a minute to 'clean out' your wallet too. We've got an eye-opening article on **page 3** about identity theft and the 15 worst things to carry in your wallet. Spoiler alert: that Social Security card needs to come out NOW.

Want to live longer? **Page 5** has the scoop on which sports give you the biggest longevity boost. Turns out tennis players might be onto something—they're outliving pretty much everyone else. But don't worry if tennis isn't your thing; there's good news for cyclists, swimmers, and golfers too.

If you're looking to improve your heart health, check out the Portfolio Diet on **page 6**. It's not as well-known as Mediterranean or DASH diets, but it might just be the ticket for lowering cholesterol and reducing cardiovascular disease risk. Best part? You don't have to be perfect with it—consistency beats perfection every time.

Your Own Home tackles the critical connection between hearing loss and cognitive decline on page 7. Did you know that untreated hearing loss is one of the most significant modifiable risk factors for dementia? Time to schedule that hearing checkup.

Our advertisers continue to provide invaluable resources for our community. **Senior Medicare Patrol** is helping empower seniors to prevent healthcare fraud (**page 11**)—with \$80 billion lost annually to fraudulent practices, we all need to stay vigilant. And **PACE Your LIFE** (**page 12**) is making it easier than ever for folks in Milford and surrounding areas to age in place with comprehensive support. Independence doesn't have to mean going it alone.

Here's to a beautiful spring season filled with good health, good friends, and maybe a few good tennis matches.

Happy Spring!

Karyn and Heidi

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Identity Theft: 15 Worst Things to Carry in Your Wallet

By Christina Ianzito

In an episode of *Seinfeld*, Jerry's neurotic friend George Costanza has so much stuff jam-packed into his wallet that it's ridiculed as a "filing cabinet." Walking down the street, Costanza tries to stuff one more thing inside, and the billfold explodes, scattering its contents to the wind.

Jon Clay, vice president of threat intelligence for Trend Micro, a global cybersecurity firm, mentions the episode when discussing what consumers should not carry in their wallets lest they lose valuable information. The lessons remain timely in an era in which identity theft is epidemic: A record \$12.5 billion was stolen through scams and fraud last year, up 25 percent from 2023). Credit r

Taking your cash isn't the only way thieves profit from your stolen information. A man in suburban Chicago left his wallet at a grocery store's self-checkout. Even though the victim canceled his bank cards, the thief took his driver's license and used it to withdraw \$15,000 from his bank account.

How to keep your wallet safe

Many of the informational items we once carried in our wallets can be accessed on our smartphones, including digital wallets that contain digital versions of your credit cards, prepaid cards and debit cards. Apple, Samsung and Google offer mobile payment services. For your analog wallet, take these steps:

1 Clean and sort. Take everything out of your wallet and sort to pare it way back. Remove old receipts, shopping lists, business cards, single-store credit cards that rarely get used, coffee shop punch cards you'll likely never fill up, and so on. If it's not something you'll need often or in an emergency, keep it at home.

2 Store items. Create a safe and secure storage system at home for the occasional wallet items you've removed. Grab cards or items when needed, and return them to their secure spot when you're done with your errand.

3 Make copies. Consumer advocates advise making photocopies (or taking smartphone photos) of the front and back of all your cards, so you know whom to contact if they go missing.

Things you shouldn't keep in your wallet

Remove these items and store them in a safe place, depending on how often you access them.

1 Social Security card. Criminals can use it to open lines of credit in your name or sell it to other criminals.

2 Multiple credit cards and credit card receipts. Choose one credit card and one debit card and leave the others at home. Multiple credit cards are a gold mine for criminals. They can easily charge items online or send runners to different stores. An industrious identity thief can use the last five digits shown on a receipt to construct legitimate-appearing emails that seem to come from your credit card company or a company you do business with. Their goal? To get you to provide them with the full number.

3 Checkbook, or even one blank check. Those days are past.

4 Work ID card. This will have your name and other identifying information that could be used for a targeted phishing campaign to perpetrate a scam within your workplace.

5 Passport or passport card. These are gold to criminals. As the U.S. State Department notes, "The U.S. passport is considered to be the most valuable identity document in the world. It can be used to provide proof of U.S. citizenship and allows its bearer access to virtually every country in the world."

6 List of your passwords. Don't give criminals the keys to your accounts.

7 Gift card not fully redeemed. They are cash for thieves.

8 Birth certificate. It contains enough information for a criminal to create fake accounts in your name, and access your own accounts. It's considered a "breeder" document, which means it can be used to obtain other sensitive documents and information related to you.

9 Library card. It sounds benign, but a criminal can check out books and sell them for a buck or two each.

10 House key. Thieves could find your address from the contents of a stolen wallet.

11 Legal paperwork. Don't carry any legal documents that you don't need that day. You may inadvertently give thieves your sensitive financial data, children's birthdates and other personal information.

12 Checks made out to you. Criminals can forge your signature and cash it. Deposit your check through your bank's phone app instead.

13 Your PIN. It's bad enough to lose your credit card: You don't want to give them the key to your account too. Don't be one of those who write their



PINs on the back of their credit cards so they won't forget them.

14 Your cryptocurrency seed phrase or recovery phrase. Just don't. Criminals can use it to wipe out your wealth.

Only carry your Medicare card when you must. Even though it no longer carries your Social Security number, your Medicare number should be closely guarded and never shared with anyone who contacts you out of the blue by phone, email, text or in person.

Only carry your Medicare card when you are headed to an appointment that might require it. In the wrong hands, your Medicare number may be used for a variety of scams, including filing for false claims and reimbursement. If someone calls and asks for your information or money or threatens to cancel your benefits, report it immediately to 800-633-4227 (800-MEDICARE) or online.

If you join a Medicare Advantage plan or another Medicare health plan, you'll use your plan's card to get services, not your Medicare card. You'll only need to access your Medicare card if you switch plans or go back to original Medicare.

Synthetic identities: A growing threat

Criminals have begun creating synthetic identities, where they combine real and fake information to create a new fictional identity. It's a fast-growing form of fraud that's made easier with the help of AI.

Any information that a criminal finds or steals can be used to create synthetic identities. The criminals exploit personally identifiable information, such as a Social Security number, often from children or older adults, as well as an address or phone number of one or more people. They combine this information with fake information to build a new identity, making synthetic identity fraud difficult to detect. Criminals then upload and sell the new identity on the dark web. Then it can be used by another criminal to perpetrate fraud.



Breathe Easier this Spring

As the temperatures change and we make way for spring, a new season can be a great time to tidy up your home. In addition to the satisfaction of a clean house, spring cleaning can help relieve allergy symptoms. Roughly 21 -26% of older adults aged 65+ suffer from seasonal allergies, according to the CDC. Paired with your usual medicines and remedies, these tips could help you feel better.

- **Clean your fan blades and/or air conditioner vents** with a damp or microfiber cloth. Dust and debris can build up in these places.
- **Wash bedding, curtains, and pillow covers** in hot water regularly to remove dust mites.
- **Wear gloves and a mask while cleaning** to prevent inhaling dust and mold spores.
- **Control indoor air** with a humidifier or de-humidifier (optimal humidity level is between 40-50%) and close the windows on

high-pollen days. Confirm high-pollen days on Pollen.com or the National Allergy Bureau website.

- **Consider HEPA** (High Efficiency Particulate Air) purifiers and vacuum filters.
- **Find a place for everything.** Don't leave out things like shoes, vacuums or brooms, and wires to appliances and gadgets. Not only do these things sit out gathering dust, but they become tripping hazards when left in active walkways.
- **Swap out your old dish sponges** for fresh ones. Sponges can be a breeding ground for lots of bacteria if left wet and dirty for too long.

If you're still on a cleaning kick, consider cleaning up your diet as well. Dietitians and allergy experts suggest certain foods might help you feel better and ease some of your symptoms. Read on to see what to add and what to remove from your plate.

DO:

- ✓ Include Vitamin C-rich foods in your meals, such as bell peppers, Brussels sprouts, and broccoli for veggies, and oranges, strawberries, kiwi, papaya, and mango for fruits. These options can reduce inflammation and serve as a natural antihistamine.
- ✓ Eat foods containing quercetin, a natural plant compound that produces reddish hues in certain foods. Quercetin could reduce histamines and alleviate nasal symptoms. Eat the following foods raw to get your quercetin: grapes, citrus fruits, broccoli, asparagus, onions, cabbage, peppers, berries, and apples.
- ✓ Up your omega-3 fatty acid intake with fish such as salmon, mackerel, or sardines. You can also find omega-3s in walnuts and flaxseeds. The omega-3s can help ease inflammation and/or hay fever.

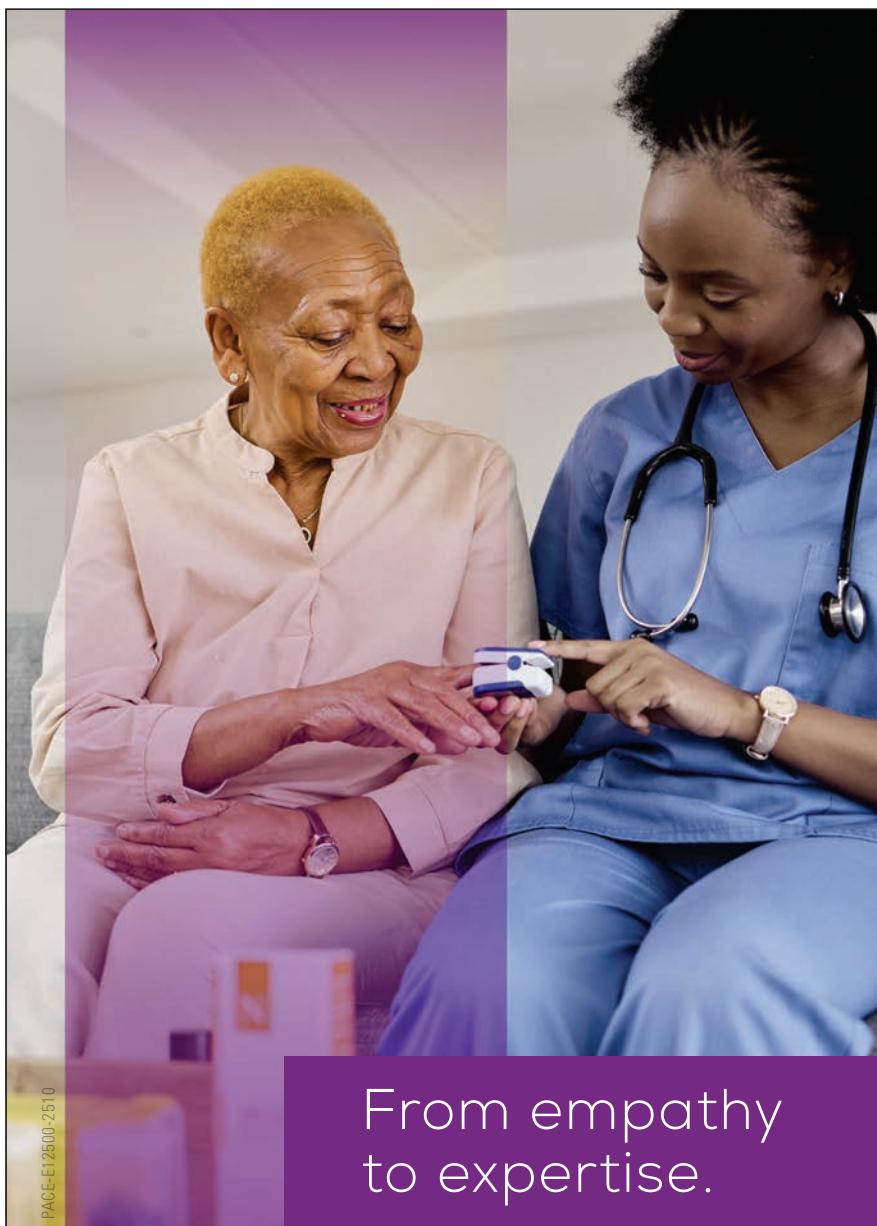
DON'T:

- ✗ Consume refined carbohydrates like white bread and pastries.
- ✗ Eat fried foods.
- ✗ Drink beverages with high amounts of sugar, such as soda, alcohol, or energy drinks.
- ✗ Have red meat (burgers, steaks) and processed meat (hot dogs, sausage).
- ✗ Use butter or margarine, or other fat-heavy spreads, as a topping.

With the right habits, you might find spring is your new favorite season!

Individual symptoms vary, so it is important to talk to your doctor about the best plan for fighting spring allergies.

Saint Francis LIFE partners with seniors and their families for individualized, comprehensive care. Learn if you or a loved one qualifies at saintfrancislife.org or call 302-660-3380.



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The Best Sports for Longevity

All forms of exercise help you live longer, but some activities come with extra benefits.

By Simar Bajaj

Regular exercise is one of the most effective ways to lengthen your life.

Federal guidelines recommend at least 150 minutes of moderate-intensity aerobic exercise per week, along with two days of muscle-strengthening activities. But the payoff starts much earlier: Even four to five minutes of vigorous physical activity every day has been linked to longevity benefits.

Research consistently shows that physical activity is linked to lower risk of cancer, depression, dementia, Type 2 diabetes and cardiovascular disease. But do some sports confer more longevity benefits than others?

While staying active is critical, playing sports adds a social aspect and extra cognitive demands to exercising. And research suggests that some sports may offer a bigger longevity boost than others.

The case for tennis

Walking may be America's go-to activity, but several studies have highlighted the benefits of tennis for longevity.

One study found that tennis players lived almost 10 years longer than their sedentary peers—and longer than soccer players, swimmers and the other recreational athletes included in the analysis. Other research from Britain and the U.S. followed people for about a decade and found that playing racket sports was linked to a lower risk of death during the follow-up period than any other sport or form of exercise studied.

These findings don't prove that tennis causes people to live longer, said Emmanuel Stamatakis, an epidemiologist at the University of Sydney and the senior author of the British study, since the studies weren't designed to tease out why any one sport was particularly beneficial. It's pos-

sible, for example, that people who play racket sports tend to be healthier and wealthier than people who don't, although the researchers tried to account for those differences.

Still, experts believe that tennis's unique blend of physical, cognitive and social challenges contribute to healthy aging. For one, tennis offers a full-body workout. The game also demands quick changes in direction, which can help improve balance and reduce a person's risk of falls. You also alternate between intense bursts of movement and brief periods of recovery—a structure that mimics interval training and can efficiently improve your fitness. Research suggests that playing regularly can also improve bone density, strengthening the body against fractures.

Beyond the physical effort, the sport is also cognitively demanding and intrinsically social, two factors that are crucial to longevity. Many other sports exercise your brain and buffer against isolation, but people who play tennis also tend to stick with it later into life compared with other sports. After all, you need only one partner, and it's relatively gentle on the body.

What about other activities?

While tennis stands out in some studies, many other recreational sports are linked with longevity benefits.

In a study of nearly 300,000 older adults in the U.S., for example, cycling was linked to a 3 percent lower risk of dying over a 12-year period, swimming was linked to a 5 percent lower risk and golf was linked to a 7 percent lower risk, compared with those who did other activities.

While cycling primarily works the lower body, swimming adds upper-body conditioning. Golf tends to involve more gentle aerobic activity but also requires rotational power, balance and fine motor control. This mix of physical demands might drive modest differences in longevity, but experts can't say for sure - and they don't recommend swapping activities based on the results. The main takeaway is to find a sport you enjoy and stay active.

Resistance training is also critical to aging well: One large analysis found that an hour each week lowers a per-

son's risk of dying by 25 percent, while other research tied resistance training to better mood and cognitive function. Strength training can help fend off age-related declines in muscle mass so that you can maintain independence and day-to-day function.

How to optimize your workout for longevity

Building new skills and challenging your brain are generally good for healthy aging, so it's worth finding a sport you enjoy. However you decide to get moving, keep these longevity tips in mind.

Make it social. For decades, social connectedness has been tied to better health and a longer life. Find ways to be active with other people, like joining a run club, signing up for a group fitness class or trying a new sport through your local recreation center or parks department. This social element also helps with motivation and accountability.

Keep challenging yourself. Sports are mentally engaging because they're dynamic and goal-driven, but you can bring that mindset to any form of exercise. First, add some novelty: a new route, a different gym routine or an unusual playing environment. Second, set clear, short-term goals that push you forward, like increasing your walking time or nudging up the weight you lift.

Exercise your whole body. Cardio staples like running and cycling are great ways to stay active, but try pairing them with upper-body work, including resistance training, so that you're getting a full-body workout and building muscle. Research suggests that people who do both aerobic exercise and strength training live the longest.

Aim for consistency. The benefits of exercise only stick if you keep doing it as you get older. While tennis is sometimes called a "lifetime sport," you don't need to stick with one activity forever. Mixing things up can keep exercise fresh and easier to sustain, especially as your body changes.

Ultimately, any and all physical activity improves longevity. So go out and find something that works for you. The bottom line is to move more.



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Hearing Loss and Cognitive Decline

Your Own Home has been in business for over 20 years, offering support to seniors that enables them to remain in their homes. Over the years, it has become increasingly evident the damage that can be done if hearing loss is not addressed or made a priority.

Hearing loss affects cognition in several important ways. Hearing is not just about detecting sound with the ears. It involves complex brain processes that interpret, understand, and respond to what we hear. When hearing loss occurs, especially if it remains untreated over time, it can place strain on these processes and contribute to cognitive decline.

One major effect of hearing loss on cognition is *increased cognitive load*. When sounds and speech are unclear, the brain has to work harder to fill in the missing information. This extra effort uses mental resources that would normally be available for memory, attention, and reasoning.

As a result, people with hearing loss may feel mentally fatigued, have trouble concentrating, or struggle to follow conversations, particularly in noisy environments. Over the course of years, this constant strain can weaken cognitive efficiency.

Long-term hearing loss is also linked to *changes in brain structure and function*. Studies show that reduced sound input can lead to decreased activity in the auditory cortex and faster shrinkage (atrophy) in the areas of the brain involved in language and memory.

Another key issue is *social/isolation*. Difficulty hearing often leads people to withdraw from conversations and social activities because communication becomes frustrating or embarrassing. When social engagement decreases, the brain receives less stimulation. Hearing loss can lead to depression, anxiety, and stress, which can further impair cognitive function.

Loneliness and reduced social contact are strong risk factors for dementia.

Hearing loss also affects *memory and attention*. If speech is not heard clearly, it is less likely to be accurately stored in memory. This can appear as forgetfulness, when the real issue is that the information was never fully processed in the first place.

Over time, these factors contribute to a *higher risk of cognitive decline and dementia*. Large long-term studies have shown a clear relationship between the degree of hearing loss and dementia risk. **Importantly, hearing loss is considered one of the most significant modifiable risk factors for dementia.** The inner ear manages both hearing and balance. Damage affecting hearing can disrupt balance, causing dizziness and falls. Issues like earwax buildup and removal should be addressed during a routine hearing exam. The use of hearing aids can

slow cognitive decline, highlighting the importance of early intervention and treatment. It is recommended that hearing checkups begin after age 60.

Hearing loss doesn't just affect one's ears. It affects the brain. Untreated hearing loss strains cognitive resources, alters brain structure, reduces social engagement, and significantly increases the risk of cognitive decline and dementia. Combine hearing care with a healthy diet, exercise, mental challenges, and social engagements for more optimal brain health.

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Keeping the Mind Sharp, the Body Moving, and the Connections Strong:

How the YMCA Supports Brain Health at Every Age

Walk into almost any YMCA on a weekday morning, and you'll notice it right away. A group gathers in the lobby, chatting easily before class. Others head toward the pool together, towels slung over their shoulders. Somewhere nearby, laughter spills out of a fitness studio or meeting room.

For many older adults, this scene is as familiar—and as comforting—as their own living room. The YMCA has become a home away from home: a place to move, learn, connect, and continue growing well into retirement.

As Americans live longer than ever before, conversations about aging are shifting. It's no longer just about adding years to life, but about adding life to those years. And one topic is front and center: brain health.

Why Brain Health Matters More Than Ever

Cognitive health is closely tied to quality of life as we age. Memory, focus, problem-solving, and emotional resilience all play a role in maintaining independence and confidence. According to growing research, brain health isn't determined by genetics alone, it's influenced by how we move, how we think, and how connected we remain to others.

Experts consistently point to three powerful protectors of cognitive health:

- Regular physical activity
- Mental stimulation
- Strong social connections

The YMCA has long understood that wellness is holistic. That understanding is now taking shape in innovative programs designed specifically to support aging adults, programs that address the brain and body together.

Introducing BrainSavers®: A Holistic Approach to Vibrant Aging

One such program is BrainSavers® at the YMCA, a research-backed, instructor-led experience designed to support both physical and cognitive health in a fun, engaging way.

BrainSavers® is not a lecture or a passive workshop. It's an interactive program that blends movement, brain games, coordination exercises, and social engagement into a dynamic curriculum. Participants might find themselves working through memory challenges one moment and practicing balance or cross-body movement the next.

This dual-focus approach is intentional. Research shows that combining physical movement with cognitive tasks—sometimes called “dual-task training”—can help strengthen neural connections, improve reaction time, and support overall brain function.

Just as importantly, BrainSavers® meets participants where they are. Exercises are adaptable, instructors are trained to encourage rather than intimidate, and the environment is welcoming to people of all fitness levels and abilities.

The goal is simple but powerful: promote vitality, resilience, and independent living while having fun along the way.

The Power of Social Connection

While structured programs like BrainSavers® are valuable, some of the most meaningful benefits of the YMCA happen outside the classroom.

After retirement, many older adults experience a shift in their daily routines. Coworkers drift away, schedules open up, and social circles can shrink. Loneliness and social isolation, now recognized as serious public health concerns, can quietly affect both mental and physical health.

That's where the YMCA's unique role shines.

Whether it's a standing coffee group in the lobby, a water aerobics class that's been meeting together for years, or a walking club that turns into lunch afterward, the YMCA creates space for relationships to form naturally.

These connections matter. Studies show that regular social interaction can help reduce stress, improve mood, and even protect against cognitive decline. At the YMCA, friendships are built through shared routines, shared goals, and shared laughter.

For many members, showing up isn't just about exercise—it's about belonging.

Movement That Supports the Mind

Physical activity remains one of the strongest tools we have for protecting brain health. Regular movement increases blood flow to the brain, supports memory and learning, and helps reduce the risk of conditions such as stroke, depression, and dementia.

At the YMCA, older adults can choose from a wide range of options:

- Low-impact group exercise classes
- Strength training focused on balance and mobility
- Swimming and water exercise, which are gentle on joints
- Functional fitness spaces that welcome every ability level and focus on helping people move better in everyday life.

These activities don't require athletic backgrounds or prior experience. They are designed to support everyday movements such as climbing stairs, maintaining balance, and staying confident in daily life.

When movement is paired with social connection and mental engagement, the benefits multiply.

Redefining What Aging Looks Like

Perhaps one of the most important things happening at the YMCA is a quiet shift in how aging itself is perceived.

The older adults gathering in YMCA lobbies and studios aren't defined by limitations. They are learners, volunteers, caregivers, mentors, grandparents, and friends. Many are exploring new interests for the first time, trying a class they never thought they'd enjoy, or discovering a sense of community they didn't realize they were missing.

Programs like BrainSavers® reflect this evolving mindset. Aging is not a period of decline; it's a stage of continued growth, adaptability, and connection.

A Place to Belong at Every Stage

The YMCA has always been about more than fitness. It's a place built on relationships, trust, and community, values that matter deeply as we age.

For older adults looking to stay sharp, stay active, and stay connected, the YMCA offers something rare: a welcoming environment where wellness is personal; progress is celebrated, and no one must do it alone.

Whether someone comes for a brain health class, a swim, a walk, or simply a familiar face in the lobby, the result is often the same: a renewed sense of purpose and belonging.

Because aging well isn't just about what we do for our bodies or our minds. It's about where we feel at home.

To learn more about joining the YMCA or enrolling in a Community Health program like BrainSavers®, visit www.ymcade.org/programs/community-health-programs.



THE *Feel Good At Any Age* PLACE



JOIN TODAY!



The Y is the place where staying active, connected, and healthy fits every stage of life.

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Financial assistance is available.



CONGRATULATIONS

to the 2026 Delaware Senior Games Award Winners!



Founded in 1991, the Delaware Senior Games is a not-for-profit, principally volunteer sports and fitness organization that promotes healthy lifestyles and fitness for all Delaware adults age 50 and above through year-round fitness programs and competitive athletic activities. With more than 1780 member/participants, it is a vibrant organization whose focus is on Fitness, Fellowship and Fun.

An annual awards ceremony recognizes the accomplishments and contributions of outstanding athletes. Here are this year's winners. Join us in congratulating them all!

Outstanding Athlete Award

This award is given to a single athlete or doubles partner selected by the Awards Committee.

Selection Criteria:

- An individual or doubles partner must have competed in DSG for at least three years.
- An individual or doubles partner must have medaled at least three times in the Delaware Senior Games.

The following criteria will also be considered:

- Medaling in the National Senior Games, the Huntsman World Games or any other comparable national level competition as an individual or doubles partners.
- Holding or breaking a record in DSG competition as an individual or doubles partner.
- Promoting DSG through his/her selected sport.

Dr. Bonnie Strang. In 2023 Bonnie experienced a mini stroke followed by a recurring medial condition (spinal stenosis) that requires constant medical attention. Due to previous surgeries on both shoulders, she has no bicep muscles in either shoulder, and has had a knee replaced. She continues to play softball and pickleball at the tournament level. She has earned badminton, pickleball and softball medals in DSO, Huntsman Games, NSGA and many local and national senior tournaments.

Henry DeWitt. Henry has won a gold medal in almost every DSG swim competition he has entered. He currently holds 18 DSG records in swimming and participated in the 2011 and 2013 National Senior Games, winning 4 gold, 1 silver and 5 bronze medals and breaking 2 NSG records.

Outstanding Team Award

This award is given to a team selected by the Awards Committee.

Selection Criteria:

- A minimum of 50% of the team must have competed in DSG games for at least three years.
- A minimum of 50% of the team must have medaled at least three times in the Delaware Senior Games.
- A team must be competing in the top tier (A) of their sport.

The following criteria will also be considered:

- Medaling in the National Senior Games or Huntsman World Games as a team or any other comparable national-level competition as a team.
- Holding or breaking a record in DSG competition as a team.
- Promoting DSG through team sport.

The Delaware Gold Men's Basketball Team.

Having won gold medals over more than 10 years in their age bracket, in 3-on-3 and 7 National Senior Games medals, they are one of the country's top basketball competitors. Congratulations to Daryl Bowen, Ken Dill, Tony Figliola, Fran Forrest, Jim Freil, John Malik, Gino Mirolli, Rod Moyer, and Gary Schills.

Outstanding Legend Award

This award is given to an individual who has competed in the past in DSG games for at least five years. He or she may or may not still be competing, but has been a profound presence in the DSG games. Other criteria to be considered will include:

- Medaling in the DSG and NSGA Games, Huntsman World Games or any other comparable national-level competition.
- Holding or breaking DSG records.
- Promoting DSG through their sport or sports.

Robert Boddy. Bob has been winning gold in tennis and track & field since 1998 and has notched national awards since 1999 including 5 golds as recently as 2017, a silver and bronze and was ranked #6 in high jump and #10 in long jump at the World Masters Games. He also volunteers his time with the Rodney Street Tennis Club promoting youth sports for inner-city kids.

Congratulations also go to **Barbara Dunn** and **Gino Mirolli!**

The Charlie Marten Memorial Award

This award was established in 2005 by a collaborative effort between the Division of Services for the Aging and the Delaware Senior Games. It honors Charlie Marten who, after suffering from a stroke, fought back to be able to walk again at Beach Day 2002. Charlie died in 2004 at the age of 66.

The award honors an individual who demonstrates the following qualities:

- Inspires others by example.
- Has a determined spirit to overcome personal challenges and great odds.
- Works hard to turn obstacles into opportunities.
- Has courage to make changes to improve their quality of life.

Jim Freil. Jim has been a member of the award-winning basketball team for 14 years. On May 21, 2023 he suffered a life-changing widowmaker heart attack while playing in a high graduation party pick up game. Luckily he survived, and left the hospital 28 days later to start his recovery. With intensive rehab, he was able to return to the court in November of that year, and by October 21, 2024 his return was complete as he competed in the DSG Qualifying Men's Basketball tournament, helping his team to victory.

Bonnie Strang. Bonnie is also the recipient of this year's Outstanding Athlete Award.

The Ray Wrede Lifetime Achievement Award

This Award will be presented to an individual who meets the following criteria:

- Has been a contributing member to the administrative structure of Delaware Senior Games for at least 10 years and may still be a participant.
- Has made meaningful contributions to DSG which enhanced the overall development and success of the organization.

Robyn Kirby. Robyn has been a critical member of the DSG board of directors, acting as vice president for over 10 years, maintaining the DSG website and coordinating activities, events and fundraising to ensure DSG continues its excellence both locally and nationally. She is an active participant in both volleyball and pickleball.



SMP

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Preventing Medicare Fraud

Empowering Seniors to Prevent Health Care Fraud

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DELAWARE
HEALTH AND
SOCIAL
SERVICES

courtesy DHSS



PACE Your LIFE

Delaware's Easiest Way to Continue Living Independently in Your Own Home

Caregiving is a 24/7 responsibility and caregiver stress is very real. Caregiving can impact a caregiver's professional life, family and personal relationships, their health, and can have negative financial consequences. Yet every day, women & men serve as caregivers to parents, spouses, friends, and neighbors who are elderly or have disabilities. Caregivers do housework, provide personal care, shop and prepare food, schedule and drive to appointments, give medication, plan activities, and offer emotional support. Many do this while working full-time and raising families. And they do this so that their loved one can remain in their own home.

PACE Your LIFE

PACE stands for Program of All-Inclusive Care for the Elderly, a unique model of care that helps people live safely at home with assistance from a team of compassionate healthcare experts. One of the newest PACE sites is right here in Milford, DE. PACE Your LIFE, a part of the Milford Wellness Village, is a free program that offers a total solution for individuals over age 55 who meet certain criteria and who experience health problems that limit their daily activities. By providing complete medical, health, and social services in a centralized location, as well as in participants' homes, PACE enables older adults to live independently.

"Before enrolling in PACE Your LIFE I was depressed. Now I love to mingle with the participants and help them enjoy themselves."

— Ed Darling, PACE Your LIFE participant

Your Life, Your Home, Your Way

The Milford Wellness Village is the site of PACE Your LIFE, a comprehensive medical and social program for residents in Milford as well as surrounding towns, who are 55 and older and need assistance with activities of daily living but want to age in place and remain in their home. PACE Your LIFE supports people who need assistance with at least one activity of daily living and one independent activity of daily living.

Participants have access to the state-of-the-art PACE Your LIFE Day Center, medical & specialty care, personal care, rehabilitation, social/recreational services, and meals. Transportation is provided to allow individuals to get to and from the Day Center and other medical ap-



PACE PARTICIPANTS PLAY BEACH BALL VOLLEYBALL IN THE DAYROOM.

pointments. All care is managed by the PACE Your LIFE team and network of contracted healthcare providers.

Every participant and their caregivers work with the team at PACE Your LIFE to create an individualized plan of care with individualized goals.

PACE services may include:

- PACE Day Center
- Home Health and Home Care Services
- Inpatient Services
- Transportation Services
- Lab Tests
- Primary Care Services
- Specialty Physician Care
- Social Services
- Rehab and Durable Medical Equipment
- PACE Your LIFE also includes all other services that are available in your area and determined necessary by your team of health care professionals to improve and maintain your overall health

All care is managed by the PACE Your LIFE team and a network of contracted healthcare providers.

These days, many caregivers are overwhelmed and are struggling to coordinate their loved one's care, juggle medical appointments, manage prescriptions, and maintain their households. The team at PACE Your LIFE can help!

To learn more, visit our website paceyourlifemwv.com or call 302-865-3565. PACE Your LIFE offers services to residents of southern Kent and Northern Sussex Counties (zip codes 19958, 19968, 19941, 19933, 19950, 19960, 19963, 19954, 19952, 19962, 19979, 19946, 19943, 19934). In addition to living independently, participants get assistance managing chronic health conditions with the goal of reducing hospitalizations and nursing home visits.

Embracing Independence: The Advantages of Aging in Place

As individuals enter their senior years, the concept of "aging in place" emerges as a viable and beneficial choice. Aging in place involves staying in one's home while accessing necessary support and care services. This deliberate decision holds sentimental value and offers practical advantages, contributing to a fulfilling and comfortable life for seniors.

One primary benefit of aging in place is the preservation of a familiar environment. Home represents more than a physical space; it encapsulates cherished memories, a sense of belonging, and the comfort of one's surroundings. Aging in place allows seniors to continue residing in a place filled with warmth, family events, milestones, and familiar spaces that hold a lifetime of stories. This continuity fosters emotional well-being and provides stability during the natural progression of aging.

Independence is fundamental to aging gracefully, and choosing to age in place empowers seniors to maintain control over their lives. The ability to make personal choices, manage daily routines, and live on one's terms contributes to invaluable autonomy. Seniors who age in place often experience a higher quality of life, engaging in activities that bring them joy, pursuing hobbies, and following routines that suit their preferences.

Aging in place does not imply isolation; rather, it encourages social connectedness. Seniors who remain in their communities can maintain relationships with neighbors, friends, and family members. Social connections are crucial for emotional health, and the community support system plays a vital role in providing companionship and assistance when needed, reducing the risk of loneliness and enhancing overall happiness.

Moreover, aging in place is often a more cost-effective option compared to institutional care. While assisted living facilities and nursing homes come with significant financial commitments, seniors who choose to age in place can avoid these substantial costs. The financial savings can be allocated towards enhancing the home environment, accessing additional support services, or enjoying leisure activities that contribute to a fulfilling retirement.

PACE Your LIFE, a Program of All-Inclusive Care for the Elderly (PACE) in the Milford Wellness Village, offers community-based care with a full-circle approach to enable seniors to continue living in their own homes. Our program coordinates care for all medical and social support needs, easing the stress for seniors and their loved ones. A healthcare team, including a primary care provider, nurse practitioner, specialists, social workers, physical & occupational therapists, and more, creates an individualized care plan for each participant. Contact us at 302-865-3565 or visit www.paceyourlifemwv.com to see if you or someone you know qualifies for services.

Your Life, Your Home, Your Way

Contact Us Today.

302-865-3565

1-833-772-3302 TTY(711)



**PACE
YOUR
LIFE**



paceyourlifemwv.com

21 West Clarke Ave,
Suite 1010, Milford, DE

Our priority is to keep you living at home while providing essential services.

PACE - Program of All-Inclusive Care for the Elderly

PACE is a national program of coordinated care for adults age 55 and over who meet the criteria for nursing facility placement but want to stay in their homes for as long as possible.

Coordinated health care

Medication management

Social activities

Transportation & more

PACE Is The Place *For My Loved One!*

Hear what PACE Your LIFE Caregivers Are Saying!

“

The people made PACE Your LIFE stand out. My mother found fellowship & warm staff. She gets up everyday and waits for the bus. Even if it is not her scheduled day, just so she never misses.”

-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



**PACE
YOUR
LIFE**

**Program of All-Inclusive
Care for the Elderly**



To learn more today, scan the QR Code, visit our website paceyourlifemwv.com or call us at 302-865-3565!



Crossword By Dave Fisher

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34						35		
36					37						38			
39				40							41			
42			43						44					
			45					46				47	48	49
50	51					52	53					54		
55					56						57			
58					59						60			
61					62						63			

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Answers on page 5

ACROSS

- 1. River to the North Sea
- 5. Postpone
- 10. Gulf port
- 14. Blue-green
- 15. Run off to wed
- 16. Bristle
- 17. Mouth organs
- 19. Cicatrix
- 20. Night before
- 21. Engine
- 22. Not clean
- 23. Break
- 25. Not those
- 27. Consumed
- 28. Fast cats
- 31. Presents
- 34. Coming up
- 35. Soak (up)
- 36. Cards with one symbol
- 37. Symbol of slowness
- 38. Bambi was one
- 39. Permit
- 40. Inundation
- 41. Fastidious
- 42. Versions
- 44. Male child
- 45. Filthy
- 46. Thief
- 50. Terpsichore
- 52. Had in mind
- 54. 3 in Roman numerals
- 55. Raise a stink
- 56. Vulgarity
- 58. Rear end
- 59. Eliminate, as undesirables
- 60. Look at flirtatiously
- 61. Lion's share
- 62. A small island
- 63. Adolescent

DOWN

- 1. Aromatic solvent
- 2. Depart
- 3. Reveals
- 4. Type of tree
- 5. Indicate
- 6. Gentry
- 7. Slang term for insane
- 8. Racial segregation
- 9. Affirmative
- 10. Help
- 11. Lessens
- 12. French for "State"
- 13. Not a one
- 18. Leaves out
- 22. Exploit
- 24. Taps
- 26. Make well
- 28. Pandemonium
- 29. Garden tools
- 30. Agile
- 31. Storm
- 32. Decorated, as a cake
- 33. Malodorousness
- 34. Unsigned by the author
- 37. Trudge
- 38. Fecal matter of animals
- 40. All right
- 41. Specialty
- 43. Fanfare
- 44. Opposite of dawn
- 46. Flatboat
- 47. Feudal lord
- 48. A long narrow passage
- 49. Above the horizon
- 50. Small amount
- 51. Pertaining to flight
- 53. Noble
- 56. Consumer Price Index
- 57. Excluding

ROASTED CARROT SOUP

Roasted Carrot Soup is an easy carrot soup recipe with tomatoes, garlic, cumin, and Greek yogurt to make it creamy and filling. This tomato-based vegetarian soup is simple, healthy, and the leftovers are perfect for lunches and dinners all week long!



INGREDIENTS

- 1½ pounds carrots peeled, cut into ½-inch slices (about 6 large carrots)
- 1 large yellow onion thinly sliced
- 4 cloves garlic peeled and left whole
- 2 tablespoons extra-virgin olive oil
- 1½ teaspoons kosher salt divided, plus additional to taste
- 1 teaspoon ground cumin
- ¼ teaspoon ground black pepper plus additional to taste
- 2 cans whole peeled tomatoes (28 ounce cans)
- 1 teaspoon dried basil
- ½ cup plain Greek yogurt plus additional for serving (or coconut milk for vegan and dairy-free)
- Fresh basil optional, for serving

DIRECTIONS

- Place racks in the upper and lower thirds of the oven and preheat the oven to 400°F. Generously coat two baking sheets with cooking spray. Set aside.
- Place the carrots, onions, and garlic in a large bowl. Drizzle with the olive oil, then sprinkle with 1 teaspoon salt, cumin, and pepper. Toss to evenly coat, then spread in a single layer on the prepared baking sheets, ensuring that the vegetables do not crowd one another.
- Roast for 25 to 30 minutes, turning twice, until the vegetables are tender and browned. Let cool on the pans for 10 minutes.
- While the vegetables cool, drain the juice from the tomato cans into a small bowl or measuring cup. Set aside.
- Working in two batches, add half of the roasted vegetables to a food processor fitted with a steel blade or to a blender. Add 1 can of the drained tomatoes. Purée until smooth, then pour the purée into a 4-quart or larger heavy-bottomed pot, such as a Dutch oven. Repeat with the remaining vegetables and tomatoes, then add to the pot.
- Stir in the reserved tomato juices, basil, yogurt, and remaining ½ teaspoon salt. Bring to a gentle simmer and let cook for about 10 minutes, until fully heated through. Taste and add additional salt and/or pepper as desired. Serve warm, topped with fresh basil and/or additional Greek yogurt.



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.

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

Answers on page 5

(courtesy of KrazyDad.com)

Free Weekly Men's Study Launches in Georgetown:

"The Statesman's Forum"

Ongoing meetings of The Statesman's Forum will continue on Thursdays at 10:00 a.m. at the Georgetown Public Library, located at 123 West Pine Street, Georgetown, DE.

The Statesman's Forum is a free, community-based gathering designed to help men grow in wisdom, character, and leadership through Scripture-based discussion. The study is open to all men in the community and is non-denominational, non-political, and discussion-oriented.

Each session runs approximately 60–70 minutes and includes guided teaching, group discussion, and practical application focused on everyday life, family, and community leadership. No prior experience or preparation is required.

There is no cost to attend, and seating is available for up to 120 participants.

Event Details:

- **What:** The Statesman's Forum — Weekly Men's Study.
- **When:** Thursdays at 10:00 a.m.
- **Where:** Georgetown Public Library, 123 West Pine Street, Georgetown, DE.
- **Cost:** Free and open to the public.

RSVP is strongly encouraged. For more information or to register interest, contact: Gregory E. Markomanolakis, 302- 331-5444 or email info@statesmanforum.org.

The Funny Bone

ENGLISH IS A CRAZY LANGUAGE

Let's face it—English is a crazy language!

There's no egg in eggplant nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies, while sweetbreads, which aren't sweet, are meat.

We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig.

And why is it that writers write but fingers don't fing, grocers don't groce and hammers don't ham? If the plural of tooth is teeth, why isn't the plural of booth beeth? One goose, two geese. So one moose, two meese? One index, two indices? Doesn't it seem crazy that you can make amends but not one amend, that you comb through the annals of history but not a single annal?

If you have a bunch of odds and ends and get rid of all but one of them, what do you call it? If teachers taught, why didn't preacher praught? If a vegetarian eats vegetables, what does a humanitarian eat? If you wrote a letter, perhaps you bote your tongue?

Sometimes I think all the English speakers should be committed to an asylum for the verbally insane. In what language do people recite at a play and play at a recital? Ship by truck and send cargo by ship? Have noses that run and feet that smell? Park on driveways and drive on parkways?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? How can overlook and oversee be opposites, while quite a lot and quite a few are alike? How can the weather be hot as hell one day and cold as hell another?

Have you ever seen a horseful carriage or a strapful gown? Met a sung hero or experienced requited love?

Have you ever run into someone who was dis-combobulated, gruntled, ruly or peccable? And where are all those people who ARE spring chickens or who would ACTUALLY hurt a fly?

You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm clock goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race (which, of course, isn't a race at all).

That is why, when the stars are out, they are visible, but when the lights are out, they are invisible. And why, when I wind up my watch, I start it, but when I wind up this essay, I end it!



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