

# MMC Bulletin

A monthly publication of The Modern Maturity Center Inc. 1121 Forrest Ave., Dover, DE 19904

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**FREE!**  
**February 2023**

## BLACK HISTORY CELEBRATION

Tuesday, Feb. 28

Theme: *Understanding the Importance of Mental Health & Wellness*

*in the African American Community*

\$15 per person (includes lunch)

Limited tickets on sale Feb. 1-22

at MMC Member Services

No tickets sold at the door



## Valentine Line Dance Blast

led by Ida Kirkendoll

Saturday, Feb. 11 1-4 p.m.

MMC Longwood Room

**\$10** per person

Light snacks  
provided

OPEN  
TO  
THE  
PUBLIC

Don't  
Forget  
to Wear  
**RED!!**

Tickets on sale at  
MMC Member  
Services  
until Feb. 8  
302-734-1200 x167  
NO TICKETS SOLD  
AT THE DOOR

## Estate Planning Questions?

*"If you have questions about setting up a trust, updating your will or any other estate planning issue, I can help answer your questions and let you choose the options that are right for you."*

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David J. Bever**

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**734-8400**



# From the Director



**Carolyn Fredricks**

January was an extremely busy month here at MMC and I expect February will be the same. We always try to keep you informed about the various events and how they will impact the parking.

We had several days in January that were extremely busy and unfortunately some of our clients here at the Center went to the guests of the event and expressed their displeasure. These events are very important to us, especially with the increase in labor, food and supplies. These special events help us to keep the prices to attend MMC affordable!! As we look ahead, we will try not to have fried chicken on a crowded parking lot day. It just creates too much congestion and confusion.

This month, the Modern Maturity Cetner welcomes new officers and some new Board members: Mark Biddle, Chair; Justin Strickland 1st Vice Chair; Linda Paradee, 2nd Vice Chair; Bethany Lewis, Treasurer; and Troy Adams, Secretary. We also welcome Renee Slaughter, Anu Kasat as new Board members and welcome back Nancy Wagner.

Retiring from the Board are Donald Blakey and Brian Bushweller. We thank both of these gentlemen for their willingness to serve and for their dedication to the Center.

Terri Brown, who will remain on the Board for another year has now stepped down as Chair due to term limits. Terry has been an awesome chair and a real cheerleader for the Center and all those we serve. She will leave some very big shoes for Mark to fill, but he is up to the task and is looking forward to 2023 at MMC.

You will start to see some improvements around the Center and while it may be a slight inconvenience, it will give our facility a bit of a facelift. Everything is going to be painted and probably the most noticeable will be the removal of the carpet in all the hallways and

replacing it with LVT tile. And of course, this year we plan to make some changes in the Longwood Room which will allow for a Welcome Center and the relocation of the boutique. Many things in the works, but of course we have to plan everything around our daily activities and special events. I hope it will not be too much of an inconvenience.

February brings many special events:  
The Line Dance Jamboree Feb. 8  
The Valentine Line Dance Blast Feb. 11

The Black History Month Celebration Feb. 28.

Tickets for all these events are on sale at Member Services, but hurry because they sell out quickly. All these events require advance ticket purchases and we are NOT selling tickets at the door.

The tickets for our Motown show, Motor City Fever, are on sale now and are going FAST. The show is April 1 (I can't wait) and will be here before you know it.

We have been lucky so far with the weather, but February could hit us hard. In case of inclement weather, please call the main number 302-734-1200. There will be a recording indicating whether the Center is open or closed.

February is sweethearts month. Now, like myself, your sweetheart may no longer be here with you, but there are people around who you love and appreciate. Let them know how much you care for them. Your kind words may be just the expression of love that will get them through a very rough time. It takes very little effort to smile and to be kind.

Love you all - Happy Valentine's Day.



**2023 MMC Board of Directors. Back row, L-R: Mark Biddle, Lindsay Rhodenbaugh, Troy Adams, Justin Strickland, Bill Holmes, Adam Gerber, Dave Lawson. Front row, L-R: Renee Slaughter, Heather Pepper, Aleta Hannah-Brown, Terri Brown, Joyce Breasure, Nancy Wagner, Any Kasat, Linda Paradee, Bethany Lewis. Not present: Allan Angel and Whitney Snow.**



**DELAWARE HEALTH AND SOCIAL SERVICES**  
Division of Public Health

## Community Health Services

**Kent County Community Outreach Unit**  
Modern Maturity Center (East Wing Conference Room)

1121 Forrest Ave, Dover, DE 19904

February 1<sup>st</sup>, 15<sup>th</sup>

10:00 a.m. – 3:00 p.m.

For more information, call: 302-932-2366

Please bring insurance or Medicare card

### DPH Community Outreach Unit will provide :

- COVID-19 Testing
- COVID- 19 Vaccinations
- Clinical and Community Resource Connections
- Flu Shots
- Educational Materials

wheelchair [accessible](#)

Vaccination and testing require patient and/or guardian consent

**No appointment necessary; walk-ins welcome**





# AmeriCorps Seniors

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## *The Secret Origin of.....the Twisted Stitchers*



**Mike O'Leary**

As I begin my 20th month as RSVP Director, one of the really cool things about this job is the chance to get to know lots of different people.

Volunteers do indeed come in lots of different shapes, sizes and colors!

One group I have gotten to know is a group of volunteers called the Twisted Stitchers.

The Twisted Stitchers had their origins around 2011. They were a stitching and sewing class being held at the Modern Maturity Center. The teaching class was going to be cancelled. The teacher of that class was an MMC employee named Barbra Lofland. It was she who apparently named the group the Twisted Stitchers. The class members decided to stay together as a group and get together each week to continue knitting, stitching, and crocheting. They then decided to knit and crochet items for various charities in Kent County. Louise Smith, the leader at the time passed the leadership baton to Darcy Connor, who handed it off to Joyce French. Current leader Edie Hobbs began in 2014.



**Above: Leaders along with Lyda Ellingsworth, Denise Posey, Patty Morris and Martha Crocker. There was a total of 27 Twisted Stitchers at this time.**

Under Edie's leadership, the group continued adding members, adding charities, and creating some truly incredible pieces.

By 2018, the group had grown to approximately 40 members. Bay Health Kent County Hospital had been a charity the group made items for from the beginning.



**Blanket made for Bay Health 2018. Left to right; Francis Smith who designed the blanket, Jane Walls, Virginia Malory, Emma Williams, Edie Hobbs, Patty Morris, Tess Urban and Janice Baker. All worked on this project**

Also in 2018, the Stitchers made hats, scarves, blankets and even a sweater for children. Mom's House put these on their Christmas tree for the kids!

**Mom's House Christmas Tree**



Over the years, the Twisted Stitchers have made preemie blankets/hats, lap blankets, scarves, washcloths, octopus bookmarks, coin purses and other items too numerous to mention for charitable

organizations across Kent County.

They have also worked with MMC's Trudie Clay, the Meals on Wheels coordinator the last four years. The Stitchers make and distribute Christmas gifts for Meals on Wheels recipients which are delivered by Meals on Wheels volunteers.

In addition to Meals on Wheels there are several other organizations the Stitchers will be providing gifts to in 2023. These include Bay Health, Operation Christmas Child, Code Purple, American Heart Association, Alford I. Dupont Children's Hospital and New Day Pregnancy Center.

Past organizations that the Twisted Stitchers have made items for include Veteran's Home, Cancer Treatment Centers of America, Heart 2 Heart, Helen Graham Cancer Center, Interfaith Mission, Kent County Pregnancy Center, Lions Club, Lyme Yarn bombs, Little Creek Methodist Church, Mom's House, Shepherds Place, and the SPCA.

The Twisted Stitchers roster now has 54 folks! Some do their stitching work at home and have their

items brought to MMC. In 2022, the Twisted Stitchers group made and donated approximately 4,529 items. What an awesome gift to residents of Kent County. About half the yarn the Twisted Stitchers use is donated. The rest they pay out of their own pocket.

Interested in joining? Edie Hobbs, current leader of the group says all you need is an MMC Membership card and can knit, loom, crochet, etc. No obligations or commitments required.

The Twisted Stitchers can usually be found gathered around a table in the Longwood Room, looming, crocheting, knitting, chatting and...GIVING!! Giving of their time and skills to put smiles on the faces of so many folks - from a 15 inch hat for a small preemie baby, blankets, hats and booties, cotton washcloths, coin purses, to scarves, gloves and hats to keep an 80 year old warm.

Twisted Stitchers: A Special Salute from RSVP Director Mike O'Leary and Volunteer Coordinator Fran Shane. You are truly awesome!!!

Special thanks to Edie Hobbs for her help writing this story.



**Above is a picture of many of the current group. L-R: Phillis Townsend, Virginia Mallory, Beverly Bellows, Jane Youmans, Debbie Wilkerson-Ruff, Pricilla Young, Jane Walls, Edie Hobbs, Eva Dixon, Beth Heggan, Nanka Pearce, Roxanne Johnson. Sitting Left To Right Marian Lord, Milagros Corchado, Maureen Salvatore, Charleen Blue-Amor.**

Members not pictured include: Kelsie Abduljawad, Marilyn Mitchel, Ernestine Adams, Shirley Alston, Janice Baker, Lynell Blind, Cheryl Bradley, Ronnie Brennan, Lucille Carter, Miriam Charlton, Mary Ann Coe, Janet Coleman, Sharon Cooper, Antoinette Copelton, Judy Durante, Brenda French, Betty Friend, Audrey Fuller, Beverley Glover, Debbie Hagan, Carol Jean Haley, Mary L Hall, Carol Hansely, Barbara Harder, Virginia Lauber, Claire Littlefield, Helen Lomax, Susan McLaughlin, Brenda Morris, Patty Morris, Suzanne Parrott, Lorie Lee Plummer, Linda Randall, Denise Posey, Irene Simpson, Frances Smith, Linda Tutt, Tess Urban, Patricia, Vanderstraeten, Joyce Vasikonis and Karen Wysocki.



# Look whats fun and free at MMC

Effective February 1, 2023, classes are only available for members with memberships current as of September 1, 2022.

## Extreme Beginners Line Dance Step Class - Part II

Come to the "Extreme Beginners – Part II" step class on Fridays, through March 3 from 1 to 3 pm in the Palmer Room. Instructor: Jacci Kenny. The class is FREE for members.

## Beginner Tap

Tap dance sharpens reflexes and improves memory skills and coordination. Beginning classes will work toward establishing fundamental tap movements, vocabulary and work on basic rhythms and steps that progress into fun and lively dance combinations. Classes meet Tuesdays 2 - 3 p.m. in the Palmer Room. This class is free for members.

## Get Up and Move!

Let's Get up and move! with Ida Kirkendoll, owner of Forever Active Lifestyle! She'll get your heart pumping and the joint will be jumpin! This class is an intermediate standing class that includes Aerobics, Kickboxing, Zumba and more. Classes are Tuesdays from 8 to 8:40 a.m. in the Palmer Room. This class is free for members.

## Advanced Line Dancing

Advanced level students meet Tuesday and Thursday from 10 to 11:30 a.m. in the Palmer Room. The "Steppin' Seniors" line dance group learns and practices advanced level line dance and performs for charity throughout Kent County. This class is free for members.

## Beginner Line Dancing

Beginner Line Dancing meets Monday from 10 to 11 a.m. and Wednesday from 9:30 to 11 a.m. in the Palmer Room. Beginners are always welcome. Just let the instructor know at the beginning of class that you are new. You will be

dancing with the best of them in no time. This class is free for members.

## Broadway Dancing

This class combines dance moves with expressive stage movement to interpret music. Students will learn the choreography for a production number for the Summer show held the end of June. This is not only a dance class, but we learn to use facial expressions and body language to tell a story. Come find out what's in store for you this season and be prepared to have fun and be silly! Classes meet Mondays from 1:30 – 3:30 p.m. in the Palmer room. The class is free for MMC members.

## NEW - Broadway 2 –

Advanced class. Students will learn a routine that will challenge themselves to use more expression and acting while dancing. This will build on the Broadway class skills to elevate your performance skills. This level does require more body flexibility, and expressive movement. Class meets Thursdays at 1 p.m. in the Palmer room. The class is free for MMC members.

## Couples Line Dancing

Couple's line dance meets Mondays from 11:15 a.m. to 12:15 p.m. in the Palmer Room. Grab a partner and become a line dancing duo. This class is for beginner and intermediate level students. This class is free for members.

## Dancing In Your Chair with Ida

Participants exercise safely while seated in their chair. **\*\*NO STANDING REQUIRED!** Class is intended for participants that are unable to stand. Classes are every Tuesday from 9 to 9:40 a.m. and Friday 10:15 to 11 a.m. in the Palmer Room. This class is free for members.

## High Impact Line Dancing

High Impact line dance meets Tuesday and Thursday from 11:30 a.m. to 12:30 p.m. in the Palmer Room. Get your heart pumping and your blood flowing in this high impact class. This class is free for members.

## Intermediate Line Dancing

Intermediate level students meet Thursdays from 9 to 10 a.m. in the Palmer Room. This class is free for members.

## Low Impact Aerobics

Low Impact Senior Aerobics helps keep you fit! Classes meet Mondays 8:45 – 9:45 a.m. and Fridays at 9 - 10 a.m. in the Palmer Room. This class is free for members.

## Soul Line Dancing

Soul line dance meets in the Palmer Room Wednesdays from 11:15 a.m. to 12:15 p.m. Dance with

the Soulsations to the soul and R&B music you have always loved. FREE for MMC Members only.

## Veterans Assistance

The Delaware Commission of Veterans Affairs (DCVA) Kent County Service Officer is on-site the third Thursday of every month to aid veterans. The Service Officer is available between 10 and 11 a.m. in Activity Room #6/Chapel. The next scheduled visit is Thursday, Feb. 16.

## Pray Until Something Happens

P.U.S.H. is a Christian group that comes together to pray for our community and individual family issues. Our prayer time is preceded with a Bible study to focus on how to pray more effectively. The group meets every Friday morning from 9 until 10 a.m. in Activity Room #5. All are welcome. Free for MMC members.



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## Conversational Italian

Learn the basics of Italian and get to know other Italian enthusiasts at the MMC. Giuliano “G” Gregoretti teaches this fun and free class on conversational Italian. Classes are free for MMC members and are held Wednesdays from 11 a.m. to noon. Classes are in Activity Room #8. No registration is required.

## Conversations with Carolyn is back!

Join our President, Carolyn Fredricks, for a relaxed conversation about the center. Come prepared with any questions, comments, concerns, or ideas you may have. This is a wonderful opportunity to

## MMC *Bulletin*

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The Modern Maturity Center's *Bulletin* is published for the information and enjoyment of older Americans. MMC serves as an information broker only and is not liable for any negotiations or events that may occur. The Editor will consider material which is of particular interest to this group of readers. Opinions expressed are not necessarily those of the Modern Maturity Center and its staff. The *Bulletin* supports the governing bodies of the City, County, State and Federal Governments. Abusive language is not permitted. Printed by Delaware Printing Co., Dover, DE.

The Board of Directors of the Modern Maturity Center has determined that the possession of a deadly weapon, as defined by 11 Delaware Code, Section 222 (5), as amended, on the premises and/or its vehicles is detrimental to the safety and welfare of members, staff, and visitors. It is prohibited. Violation of this policy may result in immediate expulsion of the offender and the matter may be reported to law enforcement officials.

Carolyn Fredricks..... Executive Editor  
Cate Lyons ..... Managing Editor  
Rian Davis..... Composition  
Shannon Davis ..... Composition

### Directors :

Mark Biddle, Chair; Justine Strickland, 1st Vice Chair; Linda Paradee, 2nd Vice Chair; Troy Adams, Secretary; Bethany Lewis, Treasurer; Terri Nellans, Whitney Snow, Allan Angel, Joyce Breasure-Herrick, Dr. Lindsay Rhodenbaugh, Dr. Aleta Hannah-Brown, Bill Holmes, Heather Pepper, David Lawson, Adam Gerber, Nancy Wagner, Anu Kasat, Renee Slaughter.

get connected with the center and let your voice be heard. This meeting is usually held the third Thursday of the month. The next meeting is scheduled for Feb. 19, from 9 to 10 a.m. in Activity Room #3. Light refreshments are provided. Meeting will not be held if there are less than 10 participants. Please sign up at Member Services to reserve your spot today!

## Needle & Threadwork Embroidery

Join Nanka Pearce, 2023 Delaware State Fair blue-ribbon winner to learn embroidery. All skill levels welcome. The group meets every Friday from 10 a.m. to 2 p.m. in Activity Room #3. This class is FREE for MMC members.

## Forrest Ave. Quilters

The Forrest Avenue Quilters meet Wednesdays from 9 a.m. to noon in Activity Room #1. This is not a structured class but independent quilting with guidance. The Forrest Ave Quilters work on charitable projects each year and submit a group quilt to the Delaware State Fair. Free for MMC Members.

## Twisted Stitchers

Looking for a fun activity that gives back to the community at the same time? The Twisted Stitchers are a charity knit and crochet group. They meet every Wednesday from noon to 3 p.m. in Activity Room #8 to work and learn together. The group connects projects with various charities in the community including Bayhealth, The Veterans Home and Code Purple. You can receive

volunteer hours for the work you do! This group is FREE to members of the MMC.

## Bible Study –

Please join Pastor Glenn Johnson of Grace Presbyterian Church in Dover for in-depth Bible study and expository teaching also with Q&A. The group meets weekly Tuesdays from 10 to 11 a.m. in Activity Room #5. Free for MMC Members.

## NEW FOR 2023!

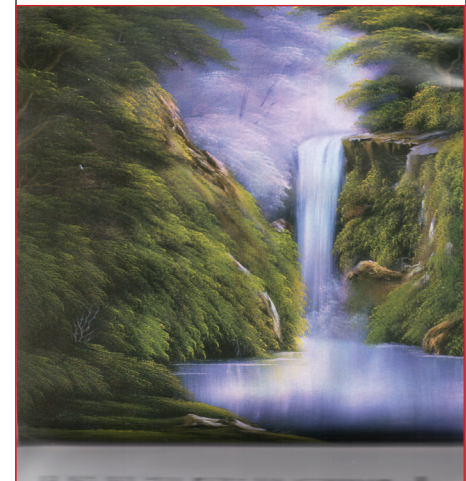
## “Make It and Take It”

Local artist Joyce Lapp teaches you a DIY craft or painting that you can do for fun, décor, or a gift! All materials are provided. The class meets the first Thursday of every month in Activity Room #1 from 9:30 to 11:30 a.m. The March class is a basic drawing class including shading and fun exercises and tips. The class is \$13, and you must register and pay in advance at Member Services. Class is limited to 12 participants. Refunds are not issued with less than 24-hour cancellation notice.

## Valentine Line Dance Blast!

The fun is led by Ida Kirkendoll Saturday, Feb. 11, from 1 to 4 p.m. in the Longwood Dining Room. The cost is \$10 per person. This is event is open to the public. Light snacks are provided by PAM Health Rehabilitation Hospital of Dover and Humana Medicare Advantage. Don't forget to wear red! Proceeds support programs for seniors. Please contact Member Services for tickets at 302-

734-1200 ext. 167. Ticket sales end Wednesday, Feb. 8. No tickets sold at the door.



**All Art Tuesdays** - Join artist/instructor Phyllis Shier at her bi-weekly art classes focused on oils and featuring wet on wet technique. Acrylic painters welcome. Phyllis has taught art to all ages in various venues. This class is fun and relaxed. Beginners are welcome! Classes are the second and fourth Tuesday of the month from 10 a.m. to noon in Activity Room #1. Learn a new painting the first week of the month. The first class of the month begins new instruction on a specific painting. The second class takes that same painting and helps it come alive as a finished piece. The cost is \$10 per class for MMC members or purchase an art card for \$60 for six classes. The February painting is “Mystic Falls.” Students must provide their own supplies. Supply lists are available from Member Services and on the MMC website. Class size is limited to six students. Sign up at Member Services, Monday through Friday 9 a.m. to 3 p.m.

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# MMC Trips & Tours

***Modern Maturity Center tours are open to all. Non-MMC members pay \$30 extra per trip. Deposits are required to sign up for a trip. Cancellation penalties in effect for all trips and may vary. Please ask for specific penalty dates at time of booking. Day trips must be paid in full at time of sign-up.***

If you would like information on a trip or tour or to schedule an in-person appointment, please call 302-734-1200 ext.190. Hours are 10 a.m. to 2 p.m. Monday through Friday.

Bus seating is based on sign up order. Refunds will not be given for day trip cancellations unless seat/tickets can be sold. Day Trips may be cancelled if a minimum of 25 participants has not been reached by the time deposits are due.

Those who choose not to purchase travel protection for our extended tours will be asked to sign a waiver. ***Travel Insurance premiums are non refundable.***

We will do our best to accommodate reasonable special needs; however, we need as much advance notice as possible to coordinate travel and lodging requirements with contractors.

**Ask about :**  
**Springtime in Charleston**  
**5 days/4 night, March 26-30, 2023 starting at \$799 per person double occupancy.**

**Travel Protection is strongly recommended.** *Host: TBA.* Price includes: motor coach transportation, 4 nights hotel accommodation, 4 breakfasts, 4 dinners (including the Charleston Grand House and dinner cruise on Spirit of Carolina). Also included: guided tour of historic Charleston; admission to Magnolia Plantation and Gardens; tea, tour and trolley at Charleston Tea Plantation; visit to historic City Market; plus baggage handling, standard taxes and meal gratuities. *PML Tours*

**Ark Encounter, Louisville, Lexington, KY**  
**4 days/3 nights, April 24-27, 2023 starting at \$1399 per person double occupancy.**

**Travel Protection is strongly**

**recommended.** *Host: TBA* Price includes: motorcoach transportation, 3 nights hotel accommodations, 3 breakfasts and 2 dinners (including Emzara's Kitchen at the Ark Encounter). Also included: Experience the Ark Encounter; dinner cruise on the Belle of Louisville; guided tour of Louisville, KY; visit to the Kentucky Horse Park and the International Museum of the Horse; plus standard taxes, baggage handling and meal gratuities. *PML Tours*

**New York City**  
**2 days/1 nights, May 17-18, 2023, starting at \$499 per person double occupancy.**

**Travel Protection is available.** *Host: TBA* Price includes: motorcoach transportation, 1 nights hotel accommodation, breakfast at your hotel, one dinner at a NYC restaurant, orchestra seating for "Camelot", guided tour of NYC, Visit to the new Statue of Liberty Museum and immersive theater, plus standard taxes, meal gratuities, driver's tips and baggage handling.

**Explore the Mediteranean on Royal Caribbean's Symphony of the Seas**

**10 days/9 nights, June 2-11, 2023 starting at \$4199 per person double occupancy, inside cabin**

**Travel Protection is strongly recommended. Cancellation policy begins upon initial deposit.** *Host: Tommie Moore* Price includes: roundtrip airfare, 8 day/7 night cruise; 3 included expert guided tours, 1 night hotel in Barcelona, stateroom accommodation, shipboard meals. Tours include Barcelona, Spain; Pisa, Italy; Rome, Italy. Also port calls in Palma de Mallorca, Spain and Naples/

Capri Italy. *PML tours*

**West Virginia Train Adventure**

**4 days/3 nights, July 18-21, 2023, starting at \$899 per person double occupancy.**

**Travel Protection is available.** *Host: TBA* Price includes: motorcoach transportation, 3 nights hotel accommodation, 3 breakfast at your hotel, two lunches on the trains and 2 dinners. Trip includes dinner and show at Gandy Dancer Theater, Ride on the new Tygart Flyer (offers two mountain grades, an "S" curve tunnel, passage into a 1,500 feet deep canyon, a high bridge over the Shavers Fork of the Cheat River and culminates at High Falls of Cheat waterfall.); performance of the Greatest Show on Rails; ride on Cass Scenic Railway to Bald Knob on historic steam engine.. Trip insurance recommended no refunds after final payment. Trip protection available and encouraged. Standard taxes, meal gratuities and baggage handling also included.

**Mackinac Island, MI & Frankenmuth, MI**

**7 days/6 nights, Sept. 17-23, 2023 starting at \$1399 per person double occupancy.**

**Travel Protection is strongly recommended. Cancellation policy is severe.** *Host: TBA* Price includes: motorcoach transportation, 6 nights hotel accommodations, 6 breakfasts, 3 dinners (including a warden Inn). Also included: 5 evening reception at your hotel with hot food and beverages; buffet lunch at the Grand Hotel; hydrojet ferry ride to Mackinac Island; carriage tour of Mackinac Island; Soo Locks boat tour and boxed lunch; Jack Pine Lumberjack Show; tour of Frankenmuth; visit to Bronner's Christmas Wonderland; plus standard taxes, baggage handling and meal gratuities.

**California Coast on Celebrity "Eclipse"**

**9 days/8 nights, Oct. 7-15, 2023 starting at \$2598 per person double occupancy, inside cabin**  
**Travel Protection is strongly**

**recommended. Cancellation policy begins upon initial deposit.** *Host: TBA* Price includes: roundtrip airfare, 8 day/7 night cruise; Guided tours of Los Angeles and Dan Diego, 1 night hotel in Los Angeles, Cabin, Shipboard meals. PLUS Classic beverage package (alcoholic and nonalcoholic drinks, shipboard gratuities and wifi. Port calls - Los Angeles, Catalina Island, Santa Barbara, San Francisco, San Diego, and Ensenada Mexico. *PML Tours*

**Scenic, Historic & Mythical Scotland**

**8 days/7 nights, Oct. 16-23, 2023 starting at \$4239 per person double occupancy.**

**Travel Protection is strongly recommended. Cancellation policy is severe.** *Host: Carol Taylor* includes roundtrip airfare, 6 nights 4-star hotel accommodations, 6 breakfasts, 3 dinners, 1 lunch, motorcoach transportation in Scotland, local taxes, portage for one suitcase per person, meal gratuities. Also included: Boat ride on Loch Ness, daily expert guide service, admission to Edinburgh Castle, fully guided touring of Stirling, Glencoe, Fort William, Loch Ness, Clava Cairns, visits to Culloden Battlefield, Aviemore, Pitlochry and more! Full day of touring to Skye. Visit iconic Outlander sites including Hopetoun House, Blackness Castle, Linlithgow Palace. Admission to Eilean Donan Castle, Whiskey Day to Speyside to include visits to 2 Scottish Distilleries.

**Fall Foliage in Vermont**

**4 days/3 nights, Oct. 17-20, 2023 starting at \$799 per person double occupancy.**

**Travel Protection is available and strongly encouraged.** *Host: TBA* Price includes: motorcoach transportation, 3 nights hotel accommodation, 3 breakfasts at hotel, 2 dinners including a dinner cruise on Lake Champlain, visit to Trapp Family Lodge and tour, admission to New England Maple Museum, tour of Vermont Teddy Bear Factory, shopping in downtown Burlington VT, visit to Ben & Jerry's Ice Cream Factory, visit to Vermont Country Store.



## San Antonio, Waco, Dallas 6 days/5 nights, Nov. 5-10, 2023 starting at \$2059 per person double occupancy.

Travel Protection is strongly recommended. Cancellation policy is severe. Host: TBA Price includes: roundtrip airfare, 5 nights hotel accommodations, 4 evening receptions at hotel, 4 breakfasts, 4 dinners (including a Texas-style dinner at Southfork Ranch), lunch in Waco. Also included: guided tour of San Antonio, visit to the Alamo, guided tour of Waco (including visits to the Silos and Cedar Chest Antique Mall); dinner and visit to Southfork Ranch; San Antonio Riverwalk; Texas Ranger Hall of Fame; dinner at Rio Cibolo Ranch with a Twilight Hay Wagon ride; guided tour of Dallas, TX; plus standard taxes, meal and driver gratuities, baggage handling, airport transfers and motorcoach transportation in Texas.

## Christmas on the Danube Cruise on Viking longship "Gullveig"

9 days/8 nights, Dec. 1-9, 2023  
starting at \$3931 per person  
double occupancy, window  
cabin

Travel Protection is strongly recommended. Cancellation policy begins upon initial deposit. Host: TBA Price includes: roundtrip airfare day before, 8 day/7 night cruise; cabin, welcome bottle of wine, welcome cocktail reception and farewell dinner, wine and beer served with lunch and dinner, all onboard meals, 6 included shore excursions with local guide and headset, port charges, taxes, transfers in Budapest and Regensburg, motor coach to and from the airport. Ports: Budapest Hungary, Vienna Austria, Krems Austria, Passau Germany, Regensburg Germany.

## Biltmore Estate 4 days/3 nights, Dec. 4-7, 2023 starting at \$798 per person double occupancy.

Travel Protection is strongly recommended. Host: TBA Price

includes: motorcoach transportation, 3 nights hotel accommodation, 3 breakfasts at hotel, 2 dinners including holiday dinner at the Biltmore and at the Omni Grove Park Inn. view entries to National Gingerbread House competition, self-guided tour of Biltmore House, guided tour of Asheville, NC; admission to Biltmore gardens and grounds and wine tasting.

## MMC Day Trips

### Sister Act

*Dutch Apple Dinner Theater, Lancaster, PA*  
**Wednesday, March 15, 2023**

Cost is \$125, which includes motor coach, bus driver tip, show and lunch. The feel-amazing musical comedy smash based on the movie - Sister Act. Leave MMC 9 a.m.; Buffet Lunch 11:30 a.m.; Show 1 p.m., return to MMC approx. 6 p.m.

### Moses

*Sight & Sound, Lancaster, PA*  
**Thursday, March 30, 2023**

Cost is \$150, which includes motor coach, bus driver tip, show and meals.

From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for the whole family. Experience one of the Bible's most epic stories as MOSES comes to life with massive sets, special effects, and live animals in this original stage production. Leave MMC 7:30 a.m., show 11 a.m., lunch 2 p.m.; return to MMC approx. 6 p.m.

## **2ND TRIP ADDED!**

### Moses

*Sight & Sound, Lancaster, PA*  
**Tuesday, June 6 2023**

Cost is \$150, which includes motor coach, bus driver tip, show and meals. From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for the whole family. Experience one of the Bible's most epic stories as MOSES comes to life with massive sets, special effects, and live animals in this original stage production. Leave MMC 7:30 a.m., show 11 a.m., lunch 2 p.m.; return to MMC approx. 6 p.m.

## Philadelphia Flower Show

*Philadelphia Convention Center*  
**Wednesday, March 8, 2023**

Cost is \$85, which includes motor coach, bus driver tip, and show ticket. Leave MMC 8 a.m., Flower Show 10 a.m. - 3 p.m., Return to MMC approx. 5 p.m.

## Spirit of Philadelphia

*Philadelphia, PA*

**Thursday, June 22, 2023**

Cost is \$140, which includes motor coach, bus driver tip, dinner, meal gratuity, entertainment and dancing. Dine, dance, and take in the amazing views aboard Spirit of Philadelphia. Departing from Penn's Landing, this unforgettable 2-hour lunch cruise on the Delaware River lets you relax and enjoy the beauty of Philly's historic waterfront. Enjoy the company of old friends, while listening to onboard entertainment and DJ music while dancing your afternoon away. Leave MMC 9 a.m., Board cruise ship 11:30 a.m., lunch/cruise 12-2 p.m. Return to MMC approx. 5:30 p.m.

## **NEW - Documenting** **Your Legacy**

A how-to-guide made quick and easy! Join Dr. Brenda Farmer as she takes you through the steps to document your legacy. Expressly designed for seniors, this workshop is a "how-to-guide" to documenting and publishing your or a loved one's life story in 30 days or less! It is broken down into an easy step-by-step method to complete what most see as an overwhelming task-becoming a published author. This workshop is unequivocally the answer to leaving current and future generations your legacy/life story. The class objectives are to explore your individual uniqueness, to prepare your documented legacy-quick and easy, and become a published author. Participants are inspired and filled with pride and joy. The classes are available the second Wednesday of each month, 10 to 11:15 a.m. in AR #5. The first class will be held on Wed., Feb. 8. The cost is \$15. Sign up for an appointment with Member Services at 302-734-1200 ext. 167. Advance payment is required. Refunds are not issued with less than 24-hour cancellation notice.

## Live Grand at . . . THE GRANDE APARTMENTS

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# Legislative News

by George  
"Jody" Sweeney  
Kent County  
Levy Court  
Commissioner,  
5th District



## Zoning Ordinances

Did you know, it has been 50 years since the first Zoning Ordinances enacted by Kent County Levy Court? For all of you who stand on the principle that it is your property and you should be able to do what you want with it, I generally agree, except when it impacts your neighbor's quality of life or their home's value. Now switch that around to how you don't want YOUR neighbor to impact YOUR quality of life or YOUR home value.

Kent County Ordinances are designed to ensure that the right type of construction is done in the right places, and that infrastructure of schools, roads, water, sewer, stormwater management, and paramedic services are available. Zoning ordinances ensure that density of residences, commercial, and manufacturing does not impact on that infrastructure or traffic conditions, and that the government is trying to maintain the beautiful heritage of our county.

In January, 2023, Kent County is reviewing its first massive overhaul of Zoning Ordinances in 50 years. Zoning is very complicated governance, so not every part of the code is being changed. And no matter what changes are made with this overhaul, as we have done for the last 50 years, minor changes can be made at any time to ensure we are doing right by the residents of Kent County.

In the upcoming overhaul, you will see some modernization that will address telecommunications towers to improve broadband

access and addressing solar and wind power installations. Some obsolete zoning uses will be eliminated or merged together to make the code easier to navigate.

There will also be regulations that are very similar grouped together to simplify the code. There will be a chart that provides very easy access to see what types of uses are available in each zoning category.

Kent County has a Board of Adjustment that is an appeals board for denied zoning applications. Over the years, these appeals have been tracked and those with the highest number of approvals will be integrated into the new ordinances. These are such things as setbacks from roadways and wetlands, accessory buildings, and impervious cover.

Finally, typos, redundancies, and conflicts are being removed to the best of our ability.

Some areas that are not being addressed are signage and parking, historic preservation, cluster development design, and airport zones. It isn't that these are not important, just that they are very well covered in existing zoning laws.

Originally, these zoning changes were scheduled to be reviewed in December. But, after many months of public workshops and cursory reviews by Commissioners, it was decided to delay the public meeting for a few months to give commissioners a chance to complete their review. Personally, I have a few issues with some of the wordage, and hope to get some changes.

In the coming months, I will write subsequent articles with more details.

My message today is that your Levy Court Commissioners are working hard to balance residential, commercial, and infrastructure to ensure a good quality of life for all Kent Countians.



## COMFORT AND DIGNITY AT END OF LIFE

Our multidisciplinary team of professionals provide a broad range of services to patients and families, bringing comfort and peace of mind at the end of life.

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# Krafty Korner by Karen



Hello fellow crafters. Can you believe we are starting February and we still haven't had any snow? All I'm asking for is to see a few flurries, nothing major. Although I do have my fingers crossed we don't get anything especially around the last two weeks of this month. I have been planning a HUGE birthday slash retirement celebration for my husband since June... and yet why do I have this gut feeling we're going to have a snowstorm around this time? I guess we'll see if it happens.

Year after year when we take down the Christmas lights and pack away the decorations from my front porch, everything looks so bare. With February being one of the winter months I typically skip decorating for this holiday. However, I will admit I do love going out for dinner and getting flowers. Don't get me wrong, I do at least hang something on my front door with hearts. There is something about the red color that makes the front door "POP". He tells me that using the word POP to describe something must be a Delaware thing. Really? Keep in mind he's from Kansas, Land of Oz and of course Dorothy's shoes which are what color? RED!!!!!! POP...POP...POP...!!!!!!

Making a wreath for Valentine's Day is so easy. Whether you love working on crafts or you think it's not your cup of tea, this easy DIY wreath will make you believe that you can create a wreath for any holiday. And everything is from the Dollar Tree. So let's gather up all of the supplies,

a warm pair of sweats and a cup of coffee and go crafting!

Remember... "BE INSPIRED AND CREATE"!

## Farmhouse Valentine Door Hanger



### SUPPLIES:

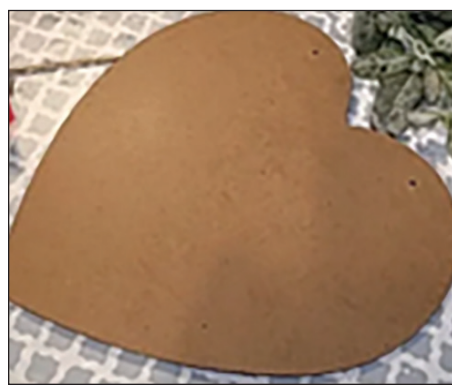
- Wooden Heart Shaped Sign
- Self-Adhesive Wall Tile (Silver Backsplash)
- White Paint & Brown Paint
- Paint Brushes
- Sandpaper
- Greenery Pick
- Glue Gun & Glue Sticks
- Ribbon for Bow

### DIRECTIONS:

- Remove any hardware and lightly sand.



- Remove the twine hanger. Don't worry about the holes because they will be covered.



- Remove the backing off of the wall tile and stick it to the wooden heart sign. Cut off any excess tile around the heart.



- Paint the tile heart white using a dry brush technique. DO NOT cover it completely because you want a small amount of the grayish silver to peak through.



- To add more of a distressed look take a separate dry brush and very lightly go over the tile.



- Take some greenery and cut into pieces to embellish by using hot glue at the top of the heart.



- Make a small bow, or you can buy one premade to add in the middle of the greenery.



- Add a hanger with the twine you removed earlier or leave it without a hanger and prop it up on a shelf or fireplace mantel.



**Military Day - Mon.**  
**Senior Day - Tues.**  
**Ladies' Day - Wed.**  
**Mens' Day - Thursday**

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## Caregiver Resource Center

We are sharing our love for our caregivers here at the Caregiver Resource Center. Happy Valentine's Day to all! Some winter safety tips from the staff at Modern Maturity Center include:

- If you use a space heater, always plug the space heater directly into an outlet. Never use an extension cord.
- Make sure to place the space heater on a level surface at least 36 inches away from any other object, linens, curtains, or blankets.
- Don't place objects on top of the space heater while in use.
- Don't leave the space heater unattended.
- Always turn the space heater OFF when you leave.
- Reduce the risk of heart attack when shoveling snow by avoiding overexertion or walking too long in heavy snow.
- Limit your time outside when temperatures drop below freezing, wear double layers of insulated clothing when having to go outside. Frostbite can occur in as little as a few minutes!
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

If you or your family needs assistance with heating, please contact

the CRC at the extensions listed below so we can refer you to the appropriate resources. Here are our upcoming support groups:

**February 2** - Parkinson's support group beginning at 5 p.m.

**February 6** - Day support group begins at noon.

**February 14** - Second Time Around Grandparents support group beginning at 9 a.m.

**February 21** - Evening Support Group beginning at 6 p.m.

**March 2** - Parkinson's support group beginning at 5 p.m.

**March 6** - Day support group begins at noon.

**March 14** - Second Time Around Grandparents support group beginning at 9 a.m.

**March 21** - Evening support group beginning at 6 p.m.

The Caregiver Resource Center (CRC) is here to help with your needs as a caregiver to an older adult or if you are caring for a related child or children. Call us on 302-734-1200 ext. 186/192. Dawn Morris and Jennifer Mogle, CRC Coordinators. The Caregiver Resource Center at Modern Maturity is partially funded by DHSS (Department of Health & Social Services) Division of Services of Aging and Adults with Disabilities through the National Family Caregiver Support Program. Title III-3 of the Older Americans Act.

## Senior Community Service Employment Program

The Senior Community Service Employment Program is available to all job seekers at or above the age of 55, who live in Kent County and meet 125% of Federal Poverty Guidelines. This is a training to work program that provides paid training while you seek full or part time employment. We are currently training 25 hours per week at \$11.75 per hour.

If you are currently receiving Social Security Disability, it does not count as income if you are not full retirement age. If you are receiving regular Social Security Income, we deduct 25% of the gross for considered earnings. Veterans have top priority to enter the program. You are a phone call away from training for your future job

Pat Court, a Pittsburgh native, is currently enrolled in the Kent County Senior Community Service Employment Program. She is delighted to be included as a SCSEP trainee and is enjoying being back in the workplace. Before joining the training program, she had felt out of date and "out of steam." SCSEP has renewed her energy along with her skills. Pat says, "I have learned new skills, brushed up the old ones, and am excited to succeed!"

**YOU COULD BE OUR NEXT SUCCESS STORY!** If you are unemployed and need additional training to attain employment,

you can contact us at (302) 734-1200 ext. 145. We look forward to your call and being a part of your opportunity to train in skills necessary to gain employment. These skills come in the form of Clerical, Office Administrative, Custodial, Food Service, Retail and more. Don't delay any longer! Call us today to get your application for the program.

"DHSS-DSAAPD encourages contractors to express freely their findings and conclusions. Points of view or opinions do not necessarily represent official DHSS-DSAAPD policy." ~ Dawn Bunyon, Director



Pat Court, SCSEP Trainee



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Aging and Adults with Physical Disabilities



## Israel & Jordan Highlights Tour coming 2024

Join us Feb 22, 11 a.m. at MMC in the West Conference Room for a presentation provided by Terese Balzereit with Premier World Discovery, for the overview of the Highlights of Israel and Jordan, February 29, 2024, tour.

Experience the magic of the Holy Land as we Discover the home of significant biblical & Judaic sites, followed by the ancient stone-carved city of Petra, on our 12 day tour.



# MMC Winners!



Left: Sam Baldwin was the birthday winner Jan. 12 at MMC.

Birthday Winners receive a \$25 VISA gift card from Del-One Federal Credit Union. Each month one winner is drawn from all registered birthday celebrants. In order to be eligible for the drawing and your free birthday lunch, you must have a current MMC membership card and proof of birth date. The next birthday celebration is Thursday, Feb. 9. Photo by Lynn Mumford



Above: Violet Bauer and Mike McCutcheon are the happy winners of the cash raffle prizes at the Jan 10 dinner-dance. Lynn Mumford with MMC Ambassador Bill Hufnal present them their cash winnings. DJ Sky Brady provided the dancing music. The next dinner dance is Feb. 14 with music by Conley & Watson. Photo by Amie Knighting



## It's Time to Get Moving!



**Make yourself at home in an Active Adult Community in Delaware.**

*You will never have to mow your lawn or shovel snow again!*

**Contact me to handle your Real Estate needs with confidence.**

*"Carla was wonderful to work with. We felt confident and secure in her care. Carla took the time to know us and become a part of our little family for a while. She is kind, genuine, generous, calm, and sophisticated. As moving can be a stressful event, Carla was extremely helpful and always checked in to make sure that we were doing well. If you are selling or looking for a home, Carla should be your very first contact." -- MMB*

*"Just a shout out to Carla Wilson. We used her for our realtor. She is a Willowood neighbor. She listed our house for sale on June 14th. We had an offer the following day over list price and it settled today (July 15th). Everything went so smoothly. She is a friendly, responsive realtor and she lives in our neighborhood. We would highly recommend Carla. The photographer she uses takes beautiful pictures." - Janice*

## BUYING OR SELLING?

As a certified Pricing Strategy Advisor (PSA), I can help you determine the right price for your home. I'm here to put my skills to work for you.



**Carla M. Wilson**

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**302-538-5347 Office**



**April 1, 2023 at the Modern Maturity Center**

**Dinner & Show - Tickets on sale now \$50 per person 302-734-1200**

*Motor City Fever features an incredibly talented cast and band performing the great Motown hits made famous by artists such as Marvin Gaye, The Supremes, Smokey Robinson, The Temptations and more!*

**Take a trip back to when the great songs of Motown ruled the charts with Motor City Fever!**



# Check out wellness opportunities at MMC

## Open Bereavement Support

VITAS offers a FREE once a month, drop-in, support session. Drop in the second Wednesday of the month from 12:30 to 2 p.m. in the Modern Maturity Center Activity Room #6 to talk to a trained bereavement specialist. The next meeting is scheduled for Wednesday, Feb 8. Free for MMC members

## Bayhealth Family Practice Residency program comes to MMC

MMC is partnering with the Bayhealth Family Medicine Resident Physician program. The Family Medicine Resident Physician program, in collaboration with Bayhealth Pharmacists is hosting monthly topic-specific "Ask the Doc" sessions. These include topics such as diabetes, high blood pressure, memory loss, medication review and additional topics. During these sessions you have the opportunity to ask questions and have a discussion with the physician. These sessions are FREE, but you must register with Member Services at 302-734-1200 ext. 167.

All sessions are scheduled for 10 a.m. in Activity Room #5.

□ **Memory Loss & Test** – Dr. Ginder & Dr. Viridi - Thursday, Feb. 2

□ **Vaccines for the elderly patient** – Dr. Eric Moseley - Thursday, June 1

## Foot care appointments with Dr. Robert J. Gemignani, Jr., DPM

Dr. Gemignani is at MMC monthly to provide foot health assessments, clip toenails and buff feet. Each appointment is scheduled for 15 minutes and are in Activity Room #6. The cost of the appointments is \$35 for members and \$40 for non-members. Neither private insurance nor Medicare are accepted for this service. Dr. G. is at MMC Friday, Feb. 10 and March

10 from 9 a.m. until noon. Contact Member Services for an appointment 302-734-1200 ext. 167 or by e-mail at [memberservices@modern-maturity.org](mailto:memberservices@modern-maturity.org). Advance payment is required. Refunds are not issued with less than 24-hour cancellation notice.

## Soft Touch Massage Therapy

Lisa is a licensed massage therapist. She offers a gentler alternative to a traditional massage with her "soft touch" massages. This style of massage is ideal for individuals who bruise easily, suffer from arthritis, are fragile or cannot tolerate traditional massages. Massages are offered while fully clothed and can be performed on a table or chair. Benefits of soft touch massages are improved circulation and relief for stressed or tired muscles. Lisa offers 30-minute soft touch massages in Activity Room #7 on Wednesdays. Effective March 1 the cost is \$20 for members and \$35 for non-members. Sign up for an appointment with Member Services at 302-734-1200 ext. 167 or by e-mail at [memberservices@modern-maturity.org](mailto:memberservices@modern-maturity.org). Advance payment is required. Refunds are not issued with less than 24-hour cancellation notice.

## Pump Up Your Brain

This exciting brain exercise is designed to keep older adult's brains sharp and healthy. Participants engage in brain teasers, puzzles, and visual illusions. Take home hand-outs are available to exercise your brain at home! This group meets Fridays from 1 to 2:30 p.m. in Activity Room #1. **THIS CLASS IS ONLY OPEN TO MMC MEMBERS. EFFECTIVE JANUARY 1, THERE IS A 3-MONTH FEE OF \$10 FOR MEMBERS TO COVER THE COST OF SUPPLIES.** Payments are to be made at Member Services every three months. Please note this class is designed for members who can engage in independent learning.

## NEW - A Matter of Balance

Fall Prevention Education Course: A Matter of Balance is an 8-week fall

prevention course led by a trained facilitator. Classes emphasize practical strategies to reduce the fear of falling and increase activity levels. Participants set realistic goals to increase activity, change their environment to reduce fall risks and learn proper exercise techniques that promote strength and balance. Classes are FREE for MMC members. Classes will be held on Wednesdays from March 1 to April 19 from 10 a.m. to noon in West Conference Room. There is a strict 15 participant limit so be sure to sign up at Member Services to reserve your spot in the course. February 22 is the last date to register. Please note – this is not a fitness center class offered by the MMC nor is it an "exercise" class. Physical exercise during the class time is minor.

## Hearing Loss "Circle Chats!!

The Hearing Loss Association of Delaware (HLADE) gives help and hope to people who have or think they have a hearing loss or have any questions about hearing loss! After having to stop meeting in person at MMC due to COVID, we are now inviting area residents to join us and ask a question or learn about hearing loss, hearing aids, cochlear implants, or devices such as phone and alerting systems, designed for both deaf and hard of hearing people. The group meets every month, on the first Tuesday of the month in Activity Room #7 at 1 p.m., so if you can't make it this month, come next!! We would love to see you and help you in any way!!! We welcome consumers, professionals,

family, and friends of people with hearing loss to come and learn the latest news on hearing loss! For further information, see "Contact Us" at links below.

Contact us: [www.hlade.org](http://www.hlade.org) or [hlade@comcast.net](mailto:hlade@comcast.net) or by phone at 302-388-9459 (V/Text/Captel/711)

Or <https://www.Facebook/Deaf and Hard of Hearing Connect Delaware>.

## The ACE (Advocacy, Consulting and Education) Visually Impaired Support Group

Darryl Garner leads this monthly visually impaired support group meeting. Come out to the center the third Tuesday of each month from noon to 3 p.m. in Activity Room #8. The group also meets every Thursday from 10 a.m. to noon in Activity Room #8. The meetings are free, and no registration is required.

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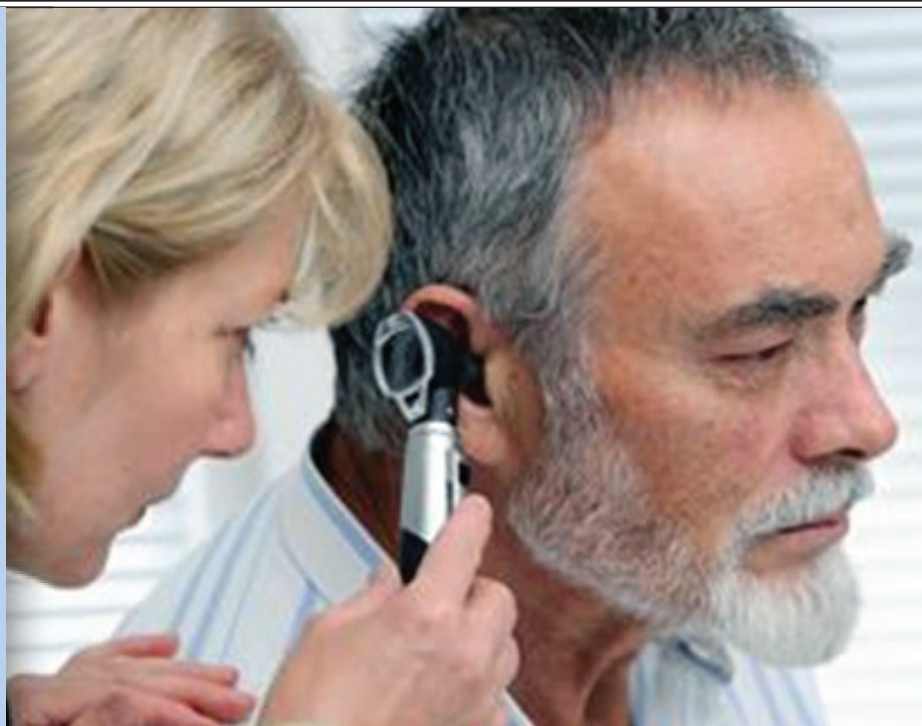
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recover in  
life: the  
moment  
after it's  
missed,  
the word  
after it's said,  
and the  
time after  
it's wasted.



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Delaware and  
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# Fitness News

**MMC Wellness Center Hours of Operation: Mon.-Fri. 7 a.m. - 3 p.m.;**  
**Pool: Mon.- Fri. 6 a.m. - 6 p.m.; Sat. 8 a.m. - noon**

## Silver Sneakers & Silver and Fit Programs

MMC is proud to be a participating center for both the **Silver Sneakers and Silver & Fit health plan benefits**. If your health plan offers this benefit, you can use our fitness center and pool for FREE. Your insurance plan pays us directly on your behalf for each time you use our facility.

**Silver Sneakers:** Did you know 1 out of 5 people 65 and older are eligible for this fitness benefit? If you are a group retiree or part of a Medicare health plan, you may already have a Silver Sneakers membership. To check your eligibility go to [www.silversneakers.com/tools/eligibility](http://www.silversneakers.com/tools/eligibility)



**Silver and Fit:** The Silver & Fit program is designed for older adults. By exercising regularly and meeting new people, you can be Silver, Fit, and Fabulous® too! To find out if you qualify visit [www.silverandfit.com](http://www.silverandfit.com)



**NOTE: You MUST register with the Fitness Center staff to use your insurance benefit. It is not automatic. Thank you!**

**AURICH**  
 Pool & Fitness Center

**We are a Silver Sneakers and Silver & Fit Facility**  
**Also: AARP/UHC Renew Active member benefits!**

## AARP/UHC Renew Active

Renew Active®. The gold standard in Medicare fitness programs for body and mind. It includes: A free gym membership. Access to our nationwide network — the largest of all Medicare fitness programs +, including many premium gyms. You also get an annual personalized fitness plan. Thousands of digital on-demand workout videos and live streaming fitness classes. An online brain health program from AARP® Staying Sharp®. And more.

Renew Active is available at no additional cost, exclusively from UnitedHealthcare® Medicare Plans.



## Aqua Mobility

*Tuesdays and Thursdays from 2 to 3 p.m.*

Buy an Aqua Aerobics punch card that is good for 12 classes. The cost is \$44, but allows clients more flexibility in their schedules. This class is great for whole body gentle movements, arthritis, fibromyalgia, diabetes, high blood pressure and pre/post surgery.

## Aqua Aerobics

*Classes led by Karen are Tuesdays and Fridays from 9:30 to 10:30 a.m. and Thursdays, 11 a.m.-noon*

Buy an Aqua Aerobics punch card that is good for 12 classes. The cost is \$44, but allows clients more flexibility in their schedules. Purchase punch cards at the MMC Member Services desk.

## Tai Chi with Ran

*Wednesdays, 1:30-2:30 p.m., Palmer Room.* Cost for 8 class session is \$40 for MMC members and \$50 for non-members. Sign up at Member Services for the next session. The class is led by *Ran Griem, RN, Shiatsu Practitioner*. A minimum of 10 participants is needed for the class to go. Class size is limited to 15 participants.

## Yang Style 24 Form Tai Chi with Ran

*Wednesdays, 2:30- 3:30 p.m., Palmer Room.* Cost for 8 class session is \$40 for MMC members and \$50 for non-members. Sign up at Member Services for the next session. The class is led by *Ran Griem, RN, Shiatsu Practitioner*. This 24 Form Tai Chi is one of the most widely practiced forms in the world today.

## Dancing In Your Chair with Ida

Everything is done safely in a chair. **\*\*NO STANDING**

**REQUIRED!** Classes are every Tuesday from 9 a.m. to 9:40 a.m. and Friday 10:15 to 11 a.m. in the Palmer Room.

## Low Impact Senior Aerobics

*Mondays and Fridays, 9 a.m., Palmer Room. Free for MMC members.*

This class is free to current MMC members and no registration is required! If you arrive early for your class, please be quiet and respectful while waiting for your class to begin. Please do not disturb the current class.

**The Modern Maturity Center is looking for a certified swim instructor to teach beginning swim lessons.**  
**Please contact Linda Sullivan**  
**302-734-1200 x 188**

## NEW! Pool/Fitness Punch Cards

**Pool Punch cards are now accepted in the fitness center! You can use the 24 visits for \$90 cards as a daily pass for both the swimming pool and the fitness center in the same day.**



**Volunteers Needed**  
 to deliver meals to homebound seniors in Kent County

Call Meals on Wheels of Kent County  
 734-1200, ext. 119

**Build a better, healthier you!**



# Child Advocates Needed



40 YEARS

The Office of the Child Advocate-Court Appointed Special Advocate Program (CASA) of Delaware is expanding its efforts to represent the interests of abused and neglected children. The program is seeking qualified adults to serve as CASA volunteers.

CASA volunteers are trained members of the community who are appointed by a Family Court Judge to be a voice for Delaware's abused and neglected children in court proceedings. The CASA volunteer conducts an independent investigation into the child's life and provides information and recommendations to the Judge. CASA volunteers work with attorneys, social workers, and family members to attain a safe and permanent home for each child.

CASA volunteers have varied professional, educational and ethnic backgrounds. They are selected on the

basis of their objectivity, competence and commitment. Each volunteer accepted into the program must complete 30 hours of initial training. Casework supervision is provided by full time Program Coordinators.

We are a member of the National CASA/GAL Association for Children. To learn more about National CASA please visit <https://nationalcasagal.org/>.

The problems of child abuse and neglect belong to all of us. Be part of the solution. Be a CASA volunteer.

Statewide Training Classes are forming now!

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## Eat Smart Live Strong

**What:** A fun and interactive program! Talk about easy ways to make smart food choices and exercise more.

**Where:** Modern Maturity Center, Activity Room #5. Registration is at Member Services

**When:** Thursday, April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> from 10:30am-11:30am



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### Did you know?

With funding from the Division of Services for Aging and Adults with Physical Disabilities, senior nutrition programs (Congregate and Meals on Wheels) are designed to provide balanced meals and services not met by other service providers. We help you live independently longer. For nutrition questions, call 302-734-1200 x144

# Menus for February

Suggested Donation:

\$6 for ages 60 & up All others pay - \$9

Lunch served 11:30 a.m. - 1:30 p.m.

Grab and Go lunch 11 a.m. - 1 p.m.

Call 302-734-1200 by 10 a.m. to reserve your Grab & Go meal

Menu subject to change without notice.

Visit us on line: [www.modern-maturity.org](http://www.modern-maturity.org)

|  |   |  |  |   |
|--|---|--|--|---|
|  |   | 1<br>Fried Chicken<br>Macaroni & Cheese<br>Mixed Greens<br>Corn Bread/Milk<br>Cookies                  | 2<br>Meat Loaf with Gravy<br>Mashed Potatoes<br>Green Beans<br>Wheat Bread/Milk<br>Mandarin Oranges  | 3<br>Chicken Marsala with<br>Mushroom Gravy<br>Wild Rice<br>Harvard Beets<br>Wheat Bread/Milk<br>Fruit    |
| 6<br>Spaghetti with<br>Meat Sauce<br>Chef's Blend Veg.<br>Italian Bread/Milk<br>Pudding      | 7<br>Baked Chicken with<br>Gravy<br>Yellow Rice<br>Green Beans<br>Bread/Milk<br>Fruit         | 8<br>Pork Chop with Gravy<br>Mashed Potatoes<br>Mexican Corn<br>Wheat Bread/Milk<br>Brownie            | 9<br><b>Birthday Day</b><br><i>&amp; Valentine's Day</i><br>Roast Beef with Gravy<br>Mashed Potatoes<br>Broccoli<br>Roll/Milk<br>Red Velvet Cake | 10<br>Chili Con Carne<br>Rice<br>Peas & Carrots<br>Cornbread/Milk<br>Fruit                                |
| 13<br>Chicken Tetrizzini with<br>Noodles<br>Buttered Squash<br>Wheat Bread/Milk<br>Pudding   | 14<br>Beef Stew<br>Broccoli<br>Biscuit/Milk<br>Applesauce                                     | 15<br>Chicken Corn Chowder<br>Turkey & Cheese on Bun<br>with Mayo<br>Lettuce & Tomato<br>Milk<br>Fruit | 16<br>Liver & Onions<br>Mashed Potatoes/Gravy<br>Seasoned Green Beans<br>Wheat Bread/Milk<br>Assorted Pie  | 17<br>Salisbury Steak with<br>Gravy<br>Mashed Potatoes<br>Buttered Carrots<br>Wheat Bread/Milk<br>Pudding |
| 20<br><b>CENTER<br/>CLOSED-<br/>PRESIDENTS<br/>DAY</b>                                       | 21<br>Chili with Red Beans<br>Seasoned Rice<br>Chef's Choice Veg.<br>Corn Bread/Milk<br>Fruit | 22<br>Fried Fish<br>Scalloped Potatoes<br>Stewed Tomatoes<br>Corn Bread/Milk<br>Ice Cream              | 23<br>Pork Loin with Gravy<br>Mashed Potatoes<br>Sauerkraut<br>Wheat Bread/Milk<br>Fruit   | 24<br>Chicken Pot Pie<br>Buttered Peas & Carrots<br>Wheat Bread/Milk<br>Pears                             |
| 27<br>Sloppy Joe on Bun<br>Steamed Broccoli<br>Baked Potatoes<br>Sour Cream<br>Milk<br>Fruit | 28<br>Ham & Cabbage<br>Red Potatoes<br>Wheat Bread/Milk<br>Fruit                              | March 1<br>BBQ Pulled Pork on Bun<br>Baked Beans<br>Macaroni Salad<br>Milk<br>Fruit                    | March 2<br>Fried Shrimp<br>Potato Wedges<br>Cole Slaw<br>Roll/Milk<br>Bread Pudding  | March 3<br>Chicken & Dumplings<br>Buttered Carrots<br>Wheat Bread/Milk<br>Fruit                           |

Please be advised that food prepared here may contain these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish and seafood base.



# Shhh!

## She's getting to know her grandma.

They may be too young to understand the loss, but they're never too young to appreciate how special she was. Our DVD tribute is a collection of your family images provided on DVD for you to replay again and again. Call to find out more.

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# MMC Monthly Programs

## Mondays

8:45-9:45 - Low Impact Senior Aerobics, PR  
 8:30-12 - Pinochle, AR #4  
 9:30-2 - Duplicate Bridge, AR #8, \$  
 10-11 - Beg. Line Dancing, PR  
 11:15-12:15 - Couple's Line Dancing, PR  
 12-3 Open Game Room, AR #3  
 12-3 Scrabble, AR #4  
 1:30-3:30 Broadway Dancing, PR, \$ for non-members  
 3:30 - 6 - Bid Whist, AR #8

## Tuesdays

8 - 8:45 - Get Up and Move!, PR  
 9 - 9:40 - Dancing in Your Chair, PR  
 9:30-2 - Duplicate Bridge, AR #4  
 9:30-10:30 - Aqua Aerobics with Karen, Pool, \$  
 10-11:30 - Adv. Line Dancing, PR  
 10:30-1 - Senior Medicare Patrol, Chapel  
 11:30-12:30 - High Impact Line Dancing, PR  
 12-4 - Mahjongg (all levels), AR #3  
 2-3 - Tap, PR  
 2-3 Aqua Mobility, Pool, \$  
 3:30 - 6 - Bid Whist, AR #8

## Wednesdays

8:30-12:30 - Pinochle, AR #4  
 9-12 - Quilters, AR #1  
 9:30-11 - Beg. Line Dancing, PR  
 10:30-4 - Soft Touch Massage, AR #7, \$  
 11:15-12:15 - Soul Line Dancing, PR  
 12-3 - Scrabble, AR #4  
 12-3 - Dominoes, AR #4  
 12-4 - Canasta, AR #4  
 1-3 - Twisted Stitchers, AR #8  
 1-4 - Bridge, AR #3  
 1:30-2:30 - Tai Chi w/ Ran, PR, \$  
 2:30-3:30 - Yang Style 24 Form Tai Chi w/ Ran, PR, \$  
 3:30 - 6 - Bid Whist, AR #8

## Thursdays

9-10 - Int. Line Dancing, PR  
 10-11:30 - Adv. Line Dancing, PR  
 10-12 - Chess, AR #4  
 11-noon - Aqua Aerobics with Karen, Pool, \$  
 11:30-12:30 - High Impact Line, PR  
 12-3 - Bridge, AR #4  
 12-4 - Mahjongg (all levels), AR #3  
 2-3 Aqua Mobility, Pool, \$  
 3:30 - 6 - Bid Whist, AR #8

## Fridays

8:30-3 - Pinochle, AR #4

9-10 - Low Impact Aerobics, PR  
 9:30-10:30 - Aqua Aerobics with Karen, Pool, \$  
 10-2 - Embroidery class, AR #3  
 10:15-11 - Dancing in Your Chair, PR  
 10:30-3 - Duplicate Bridge, AR #8, \$  
 12-3 - Open Game Room, AR #3  
 1-2:30 - Pump Up Your Brain, AR #1  
 2-4 - Pool Volleyball, Pool  
 3:30 - 6 - Bid Whist, AR #8

## Activity Room Key

AR1 - Activity Room 1/Art Room  
 AR2 - Pool/Billiards Room  
 AR3 - Activity Room 3  
 AR4 - Activity Room 4  
 AR5 - Activity Room 5  
 AR6 - Activity Room 6/Chapel  
 AR7 - Activity Room 7 (EW)  
 AR8 - Activity Room 8 (EW)  
 AR10 - Sunroom  
 CRC - Caregiver Resource Center  
 Conference Room, back building  
 LR - Longwood Room  
 PR - Palmer Room  
 EW - East Wing

## **MMC Book Club**

Do you love to read? Are you a bookworm? Would you like to discuss your thoughts, reactions, and opinions of books with other book lovers? If you answered "yes" to any of these then the MMC book club has a place for you! Meetings are the last Thursday of the month from noon until 1 p.m. in Activity Room #1. The Book Club meets Feb. 23. Call Lori at 734-1200 ext. 129 to reserve a copy of the book.

## **Open Computer Lab**

The computer lab is available Mondays, Thursdays, and Fridays from 9 a.m. to 3 p.m. Lab visitors are limited to 30-minute sessions when there is a wait for a computer. There is no fee to use the computers, if you are a current MMC member or an MMC member caregiver. Membership IDs will be checked periodically to ensure memberships are current. The computer lab is made possible by the generous donations from United Healthcare.

## Longwood Room Events

**February 1** - David Lowe at the piano, noon

**February 2** - Avon, 9 a.m. - noon  
 PAM, 11 a.m. - 1 p.m.

United Health, 11 a.m. - 1 p.m.

**February 7** - Randy Chang at the piano, 11 a.m. - 1 p.m.

**February 9** - Birthday Day

PAM, 11 a.m. - 1 p.m.

United Health Care, 11 a.m. - 1 p.m.

Swank Memory Center, 11 a.m. - 1 p.m.

**February 11** - Valentine's Line Dance Blast, 1 p.m. - 4 p.m.

**February 14** - Mary Helen Wallace on keyboards, noon

**February 15** - SNAP, noon

David Lowe at the piano, noon

**February 16** - Avon, 9 a.m. - noon  
 PAM, 11 a.m. - 1 p.m.

United Health 11 a.m. - 1 p.m.

**February 20** - CENTER CLOSED

**February 21** - Randy Chang at the piano, 11 a.m. - 1 p.m.

**February 23** - PAM, 11 a.m. - 1 p.m.  
 United Health, 11 a.m. - 1 p.m.

**February 28** - Mary Helen Wallace on keyboards, noon

## **Computer and Cell Phone Tutors**

Our computer and cell phone tutors are available to teach the basics (what type of computer to purchase, general orientation, internet use, antivirus), communication programs (email, Skype, Facebook) and help members set up and operate an eBay or Craigslist account. The Computer and Cell Phone Tutors are available by appointment only. Please contact Member Services to reserve an appointment. Tutoring sessions are \$10 an hour for members. Advance payment is required. Refunds will not be issued with less than 24-hour cancellation notice.

# MMC Singles

The MMC Singles group is a wonderful way to get active, make new friends, and socialize. The group meets the first Wednesday of the month, from 1 to 3 p.m. in the West Conference Room. Drop in or call Carol Roll-Hendershot, Coordinator at 302-632-3329. Free for MMC Members.

## MMC Singles

### February Schedule

**\*Lunch is at 1 p.m. unless noted. Arrive by 12:45 p.m. for luncheons so we can be seated as a group.**

**If you wish to add your name or have to cancel, please call Carol Roll Hendershot, coordinator, 302-632-3329.**

**Wednesday, February 1:** Monthly Planning Meeting, WCR

**Thursday, February 2:**

Celtic Pub, 699 Jimmy Dr, Smyrna at 1 p.m.

**Tuesday, February 7:** Mike & Mels (Formerly Halls), 108 N. Railroad Ave., Wyoming at 1 p.m.

**Thursday, February 9:** Jack's on Main, 314 Main Street, Clayton at noon

**Tuesday, February 14:** Wolfie's Grill, 510 Jefferic Blvd., Dover at 1 p.m.

**Thursday, February 16:** Brick-Wood Fired Eats, 150 Gateway South Blvd, Dover at 1 p.m.

**Monday, February 20:** Longhorn Steakhouse, 505 N. DuPont Hwy, Dover at 1 p.m.

**Thursday, February 23:** Olive Garden, 263 N. DuPont Hwy, Dover at 1 p.m.

**Monday, February 27:** Bob Evans Restaurant, 1650 N. DuPont Hwy, Dover at 1 p.m.

### **Do you have a passion you want to share?**

Interested in teaching a class? Contact Lori Christiansen, Program Director with your idea. Give her a call at 302-734-1200 ext. 129 or send an e-mail to lori.christiansen@modern-maturity.



# Garden Talk

by Maggie L. Moor

*Delaware Cooperative Extension  
Delaware State University*

## For the First Half of February:

- Take advantage of early-bird discounts and order seeds through catalogs.
- Continue to leave mulch on perennials; unfortunately, there are probably more cold days ahead.
- Prune ornamental plants like oak, yew, pine, juniper, and arborvitae to shape. Remove dead or unattractive parts of the tree such as branches and crotches that have crossed and sprouts or suckers growing at or near the base of the trunk. Also, remove branches broken due to winter wind and storms.
- Remove honeysuckle and other weedy vines from deciduous landscape plants.
- Watch for signs of growth from early spring bulbs and when foliage is one inch high, remove mulch gradually.
- Don't start garden plants

indoors too early. Read the package for planting instructions.

## For the Second Half of February:

- Read gardening books to get garden and landscape ideas for spring and early summer.
- Order shrubs for spring planting.
- Order perennial plants and bulbs such as shasta daisies, gladiolus, and lilies to be used as cut flowers this summer.
- Prune grapevines while they are still dormant and use the pruned pieces to make wreaths to decorate your home.
- Examine houseplants. Weak, thin, or soft growth may be an indication of insufficient light or high temperatures.
- Plan vegetable, perennial, and herb gardens on paper. Compare with last year's notes to make improvements or adjustments in the plot size.
- If you don't compost yard and garden waste, why not start doing so this gardening season.

## Green Thumb Garden Club Is Ready to Grow!

Have you ever wanted to start a garden but didn't know how to begin? Do you want to grow your own vegetables on the patio? Well we've got answers for you. We are happy to announce the Green Thumb Garden Club is ready to bloom! The Green Thumb Garden Club is a 12-week series of classes on gardening for MMC members. The classes, which are held on Fridays from March to Memorial Day, are led by volunteer master gardeners on various topics. The topics include subjects such as "Small Space Gardening and Raised Beds," and "Native Plants for Birds and Bees." The two goals are to: 1) provide the knowledge a new gardener needs to get started; and, 2) provide interesting topics to keep students coming back in subsequent years. There is a \$10 fee and is open only to MMC members. No gardening experience is required so come join the garden club and watch your garden grow!

### Some of the highlights of the Green Thumb Garden Club are:

- A special propagation class with

Dr. Rose Ogutu from Delaware State University in March

- Transplanting tomato plants in April
- Annual tomato plant sale in May
- Field trip to special location (last year we went to Lavender Fields)

Spaces in the Green Thumb Garden Club sell out fast so be sure to register today at MMC Member Services. If you have questions, please contact Cheryl 301-332-3715 or email her at cfisher313@aol.com.



**Cheryl Fisher, Coordinator  
Kent County Master Gardener**

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### This program emphasizes practical strategies to manage falls.

#### YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

## FREE

Classes once a week for 8 weeks

Starting:

Wednesday, March 1st

Thru

Wednesday, April 19<sup>th</sup>

Time: 10:00 AM – 12:00 PM

**Modern Maturity Center**

1121 Forrest Avenue

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To Register:

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# Nutrition Corner

## Understanding Diabetes and Taking Better Care of Ourselves

by Nimi Bhagawan MS, RDN

Diabetes is a chronic (long lasting) health condition that affects how your body turns food into energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin (a hormone produced in our body). Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Other things you can do help:

- Take medicine as prescribed.
- Get diabetes self-management education and support.
- Make and keep health care appointments.

### Diabetes by numbers

- More than 37 million US adults have diabetes, and 1 in 5 of them don't know they have it.

- Diabetes is the seventh leading cause of death in the United States
- Diabetes is the No.1 cause of kidney failure, lower-limb amputations, and adult blindness.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

### Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

#### Type 1 Diabetes

Type 1 is thought to be caused by an autoimmune reaction (the body attacks itself by mistake). This reaction stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

#### Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well (insulin resistance) or produce enough insulin and therefore can't keep blood sugar at normal levels.

About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk especially have a family history. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as:

- Losing weight.
- Eating healthy food.
- Being active.

#### Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born. However, it increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen and develop type 2 diabetes later in life.

#### Prediabetes

In the United States, 96 million adults - more than 1 in 3 -. More than 8 in 10 of them don't know they have it. With prediabetes, blood sugar levels are higher than normal, but not high enough for a type 2 diagnosis. Prediabetes raises your risk for type 2 diabetes, heart disease and stroke. But there's good news, if you have prediabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.

### Manage Blood Sugar

It's important to keep your blood sugar levels in your target range as much as possible to help prevent or delay long-term, serious health problems such as heart disease, vision loss, and kidney disease. Staying in your target range can also help improve your energy and mood.

Typical times to check your blood sugar include:

- When you first wake up, before you eat or drink anything.
- Before a meal.
- Two hours after a meal.
- At bedtime.

A blood sugar target is the range you try to reach as much as possible. These are typical targets:

- Before a meal: 80 to 130 mg/dl.
- Two hours after the start of a meal: less than 180 mg/dl

Your blood sugar targets may be different depending on your age, any additional health problems you have, and other factors.

#### Let's understand what causes low blood sugar

Low blood sugar (also called hypoglycemia) has many causes, including missing a meal, taking too much insulin, taking other diabetes medicines, exercising more than normal, and drinking alcohol. Blood sugar below 70 mg/dL is considered low.

Signs of low blood sugar are different for everyone. Common symptoms include:

- Shaking
- Sweating
- Nervousness or anxiety
- Irritability or confusion
- Dizziness
- Hunger

Know what your individual symptoms are so you can catch low blood sugar early and treat it. If you think you may have low blood sugar, check it even if you don't have symptoms. Low blood sugar can be dangerous and should be treated as soon as possible.

#### Treat low blood sugar

- Take four glucose tablets.

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## NEW – Beware of Scammers!

In observance of National Consumer Protection Week Chief Investigator Alan Rachko from the Delaware Department of Justice's Consumer Protection Unit will on site to discuss current scams and frauds that are costing seniors thousands of dollars every day. The DOJ wants to make sure you spend your money on what's important to you like your family and friends and not the criminals posing as your family or friends. He will talk about romance scams, computer generated scams, grandparent scams and sweepstakes scams. Mr. Rachko will be in the Longwood Dining Room, Wednesday, March 8

during lunch. These scammers are smart, and we are all vulnerable.

## Need assistance with your social security benefits?

Coleman Jackson, a volunteer who has been certified by the Social Security Administration, is available every Wednesday from 10:30 to 11 a.m. in Activity Room #6/Chapel to answer your questions regarding Social Security. He can also assist if you need representation during the entire Social Security Administration process, request a review, reconsideration, or hearing, on your behalf if necessary.

## Black History Celebration 2023

Come out to the annual Black History Celebration 2023 at the MMC on Tuesday, Feb. 28, in the Modern Maturity Center East Wing Ballroom. The event kicks off with lunch at noon and runs until 2 p.m. Doors open at 10:30 a.m. This year's theme is *Understanding the Importance of Mental Health and Wellness in the African American Community*. Dr. Larence Kirby will provide insights to mental health issues. Christiana Care will introduce their mobile unit which provides health care to the community. Enjoy entertainment in music and dance and listen to the spoken word. Lunch is fried chicken, mac and cheese, collard greens, cornbread, and sweet potato pie. Seating is reserved and cannot be held. Sign up with your

friends to ensure you sit together. Tickets are \$15 for both members and non-members of all ages. Only 350 tickets will be sold. Tickets go on sale Wednesday, Feb. 1, at Member Services. Member Services is open from 9 a.m. to 3 p.m. Monday thru Friday. No tickets will be sold after Wednesday, Feb. 22, and no tickets will be sold at the door.

## NEW – Karaoke with Stevie Ray

Karaoke with Stevie Ray is coming to MMC on Wednesday, March 15, from noon to 1:30 p.m. in the Longwood Dining Room. Join in the fun and you could be the next MMC Idol! Stevie Ray has every kind of music you may want to sing to and all the words on a TV screen.

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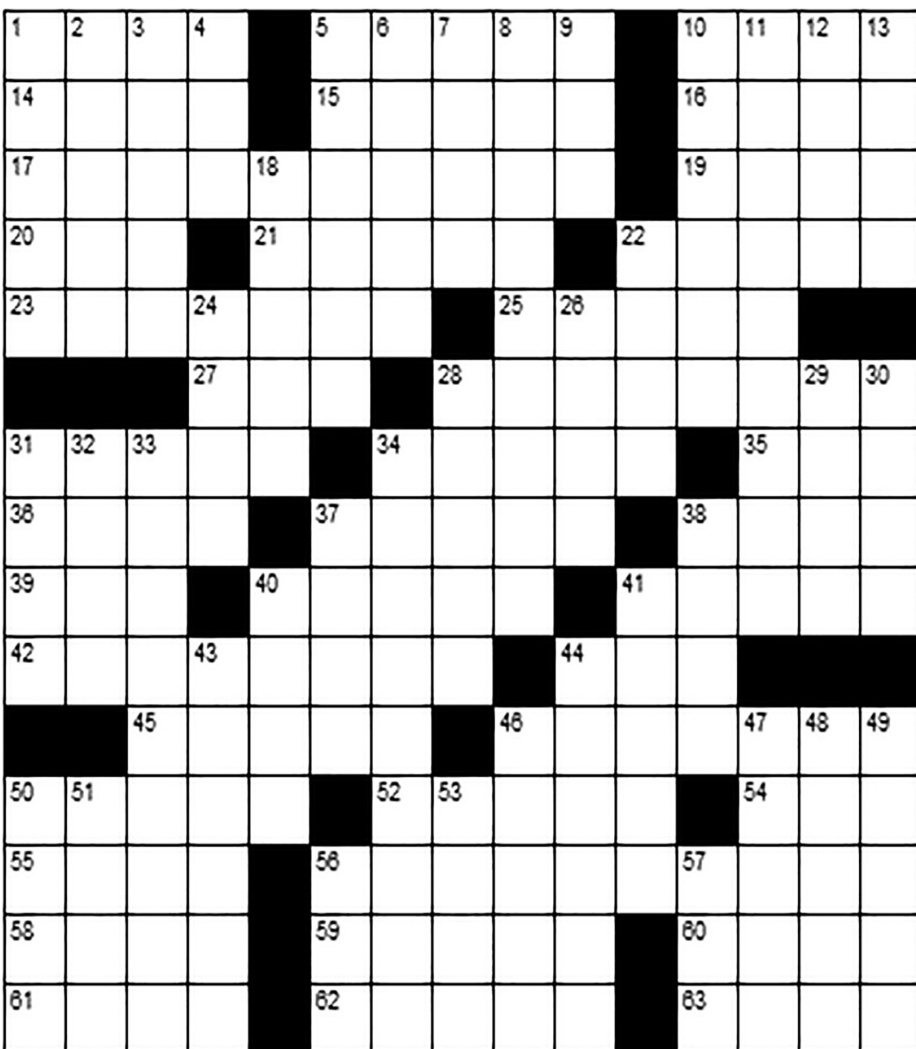
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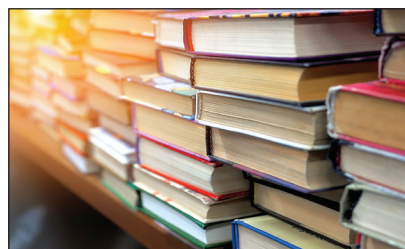
# Crossword Puzzle



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## Lions Club Book Collection

The Camden -Wyoming Lions Club is collecting books at the Modern Maturity Center to support their scholarship fundraiser. The collection box will be just inside the door starting Wednesday, Feb. 8. They are collecting books through March.



### ACROSS

1. Nitpicky to a fault
5. Quickly
10. Impetuous
14. Hubs
15. Undersides
16. Countertenor
17. Instructions
19. Scheme
20. East southeast
21. Adjust again
22. Feudal lord
23. Breathe in and out
25. More aloof
27. Evening (poetic)
28. Scuba weapon
31. Not over
34. Absolute
35. East northeast
36. Train track
37. Flying animals
38. Agitated state
39. Image format
40. Debate
41. Quizzes
42. Erasing
44. C
45. Swelling
46. Shocked
50. How we communicate
52. Work hard
54. Chapter in history
55. Cain's brother
56. Diplomatic official
58. Accomplished
59. Mud volcano
60. Commanded
61. Adjusts
62. Contemptuous look
63. Brews

### DOWN

1. Birch relative
2. Sound of any kind
3. Units of land
4. Falsehood
5. Towards the rear
6. Aplomb
7. Balm ingredient
8. Many-legged insect
9. S
10. A straight sword
11. Pollens, for example
12. Male deer
13. Sharpen
18. Colonial reporter
22. Teller of untruths
24. Rind
26. C C C
28. Express indifference
29. Module
30. Trawling equipment
31. Desire
32. Credulous
33. Unusual
34. Signaller
37. The top edge of a container
38. Fortune teller
40. Cards with one symbol
41. Rips
43. Confuses
44. Nearer
46. Degrade
47. Award
48. Wear away
49. Challenges
50. Bankrolls
51. Double-reed woodwind
53. Possessing necessary skills
56. Donkey
57. Goat hair fabric

- Solution found on page 29

  
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## Diabetes - cont. from pg. 20

- Drink four ounces of fruit juice.
- Drink four ounces of regular soda, not diet soda.
- Eat four pieces of hard candy.

Wait for 15 minutes and then check your blood sugar again. Do one of the above treatments again until your blood sugar is 70 mg/dL or above and eat a snack if your next meal is an hour or more away.

### What causes blood sugar to be high?

Many things can cause high blood sugar (hyperglycemia), including being sick, being stressed, eating more than planned, and not giving yourself enough insulin. Over time, high blood sugar can lead to long-term, serious health problems. Symptoms of high blood sugar include:

- Feeling very tired.
- Feeling thirsty.
- Having blurry vision.
- Needing to urinate(pee) more often.

If you get sick, your blood sugar can be hard to manage. You may not be able to eat or drink as much as usual, which can affect blood sugar levels. If you're ill and your blood sugar is 240 mg/dL or above, use an over-the-counter ketone test kit to check your urine for ketones and call your doctor if your ketones are high. High ketones can be an early sign of diabetic ketoacidosis, which is a medical emergency and needs to be treated immediately.

### How can I treat high blood sugar?

Talk to your doctor about how to keep your blood sugar levels within your target range. Your doctor may suggest the following:

- Be more active. Regular exercise can help keep your blood sugar levels on track. Important: don't exercise if ketones are present in your urine. This can make your blood sugar go even higher.
  - Take medicine as instructed.
- If your blood sugar is often high,

your doctor may change how much medicine you take or when you take it.

- Follow your diabetes meal plan. Ask your doctor or dietician for help if you're having trouble sticking to it.
- Check your blood sugar as directed by your doctor. Check more often if you're sick or if you're concerned about high or low blood sugar.
- Talk to your doctor about adjusting how much insulin you take and what types of insulin (such as short-acting) to use.

### What else can I do to help manage my blood sugar levels?

Eating a healthy diet with plenty of fruit and vegetables, maintaining a healthy weight, and getting regular physical activity can all help. Other tips include:

- Keep track of your blood sugar levels to see what makes them go up or down.
- Eat at regular times, and don't skip meals.
- Choose foods lower in calories, saturated fat, trans fat, sugar, and salt.
- Track your food, drink, and physical activity.
- Drink water instead of juice or soda.
- Limit alcoholic drinks.
- For a sweet treat, choose fruit.
- Control your food portions (for example, use the plate method: fill half your plate with non-starchy vegetables, a quarter with lean protein, and a quarter with a grain or starchy food).

Call today and make an appointment with your Nutritionist/ Dietitian at MMC (302) 674-1200 ext 144 and get your diabetes under control.

### **Do You Remember...**

Feb. 2, 1964 - GI Joe Launched  
Feb. 4, 1959 - Barbie Doll  
Invented by Ruth Handler

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SPRJ57997B



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SPRJ55189

# MoneySense

## *Women and retirement - keep your retirement savings on track*

**Bank of America offers financial tips to help women plan ahead for a more comfortable, secure retirement.**

Women's increasing longevity highlights the importance of preparing financially for those extra years. "We tend to prioritize our families' financial needs," says Marci McGregor, senior investment strategist, Chief Investment Office, Merrill and Bank of America Private Bank. "In the process, we can sometimes lose sight of our own financial future, and with our increasing longevity, that can put us at risk of outliving our assets," she adds.

If you feel like progress toward your retirement savings goals has slowed, the tips below from McGregor and several other Merrill women senior leaders can help you get back on track.

**Q: What strategies can women use to save for retirement, especially if they have taken time out of the workforce to care for family?**

**A:** First, make saving for your future a top priority. "We have found that women are often more focused on near-term financial goals and less focused on retirement,"<sup>1</sup> says Stacy Bucchere, head of business enablement and client management, Merrill Wealth Solutions. One tip that can help: "A lot of people save whatever is left after they pay bills and spend. We recommend you flip that on its head," says Nancy Fahmy, head of alternative investments and specialty asset management, Bank of America. "Put a little away for yourself first. Then pay your bills. Spending any disposable income should come last."

"Make use of all available retirement savings vehicles," adds McGregor. These could include Roth IRAs or your employer's 401(k). "Set up automatic contributions from each



**Smith & Associates Team: L-R: Carly Setting, Julie Grasso, Stephanie Smith Christiano, and Wendy Rust.**

paycheck and consider automatically increasing the amount you contribute to your retirement accounts each year," McGregor adds.

**Q: How can women investors balance the need for growth and income in retirement?**

**A:** "Pursuing growth a little more aggressively could help women investors be better prepared for retirement," says Fahmy. "Taking some risk is essential to growing the value of your investments and keeping up with inflation."

A financial advisor can help you determine an asset allocation that takes into account your risk tolerance, the time you have until retirement, and your cash, or liquidity, needs, adds Ninon Marapachi, head of asset manager relationships, Investment Solutions Group, Bank of America.

**Q: What should women consider as they begin to withdraw their assets in retirement?**

**A:** "By the time women reach the age of 85, they outnumber men who have reached that age by two to one," says McGregor. So women need to be planning on making their savings last for more years than men, on average. Work with your advisor to determine a withdrawal rate that is based on factors specific to your situation, she suggests.

Bucchere tells clients to start by

taking an inventory of all their income sources. "Add up your essential expenses and weigh them against your sources of guaranteed income," she says. "Then work with your advisor to figure out how the assets in your retirement accounts can help you fill in the gaps."

Keep in mind that as women age, "we spend more on health care, and medical costs have risen much faster than regular inflation recently — closer to 7% than 2%. You have to factor that into your planning," says Amanda Lasher-Ross, head of wealth management retirement sales support, Bank of America. You might look into opening a health savings account, she suggests. When used along with a high-deductible health insurance plan, "it is a tax-efficient way to help you save for medical expenses." And looking at long-term care insurance might also be prudent, she suggests.

**Q: Are there any solutions that can help to create a retirement income stream?**

**A:** You could look into annuities, suggests Lasher-Ross. Insurance contracts that can offer guaranteed monthly income, "annuities are a useful tool to help protect against the risk of outliving your retirement savings," she notes. "You invest today and use the income they produce later to fill any gaps you have between your essential expenses and your other sources of guaranteed income."

**Q: What is the best age for women to claim Social Security?**

**A:** "Get educated early on the strategies to optimize your Social Security benefits," says Lasher-Ross. "It is one of the few sources out there of guaranteed income." While you may be eligible to claim benefits as early as age 60, depending on your work and marital status, it may make sense to wait for several more years, or even a decade.

Longevity can work to your advantage, say all the women leaders. The longer you have to invest, the more time your assets have to potentially grow. Discussing all of the strategies above with your financial advisor can help you be better prepared to make the most of a long and fulfilling retirement.

For more information, contact Merrill Lynch Financial Advisor Stephanie Smith Christiano of the Wilmington office at (302) 571-5116.

*Opinions are as of 12/20/2021 and are subject to change.*

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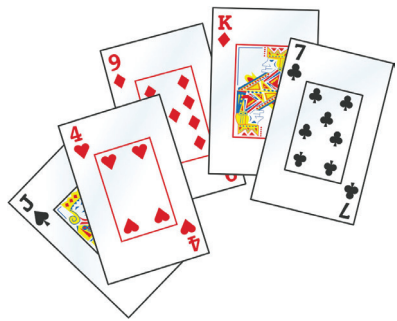
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# Game on at MMC!

## Cards Games & More



The MMC offers opportunities for you to play a variety of games with friends. The game room is for use by members of the MMC only.

**Bid Whist:** Mon.- Friday, 3:30-6 p.m., AR #8

**Bridge:** Wed., 1-4 p.m., AR #3, Thur., noon-3 p.m., AR #4

**Canasta:** Wed., noon-4 p.m., AR #4

**Chess:** Thurs. 10 a.m.-noon, AR #4

**Cornhole:** contact Fitness Center

**Dominoes:** Wed., noon-3 p.m., AR #4

**Duplicate Bridge Club:** Mon., 9:30 a.m.-2 p.m., Tue. 9 a.m. - 3 p.m., Fri. 10:30 a.m.-3 p.m., AR #8, \$

**Mahjogg (all levels):** Tue. & Thur., noon-4 p.m., AR #3

**Open Game Room:** Mon., noon-3 p.m., AR #3, Fri. noon-3 p.m., AR #4

**Pinochle:** Mon. & Wed., 8:30 a.m.-noon, AR #4, Fri. 8:30-3 p.m., AR #4

**Scrabble:** Mon. & Wed., noon-3 p.m., AR #4

## Bid Whist

Join the fun at the MMC playing bid whist. Bid Whist is played every Monday through Thursday from 3:30 to 6 p.m. in AR #8. FREE and open to MMC members only. Have fun with friends and learn a new card game while you're at it!

## Bridge at the MMC – 3 Ways to Play (Free for MMC Members)

□ Duplicate Bridge (experience necessary): Mondays, 9:30 a.m. to 2 p.m., Fridays, 10:30 a.m. to 3 p.m. in AR #4. Tuesdays 9 a.m. to 3 p.m.

□ Wednesday party bridge (experience necessary): Wednesdays, 1 to 4 p.m. AR #3

□ Thursday party bridge (beginners welcome): Thursdays, noon to 3 p.m. AR #4. Beginners are welcome! Call Sally 302-697-3475 or Elaine 302-674-8029 with questions about the Thursday group.

## Chess Club

Meets Thursdays from 10 a.m. to noon in Activity Room #4. All members are welcome to join this group. Don't know how to play? This is a wonderful opportunity to gain experience from other chess players. Whether you are a chess novice or expert this club is for you! Free for MMC Members.

## Cornhole

FREE for MMC members. The boards are located in the Fitness Center. You must present your MMC membership card to use the boards at the Fitness Center desk. Cornhole can be played in the Fitness Center Courtyard or in case of inclement weather in a designated area.

## Mahjogg

Play this classic tile game designed for four players and is like card games.

All levels - Join Sandy for all levels Mahjogg on Tuesdays and Thursdays from noon to 4 p.m. in Activity Room #3. Don't know how to play? Sandy offers instruction to get you started. All skill levels are welcome. FREE for MMC members.

## Open Game Room

Check out our new open game room on Mondays from noon to 3 p.m. in AR #3 and Fridays from noon to 3 p.m. in AR #4. Enjoy solo games such as putting together a puzzle on our puzzle table or grab a deck of cards from the game closet to play solitaire. The game room is for use by members of the MMC only.

## Scrabble

Did you know the MMC has a scrabble group? Join them Mondays and Wednesdays from noon to 3 p.m. in Activity Room #4. All skill levels are welcome. Free for MMC members.

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# Front Porch Program is accepting new members!

Early intervention can help. The Front Porch is a non-medical, early-memory loss program at the Modern Maturity Center designed specifically for individuals with Mild Cognitive Impairment, Dementia, Early Alzheimer's Disease, and other memory-related disorders. The first of its kind in Delaware, the Front Porch focuses on engaging and encouraging persons who need social, perceptive, and physical stimulation in a warm, welcoming environment.

The Front Porch is open Monday through Friday from 10 a.m. to 2 p.m. The cost is \$30 per day, which includes lunch and transportation. The program schedule includes games, trivia, arts and crafts, education, exercise, community outings,

cooking, gardening, social club, current events and more! If you are concerned about memory, life changes, and you desire opportunity for personal and peer support – this is your program. It is designed to include your input, strengths, and abilities. Join with affirming, receptive staff and volunteers who will focus on your well-being, comfort, and enjoyment. For more information or to schedule an appointment, contact Faith Hahn at (302) 734-1200 ext. 173.

## The Front Porch is seeking volunteers!

The volunteer commitment is a minimum of one day per week from 9:30 a.m. to 2 p.m. For more information, contact Faith Hahn at (302) 734-1200 Ext. 173.



Above: Front Porch Ringing in 2023! **STANDING:** Volunteer Joyce Jamison, **TOP:** Left to right: Mary Alice Mayan, Ernie Howard. **BOTTOM:** Left to Right: Maxine Rash, Dottie Kelly. Photo taken by MMC Staff member, Samantha Collins

## Do You Remember...

February 7, 1964 - The Beatles arrive on their first visit to the United States  
February 8, 1952 - Queen Elizabeth II becomes queen  
February 11, 1990 - Nelson Mandela is released from prison after 27 years

## FREE Medicare counseling appointments available at MMC

The Modern Maturity Center hosts the Delaware Medicare Assistance Bureau and Senior Medicare Patrol with an on-site volunteer available for Medicare counseling. Our specially trained volunteer can help if you're turning 65 and need Medicare Supplement and Advantage pricing, questions about your current coverage, or other

Medicare related questions.

To schedule an appointment call MMC Member Services at 302-734-1200 ext. 167, Monday thru Friday from 9 a.m to 3 p.m.



## Emergency Support available for women 55+

If you are a female, over the age of 55, single, and living in Kent County, the Modern Maturity Center may be able to provide you with emergency assistance. Qualifying Mary Rawlin's Trust Fund applicants may use funds for paying for outstanding utilities or to overcome a crisis. For more information on the application process, please contact the MMC Care Manager, Faith Hahn, at 302-734-1200 ext. 173.

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# Social Media for Seniors: Yes, seniors can learn and enjoy social media!

It's easy to feel left out when everyone is talking about a funny video they saw on Facebook or keeping up with each other's life milestones through their social feeds. And what's a hashtag, anyway?

As an older adult, you might feel like social media is not for you. However, you might just discover that it opens whole new worlds to you—especially during times of social distancing. Actually, almost half of Americans 65 and over use Facebook. Whether you're a senior yourself, or you want to encourage one you love to get connected, here's some advice on learning to use social media.

## Banish Stereotypes About Seniors and Technology

It's easy to fall into the trap of labeling certain activities as being just for "young people" or "old people." The truth is, teenagers knit and grandparents surf. If you

want to explore new things on the internet or connect with loved ones using technology, there is no age limit!

Here are a few fun facts, reported by Pew Research:

- 46% of people 65 and up use Facebook
- 38% of people 65 and up use YouTube
- 15% of people 65 and up use Pinterest
- 68% of Baby Boomers own a smartphone and 52% own a tablet computer

Become your own statistic; don't let anyone tell you seniors and social media don't go together.

## Fun Ways for Seniors to Engage on Social Media

What can you actually do on social media? There are almost limitless possibilities, and sometimes that's the problem. It can sound overwhelming. So, here are a few examples of how you might use

certain social platforms.

### Getting Started

At a very minimum, you will need an email address to create an account on a social media platform. There are many free tools to do so, and one probably came pre-installed on your computer, tablet or smartphone. Ask someone if you need help getting it set up.

### Facebook: Connect with Family or Friends

Seniors can use Facebook to stay in touch with family members and reconnect with old friends.

- Set up an account with information like your name, photo, where you worked or went to school, and what you like to do. Old friends may reach out and want to reconnect.
- If you would rather not be so public, you can make your account visible only to select people. Then you can "friend" them—your relatives and close

friends—to send them messages and photos.

- If you don't want to share anything yourself, you might simply use Facebook to see what your friends and family are up to. Many people post photos of special events, their kids, their hobbies and so much more. You can choose to just follow along.

### YouTube: Watch or Share Videos

Seniors can use YouTube to find videos to pass the time or learn something new. Popular YouTube content for seniors includes movie clips, music and concerts, how-to videos for hobbies, and even videos of family.

- YouTube is a search engine; if you can "Google," you can search YouTube. Search for subjects that interest you to find entertaining or informative videos on that subject.

-cont. on page 29

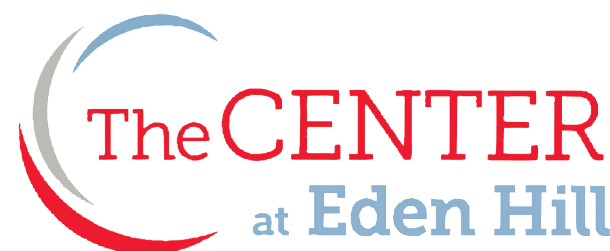


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# SNAP Outreach Program at MMC



The Modern Maturity Center (MMC) is a Community Partner with the Division of Social Services. As a partner, it accepts applications for SNAP (Food Stamps) to help seniors (50 yrs and older) apply for the benefits.

The SNAP Outreach worker can also assist applicants with applications for Medicaid. Seniors that are receiving Medicare may be eligible for Medicaid if their income is below the specified income limits. Seniors not yet eligible for Medicare may be eligible for Adult Medicaid which has higher income limits. The income limits will be discussed during the SNAP application process.

When approved for SNAP, an EBT card (Electronic Benefit Transfer card) is sent to the SNAP applicant. EBT cards resemble debit/credit cards. There no longer is the embarrassment

**SNAP Income Limits** (Effective Oct. 1, 2022 - Sept. 30, 2023) **Income limits increased at the start of the Federal Fiscal Year 10/1/22.**

*To qualify for the SNAP Program as elderly, a person must be at least 60 yrs. old (disabled persons also have the same income limits). Household income limits for persons under 60 yrs. old are slightly lower:*

| Household Size | Elderly/Disabled<br>Separate Household<br>165% of FPL* | Maximum Gross<br>Monthly Income<br>200% of FPL* |
|----------------|--|---|
| 1              | \$1,869  | \$2,266   |
| 2              | \$2,518  | \$3,052   |
| 3              | \$3,167  | \$3,840   |

| Household Size | Maximum gross income<br>for SNAP under 60 years (130% of FPL) |
|----------------|---|
| 1              | \$1,473   |
| 2              | \$1,984   |
| 3              | \$2,495   |

**Income Limits for Adult Medicaid (Not eligible for Medicare yet)**

| Household Size | Adult & Children 6-18 (133% of FPL*) |
|----------------|--------------------------------------|
| 1              | \$1,507                              |
| 2              | \$2,030                              |
| 3              | \$2,554                              |

When comparing the household's income with the chart, applicants must be aware that gross income and not the net income is used in calculating the benefits. As an example, during the application process, many seniors are only reporting their net Social Security income and not including what is being deducted towards their Medicare Premium. This premium and other out of pocket supplemental medical insurance premiums and other medical expenses not covered by health insurance are also allowable deductions used in determining SNAP benefits.

of using Food Stamp Coupons. The change occurred many years ago.

Applications for SNAP can be submitted to the MMC SNAP Outreach Coordinator at several Senior Centers across Kent County. Please check with your local Senior Center for dates when the coordinator is scheduled to visit. When applying for SNAP, the following verifications are necessary: Government issued picture ID, Social Security Card, Medicare Card, Birth Certificate, all current utility bills, out of pocket medical expenses and verification of all income being received. Social Security Award letters must also be submitted.

Through a Waiver System granted by the USDA - Food & Nutrition Service, the Division of Social Services has given MMC permission to accept SNAP Applications and Renewals by telephone. The Dover MMC SNAP Program coordinator can also help with Renewals and Periodic Reports. Any person 50 years or older living in Delaware can contact Oscar Sebastian at 302-734-1200 ext. 174 or 302-943-5154 (Cell) for an appointment.

## These are frequently asked questions by new SNAP applicants :

**Q: Am I eligible?**

A: Qualification for food benefits is based on income, family relationships and expenses. If you meet the income levels above, it's likely that you would be eligible to receive food benefits.

**Q: Why should I apply?**

A: SNAP can relieve the need to sacrifice healthy food choices in order to pay for other essentials. If you receive SNAP benefits you will be given an Electronic Benefit Transfer (EBT) card that functions like a debit card to help pay for groceries.

**Q: What do I need?**

A: In order to apply you will need a photo ID or other official document verifying your identity and date of birth as well as those of all the members of your household. You will also need your social security number, and proof of income such as social security award letter and

pension statement. Always be sure to provide a valid phone number.

**Q: What can/can't be bought with SNAP benefits?**

A: Households CAN use SNAP benefits to buy: - Foods for the household to eat such as: - Breads and cereals - Fruits and vegetables - Meats, fish, and poultry - Dairy products - Seeds and plants which produce food for the household to eat. - In some areas, restaurants can be authorized to accept SNAP benefits from qualified homeless, elderly or disabled people in exchange for low-cost meals.

Households CANNOT use SNAP benefits to buy: - Beer, wine, liquor, cigarettes or tobacco - Any non-food items such as: - Pet foods - Soaps and paper products - Household supplies - Hot foods Additional information: - Soft drinks, candy, cookies, snack crackers and ice cream are food items and are, therefore, eligible items. - Energy drinks with nutrition facts are eligible, energy drinks with supplement facts are not eligible.

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## Social Media - cont. from pg. 27

- If friends or family post their own YouTube videos, they can share the links with you in an email, text message or Facebook post. You should be able to just click on the link to view it.
- If you're feeling more advanced, you can shoot your own videos with a smartphone or tablet and upload them, and share them privately or publicly.

## Pinterest: Discover Creative Ideas

Pinterest is a great platform to discover new ideas related to food, fashion, beauty, decor, and DIY projects. Interior design ideas for senior living homes, for example, is just one of many topics.

- Join Pinterest to browse for things that interest you. Search for hobbies, recipes, or art, for example. You don't need an account to look around, but you will need one if you want to "pin" things.
- After creating your own account, you can collect things you like onto "boards." It's sort of like scrapbooking, and many people manage to figure it out just by playing around with it. You can keep these boards public or keep them for your eyes only.

## Advice for Seniors Learning Social Media

Social media is a wide and growing world, so start slowly and take a few precautions. You wouldn't jump behind the wheel of a car without knowing the basics of operating it, so let's look at a few things seniors should know about social media.

**1. Choose One Platform to Start**  
Rather than getting overwhelmed when you hear about Instagram, TikTok, WhatsApp, and whatever is the next new thing, just pick one social media platform. You can always branch out later.

**2. Don't Be Afraid to Ask for Help**  
Social media comes more

naturally to people who grew up with the internet or who work with it everyday. A friend, relative, or senior living staff member may be happy to walk you through it at first, whether over the phone or video conference. It might help you to write down their instructions for future reference.

### 3. Be Aware of Advertising

Know that not everything you see in a social media feed comes from someone you know. Advertisers place ads into your feed for things you might like. This isn't always a bad thing—you might find something interesting. Just remember that advertising is part of the deal, and it's what makes these platforms free to use.

### 4. Watch Out for Scams

Social media is accessible to the entire world, which unfortunately includes those with ill intent. It's important for seniors to manage their online privacy carefully. Don't believe everything you read, and never give out personal information like your social security number, bank account information, or password over social media. It's even possible for scammers to impersonate people you know. If you see a post that looks strange or feels off, trust your instinct. You can always call somebody on the phone to confirm whether it's really them. And, never click on a link if you don't know where it goes.

## Solution to puzzle on page 22

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| L | O | C | I |   | S | O | L | E | S |   | A | L | T | O |
| D | I | R | E | C | T | I | O | N | S |   | P | L | A | N |
| E | S | E |   | R | E | S | E | T |   | L | I | E | G | E |
| R | E | S | P | I | R | E |   | I | C | I | E | R |   |   |
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| S | E | T | S |   | S | N | E | E | R |   | A | L | E | S |

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# Historical Affairs' Black History Month 2023 Programs

During the month of February 2023, the Delaware Division of Historical and Cultural Affairs will be sponsoring 11 special events. Eight of these events will be presented in commemoration of Black History Month, an annual observance celebrating the invaluable contributions that the African American community has made to the culture and history of the United States. A full schedule is included below. Admission is free and open to the public, but reservations are required for some programs. Go to the following link for additional information and reservation instructions: <https://history.delaware.gov/2022/12/28/hca-black-history-month-2023/>.

## **Delaware Division of Historical and Cultural Affairs programs, February 2023:** **Saturday, Feb. 4, 2023**

“Struggles for Equality — ‘Ending Erasure: The African Burial Ground.’ “ Black History Month program about the site that is believed to be the final resting place for enslaved and free Black men, women and children who died on the John Dickinson Plantation. Delaware Division of Historical and Cultural Affairs’ Old State House, 25 The Green, Dover. Programs at 10:30 a.m., 1:30 p.m. and 3 p.m. 302-744-5054 or <mailto:OSHMuseum@delaware.gov>.

## **Saturday, Feb. 4, 2022**

“Ending Erasure: Recognizing African Americans in the Cultural Landscape.” Program in which Vertie Lee, Delaware Division of Historical and Cultural Affairs’ curator of education, and Gloria Henry, site supervisor of the John Dickinson Plantation, discuss the site’s African Burial Ground and its Plantation Stories Project. Presented by the Hockessin Historical Society. Hockessin Public Library, 1023 Valley Road, Hockessin. Noon. Free but reservations suggested. 302-239-5160.

## **Friday, Feb. 10, 2023**

“Segregated Sands” and

“Recapturing Black Beaches” information session. Virtual presentation discussing the Zwaanendael Museum’s online exhibit “Segregated Sands” and the oral history project “Recapturing Black Beaches.” Program streamed live via Zoom. 4 p.m. Free but registration required. 302-645-1148 or <mailto:zmuseum@delaware.gov>.  
**Friday, Feb. 10, 2023**

Concert by singer/songwriter J.D. Webb. Folk, rock and blues. Presented in partnership with the Delaware Friends of Folk. Delaware Division of Historical and Cultural Affairs’ Old State House, 25 The Green, Dover. 7:30 p.m. 302-744-5054 or <mailto:OSHMuseum@delaware.gov>.

## **Saturday, Feb. 11, 2023**

“Struggles for Equality — ‘The Letter of the Law.’ “ Black History Month program in which Juliette Wurm, lead historic-site interpreter at the New Castle Court House Museum, explores the bias and racism written in the laws of Delaware from the American Revolution to Reconstruction and how those laws were enforced. Delaware Division of Historical and Cultural Affairs’ Old State House, 25 The Green, Dover. Programs at 10:30 a.m., 1:30 p.m. and 3 p.m. 302-744-5054 or <mailto:OSHMuseum@delaware.gov>.

## **Monday, Feb. 13, 2023**

“Enslavement and the Underground Railroad in Delaware: Stories from Below the Canal.” Presentation on some of the Underground Railroad Coalition of Delaware’s current projects including a new video, “The Tilly Escape,” about one of Harriet Tubman’s rescue missions in the Seaford, Del. area, and the search for the African Burial Ground at Dover’s John Dickinson Plantation. Laurel Public Library, 101 E. Fourth St., Laurel. 5 p.m. 302-875-3184.

## **Saturday, Feb. 18, 2023**

“Struggles for Equality — ‘An Uphill Battle: The Unfulfilled Promise of the Civil War 1865-

1896.’ “ At the end of the Civil War, great change seemed promised with the first federal civil rights acts and amendments. Why instead did the nation descend into segregation? In this Black History Month program, Lead Historic-Site Interpreter Gavin Malone explores the constitutional amendments, the first federal civil rights acts, Delaware’s political climate and reactions to federal legislation ending with the Plessy decision. Delaware Division of Historical and Cultural Affairs’ Old State House, 25 The Green, Dover. 1 p.m. 302-744-5054 or <mailto:OSHMuseum@delaware.gov>.  
**Friday, Feb. 24, 2023**

“Well Seasoned Heirlooms.” In this virtual series, Historic-Site Interpreter Kimberly Fritsch of the Delaware Division of Historical and Cultural Affairs’ New Castle Court House Museum shines a spotlight on the practices, recipes and women throughout Delaware history as they speak to us through their food. Program streamed live via Zoom and on the New Castle Court House Museum’s Facebook page. Noon. Free but Zoom registration required. 302-323-4453 or <mailto:NCCHMuseum@delaware.gov>.

## **Saturday, Feb. 25, 2023**

“Struggles for Equality — ‘The Letter of the Law.’ “ Black History Month program in which Lead Historic-Site Interpreter Juliette Wurm explores the bias and racism written in the laws of Delaware from the American Revolution to Reconstruction and how those laws were enforced. Delaware Division of Historical and Cultural Affairs’ New Castle Court House Museum, 211 Delaware St., New Castle. Noon. 302-323-4453 or <mailto:NCCHMuseum@delaware.gov>.

## **Saturday, Feb. 25, 2023**

“Struggles for Equality — ‘The Evolution of Black Recorded Music: ‘The Rock-n-Roll Soul.’ “ Black History Month multimedia presentation examines the roles

played by Chuck Berry, Little Richard, James Brown, Fats Domino, Sister Rosetta Tharpe and the Detroit-based Motown Records in establishing soul music, rock and roll, and rhythm and blues. Program will feature biographies, musical recordings and video clips from the 1940s through the 1960s. Delaware Division of Historical and Cultural Affairs’ Old State House, 25 The Green, Dover. 1 p.m. 302-744-5054 or <mailto:OSHMuseum@delaware.gov>.

## **Sunday, Feb. 26, 2023**

“Thar She Blows! Whaling on the High Seas.” Program by Delaware Humanities speaker Steve Renzi on whaling in America and particularly the whaling industry in Delaware with the Wilmington Whaling Company. Delaware Division of Historical and Cultural Affairs’ New Castle Court House Museum, 211 Delaware St., New Castle. 1:30 p.m. 302-323-4453 or <mailto:NCCHMuseum@delaware.gov>.

*Administered by the Division of Historical and Cultural Affairs, the five museums of the State of Delaware — the John Dickinson Plantation, the Johnson Victrola Museum, the New Castle Court House Museum, The Old State House and the Zwaanendael Museum — tell the story of the First State’s contributions to the history and culture of the United States. Through tours, exhibits and special programs, the museums shine a spotlight on Delaware’s unique history and the diverse people who came to live there. The museums are accredited by the American Alliance of Museums. The New Castle Court House Museum and the John Dickinson Plantation are partner sites of the First State National Historical Park. The Old State House is located on the Dover Green, another partner site of the park. Go to the following for a long-term calendar of division-sponsored events - <https://history.delaware.gov/calendar/>*



# MMC Classifieds

The classified section is provided as a service to members of the Modern Maturity Center only, active membership number required. There is no fee for members to place an ad. **Items will run one issue, unless otherwise requested.** Call 302-734-1200 ext 142 to place a classified ad. *MMC serves as an information broker only and is not liable for any negotiations or events that may occur.* Ads due by 15th of prior month.

## FOR SALE

**Great reading material** to teach children good character traits and signed by the author. \$9 ea. \$2 is donated to the homeless. 757-327-1000

**Edger - Craftsman** gas 4 cycle, carb rebuilt, new diaphragm & blade, hardly used, \$75 302-538-5022

**My entire collection of "The Cats' Meow"** wooden figures, 27 pieces, mostly Dover buildings. Valued at \$250. Will sell for \$100. 302-678-2222

**Vintage white wedding gown**, can be used for scraps or doll clothes, \$10, 302-678-2222

**Antique wooden child's potty chair**, magazine rack on side, \$40, 302-678-2222

**MaryMoo's** figurines \$5 ea. **Longaberger Baskets** 1/2 price- 302-697-3232 lv. mess.

**AirCare Pedestal** evaporative humidifier, 9 gal. output for 24 hrs., 3.5 tank capacity for up to 2800 sq. ft. with filter, made in USA. \$75, 302-508-2514

**Dining Rm Set** - table & breakfront - no chairs, oak \$500; 302-883-2801

**Burial Plots Sharon Hills, Dover**, Section III, Garden of Prophets, Lot 226, Plots 1 and 4 - Plot 1 lot incl. vault (\$2700 value) \$2000. Plot 4 (\$1400 value) lot only \$1000. Lots not side by side; sold individually or together. Cemetery charges \$200 transfer each lot. No more vacant lots avail. in this section of cemetery. 302-359-6661 or 302-697-3789.

**Cemetery Plots, Sharon Hills Garden of Meditation** - 2 spaces and 2 vaults. Asking \$4800. 302-734-4481

**Sharon Hills Cemetery, 4 adjoining plots**, Garden of the Word II, Lot 53, sites 1, 2, 3, 4. \$800 ea. Will sub-

divide and sell 2 adjoining lots, but no individual plots. 302-736-9975. If no ans. leave msg.

**4 Cemetery Lots, Sharon Hills**, Garden of Word II, Lot #365 1 & 2; Lot #366 1 & 2; \$600 ea. Can be separated. 302-535-2260

**Oreck Vacuum** - extra bags, \$100, 302-538-5022

**Fully reconditioned push mower**, \$100, 302-538-5022

**Old Oak Desk & Chair**, \$50; **6' drop leaf table** \$100; **Cedar Chest** \$100. 302-730-1728

**Free hospital bed**, exc. cond., single, 302-335-5694

**Firewood, 4' x 8' stack for \$60**, 302-734-5260

**Alfred Dunner Slacks** - womens size 14 waist, short and medium lengths, variety of colors, 302-730-1032

**Power Washer**, gas, Honda eng., serviced, \$200 302-538-5022

**Tan leather** soft recliner and couch set, \$800, 302-751-1314

**Walker with seat**, folds up, \$50, Call Sandra 302-943-1868

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**Cleaning Service** we offer a special discount for senior citizens and the disabled. 302-698-7714 after 5 p.m. Please leave message on machine.

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**Pip's Errand Service**- 302-359-3602

**Lisa's Pet Sitting Service** - 302-670-3026 or 302-736-1556

**Experienced Caregiver**, 30+yrs. Navy Veteran, Compassionate, dependable, trustworthy & flexible. Exceeds your care needs in companionship, bathing, meal prep, light housekeeping & transportation, non-smoker, COVID vaccinated. Frances 678-830-6306

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**Experienced Home Caregiver** -avail. in Dover to assist w/your needs. Cook, clean, appts., food shop, etc. Sorry no personal care. Ref. avail. Cathy, 302-698-2103

**Caregiver/CNA** 30 YRS. EXP. Lt. housekeeping/cooking/personal care. Avail. Mon. - Fri. after 12 p.m. 302-632-7006

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**Housecleaning** - free estimates,

reas. rates, ref. are avail. 302-653-7115, please lv. message

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## NEEDED

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**Pictured:** Steuben Glass Works (American, founded 1903 – closed 2008) Frederick Carder (English, 1863 – 1963) Cluthra Vase, circa 1927-1931 Blown glass with interior bubbles