

MMC Bulletin

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

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April 2024

MMC to host public meeting for State Plan on Aging

On April 8, from 11 a.m. to 1 p.m., the Modern Maturity Center hosts the Kent County public meeting for The Division of Services for Aging and Adults with Physical Disabilities (DSAAPD) State Plan on Aging. The public is invited to attend and address areas of concern they have regarding the state's approach to aging issues.

The State Plan has been developed to meet the requirements

of the Older Americans Act, which provides funding for a variety of programs and services for older Delawareans and their caregivers, including supportive services, nutrition programs, disease prevention and health promotion initiatives, elder rights protection activities, and caregiver support programs. The current plan expires September 2024.

Modern Maturity Center
East Conference Room

ATTENTION!

We need YOU!

Monday, April 8, 2024 at 11:00am

**Join us and the Delaware Division of Services
for Aging and Adults with Physical
Disabilities for light refreshments and deep
discussion as we talk about the 2024-2028
State Plan on Aging!**



**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

3rd Annual International Festival

EXPO

Living your best life!

Thursday, May 16, 2024

11 a.m. to 2 p.m.

Modern Maturity Center 1121 Forrest Ave., Dover DE

Food - Vendors - And More!

\$5 per person - Open to the Public

MORE THAN 30 Participating Organizations

PLUS: - International Dance Performances
- Flavors of the World: samplings of
foods from more than 20 countries
- Farmers' Market

Tickets on sale at Member Services April!

Call Nimi -302-734 1200 x 144 For more information

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."

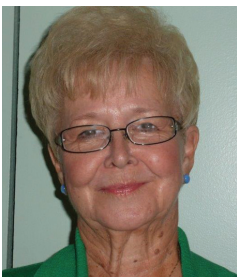
Barros, McNamara, Malkiewicz & Taylor, P.A. | Dover - Seaford - Lewes



**Call Attorney
David J. Bever**

**to schedule a consultation
734-8400**

From the Director



Carolyn Fredricks

A couple of weeks ago, on one of those beautiful 70 degree days, I thought spring was just around the corner, so I took off on a Friday, ready to start working in my garden. Got my jacket, my garden soil mix, and my little wagon and went out to work in the yard. I was out there about 10 minutes and then I went into the house and turned the fireplace on! Just a little early - after all it was the middle of March. I'm sure there have been times you have been anxious about something and things just didn't turn out the way you planned. The Good Book tells us not to be anxious, but to pray about everything. I think we sometimes forget that step. I know I do. This past month I had three good friends who were in rehab. They were all very anxious about what was in store for them next. They were anxious, and I prayed. They are all progressing, maybe not as fast as they would like, but at least they are all recovering at home. Sometimes, we just have to be patient and wait a little longer. Their recovery will come, and like my garden, in due time healing will come for my friends and before I know it, I will be working in my yard, complaining about how hot it is.

Speaking of working outside - there is a bird that comes back every year and absolutely hates me. Literally, when I'm working outside that bird attacks me. I know I look pretty stupid working in the yard with an umbrella, but that is my protection. When I bend over, that bird literally dive bombs right to my butt!

If you have any special tips for me about my dive bombing bird, please let me know.

April is a very special month at MMC. That is when we recognize our fabulous volunteers. Volunteers are the lifeblood of MMC. Starting at the top with a volunteer Board of Directors to the hostess at the door, MMC just couldn't exist if we didn't have our volunteers.

April 25 is the Annual RSVP Recognition Breakfast. Just a small token of appreciation for all the volunteers that help us.

Speaking of anxious - I will probably be a little anxious as we begin our practices for the summer production of "American Bandstand Revisited." Most of us grew up listening to Dick Clark. In fact, I heard some talk about running home so they would be on time to

watch the show!

Practice for the show begins May 7 and tickets go on sale May 13. Make sure to get your tickets early!

April is a busy month around here, but I don't believe any of the events will cause a parking issue. We do have the Governor's Prayer Breakfast here on May 2, but they will be

leaving around 9 a.m.

Did you know that April is also known as National Grilled Cheese month? Makes you want to go and put one together doesn't it? Add some hot tomato soup and you have a hearty meal.

Have a great month and remember - April Showers bring May Flowers - and of course my crazy bird!

MMC Dinner Theatre
presents

AE

American Bandstand Revisited

June 25, 26, 27, 2024
Dinner 6 p.m. Show 7 p.m.

Tickets on sale May 13
MMC Member Services
302-734-1200 x167
\$40 per person



AmeriCorps Seniors

RSVP of Kent County. . . sharing the experience of a lifetime

Let's Spend
Some TIME on
TIME.....

TIME: I think it's safe to say that as we get older, time becomes more important to us. For me personally, I have come to a peace with the fact that I have more years behind me than I do in front of me. I find myself more aware of, for lack of a better term, "being in the moment." Be it with a friend or family member, watching a favorite TV show or movie, I find myself cherishing that time.

TIME: Those who have gotten to know me here at MMC know that I love music, especially the late 60's through the mid 1980's. I have an extensive library of the good and the bad tunes of that time. I refer to this as Daddy O's Jukebox Memories. My love of disco and 70's music is legendary. And through this musical love, I have discovered my own form of time travel!! How??

Music therapy is a recognized therapy to help treat dementia. Melodies and lyrics lurk in in the nether regions of our brains. The journey to another time and place begins when those musical notes penetrate barriers and send you on your very own "Rendezvous with Yesterday."

Let's now jump into our pond of RSVP volunteer opportunities.....

Become A Volunteer Adult Literacy Tutor for Literacy Delaware

New Tutor Orientation Online:
Thurs., April 18 1:30 – 3 p.m. or 6:30-8 p.m.

New Tutor Training Online:
Thursdays, April 25, May 2, 9, 16 1:30 – 3 p.m. or 6:30 – 8 p.m.

No experience required; training and support provided. One to one or small groups. Teaching can be online or in person. For more information:

www.literacydelaware.org/tutors
volunteer@literacydelaware.org



Mike O'Leary

302-658-5624

Hostess Desk at MMC Looking for Volunteers.

RSVP is looking to add folks to this staff during busy times and when our current staff needs time off. The volunteer hours are 9 a.m.- 1:30 p.m.. The folks at the Hostess Desk at the Modern Maturity Center are the first people that MMC guests see. They greet guests, direct them to events at MMC, etc. The Hostess Staff also give guests tours of the facility.

If you would like more details, please contact Fran Shane at 302-734-1200, xt 142 or Mike O'Leary at 302-734-1200, xt 146 or by email at michael.oleary@modern-maturity.org.

Meals On Wheels at MMC Needs Volunteers

Modern Maturity Center is the only Meals on Wheels provider for Kent County. The success of this program depends on 163 volunteers preparing packages, organizing delivery routes, and distributing meals. RSVP volunteers at Modern Maturity Center distribute meals directly to seniors in the Dover Delaware area. But this distribution of meals also includes transporting meals to five other senior centers in Kent County. These are Mamie Warren, Lillian Smith, Luther Towers, Milford, and Harrington Senior Centers. A total of 84 RSVP volunteers at those centers then redistribute those meals to seniors at those centers.

RSVP Volunteer drivers are reimbursed for their mileage from the volunteer station to the client, as well as from the volunteer's home to the volunteer station.

RSVP Volunteers are URGENTLY needed. Meals On Wheels Coordinator Trudie Clay will work with whatever day or days you may be available. Call Trudie on (302) 734-1200, ext. 119.

Biggs Museum of American Art

Kiara Florez from the Biggs Museum of American Art is the Head of Visitor Experience and Membership

Services for the Biggs Museum. The museum is currently looking for two types of volunteers.

The first is Docents. Docents are trained to lead regular group tours of the museum's permanent collection and special exhibitions. Docents are knowledgeable of the museum's history, collection of furniture, paintings, antiques, and silverware, in addition to special exhibitions. However, formal art education is not required. Select members from this group will be on call to lead booked group tours and school tours as scheduled. Docents will have a strong interest in art and art history. The ideal candidates have an engaging personality, a willingness to learn new material, reliability, and an interest in art and art history. As extensive training is needed for this position, it requires a minimum year's commitment. Docent shifts are available during typical operating hours Thursday through Sunda

The second is Event Volunteers and Special Skills volunteers. Event volunteers assist with staffing special events, education programs (adult and/or children) and information tables.

Special Skills Volunteers can provide service to the museum with any trade skills such as building, painting, or electrical or creative skills such as photography, videography, set design, or language translation. We are always open to enhancing the museum in unique ways and building a capable team with diverse expertise.

Day Break at MMC Needs Volunteers

Day Break is a structured and supervised program for functionally impaired persons aged 60 years or older. Day Break Services include Medical Supervision, Personal Care Assistance, Nutritious Meals, Social and Recreational Programs and Transportation.

Daybreak is open Monday through Thursday 8 a.m. to 4 p.m. and Friday 8 a.m. to 3:30 p.m. At Day Break, let your volunteer light "shine, shine, shine

all around Delaware." Volunteers will undergo a background check, as well as a TB test. The Day Break folks will welcome your light of kindness. If you are interested in volunteering at the Daybreak Program, contact the Daybreak Director Nina O'Bryan at (302) 734-1200, ext. 155.

Blood Bank of Delmarva Needs Volunteers

The RSVP program has been placing volunteers to assist the Blood Bank of Delmarva with the blood donation process since 1982.

Nine out of ten individuals will need blood or a blood product sometime in their lifetimes. One out of every ten hospital patients require a transfusion.

Looking for a rewarding experience? Check out volunteering at Dover Blood Bank of Delmarva. Meet new people and reconnect with friends! Volunteer at the Dover Blood Bank of Delmarva.

Go to www.delmarvablood.org Scroll down to the bottom of the page and go to SUPPORT US and then click on Volunteer. Follow the instructions and you can join the volunteers at the Blood Bank.

Volunteers Wanted to Mentor a Child at the Academy of Dover

The Academy is looking for caring individuals to work with a child one-on-one during the school year. One-on-one mentoring can help a child: build self-esteem and confidence, improve communication and behavior in school and home, improve school performance and healthier lifestyle choices.

Want to help a child achieve success in school and life? K-8th grade, ½ hour to one hour a week. Instructional materials and training are provided.

Sign up today and make your week from mundane to fulfilling. Contact:

SUSAN BROWN
104 Saulsbury Road
Dover DE 19904
302-674-0684
Susan.brown@aod.k12.de.us

Look whats fun and free at MMC

MMC Activities are only available for members with memberships current as of September 1, 2023.

Extreme Beginners Line Dance Step Class

Come to the “Extreme Beginners” step class Fridays, from 1 to 3 p.m. in the Palmer Room. Extreme Beginners Step class from 1 to 2 p.m. is for people needing help to “Untangle their feet”. Extreme Beginners Step class from 2 to 3 p.m. is for first timers and those that need additional help to learn the steps. Instructor: Jaci Kenny. You must be a member of the Modern Maturity Center to participate. Free for members.

It's Tap Secret!

Come join Darlene Meyer, former Rockette, for a beginner/intermediate tap class. She is a graduate of Juilliard School of Music and Dance. She studied at the June Taylor School of Dance and with dance greats Gene Kelly and Bob Fosse. Darlene teaches a Broadway style tap dance class every Thursday from 2-4 p.m. in the Palmer Room. She also provides you with dance notes so you can practice on your own.

Get Up and Move!

Let's Get up and move! with Ida Kirkendoll, owner of Forever Active Lifestyle! She will 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. You must be a member of the Modern Maturity Center to participate. Free for members.

Advanced Line Dancing

Advanced level students meet Tuesday and Thursday from 10 to 11:30 a.m. in the Palmer Room. “Steppin’ Seniors” line dance group learns and practices advanced level line dance and performs for charity throughout Kent County. You must be a member of the Modern Maturity Center to participate. 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. You must be a member of the Modern Maturity Center to participate. Free for members.

Broadway 1

This class combines dance moves with expressive stage movement to interpret music. 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. You must be a member of the Modern Maturity Center to participate. FREE for MMC members

Broadway 2

This class combines dance with stage movement and will work on a number for the June show. The style of dance is different from the Monday class and meets Tuesdays from 2:15 until 3:45 p.m. in the Palmer Room. The class is free, but you must be a member of MMC to participate. **Please note the day and time change.**

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. You must be a member of the Modern Maturity Center to participate. Free for members.

Dancing In Your Chair with Ida

Participants exercise safely while seated in their chair. ****NO STANDING REQUIRED!** The 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. You must be a member of the Modern Maturity Center to participate. 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. You must be a member of the Modern Maturity Center to participate. Free for members.

Intermediate Line Dancing

Intermediate level students meet Thursdays from 9 to 10 a.m. in the Palmer Room. You must be a member of the Modern Maturity Center to

participate. 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. You must be a member of the Modern Maturity Center to participate. Free for members.

Soulsations

Soulsations meets in the Palmer Room on Mondays from 12:30 - 1:30 p.m. and 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. You must be a member of the Modern Maturity Center to participate. Free for members.

NEW - Building Tours

Building tours are available Monday through Friday from 9:30 a.m. to noon.

It's Time to Get Moving!



“The first step towards getting somewhere is to decide you're not going to stay where you are.”

-J.P. Morgan

A place to call home comes in many packages, it could be a move closer to family, or a senior community that offers less responsibility. There are also senior living communities with options for transitional housing to include independent living, assisted living and skilled nursing when the time comes. If you are thinking of selling your home, I can help you every step of the way! Contact me to begin your journey.



BUYING OR SELLING?

As a Seniors Real Estate Specialist (SRES®), I have the training and experience to understand the lifestyle and financial needs of mature clients ages 55+. I am here to put my skills to work for you.



Carla Wilson

REALTOR®, SRES®, PSA
302-233-1882 cell
cwilson@psre.com
www.ItsTimeToGetMoving.com



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 Wednesdays from 11 a.m. to noon. Classes are in Activity Room #8. Registration is not required. You must be a member of the Modern Maturity Center to participate.

Conversations with Carolyn

Join MMC 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

MMC Bulletin

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 www.modern-maturity.org

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; Justin Strickland, 1st Vice Chair; Dr. Lindsay Rhodeenbaugh 2nd Vice Chair; Troy Adams, Secretary; Bethany Lewis, Treasurer; Terri Nellans, Dr. Aleta Hannah-Brown, Bill Holmes, Heather Pepper, David Lawson, Adam Gerber, Nancy Wagner, Anu Kasat, Renee Slaughter, Lisa Marino, Ryan Bowman, Ryan Kelly, Dr. Beatrice Gaynor, Dr. Bobby Jones, Nancy McCoy, Joyce Breasure-Herrick,



United Way of Delaware

opportunity to get connected with the center and let your voice be heard. This meeting is usually held on the third Thursday of the month. The next meeting is scheduled for Thursday, April 18, from 9 to 10 a.m. in Activity Room #3. Light refreshments are provided. Meetings are not held if there are less than 10 participants. You must be a member of the Modern Maturity Center to participate. Please sign up at Member Services to reserve your spot today!

Bible Study –

Please join 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. You must be a member of the Modern Maturity Center to participate. Free for MMC Members.

Needle & Threadwork Embroidery

Join Nanka Pearce, 2022 Delaware State Fair blue-ribbon winner to learn embroidery. All skill levels welcome. The group meets every Friday from 10 a.m. to 3 p.m. in Activity Room #3. You must be a member of the Modern Maturity Center to participate. 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. You must be a member of the Modern Maturity Center to participate. 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, Veterans Home and Code Purple. You can receive volunteer hours for the work you do! This group is FREE to members of the MMC.

Pray Until Something Happens

P.U.S.H. is a Christian group that comes together to pray for our community and individual family issues. 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 the West Conference Room. All are welcome. You must be a member of the Modern Maturity Center to participate. Free for MMC members.

All Art Tuesdays -

All Art Tuesdays is on hiatus – Please check back next month for updates. 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 relaxing. 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 with new instruction on a specific painting. The second class takes that same painting and helps it come alive as a finished piece. You must be a member of the Modern Maturity Center to participate. The cost is \$10 per class. 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.

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. This activity is free, but you must be a member of the Modern Maturity Center to participate. Here is a list of the books the club will be reading in 2024:

April - The Personal Librarian by Marie Benedict and Victoria Christopher
May - Black Cake by Charmain

Wilkerson
June - In the Courtyard of The Kabbalist by Ruchama King Feurman
July - Necromancer by William Gibson
August - Their Eyes Were Watching God by Zora Neale Hurston
September - Lessons in Chemistry by Bonnie Games
October - The House of Eve by Sadeqa Johnson
November - The Violin Conspiracy by Brendan Slocum
December - I Will Always Write Back by Caitlin Alifirenka and Martin Ganda

NEW – Riddle Me This

This is an 8-week course designed to improve hand-eye coordination and mental acumen through riddles, games, puzzles, and other activities. Small groups will work together to solve and find answers. Led by two retired schoolteachers who encourage you to join the fun! As we age our hand-eye coordination may suffer. Doing these activities can improve those skills especially when working in a small group. You’ll also enhance your social skills. Let’s stay sharp while enjoying ourselves. This class is Tuesdays beginning April 16 from 1 until 2 p.m. in Activity Room #8. You must register at Member Services and there is a \$5 registration fee.

NEW - Looking for New and Used Books

The Camden -Wyoming Lions Club is collecting books to support their scholarship fundraiser. The collection box will be just inside the door by the Hostess Desk. The club is collecting books beginning Monday, April 1 through Friday, May 31.

Dover Health Care Center Chiropractic

Live with less pain and more vitality through chiropractic care. 302-736-0330
 doverhealthcarecenter.com
 212 South Queen Street
 Dover, DE 19904

Frank Chi, DC
 Megan Epps, DC

No Drugs

No Surgery

Less Pain



Western Caribbean/New Orleans of RC Brilliance of the Seas

10 days/9 nights, Jan. 23-Feb. 1, 2025 starting at \$2,499 per person, inside cabin, double occupancy.

Travel Protection is available and strongly encouraged. *Host: TBA.* Includes roundtrip airfare, 8 day/7 night cruise, cabin, shipboard meals, port charges, taxes, 2 nights hotel accommodation in New Orleans, 1 dinner in New Orleans, guided tour of New Orleans, motor coach transportation in New Orleans. Port calls in Cozumel Mexico; George Town, Grand Cayman; Puerto Costa Maya, Mexico; *PML Tours*

Eastern Caribbean on Carnival's Sunshine

9 days/8 nights, Feb. 16-24, 2025 starting at \$1,599 per person double occupancy, inside cabin.

Travel Protection is available and strongly encouraged. *Host: TBA* Price includes: motorcoach transportation, cruise, shipboard meals, port charges & taxes. Port calls in Amber Cove, Grand Turk, Princess Cays. *PML Tours*

MMC Day Trips

2nd Date added "Daniel"

Sight & Sound, Lancaster, PA
Wednesday, Aug. 7, 2024

Cost is \$155, which includes motor coach, bus driver tip, and show and dinner at Bird in Hand Family Restaurant. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most hope-filled stories as it comes to life in this brand-new original stage production from Sight & Sound Theatres®. Leave MMC 7:30 a.m., show 11 a.m., lunch at 2:30 p.m., return to MMC approx. 6 p.m.

Spirit of Philadelphia

Philadelphia, PA
Wednesday, June 19, 2024

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.

Suicide Bridge Lunch Cruise

Hurlock, MD
Thursday, June 13, 2024

Cost is \$105, which includes motor coach, bus driver tip, cruise and lunch. Enjoy a 2-hour cruise on the Choptank River aboard a reproduction of an authentic 80 foot turn-of-the-century paddle wheeler. Lunch consists of fried chicken & crab cake platter, with a vegetable, potato and dessert. Leave MMC 10:30 a.m., lunch/cruise 12:30 - 2:30 p.m. Return to MMC approx. 4:30 p.m.

Explore St. Michaels/ Patriot lunch cruise

St. Michaels MD
Thursday, Aug. 1, 2024

Cost is \$125, which includes motor coach, bus driver tip, lunch, cruise and admission to the Chesapeake Bay Maritime Museum. Enjoy a 65-70-minute relaxing scenic river cruise aboard a replica of a 1930's steamship called "The Patriot". While cruising upon the Miles River, you will learn about the local beginnings, view historic homes and wildlife, while watching local watermen harvest clams, oysters or whatever may be in season. This historic town is filled with charming shops, inns, and the Chesapeake Bay Maritime Museum. Lunch will be served at the Crab Claw Restaurant where it started in the 1950's and is still one of St. Michael's landmarks. Lunch consists of fried chicken, crab cake platter, green beans, hot rolls with butter, assorted beverages, and sherbet for dessert. Time provided after cruise for shopping in St. Michaels, exploring the Maritime Museum or just relaxing. Leave MMC 10 a.m., lunch/11 a.m.; cruise 12:30 p.m.; free time 2-3:30 p.m. Return to MMC approx. 5 p.m.



Join MMC on a trip to Newport, RI - Aug. 4-6, 2024. Includes visits to the Breakers Mansion and Mictick Village. Sign up at MMC Trips and Tours.

Wash, Dry, Fold & Repeat

Let Emerald City do the dirty work

Don't forget about our pickup & delivery

730 W. Division St. • Dover
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www.emeraldcitywashworld.com

Legislative News

by George
"Jody"
Sweeney
Kent County
Levy Court



One of the most important responsibilities of the Kent County Levy Court Commissioners is to promote Economic Development in our County. Consider this: we are slowly but assuredly changing into a community of those escaping high property and sales taxes in other states. At the same time, we continue to have those who are raising their families here, and like me, would like their children to find good paying jobs close by to stay close, and not have to move long distances away. It is a contradiction that is hard to rationalize: How do we maintain

the reasons that newcomers chose Kent County as their Forever Home as opposed to maintaining the quality of life for children to seek Kent County as their Forever Home?

Attracting small businesses in retail does not provide the high-paying jobs that graduating students want, only manufacturing jobs, tech jobs, or white collar jobs will do that. In order to attract those high-paying employers, the County must make the region attractive to them. Most businesses looking to re-locate are looking at those services such as access to rail or interstate transportation. They will be looking for services that their employees will need, such as access to good schools, medical services, entertainment venues, and transportation, albeit just easy travel to those services.

So, how do we do that? Linda Parkowski and Zach Prebula from

the Kent Economic Partnership (KEP) are on the case. KEP is responsible for attracting more than 1400 new jobs in 35 new or expanding businesses who spent nearly \$300million in Kent County. These are manufacturing jobs that chose Kent County because of the needs that we are able to satisfy: transportation, employee services, and location, location, location.

Moving forward, KEP is working with Kent County Commissioners, our municipal council people, and State Legislators to continue these efforts. This means addressing schools to continue educating students in those skills needed to support further manufacturing expansion. This means addressing land use decisions to make sure that new industries have areas that they can build without adversely affecting residential areas. This means making sure that land near rail lines is available for industrial expansion. This means having

available workforce or affordable for first-time home buyers and employees moving here to work.

To that end, according to the most recent presentation at the Kent Economic Forecast breakfast, KEP is working on two dozen or more active projects that could bring more than 660 new jobs, and more than \$356million in spending in Kent County for new or expanding businesses. And KEP continues to ramp up their efforts with studies of a Rail Corridor Safety, an East-West Freight use, among others that will further address the needs of businesses looking to relocate here.

And Kent County Commissioners continue to do their jobs to advocate for a better county and to balance the needs of businesses, parents, children, schools, and seniors. Our ordinances help schools address space issues. Our policies improve parks and recreation. Our taxes attract those seeking to avoid high property taxes elsewhere.



Acute Rehab Hospital
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Here are a few quotes from workshop participants when asked what went well:

- "I think that everything went well"
- "The workshop was fun and exciting"
- "Very well done! Covered all salient points. Can't wait to get started"
- "Made for comfortability"

- "Great questions that are not normally asked"
- "The explanation of how things are done"
- "Everything was helpful and to the point"
- "I enjoyed how easy it is to create a book"
- "Resources were great"
- "The information received has motivated me"
- "Exercises, sharing, simplification, inspiration, really good"
- "Practical and doable"
- "I loved how she presented everything, very personable"

The next workshop is Wednesday, April 10. REGISTRATION DEADLINE IS FRIDAY, April 5. The cost is \$15 per person. Sign up at the Member Services desk or call (302) 734-1200 ext. 167. Advance payment is required. Refunds are not issued with less than a 24-hours cancellation notice.



Resin Art Class – Jewelry Theme

Instructors Monica Kulesa and Tammy Mikeals will teach you how to create your own framed jewelry design. All materials are included, and you may bring your own jewelry to add to the design. The class is designed for a minimum of 4 students and a maximum of 20. The class is Thursday April 25, from 10:30

a.m. until 12:30 p.m. in Activity Room #1. You must be a member of the Modern Maturity Center to participate. The cost of the class is \$45. No skills are required. Deaf interpretation is available. Please visit or call Member Services to register (302)734-1200 ext. 167. Advance payment is required. Refunds are not issued with less than a 24-hour cancellation notice.

BINGOCIZE!

The Modern Maturity Center is partnering with WECARE Services to offer Bingocize! This class combines exercise and health information with the familiar game of bingo, which is a great and fun way to get seniors moving and socializing. It is meant to be played twice a week on nonconsecutive days. Bingocize will be held every Tuesday and Friday for 10 weeks from 10 to 11 a.m. in Activity Room #8 and on Fridays from 11 a.m. – noon in the Palmer Room. The class is FREE for MMC members, but you must register at Member Services.



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we provide **FREE**, unbiased & confidential counseling

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www.insurance.delaware.gov/DMAB



Caregiver Resource Center

Hello caregivers! The Caregiver Resource Center welcomes spring and all the warm days ahead. We would like everyone to know the upcoming support group dates available here to attend. We have a new support group beginning Tuesday April 9. The Multiple Sclerosis support group will be open to anyone with the disorder or anyone caring for someone with MS. The support will be hosted by Peter Licari, and he can be contacted at 516-639-8805 for any questions. Join Peter the second Tuesday of every month at 11am in the Caregiver Resource Center room of the Medical Arts Building. The following dates are all upcoming support groups available:

- **April 16-** Alzheimer's Night Support Group, 6 p.m., CRC room
- **May 2-** Parkinson's Support Group, 5 p.m., CRC Room
- **May 6-** Alzheimer's Day Support Group, noon, CRC Room
- **May 14-** Second Time Around Grandparents Support Group, 9 a.m., CRC office
- **May 14-** MS Support Group, 11a.m., CRC Room
- **May 21-** Alzheimer's Night Support Group, 6 p.m., CRC Room

*All support groups open to anyone caring for someone regardless of diagnosis

Contact Dawn Morris or Jennifer Mogle at 302-734-1200 ext. 186 or 192 for more information. The Caregiver Resource Center at Modern Maturity Center is partially funded by DHSS Division of Services for Aging and Adults with Physical Disabilities through the National Family Caregiver Support Program, Title III-3 of the Older American Act.



Winners



Right: Peter Stevens was the birthday winner March 14 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, April 11.



Right: MMC Ambassador Bill A Hufnal and Site Manager Jackie Anderson present to Gary McGinnis and John Donovan their cash raffle winnings at the March 12 dinner-dance. Music was provided by the Double Agent Duo. The next dinner-dance is on April 9 and Dale Teat will provide the dancing music.

Senior Community Service Employment Program

At the Modern Maturity Center, we help older adults find work, develop new skills and talents, and build their financial security by sponsoring the Kent County Senior Community Service Employment Program (SCSEP). SCSEP is an on-the-job training and employment program designed to help those unemployed, age 55 and older update their jobs skills, build work experience and confidence, and continue to have economic security and well-being.

SCSEP trainee Dorethea "Toni" Branch is this month's success story. An Army Veteran, Ms. Branch's most recent assignment was with the Department of Labor's Division of Employment & Training (DET) as a Unit Assistant. Her duties included helping job seekers create resumes and supporting the Employment Services Specialist by making follow up phone calls, data entry, and other related duties.

While in the SCSEP program, Ms. Branch made use of the many services offered through the DET's American Job Center; she met with Employment Service Specialists to discuss her career goals, scheduled CASAS testing (the CASAS Test measures reading and math skills), attended Career Planning Workshops, and completed a Certified Nursing Assistant CNA Certificate Program at Unity Career Institute paid for through DET's Certification Program.

We are happy to announce Ms. Branch's hard work and

dedication has resulted in her obtaining employment as a CNA with Bayada Home Health Care. Ms. Branch explained, "Completing the Delaware CNA Certification program is a dream come true for me. When I was younger, my sister died of cancer. That's why I became a CNA, because I wanted to give back. I completed the CNA course in Virginia 17 years ago. Delaware requires completing their CNA course to be eligible to work. Now I have done it, completing the program is live changing for me."

Let us be a part of your success story. Call us if you are unemployed and would like to learn more about the program - SCSEP office at (302) 734 - 1200 x159.

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

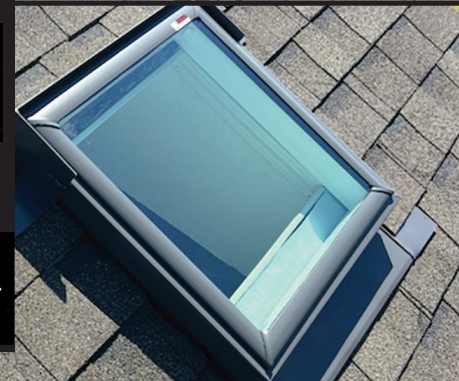


Above: Dorethea Branch, SCSEP trainee

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Game on at MMC!

The Game Room is for use by members of MMC ONLY.

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. 9 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., AR #4 Fri. 10:30 a.m.-3 p.m., AR #8, \$

Mahjongg (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

Pinocle: Mon. & Wed., 8:30 a.m.-noon, AR #4, Fri. 2-4 p.m., AR #4

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

Two Table Bridge - Mon, 12:30 - 3 p.m., AR#3

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 – 4 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 #8. Tuesdays 9 a.m. to 3 p.m. in AR#4.

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

□ Thursday 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.

□ Two Table Bridge - Mon, 12:30 - 3 p.m., AR#3

Chess Club

Meets Thursdays from 9 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! You must be a member of the Modern Maturity Center to participate. 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.

Mahjongg

You must be a member of the Modern Maturity Center to participate. Play this classic tile game designed for four players and is like card games.

All levels - All levels Mahjongg on Tuesdays and Thursdays from noon to 4 p.m. in Activity Room #3. Don't know how to play? All skill levels are welcome. Free for MMC members.

Open Game Room

Enjoy our open game room 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. You must be an MMC member to participate. Free for MMC Members.

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. You must be an MMC member to participate. Free for MMC members.



Delaware Choral Society

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Advance Tickets:

Adults \$18

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Groups of 10+: \$15/ticket

At the door: \$20

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Delaware
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This program is supported, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com



Veterans homelessness initiative - cont. from page 20

Angeles area. During 2023, VA provided 1,790 permanent housing placements to formerly homeless Veterans in LA, the most of any city in America, and exceeded their local goal by over 19%. In FY 2024, VA will build on that progress by:

Permanently housing at least 1,605 Veterans experiencing homelessness.

Engaging with at least 2,184 unsheltered Veterans to help them obtain housing and other wraparound services.

VA's efforts to combat Veteran homelessness are grounded in reaching out to homeless Veterans, understanding their unique needs, and addressing them. These efforts are built upon the evidence-based "Housing First" approach.

For more information about VA's comprehensive efforts to end Veteran homelessness, visit VA.gov/homeless.

If you are a Veteran who is experiencing homelessness or at risk for homelessness, call the National Call Center for Homeless Veterans at 877-4AID-VET (877-424-3838). Visit the VA Homeless Programs website to learn about housing initiatives and other programs for Veterans exiting homelessness.

Welcome Miss Delaware's Teen 2023!



Above: Miss Delaware's Teen 2023, Ms. Sophia Hughes

The Modern Maturity Center welcomes Ms. Sophia Hughes, Miss Delaware 's Teen 2023. She will be performing in the Longwood Dining Room on Wednesday, April 3, at noon. Sophia is a senior and a theater and vocal major at the Cab Calloway School of the Arts and aspires to attend Harvard University and Medical School and become a pediatrician. She is founder of the workshop "Diamonds in the Making". A group that works

to empower young girls. She also serves as the US Ambassador for the international non-profit organization, Backpack Bed for the Homeless. Also performing that day is her younger sister, Sarah Hughes. Sarah is a freshman and a dance major at the Cab Calloway School of the Arts. They are the granddaughters of our Member Service Representative Marshelle Washington!



Above: Ms. Sarah Hughes

An event for seniors... and for those who plan to be seniors... and for those who care for seniors!

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Nutrition Corner

Dehydration

by Nimi Bhagawan MS, RDN

We have discussed dehydration many times, however we are revisiting it again because the warm weather will be here soon and many of us are aware that we are dehydrated. Dehydration is caused by the body losing more water than it is getting. The body is constantly losing fluid—through sweating, breathing, and urinating. Normally, you replenish these fluids when you eat and drink. It is very common for the elderly—adults aged 65 and older—to get dehydrated.

Signs of dehydration in the elderly

Sometimes patients tell me that they cannot “overdose” on water. That’s not true. Too much water can have negative effects on your body. Although rare, drinking too much water, often too quickly, can lead to a potentially fatal condition of low sodium levels called hyponatremia.

There are many signs and symptoms of dehydration in the elderly. Blood and urine tests can look for imbalances to help diagnose dehydration in the elderly.

The most common symptoms of mild dehydration are:

- Headache
- Nausea
- Changes in urine (dark urine and decreased amounts)

Other symptoms of dehydration include:

- Dry mouth
- Muscle cramps
- Dizziness
- Fatigue
- Irritability
- Constipation

Signs of severe dehydration include:

- Confusion
- Feeling disoriented
- Trouble walking
- Skin changes, for example, decreased sweating, sunken eyes, and skin tenting (skin that does not easily return to its normal position when delicately pinched)
- Drop in blood pressure.
- Increased rate of breathing
- Elevated heart rate/Palpitation

- Fainting
- Seizures

Dehydration can be dangerous in the elderly, partly because some symptoms typically used to diagnose it may be masked. For example, skin tenting may not be easily detected in elderly patients due to the frail, thin skin many elders develop. Also, dry mouth could be mistaken as a side effect of a daily medication. These could lead to delays—sometimes fatal—in diagnosing dehydration early on in elder adults.

Why do the elderly get dehydrated more often?

An important question to ask your doctor is, “Can we go over my or my loved one’s medications?” Especially in the elderly, dehydration can be caused by interactions with multiple medications combined with bodily changes in thirst and appetite and with medical problems such as kidney disease. Dehydration affects people of all ages but adults aged 65 and over have a greater risk. Studies estimate that about 40% of elder adults are not hydrated enough. These factors put elderly more at risk:

Less total body fluid

With age, the body loses more muscle and gains more fat. This affects your ability to maintain the normal total amount of body water (TBW). TBW is usually about 60% in men and 50% in women. After age 60, these numbers decrease to about 50% in men and 40% in women. Less TBW increases the risk of dehydration.

Decreased thirst

Your ability to detect and respond to thirst decreases with age. Even though the elderly need to drink plenty of fluids to replace fluid losses, they may not feel thirsty so they drink less.

More health problems

Elder adults are more likely to have underlying health problems that increase their risk of dehydration.

- Declining kidney function means less efficient processing of fluids.
- Memory problems like dementia can cause elders to forget to drink.
- Decreased ability to walk and move around (mobility) can prevent seniors from getting water.

- Difficulty with swallowing and bladder and bowel control (incontinence) contributes to dehydration.
- Medications can also cause dehydration. Medications for high blood pressure, for example, can have a diuretic effect, meaning that more fluid is lost during urination.

Complications from other illnesses

The elderly are more likely to become dehydrated when they get sick from other illnesses. For example, diarrhea and vomiting from a stomach virus, fever from the flu, urinary tract infections, or lung infections, and increased heat-related illnesses (like heat exhaustion and heat stroke) during hot and humid seasons can all lead to dehydration.

Treating dehydration in an elder adult

Not everybody has to drink eight 8 oz glasses of water a day! Calculate how much a person needs with the following equation: Weight (in pounds) X $\frac{1}{3}$ = fluid in ounces (basically one third of their weight in fluid ounces). For example, a 140-lb elderly woman needs about 46 ounces of water (5.5 8-oz glasses).

If you detect mild dehydration (e.g., nausea and headache symptoms), it can easily be treated by drinking fluids like water and sports drinks. The symptoms should improve quickly. It’s important to get an elder to drink fluids immediately. Not treating mild dehydration early on can lead to worsening and even deadly health complications such as organ shutdown.

If you think an elder adult has severe dehydration (e.g., signs of confusion, inability to eat or drink, sunken eyes, poor skin bounce back, elevated heart rate, low blood pressure, fainting, or seizures), they should go to the hospital. They’ll likely be given fluids through an intravenous (IV) line.

Prevention

The best defense against dehydration is to stop it from happening in the first place. Here’s how to help elder adults get enough fluids:

- Aim for 6 to 8 cups of fluid a day. Because many factors, like activity level, medications, weather, and chronic illnesses, affect how much water an elder should drink, there is

no set consensus on a recommended amount for older adults. Some research shows that drinking about 7 cups of fluids in 24 hours helps prevent dehydration.

- Make sure to limit or avoid foods that have a diuretic effect on the body (causing you to urinate more). These include caffeine, alcohol, and extremely sweet drinks.
- Regularly drink fluids like water and sports drinks throughout the day rather than drink a lot at one time.
- Eat foods with high water content such as fruits, vegetables, and low-salt or salt-free soups.
- Some older adults find it helpful to keep a daily log of their eating, drinking, and daily weight.
- Address problems with mobility, memory, and incontinence by helping to time toilet breaks and keeping water close by.
- Limit exposure to weather that can cause dehydration such as hot summers and dry winters.

If you need assistance speak to your doctor or your Dietitian or call Nimi Bhagawan, Dietitian at Modern Maturity at 302-734-1200 ext 144.

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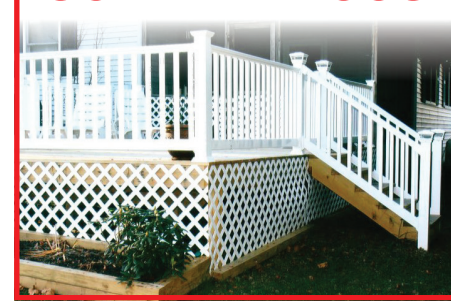
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Fitness News

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



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



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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

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Aquacise with Ray

Tuesday and Thursday from 2 to 3 p.m.
a. This class is great for a whole-body workout using gentle movements. Great for individuals with diabetes, high blood pressure and pre/post-surgery. You must be a member of MMC and buy an Aqua Aerobic (Blue) punch card that is good for 12 classes. Punch cards can be purchased at the MMC Member Services desk. The cost is \$60.

Aqua Mobility with Mindy

Monday and Wednesday from noon to 1 p.m. You must be a member of MMC and buy an Aqua Aerobic (Blue) punch card that is good for 12 classes. Punch cards can be purchased at the MMC Member Services desk. The cost is \$60 but allows clients more flexibility in their schedules. This class is great for whole body gentle movement, arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Aqua Aerobics with Betsy

Tuesdays and Fridays from 9:30 to 10:30 a.m. and Thursdays, 11:15 a.m.-12:15 p.m. You must be a member of MMC and buy an Aqua Aerobic (Blue) punch card that is good for 12 classes. Punch cards can be purchased at the MMC Member Services desk. The cost is \$60 but allows clients more flexibility in their schedules. This class is great for whole body gentle movement, arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Yoga with Donna

Palmer Room – Fridays, 12:15 to 1 p.m. Chair Assist Yoga gives you the

freedom to sit or stand. Class is modified to make your yoga journey safe and enlightened! Class is led by Donna DeSimone, 500 RYT certified. Minimum of 10 participants required. Cost for 8 class sessions is \$35. Sign up at Member Services. Next session starts May 3 and ends June 21. Registration begins April 15 and ends May 3.

Tai Chi with Ran

Wednesdays, 1:30-2:30 p.m., Palmer Room. Cost for 8 class session is \$40. 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. Next session starts May 1, and ends June 19. Registration opens April 15 and closes May 1.

BARRE Class with Donna (New Class and Time)

Palmer Room – Tuesdays, 1- 2 p.m. BARRE class is a workout technique inspired by elements of ballet, yoga, and Pilates. This class incorporates the fundamental movements of classical ballet class. It's a full body, muscle endurance workout for arms, legs, glutes & core. It improves your posture, balance, and overall agility. Bring a towel, mat, and a pair of 2–3-pound dumbbells. We use the back of chair in place of a ballet bar. The class is led by Donna DeSimone, ABT certified. *Minimum of 10, maximum of 30 participants. The cost for 8 classes session is \$40. Sign up at Member Services. Next session starts April 9 and ends May 28. Registration ends April 9.*

Tai Chi with Donna

Wednesdays, 2:30-3:30 p.m., Palmer Room. Tai Chi is a traditional Chinese ancient practice that incorporates your Qi (energy) into graceful forms of exercise. Class begins with Qigong (energy-work) exercises for strength, flexibility, and balance. Tai Chi forms are a series of movements which flows together in constant motion. In this class, you will learn two Tai Chi forms, Yang Style 8 & 24. Bring water and wear loose-fitting clothing. Class is led by Donna DeSimone, Black Sash certified. Minimum of 10, maximum of 30 participants. The cost for 8 classes session is \$40. Sign up at Member Services. Next

session starts May 1 and ends June 19. Registration starts April 15 and ends May 1.

NEW CLASS! Hatha Yoga with Donna

Palmer Room, Wednesdays, 4 to 5 p.m. Come join Donna in this journey of Hatha Yoga that engages at a slower pace with controlled movements and stretching. The ASANA practice helps balance the body, improves strength and flexibility, and centers the mind to observe attunement with your body and breath.

The class is led by Donna DeSimone, Yoga Certified 500 RYT. Bring a mat, towel and water. Minimum of ten participants.

The 7-week session starts May 1 and ends June 12. Register at MMC Member Services April 22 through May 1. \$35 for MMC members; \$15 for MMC staff. **MMC Facility closed June 19th in celebration of Juneteenth.**

Pool Birthday Parties and Pool Baptisms

Please stop in the fitness center or call Buzz at 302-734-1200 ext. 188 for more information.

Adult Swim Lessons

Four (45-minute) swimming lessons for \$120. See Buzz in the fitness center to register.

NEW-Arthritis Foundation Exercise Programs (AFEP/ AFAP)

Through a grant from the Delaware Division of Services for Aging and Adults (DSAAPD) with Physical Disabilities the Modern Maturity Center can offer both a Land Based and Water Based Arthritis Exercise Program™. The Arthritis Exercise program has been shown in studies to be effective for those with arthritis, related rheumatic diseases, or musculoskeletal conditions, ranging from people who are older, sedentary, and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement. Studies have also found it to be also effective for those with Parkinson's Disease.

WeCare and Modern Maturity Center Collaboration Continues to Grow!

Since our launch with this program we have had 50+ participants in Bingocize on Tuesdays and Fridays! Nurse Cheryl Tibbetts and the Bingocize team of Janice, Carrie, and Ray have been having a great time! Several participants have indicated a desire to train as a facilitator!

Much of this success is due to the support of Ida and her dancing in our chairs program! Thank you Ida for supporting these programs and for bringing the excitement, tunes and exercises to Bingocize!

The Diabetes and Chronic Disease Self Management programs continue on a rotational basis in the West Conference Room on Thursdays from 10 a.m. to 12:30 p.m.. These education programs continue on an alternating basis throughout the year with a comedic break on the one week between each of these 6-week long programs. Here is the calendar for 2024!

- April 4 - May 9: Chronic Disease Self Management

- May 16: Let Humor Work – Your Guide to Wellness (Comedy)
- May 23 - June 27: Diabetes Self Management
- July 11: Let Humor Work – Your Guide to Wellness (Comedy)
- July 18 - Aug. 22: Chronic Disease Self Management
- Aug. 29: Let Humor Work – Your Guide to Wellness (Comedy)
- Sept. 5 – Oct. 10: Diabetes Self Management
- Oct. 17: Let Humor Work – Your Guide to Wellness (Comedy)
- Oct. 24 - Dec. 5: Chronic Disease Self Management (no class Thanksgiving Day)
- Dec. 12: Let Humor Work – Your Guide to Wellness (Comedy)
- Dec. 19 - Jan. 2: No classes
- Jan. 9: Let Humor Work – New Year Resolutions and Wellness (Comedy)

We would also like to give a big shout out to John Davis, MMC member, who has helped WeCare to lead the charge providing these programs. John is a graduate of our

first Lay Leader training program at MMC and has been teaming up with Nurse Sara Bell teaching numerous self-management programs and Matter of Balance in the greater Dover and Milford Community.

The following are brief descriptions of each of these programs:

Bingocize (Falls Prevention Program) – combines exercise and health information with the popular game of Bingo. This program is designed to be held twice per week year round! Each session is 45 to 60 minutes and covers specific health education topics over a 10 week period. Then it all begins again with new topics throughout the year! This is an evidence based program designed to help reduce falls. In each session you will play a few games of bingo; learn important health tips and perform light exercises. This program is a cool down for those that enjoy “Dancing In Your Chairs with Ida!” Sessions will be held on Tuesdays at 10 a.m. in Classroom 8 and Fridays at 11 a.m. in the Palmer Room. Join us once and stay all year long!

Self Management Programs – these programs are designed to help people manage

Arthritis Foundation Programs - cont. from page 14

The gentle resistance allows people to practice strengthening exercises. Stronger muscles can improve stability, balance, and posture, which in turn can make it easier to complete daily tasks. The classes are offered FREE, April 16 through June 27. There are three (3) Aquatic Based and two Land Based (2) classes offerings a week and participants must attend a minimum of two (2) classes a week. Pre and Post Evaluations are a requirement of the program. Individuals who complete two (2) classes a week for the eleven (11) week program receive a free “Punch Card” valued at \$25, that can be used for any of our other Aquatic Aerobic Classes. There is a limit of 20 participants for the classes.

symptoms and slow progression of Diabetes and other Chronic Diseases. The programs meet once per week over a 6-week period for 2.5 hours each session. During these 6 week programs you will learn ways to cope with persistent symptoms; improve your health, diet and learn how to communicate more effectively to family and health professionals. Following completion of the program you will be invited to be trained as a Lay Leader or invited to become a member of WeCare. Classes will be held on Thursdays from 10 a.m. to 12:30 p.m. in the West Conference Room.

Let Humor Work – Your Guide to Wellness! –this program is a part of the Creative Aging initiative and highlights the healing power of humor as a part of your personal wellness journey. This program is 45 minutes to 1-hour offered during the transition week between the 6-week long self-management programs.

For further information about the education and advocacy services residency of programs at the MMC provided by the WeCare Personal Health Nurses and Milford Wellness Villages contact Lon Kieffer at (302) 462-6748.


Registration opens April 8 and closes April 16. Everyone must register in the Fitness Center with Buzz.

Classes are offered as follows:

Water Based (AFAP) – With Mindy & Betsy
Tuesdays (Pool) 3:30 to 4:30 p.m. – April 16 - June 25
Wednesdays (Pool) 5 to 6 p.m. – April 17 - June 12 and June 26 (No class June 19)
Thursdays (Pool) 3:30 to 4:30 p.m. – April 18 - June 27


Land Based (AFEP) - With Donna

Wednesdays (Palmer Room), 8:15 to 9:15 p.m. – April 17 - June 12 and June 26 (No class June 19)
Fridays (Palmer Room) 3:15 to 4:15 p.m. – April 19 - June 28.



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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 April

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

1 Salisbury Steak w/Gravy Mashed Potatoes Chef's Blend Veg. Wheat Bread/Milk Fruit	2 Baked Chicken w/Gravy Wild Rice Buttered Carrots Wheat Bread/Milk Pudding	3 Vegetable Soup Tuna Salad on Bun Beet Salad Milk Fruit	4 Fried Chicken Macaroni & White Cheese Mixed Greens Roll/Milk Pudding	5 Chili w/Red Beans White Rice Green Beans Corn Bread/Milk Fruit
8 Spaghetti w/Meat Sauce California Blend Italian Bread/Milk Pudding	9 Boneless Pork Chop with Onion Gravy Mashed Potatoes Yellow Squash & Tomatoes Wheat Bread/Milk Brownie	10 Navy Bean Soup Turkey/Prov. Cheese on Bun w/Mayo Lettuce & Tomato Milk Fruit	11 Birthday Day Roast Turkey w. Gravy Herb Dressing Buttered Peas w/Pearl Onions Dinner Roll/Milk Cake	12 Fried Cod Scalloped Potatoes Stewed Tomatoes Wheat Bread/Milk Pudding
15 Meat Loaf with Gravy Mashed Potatoes Spinach Wheat Bread/Milk Sherbet	16 Chicken Breast w. Cranberry Glaze Buttered Rice Broccoli Roll/Milk Cookies	17 Taco Chili Salad w/Lettuce & Tomato Sour Cream Nacho Chips Milk Yogurt	18 Liver & Onions w/Gravy Mashed Potatoes Green Beans Wheat Bread/Milk Mousse	19 Baked Ziti with Sauce Chef's Blend Italian Bread/Milk Fruit
22 Chicken Pot Pie Succotash Dinner Roll/Milk Applesauce	23 Jumbo Chili (no beans) Dog on Bun Relish/Ketchup/Mustard Baked Beans Butter Cookies	24 Beef Stroganoff Egg Noodles Buttered Broccoli Milk Fruit	25 Fried Fish Macaroni & Cheese Stewed Tomatoes Corn Bread/Milk Sherbet	26 Sloppy Joe on Bun Potato Wedges Buttered Corn Milk Fruit
29 Sliced Ham with Pineapple Glaze Parslied Potatoes Buttered Cabbage Wheat Bread/Milk Oatmeal Cookies	30 BBQ Chicken Potatoes au Gratin Mixed Greens Dinner Roll/Milk Tapioca Pudding	May 1 Meatball Subs French Fries Cole Slaw Milk Fruit	May 2 Pepper Steak White Rice Peas & Carrots Roll/Milk Yogurt	May 3 Williamsburg Chicken Buttered Rice Glazed Carrots Wheat Bread/Milk Fruit

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

CREMATION IS ONE OF THOSE THINGS SOME PEOPLE JUST CAN'T SEE SPENDING A LOT OF MONEY ON...

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We know that not everybody feels they should have to empty their savings account to pay for a memorial service. It's only natural to want a funeral home that can offer excellent service and match it with an excellent price. We are that kind of funeral home.



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MMC Monthly Programs

Mondays

8:45-9:45 - Low Impact Sen 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
 12-1 - Aqua Mobility with Mindy, Pool \$
 12-3 Open Game Room, AR #3
 12-3 Scrabble, AR #4
 12:30-1:30 Soul Line Dancing, PR
 12:30-3 Two Table Bridge, AR#3
 1:30-3:30 Broadway Dancing, PR
 3:30 - 6 - Bid Whist, AR #8

Tuesdays

8 - 8:45 - Get Up and Move!, PR
 9 - 9:40 - Dancing in Your Chair, PR
 9-3 - Duplicate Bridge, AR #4
 9:30-10:30 - Aqua Aerobics with Karen, Pool, \$
 10-11 - Bingocize, AR #8
 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
 1-2 - Barre w/Donna, PR, \$
 2-3 - Aquacise with Ray, Pool, \$
 2:15-3:45 - Broadway 2, PR
 3:30 - 6 - Bid Whist, AR #8

Wednesdays

8:15-9:15 Hatha Yoga w/Donna, PR \$
 8:30-12 - 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
 12-1 - Aqua Mobility with Mindy, Pool \$
 12-3 - Scrabble, AR #4
 12-3 - Dominoes, AR #4
 12-3 - Twisted Stitches, AR #8
 12-4 - Canasta, AR #4
 1-4 - Bridge, AR #3
 1:30-2:30 - Tai Chi w/ Ran, PR, \$
 2:30-3:30 - Tai Chi w/Donna, PR, \$
 3:30 - 6 - Bid Whist, AR #8
 4-5 Hatha Yoga w. Donna, PR, \$

Thursdays

9-10 - Int. Line Dancing, PR
 10-11:30 - Adv. Line Dancing, PR
 9-12 - Chess, AR #4
 11-12 - 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 - Aquacise with Ray, Pool, \$
 2-4 - It's Tap Secret, PR
 3:30 - 6 - Bid Whist, AR #8

Fridays

9-10 - Low Impact Aerobics, PR
 9:30-10:30 - Aqua Aerobics with Karen, Pool, \$
 10-3 - Embroidery class, AR #3
 10:15-11 - Dancing in Your Chair, PR
 10:30-3 - Duplicate Bridge, AR #8, \$
 11-12 - Bingocize, PR
 12-1 - Yoga with Donna, PR, \$
 12-3 - Open Game Room, AR #4
 1-2:30 - Pump Up Your Brain, AR #1
 1-3 - Extreme Beginner Line Dancing, PR
 2-4 - Pinochle, AR#4
 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
 WCR - West Conference Room
 ECR - East Conference Room

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. They are available by appointment only. You must be a member of the Modern Maturity Center to participate. Please contact Member Services to reserve an appointment. Tutoring sessions are \$10 an hour for members. Advance payment is required. Refunds are not issued with less than a 24-hour cancellation notice.

Longwood Room Events

April 2- David Lowe at the piano, noon

April 3 - FOOD BOXES

- Lisa Parker/Humana, 11 a.m. - 1 p.m.

- Miss Delaware USA Teen Performance, 12:15

April 4 - Steppin Seniors - Lunch Bunch, noon

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

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

April 9 - Randy Chang on the piano, noon

April 11 - Birthday Day Mary

- David Lowe at the piano, noon

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

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

- ChristianaCare Mobile unit, parking lot, 10-2

April 16 - Helen Wallace on the keyboard, noon

April 17 - SNAP

- Lisa Parker/Aetna, 11 a.m. - 1 p.m.

April 18 - PAM, 11 a.m. - 1 p.m.

- PAM Fall Risk Screening in AR#5, 11 a.m. - 1 p.m.

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

April 23 - Randy Chang on the piano, noon

April 25 - PAM, 11 a.m. - 1 p.m.

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

April 30 - Helen Wallace on the keyboard, noon

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 are checked periodically to ensure memberships are current. The computer lab is made possible by the generous donations from United Healthcare.

Food - Friends - Fun

Is a wonderful way to get active, make new friends, and socialize. The group meets on 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. You must be a member of the Modern Maturity Center to participate. FREE for MMC members.

April 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.**

To add your name or to cancel, please call Carol Roll Hendershot, coordinator, 302-632-3329.

Wednesday, April 3: Monthly Planning Meeting, WCR Room at 1 p.m.

Friday, April 5: Rice Fusion, 45 Greentree Dr, Dover at 1 p.m.

Monday, April 8: El Nopal Mexican Restaurant, 617 E. Loockerman St., Dover at 1 p.m.

Friday, April 12: Rail Haus Beer Garden, 92 N. West St., Dover at 1 p.m.

Wednesday, April 17: Piazza Mia Italian Restaurant, 491 S. Red Haven Lane, Dover at 1 p.m.

Friday, April 19: Outback Restaurant, 1574 N. DuPont Hwy., Dover at 1 p.m.

Monday, April 22: Touchdown, 1666 S. DuPont Hwy., Dover at 1 p.m.

Tuesday, April 30: Hollywood Diner, 123 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.org

Garden Talk

by Maggie L. Moor

Delaware Cooperative Extension
Delaware State University

For the first half of April:

- o Feed shrubs and roses – read label directions for special instructions.
- o Take a soil sample to determine exact amount of nutrients the soil needs to grow and produce flowers or fruit.
- o Mow lawn if grass is over 2-1/2 inches tall. The ideal mowing height is two inches. Closer cutting weakens the lawn and opens it to invasion by crabgrass and other weeds. Allowing the lawn to grow too tall gives it a ragged appearance, may create problems with accumulated clippings and will cause matting if played or trampled on.
- o Prune and shape spring flowering shrubs after blossoms fade.
- o Prune roses before April 22.
- o Prepare garden soil for spring planting.
- o Begin regular scouting program for fruit trees. Pesticides should be used only when pest populations are high enough to cause damage to plants

and damage reaches the economic injury level.

- o Check last years garden journal notes were your perennials over-crowded, was the center dying or were the surrounding plants shading them out? Now is the perfect time to dig, divide and replant perennials. Share the extras with friends.

For the second half of April:

- o Finish transplanting trees and shrubs.
- o Plant ground covers to those terrible spots where nothing but weeds seem to grow. There are many to choose from — some with flowers and other with beautiful foliage.
- o Start vegetable, herb and flower seeds now. Read the back of the seed pack for specific instructions.
- o If weather is favorable, plant carrot, celery, lettuce, radish, spinach, sweet corn, turnip, snapbean and parsnip seeds; and transplant broccoli, cabbage, cauliflower and tomatoes.
- o Prepare beds for planting annual and perennial flowers. Consider height, plant requirements (full sun or partial shade, sandy or rich loam soil), and color in selecting varieties.

Ready to downsize and thrive?



Regardless of whether you plan to age in place, look forward to your next chapter's vision of home, or have a long list of goals and a bucket list to get through—we've got the solution for you! Unlocking your **home equity** and considering a **55+ active adult community** may be a smart way to boost your financial strategy for retirement.

Benefits of living in a 55+ Active Adult community:

- Discover your ideal home with a range of options
- Connect with like - minded individuals
- Experience resort-style amenities and maintenance-free living

Get started with a free consultation and let us help you find the perfect home and lifestyle for the next exciting chapter of your life.



J. Martin Orlando, MBA

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FREE Nutrition Workshop

Flexible, participant centered, multi-class series

Lessons include:

- Planning balanced tasty meals
- Developing strategies for eating healthy
- Learning about food safety and nutrition
- Strategies for shopping on a budget
- Fun and interactive activities and demonstrations!



Any questions,
please contact:

Alicia Vogel
avogel@fbd.org



Thursday, April 18th, 25th,
and May 2nd
10:00am - 11:00am
Activity Room #5



MMC's Aurich Fitness Center & Pool announce lower membership rates

Pool - Single	Monthly	\$25	Pool/Fitness -Single	Annual	\$440
Pool - State - Single	Monthly	\$21	Pool/Fitness - State - Single	Annual	\$374
Pool -Single	Annual	\$275	Pool/Fitness - Couple	Monthly	\$60
Pool - State - Single	Annual	\$233	Pool/Fitness - State - Couple	Monthly	\$51
Pool - Couple	Monthly	\$40	Pool/Fitness - Couple	Annual	\$660
Pool - State - Couple	Monthly	\$34	Pool/Fitness - State - Couple	Annual	\$561
Pool - Couple	Annual	\$440	Pool - Veteran - Single	Monthly	\$21
Pool - State - Couple	Annual	\$374	Pool - Veteran - Single	Annual	\$233
Fitness - Single	Monthly	\$25	Pool - Veteran - Couple	Monthly	\$34
Fitness - State - Single	Monthly	\$21	Pool - Veteran - Couple	Annual	\$374
Fitness -Single	Annual	\$275	Fitness - Veteran - Single	Monthly	\$21
Fitness - State - Single	Annual	\$233	Fitness - Vereran - Single	Annual	\$233
Fitness - Couple	Monthly	\$40	Fitness - Veteran - Couple	Monthly	\$34
Fitness - State - Couple	Monthly	\$34	Fitness - Veteran - Couple	Annual	\$374
Fitness - Couple	Annual	\$440	Cardio Only - Veteran	Monthly	\$17
Fitness - State - Couple	Annual	\$374	Cardio Only - Veteran	Annual	\$187
Cardio Only Single	Monthly	\$20	Cardio Only - Veteran -	Couple Monthly	\$21
Cardio Only - State	Monthly	\$17	Cardio Only - Veteran -	Couple Annual	\$233
Cardio Only	Annual	\$220	Pool/Fitness - Veteran -	Single Monthly	\$34
Cardio Only - State	Annual	\$187	PoolFitness - Veteran -	Single Annual	\$374
Cardio Only - Couple	Monthly	\$25	Pool/Fitness - Veteran -	Couple Monthly	\$51
Cardio Only - State - Couple	Monthly	\$21	Pool/Fitness - Veteran -	Couple Annual	\$561
Cardio Only - Couple	Annual	\$275			
Cardio Only - State - Couple	Annual	\$233			
Pool/Fitness- Single	Monthly	\$40			
Pool/Fitness - State - Single	Monthly	\$34			

The new rates go into effect April 1, 2024 and include new rates for Veterans and Retired State Employees. See Fitness Center Director for more info.



5 Ways to Lower Blood Pressure Naturally



Nutrition



Eat Less Salt

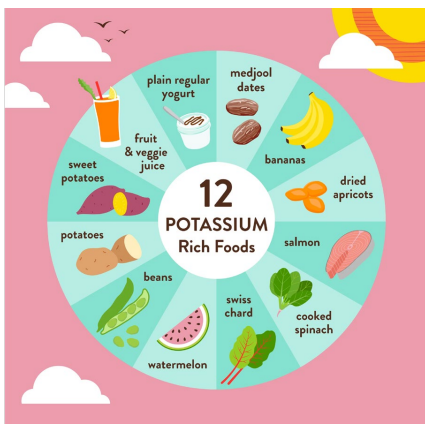
The American Heart Association recommends less than 1,500 mg of salt per day.

Read food labels. Limit processed foods. Don't add salt to meals.

Eat More Potassium-Rich Foods

Potassium is an important mineral that helps your body get rid of sodium and eases pressure on your blood vessels.

Potassium rich foods include:



Physical Activity



Get Active

Regular exercise helps make your heart stronger and more efficient at pumping blood, which lowers the pressure in your arteries.

Getting 150 minutes per week of moderate exercise, such as walking, or 75 minutes per week of vigorous exercise, such as running, can help lower blood pressure and improve heart health.

Cut Back



Cut Back on Alcohol

Drinking alcohol can raise blood pressure and increase the risk of several chronic health conditions, including hypertension.

Men should limit their alcohol consumption to two drinks per day and women limit their alcohol intake to one drink per day. A drink is considered one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.

Reduce Stress



Stress is a key driver of high blood pressure. When you're chronically stressed, your body is in a constant fight-or-flight mode. On a physical level, that means a faster heart rate and constricted blood vessels, leading to a higher blood pressure.

Learn to manage stress:

- **Reframing your mindset.** Focus on things you can control, instead of worrying about situations that are out of your hands
- **Avoid stress triggers**
- **Try meditation or deep breathing**
- **Take time to relax and enjoy**

Cut Back on Smoking

Smoking not only drives high blood pressure, but is a detriment to our heart, lungs, brain, immune health, and cancer risk. Quitting is known to not only reduce risk but also reverse damage.

Joining a cessation program may help you gradually and successfully quit. Talk to your PCP today!

Get Enough Sleep



Getting enough sleep is important to your overall health, and enough sleep is part of keeping your heart and blood vessels healthy. Not getting enough sleep on a regular basis is linked to an increased risk of heart disease, and high blood pressure.

Habits that can improve your sleep:

- **Be consistent.** Go to bed at the same time each night and get up at the same time each morning
- **Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature**
- **Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom**

Cut Back on Caffeine

Caffeine can cause a short-term spike in blood pressure.

Caffeine can also cause problems sleeping, heart palpitations, and anxiety. To those who are sensitive to it, limitation of caffeine consumption is recommended.

Sumar Hayan, MD
Bayhealth Family Medicine
Residency Program

Alcohol impaired driving leads to unexpected consequences

You can't drive safely if you're impaired. That's why it's illegal everywhere in America to drive under the influence of alcohol, marijuana, opioids, methamphetamines, or any potentially impairing drug—prescribed or over the counter. According to NHTSA, in 2021, 13,384 people died in alcohol-impaired driving traffic deaths — a 14% increase from 2020. This equates to one person killed every 39 minutes in a drunk-driving crash on our nation's roads.

According to the 2022 Annual Traffic Statistical Report from the

Delaware Information and Analysis Center, 27% of fatal crashes were alcohol-involved. In Delaware, from 2019 - 2023, there were 5,504 impaired driving crashes involving 246 fatalities and 442 serious injuries. These deaths and injuries were all preventable.

Getting a DUI carries many costs, including, but not limited to, monetary fines, medical bills, increased insurance costs, and points to your license or loss of your license, which could then lead to the loss of your job.

VA announces goal to house 41,000+ Veterans experiencing homelessness in 2024

WASHINGTON — The Department of Veterans Affairs announced its 2024 goals in support of its efforts to prevent and end Veteran homelessness. Specifically, in fiscal year 2024, VA will:

Place at least 41,000 Veterans experiencing homelessness into permanent housing.

Ensure that at least 95% of the Veterans housed in FY 2024 do not return to homelessness during the year.

Engage with at least 40,000 unsheltered Veterans to help them obtain housing and other wraparound services.

Ending Veteran homelessness is a top priority of VA and the entire Biden Administration.

Thanks in part to VA's efforts, the number of Veterans experiencing homelessness has fallen by nearly 5% since early 2020 and by more than 52% since 2010.

"Even one Veteran experiencing homelessness is a tragedy," said VA Deputy Secretary Tanya Bradsher, who announced these goals today at the Washington D.C. VA Medical Center. "We've made progress in recent years in tackling this problem, but there's still a long way to go — and that's why we're setting these aggressive goals. We will not rest until every Veteran has a safe, stable place to call home in this country they swore to defend."

"Whenever we get into contact with a homeless Veteran, our

THE RELIEF PITCHER

When it comes to driving drunk, he isn't playing.
BE LIKE HIM. BE DRIVEN NOT TO DRIVE.

MAKE A PLAN **DRIVE SOBER**
ARRIVE ALIVE

first priority is to get them into the housing they deserve," added Bradsher. "Then we work to provide them with the tools they need to stay housed — including health care, job training, legal and education assistance, and more. That's how we'll meet and exceed these goals in 2024."

In recent years, VA has taken aggressive action to combat Veteran homelessness. In 2023, VA permanently housed more than 46,000 Veterans, expanded access to health care for homeless Veterans, expanded access to legal assistance for homeless Veterans, helped more than 145,000 Veterans and their families retain their homes or otherwise avoid foreclosure, and awarded more than

\$1 billion in grant funding to help homeless Veterans. In partnership with the Department of Housing and Urban Development, VA also convened 10 national HUD-VA Supportive Housing (HUD-VASH) bootcamps, in which local VA homeless program staff with public housing agencies from across the country participated in intensive two-day workshops to improve coordination to more quickly rehouse Veterans. During 2023, the HUD-VASH program helped over 21,000 Veterans exit homelessness and obtain permanent affordable housing with supportive services.

VA also announced specific goals for combating Veteran homelessness in the Greater Los

- continued on page 12

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Protect Yourself from Scams



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Seniors are targeted for scams. Protect yourself by following these simple steps.

Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages. Do not answer calls that have unfamiliar phone numbers. If it is important, they will leave a message.

Don't give any personal

or financial information in response to a request that you didn't expect. Honest organizations won't call, email, or text to ask for your personal information such as your Social Security, bank account, or credit

card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call the number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Honest businesses will give you time to decide. Anyone who pressures you to pay or give them your personal information is a scammer.

Scammers tell you to pay with cryptocurrency, a wire transfer service like Western Union or MoneyGram, a payment app, or a gift card. Never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone, a friend, a family member, or a neighbor what happened. Talking about it could help you realize it's a scam.

Shred sensitive documents. Keep banking records such as ATM, deposit slips and checks that you deposit through mobile banking until you reconcile them with your monthly statement, then shred.

Store monthly checking and savings account statements securely until you file your taxes, then shred unless needed to prove a deduction on your tax return. One option is to sign up for eStatements to access statements online, anytime, anywhere.

Check your credit report. Review your credit reports for any suspicious activity, such as accounts you didn't open. You can access your credit report for free at annualcreditreport.com. Another option is to meet with a free Stand By Me Financial Coach to retrieve and review your credit report.

Call a Stand By Me 50+ Financial Coach for FREE Financial Coaching and Benefits Screening today! Call 302-685-2577 in New Castle County, 302-415-1542 in Kent County or 302-685-2586 in Sussex County to schedule an appointment today!

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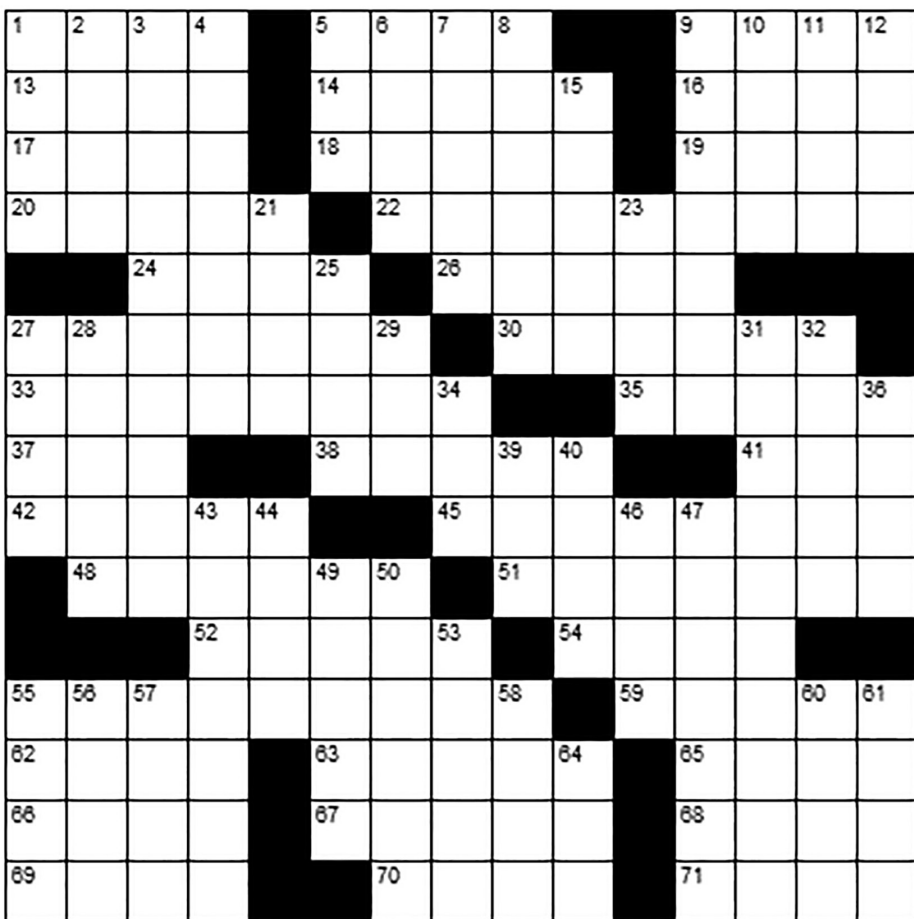
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Crossword Puzzle



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ACROSS

- 1. The central part
- 5. Behold, in old Rome
- 9. Upper limbs
- 13. Not closed
- 14. Swindle
- 16. Train track
- 17. Deposited
- 18. Ancient Roman magistrate
- 19. Your majesty
- 20. Change
- 22. Neatened
- 24. Broadcast
- 26. Buffalo
- 27. Peach-like fruit
- 30. Stop working
- 33. Wrist ornament
- 35. Disdain
- 37. Ignited
- 38. Foe
- 41. Letter after sigma
- 42. Swelling
- 45. Praise giver
- 48. Safe to eat
- 51. Humiliates
- 52. Crunchy
- 54. Tiny leafy-stemmed flowerless plants
- 55. Attorney

- 59. File
- 62. Margarine
- 63. Committee
- 65. District
- 66. Pierce
- 67. Barrel part
- 68. Type of fabric
- 69. Several
- 70. Apart from this
- 71. Lock openers

DOWN

- 1. Soft drink
- 2. Iridescent gem
- 3. Restated
- 4. Confined to certain regions
- 5. An uncle
- 6. Ruminants' mouthfuls
- 7. Ascent
- 8. Cream-filled pastry
- 9. A poison
- 10. Precipitation
- 11. Bog
- 12. Sleigh
- 15. To the point
- 21. Oriental grain
- 23. Kiddies
- 25. Lacquered metalware
- 27. Possessing necessary skills
- 28. Group of lions

- 29. Right after nine
- 31. Rotating spit oven
- 32. Delete
- 34. Golf ball support
- 36. Daft
- 39. Muck
- 40. Primordial matter
- 43. Germ
- 44. Dugout shelter
- 46. Double-reed woodwind
- 47. Gas helmet

- 49. Speech defects
- 50. Property
- 53. Prison-related
- 55. Supervisor
- 56. Countertenor
- 57. Unit of paper
- 58. Guns an engine
- 60. Depend upon
- 61. Long-haired wild oxen
- 64. Downwind

- Solution found on page 30

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Krafty Korner by Karen

Hello fellow crafters. I think all of you will agree with me when I say, "Goodbye Winter and Hello Spring!" It is finally that time of the year when the flowers are beginning to bloom, trees are turning green, the days are getting longer and once again allergy season here.

Even though there may be a bit of confusion with Mother Nature still bringing us cooler weather in the mornings, we definitely enjoy the warmer temperatures as the days progress.

We wake up and feel re-energized, rejuvenated, recharged and of course... crafty. We can now begin to think more clearly about ideas and projects we have been putting off. Personally, I find crafting enjoyable and relaxing. I especially like projects that are different.

The project I picked for this month has to do with flowers. This one is so easy you will be shocked and amazed how cute they turn out. You will be able to create a bouquet of flowers that can be used as colorful home décor, a vibrant centerpiece, or a holiday themed display.

I know... you're probably thinking... flowers? Really? These flowers are however made with cupcake liners. I was really impressed at how the combination of cleverly cut cupcake liners and sticks look. There are so many cupcake liners out there with beautiful designs and colors.

Just think of what you can create for birthday parties, baby showers or graduations? Simply theme them with the right colors to match the special occasion.

So, to make these paper flowers, you'll need a variety of cupcake liners in different colors and patterns. You will also need to gather some sticks from your yard – this is a great opportunity to take a walk now that the weather is getting warmer.

So always remember "In crafting there are no mistakes... just unique creations."

Happy Crafting everyone!!!

CUPCAKE LINER FLOWERS

Supplies:

- A variety of colorful cupcake liners
- Several Sticks
- Hot Glue Gun / Glue Sticks
- Scissors

INSTRUCTIONS:

- Using FOUR cupcake liners at a time, fold and cut them as each picture shows. Keep in mind the

more liners use, the fuller your flower will be.



- Fold in half



- Fold again



- Cut patterns on the round edge



- Cut a small piece off the pointed end



- Unfold
- Loop the liners onto the end of a stick, and taking one cupcake liner at a time, hot glue the bases down, pinching them together to create a flower.



- Once all the cupcake liners are attached to your sticks, your bouquet is complete. It's that easy. No watering necessary!



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MoneySense

9 tax tips that could save you money

For ways to potentially reduce your tax bill this year or moving forward, consider these ideas from Bank of America.

Taking time to review your financial and tax situation could help you (and your family) keep more of what you have earned.

While some strategies apply now, others involve anticipating changes to come. For example, deep cuts in gift and estate tax exemptions, scheduled for the end of 2025, may be a good reason to start planning. “These are not

decisions you want to make quickly,” says tax accountant Vinay Navani of WilkinGuttenplan.

Below, Navani shares insights on tax-efficient approaches to estate planning, investing for retirement and other issues. Ask your tax professional whether they might make sense for you.

1. Review your gift and estate plans

If you regularly give to charity and itemize deductions, consider putting several years’ worth of gifts into a donor-advised fund (DAF) for a single year, Navani suggests. “You may earn an immediate deduction, and you can spread out the giving over several years.”

Without Congressional action, the federal gift and estate tax exemption will drop significantly in 2026, potentially exposing millions to higher taxes. You may want to consider moving assets out of your estate through gifts now, Navani suggests. Part of the planning may involve the best ways to structure gifts, so speak with your advisor and tax specialist about trust options.

2. Put losses to work

With a process known as tax-loss harvesting, you could sell underperforming assets that you were planning to sell anyway, invest the proceeds in assets you consider more promising, and use the losses to offset capital gains from elsewhere in your portfolio. To avoid triggering what’s known as the wash sale rule, which would disallow the loss, you cannot buy substantially similar assets within 30 days



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

before or after the sale.

3. Keep track of where you work

Do you work remotely? Generally speaking, once you work in a state for 183 days, that state may consider you a resident and tax your income. To help avoid potential penalties, Navani suggests carefully tracking where you work every day and speaking with your tax advisor about the latest rules in the states where you live, where you work remotely and where the business is located.

4. Max out retirement plans

Consider increasing your contributions to your 401(k), IRA or other qualified retirement plan. Not only does this offer the possibility of increasing retirement savings, but it can also potentially lower your taxable income. For 2024, you can contribute up to \$23,000 to a 401(k) and \$7,000 to an IRA. If you will be age 50 or older within the calendar year, you may be able to take advantage of higher “catch-up” contribution amounts.

5. Consider converting your traditional IRA to a Roth IRA

You can convert all or a portion of a traditional IRA to a Roth IRA. Unlike with a traditional IRA, qualified distributions of converted amounts from a Roth IRA are not generally subject to federal income taxes if you are age 59½ or older and at least five years have passed since the beginning of the year of your first Roth IRA contribution or conversion.

However, when you convert your traditional IRA to a Roth, the total of your

deductible contributions and any earnings is taxable income.

6. Look for tax-aware investing strategies

Consider putting a portion of your income into investments that are not generally subject to federal income taxes, such as tax-free municipal bonds. Doing so could potentially ease your tax burden when these investments generate income.

7. Fund a 529 education savings plan

Contributions to a 529 education savings plan can potentially grow tax-free and withdrawals are federal — and usually state — tax-free if used for qualified education expenses. What’s more, by putting money into a 529 account, you may be able to give a gift to a beneficiary without triggering federal gift taxes. You may also be able to contribute up to five years’ worth of the annual gift tax exclusion amount per beneficiary in one year, subject to certain conditions.

8. Cover healthcare costs efficiently

Both health savings accounts (HSAs) and health flexible spending accounts (health FSAs) could allow you to sock away tax deductible or pretax contributions to pay for certain medical expenses. You must purchase a high-deductible health insurance plan to fund an HSA and not have disqualifying additional medical coverage, such as a general purpose health FSA, and unless the FSA is a “limited purpose” FSA, you cannot contribute to both accounts. Money in an HSA can roll over from year to year, but the funds you contribute to an FSA generally must be spent during the plan year.

9. Move toward clean energy

The 2022 Inflation Reduction Act included nearly \$400 billion for clean energy tax credits and other climate-related provisions. That includes potential tax credits for buying new or used electric or hybrid clean vehicles and making your home more energy efficient. Restrictions apply, so check with your tax advisor on which credits might be available to you, Navani suggests.

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

Investing involves risk. There is always the potential of losing money when you invest in securities.

Asset allocation, diversification, and rebalancing do not ensure a profit or protect against loss in declining markets.

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Check out wellness opportunities at MMC

Open Bereavement Support

VITAS offers a FREE once a month, drop-in, support session. Sessions are held on the second Wednesday of the month from 12:30 to 2 p.m. in Activity Room #5. The facilitator is a trained bereavement specialist.

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 is 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 April 19 and May 17 from 9 a.m. until noon. Contact Member Services for an appointment 302-734-1200 ext. 167. Advance payment is required. Refunds are not issued with less than a 24-hour cancellation notice.

Soft Touch Massage Therapy

Lisa Harshberger 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 Wednesdays in Activity Room #7. 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. Advance payment is required. Refunds are not issued with less than a 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. You must be a member of the Modern Maturity Center to participate. THERE IS A 3-MONTH FEE OF \$15 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.

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! We invite 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, 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 month!! 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 or 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 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. **Please note the Tuesday, April 16, and Tuesday, May 21, meetings are in the West Conference Room.**

Meditation Class

Do you ever feel like you are stressing yourself, more upset with a situation than you should be, mentally scattered when you need to be focused? Mindfulness meditation helps you gain concentration, clarity, and balance with the challenges of life. Mr. Kim Palmer is an experienced meditator who gives instruction on various types of meditation that you can practice. You may reach him at 302-598-3014 if you have questions before visiting the group. The group meets for one hour on Wednesdays at 10 a.m. in Activity Room #6. This activity is FREE for MMC members.

Veterans Assistance

Veterans Assistance – John Richter and Freddy Allen from the Veterans Affairs Medical Center, will be on-site the third Thursday of every month to aid veterans. They are available between 10 and 11

a.m.. in Activity Room #6/Chapel. The next scheduled visit is Thursday, April 18.

Need assistance with your social security benefits?

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

NEW - Free Fall Risk and Balance Testing

PAM Health Rehabilitation Hospital offers free fall risk and balance testing on April 18, in Activity Room #5 from 11 a.m. -1 p.m.

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NEW - Stand By Me 50+

Taking Control of Your Finances is a class to help seniors over the age of 50 to create and improve their financial stability through educational and financial coaching. They help participants create a budget, lower debt, and improve their credit, access and apply for benefits, learn Social Security strategies, grow savings and plan for their future. Class is the second Tuesday of each month from 10 to 11 a.m. in Activity Room #7. The class is \$5. Please register at Member Services.



Senior Exercise Routines to Maintain Mobility and Strength

As we age, maintaining mobility and strength becomes imperative for an independent and fulfilling life. A well-rounded exercise routine at Aviva can help seniors preserve muscle mass, enhance balance, and improve overall movement, making daily activities enjoyable and safer. Here are some exercises and tips to keep you spry during your golden years.

Aerobic Exercises

- o Engage in aerobic activities like walking, swimming, or cycling for at least 150 minutes per week. These exercises improve cardiovascular health and enhance stamina.

Strength Training

- o Strength training exercises help in maintaining muscle mass and bone density. Use light weights or resistance bands and focus on major muscle groups.

Balance and Coordination

- o Practices like Tai Chi or yoga improve balance and coordination, reducing the risk of falls.

Stretching

- o Daily stretching exercises promote

flexibility and help in maintaining a good range of motion in the joints.

Functional Movements

- o Incorporate functional exercises like squats, lunges, and step-ups which mimic everyday movements, making daily chores easier.

Aquatic Exercises

- o Aquatic exercises are gentle on the joints while providing resistance for muscle strengthening.

Walking

- o A simple yet effective exercise, walking promotes cardiovascular health, enhances mood, and supports overall well-being.

Group Classes

- o Join group exercise classes specifically designed for seniors. They provide a social environment which makes exercising fun and motivational.

Regular Check-ups

- o Before beginning any exercise routine, it's important to consult with healthcare providers to understand what exercises are safe and beneficial for your individual health

circumstances.

Consistency is Key

- o Aim to be consistent with your exercise routine while also allowing your body time to rest and recover.

Personalized Exercise Plan

- o Consider working with a physical therapist or a fitness trainer specialized in senior fitness to create a personalized exercise plan that caters to your needs and goals.

Stay Positive and Enjoy

Choose activities that you enjoy, making exercising something you look forward to, not a chore.

Creating a balanced routine that includes a mix of strength training, aerobics, balance, and flexibility exercises can significantly improve the quality of life in the senior years. It's never too late to start, and the benefits of staying active are well worth the effort.

Embrace a physically active lifestyle at Aviva Senior Living and enjoy the enhanced mobility and strength that comes from dedicated and fun exercise routines.

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Spring Home Maintenance Guide

My name is Crystal Calderon, and I am excited to help guide you on a journey to connect with the valuable resources that can enhance



the quality of our lives. Having a deep appreciation for the wisdom and experiences that each of you brings to our community, I've dedicated myself to ensuring that you have access to the support and assistance you deserve. Navigating the vast array of resources available can sometimes be a challenge, and that's where I come in. Let's explore the avenues that lead to fulfillment, connection, and well-being.

It's finally that time of year when everything springs into action again – including me! With the sun shining brighter and the birds chirping louder, let's roll up our sleeves; it's time to show our home some love and get it ready for the April showers and impending summer heat.

Sure, spring cleaning is a good start, but take things up a notch this year. I'm talking about going beyond the surface-level dusting and diving into those neglected corners that have been begging for attention. So, here are some things to do, inside and out, to whip your home into shape for spring:

Inside, be sure to tackle each room, decluttering and deep cleaning surfaces, floors, and fixtures. A clean home not only looks better but also contributes to a healthier indoor environment. Safety is paramount, so make it a point to test all smoke and carbon monoxide detectors and replace batteries if needed.

Before the heat of summer sets in, have your HVAC system inspected and serviced by a professional. This ensures optimal performance and energy efficiency during the warmer months. Inspect faucets, pipes, and appliances for any signs of leaks or water damage. Addressing leaks promptly can prevent costly repairs down the line. Also, complete a thorough inspection of your roof, carefully inspecting for any

signs of damage or missing shingles. Addressing these issues early can prevent leaks and further deterioration. It's essential to clear out any debris that has accumulated in the gutters over the winter months. Clogged gutters can lead to water damage and compromised drainage systems.

A thorough power wash can remove dirt, grime, and mildew that may have accumulated on the siding, decks, and walkways during the winter. Spring is the perfect time to trim any overgrown branches near the house. Not only does this enhance curb appeal, but it also reduces the risk of branches causing damage during storms. You should also inspect the caulking and weather stripping around windows and doors to ensure they're properly sealed, which helps improve energy efficiency and prevents drafts.

While cleaning up garden beds, removing debris and dead foliage, it's also a good time to amend the soil and prepare it for planting. I personally apply fertilizer to promote healthy

growth in the lawn and garden. Adding a fresh layer of mulch helps retain moisture and suppresses weed growth. Spring is the ideal time to prune shrubs and trees to promote healthy growth and shape. Remove dead or damaged branches and trim overgrown areas to maintain a tidy appearance. Finally, take proactive measures to prevent pest infestations by sealing cracks and gaps around the home, removing standing water, and keeping outdoor garbage bins tightly sealed.

With a little effort and attention to detail, you can enjoy a comfortable, safe, and beautiful living space all year round. I'm feeling ready to take on whatever spring throws my way. Here's to a season filled with sunshine, fresh air, and a home that's as happy as can be!

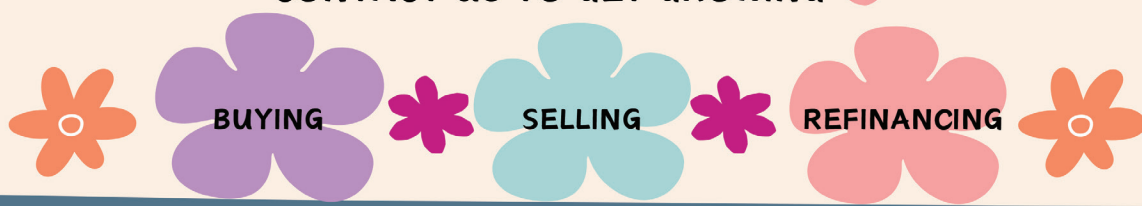
If there's a particular resource you're looking for or if you have any questions, please feel free to reach out to Crystal Calderon at Bryan Realty Group at 302-222-3349 or by email crystal@homes4uandme.com. I'm here to make sure that our senior community has valuable news they can use.

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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 \$32

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, please contact Faith Hahn at (302) 734-1200 ext. 173.

Early Memory Loss Program Seeking Entertainers!

Front Porch Early Memory Loss Program is looking for entertainers such as instrument players, comedians, and pet therapy. If you are interested in performing for the seniors at the program, contact Faith Hahn 302-734-1200 Ext. 173 or faith.hahn@modern-maturity.org for more information.

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.

FREE Bulletin Classifieds for MMC Members
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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. 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.

The 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.

The gift cards assigned to MMC by the Department of Agriculture

have been distributed and will not be getting anymore this year. Just a reminder, the gift cards are valid until October 31, 2023.

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. 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.

SNAP Income Limits (Effective Oct. 1, 2023 - Sept. 30, 2024) Income limits increased at the start of the Federal Fiscal Year 10/1/23.

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 Separate Household 165% of FPL*	Maximum Gross Monthly Income 200% of FPL*
1	\$2,005	\$2,430
2	\$2,712	\$3,288
3	\$3,419	\$4,144

Household Size	Maximum gross income for SNAP under 60 years (130% of FPL)
1	\$1,580
2	\$2,137
3	\$2,694

Household Size	Income Limits for Adult Medicaid (Not eligible for Medicare yet) Adult & Children 6-18 (133% of FPL*)
1	\$1,616
2	\$2,187
3	\$2,756

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.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program

Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

1. mail:
Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; or
2. fax:
(833) 256-1665 or (202) 690-7442; or
3. email:
FNCSIVILRIGHTSCOMPLAINTS@usda.gov

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Walk down Memory Lane at Delaware Public Archives



Director Marz at the Memory Lane exhibit. *File photo*

New lobby exhibit celebrates “things that aren’t there anymore”

Do you remember rocking at the Stone Balloon; enjoying a muskrat meal at The Wagon Wheel; or having a shopping spree at Wanamaker’s? If you don’t the Delaware Public Archives does.

Starting in April 2024, the DPA will kick off a celebration and remembrance of things that aren’t there anymore with a new exhibit in their Lobby Galleries, “Memory Lane”.

The exhibit contains 75 rare newly digital and restored photos of things, events, and places in The First State that no longer exist including beloved businesses, restaurants, theaters, festivals, and parks. Visitors to the Lobby Galleries at the Archives can view a five-minute informative video, read additional interesting historical facts, and receive a free 16-page full-color booklet packed with photos and First State trivia.

This month in history

April 5, 1984 - Kareem Abdul-Jabbar breaks Wilt Chamberlain’s all-time career scoring record of 31,419 points (31,421)

April 12, 1954 - Bill Haley & the Comets record “Rock Around the Clock”

April 15, 1955 - Ray Kroc starts the McDonald’s chain of fast food restaurants (Illinois)

April 23, 1985 - Coca-Cola announced it is changing its secret flavor formula

April 26, 1986 - Worst nuclear disaster, 4th reactor at Chernobyl USSR explodes, 31 die

“This new exhibit shares images of things like Gino’s Hamburgers, S & H Green Stamps, Wilmington Dry Goods, and the Delaware landmark, The Dinner Bell Inn,” said Stephen Marz, State Archivist and Delaware Public Archives Director. “For most of us longer-term Delawareans, these may be distant memories, but with this exhibit, we hope to trigger some long-forgotten fond memories with their nostalgic look at times gone by, and to share the stories of these “local legends” with our newer residents.”

This new “Memory Lane” exhibit is based on the extremely popular Delaware Public Archives social media feature of the same name found on the DPA’s Facebook and Instagram pages.

The Delaware Public Archives is located at 121 Martin Luther King Jr Blvd, Dover, DE 19901, and is open from 8:30 am – 4:30 pm.

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 148 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

“The Cats’ Meow” wooden figures, Only a few left. Selling separately Call for prices 302-678-2222

Ping Pong table top with paddles, balls & net \$150; Pub Table with 2 matching stools \$125, 302-653-5713

Wurlitzer Upright Organ - FREE, you move. 302-284-7687 or 302-747-8931.

Antique wood child’s potty chair, magazine rack on side, \$40, 302-678-2222

8 yr. old parrot w. cage, \$500; Light wood Xwide rocking chair, \$75; Wheelchair, \$100, 302-678-2720

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

Japanese coffee table, \$80; wide, white, wood rocking chair, \$75; wheelchair \$75. 302-678-2720

Champion rear tine rototiller, 19”, \$550, 302-734-5260

Firewood, 4’H x 8’ L, \$60 a stack, 302-734-5260

Grandfather Clock, handmade, wooden, very well made, \$100, 302-538-5022

Buzzaround Lite Scooter, perfect condition, no longer needed. \$800, 945-348-0843

Kitchen table & 2 chairs, over 100 yrs. old, white porcelain top with B&W design, superb cond. \$135,

302-335-5180

85 YO Bassinet, great memories of this item, made of wicker 7 enjoyed by many sweet babies. Mattress & bedding included, \$55, 302-335-5180

Noritake china light blue, white flowers, silver trim, service for 8 (dinner plates, soup, cake, cups & saucers, S&C, 2 platters, vegetable bowl, gravy, 4 extra cups, 51 pieces “Love Song”, 302-335-5180 \$40, 302-335-5180

Workmate, \$25; **Low tile top table**, \$20; **Aluminum porch bench** \$40, 302-335-5180

Hoyer Lift - never used, \$200, Call Cathy 803-419-4585

Burgundy leather set - sofa, loveseat & reclining chair. \$250 all. Dover, 706-326-0134

Cemetery Plot, Sharon Hills Garden of Prophets - 1 space Asking \$1,365. 302-734-4481

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DOVER STAMP CLUB

Anyone interested in philately (postage stamps) is cordially invited to attend and join us the 4th Tuesday of each month 7 p.m. Saint Andrews Church 425 N. DuPont Hwy., Dover DE for more info call Pres. Woody Fairess, 302-335-8199

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

New Duromax 4500 generator - \$400 OBO, 410-490-5283

Men's Bicycle, almost new with basket. Good for older person. Wider tires, \$100, 302-538-5022

Large collection of Janet Ivanovich, series 1-24 (no 18) \$50, 410-409-9123

Two small Delft vases from Holland. \$10 each, 302-678-2222

Duck Eggs for Sale. Fresh duck eggs. Hand gathered daily. \$3/half doz. Can deliver to MMC. 302-343-9373

2-piece oak china cabinet. Glass front top with glass shelves. drawers and doors on bottom. 68" high. Call to see. 302-249-5146. \$750 OBO.

Lawn (double) Covered Mauseum - D-Valor Holl in Clover Leaf Memorial Park, Woodbridge NJ. Valued at \$7680, Call for price, 302-603-3537 or 908-230-7385

Sharon Hills Cemetery Plots for sale. 2 plots asking \$1,000 (were \$1,400), 302-736-1533.

Brown leather LazyBoy recliner, good cond., \$150; **4 bar stools**, metal & leather, good cond., \$25 ea. or all for \$100, 302-697-6675.

Toro Snowblower, power shift 624, electric start. \$250, Hardly used. 302-678-1483. Lv. message.

African American Holiday Barbie Dolls, 5 ind. dolls sold separately, New in box. Special editions for 1996, 1997, 2000, 2001. 5th is the 2000 special Millenium Princess doll with Keepsake ornament. Call for details and prices, 201-259-4075

New Levi jeans, men's comfort fit style 560 size 40 x 30. Still in bag, \$30 ea. 3 pair available, 302-270-5575

Eden Pur Heater, model Gen4, \$175; **Dominoes/Trains** \$1.25 ea. or \$25; **Canasta Cards**, \$20. 302-730-1032

Teeter Free Step LT-3 Model,

great for circulation issues; has full seat w. back rest, \$900 new. only 2 years old. Will consider any reasonable offer. 302-223-6386, leave message.

Bagless Upright Vacuum, good cond. \$60, 302-538-5022

Items for sale: Large overstuffed Lazy Boy Rocker Recliner, \$80; **NordicTrack ASR 360 Elliptical** with manual, \$100; **Schwinn Stationary Exercise Bike** with electronic display, \$80; **Personal Electric Paper Shredder**, \$10. Cash only. Leave mssage by calling 302-336-8342 or send email: ruwhatusay@gmail.com

HD yard cart/trailer, dumps yard size, 302-538-6971, \$125

NEEDED

Care Help Wanted - Need help caring for wife with dementia. Primary responsibility is to provide companionship at times I am not able to do so. Must be able to occasionally spend nights with patient and help with medications on those occasions. References are required. 302-382-2895.

83 year old senior guy looking for small apt. or room, 302-747-6673

Looking for seamstress to do alterations in my home. I have my own sewing machine. 302-233-1216

Looking for caregiver for special needs daughter to do cooking, light housekeeping, personal care, must have driver's license. Must like animals. Criminal background check and drug test required. 302-268-4766.

Need motorized lift recliner, willing to negotiate price, 302-607-2213

Women needs someone to pick up & empty trash for her at The Grande Apts. 302-382-5440

Vendors wanted: Christmas in July Craft Fair, 7/27/24, 8 am-2 pm, Bon Ayre (good Tymes Ladies Club), 700 Saks St., Smyrna. Contact: Debbie Mantegna 717-641-4047 or demantegna@gmail.com for table price. deadline 5/1/24 All vendors welcome. Bake sale and food sale on site.

SERVICES OFFERED

Compassionate Caregiver, 40 yrs. exp., Dr's appts., shopping, flex., references upon request. Evenings and nights. Betty, 302-399-0544

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.

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

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

Buddy - no job too big or too small, clean-outs, abandoned cars, buy junk cars & trucks, small storage building, remove trees & yard care, pressure washing. Free estimates! 302-222-9317

Tree Trimming & Tree Removal, excavations of all types, reas. rates & free estimates. 302-264-6397

Caregiver 24 hr., weekends, private duty, live-in, 20 yrs. exp., exc. ref. Care for elderly, disabled, special needs. Anna 302-363-1848 or 302-480-4584

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

JW Hauling - will deliver stone, mulch, topsoil; do yard & house clean-out; remove junk; trim & remove bushes & shrubs. Call Joe, 302-531-5118

Pablo Auto Repair - semi-retired, 30 yrs. exp., Labor rate \$45. per hr. 302-480-3191

Will do light housekeeping, laundry, cooking or drive to errands, stores, dr. appts. in the greater Dover area. Min. 2 hrs. or max. 4 hrs. per day. Carol 302-632-3329

I will take you grocery shopping, Dr.'s appts., hospitals, casinos. Robert

& Jackie: 410-490-5283

Another set of hands - Temp relief, or short term projects, Could your business use another set of hands for administrative tasks? Microsoft 365 Suite, data entry, office support, database management, customer service, helpdesk end user support, manage email accounts, social media, management, 302-229-2432.

Would like to care for Alzheimers patient - 13 years exp., local Dover availability, flexible hours. Call Carol 706-326-0134

Pet sitting - during the day, call Carol 706-326-0134

Biddle's Contracting - Roofing, & other home improvements. Free estimates, 302-653-2111 or 302-423-9318

Pet Boarding & Day Care with a sitter you can trust New clients get 20% off. Rover.com/sit/janicb29343. Use promo code JANICB29343.

Would like to care for Alzheimers patient - 13 years exp., local Dover availability, flexible hours. Call Carol 706-326-0134

B&T Coins - buying all types of coins; attic and garage clean out, 302-423-9318

FOR RENT

Renting rooms within my house. 3 rooms for rent. Rooms all include a personal bathroom w/tub or shower. Included in the rent are basic cable, water, sewer and WIFI. Electricity is not included and will be split between the three tenants. Leases are for a minimum of 1 yr. or max. of 2 years. Marie 302-724-4818

Room for Rent - Cheswold area, single family home w. 2 children. Beautiful, quiet neighborhood, Community park. Walking distance to Garrison Lake. Use of kitchen/laundry areas. Females only, 832-296-0131

Garage Apt. \$1000/mo includes everything. Lg. BR, full bath, comb, Kitchen/living area. You pay electric, Smyrna, 302-670-9097

3 BR 1st floor apt. -renting 2 BR with walk-in Closet & bath. Shared LR, Kitchen, Laundry. Complex amenities include pool & gym. \$1500 a month (includes, gas, electric. internet) 302-666-1618

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