

# Neighborhood Newsletter

January 1, 2023

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Frohes neues Jahr

新年好

Bonne Année

Buon Anno!

*Newsletter Highlights:*

*Ten years of Clubhouse fun! Page 11*

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***Contact information for Board members and Committee members can be found in the***

***Resident Directories, posted on the community website***

***[www.myvolc.org](http://www.myvolc.org)***

***This publication is written by and for the residents of the Village of Long Creek, and is not an official function of the VOLC Maintenance Corporation***

***Contact Cheryl Werner, Editor, with suggestions or comments.***

***908-451-3348 or [cherylwerner@verizon.net](mailto:cherylwerner@verizon.net)***



# Around the Neighborhood



*On Veterans' Day '22, veterans **Donnie Thompson**, (US Army) left, and **Bob Greenblatt**, (Air Force) right, worked to see that there was a flag on each grave at the Delaware Veterans' Cemetery.*



*At left—Two of the seven Christmas trees that decorated the **Thompson** home this Christmas, each with a theme.*

***Donnie** even removes the regular wall art and replaces it with Christmas pictures! It's quite the sight!*



*Center and above—*

***Jean Skelly** recently took a relaxing Caribbean cruise with daughter, **Debbie**, and her family.*



*Left—**Bob Greenblatt** got this Christmas "tree" with stocking from a friend.*





(Neighbors cont.)



**Sharon and Bob Dickol** are very proud of daughter, Laura, (third from left, first row), one of the new Fellows chosen for a new Jewish Family Services’ program aimed at tackling mental health issues in Delaware. With an influx of new federal funds, JFS aims to ease some of the shortage of professionals through its new Mental Health Fellowship program, which will help Master’s level individuals to obtain their licensure as they counsel patients. Laura recently earned her Master’s Degree in Social Work from the University of Pennsylvania.

On December 19th, Senators Tom Carper and Chris Coons, and Representative Lisa Blunt Rochester gathered with program leaders and counselors-in-training to celebrate the increase in federal funding that made the program possible.

“We’ve got a big mental health problem across the nation, and part of it is that we don’t have enough licensed providers. This is targeting that problem, and looking to be a part of the solution,” said JFS Delaware Board President Peter Hurd.

“I work in the community with families, I work with individuals, and what is needed right now is compassion, is understanding, is people to provide services with expertise and without judgment,” said **Laura Dickol**, a Social Work Fellow. “That’s the goal I see all of these Fellows working toward, and it’s not just a two-year process. This is a lifelong learning opportunity, and we’re in the grind right now. Luckily, we’re in it together.”

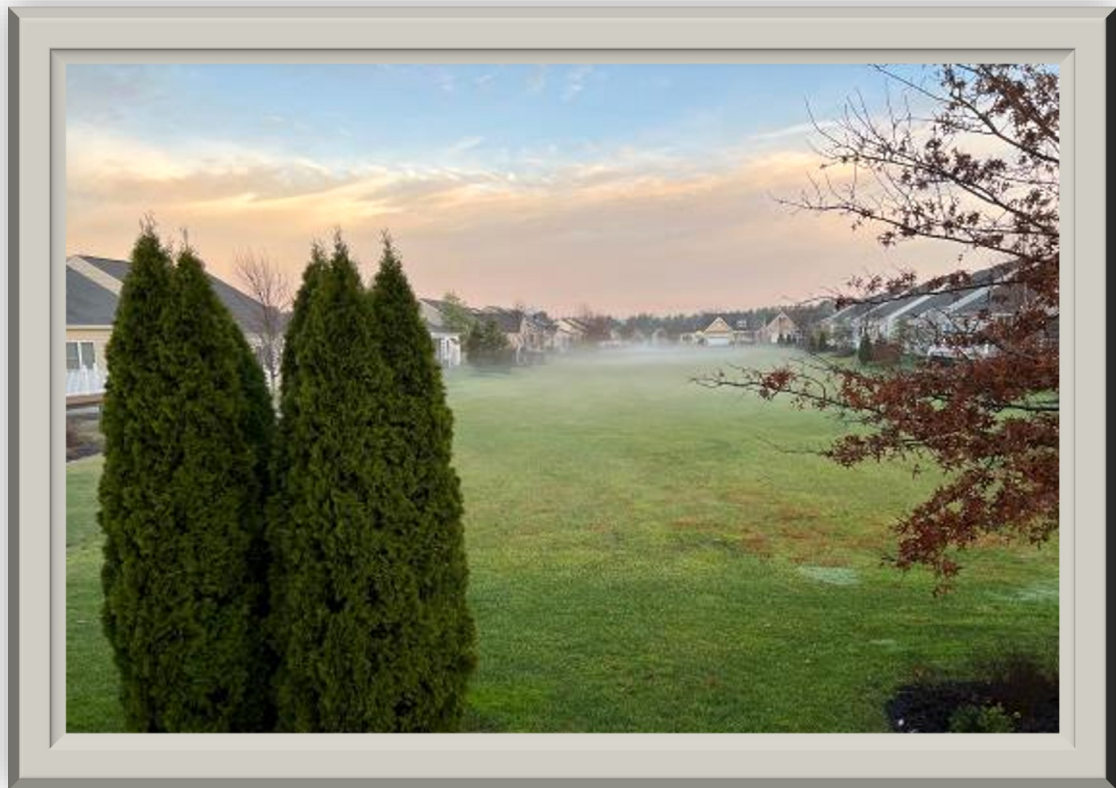
On their way back from their cross-country trip in their RV, **Sharon and Bob** snapped more beautiful pictures.

They witnessed stunning sunsets and one-of-a-kind sights. The photos are both from in New Mexico, including Carlsbad Caverns at right.



*Ken Francis’s photo of fog rolling in over the VOLC is as pretty as a picture!*

*Ken also describes this scene caught on security camera: “Two beautiful black dogs running past my house just having some fun, followed by a third beautiful golden retriever-like dog, trying to catch up with his two faster buddies. They were comical, like kids having fun.”*



*At left—from **Cheryl Dean**— Proving that quality lasts ...*

*“The picture is of our 20 month old great grandson, Edward John, sitting in the wooden high chair that my parents bought when my sister was born in 1939.*

*The high chair’s wooden seat lifts up to become a potty chair and it still has its original enamel pot in it.*

*There is a wooden handle bar in the back of the chair. If you release the handle the bottom of the chair folds up & forms a table and chair.*

*This high chair was used by my sister, brother and myself. It has also been used by our children and grandchildren and is now being used by our great grandchildren.”*



## Annual Food Drive

**Bob and Ruth Leaming** conducted their annual VOLC Holiday Food Drive, a tradition since 2019 when they moved to the community. Bob reported that through the generosity and caring of so many, “Ruth and I delivered **825 pounds of food** and a few checks to the **Food Bank of Delaware!** This is by far the largest collection we have had to date.

Since 2019, we have delivered over 3,300 pounds of food to those in need in our State of Delaware.

Thank you so much for this effort and for making a difference to those in need.

Today, especially, we are:

**VOLC PROUD**



*From the Food Bank:*

*My name is Sue DeNardo and I am the Community Development Manager at the Food Bank of Delaware. I am going through our December donation receipts and noticed that you dropped off over 800 pounds of food earlier this month! I just wanted to reach out and personally thank you and your community for helping us fight hunger. Their generosity is amazing, and appreciated more than I can tell you. Sue*

**Nancy Weldin** sent this advice from, Anthony L. Komaroff, a Harvard Professor.

**Knee pain** is one of the most common reasons for doctor visits. The keys to keeping your knees healthy? Strengthening muscles around the knees, improving balance and losing weight. Let's start with muscle strengthening. One such exercise is the sit-to-stand, in which you move from a sitting to a standing position repeatedly.

Heel raises can help to strengthen the calf muscles. To do a heel raise, hold on to a counter for balance. Slowly rise up on tiptoes, then lower heels to the floor. Try three sets of 15 repetitions. You'll also want to focus on balance to keep your knees healthy.



A Christmas surprise! **Joan Dreibelbis** is shown with her grandson, Hunter.

*From Joan—*“My family had a wonderful surprise Christmas eve. My grandson, Hunter, who teaches English in Japan came home for a visit till January 2nd. He hadn't been home in 4 years mainly due to Covid. I hope he has a better trip back cause they kept changing his flights and lost his luggage! Safe travels, Hunter!



(Neighbors, cont.)

**Marilyn Abrams'** new grand dog—Penny.



*Bear helped Mom Jean Skelly decorate dozens of gingerbread cookies for Christmas.*



**Right—JoanMarie Powers'** granddaughter, Olivia, is moving from her Georgia home to the Boston area after graduating from the University of Tennessee in Chattanooga. Grandma JoanMarie made sure her little southern gal has snow boots and warm clothes for her new job! Everyone was in their colonial tricorn hats for the going away party! Olivia is third from right, front row.



**Mystery! Any ideas?**

**Chandrika Thankappan** sent along these photos that she took from her VOLC home.





(Neighbors cont.)



**Amy Leickel** has had a busy holiday season.

Above, she attended Christmas luncheons with church friends in NJ and DE.

At right, Amy visited her daughter at Boston University, her first visit since her daughter graduated and started work there. The pair toured the campus and other Boston sights.

Below, Amy shows her certificate earned upon completion of a course at Brandywine Baptist Church for ESL teacher training. Amy will volunteer with her church team helping new arrivals with language.







From **Linda Trach**—  
**Christine Killian** has been coordinating luncheons for any and all interested VOLC residents for years now! Thanks so much from all of us!



From **Marion Bowman**—  
This photo of Mindy and me and our family was taken on December 4th in Philadelphia. Caroline Hodash, Loretta Dougherty's daughter, gave us a wonderful tour of Old Town. Caroline is so enthusiastic and knowledgeable about Phila's history. We all learned so much!



Above—Neighbors enjoy a meal at The Crooked Hammock in Middletown.



Next up— 1/9/23

**From Cindy Jenkins-**

**November 18** is a special day for the Jenkins family.

**November 18, 1986**, our son Matthew was born.

In the summer of 1997, we embarked on the adoption journey. Denise, then 10, and Michelle, then 8, joined our family as foster daughters. It took about a year and a half for the official adoption to be completed. At that time, in Delaware, there were no official celebrations when the judge signed the adoption order.

We received a phone call from our adoption worker in early December 1999 that the adoption of both girls was finalized - on **November 18!** We began to refer to that date as our "Family Day."

Then, on **November 18, 2014**, our first granddaughter, Victoria (Tori) Marie was born. The date became even more special.



**January**

<i>Justine Gilbert</i>	<i>1st</i>
<i>JoanMarie Powers</i>	<i>2nd</i>
<i>Sharon Mutschler</i>	<i>3rd</i>
<i>Ken White</i>	<i>3rd</i>
<i>Chandrika Thankappan</i>	<i>12th</i>
<i>Ray Jenkins</i>	<i>14th</i>
<i>Lois Inglisa</i>	<i>17th</i>
<i>Cindy Jenkins</i>	<i>21st</i>
<i>John Dean</i>	<i>27th</i>
<i>Ruth Leaming</i>	<i>28th</i>
<i>Bob Greenblatt</i>	<i>30th</i>



**February**

<i>Maria deArmas</i>	<i>2nd</i>
<i>Ray Krout</i>	<i>8th</i>
<i>Barbara Medio</i>	<i>9th</i>
<i>George Middleton</i>	<i>9th</i>
<i>Loretta Fitch</i>	<i>12th</i>
<i>Ken Francis</i>	<i>16th</i>
<i>Valerie Landon</i>	<i>18th</i>
<i>Joe Lemanski</i>	<i>27th</i>
<i>Tom Sutor</i>	<i>29th</i>

**Sue Bifano** (center), is surrounded by family members who gathered at her house, when son, Craig, (second from left in top row) and grandson, Paxton ( 3rd from left in front row) came in from Leadville, CO for a Christmas visit.

Daughter, Marcy, is farthest left of the middle row.

Christmas cheer was complete!





# A Tenth Anniversary

*Kay Bennett, third from right, helped break ground for the VOLC Clubhouse, along with Dave Tackett, Bethany Hall-Long and representatives from Benchmark. Other residents watched, eager for a gathering place. The clubhouse opened in December 2012, and its usage over ten years has proved that the VOLC is indeed an “active adult” community!*



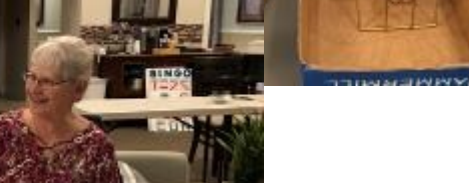
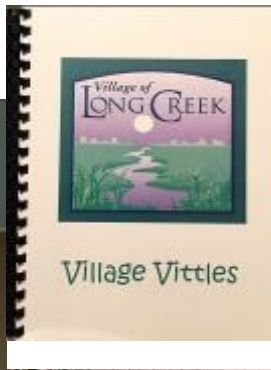
*An Activities Committee was quickly formed, comprised of current residents Maria Tricarico, Christine Killian, Barbara Doto and Carol Thompson. Early events included Bingo, Poker, Happy Hour and Stitch ‘n Bitch., many of the activities that continue ten years on.*

*Thanks to those early planners who set a high bar!*



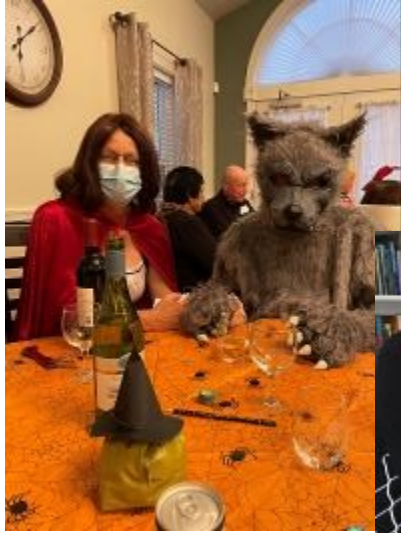


# Ten Years of Fun!





(Clubhouse cont.)





# A Big Mistake!

Bob Greenblatt sent this article from History.net.

On November 26, 1789, [President George Washington](#) issued a proclamation naming that Thursday a “Day of Publick Thanksgiving.” In 1863 this date was codified by President Abraham Lincoln’s proclamation that Thanksgiving would be commemorated each year on the last Thursday of November.



It would remain so for 56 years until 1939, when the last Thursday fell on the last day of the month. Coupled with the fact that the United States was still in the throes of the Great Depression, business leaders were concerned that Americans wouldn’t want to start shopping for the holidays until after Thanksgiving. Worried that the shortened shopping season would hurt retail sales, business leaders, including Lew Hahn, the general manager of the Retail Dry Goods Association, lobbied the president to make the holiday one week earlier. [President Franklin D. Roosevelt](#) listened, and in August 1939, he issued a Presidential Proclamation that moved Thanksgiving to the second to last Thursday of November.

In a letter sent to the White House, Robert Benson of Groton, South Dakota went as far as to remind Roosevelt, “you must remember we are not running a Russian or communistic government.”

At the time, states were split on whether to heed the proclamation—22 went along with Roosevelt, 23 refused, and two states (Texas and Colorado) observed both dates. Mississippi never decided.

In 1941, after two years of backlash, Congress declared that the fourth Thursday in November would be the legal “Thanksgiving Day.” This would be the last time Roosevelt ever attempted to give Black Friday shoppers some extra time!



# Annual Holiday Party



*At La Casa Pasta*



**JoanMarie Powers and Jean Skelly** greeted folks as they arrived. Their smiling faces started the party off right!



**Lois Inglisa** snapped a pic of **Ray Whiteoak's** festive tie! Wife, **Katie**, approved.



High-energy entertainer, **Kevin Galm**, kept things rocking. Below—**Pam Smith** won one of the door prizes.



**Mim Krout** won the Super 50/50, helping her Christmas to be a bit merrier!

50% to the committee helps to defray event expenses.



**Stefano and Barbara Medio** danced the night away. By unofficial poll, they got the "most romantic couple" award!



(Holiday party cont.)



*There was chatting!*



*There was eating!*



*There was singing! (Bet you know the song here!)*



*There was dancing!*



*There was community!*





Each year-end, the **AARP Fraud Watch Network** looks back at the most prevalent scams. Criminals are opportunistic and the schemes change over time. But if something is working, you can rest assured it won't go away soon. Here's what's trending and how to spot and avoid these scams.



## Identity Theft

For the second consecutive year, the Federal Trade Commission's tracking shows identity fraud is topping the charts.

When your personal information is stolen, it is identity theft. When your stolen data are used fraudulently, it is identity fraud. Thieves then use your identity in a variety of ways, including purchases and acquiring loans.

To safeguard yourself against identity theft and fraud, avoid sharing sensitive information to anyone. Avoid clicking on links in emails and texts, set up electronic access to your financial accounts, and consider setting up a fraud alert or credit freeze to protect against fraudulent account openings.

## Imposter Scams

Impostor scams once again will come in among the most common scams of this past year.

These scams generally start with an unsolicited call, email, text or social media message, impersonating organizations you would already trust, like your bank, another business you may have a relationship with or a government agency.

If you receive such a message, don't click a link or return the call on an offered number; find a way to reach the entity at a number you know to be trusted if you think there may be a legitimate reason to connect with them.

## ONLINE Shopping Scams

The growth in online everything starting with the pandemic has brought criminals online with us. Shopping scams proliferate online.

Use a credit card when shopping. It offers more protections than other payment forms. And consider using well-known retailers rather than one you may not be familiar with.



On December 22, in response to fear about crime at Peoples Plaza, in particular the fatal stabbing at La Piazza Di Caruso, State Senator Stephanie Hansen organized and hosted a Town Hall webinar, focused on the Glasgow area. The panel included Councilman Dave Tackett, State Representative Eric Morrison and representatives from the DE State Police, New Castle County Police and the Attorney General’s office.



Statistics from the last three years were compiled for both the Glasgow area and from ten communities, including the Village of Long Creek.

Some takeaways:

- Overall, crime is actually down in the last 3 years.
- Shoplifting remains high, but has been consistent in the last 3 years.
- County police have jurisdiction over neighborhood crime issues. Non-emergency # 302-573-2800
- State police have jurisdiction over commercial areas, specifically, Peoples Plaza. Crime Stoppers tip line—800-847-3333
- The State Police representative noted that the one area where there is a dramatic increase is in catalytic converter thefts. He noted that there are kits available to thwart these thefts and that motion-detection lights also help. Rep. Morrison reported that the legislature is working on bills to hold the receivers of these converters responsible.
- The AG representative reported that violent crimes are actually down in the state since 2020.
- Legislators are trying to make penalties bigger for drag racing.

Find the entire presentation here:

[https://drive.google.com/file/d/1Dn6j\\_fjCSTcAxqvM4oAnO773jtTdvL5/view](https://drive.google.com/file/d/1Dn6j_fjCSTcAxqvM4oAnO773jtTdvL5/view)

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**Amazing Nature photos submitted by Jean Skelly**



**Male and Female Cardinals**



**A very colorful Mandarin Duck**



# Symptoms of COVID-19, RSV and Flu

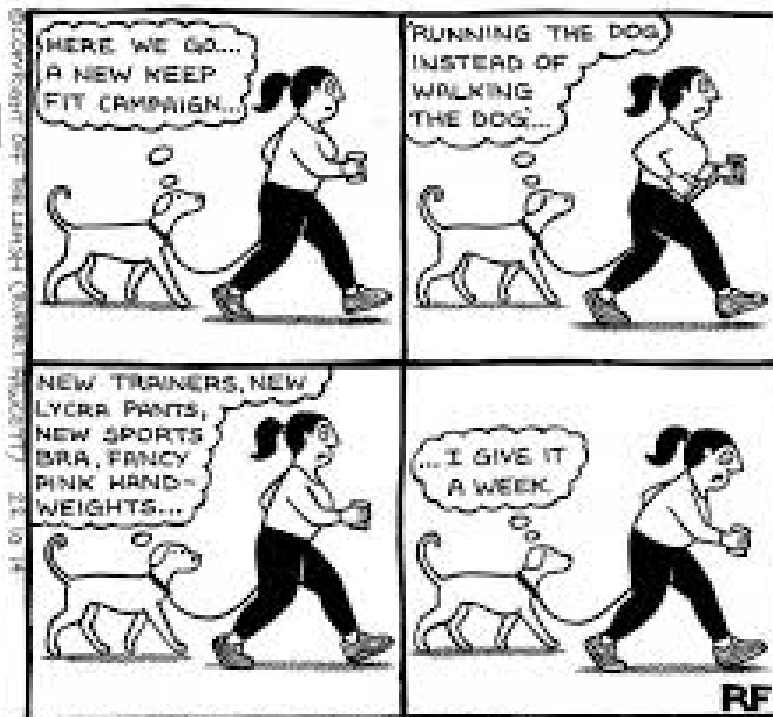
	COVID-19	RSV	Influenza
Onset of symptoms	Gradual	Gradual	Sudden
Cough	Common	Common	Common
Diarrhea	Sometimes	Rare	Sometimes*
Fatigue or tiredness	Common	Sometimes	Common
Fever	Common	Common	Common
Headache	Sometimes	Common	Common
Loss of taste and smell	Common	Rare	Rare
Muscle or body aches	Sometimes	Rare	Common
Runny or congested nose	Common	Common	Common
Shortness of breath or difficulty breathing	Common	Sometimes	Rare
Sneezing	Common	Common	Common
Sore throat	Common	Common	Common
Vomiting	Sometimes	Rare	Sometimes*
Wheezing	Rare	Sometimes*	Rare

*Experts say the only way to confirm a diagnosis is with testing. No matter the symptoms, people should stay home when sick and seek medical help if they experience any trouble breathing.*

\*MORE COMMON IN CHILDREN

SOURCE: CDC, MAYO CLINIC





"I'm really serious about keeping my New Year's resolutions. In the past, my resolutions were always in one year and out the other."







There's a garden in England dedicated entirely to plants that are deadly and can kill you. It's the most dangerous garden in the world. It holds over 100 killers such as, hemlock, strychnine and nightshade.



## CURES FOR EVERY SICKNESS I HAD AS A KID



I pretended to be asleep and then I fell asleep. Now I'm going to pretend I'm skinny.

