



# Neighborhood Newsletter

Summer 2011

Volume 2, Number 2

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## Are you ready for a natural disaster?

Seventy-five percent of all American households are at risk for one or more natural disasters, including earthquakes, floods, storms and wildfires. While major disasters on the scale of Hurricane Katrina or the Tsunami that befell Japan earlier this year are relatively rare, most of us are at risk for experiencing some type of natural disaster.



It's human nature to ignore such possibilities. Most of us just don't want to think about it. But living through a disaster is never forgotten, and the impact can have long-term physical, emotional, and financial effects. Although you cannot control such disasters, you can control how they effect you. Careful preparation can help to prevent loss of life and reduce property damage or loss. Planning can lessen your stress and discomfort around recovery and rebuilding, as well as decrease the amount of time it will take to get your life back in order.

In Delaware, the most common types of natural disasters include hurricanes, floods, and thunderstorms. Even though these may seem like small events, they can have disastrous impact, resulting in fires, the disruption of utility services (water, electric, gas), and the loss of telephone landlines and cellular service for hours or even days. Disasters affect everyone regardless of age. However, older adults often have medical and physical issues that must be taken into consideration when planning for unexpected emergencies. For older adults who live alone or apart from their children, it is vital that they identify those around them who can assist during a crisis.

There are steps you can take to insure you are prepared. According to the Hartford/MIT AgeLab Partnership, older adults should be well-versed in the ABCs of Disaster Planning:

### Action – Take It!!

1. Know which disasters you are at risk for and how to best prepare for them.
2. Plan for the possibility that you may need to evacuate.
3. Set up a support network.
4. Evaluate the risks and abilities of everyone in your household.
5. Make a plan for your pets.

### Belongings: Know Them!!

1. Create an inventory of your home. Take photos or video of your house and all contents, and store them in a safe place *outside of your home*, in a safety deposit box or with a family member.
2. Find ways to protect items you consider irreplaceable.
3. Know what your insurance covers.

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# George Takei and Patty Duke Boldly Go to the Social Security Website

By Howard Hughes  
Social Security Manager in Wilmington, DE



Are you ready to set course for retirement? Then follow the advice of entertainment icons George Takei and Patty Duke and *Boldly Go* to [www.socialsecurity.gov](http://www.socialsecurity.gov). The two celebrities have teamed up in a new cam-

campaign to help Social Security promote its online services as an easy and secure way for people to apply for retirement, disability, Medicare, and so much more.

Those ready to retire, apply for disability benefits, or delay retirement and apply only for Medicare, can do so from the comfort of their home or from any computer. And don't forget to sign up for direct deposit so you'll get your benefits at warp speed.

Already receiving Social Security benefits? Go online to let Social Security know about a change of address or phone number, start or change direct deposit, get a proof of income letter, or replace a lost Medicare card.

As Patty tells George, Social Security's website "is for everyone." Workers can get an online estimate of their future retirement benefits and use Social Security's planners to plan for a secure retirement and "Young people can help their grandparents with retiring online or getting extra help with their Medicare prescription drug costs." To which George concludes, "Everyone, of all ages, should go to [www.socialsecurity.gov](http://www.socialsecurity.gov)." So *Boldly Go* to [www.socialsecurity.gov](http://www.socialsecurity.gov). Like George, you may find yourself saying, "Oh my!" Then, in retirement,

# Welcome!

To our newest VOLC Neighbors:  
Maria & Pete deArmas  
42 Devalinder Drive

# VOLC Happy Hour!

## Sunday, July 9

At the home of

Carol & Donnie Thompson  
58 Devalinder Drive

3:00 to 7:00 p.m.

Bring your own beverage. Appetizers, munchies, and snacks will be provided.

## Congratulations to the Thompson Family!

Carol and Donnie are the proud grandparents of Noah, age 2 and Noah's baby sister, Ava Marie, born in March. Sweet!!





## To cut, or not to cut . . . It's no longer a question!!

Thanks to the efforts of VOLC residents, we now have the option not to have our lawns cut. By now, you should have received a "Do Not Cut" flag from Joe Doto. The flag is to be placed in the grass directly in front of the mailbox so that it will be plainly visible to the grass cutters. The flag should not be placed any earlier than Sunday evening and must be removed no later than Monday evening. The only purpose of the flag is to let the landscaping company know not to cut your grass that week. The flags have

been provided by Forever Green and are in short supply, so please keep yours in a handy place. Thanks, Joe, for all your help coordinating this effort and for getting the flags distributed.



## Beware the summer sun if you take medication

Drug-induced sun sensitivity, also known as phototoxicity, most often occurs when the sun's ultraviolet rays interact with a medication you're taking. The problem is common, and symptoms are usually noticed within minutes to hours after sun exposure. Phototoxicity can be painful and appears as an exacerbated sunburn.

Medicines to watch include antibiotics, statins, hypoglycemic, and diuretics.

To avoid phototoxicity -- and skin cancer -- limit your sun exposure and avoid the sun between 10a.m. and 3p.m. Wear clothing of a tightly woven material with long sleeves and use the right sunscreen. For more information, go to [www.medicinenet.com/](http://www.medicinenet.com/).

# Scenes Around the Village



Sleepy Time at 41 Devalinder  
(Home of Bob Greenblatt)



Devalinder Drive, May 2007  
We've come a long way!!



VOLC Second Annual Memorial  
Day Picnic, 5/29/2011



**Disaster Planning**, *continued from Page 1*

**Connections: Make Them!!**

1. Consider a broad network of family, friends, and neighbors.
2. Remember, those in the closest proximity to you will be dealing with the same disaster as you.
3. Talk with others about what you may need from them – and how you can assist them

Adjust your support network after a major life even, such as divorce, disability, or the death of someone who previously said they would assist you in times of emergency. As your needs change, so should your plan.

The Delaware Emergency Management Agency (DEMA) along with other agencies maintains a registry for individuals with special needs who may require assistance during a disaster. This registry is voluntary, and your information would only be shared with 911 personnel and first responders, including fire, police, and EMT personnel during times of crisis. To register, go to <http://www.de911assist.delaware.gov/>, or call 302-744-2682 and request the registration form.

To learn more about disaster planning:

- [www.fema.gov](http://www.fema.gov)
- [www.ready.gov/america/index.html](http://www.ready.gov/america/index.html)
- [www.knowyourstuff.org](http://www.knowyourstuff.org)
- [www.prepare.org/seniors/srsforsrsLARGE.htm](http://www.prepare.org/seniors/srsforsrsLARGE.htm)
- <http://dema.delaware.gov/default.shtml>



It's been slow, but the good news is that there are two new homes under construction in VOLC -- 66 and 68 Devalinder Drive. Construction

on lot #76 will begin soon, and there are 3 other homes under contingency. Ginger reports there will be another ice cream social later this summer, and that she is working diligently on getting exposure to increase sales. Still no news regarding the clubhouse. . . Stay tuned.



The first senior moment.

**Neighbors Helping Neighbors**

**Volunteer List**

Patti Abernethy	(31)	836-8447
Barb Carter	(49)	836-3023
Barb & Joe Doto	(37)	836-3362
Nancy Ferrara	(25)	834-3205
Bob Greenblatt	(41)	838-7769
Kathy Karthaeuser	(119)	365-6067
Kitty Heston	(73)	595-2902
Don & Grace Hobson	(24)	838-1771
Dennis & Joann Sabato	(43)	365-6713
Peg & Paul Welborn	(55)	836-8524
Dick & Lois Hallett	(50)	838-0652
Ginny Pelachick	(59)	834-854
Lenny & Maria Tricarico	(9)	595-2712
Richard Cutone & Joanne Skidmore	(18)	595-4348

For more information, contact Barb Carter at 836-3023 or [bcarter19720@aol.com](mailto:bcarter19720@aol.com)