



Fall 2013

Neighborhood Newsletter

Volume 4, Number 3

Planning for the long term: It doesn't have to be a "free-fall"

Let's face it.: life can get complicated as we age. The Lord willing, many of us will remain vital well into our 80s and 90s. But chances are good we will have to contend with at least one chronic illness or disability as we age. No one wants to think about it, and often, we don't even want to talk about it. To deny the need for long term care is risky; to ignore it can be a devastating free-fall, emotionally, physically, and financially. Did you know that:



- **70% of people turning age 65** can expect to use some form of long-term care;
- **69% of people age 90 and over** have at least 1 disability; and
- **8% of those between ages 40 and 50, on average,** have a disability that requires long term care?

There are a number of factors that increase the likelihood of needing long term care, including advanced age, gender, chronic illness, diet and lifestyle habits, and where you live. Understanding the risks will better prepare you and your family as you consider your options.

So what exactly is long term care, and when should the planning process begin? This edition of *Neighborhood Newsletter* will provide basic information, resources, and tips to help you better understand what it takes to plan effectively. Hopefully, the information here will prompt discussion between you and your loved ones so that you can evaluate your options and develop a care strategy long before you ever need it.

And, because the quality of life isn't only about preparing for difficult end-of-life issues, this edition will also explore the importance of adding interest and pleasure well into retirement. Chinese monarch, Shing Xiong, said it so well: *"In the end, it's not going to matter how many breaths you took, but how many moments took your breath away."* So, plan now for the long term. It's never too late!

Neighbors, be watchful!

Thanks to the vigilance of several VOLC residents, it is believed some would-be burglars were thwarted from their attempt to case homes in our small community.

On September 27, a woman claiming to sell cleaning supplies approached several homeowners and requested entry to discuss her products. The woman was later spotted with others in a Ford E350 van with Georgia plates. The police were contacted and speculate that the request to enter was a ruse to case the homes and the occupants. A similar incident was observed in neighboring Melody Meadows.. Apparently, this is not the first time this has occurred in VOLC.

Residents are encouraged to be vigilant of anyone or any vehicles that look suspicious. If you do see something that looks out of place, don't hesitate to contact the police, and never allow someone you don't know entry unless you specifically requested them to be there. Neighbors can also post suspicious criminal activity on the NextDoor.com website. If you don't use NextDoor.com but would like to, contact Sharon at sdickol@verizon.net or call her at 836-8575.



Neighbors are urged to be vigilant when approached by uninvited salespeople.

VOLC COMMITTEES

Clubhouse Board

Patti Abernethy, Co-Chair	836-8447
Paul Wellborn, Co-Chair	836-8524
Marty Lyon, Secretary	838-1631
Jim Haefner, Treasurer	836-8714
Jim Davis, At Large	908-295-1001
Maria Tricarico, Liaison	595-2712
Sam Ferrara, Liaison	834-3205

Activities Committee

Kathleen Karthaeuser	365-5067
Christine Killian	454-1098
Carol Thompson	595-2717
Maria Tricarico	595-2712

Liaison Committee

Sam Ferrara	834-3205
Don Doto	832-2118

Communications

Sharon Dickol	836-8575
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The VOLC Neighborhood Newsletter is published quarterly.

Send information, comments and suggestions to Sharon at sdickol@verizon.net



Clubhouse Board Update



Dear VOLC Clubhouse Members:

Thanks to all of you who have volunteered to be on the Activities Committee and the Facility Committee. If you volunteer to be on either, know that you do not have to sponsor many events or one each month, but you might **volunteer to be involved in one or two events** in the course of a year. Please contact Maria Tricarico or Sam Ferrara if you are willing to share your talents and time.

Board **meetings will be posted on the calendar**. You are most welcome to come to all meetings to share your comments and ideas.

In the **Clubhouse you will find a large VOLC Clubhouse Board binder** that maintains the agendas, minutes, budget reports, facility reports, draft Bylaws, and other pertinent information of the VOLC Clubhouse Board. All materials are together in one place for your review. Thank you, Marty!

A request for an **additional street light in front of the Clubhouse** has been made through our elected officials at the county and state levels and notifying Benchmark Builders. They are working with DelDot and others to determine what needs to occur. Since our elected officials use our tax money for selected projects in their communities, our request was made with that in mind. We will get back to the Members once we know something more definitive.

Finally, there is a **critical need for a committee of VOLC residents** willing to prepare for a turnover in the next year or less. **Please, please volunteer** and tell any current Board member of your interest so this Transition Committee can be organized. The Transition Committee will be the ones to organize the transition since the Clubhouse Board is only addressing the Clubhouse issues.

-- Patti Abernethy



Mexican Night

OLÉ!



What is Long Term Care?



Many people think the phrase “long term care” refers to an insurance policy. While insurance may be part of your strategy, long -term care encompasses everything from your future medical care and finances, to where you will live and how you will navigate the myriad of legal, family, and social dynamics along the way.

Most people over 65 will need some kind of medical and/or personal care for months or years because of a health issue or the natural decline of eyesight, hearing, strength, balance and mobility that comes with aging. Your path will be unique, and will be based on your preferences and circumstances.

Long-term care is a **range of services and supports** you may need to meet your health or personal care needs **over a long period of time**. Most long-term care is not medical care, but rather assistance with the basic personal tasks of everyday life, sometimes called **Activities of Daily Living (ADLs)**, such as eating, bathing, dressing, toileting, transferring (to or from a bed/chair), and self-care for incontinence.

Other common long-term care services and supports are **assistance with everyday tasks**, sometimes called **Instrumental Activities of Daily Living (IADLs)**. These include: housework, laundry, money management, taking medications, using the telephone, managing tasks outside the home (doctor appointments, shopping, banking), caring for pets, and responding to emergencies.

The duration and level of long-term care will vary from person to person and needs will often change over time. Here are some statistics (all are “on average”) you should consider:

- Someone who is 65 today will need some type of long-term care services and supports for **three years**;
- **Women need care longer** (3.7 years) than men (2.2 years);
- **One-third of today’s 65 year-olds** may never need long-term care support, but **20 percent** will need it for longer than 5 years.

Because a sudden illness or disability can happen at any time, planning for long term care is vital. Advanced planning can make all the difference between staying at home or being forced into a facility. Know your options!

WHAT PREDICAMENT DID THE LADIES OF VOLC GET THEMSELVES INTO AT LONGWOOD GARDENS? The predicament could have been written for an **I Love Lucy** episode. Name the episode and submit it to Sharon at sdickol@verizon.net. The answer will be revealed in the next newsletter. Thank you, “Anonymous,” for submitting this teaser question!



So, who pays for long-term care? The facts may surprise you!

Consumer surveys reveal common misunderstandings about which public programs pay for long-term care services. It is important to clearly understand what is and isn’t covered.

Medicare only pays for long-term care if you require skilled services or rehabilitative care:

- In a nursing home for a maximum of 100 days, however, the average Medicare covered stay is much shorter (22 days).
- At home if you are also receiving skilled home health or other skilled in-home services. Generally, long-term care services are provided only for a short period of time.

Medicare does not pay for non-skilled assistance with Activities of Daily Living (ADL), which make up the majority of long-term care services. You will have to pay for long-term care services that are not covered by a public or private insurance program

Medicaid does pay for the largest share of long-term care services, but to qualify, your income must be below a certain level and you must meet minimum state eligibility requirements. Such requirements are based on the amount of assistance you need with ADLs. Other federal programs such as the **Older Americans Act** and the **Department of Veterans Affairs** pay for long-term care services, but only for specific populations and in certain circumstances.

Health insurance, whether employer-sponsored or privately held, generally covers the same kinds of limited services as Medicare. If they do cover long-term care, it is typically only for skilled, short-term medically necessary care. There are an increasing number of **private payment options** including **long-term care insurance, reverse mortgages, life insurance options, and annuities**. More information about these options can be found on page 5.

Create a bucketlist to make the most of your life

Creating a "bucket list" has many benefits, and the benefits vary according to the type of bucket list you create. While the traditional bucket list is intended to be a list of exciting activities you intend to experience before you die, you can also create a bucket list for various stages of your life, or situations you face. Such bucket lists can help you to enjoy life and relieve stress in unique ways. Here are some different types of bucket lists you can create.



Traditional Bucket List

The traditional bucket list is a list of things you'd like to do before you die (before you "kick the bucket"). To make a Traditional Bucket List, just create a list of everything you'd really like to do in your lifetime, add to it as you think of more, and cross off items as you experience them.

Birthday Bucket List

A wonderful way to commemorate a birthday, or the passage into a new decade, is to reflect on what you are grateful for and the goals you've achieved in the previous year or decade. It's also inspiring to create a bucket list of what you hope to experience and accomplish in the coming year or decade. For a Birthday Bucket List, think of things you wish you'd experienced at this age and before, things you'd hoped for as a child, and changes you'd like to see in your life. Ask friends for ideas, and have fun with it! It's an easy way to ease any stress you may feel about getting older, and helps generate feelings of excitement about life and the future.



Dorothy "Dot" Dube, now living in VOLC, always wanted to go on a hot-air balloon ride. She did, in 2004, in Sedona AZ. Dot is pictured in the center with her daughter Cheryl Werner and son-in-law, Guy Werner.

Milestone Bucket List

If you'd like to make the most of your experiences, you can create a bucket list for various phase of life. For example, a Summer Bucket Lists, a bucket list for your grandkids' childhood experiences, and bucket lists for other phases of life can help ensure you're really savoring your experiences. This focus on the positive can help you to better cope with stress and keeps you engaged with others, strengthening relationships and creating memories for generations.

Goals Bucket List

Traditional bucket lists generally focus on fun experiences people would like to have, but bucket lists can be great for setting and reaching goals as well. Maintaining a Goals Bucket List can help you to get in touch with what you feel is important for your life overall in terms of achievement. A common exercise assigned by life coaches is to create your own obituary—written how you'd ideally like it to be one day. This allows you to really look at what you'd like your life to include, where you would like to be, and what achievements are really important for you to pursue for your own peace of mind. A Goals Bucket List can function in the same way. List what you'd like to have done in 10 years, or 20 or 5, and see where you can go from there.

Regardless of what type of bucket list you create (and you may have your own ideas to share as well), the bucket list can be a great tool for discovering and creating what is most important to you in life.

From Eric Dean:

"I have had a (bucket) list of sorts since I was 10 years old, and I have spent my life working off it. What you learn is that for every item you cross off, you find two or three additional items to add on. It is not a zero sum game. The top of my list at present looks like this: 1) Quay d'Orsay Museum in Paris, 2) Istanbul; St. Sophia Church and the Crusader Walls, 3) Pergamum Alter in Berlin, 4) Priam's Treasure from Troy (wherever it currently is), and, 5) NASA Museum annex at Dulles Airport (home to the Enola Gay)

The only one of these that I have seen to date is the Louvre collection of Impressionist works; but that was when it was in the Palm house of the Louvre."

Paying privately for long term care: What you need to know!

If you have enough income and savings, you will need to pay for long-term care services on your own, from your income, savings, and possibly the equity in your home. Here are a few of the ways you can pay for your long-term care privately.

Long Term Care Insurance

Unlike traditional health insurance, long-term care insurance is designed to cover long-term services and supports, including personal and custodial care in a variety of settings such as your home, a community organization, or other facility.

Long-term care insurance policies reimburse policyholders a daily amount (up to a pre-selected limit) for services to assist them with activities of daily living such as bathing, dressing, or eating. You can select a range of care options and benefits that allow you to get the services you need, where you need them.

If you are in poor health or already receiving long-term care services, **you may not qualify** for long-term care insurance as most individual policies require medical underwriting. In some cases, you may be able to buy a limited amount of coverage, or coverage at a higher “non-standard” rate. Some group policies do not require underwriting.

Reverse Mortgages

A reverse mortgage is a special type of home equity loan that allows you to receive cash against the value of your home without selling it. For most reverse mortgages:

- You can choose to receive a lump-sum payment, a monthly payment, or a line of credit
- There are no restrictions on how you use the remainder of the money
- You continue to live in the home and you retain title and ownership of it
- You are also still responsible for taxes, hazard insurance, and home repairs
- You do not have to repay the loan as long as you continue to live in the home.

To qualify you must be age 62 or older and the home must be your primary residence. Unlike a traditional mortgage, you do not have to provide an income or credit history to get the loan

Annuities

You may choose to enter into an annuity contract with an insurance company to help pay for long-term care services. In exchange for a single payment or a series of payments, the insurance company will send you an annuity, which is a series of regular payments over a specified and defined period of time. There are two types of annuities: Immediate and Deferred long-term care annuities.

Key things to consider before purchasing an annuity: 1) The annuity amount you receive may not be enough to pay for your long-term care expenses; 2) Inflation may reduce the value of the monthly

The cost of long-term care today in Delaware



ON AVERAGE

Homemaker Services	\$20/hour
Home Health Aides	\$22/hour
Adult Day Care	\$63/day
Assisted Living (single)	\$5,533/mo.
Nursing Home (semi)	\$274/day
Nursing Home (private)	\$294/day

*Data from the Genworth 2013 Cost of Care Survey

income you receive from the annuity; and 3) The effect that annuities can have on your taxes is complicated. Consult your tax professional before purchasing one.

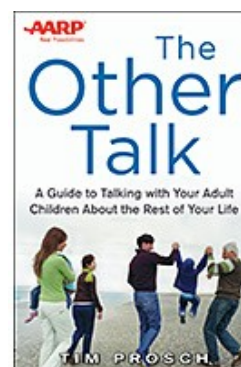
Trusts

A trust is a legal entity that allows a person (the trustor) to transfer assets to another person (the trustee). Once the trustor establishes the trust, the trustee manages and controls the assets for the trustor or for another beneficiary.

You may choose to use a trust to provide flexible control of assets for the benefit of minor children. Another common use of a trust is to provide flexible control of assets for an older adult or a person with a disability, which could include yourself or your spouse. Two types of trusts can help pay for long-term care services: Charitable Remainder Trusts and Medicaid Disability Trusts.

For more information related to long term care, go to www.longtermcare.gov.

Don't forget to talk to the kids!



Long term care decisions are difficult, but if you don't share your plans with the family, your wishes may not be followed. Even worse, your loved ones will not know where to turn. From AARP, “**The Other Talk**,” is an important guide for families making long term care decisions. For more information, go to <http://www.aarp.org/entertainment/books/bookstore/home-family-caregiving/the-other-talk/>

HAPPY BIRTHDAY!

OCTOBER

Maria Tricarico 9th
 Lenny Tricarico 17th
 Jo Anne Skidmore 2nd
 Sam Ferrara
 Barbara Doto 30th

NOVEMBER

Peg Wellborn 19th
 Wanda Search 3rd
 Nancy Weldin 12th

DECEMBER

Pete De Armas 4th
 Nick Inglisa 8th
 Penny Riley 18th



To add your birthday to the list, contact
 Christine Killian at 454-1098



July birthday celebration at the club-house for Nancy, Guy, & Irena.

Dennis Sabato flipping burgers at the VOLC Labor Day picnic.

More Labor Day pics can be found on the VOLC NextDoor.com site.
Thanks to Kathy Karthaeuser for uploading all the great picnic photos!



Neighbors Helping Neighbors

If you need assistance from your neighbors, contact anyone on the list below. Call Barb Carter for more information.

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|--------------------------------|--------------|
| Patti Abernethy (31) | 302-836-8447 |
| Barb Carter (49) | 302-836-3023 |
| Richard & JoAnne Skidmore (18) | 302-595-4348 |
| Jim & Judy Davis (5) | 908-295-1001 |
| Jackie & Eric Dean (47) | 302-838-1805 |
| Sharon & Bob Dickol (62) | 302-836-8575 |
| Barb & Joe Doto (37) | 302-836-3262 |
| Nancy Ferrara (25) | 302-834-3205 |
| Dick & Lois Hallett (50) | 302-838-0652 |
| Kitty Heston (73) | 302-595-2902 |
| Don & Grace Hobson (24) | 302-838-1771 |
| Kathy Karthaeuser (119) | 302-365-6067 |
| John & Christine Killian (70) | 302-454-1098 |
| Valerie Landon (35) | 302-365-6685 |
| Marty Lyon (96) | 302-838-1631 |
| Anna & Vinnie Moricone (101) | 302-595-4688 |
| Ginny Pelachick (59) | 302-834-8504 |
| Joan Rowland (54) | 302-595-2090 |
| Dennis & Joann Sabato (43) | 302-365-6713 |
| Donnie & Carol Thompson (58) | 302-595-2717 |
| Lenny & Maria Tricarico (9) | 302-595-2712 |
| Peg & Paul Wellborn (55) | 302-836-8524 |



"All bets are off if you don't quit laughing"