

Neighborhood Newsletter

Fall 2018

Volume 9, Number 3

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Autumn in Vermont - Photo by Guy Werner

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May 2018-May 2019

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All contact information may be found on the community website at

<http://volcde.wixsite.com/volc>

Committees and individual residents are asked to contact Mary Legreid to schedule the clubhouse for meetings or other activities:

302-834-2378 or mrlegried@gmail.com

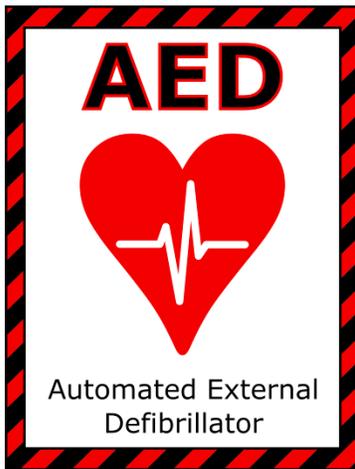
This publication is written by and for the residents of the Village of Long Creek.

Contact Cheryl Werner with corrections or comments.

302-834-1473 or cherylwerner@verizon.net

Help Wanted

AED Manager



Do you have knowledge of - or experience with - the life-saving Auto-mated External Defibril-lator? Our clubhouse is equipped with a portable AED and Rossana Pal-ermo not only trained several individuals in its use, but has been ex-pertly caring for it.

Now, the time has come for someone else to take charge. If you can help with the upkeep - and/or are qualified to give training - please contact Mary Legreid or Cheryl Werner.

Still Seeking

Co-chair for Grounds Committee

No experience necessary. Just a willingness to help the community. Any expertise in grass and shrub care a plus.

Salary comparable to those of other VOLC com-mittee chairs. (\$0)

Interested candidates should contact Eric Dean or Steve Brubaker.

Position open

Maintenance Coordinator of VOLC Clubhouse, starting immediately. Individual will become voting member of the Clubhouse Committee and will work with IPS Management Company, scheduling maintenance and repairs of the building. Guidance will be provided.

Contact Mary Legreid.



New Committee Opportunity

Please consider joining the committee looking into water issues. The code for NCC about where we are allowed to discharge excess wa-ter on our properties is a significant challenge for some of our residents. We need help to look into some ideas for these residents and a plan to repair the damage to the common areas from this water. Contact Patti Abernethy or Eric Dean to volunteer for this important effort.

Clubhouse Landscaping

No experience necessary! Just a willingness to get your hands dirty and to help with planting and maintenance of club-house landscaping.

Come out to work with Don Doto and other neighbors. Watch your email for dates!



FRIENDS AND FAMILY...



Bob Greenblatt is shown at his favorite restaurant - Pica's in West Chester PA.



Above - At the recent luncheon for the two book clubs of the VOLC, Barbara Strasser was surprised with a cake to thank her for her years of organizing and guidance.



Susan Brubaker reports that husband, Steve, right, likes the weather in Sandpoint Idaho, but not all the maintenance of their 110 year old home. At left, Susan says "This is what we do during our September stays in Sandpoint. Pick up tons of fallen fruit from our trees and try to give it away. Suggest we not plant fruit trees in VOLC!!"

(Friends, Family cont.)



Cheryl and Guy Werner took a Delaware Express bus tour in August, and as Patti Page sang, they fell “in love with old Cape Cod” all over again. It was the perfect end to Summer ‘18. The whale watching and lobster rolls were spectacular!

Above left - A happy start on the bus.

Above right - A scene from the water in Hyannis.



At right - A prize catch made for a delicious dinner in So. Yarmouth.



Sharon and Bob Dickol traveled to Niagara Falls in early August.

Above - Bob overlooking the American Falls.

At right - Horseshoe Falls, also known as The Canadians.



(Friends, Family, cont.)



At left - Carolyn and Bernard Aresu are shown celebrating their son Christophe and daughter-in-law, Amy's, second anniversary at a restaurant in DC.

Next to Carolyn, in front, is Bernard's grand nephew, Oscar, visiting from Paris for 10 days. Bernard reports that it is Oscar's first time in "the states" and every day was "Where to now?" The 18 year old decided he loved America, burgers, and Philly cheese steaks.



Nancy Weldin, at extreme right in the above photo, is shown with her Rehoboth friends during their Annual Girls' Beach Week, a 12 year tradition. They're shown meeting for breakfast at The Nectar Café and Juice Bar in Lewes.

Above, left, Nancy's chess king makes a perfect petunia planter on her deck.



Christine Killian spent six weeks this summer in Germany, her country of birth, visiting family and seeing the sights. She reports that it was hot and humid in Germany too!

At left, Christine stands in front of an iconic painting by Kani Alavi on the Berlin Wall's Eastside Gallery. The mural depicts Checkpoint Charlie the day the wall fell, with thousands of East German faces, floating from one side through to the West. The faces show a range of different emotions.

At right, Christine takes in the Brandenburg Gate, Berlin's most famous landmark.

Vehicles and pedestrians could travel freely through the gate, located in East Berlin, until the Berlin Wall was built in 1961. It remained closed throughout the Berlin Wall period until December 22, 1989.





Shown on their recent trip to Alaska, Janet and Stan Sanders became part of the 30% Club - whose membership includes those who travel to Denali - as well as the inner passage. Among the sights were whales, bald eagles, and calving glaciers.

They also went dog sledding and Stan even went zip lining!



Tom Skelly enjoyed a Mexican-themed birthday with his grandchildren and a sombrero hat cake designed by wife, Jean.

¡Feliz cumpleaños ! Tom!



Traveling in their RV, Don and Grace Hobson explored Upper Michigan, including its Upper Peninsula, in August.

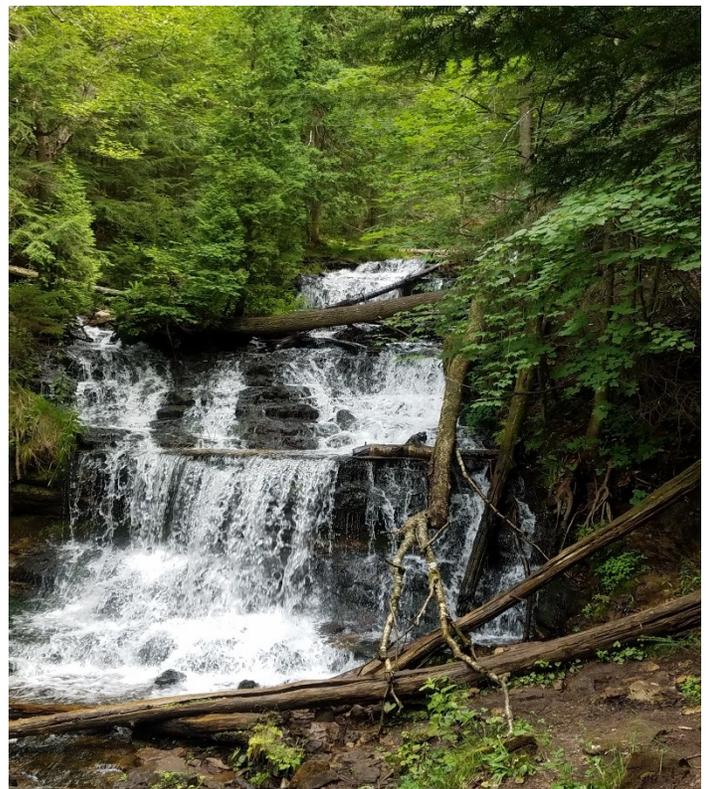
Pictured clockwise, starting above left, Don describes:

1) A rest stop in Indiana...with a tribute to the Triple Dog Dare from "The Christmas Story." The story and comments are on the small sign in the background.

2) Bridal Veil Falls, Pictured Rocks, Munising, MI

3) One of the 12 waterfalls that we walked.

4) Lake of the Clouds, Porcupine Mountains, Ontonagon, MI



Pictured at right are Odette Haight and Len Krygowski at the famous and picturesque lighthouse in Peggy's Cove, Nova Scotia, Canada. Odette and Len began their cruise in Copenhagen, Denmark, then went on to Norway, to the Shetland Islands, then to Iceland, Greenland, and Nova Scotia, ending in Boston.



At left - Kay Bennett sent this picture of "her" baby birds. In July, she had cute chickadees and bluebirds ready to "fly the coop". (or "fly the box," in her case!)

Lois Inglisa managed to capture the beauty of these sometimes hard to see morning glories in her "next-door" basin.





Jim and Colleen Haefner celebrated their 50th Wedding Anniversary with their family in Bermuda.

Colleen says, "It is one of our favorite places. We raced our sailboat there and the kids joined us. We have a lot of good memories there so it seemed the best place for a family celebration."



The grandkids had a great time using the "pirate map" to find the buried treasure. They had to dance around the booty twice to remove the "curse".



July brought Happy Hour and best Birthday wishes to these three ladies.

From left, Susan Anderson, Nancy Ferrara, and Cathy Brindle.



The August '18 Birthday Celebration was combined with our annual Pajama Party. Above, from left - Ron Dreibelbis, Gary Legreid, Mary Ohara, Roger Getty and Tom Skelly.

The collection of pjs and books for the DE chapter of the Pajama Program was the most successful ever!

128 pairs of PJs and accompanying books and school supplies were donated!!! Some deserving kids will benefit for our residents' generosity...

Check out the next page for more pics and info.



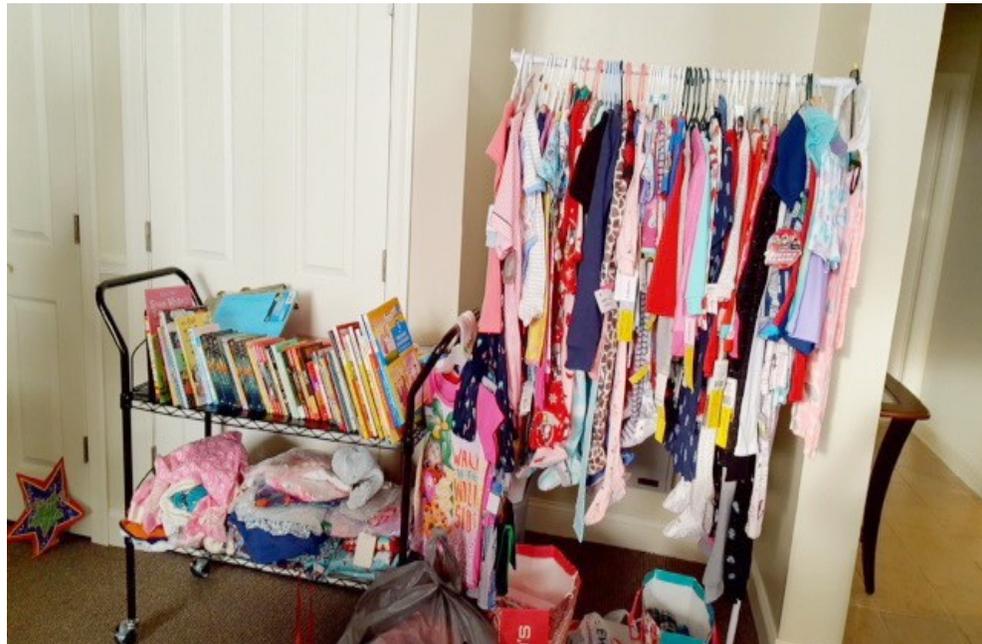
DEAR VOLC FRIENDS,

I JUST WANT TO THANK YOU FOR YOUR SUPER DONATION OF PAJAMAS AND BOOKS. YOU COLLECTED 128 PAIRS OF PAJAMAS AND BOOKS! THIS WILL MAKE A LOT OF CHILDREN SLEEP BETTER AT NIGHT! THANK YOU AGAIN!

BEST,

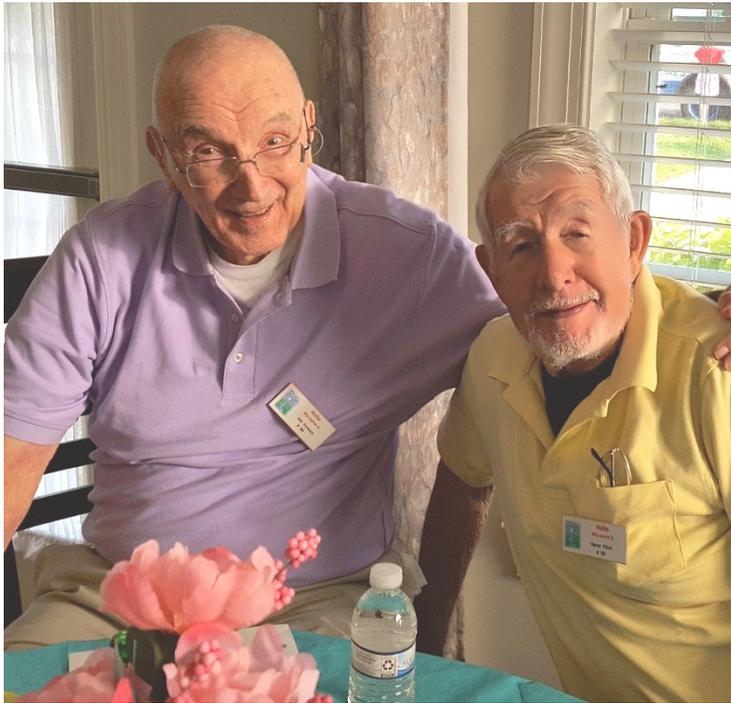
MICHELLE P,

DELAWARE CHAIR, PAJAMA PROGRAM



Pajama Program

Good Nights Are Good Days



Mr. Softee made a not-so-surprising appearance at the End-of-Summer Party on September 2.

Above left - Jim Powers and Gene Fitch.

Above right - JoanMarie Powers.

Below left, partygoers enjoyed lining up for the included in admission treats.

Below right - Ron Dreibelbis with his banana boat.



At right - JoanMarie Powers received a check for \$179.52 from Guy Werner, representing her winnings from his stock option donation to the Cancer Research Fundraiser.

Guy is co-teaching a class in options trading this fall at OLLI, the Osher Institute for Life-Long Learning, sponsored by UD and held at Arsht Hall in Wilmington.

He was introduced to this wonderful program, - featuring classes from painting and dancing to math and language - by Sam Ferrara and Don Doto in 2013. They and other VOLC residents have taken classes through OLLI.

See more about this educational opportunity on page 26.



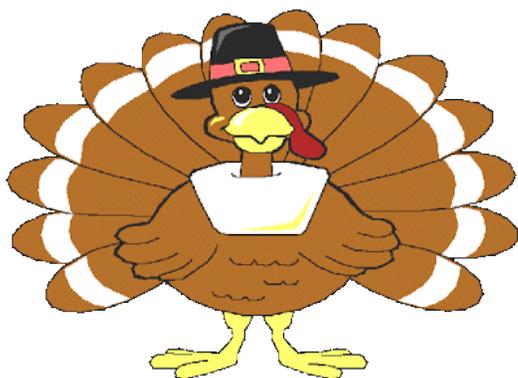
September birthday babies, Christine Killian, Nancy Halbedl, and Mim Krout received cupcakes and good wishes at the Happy Hour on September 22nd.

If you aren't in the birthday club, contact Jean Skelly of the Activities Committee. Who couldn't use a little extra love on their special day?

Upcoming Birthdays...

October

Ginny Pelachick	1st
Jo Ann Skidmore	2nd
Susan Brubaker	7th
Bill Chan	8th
Maria Tricarico	9th
Susan Getty	14th
Lenny Tricarico	17th
Stan Sanders	21st
Sam Ferrara	30th
Barbara Doto	30th



November

Wanda Search	3rd
Brenda Simmons	12th
Nancy Weldin	12th
Jim Eaton	18th
Gene Fitch	24th
Jean Pokropski	26th
Barbara McNamee	30th

December

Odette Haight	3rd
Janet Sanders	3rd
Pete DeArmas	4th
Nick Inglisa	8th
Debora Johnson	18th
Jim Powers	20th
Joan Dreibelbis	21st
Cindy Lewis	31st



VOLC Tree Keepers and Trimmers

From Linda Trach

Photos by Bob Greenblatt

Some residents of the VOLC created a small group, affectionately named the **Tree Keepers** by Steve Brubaker, when we saw that Eastern States had started to replace the dead or missing trees - in the beginning of July! In the past, many of our newly planted trees and shrubs had died since, a) they were planted in hot summer months, and b) no one watered them. This is not a subset of the Grounds Committee; just a group of willing individuals helping the neighborhood. All agreed to 'adopt' a tree (or three) and keep them alive during these summer months. You can see which trees are new as they are all staked.



A huge thanks to the following neighbors/Tree Keepers - *Donnie Thompson, MT Lednum, Brenda Simmons, Marion Bowman, Rossana Palermo, Tom Novak, Christine Killian, Ken Riley, Loretta and Gene Fitch and Patti Abernethy*. *George Lulli* became a 'shrub keeper' with the new shrubs behind his house, too.

There is a county code which does not allow branches to overhang our sidewalks at less than seven feet;, and so tree branches hanging lower must be trimmed. In response, another group was formed - the **Tree Trimmers**. Bob Leaming and Linda Trach organized this effort, using a list from Eric Dean of homes that were not compliant. On Sunday, September 16th, Jerry Carr and Eric Dean joined Linda and Bob, traveling the neighborhood, trimming branches for grateful neighbors. It was a beautiful day !

Punny Funnies...

No matter how much you push the envelope, it'll still be stationary.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

I'm reading a book about anti-gravity. I just can't put it down.

I didn't like my beard at first. Then it grew on me.

Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

When chemists die, they barium.

I stayed up all night to see where the sun went, and then it dawned on me.

I changed my iPod's name to Titanic. It's synching now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I swear I've never met herbivore.

When the smog lifts in Los Angeles, U.C.L.A.

I got some batteries that were given out free of charge.

Police were summoned to a daycare center where a three-year-old was resisting a rest.

Did you hear about the fellow whose entire left side was cut off? He's all right now.

A bicycle can't stand alone; it's just two tired.

The guy who fell onto an upholstery machine last week is now fully recovered.

He had a photographic memory but it was never fully developed.

When she saw her first strands of gray hair she thought she'd dye.

Acupuncture is a jab well done. That's the point of it.

Those who get too big for their pants will be totally exposed in the end.



TOY YODA

Upcoming area Events

New Castle County and the surrounding area have scheduled enough events to keep us all busy throughout the Fall! There's something for everyone, including special waste disposal events.

Use the links below to see the great variety of events offered.



New Castle County Happenings Guide - 64 pages of things to do!!!

<https://www.nccde.org/DocumentCenter/View/3581/New-Castle-County-Happenings-Guide>

New Castle County Events, including Glasgow Park

<https://www.nccde.org/765/Events>

Delaware Events

<https://www.visitdelaware.com/events/>

Special Hazardous Waste, Electronic Goods Disposal and Document Shredding

<http://dswa.com/wp-content/uploads/2018/02/Collection-Event-Schedule-2018-update-2-15.pdf>

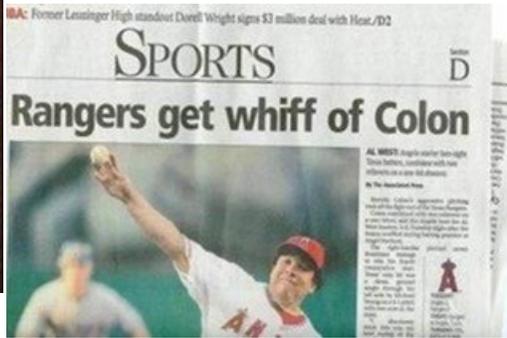
Holiday Happenings in Bethany

<https://www.townofbethanybeach.com/367/Holiday-Happenings>



Headlines that make you ask What???

Submitted by Jean Skelly



Miracle cure kills fifth patient

By The Associated Press

A fifth volunteer died Tuesday from an experimental drug touted as a miracle cure for hepatitis B, beyond medical review even as scientists unraveled the mystery of what went grossly wrong in a clinical trial.

Aggravatingly, the first clue was in place eight a year ago, but researchers of the National Institutes of Health didn't know enough about how the drug worked to recognize what it was doing to the liver.

"Something terrible happened, and we missed it," Dr. Jay Hoofnagle said in an emotional interview describing the horror of realizing the drug was killing people "months" after they stopped taking it.

"The dreadful thing [is] waiting to see what will happen," he said, his voice trembling before learning of the most recent death. "I just hope we're over the worst."

The drug, Fialuridine, or FIAU, had shown great promise for fighting the hepatitis B virus, which can cause deadly cirrhosis and liver cancer. When dogs seemed to have no side effects, the Food and Drug Administration approved FIAU for human trials.

Two late scientists would discover that in humans, FIAU steadily attacks the very building blocks of cells in bones, kidneys and nerves.

Five people treated with FIAU have died of liver and kidney failure, despite liver transplants for three of them. On Tuesday, a 55-year-old woman succumbed after two months in critical condition and two liver transplants at the University of Virginia Medical Center. One volunteer remains in serious condition there, and another is recovering from an Aug. 8 transplant at Emory University Hospital in Atlanta.

Man Accused of Killing Lawyer Receives a New Attorney

By Scott Stensrud

Charged in the murder of his former attorney, Miguel Tejillo has been appointed another attorney from the public defender's office.

Jilly Reed, from the Public Defender's Department in Albuquerque, had no comment, saying that he had just been given the case with no time to review it.

The attorney gave Tejillo a hearing in court and sentencing in the state's maximum prison.

Reed says he will be a public defender in the future. He says he will be a public defender in the future.

Tejillo has recently rejected his previous court-appointed attorney of six months, Matt Ralston.

An attorney from out of state was hired because most of the attorneys working for the Public Defender's Department were busy working in District Court for a hearing.

A five-page, early report filed by Tejillo's attorney was filed in the area filing Tejillo's case.

Assistant District Attorney Richard Salazar said the case was waiting for an attorney to represent Tejillo to be filed to schedule the next hearing.

All First District Court judges were disqualified from the hearings, with Judge Stephen Richter excused. The Supreme Court appointed Second District Court Judge Neil Condeleta from Albuquerque to oversee the hearings.

Tejillo is accused of an open charge of murder, two counts of entering a witness at witness, one charge of tampering with evidence, and one charge of being a felon in possession of a firearm.

Tejillo did not guff. He has up to 30 years in prison.

Girls' schools still offering 'something special' – head

Girls' schools have helped assist in the development of the girls' self-esteem and confidence. They have also helped in the development of the girls' leadership skills and ability to work in teams.

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Barbershop singers bring joy to school for deaf

In this week's meeting, barbershop singers from the Albuquerque Barbershop Chorus performed at the school for deaf children. The group was led by conductor Bob Johnson.

The group was led by conductor Bob Johnson. The group was led by conductor Bob Johnson.

Bridges help people cross rivers

By MICHELLE DURIVEN

Have you ever wondered what Rockwell would be like without bridges across the Rock River? How would we get from east to west? From here to there, it's a matter of bridges.

The next time your family visits Discovery Center Museum, try to find the two different arch bridges and one suspension bridge in Rock River Discovery Park. If you want to learn how engineers build bridges and buildings, you might want to participate in our upcoming Learning Architecture Camp, from 9 a.m. to noon Wednesday, July 29, through Friday, July 31. Open to children ages 8 to 12. The camp will explore engineering and architecture with bridges, water towers, and buildings.

To Do:

- Prepare tickets. Call Discovery Center Museum at 963-7100 for admission fees and registration information.
- To build your own bridge or building at home, you will need:
 - Paper sticks
 - Gum drops

By joining the project sticks in to the gum drops, you can connect them together to create your own structure. How high can you make a tower reach? How long of a span can you give to a bridge?

Homicide victims rarely talk to police

Police officers are often reluctant to talk to victims of homicide. This is because victims are often in a state of shock and do not know what to do. They are often afraid of the police and do not want to get involved. They are often afraid of the police and do not want to get involved.

Parents keep kids home to protest school closure

SAN FRANCISCO (AP) — Parents kept 200 elementary school students home from school for an entire day in a parent-organized protest of the district's plans to close the school.

up even though most of the students didn't, and that it was largely business as usual for the remaining students who studied in small classes.

"I know, I'm the principal," she said. "But I'm not coming to work."

Starvation can lead to health hazards

DEAR DR. DONOHUE: My weight is totally over the top. I am 5 feet 7 inches tall and weigh close to 300 pounds. I was average weight in high school.

difficult to meet daily protein, vitamin and mineral requirements.

Get to a dietitian for diet advice that provides for essential nutrients while paring down calorie intake sensibly. Your local hospital should be able to put you on the track of one. Combine

SOUTH HAVEN

City unsure why the sewer smells

By KRISTIN HAY
H.P. Correspondent

Stickland said he will discuss the strategy of putting a non-toxic smoke into the sewer to detect the path of the offensive as emanating from the sewer.

Hospitals resort to hiring doctors

PHYSICIAN SHORTAGE PROMPTING MOVE, ADMINISTRATORS SAY

(Headlines continued..)

Tiger Woods plays with own balls, Nike says

BY DAVID KAPLAN
Tiger Woods is playing with his own balls, Nike says. The company says it has a deal with Woods to use his own balls in all his professional events. Nike says it will provide Woods with a set of balls for each event. The deal is expected to be worth millions of dollars.

Bugs flying around with wings are flying bugs

By Wayne Hansen
Redwood Co. Extension Educator
Anthraxnose continues to develop on many green ash, oak and maple trees. Small spots and blotches are the typical symptoms and are often accompanied by defoliation. NOTE: Do not confuse flying bugs with flying ants. Flying bugs are small, dark, winged insects that fly around houses and other buildings. They are not dangerous to humans.

Total lunar eclipse will be broadcast live on Northwoods Public Radio

If you're a stargazer, join KAXE 91.7 FM for a special skywatch on Sunday evening, Nov. 28. A spectacular view of the total lunar eclipse is predicted for northern Minnesota. KAXE and Itasca Community College physics professor Aaron Wenger will broadcast the event live on KAXE 91.7 FM. If it's cloudy, call the station first for more information. KAXE will broadcast the stargazing, and Wenger's comments about the lunar eclipse, live on 91.7 FM, beginning around midnight. KAXE 91.7 FM is Northwoods Public Radio.

Federal Agents Raid Gun Shop, Find Weapons

Store Owner Arrested Previously

By Brian Barber
On July 2, undercover agents raided a gun shop in [redacted] and found a cache of weapons. The shop owner, [redacted], was arrested. Federal agents searched a month-long operation. They found a stockpile of weapons, including handguns, rifles, and shotguns. The weapons were hidden in a room behind a display case. The shop owner had been arrested previously for selling weapons to a minor.

DIANA WAS STILL ALIVE HOURS BEFORE SHE DIED

Exclusive To All Newspapers

A SERIES of previously unseen CCTV images have revealed that Diana was alive and well before she was tragically killed in Paris, ten years ago.

INSIDE • Do you think Diana is dead? Or have you seen her in 0000. Call our hot line at 0000 000 0000. If not, call 0900 000

Worker suffers leg pain after crane drops 800-pound ball on his head

CHARLESTON (AP) — The state Division of Highways granted contracts to a worker who suffered leg pain after a crane dropped an 800-pound ball on his head.

Marijuana issue sent to a joint committee

The Toronto Star 06/14/96

Lady Jacks off to hot start in conference

WIRE SERVICE

The women's basketball team is making conference play look easy after two wins.



NAU 73
WSU 46

Meeting on open meetings is closed

ON TEENAGERS, ADULTS:

Statistics show that teen pregnancy drops off significantly after age 25.

Mary Anne Toledo, Republican state senator from Colorado Springs (contributed by Harry F. Pomeroy)

MONDAY DECEMBER 1999

New sick policy requires 2-day notice

By Mark J. Armstrong
Employees of the City of Wakeburg will be expected to give 48-hour notice before taking sick leave.

The Winchester Star

BRIEFS

Study Shows Frequent Sex Enhances Pregnancy Chances

By The Associated Press
BOSTON — A study that researchers say gives the best estimate ever of nature's window of opportunity for pregnancy says that frequent sex doesn't want to use other forms of birth control. Researchers say there are six days in every menstrual month when a woman can get pregnant.

THE HOLIDAYS ARE COMING SOON.

SO ARE THE CHARITY SCAMS...

'Tis the season... for carols and sleigh rides, snowflakes and hot chocolate, shopping and wrapping - and Charity Fraud.

Charities know we're in a giving mood at the holiday season - both because of the warm feelings the season imparts and because our days for the year's tax deductions are numbered. Charity frauds know it too.



How can you tell which charity is legitimate and which is a fraud? Here are some hints:

- Charity scammers often pressure you to give right away.
- They often ask for cash and may even offer to send a courier or ask you to wire the money.
- They often refuse to tell you details about how the money is used.
- They may even thank you for a pledge you don't remember giving,

Here's what you can do:

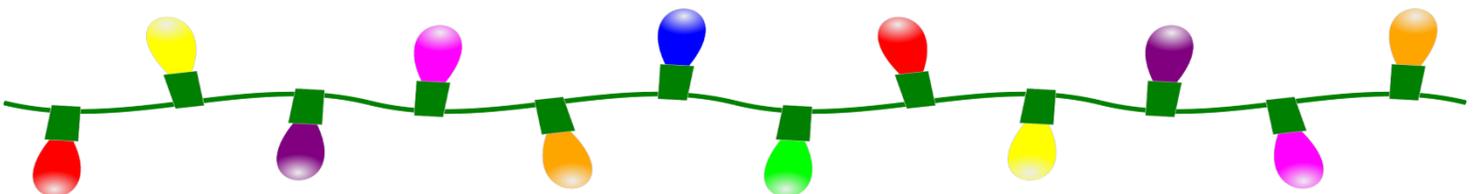
1. Take your time and do your own research.
2. Pass that information on so others don't get taken advantage of.
3. Report scams to the Federal Trade Commission at 1-877-382-4357 or [ftc.gov/complaint](https://www.ftc.gov/complaint).

And which of the many legitimate charities most deserve your hard-earned money?

Check with these watch-dog nonprofits that monitor charities for things like advertising costs, transparency, and percentage of donations actually used on the charity's mission/program?

www.charitynavigator.org

[Www.charitywatch.org](https://www.charitywatch.org)



The Doctor Diaries: What Physicians Wish Patients Knew

by Joanne Jarrett, M.D., [AARP The Magazine](#), June-July 2018

Most doctors want to be trusted confidants of their patients.

We are working on your case, even if it looks like we have disappeared.

Physicians often forget how scary being in the hospital can be. Rest assured that when the doctor is not at your bedside, he or she is writing up your evaluation, the plan and the orders outlining what needs to be done for you, all the while checking for test results and recalculating the diagnosis and plan. You may not see him or her until the next day, but your doctor or the physician on call is available by phone continuously to address your concerns.

When we keep you waiting, it's not because we think our time is more valuable than yours.

But if the patient before you mentions blood in his or her stool or talks about suicidal impulses, your appointment needs to wait. Your best bet is to schedule the first appointment of the day.

We need complete honesty from you.

This means telling us what [drugs](#) you've taken, legal and illegal, so we can help you avoid interactions. It means answering honestly about sexual function and behavior, even if you fear we wouldn't approve. We think no less of patients who struggle with mental or emotional issues.

We know lifestyle change is hard and boring.

We try and fail often ourselves. But sometimes diet, exercise and/or alcohol abstinence really are the best treatments.

Many of us have post-traumatic stress disorder (PTSD).

I have nightmares about patients down an infinite hall, each with a problem worse than the last. In my short career, I've seen a baby take her last breaths. I've watched a woman, bleeding uncontrollably after giving birth, lose consciousness as I worked, a pool of her blood expanding at my feet. I've heard a woman, after having both legs traumatically severed, saying goodbye to her father, assuming she wouldn't survive. I could go on. We know we signed up for it. But keep in mind, when you're tempted to be angry with your doctor, that we are under stress, too.

We wish we had better advice for weight loss.

Medical schools don't spend much time on [nutrition](#). Although body weight has significant, holistic health implications, the field of medicine is at somewhat of a loss here. Our best advice, however vague it might be, is to increase your physical activity, avoid processed foods and eat vegetables at most meals.

Yes, some of us are jerks.

Most doctors mean well and are doing their best. But if you are not getting a sense that your physician, although human and harried, has your best interests at heart, find one who does.

We worry about you.

We lie awake worried sick about you more often than you'd imagine. We may wonder about you for years after you leave our care. The stakes are so high, and we know it.



(The Doctor Diaries cont.)

Sometimes the internet is right.

There, I said it. You can find useful health information online. We love a well-read, inquisitive patient, and we'll be happy to touch on any of your internet-fueled fears. Just be careful. The internet can lead you to unnecessary panic or to dismiss something that shouldn't be ignored. And be wary of discussion boards; incorrect advice can be very convincing. Remember, there is no substitute for medical training, experience and complex analysis.

We know you've answered this question already.

We're sorry to ask again. When you call for an appointment, you're asked what's going on. Then, when you're checked in, you're asked again. So when you finally get to see the doctor, you're sick of the story. But we can't help it. We have to hear it with our own ears.

We make mistakes.

Our fear of screwing up is exhausting, weighty and ever present — it's the hardest thing about doctoring. We do make mistakes. Be wary of anyone who won't admit that.

Falls frighten us.

Especially for patients in their 60s. We see the transformation from healthy and active to ill and dependent far too often, and frequently it's because of a [fall](#). A preventive measure: Stand next to a strong countertop, then stand on just one foot without holding on. If you need support before the five- to 10-second mark, your balance should be addressed.

We want you to make decisions while clearheaded.

Having a written description of your medical-treatment wishes (an advance directive) will ease emergency situations for you, your care team and your loved ones. All hospital patients are asked what their wishes would be if their breathing or heartbeat were to stop, but it's better to make a clearheaded decision when you're not gripped by fear. You can find a legal advance directive form at [AARP's Advanced Directive Forms](#).

Tell us if you are having memory issues.

Feeling as though your memory's failing is scary, especially as you reach your 60s and 70s. But [memory](#) issues are often caused by things a doctor can help with (depression, heart problems, medication effects and hormone abnormalities). Oh, and avoid multitasking. It's overrated.

Antibiotics hurt if they can't help.

We need to reserve antibiotics for susceptible bacterial illnesses. When we prescribe them inappropriately, such as for a viral illness, we do little more than undermine our ability to treat disease in the future.

We are trusted confidants.

I had a patient for years who finally opened up to me about her long-standing depression. She said she hadn't told me sooner because she didn't want to ruin my impression of her. Confide in us. Mental health issues are more common than you realize; the more we know, the more we can help.

We dread retirement.

It's a cliché that doctors don't [retire](#), but one reason we're reluctant is that we're afraid of no longer being useful. Patients who seem happier in retirement have support networks, plus activities that feel helpful or significant.

We want the very best for you.

Just know that. It's the bottom line.

Did you know?

...that Waste Industries says to put our trash and recyclable containers at the curb by 5:30 AM on the day of pickup? That means getting them out after 5:30 PM the night before or getting up and at 'em early. Pickup can begin around 6 AM.

...And did you know that they'd like us to leave 3 feet between the toters - away from poles or the other container? That allows for the truck arms to have space for grasping the cans.

...that The Osher Lifelong Learning Institute at the University of Delaware is a membership organization for adults 50 and over to enjoy classes, teach, exchange ideas, and travel together? Instructors teach subjects they love to students who are there for the love of learning!

From their material: "The program provides opportunities for intellectual development, cultural stimulation, personal growth, and social interaction in an academic cooperative run by its members who volunteer their time and talents. The program is centered on classes developed and led by fellow members. The Osher Lifelong Learning Institute is a program of the Division of Professional and Continuing Studies of the University of Delaware."

To find out more, check out their website <http://www.oli.udel.edu/wilmington/about/>

...that our own Sharon Dickol, owner and director of AgeWise Solutions, a company helping families deal with aging, is one of the sponsors of free educational programs held at the Medical Education Center at Christiana Hospital? See more information on the next page.

...that starting September 21, 2018, you can freeze and unfreeze your credit file for free.

Security freezes, also known as credit freezes, restrict access to your credit file, making it harder for identity thieves to open new accounts in your name. See more information at

<https://www.consumer.ftc.gov/blog/2018/09/free-credit-freezes-are-here>





Navigating Aging

Free educational programs presented by Delaware's experts on aging.

Session I:

- Asset protection.
- Estate planning.
- What is geriatric care management?
- Enriching the end of life experience.

Dates: September 20, 2018
or February 21, 2019.

Session II:

- Dementia and care giving resources.
- Understanding home care options.
- Speech and swallowing: what you need to know.
- Benefits of cognitive therapy.

Dates: November 15, 2018
or May 15, 2019.

Programs are held from 5:30 to 7:30 p.m. in the Auditorium. Refreshments will be served. Registration is required by calling Sharon at 302-858-6449.

John H. Ammon Medical Education Center
Christiana Hospital
4755 Ogletown-Stanton Road
Newark, DE 19713

This program is organized and presented by:



Senior Discounts - Experts say “Just ask. You never know. Promotions come and go.”

From AARP - The next few pages list promotions that have been recently available, but there is no guarantee.

Many **RETAILERS** will offer a small discount to seniors who ask for it. Some of those companies include the following:



- **Kohl's:** Kohl's offers senior discounts every Wednesday. They can be up to 15 percent off. They allow seniors to combine these discount days with coupons to save even more.
- **Ross Stores:** Seniors can get 10 percent off if they shop on Tuesdays in the store. Those over 55 qualify for this discount.
- **Walgreens:** Walgreens offers lucrative senior discounts. Seniors can save 20 percent off one time a month. Seniors need to use their Balance Rewards to obtain the discounts.
- **Rite Aid:** At Rite Aid, seniors can obtain a 10 percent discount on Tuesdays. Additionally, seniors receive a 10 percent off discount on prescriptions.
- **Banana Republic:** Seniors can get up to 10 percent off.
- **Wal-Mart:** Wal-Mart offers very few discounts to seniors. Some locations can offer reduced costs to seniors some days each week.
- **Savers:** Many locations offer discounts, up to 10 percent. However, some do not offer any discounts to shoppers.
- **Home Depot:** Home Depot does not offer specific senior discounts. However, it does price match the discounts that other retailers may offer for the same product in their location.
- **TJ Maxx:** Shoppers here can qualify for up to 10 percent off when they shop on Mondays. However, this discount is now limitedly available (may only apply in Florida right now).
- **Big Lots:** Some locations offer discount savings cards. Some locations offer up to 10 percent off through their discount programs.
- **Goodwill:** Perhaps one of the best known locations for savings. Seniors can get between 10 and 20 percent off one day each week. Locations set the dates that work for their needs.
- **Target:** Limited access to senior discounts is available at Target. However, some locations may offer discounts on specific days for various events.
- **Marshall's:** Marshall's provides seniors with limited discounts. Special offers may be available at some locations.
- **Kmart:** A limited number of stores still offer the senior discount of 40 percent off on Wednesdays for seniors over 50.
- **Joann Fabrics:** On Senior Discount Day, seniors can receive 20 percent off of total purchases; must be 55 or older and discount days vary.
- **Amazon:** If you are an AARP member you can save 50 percent on certain Kindle e-books, 10 percent on Kindle e-readers, and 10 percent on audio and print books.
- **Lowe's:** Veteran seniors can receive 10 percent off of eligible purchases

(Senior discounts cont.)

Transportation Senior Discounts

If you use any type of transportation, ask for a senior discount. This is especially true for those who use public transportation. You could save a significant amount of money on these discounts.

- **American Airlines:** There are various senior discounts that apply to various trips. Call to find out which are available.
- **Amtrak:** Senior pricing is available for most Amtrak locations. This ranges from 10 to 15 percent off.
- **Alaska Airlines:** Seniors will save a significant amount of money with discount plane tickets. However, discounts vary from one time frame to the next. Most commonly, seniors can save 10 percent.
- **Southwest Airlines:** Seniors over 65 who are traveling with Southwest Airlines may be eligible for Senior Fares. These are available online and for international and domestic travel. You can also purchase Senior Fares through a customer service representative at the airline or a travel agency. You will need to arrive early at the gate to be able to prove your age in order to be checked in for your flight.
- **United Airlines:** United offers discounted prices for flights for seniors over 65. Seniors need to select the Over 65 category when purchasing tickets online or with a customer service agent. Discounts vary depending on the flight and location.
- **Delta:** Senior discounts are available for limited itineraries with Delta Air Lines. However, you must call 1-800-221-1212 to find out if your flight is eligible for the discounted fare. You will not be able to purchase your tickets online and receive the senior discount.
- **JetBlue:** Does not offer senior discounts due to the already discounted ticket prices for all ages. The airline does state it supports the military including retired military veterans, so you can contact 800-538-2583 (JETBLUE) to request information about possible discounts.
- **Greyhound:** Seniors over 62 can receive 5 percent off of Greyhound bus tickets. You do need to provide a photo ID for eligibility.

Uber: Does not regularly provide senior discounts. However, the company has provided savings on Uber SENIOR Day, which has been held on the first day of the month in limited markets.

Communication & Internet Service Senior Discounts

Many internet service providers recognize that seniors are one of the fastest growing segments in new internet use. And, they are on a fixed budget. That is why many will offer discounts on plans.

- **AT&T:** Plans are available for seniors at reduced costs.
- **Verizon:** Verizon offers senior plans and discounts. The Verizon Nationwide 65 Plus Plan offers a discounted rate for seniors - this rate can change by area as well as over time.
- **Comcast:** Ask about availability of discounts. They change by location.
- **T-Mobile:** Seniors over 55 can sign up for unlimited talk, text, and LTE data for two lines for a set price of \$60 per month.

Sprint: Has a line of cell phones specially marketed to seniors that include easy to use, accessible features, such as TTY/TDD support, LED alerts, and 911 shortcut keys. However, the company doesn't offer a senior discount on cell phone plans.

Other discounts may be available to seniors. It is essential to simply ask for a discount when paying for the services you desire. Most locations are happy to give you a bit of a savings if you just ask for it.



(Senior discounts cont.)

Restaurant Senior Discounts

Perhaps one of the easiest places to find a senior discount is at your favorite restaurants. Though most chains offer discounts across the board, many smaller locations will as well. Be sure to ask about special event savings days or early dinner discounts available. Restaurants typically will advertise these discounts.

- **Dunkin Donuts:** For those who are looking for a discount and have an AARP membership, expect a free donut with the purchase of a large beverage here.
- **IHOP:** Senior discounts here are on meal prices and drinks. Up to 10 percent off is provided.
- **Golden Corral:** Ask for a discount here. They vary from one location to the next, but are often discounted meal prices.
- **Denny's:** For a deep savings on meals, visit this location. Many offer up to 15 percent off. AARP members could get a lower price significantly.
- **Outback:** Outback's senior discount is for AARP members. They can save up to 10 percent on their purchase here.
- **Taco Bell:** Most Taco Bell locations provide individuals with a discount of five percent off their meal. Most also provide free beverages to seniors when requested.
- **Burger King:** Seniors may be able to get a 10 percent discount plus additional discounts on drinks at Burger King.
- **McDonalds:** A discount here could help you to get a free cup of coffee or a discounted price on one. Locations vary significantly in what they offer to seniors.
- **Chick-fil-A:** This location provides a free, refillable senior drink with a purchase. It doesn't apply to coffee, though.
- **Subway:** Individual locations differ significantly. However, many locations will offer seniors a discount of 10 percent on their purchase.
- **Cracker Barrel:** A discount senior menu is available at this location.
- **Olive Garden:** Olive Garden offers senior pricing for early bird dinners.
- **Red Lobster:** Seniors may be able to find discounts through a senior menu provided.
- **Applebee's:** Discounts here vary but can be as much as 15 percent.
- **KFC:** Individuals get a small drink with any meal purchased here.
- **Texas Roadhouse:** Seniors may be able to find discounts through a senior menu provided.
- **Wendy's:** Seniors can receive discounts, but these vary according to age and location.
- **Chili's:** Seniors over 55 are eligible to receive 10 percent off of their bill.
- **Dairy Queen:** Seniors are eligible to receive 10 percent off at some locations, while other locations offer a free small drink to seniors with an additional purchase.

Leisure Activity discounts

The other activities you are involved with can offer discounts as well. You may be surprised to learn so many cost-savings options are available to you at the activities you are interested in.

- **AMC:** Senior pricing on tickets is available for most shows. Discounts are up to 30 percent off.
- **Cinemark:** Senior discounts are available for early shows. Discounts here are up to 35 percent.
- **Regal Cinemas:** Seniors may qualify for reduced costs. Seniors can save up to 30 percent.
- **Marriott:** Seniors booking their hotel stay can reduce costs up to 10 percent.
- **Disneyland and Disney World:** Seniors may qualify for some discounts throughout the parks. Limited admission .

