

Winter 2020

# OutLook

for the Bay Boomer and beyond...

*by the Bay*

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SEEKING SOCIAL  
OPPORTUNITIES

**DON'T BE THE "OLD PERSON!":  
HOW, WHEN AND WHY  
TO GIVE UP THE KEYS**

IT'S WORTH THE TRIP

MEAL SERVICES:  
SENSE AND CENTS

**HARRY &  
SNOWMAN:**

A STORY FOR THE AGES

FRAYS IN  
THE FAMILY  
FABRIC:

WHEN ADULT CHILDREN  
CAN'T GET ALONG

fitness • entertainment • gardening • nutrition

# Letters to the editor

## THE BEAUTY AND INEVITABILITY OF AGING

What a great article on aging! Kater is so inspiring and looks at growing older with real perspective and insight, especially the baby boomer generation. Aging doesn't have to be about what we left behind or what we did in the good ole days. She challenges us to focus on the personal freedom we have right now and how we can manage our life better by managing our mind, our thoughts and our purpose in the world, because "it is what it is" and what we make of it is up to us.

*Luanne V, Annapolis*

## DEAR VICKI

As a retired RN, I thought your response to the individual who "hates the holidays" was one of the most simple,

thoughtful and helpful I have read. I loved hearing about the Cherokee legend. As a Catholic, prayer is my form of "feeding" the soul. For those not inclined to spirituality, "feed" is an action everybody can relate too.

Thank you for the "gift" of your advice for many.

*J.S., by email*

## CORRECTION:

On page 7 of the Holiday edition, the article "Gifts to Help Make the Holidays Easier For those with Discomfort," was incorrectly attributed. It was written by Julie Belkin, an occupational therapist, who is the founder and president of Oh My Arthritis, which was started to help make the lives of people with arthritis

and other conditions easier, less painful and more comfortable. She can be contacted through [www.OhMyArthritis.com](http://www.OhMyArthritis.com)

## Bay Bytes

Have you been thinking about leasing your home or perhaps renting one in a foreign country? For everything you need to know about how to get started, log onto [www.airbnb.com/host/homes](http://www.airbnb.com/host/homes) or [VRBO](http://VRBO) where you'll be guided through either leasing or becoming a lessor, or both.

**OutLook**  
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## Features

- 6 MEAL SERVICES: SENSE AND CENTS
- 9 WHAT DOES MARY SAY?
- 12 CELEBRATE VALENTINE'S DAY IN A NEW WAY
- 18 HAPPY BIRTHDAY, MR. PRESIDENTS!
- 28 THE WESTMINSTER DOG SHOW
- 30 HOW TO TRAVEL HEALTHY
- 32 HARRY AND SNOWMAN: A STORY FOR THE AGES
- 37 AMTRAK IT TO YOUR WINTER ESCAPE

## Articles

- 5 UNWRAPPING COLONIAL CHESAPEAKE CHOCOLATE
- 8 WHEN OLDER: WHEN TO GIVE UP THE KEYS
- 10 LITTLE-KNOWN FACTS ABOUT SALT
- 15 DOWNSIZING: A LOVE STORY
- 21 PALLIATIVE CARE IS SUPPORTIVE CARE

- 34 PRAYS IN THE FAMILY FABRIC: WHEN ADULT CHILDREN FIGHT
- 36 CAN YOU PASS THIS 1970s TRIVIA QUIZ?
- 38 TRENDY TERRARIUMS: GREEN AND SERENE
- 44 THE ART OF THE CONDOLENCE LETTER

## In Every Issue

- 2 YOUR THOUGHTS
- 4 FROM THE DESK
- 7 CHART YOUR COURSE: LEGAL HEALTH CHECKUP
- 22 DR. DAVID: QUIET MIND, OPEN MIND
- 26 BAY REFLECTIONS: PLACING INFLECTIONS IN OUR LIVES
- 31 ASK THE UNDERTAKER: WHAT'S YOUR PLAN?
- 42 BOOKS: OLD, NEW AND OBSCURE
- 45 DEAR VICKI
- 46 WINTER ACROSTIC
- 47 OUTLOOK *for* THE BAY: SEALS IN THE BAY

## Departments

- 13 BAY HEALTH: THE BASICS OF BRUSHING
- 14 BAY NUTRITION: TASTING INFUSED OLIVE OILS
- 16 BAY CONNECTIONS: ARE YOU SPEAKING YOUR PARTNER'S LOVE LANGUAGE?
- 20 BAY NUTRITION: NIBBLE ON NUTS FOR NUTRITION
- 23 BAY TREKKING: IT'S WORTH THE TRIP
- 24 BAY HEALTH: MAKE A GENTLE ENTRANCE INTO EXERCISE
- 29 BAY CONNECTIONS: THIS YEAR JOIN A TRAVEL CLUB - OR START YOUR OWN
- 39 BAY FAMILY: BRIGHTEN A GLOOMY DAY FOR GRANDKIDS
- 40 BAY CONNECTIONS: SEEKING SOCIAL OPPORTUNITIES
- 43 BAY CONNECTIONS: HOW DO MATURE SINGLE WOMEN MEET MATURE SINGLE MEN?

### On the Cover:

Dr. Steve Klyce and his wife Dr. Marguerite McDonald were seen recently in the Bay area enjoying time with family. Currently living on Long Island, they can often be found enjoying many of the Winter sports offered in Colorado.

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## FROM THE DESK

Isn't this just the best time of year to get away? It's freezing cold outside; it gets dark way too early and is often slippery and spitting icy rain. The dark seems endless and we have to wear far too many clothes. All of this makes it difficult to get out there and play and enjoy the great outdoors. And welcoming in the new year starts with one of the longest months of the year, which feels even longer with the end of all the fun and nuttiness of the holiday hoopla. So why not enjoy these long icy days of Winter? Wouldn't it be great to head out to uncharted territory? Maybe with a few friends? Aren't we being told ad nauseam that friendships will keep us younger, longer?

Have you ever taken a bit of a sabbatical with a group of like-minded pals? Can you imagine snuggling up in front of a cozy fire in a comfortable ski lodge with your friends? There are certainly enough fine choices within easy driving distance such as Round Top, Deep Creek or Liberty Mountain. A more adventurous couple we know heads out to Colorado for two weeks each Winter. While there, he enjoys unlimited skiing and she curls up in front of the lodge fireplace with endless hot cocoa, while working on her next novel. Friends join them for part of their getaway to add laughter, entertainment and dinner companionship. This sounds like the kind of vacation anyone could enjoy.

Ski lodges can be fabulous places to get together with friends and enjoy time off. Maybe the best part is that it's not necessary to be a ski bunny to go to the resorts; there's nothing negative about just hanging out and enjoying the snow, a hot toddy and maybe an evening stroll or even sleigh rides which are offered at some locations. There are many not too far away if you're up for a longer drive. Have you ever been to Stow, Vermont? Remember the "Sound of Music"? Stow is where the remaining family members are happily ensconced, with their very own lodge. And, if that doesn't suit, there are lots of others in New England. The lodges can be quite a nice treat with attractions such as tobogganing, cross-country skiing, sledding, snowshoeing or just walking along the paths. There's sure to be something that would get you out there enjoying the great white world. Ellen has a good suggestion on page 23. Mt. Washington is everything she describes and more. And if heading to the snowcapped peaks of New England isn't your cup of tea, there are endless coastal beaches to escape to not too much further south from here. The weather there is warm and the livin' is easy. No doubt you have at least a few friends comfortably ensconced there for the Winter. Always a treat to get together for a walk or dinner or to see one of the local theater productions.

The point is, this is the perfect time to just disappear for a few days. Last Fall we did just that, getting together with a couple of friends on our annual lobsta' and foliage jaunt to New England. The fun and laughs were endless, more than anyone deserves at this age. We walked, we ate, we enjoyed some entertainment, and then we walked again and then ate some more. It was a perfect getaway, just enough time to relax and enjoy before the upcoming holiday frenzy.

There are so many places still to explore and many of them right here in the US. Flying has become so uncomfortable for most people that many prefer to stay on terre firma and leave the flying to others, choosing to either drive or take a train, such as the auto train (page 37), which is another interesting way to enjoy our world.

So what's holding you back? Get those bags packed and head off to your next adventure. We'll see you on the road.



*Tecla*

# UNWRAPPING COLONIAL CHESAPEAKE CHOCOLATE

By Joyce M. White

February heralds the arrival of all things chocolate with St. Valentine's Day looming on the horizon. So how far back can this delectable treat be traced in the Chesapeake Bay region's history?

The oldest record of chocolate entering North America is found in the 1667-68 diary of a Massachusetts Bay mint-master, John Hull, who recorded the sinking of a ship carrying cocoa. Furthermore, the earliest record of chocolate being used in the North American Colonies occurred in 1670 when Dorothy Jones and Jane Barnard successfully petitioned Boston city officials "to keep a house of publique Entertainment for the sellinge of Coffee and Chucalattoe (sic)." Early chocolate references hailing from Massachusetts is not a surprise because chocolate has a low melting point and therefore must be processed in cool weather. Without modern air conditioning, cool northern regions such as Boston, Newport, Philadelphia and New York City were more suited to making chocolate than regions further south. However, evidence does prove that in the 18<sup>th</sup> century there were a few select areas south of the Mason-Dixon Line where chocolate was processed, and the Chesapeake Bay region was one of them.

Probate records show that in 1678 two St. Mary's County, Maryland, men possessed chocolate: Richard Chilman had "14 balls of chocalot" worth 50 pounds of tobacco and John Deery had five balls of chocolate worth 60 pounds of tobacco. These balls of chocolate were most likely imported rather than processed on site in St. Mary's County. However, by the 18<sup>th</sup> century, evidence proves that chocolate was being milled in Maryland, which was one of only two Colonies south of the Mason-Dixon line where chocolate-making has been documented at that time (the other is Charleston, South Carolina).

In 1722, the probate inventory of Annapolis merchant and druggist, John Davisson, suggested he was milling his own chocolate for sale. He had more than 100 pounds of prepared chocolate and 400 pounds of chocolate nuts (cacao beans), the raw material from which chocolate is made. However, Isaac Navarro of Annapolis provided proof that chocolate was being made in Annapolis because he advertised his business over the course of four months in the Fall of 1748 in the *Maryland Gazette*. Navarro's ads stated that he "makes and sells as good Chocolate as was ever made in England." The ads further documented that Navarro first operated at the house of John Campbell Taylor (likely located on Hanover Street), but then moved to a new location "opposite to Mr. Macnemara's in Duke of Gloucester Street," likely near the intersection at Green Street.

Records from 18<sup>th</sup> century Virginia suggest that chocolate-making may have occurred there, as well. Williamsburg carpenter James Wray's 1750 probate inventory shows that he possessed 50

pounds of chocolate nuts, and Williamsburg tavern owner James Shields owned a chocolate grinding stone. In addition, evidence of chocolate-making equipment during the tenures of at least two of Virginia's leaders, Lt. Gov. Alexander Spotswood (served from 1710-1722) and Virginia Gov. Thomas Jefferson (served from 1779-1781) suggests that they arranged for chocolate to be made on site.

In the 18<sup>th</sup> century, drinking chocolate became a much-beloved pleasure for those who could afford it. Writing from Paris to John Adams on Nov. 27, 1785, Jefferson praised the merits of chocolate and made a prediction that its "health and nourishment will soon give it the same preference over tea and coffee in America." In Jefferson's day, drinking chocolate was sweetened with sugar commonly at a ratio of 2:1, chocolate to sugar. Often, these drinking chocolates were flavored with combinations of pepper, cinnamon, nutmeg, cloves, anise, allspice, annatto, lemon peel, orange peel, orange flower water, wine, musk and ambergris, among other things. Though mostly used as a drink, chocolate in the 18<sup>th</sup> century was also used to make meringue biscuits, tarts, creams, mousses, ice creams and infrequently, candy confections such as chocolate almonds or drops. Chocolate candies did not become common until the middle of the 19<sup>th</sup> century when chocolate processing technology advanced.

Not surprisingly, by the end of the 18<sup>th</sup> century, chocolate was a firm fixture in the American culinary landscape. Try making Wine Chocolate based on a 1723 recipe from John Nott's *The Cooks and Confectioners Dictionary* (London).

Our recipe combines two beloved Valentine's Day treats, chocolate and wine. What's not to love?

## WINE CHOCOLATE: A MODERN ADAPTATION

(Serves 4-6)

Ingredients:

- 2 cups sherry or 3 cups port
- 4 1/2 ounces unsweetened chocolate (Baker's brand is good)
- 6 ounces sugar
- 2 Tbs. rice flour

Directions:

1. In a large saucepan, whisk together all the ingredients and place on the stove over a medium-high heat.
2. Bring to a boil and continue to whisk to make sure all of the flour is dissolved.
3. Serve warm.

ONCE is hereby given, that the Subscriber has removed from John Campbell's, to the House opposite to Mr. Macnemara's in Duke of Gloucester Street, in Annapolis; where he spikes and sells as good Chocolate as was ever made in England, at 4 s. 6 d. per Pound; Likewise Scotch Scuff, as good as any imported from Europe, at 2 s. 6 d. per Pound; and the best French Rappee S. uff, at 3 s. per Pound. Constant Attendance is given at said House by

ISAAC NAVARRO.

*Maryland Gazette*, 14 October 1748

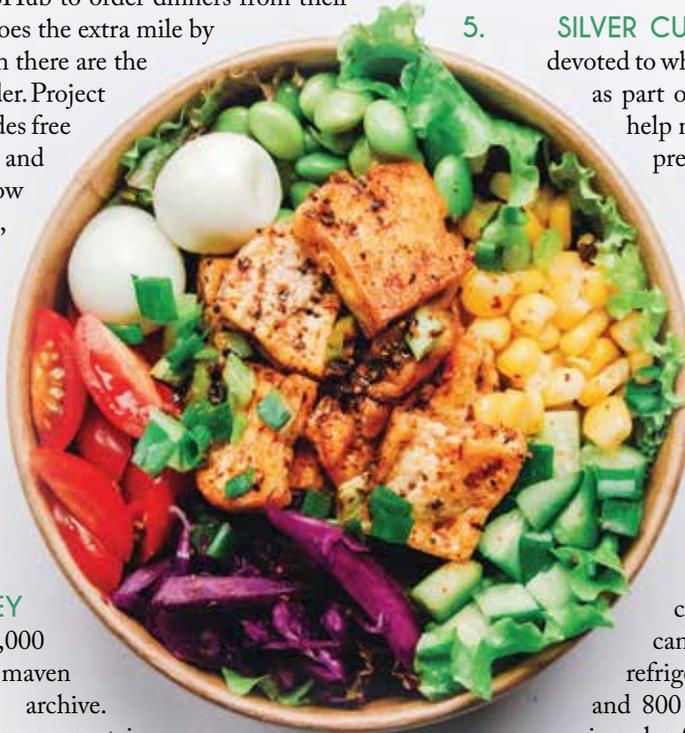
# MEAL SERVICES: SENSE AND CENTS

By Sharon Oliver

As life progresses, changes are often called for and this includes dietary decisions. Diet restrictions may force some seniors into making important lifestyle choices. Others, becoming empty nesters, cook less and enjoy a chance to be adventurous in a new stage in life. Fortunately, there are a host of options to pick from these days when it comes to meal planning.

Living in the age of smartphones allows consumers the ability to download apps such as GrubHub to order dinners from their favorite restaurants. UberEats goes the extra mile by delivering groceries as well. Then there are the meal kits and programs to consider. Project Angel Heart, for example, provides free meals for people with serious and life-threatening illnesses. Below are eight meal kit companies, which offer tempting menus for days when you want to skip putting on the apron:

- 1. EVERY PLATE** offers affordable dinners for less than \$5. The chefs change menus weekly with eight different recipes.
- 2. MARTHA & MARLEY SPOON** pulls over 18,000 recipes from style maven Martha Stewart's archive. Chilled delivery boxes can contain anything from foods with artisanal vinegar ingredients to grass-fed beef.
- 3. DIET TO GO** consists of a team of health professionals (nutritionist, registered dietitian and certified health coach) who focus on calorie-controlled, balanced foods that are heart-healthy when it comes to sodium, carbs, cholesterol and fat.
- 4. CHEFS FOR SENIORS** is the brainchild of restaurant owner and 25-year veteran chef Barrett Allman, which is designed to help those who can no longer cook for themselves. Chefs for Seniors uses fresh ingredients that are low in sodium, gluten-free and adheres to diabetic restrictions. However, the benefits don't stop there. The fully licensed and insured chefs prepare all meals in your kitchen and for a fixed fee, will provide grocery shopping and menu planning. Grocery shopping costs can range from \$25 to \$50 and usually includes side items. Here's



a look at just a few weekly menu options: apricot-glazed pork loin, blue cheese Salisbury steak, lemon chicken, BBQ turkey meatballs, minestrone and the list goes on. Prices start as low as \$9 per serving. With someone coming inside the home to cook, especially for seniors living alone, this service could be a sure-fire way to strike up sparkling conversations and build lasting friendships.

- 5. SILVER CUISINE BY BISTRO MD** has a staff devoted to whipping up flavorful, low-carb entrees as part of enhancing the lives of seniors. To help make life easier, the meals come fully prepared and only require heating.
- 6. HELLO FRESH** is one more familiar name in the meal club industry and is a great kit for seniors. The company provides easy-to-prepare meals using ingredients fresh from the farm. Launched in 2011, the company services all of the United States and parts of Canada. Their classic recipe plans are comprised of meat, fish and seasonal produce. Each meal kit is contained within a small box, which can be conveniently stored inside the refrigerator. A meal ranges between 500 and 800 calories. Average cost is \$9.57 per serving plus free shipping. Customers can receive 15% off of their next meal purchase after signing up for **Hello Fresh** emails.
- 7. SUN BASKET** has ready-to-cook meals including vegetarian, gluten-free, Paleo, diabetic, soy free and dairy-free choices.
- 8. HOME CHEF** is priced from \$7.99. Lots of choices each week, created by chefs and ready for your home preparation. Skip weeks if you choose to.

Meal kits have become so popular that even a few grocery stores have started carrying packages. With things like budget, mobility and healthy diets to weigh in on, the various types of meal services available is certainly something to look into. Bon appetite.

*Sharon is a contributing writer for [www.culturesonar.com](http://www.culturesonar.com) and can be contacted at [oliversbar7@aol.com](mailto:oliversbar7@aol.com)*

*If you don't read, you don't dream.*

# LEGAL HEALTH CHECKUP

*This column presents general information regarding estate and disability planning and probate. It is not intended to create an attorney-client relationship or constitute legal advice to readers. Individuals with legal concerns should consult with an attorney for advice regarding their specific circumstances.*

By Jessica L. Estes

Happy New Year! It is the start of a new decade and as with every new year, resolutions abound. This year is the perfect time to make your legal health a priority. What do I mean by that?

First, you should review your estate planning documents – financial and health care powers of attorney, advance directive or living will, and last will and testament. Does your financial power of attorney name an individual who is trustworthy and has both the knowledge and time to manage your financial affairs in the event you can no longer manage them yourself? Your named agent should be familiar with your assets, income and expenses – what they are, where they are located, and how much they are worth. Acting as a financial power of attorney can be a full-time job, so if your named agent has a family with small children, or lives far away from you, it may be more difficult for him or her to act.

Similarly, have you named an appropriate person to act as your health care agent? When deciding who to select as your agent, you should consider the following:

1. Is your agent aware of your health conditions, allergies and any medications you may be taking?
2. Is he or she readily available or easily accessible in cases of emergency?
3. Will your agent be able to discuss medical care and end-of-life issues with you?
4. Is he or she able to adhere to your wishes and values regarding end-of-life care?
5. If there is a disagreement about your care, will this person advocate on your behalf to make sure your wishes are followed?

## Bay Bytes

**Lifewire.com** offers clear instructions on how to tweak annoying misfires in your home electronic equipment as well as how to speed up your computer. It also offers suggestions on buying your next electronic device.

Your health care power of attorney should include an advance directive or living will. If not, you may have a separate document that states your wishes for your end-of-life care. Either way, it is important that your health care agent know in advance of any emergency whether you would want life-sustaining procedures and if so, which ones, under what circumstances, and for how long.

Moreover, you should review your last will and testament to make sure it accurately reflects your wishes upon your death. Have any beneficiaries died, divorced or become incapacitated? If so, you may need to update your will. And, if you were divorced and had a prior will naming your ex-spouse as your beneficiary, that is a valid will unless you create a new one. A divorce does not invalidate one's will.

Next, it is a good idea not only to update all your usernames and passwords, but also to enable two-factor authentication when available. With technology advancing at an ever-increasing pace, even the most secure system is susceptible. Likewise, be sure to update your digital diary, the place where you record all these usernames and passwords, at the same time you make the change. And, it is never a good idea to stay signed in to an account, or to have the computer save your password.

Finally, be aware of scams so you are not the next victim. Most companies will put out alerts, as will government agencies. Neither the Internal Revenue Service nor the Social Security Administration has the authority to arrest anyone. Recently, there have been sophisticated scams involving bank accounts where the scammer appears to be calling from a legitimate bank telephone number, indicating that there have been fraudulent charges to the account. The bank will never ask for your social security number, username or personal identification number. If you are unsure whether it is a scam, you should hang up and call the bank directly. Trust your gut!

Here's to a fresh start and a prosperous New Year!

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# WHEN OLDER, WHEN TO GIVE UP THE KEYS

By Becky Decker

The conservative, dark blue Mercedes in front of us has been wandering a bit, and its speed has changed several times. Mildly anxious as we get ready to pass, I am riding shotgun and don't control the wheel.

My husband, Ken, and I are returning to the Eastern Shore from appointments in Baltimore, and traffic on the bridge has been predictably miserable.

"Must be an old person!" he predicts with anticipatory glee.

As we move alongside the Mercedes, he cranes his neck enough for the both of us, and I silently hope the driver to my right doesn't notice. In truth, the operator is likely an older person, but I try not to assume. Does his advanced age cause the alarming swerving, or is he texting irresponsibly like anyone else? Has she conveniently forgotten her ugly driving glasses or been distracted by a rousing podcast?

"Yup! I knew it!" he crows as I note the other driver's gray matt of hair and sagging shoulders.

Oddly, my husband is proud of his ability to confirm his bias. He is quite generous and caring in other arenas, but he harbors a deep irritation and resentment toward those who need to get off the road.

What can aging do to the faculties and confidence of older drivers? Shouldn't I be more concerned? I am over 60; do I need help too?

According to the National Highway Traffic Safety Administration (NHTSA), there are distinct correlations between one's age and the capability to drive a car safely at a reasonable speed, "though age itself does not determine driving performance." In fact, "many features of the current system of roads, traffic signals and controls, laws, licensing practices, and vehicles were not designed to accommodate older drivers." However, research also shows, "as drivers age, their physical and mental abilities, driving behaviors and crash risks all change" even as they struggle to maintain their independence.

The challenge, NHTSA says, is to "balance mobility for older drivers" with safety for others. Unfortunately, too many accidents and deaths injure drivers of all ages as struggling drivers refuse to quit driving. The good news is many more transportation options are available than ever before as the American population ages rapidly. The NHTSA website offers hundreds of articles, resource guides, state and local web links and extensive research on the senior driver, and they are clear on what family members must consider. Officials remind us "sooner or later, in the interest of safety, most older drivers must restrict or eliminate driving, either by choice or as the result of the state licensing authority restricting or revoking their licenses. State highway safety offices and licensing agencies cannot act alone, but must plan and

implement their policies on older drivers as part of integrated community activities to improve older people's safety, mobility, and health." I am comforted by my new-found information, but how do I proceed?

Recently, my 83-year-old mother ran two stop signs even though she said "it wasn't my fault!" She could afford her own driver, but no way would she take this information seriously or admit it might apply to her. And maybe it doesn't for now. I would do better teaching her about alternative transportation options such as ride-sharing UBER and Lyft and hope for the best. Next time we get together, we can sit down, discuss this serious issue, and download the apps on her phone.

If you are now wondering about your own driving health, try a similar strategy by listening to your kids, your spouse, or better yet, someone from outside the family whom you trust to keep your best interests in the foreground. Remember, having this discussion early demonstrates your educated and responsible inquiry which will keep your well-intentioned kids at bay until really needed.

In addition, if you are the wobbler on the bridge, consider limiting yourself to familiar routes and asking for help when venturing farther. Remember, it's OK to keep driving, but maybe a little less or in a new-fangled way. Several organizations offer free self-assessment guides including AAA Foundation's "Drivers 65 Plus: Check Your Performance" and AAA Foundation's *Roadwise Review*."

So, what if you need some help? There are professionals (often occupational therapists with additional training as driver rehabilitation specialists) who are skilled at understanding medical conditions, aging and how these affect driving. In addition to a formal assessment of your skills, they provide guidance and specific strategies for overcoming your unique driving challenges. Visit [www.mva.maryland.gov/olderdriversafety](http://www.mva.maryland.gov/olderdriversafety) and click on Maryland driver rehabilitation programs for complete information on driver rehabilitation specialists in the Maryland area.

For additional information and further reading, check out the following websites and documents:

- [www.nhtsa.gov/Senior-Drivers](http://www.nhtsa.gov/Senior-Drivers)
- <https://seniordriving.aaa.com>
- [http://www.mva.maryland.gov/safety/\\_docs/MD-Resource-Guide-for-Aging-Drivers2.pdf](http://www.mva.maryland.gov/safety/_docs/MD-Resource-Guide-for-Aging-Drivers2.pdf)
- The Department of Transportation's *Safe Mobility for a Maturing Society: Challenges and Opportunities* (U.S. DOT, 2003)
- AAA's *How to Help an Older Driver*

*Becky, a mother, grandmother, English professor and tutor, can be contacted at [beckyjidecker@yahoo.com](mailto:beckyjidecker@yahoo.com)*



# What Does Mary Say?

Dear Mary,

*After having been a very independent widow for 20 years, my mother had a stroke and was incapacitated for several months before passing away. She was not able to speak, and we were not sure how much she understood about the treatments she was undergoing. Unfortunately, my siblings and I had never broached the subject of her medical, legal or financial planning. Needless to say, the time in the hospital was very difficult as none of us could agree on how far to go with the invasive treatments and, after she passed, we are still struggling to make sense of her financial “system” amidst all the legal issues that have to be dealt with. Although I am still relatively young, I know I don’t want my family to have to go through this dilemma. Is there some sort of checklist to help me make sure that I have everything covered?*

Dear Reader,

I am so sorry for your loss and for the additional stress that you have all undergone.

The National Institute on Aging has a simple checklist to get you started ([www.nia.nih.gov/health/infographics/getting-your-affairs-order-advance-care-planning](http://www.nia.nih.gov/health/infographics/getting-your-affairs-order-advance-care-planning)).

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. *Wills* and *trusts* let you name the person you want your money and property to go to after you die. An elder care attorney can assist you with these types of decisions and documents.

Advance directives let you make arrangements for your care if you become sick. You can download a copy of the Maryland advance directive at [www.marylandattorneygeneral.gov](http://www.marylandattorneygeneral.gov)

Making these decisions can be daunting. In an effort to help you understand these issues, Anne Arundel County is offering an Advance Planning: Medical, Legal and Environmental workshop on Saturday, April 4, 2020 (8:30 a.m. - noon), at the Pascal Senior Activity Center, 125 Dorsey Road, Glen Burnie. This workshop is presented at no cost. Elena Sallitto, Esq., Eric Bush, M.D. and Chauncey Hall of Arundel Community Development Services will provide information on legal and financial advance planning, health care decision planning and resources for home modifications to help individuals age in place.

Register online for this event at [www.aacounty.org/aging](http://www.aacounty.org/aging) or by calling 410.222.4375 or 4339.

Dear Mary,

*I attended your October Compassionate Touch workshop. I take care of my dad who has dementia. We’ve never been a touchy-feely type of family, but I just had to tell you that it has really been effective when he has become agitated and upset. And the bonus is sharing this touch with him for just 10-15 minutes has calmed me down, too!*

Dear Reader,

I am so happy that the practice of Compassionate Touch has been a positive experience for both of you. Too often, many older adults only experience what we call instrumental touch, that is, touch that is necessary to perform a task or procedure such as bathing, dressing and toileting. Expressive touch is spontaneous and shows affection, empathy and reassurance. Too often, expressive touch is lacking in the lives of our older individuals.

Touch is a basic human need that remains with us throughout our aging journey and even during the dying process. As we experience a decline in our bodies or mind, the need for human touch can grow stronger as we look for comfort and connections. At the same time, many older individuals lack that sense of reassurance and connections as family members and friends move – or die. This often leads to a sense of isolation, one of the many behavioral symptoms of isolation is anxiety. For people who have dementia, the losses are compounded by memory loss and their inability to make sense of their environment. Touch is a powerful way for a person with dementia to connect with you, with the moment and with the past.

Compassionate Touch is not only about the art of touching, but also about the power of relationships. It is a nondrug intervention that reduces anxiety, promotes sleep, eases pain that cannot only benefit your dad but enhance your own sense of being – as you have experienced.

I hope you continue to sow and reap the benefits of this simple procedure!

*Mary Chaput, program director, Respite Care Referral and Family Caregiver Support Program, can be contacted at 410.222.4339 or [AGChap01@AACounty.org](mailto:AGChap01@AACounty.org)*

Get past the shoulda, coulda, woulda and tackle what’s there for you today.

Where did salt, sodium chloride, come from and how long has it been used by civilization? Well, it's easier to look back and say we can find evidence that salt has been used as far back as prehistoric times, but we really cannot identify exactly when salt was first used.

Animals and humans both have had an innate need for salt for nourishment since time began. While today it is a fairly cheap commodity, in past civilizations, salt was considered extremely valuable. Wars were fought over obtaining salt. This happened as recently as the Civil War in the U.S. where several battles were waged to cut off salt supplies to the Confederate Army, and to take control over salt mines and salt works.

No other chemical substance, other than water, is mentioned so often in literature. The word "salary" comes from the word "sal" or "sel," which means salt in other languages. Soldiers received salt rations as payment for their efforts in battle, hence the usage of salary as a type of payment for work completed. The ancient Roman armies were paid with pouches of salt, as a type of currency.

*The American Heritage Dictionary of the English Language, 3<sup>rd</sup> edition*, refers to well over 40 words derived from salt. Here are just some of them:

- Sale: salt was used as currency in the exchange of merchandise
- Saline: salty
- Salubrious: health-giving, healthy
- Salient: most notable or important
- Desalinization: removal of salts from solutions, like water
- Saltation: the act of leaping or jumping, as in grains of sand, or salt.
- Salute: paying homage or respect to someone when arriving or departing.
- Saltern: a salt works
- Salutation: a greeting
- Salvation: saving or preservation, as in preserving something with salt.

Then there are expressions, such as an "old salt," meaning someone who has spent years on the sea, or to "salt away" meaning to put aside, to be "worth one's salt" meaning to be considered valuable. One would avoid "rubbing salt into a wound," by saying something offensive or indelicate. How often has it been suggested to "take (something) with a grain of salt?" The phrase suggests a certain skepticism. And you've heard the expression of

something being "worth its weight in salt." Today, salt is quite cheap, but as mentioned earlier, its worth has diminished with its ample supply of late. And in the Bible, it was Lott's wife, whom God turned into a pillar of salt for looking back when he told her not to.

Were you aware that salt is the only "stone" eaten by man? Maurus Jokee, the 19<sup>th</sup> century Hungarian novelist, called salt "The Edible Gem."

The human body contains more salt than most people think: Consider the salty taste of sweat, tears and blood. Did you know that the percentage of sodium chloride in the oceans is nearly the same as its percentage in our blood?

Transfusion fluids are made up of saline solution in the same proportions and act as carriers for other nutrients when we are ill

or need to receive some medication intravenously.

Animals of many types crave salt and search it out as a part of their nutrition. However, there are a few exceptions. There are some human populations that never adopted salt for food use. Those cultures that are meat eaters and fish eaters do not "require" salt, but cereal and vegetable eaters do. Proteins like fish and meat contain some amounts of salt, just as the human body does.

Did you know that sodium chloride is an antibacterial agent, meaning that most common types of bacteria will not grow on salt? That is why in earlier times, people used to cure their meats using salt and keep them for long periods of time without refrigeration.

There is a type of bacteria called halophilic bacteria, or salt-loving bacteria. These microbes are found living in salt ponds where solar salt is harvested. Flamingos like to eat these bacteria. On Bonaire, the Netherlands Antilles, flamingos build their nests to lay their eggs and hatch their young in protected areas of the salt ponds because these salt-loving bacteria thrive there. It is said that the pink flamingo coloration comes from the pink halophilic bacteria. Fortunately, the salt itself does not take on this pink coloration.

In early times, most salt deposits were discovered by man hunting animals for food and found them feeding on salty deposits in the ground. Even today, hunters put out salt licks for deer and farmers provide animals with salt licks, some containing added minerals that help prevent them from getting ill. Salt is a good medium for introducing minerals that animals need by masking it with the salt that they crave.

# LITTLE-KNOWN FACTS ABOUT SALT

*By Susan R. Chase*



## Where Does Common Salt Come From?

Nearly all of our salt comes from the sea, at least originally. Sodium chloride is either mined from ground deposits or harvested from the sea. The ground deposits are at various levels deep within the Earth that have been left there from ancient receding seas. It is very common to find water bubbles trapped inside large pieces of salt mined from underneath the Earth, demonstrating the presence of water left from sea water evaporation.

Today, salt is still mined the same way it was several hundred years ago, but modern technology has helped speed up the process. The three basic methods of salt extraction are by 1) solar salt evaporation of sea water; 2) deep mining, using blasting, crushing and gradation of particle sizes into different grades for shipment; 3) deep well dissolution, purification and reconstitution by evaporation.

De-icing salt and chemical grades are generally sourced via the second method. While solar salt is often used for de-icing as well, this type of salt works well in water softener ion-exchange regeneration, and if further treated, it is also used for table use. It has become very trendy to use solar-evaporated salts from different parts of the world for cooking and for table use. These salts taste differently because of the remaining elemental impurities imparted from their original sources. They do add subtly different flavors to the food in which they are used.

Salt is produced all over the world and is in abundant supply. Salt mines are scattered all over the continental U.S. The largest

areas of deep salt deposits are located 1) surrounding and beneath the Great Salt Lakes into upstate New York; 2) along the Gulf Coast of Texas and Louisiana; 3) in the middle of the Great Plains and currently mined in Kansas and North Dakota. Solar salt can be (and apparently has been) harvested along any brackish body of water. The Severn River has a "Salt Works Creek" feeding into it. Onondaga Lake near Syracuse, N.Y., has a salt works museum that is open to the public which shows on-site salt production from the early 19<sup>th</sup> century. The California coast contains at least one solar salt facility. Usually, solar salt plants are located where continuous sun, warm temperatures and trade winds help encourage rapid evaporation. Currently, there are U.S. company-owned plants in the Bahamas and in Bonaire, Netherlands, Antilles. Salt is also imported to the U.S. from countries all over the world.

Sodium chloride has more than 14,000 different uses, but the most common uses now are chemical production, de-icing of roads, food seasoning and as a preservative, food processing (like cheese-making), a texturizing agent in baking, in medicine, animal health, making plastics, bleaching paper, making chlorine, road stabilization, softening hard water, as a mordant for dyeing fabrics, in detergents and as an ingredient for drillers mud in the petroleum mining industry.

*Susan is a retired former technical director of the Salt Institute, Alexandria, Va., and director of quality assurance for Akzo Nobel Salt Co. She can be reached at [susanbase12@gmail.com](mailto:susanbase12@gmail.com)*



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# CELEBRATE *Valentine's Day* IN A NEW WAY

By Leab Lancione

Although Valentine's Day is commemorated every Feb. 14 with candy, flowers and cards in the United States and elsewhere around the world, some cringe at the idea of all the romance associated with it. Not to mention, with the millions of cards, boxes of chocolate, jewelry, teddy bears and bouquets of flowers purchased on this day, it's easy to see why some view Valentine's Day as a glaring representation of consumerism out of control. Though these are valid points, Valentine's Day can be viewed in a different light, one that makes you appreciate its origin and significance.

**History.com** says that though the Catholic Church recognizes three St. Valentines or Valentinus, it's likely Valentine's Day stems from Valentine, a priest who served during the 3<sup>rd</sup> century in Rome. As the story goes, when Emperor Claudius II outlawed marriage because he wanted men to become soldiers, not husbands with families, Valentine continued to secretly perform marriage ceremonies for young lovers. Once it was found out that he was still performing marriage rites, Claudius sentenced him to death.

Some believe the mid-February celebration is in honor of the anniversary of St. Valentine's death or burial. Others believe the church may have instituted the St. Valentine's Day holiday in February "in an effort to Christianize" the pagan fertility festival Lupercalia dedicated to Faunus, the Roman God of Agriculture.

Whether you find comfort in knowing Valentine's Day is not completely a superficial holiday for making Hallmark, Russel Stover, Godiva and florists everywhere money or not, it can be a day for celebrating love in

simpler ways. For example, make homemade crafts with "old-school" doilies and construction paper hearts with your grandkids or buy premade pizza dough, sauce and cheese to make a heart-shaped pizza for dinner!

If you want to put a completely different spin on Valentine's Day, celebrate "Galentine's Day," the holiday created by Amy Poehler's "Parks & Rec" character Leslie Knope. Galentine's Day, according to Knope, is "the best day of the year," and a time for women to gather with their best lady friends and to "kick it breakfast-style," which means to eat a yummy breakfast of waffles, pancakes and frittatas. Once the episode aired in the second season, it became an annual tradition for fans of the show, as well as for those who simply like celebrating awesome lady friends. On the show, Leslie and her gal pals ditched their husbands and boyfriends for Galentine's Day on Feb. 13, but there's no shame in substituting it for the actual Valentine's Day holiday this Feb. 14!

However, if you are a romantic and like commemorating Valentine's Day in full force, maybe it's time to try something new! Take a dance or cooking class with your amour, have a picnic with wine and cheese in front of the fireplace (and watch the Galentine's Day episode of "Parks & Rec" on Netflix), re-create your first date or just stay in and watch an old romantic movie like "Roman Holiday" or "Casablanca" or "When Harry Met Sally." Sometimes the simplest gestures turn out to be the most romantic!

## Bay Bytes

Prior to your next visit to a foreign country, download the app for **Google Translate**. Then when unable to read a menu or a road sign, take a picture with your iPhone. The site will translate it for you.

## Bay Bytes

Online therapy and counseling is now available at these sites: **Betterhelp.com** or **Breakthrough.com** or through an app **Talkspace Online**. There are costs involved that can be tailored to your needs.

# THE BASICS OF BRUSHING

By Dr. Joseph Passaro, D.D.S. and Dr. Woody Wooddell, D.D.S.

Do you know the abrasiveness of your toothpaste? Have you ever considered that you can damage your teeth when brushing?

Tooth damage due to toothpaste abrasiveness and over-brushing are problems that dentists are seeing more frequently. Over time, highly abrasive toothpaste can strip away at the enamel of your teeth. Enamel never grows back, and when it wears away, teeth may become sensitive to hot, cold or sweets.

The Food and Drug Administration requires toothpaste makers to measure how abrasive their products are. The FDA provides the Relative Dentin Abrasivity, or RDA, value for every toothpaste on the market. Unfortunately, those values are rarely revealed on the packaging you see when you buy your toothpaste at the store. RDA values range from zero to 250. The American Dental Association recommends using a toothpaste with an RDA value of less than 100. The FDA sets its limit at 200. The higher the RDA value, the more abrasive, and the greater likelihood of irreversible damage. Using only your toothpaste and water gets an RDA value of 4. Brushing with baking soda is a 7. Meanwhile, some popular brands have an RDA value as high as 200.

When it comes to toothpaste, more is not better. Excessive amounts of toothpaste coupled with forceful brushing techniques can worsen how abrasive your toothpaste is. A pea-sized amount of toothpaste is sufficient. Often, people who brush too hard are

the ones who use too much toothpaste.

Research shows that 50% of toothpaste abrasion occurs within the first 20 seconds of brushing. So, it's where you begin brushing your teeth that you'll likely find the most damage. Enamel is thinnest along the gum line, so this is another area where the effects of toothpaste abuse are prevalent. Once the structural integrity of the tooth is compromised at the gum line, a filling may become necessary to protect it.

The American Dental Association recommends replacing your toothbrush every three to four months. If you notice that your bristles have become frayed and worn within weeks, this is a sign that you're brushing too hard and in danger of stripping away your enamel. Electric toothbrushes are recommended because they reduce mechanical pressure on the teeth and stimulate gum tissue. Electric toothbrushes are also more effective for plaque removal.

Top dentists recommend skipping toothpaste altogether and dipping your toothbrush in a mouthwash such as Listerine to brush. Still, if you prefer toothpaste, remember to consider the product's RDA value when selecting your toothpaste.

*Dr. Woody Wooddell and his partner, Dr. Joe Passaro, located in Davidsonville, offer general dentistry services, and provide expert restorative and esthetic dental solutions. Visit their website at [www.wpdentgroup.com](http://www.wpdentgroup.com) or call 410.956.5555 for more information.*

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A popular trend is spreading rapidly as more olive oil and balsamic vinegar tasting specialty shops open their doors around the country. These shops present an opportunity for the consumer to taste various flavored oils and vinegars prior to purchasing. After people taste a premium extra virgin olive oil, they often make it a staple in the kitchen and use it in numerous recipes. Not only are these extra virgin olive oils delicious, but they provide heart-healthy and cancer-inhibiting benefits.

Recently, I visited a local olive oil tasting store and not only learned about olive oils and vinegars but had a pleasant and most delicious culinary experience. The tasting room contained rows of silver dispensers filled with varieties of olive oils and balsamic vinegars. It was an opportunity to treat my taste buds to an incredible array of flavors from Italy, Spain, Greece, Tunisia, Chile, Australia and other exotic destinations. I tasted and explored the endless pairing combinations of the gourmet oils and vinegars before purchasing my favorites.

The store offered individual paper cups that the customer could fill with fresh bread squares. A label describing the flavor, a tasting bottle and small cups were available at each silver container. A favorite was the herbs de Provence, which is a French-inspired mix of dried herbs consisting of thyme, savory, marjoram, rosemary and lavender. Infused with olive oil, it presented the most intoxicating floral scent with perfectly balanced herb notes. This oil enhances the flavors of roasts, soups, seafood, omelets and grilled vegetables.

Next was the Tuscan herb-infused olive oil which is not only a favorite of chefs but home cooks as well. The natural herb oil extracts and a slight hint of fresh garlic, combined with extra virgin olive oil base, creates a flavored olive oil of the highest culinary standard. The infused flavors of basil, marjoram, garlic, oregano, thyme, rosemary and crushed red pepper create a burst of flavor. Drizzle this oil over grilled chicken or rub it on a turkey before roasting. This flavored oil is also excellent for bread dipping or sprinkled over French fries.

The Spanish rosemary-infused olive oil is a balance between the extra virgin olive oil base and a dash of rosemary oil. This oil is perfect for any meat roast, homemade breads or Mediterranean-inspired dishes. A splash of this infused oil on roasted vegetables or pasta dishes adds a unique flavor.

Persian lime-infused olive oil has an aromatic taste of lime zest. The aroma of the citrus fruit combined with the oil create a fusion of delectable flavors. The sweet citrusy flavor makes fish, chicken, turkey and salads taste amazing.

The blood oranges and Tunisian olives featured a citrusy flavor that was fused with the taste of crushed olives. This versatile oil enhances fish and seafood, chicken, fruit and salads.

Basil and olive oil are two important ingredients in Mediterranean cuisine. The popular basil olive oil has the sweet

flavor of fresh basil with a mild buttery olive oil. This aromatic oil pairs well with sautéés or egg dishes, such as omelets or frittatas, tomatoes, caprese salad or toasted bread.

Black and white truffle oils are also favorites. Many programs on the food channels often mention it, but the opportunity to taste this very expensive oil is not always available. White truffle-infused extra virgin oil captures the garlic and mushroom aromas of a fresh white truffle and is fabulous for potatoes or pasta. It tastes superb when mixed with Dijon mustard in vinaigrettes.

Not only can the olive oils be sampled, but the balsamic vinegars that pair well with a favorite oil can be tasted, too. Balsamic vinegar is a flavorsome, aromatic vinegar that heightens the tastes of many foods. It can provide health benefits as it is low in saturated fat and sodium, which enhances heart health and reduces blood pressure and cholesterol.

Balsamics are either dark or white. Dark balsamic vinegar contains grapes that are slowly cooked to create the highest quality base that goes well with almost every type of olive oil. Dark vinegar blends juniper, oak and cherry wood flavors creating the perfect balance between sweet and sour. White balsamics are aged in stainless steel vats, resulting in a crisp, tart vinegar with a touch of sweetness and very low acidity.

Balsamic-infused vinegars are superb when paired with specific olive oils. A favorite is lavender balsamic, which captures the essence of this ancient flower:

floral, fruity, herbaceous and slightly sweet. It is a delectable complement for chicken, lamb or pork. Use in vinaigrettes or drizzle over ice cream or fresh fruits. Used with herbs de Provence, it is an excellent bread dipping.

A bit unusual is the aged dark chocolate balsamic vinegar. (Anything with chocolate in its name deserves a taste!) It is intense because it incorporates the flavors of three different chocolates. Its complexity and depth of flavors make this scrumptious. Drizzle over vanilla gelato, mix with fresh strawberries or add zing to a mole sauce.

Luscious blueberry infusion vinegar combined with lemon olive oil as a vinaigrette enhances flavors when drizzled on a garden salad or a fruit salad. This vinegar with a sweet blueberry aroma and flavor can be substituted for maple syrup on pancakes or used as a glaze for roasted chicken.

Oregano white balsamic is the perfect choice for any Greek salad or Mediterranean-inspired recipe. With aromas and flavors of oregano, this vinegar pleases the palate.

Why not visit an olive oil/vinegar taproom to find personal favorites to boost the flavors of food and amplify its tastes? Not only do these culinary delights taste delicious, but each offers health benefits as a bonus. Have fun exploring and enjoying olive oil and vinegars!

## TASTING INFUSED OLIVE OILS AND BALSAMIC VINEGARS

*By Nancy J. Schaaf*

*There'll be problems no matter what direction you choose.*

# Downsizing: A Love Story

By Marilyn Leek

During his career as a Marine Corps officer, Don, his wife Anna and their children lived all over the world. When the time came, Don and Anna (not their real names) retired in Annapolis largely because their children had settled there. They built a beautiful house and enjoyed it for nearly 10 years, entertaining family, friends and the midshipmen they sponsored.

Then, Don began to realize Anna was having memory issues. The couple consulted with their doctor and other medical professionals, and sadly, Anna was diagnosed with aggressive memory decline.

Don felt strongly about caring for Anna himself, keeping her in the home they had built together as long as possible. For a time, Don kept the house running smoothly and cared for Anna, but realized he would need help as her disease progressed. When a new senior community opened in Annapolis that met their needs, Don signed up for a residence.

By this time, Don and Anna had been married for almost 60 years and had a lifetime's worth of belongings in their large retirement home. The couple's adult children lived nearby, but their own responsibilities meant they were not able to help with downsizing and moving. Don called in a senior move manager to manage all aspects of the process so he could continue to care for Anna.

With Don's guidance, the move manager went through the couple's large home to identify what needed to be kept, given away

or donated. Seeing a plane propeller in the basement, Don explained it was from one of his tours in Vietnam. In the kitchen was a large bulletin board that Don called "Anna's Memory Board" with photos and other mementos of their life together.

Through the downsizing and moving process, Don anticipated Anna's confusion, addressing it in a kind and loving way. He impressed everyone involved by never uttering a cross word or showing a sign of stress as he cared for his love of 60 years. While he didn't do the physical work, Don was critical in making the transition smooth for his wife and seemed honored to do it.

Once the couple's furnishings were set up in their new home, Anna seemed reassured, being surrounded by familiar belongings. She saw the "Anna's Memory Board" hanging in the new kitchen and identified every item. Don was stunned and pleased to find that even the plane propeller had been hung on his office wall.

Since the move, Don has begun battling his own physical challenges. His decision to move his wife into a caring and well-equipped environment now seems that much more loving and thoughtful. Their story is not over, but all involved know that when the time comes, the other partner will be well cared for until they meet again.

*Marilyn, owner of Chesapeake Transitions, is a certified senior move manager who has been providing support and guidance for Maryland seniors and their families for more than a decade, can be contacted at [marilyn@chesapeaketransitions.com](mailto:marilyn@chesapeaketransitions.com)*



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**Read our article "The Basics of Brushing" in this edition of Outlook!**



# Are You Speaking Your Partner's

## Language?

By Kater Leatherman

Ah love, ain't it grand? It can be, especially if you understand the five love languages.

Armed with a passion for helping couples enjoy a more satisfying and lasting relationship, author and marriage counselor Dr. Gary Chapman created The Five Love Languages. Basically, they show others how we can make them feel loved and appreciated.

They are:

1. Quality time
2. Giving gifts
3. Words of affirmation
4. Acts of service
5. Physical touch

“While each of these languages is enjoyed to some degree by all people,” Chapman says, “each of us has a primary love language. This is the one that really communicates love to us.”

Naturally, we want others to love us the same way we love them. And rarely do couples have the same one. But Chapman suggests that if you don't speak your partner's primary love language, they will not feel really loved, even though you are speaking some of the other languages.

Chapman cites this example: The husband does the dishes four nights a week, washes the car every Sunday, helps with the laundry and vacuums. Yet, his wife says “she doesn't feel loved.” She claims that they never talk. What she is longing for is quality time, not acts of service.

### **QUALITY TIME**

This is about giving your undivided attention. Women, in particular, like to have meaningful conversations. They want to be seen and heard without distractions of any kind.

### **GIVING GIFTS**

If this is your partner's primary love language, then the thought and effort put into the gift is what really matters, not

just giving stuff. You will want to make sure you remember anniversaries, birthdays, holidays, even gifts on days “for no reason.”

### **WORDS OF AFFIRMATION**

If your partner likes praise in the form of affirmations and you didn't have parents who affirmed you growing up, then giving compliments will feel unnatural at first. The reward of pushing through your resistance is that affirmations not only nourish your partner, but you.

### **ACTS OF SERVICE**

For these people, actions speak louder than words. Generally, this requires doing little things that will ease the burden of everyday responsibilities.

### **PHYSICAL TOUCH**

Here, you are taking the initiative to reach out. It can be as simple as giving an unsolicited hug, offering a back rub, or placing a reassuring hand on the shoulder as you pass by.

To score even more points, you can always consider indulging your partner's secondary love language. Let's say you want to give your minimalist partner a gift. In this case, you would choose consumables or things that don't need to be dusted. Even though it's not the primary love language, your partner will still feel appreciated.

Relationships are the most important human experience available to us.

Finding out and learning to speak each other's primary love language has the power to turn a marriage around or emotionally enhance an already good one.

To take the love language quiz or learn more about Dr. Chapman's five love language seminars for couples, go to [www.5lovelanguages.com](http://www.5lovelanguages.com)

*Kater can be contacted at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*



## Winter-Spring 2020 Family Caregiver Educational Workshop Series

*When we are no longer able to change a situation, we are challenged to change ourselves.*

~Victor Frankle

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	Location	Presenter	Topic
1/9/20 1:00-3:00 pm and 6:30-8:30pm	North County Office	Mary Chaput, M.S., Department Staff	Discover the Programs
1/23/20 6:30-8:30pm	North County Office	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Dementia Live®
2/13/20 1:00-3:00 pm	North County Office	Staff, Hospice of the Chesapeake	Anticipatory Grief
3/19/20 6:30-8:30pm	North County Office	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Dementia Live®
3/26/20 6:30-8:30pm	Annapolis Senior Center	Ben Ogundipe, P.T.	The Mechanics of Caregiving
4/4/20 8:30 am – 12:00 noon	Pascal Senior Center	Elena Sallitto, Esq Eric Bush, M.D. Chauncey Hall, ACDS Program Director	Advance Planning: Medical, Legal and Environmental
5/21/20 6:30-8:30pm	North County Office	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Dementia Live®
5/28/20 6:30-8:30 pm	Pascal Senior Center	Joanna Frankel,MSW, LCSW-C	To Travel or Not: 10 Tips for Vacations and Family Trips When You Are a Family Caregiver
6/25/29 6:30-8:30pm	Annapolis Senior Center	Mary Chaput, M.S., Dementia Live Coach and Practitioner	Communicating Through Behaviors

For the entire 2019-2020 Caregiver Educational Workshop Schedule, call 410-222-4375 or go on-line to [www.aacounty.org/aging](http://www.aacounty.org/aging).

To register for a Winter-Spring speaker workshop, call 410-222-4375/4339 or Register on-line at: <http://www.aacounty.org/Aging>.

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*Anyone needing accommodations must contact Mary Chaput at 410-222-4339 or [agchap01@aacounty.org](mailto:agchap01@aacounty.org) at least seven days in advance of the event. TTY users, please call via Maryland Relay 7-1-1. All materials are available in an alternative format upon request.*

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# HAPPY BIRTHDAY, MR. PRESIDENTS!

By Leah Lancione

Presidents Day is a holiday that honors all who served as president of United States. However, being that it is celebrated in February on the third Monday of the month, between the birthdays of our nation's first president, George Washington, and our 16<sup>th</sup>, Abraham Lincoln, it's easy to presume these two stand out as revered among the list of 45 chief executives. Here are some interesting, less-known facts about the "Father of His Country" and "Honest Abe" as you observe Presidents Day this year.

## George Washington

Born Feb. 22, 1732, in the state of Virginia, George Washington is known for being the commander-in-chief of the Continental Army during the Revolutionary War, the president of the Constitutional Convention and as the first president of the United States when he was elected in 1789.

In *Jeopardy* champion Ken Jennings' book *Junior Genius Guides: U.S. Presidents*, he humorously notes that maybe the title "Father of His Country" "should really go to John Tyler, who, over the course of two marriages, had 15 children. The 10th president of the United States even has two grandkids who are still alive today!" According to Wikipedia, as of August 2019, Tyler does indeed have two living grandsons through his son Lyon Gardiner Tyler. Ironically, Washington, the "Father of His Country," did not have any biological children. He did gain two young stepchildren when he married Martha Custis, a wealthy widow, in 1759. Many accounts reveal that Washington was content just living and working on his farm at Mount Vernon, Virginia, but he answered the call to serve as president.

According to *Mr. President: A Book of U.S. Presidents* by George Sullivan, some folks initially wanted Washington to be called "King George" of the new United States. However, "Washington had just fought a long war to free America from a king's tight rule. He wanted no kings in America, and he wanted to set a good precedent as the nation's first leader."

In National Geographic's *Our Country's Presidents: A Complete Encyclopedia of the U.S. Presidency*, author Ann Bausum observes little is known about the early life of George Washington. What's known is he was the son of a Virginia landowner and planter

in Colonial Virginia. His father died when he was 11 and his older brother Lawrence (14 years older) helped raise him. He did not go to college, but was educated in "basic subjects including reading, writing and mathematics. His skill with mathematics led to early work as a surveyor. In addition to Washington's feats as a military leader and statesman, Bausum notes that, as the first President of the United States, he set precedents, or patterns of behavior, for future presidents to follow.

After his death, he was praised for being "first in war, first in peace, and first in the hearts of his countrymen."

## Abraham Lincoln

On Feb. 12, 1809, just 10 years after the death of George Washington, Abraham Lincoln was born in Kentucky. In 1861, Abraham Lincoln became the 16<sup>th</sup> president of the United States. Born into very humble beginnings, Lincoln was not able to attend school often, but educated himself by reading books, newspapers and anything he could get his hands on. In her book *Let's Celebrate Presidents' Day*, author Barbara deRubertis notes that young Abe devoted every spare moment to reading, and one of his favorite books was about George Washington. Years later when Abe moved with his family to Illinois and got a job in a general store, he found a law book hidden in a barrel. As history tells it, Lincoln read that law book and became consumed with studying the law, eventually taking and passing the law exam



to become a lawyer all on his own. National Geographic's *Our Country's Presidents* also says his other favorite reading topics were U.S. History, "Aesop's Fables," "Robinson Crusoe," the Bible and works by Shakespeare.

Though Lincoln's nickname was "Honest Abe," and he was celebrated for reuniting the country after the Civil War and ending slavery, he did have his fair share of critics including other politicians. Ken Jennings' book reveals that "even Lincoln was dissed all the time, with papers calling him a "clown," a "rube," and an "ugly baboon." After he delivered the Gettysburg Address, widely regarded as one of the finest speeches in world history, the *Chicago Times* wrote, "The cheeks of every American must tingle with shame as he reads (these) silly, flat, dish-watery utterances."

Jennings also makes it known that Lincoln is credited with making Thanksgiving a national holiday (in 1863). Without knowing it at the time, Lincoln also instigated the annual presidential pardoning of a turkey before Thanksgiving. "In 1865, President Lincoln was presented with a plump turkey for the Christmas dinner table, but his 12-year-old son Tad pleaded for the turkey's life, so Lincoln agreed to spare it." Many years later, 124 to be exact, President George H.W.

Bush, issued the first "presidential pardon" of a turkey in 1989. According to [www.whitehousehistory.org](http://www.whitehousehistory.org) President Bush declared that whether it's called a reprieve, "keep him going," or a pardon, "it's all the same for the turkey, as long as he doesn't end up on the president's holiday table."

In 2020, Presidents Day will be held on Monday, Feb. 17. Though some are quick to point out that Presidents Day is not the official name for the holiday, despite it being printed on calendars and broadcast on TV commercials and in print advertisements by companies using it as an opportunity to promote sales. Actually, the federal holiday observed the third Monday in February is officially called Washington's Birthday as it was established by Congress with the Monday Holidays Act that was signed into law in 1968 and took effect Jan. 1, 1971. However, if you're like me, and want to pay tribute to all the brave men who took the oath of office and served as our nation's president, take the opportunity to brush up on some presidential history by checking out a book or two on the subject from your local library.

And, just in case you want to know if you share a birthday with any of the 45 U.S. Presidents, here's a list of their birth dates in order:

**January**

- 7: Millard Fillmore
- 9: Richard Nixon
- 29: William McKinley
- 30: Franklin Roosevelt

**July**

- 4: Calvin Coolidge
- 6: George W. Bush
- 11: John Q. Adams
- 14: Gerald Ford

**February**

- 6: Ronald Reagan
- 9: William Harrison
- 12: Abraham Lincoln
- 22: George Washington

**August**

- 4: Barack Obama
- 10: Herbert Hoover
- 19: William Clinton
- 20: Benjamin Harrison
- 27: Lyndon Johnson

**March**

- 15: Andrew Jackson
- 16: James Madison
- 18: Grover Cleveland
- 29: John Tyler

**September**

- 15: William Taft

**April**

- 13: Thomas Jefferson
- 23: James Buchanan
- 27: Ulysses Grant
- 28: James Monroe

**October**

- 1: Jimmy Carter
- 4: Rutherford Hayes
- 5: Chester Arthur
- 14: Dwight Eisenhower
- 27: Theodore Roosevelt
- 30: John Adams

**May**

- 8: Harry Truman
- 29: John Kennedy

**November**

- 2: James Polk
- 2: Warren Harding
- 19: James Garfield
- 23: Franklin Pierce
- 24: Zachary Taylor

**June**

- 12: George H.W. Bush
- 14: Donald Trump

**December**

- 5: Martin Van Buren
- 28: Woodrow Wilson
- 29: Andrew Johnson



*If you knew you only had a few hours left on this Earth, what would you do with them?*

# NIBBLE ON NUTS FOR NUTRITION

By Louise Whiteside

Nuts: They are tasty, convenient and versatile. Handy in your pocket, purse or backpack while you're on the go. Irresistible in a festive party dish on your coffee table. A satisfying bite for kids or adults at any time of the night or day.

To many of us, nuts are an extremely desirable food, one which we're often tempted to consume in sizable quantities. But less widely known is the fact that nuts are also a powerful source of nutrition and disease prevention. If you didn't know that, or you want to be reminded, here are a few of the excellent health benefits of nuts.

1. Nuts are a good source of multiple nutrients, including protein, fat, carbohydrates, fiber, vitamin E, magnesium, phosphorus, copper, manganese and selenium. Some nuts are higher in certain nutrients than others. For example, one Brazil nut provides more than 100% of the referenced daily intake for selenium.
2. Nuts are a high source of antioxidants, also known as polyphenols, which can prevent cell damage and help to lower "bad" LDL cholesterol. Examples of the best nuts in this category are walnuts and almonds.
3. Nuts may aid in weight loss. Although they are a high-calorie food, research shows that your body does not absorb all of the calories in nuts. For example, while a one ounce serving of almonds has 160 to 170 calories, your body only absorbs 129 of these calories. Other nuts with similar benefits are walnuts and pistachios.
4. Nuts may lower cholesterol and triglycerides, while boosting levels of "good" HDL cholesterol. The cholesterol-lowering power of nuts may be due to their high content of monounsaturated and polyunsaturated fatty acids. Some especially beneficial nuts in this category are pistachios, almonds, hazelnuts and macadamia nuts.
5. Nuts are beneficial in lowering risk of type 2 diabetes and metabolic syndrome. (Note: Metabolic syndrome refers to a group of risk factors that may increase probability of heart disease, stroke and type 2 diabetes.) Nuts are low in carbohydrates and do not raise blood sugar levels significantly. Substituting nuts for higher-carb foods can lead to reduced blood sugar levels. Studies suggest that eating nuts may also lower oxidative stress and blood pressure in people with diabetes and metabolic syndrome.

An example of one nut that may be most helpful in

this area is the pistachio.

6. Nuts may help to reduce inflammation. Chronic, long-term inflammation can cause damage to organs and increase disease risk. Research suggests that eating nuts may reduce inflammation and promote healthy brain and skin aging, due to their Omega 3 fat content. Some nuts, including pistachios, Brazil nuts, walnuts and almonds, have been found to fight inflammation in healthy people and those with serious conditions like diabetes and kidney disease.
7. Nuts are high in beneficial fiber. Many types of fiber function as prebiotics, or food for your healthy intestinal bacteria. Fiber also helps you feel full and reduces the number of calories you absorb from meals. One study suggests that increasing fiber intake from 18 to 36 grams daily may result in up to 130 fewer calories absorbed by your body. Here is a list of the nuts with the highest fiber content per one-ounce serving:

Almonds	3.5 grams
Pistachios	2.9 grams
Hazelnuts	2.9 grams
Pecans	2.9 grams
Peanuts	2.6 grams
Macadamias	2.4 grams
Brazil nuts	2.1 grams
8. Nuts may reduce your risk of heart attack and stroke. Several studies have suggested this, due to the ability of nuts to improve total cholesterol levels, "bad" LDL particle size, artery function and inflammation. One study found that people who ate nuts had a significant decline in "bad" (small) LDL particles and an increase in "good" (large) LDL particles, as well as "good" HDL cholesterol levels.

In summary, nuts are delicious, versatile and widely available.

They can be enjoyed whole, as nut butters or chopped up and sprinkled on food. They are widely available in grocery stores and online, coming in a wide variety of options, including salted, unsalted, seasoned, plain, raw or roasted.

To ensure freshness, store nuts at room temperature or (for a longer period) in the refrigerator or freezer.

As long as you eat them in moderation, nuts make for a tasty addition to a healthy, balanced diet.

*Nothing great was ever accomplished without failures along the way.*

# PALLIATIVE CARE IS SUPPORTIVE CARE

By Eric Bush, M.D., RPh, MBA, chief medical officer for Chesapeake Supportive Care and Hospice of the Chesapeake

Somewhere along the way, the term “palliative care” picked up a scary reputation. Should a medical professional bring it up as a treatment option, many people think it means death is near.

Nothing could be further from the truth. Palliative care is all about living.

The World Health Organization defines palliative care as an approach that “improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.”

What does that mean in lay terms? It means palliative care professionals like me and my colleagues offer a support system to help patients to live actively with advanced, complex or chronic illnesses. As a team that can include, but is not limited to, a physician or a nurse practitioner and a social worker, we employ a biopsychosocial approach, addressing not just the physical, but also emotional, social and spiritual needs of patients and families to ensure they get all the information and choices ahead.

We like to call it supportive care because it is patient-centered care. A consultation typically lasts from an hour to an hour and one-half because we need time to ensure the patient and family have the information they need to make decisions about their care plan. Some of the goals of a consultation include:

- Build rapport and relationships with patients and family caregivers.
- Manage symptoms, distress and functional status, including pain, breathing problems, fatigue, sleep disturbance, mood and nausea.
- Exploration of understanding and education about illness and prognosis.
- Clarify treatment goals.
- Assess and support coping needs.

- Assist with medical decision-making.
- Coordinate with other care providers.

Consider palliative care as an additional specialty that is part of your larger health care plan. For example, someone with congestive heart failure might have a primary care physician, cardiologist and pulmonologist on their team. As there is no cure for it, and a high probability of frequent hospital visits, it would be wise to have a palliative care provider on their team, too. With all the medications, therapies and other treatments that come with managing congestive heart failure, the palliative team would work with the others to anticipate, prevent and treat suffering, including pain and other symptoms of illness. The goal would be to avoid hospitalizations for fluid build-up or difficulty breathing. It is supportive care that is focused on quality of life for those living with a complex illness.

As a specialty, palliative care is covered by most insurance plans. Patients can be seen on an outpatient basis, such as at a medical office, or wherever they call home.

Again, being referred to palliative care does not necessarily mean you are near death. People with complex advanced illnesses such as chronic obstructive pulmonary disease, kidney failure and sickle cell disease can often live longer because the focus isn't only on the disease, but the well-being of the person as a whole.

With palliative care, you can still receive curative treatment: You do not have to have a life-limiting diagnosis. Cancer patients can turn to palliative teams who often work with oncologists to make their journey for a cure simultaneously with a focus on quality of life.

If someone suggests you consider palliative care, do not panic and assume the worst. It can be the first step to better days. But if you can't get past the “P” word, it's OK to just call it supportive care.

## Bay Bytes

Is this the year for you to include a pet in your life? To determine which pet would be right for you and to locate pets available in your area, log onto **PetFinder.com**

Learn more about palliative care by visiting [chesapeakesupportivecare.org](http://chesapeakesupportivecare.org) or [getpalliativecare.org](http://getpalliativecare.org)

# QUIET MIND, OPEN MIND

By Dr. Jim David

Winter is upon us. Cold mornings. Frost on our windshields. Few if any leaves on trees. What can we do to survive until the new life of Spring arrives? Maybe we could strive for new understandings. After all, the Buddha says, “To understand everything is to forgive everything.”

What is so important about having a *quiet mind*? How do we quiet our ever-active minds? These are important relevant questions for our tumultuous, fragmented, divisive, partisan, tribal world.

To answer the first question, having a quiet mind gives us greater awareness and an enhanced sense of agency. To use a metaphor, when our mind is quiet like a calm sea or lake, we more readily notice any thrown stones and resultant ripples in the water. Put another way, if our minds are inundated with endless thinking, we are less likely to notice a pebble thrown into the raging surf of our preoccupied mind.

A *quiet mind* makes us more aware of the thoughts that come into our mind, the feelings in our body and what we are inclined to say or do. We are then able to evaluate our thoughts, feelings and what we are inclined to say or do. Hopefully, we then realize we have enhanced freedom or choice.

Do we allow our thoughts and feelings to run us or control us or do we regulate or manage them? Do we say or do things we later regret? Are we aware a thought is just a thought? It is an electrical construct in our brain. If we buy into it, it becomes our truth, our reality. Do we realize we can control and change our feelings by changing our thinking or moving our body?

**Quieting My Mind** - At our current stage in our evolutionary development, most of us are saddled with virtually constant thinking, planning, worrying, organizing, etc. How do we achieve a quiet mind? Sukey and Elizabeth Novogratz in their book, *Just Sit: A Meditation Guidebook for People Who Know They Should but Don't!*, suggest “just sit.” This is an entertaining, light-hearted yet profound pathway to quieting your mind.

If the word “meditation” repulses you, try sitting indoors or outdoors, eyes open or closed, with audio assist or in silence. Focus on breathing in and out, balancing awareness between what is happening inside of you with what is happening outside of you. As you get captured by random thoughts, remember to stay observational, holding those intrusive thoughts at arm’s length, accepting them, and then letting them float on by like clouds in the sky. Recurring, insistent issues are actually God’s way or nature’s way of reminding us of issues we need to face and resolve. After doing that essential work, facing and resolving issues of varying sizes for a long, long time, our quiet mind will gently arrive like a butterfly on our shoulder.

**Our Evolving Mind:** While less than 40% of us accept the reality of evolution (Gallup Poll, July 2019), it is essential science

to understand that evolution is not background to our human story. It is the human story! We are the universe becoming conscious of itself. As we are moving from a geocentric world view to heliocentrism, physicists and astronomers are highlighting that our endlessly evolving universe is characterized by greater convergence or oneness, connectivity or interrelatedness, complexity and consciousness. Meditation equips us with an open mind which accelerates our evolutionary growth.

**Opening Our Minds:** Our quiet mind moves silently and effortlessly into opening our mind. Here are a few manifestations of the open mind:

- Our body boundaries dissolve and we experience oneness with everyone and everything. This leads us into experiencing being connected to animate and inanimate beings.
- We move out of blaming. We humbly complicate our thinking by realizing how little we know. We stop judging others and move into understanding others.
- We recognize our first impulse to engage in dualistic either-or, all or nothing, black and white categories and swiftly move into nondualistic, both-and thinking. For example, both progressives and conservatives have valid perspectives.
- We accept we are very recent arrivals in evolutionary history. *Sapiens* by Yurval Noah Harari explains the cohesive power of myths or beliefs. Science cannot give us meaning and purpose. Science is complementary to religion while religion needs congruence with science for credibility.
- Meditation accelerates our evolutionary growth when we experience ourselves as pure spirit, pure awareness, pure consciousness. This is the foundational platform for the emergence of new thoughts, new perspectives, creative genius.
- Experiencing the inviolable power of love as lived by Etty Hillesum, the “Mystic of the Holocaust” (See *An Interrupted Life* and *Letters From Westerbork*.)

**Evolving Minds:** These are just words. For words to come to life, there must be experience, or perhaps noticing that our evolving minds are much more evolved than in 1900, 1950 or even 2,000. Some dispute this. Some insist we are regressing. Evolutionary progress is manifestly uneven. Helen Keller said, “The only thing worse than being blind is having sight but no vision.” Perhaps the quieter we become, the more we can hear.

*Dr. Jim David is a practicing psychotherapist in Silver Spring. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email at [jimsue63@gmail.com](mailto:jimsue63@gmail.com)*

*Any regrets on what you haven't done? If you can read this, there's still time.*

# IT'S WORTH THE TRIP

By Ellen Meyer

While on the road traveling or just wandering, I like to seek out the historic hotels on my way from place to place. Wrapped in timeless charm, the inns with chandeliers, crackling fireplaces, porches and rocking chairs can transport us to another time of breathtaking, Old World grandeur.

Not too long ago, I visited the historic Mt Washington Inn in New Hampshire, which is nestled at the foot of Mt. Washington. It was in the Fall and the mountains were flashing gold and orange and red and green at the peak of the changing of the leaves. The day after I left this grand hotel built in 1905, one of the first ever with a steel frame, the temperature dropped and snow hit the high peaks.

Although I missed the white mingled with the brilliant colors of Fall, it set me to thinking about Winter visits to the historic retreats where charm and elegance and casual friendship prevail. In snow time, where does one go? Back to Mt. Washington to be sure, secure by the lobby fireplace or bundled up for a horse-drawn sleigh ride, while the mountain above experiences the highest winds and worst weather conditions on the globe.

When the white flakes fall, "button up your overcoat" and set out for new climes. Not far from Mt. Washington is Bethel Inn in Bethel, Maine. It looks like and feels like the Holiday Inn of Bing Crosby's "White

Christmas." It isn't hard to imagine Bing's Christmas music enveloping you as you relax near the fire with a drink of wassail.

If you need a little more action, the French Lick Springs Inn in French Lick, Indiana, now offers an on-site casino next to the Grand Palace built in 1845. For nature lovers, the lodges at national parks are open. Yellowstone opened in 1903, followed in 1905 by El Tovar, which sits on the rim of the Grand Canyon, the West's most famous landmark.

Many of these historic hotels began their lives around thermal springs offering well-known health benefits. The Greenbrier in White Sulphur Springs, West Virginia, opened in 1778. George Washington enjoyed the therapeutic waters in Berkeley Springs years earlier. By 1766, Americans were enjoying the waters of Hot Springs, Virginia, home of the Homestead. On a Wintry snowy day, what could be nicer than a dip in the hot waters believed to replenish our nervous systems.

In 1989, the National Trust for Historic Preservation founded the Historic Hotels of America. They list more than 300 of them. All are worth a visit. If not up for an overnight adventure, then stop just to enjoy a meal while enjoying the Old World atmosphere.

There's one nearby in Delaware. The Inn at Montchanin Village is located in the Brandywine Valley. It's a collection of 28 guest rooms constructed from a 1799 village, a 19th century hamlet that housed a blacksmith shop, a bank, a schoolhouse and more. Moving closer to the ocean, there's the 100-year-old Atlantic Hotel located in the nation's coolest small town, Berlin, Maryland. Sometimes in the evening they entertain evening guests with Broadway music.

So if the Winter doldrums have got you down, escape with a stay at one of the nation's grand hotels or spas or at one of the smaller historic inns. They will capture you, transport you to another time and warm your spirit while "baby it's cold outside."

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# MAKE A GENTLE ENTRANCE INTO EXERCISE

By Carolyn Campbell

Charlotte Bell's father was a gymnast, so she exercised often during her growing-up years. "Because we so often walked together as a family, some people thought we didn't have a car," she recalls. Today, at age 55, Bell, author of the book, *Mindful Yoga, Mindful Life*, still walks to the yoga classes she teaches. "I now have the experience of how the body changes with age," she says. "Walking to class makes a difference in my mental state and keeps my heart going." Bell and other experts feel that both exercise and movement are essential for health and well-being. Let's break it down:

**MOVEMENT HELPS MAINTAIN YOUR BODY.** "Just as maintenance is required for a house or a car, the same is true with the body. Movement is very satisfying to the body, which has a natural hunger to move. Exercise helps manage stress and emotions," says Lisa Quealy, who has taught dance and movement classes for 25 years. She teaches at assisted living centers and has instructed seniors from age 55 to 90. Quealy explains that movement and exercise are important to maintain the mobility and strength required to do all of the things that make life meaningful, such as playing with children or gardening. She explains that being able to move safely and with confidence helps a person maintain independence. "An action as simple as being able to get in and out of a car helps maintain quality of life."

**ASSESS YOUR EXERCISE READINESS.** Before beginning a new exercise regimen, Quealy advises that you to seek a physician's assessment. "It's very important for a doctor to discuss any limitations and offer information about preventing future health issues."

She also suggests completing a self-assessment to determine exercise goals and preferences. "It's important to consider

your vulnerabilities and strengths. Decide on a primary fitness goal, such as feeling better, losing weight or improving the cardiovascular system." She explains that while some movement is more strength-oriented, other exercise is more aerobic and still other exercises promote joint flexibility or cardiovascular health. "You can try to include movements from each of those categories in your workout. Cross-training is great."

Just as food preferences vary, tastes in exercise also

differ, says Quealy. "While some people can't stand beets, others think they are wonderful. While one person may love running, another may prefer a mini-trampoline or water aerobics. In choosing exercise activities, ask yourself what kinds of activities you enjoy and feel comfortable with and which exercise times will fit in with your lifestyle and schedule."

**FIND A QUALIFIED TEACHER AND BEGIN GENTLY.** "Once you've chosen an exercise goal, seek qualified instructors and classes for the types of exercise that meet your needs," Quealy says. "The internet offers ample information about local businesses and institutions that offer exercise opportunities. You can ask for referrals from friends and associates who are doing well with their exercise programs," she suggests. Interviewing a teacher or observing a class can help you decide whether the class meets your needs. "Ask potential teachers questions about their experience and training. Most teachers are comfortable with someone observing a class to see if they would feel comfortable taking it," Quealy suggests. Finally, medical and health care practitioners may also be able to offer exercise recommendations.

**BEGIN GENTLY.** Begin exercising gently, Quealy says. "Don't feel that you have to try to get in shape immediately. If you can achieve consistency, such as 10 minutes daily in the beginning, that's good. But at first, you don't have to exercise every day. The body appreciates any amount of exercise you do. It doesn't care that you didn't complete an hour workout."

**EXERCISE ENHANCES FLEXIBILITY.** Over time, bodies become stiff and less flexible. "There is a matrix of fascia over all the muscles. If you don't move it, it starts to knit itself together

and the muscles don't slide over each other as well as they should." Bell explains. However, it is possible to break up that matrix by stretching. "The more you move, stretch and keep your blood flowing, the more you will keep your muscles healthy. Your veins and arteries will also be in better condition."

Many everyday activities such as working on a computer, promote hunching of the spine, says Bell. She explains that spinal curvature contributes to problems such as choking, headaches and neck issues. "In yoga, we focus on keeping the spine mobile, spinal rotation keeps the discs healthier, helps blood flow, stimulates the fluid inside of the discs and helps maintain the ability to move the thoracic part of the spine."

**EXERCISE IMPROVES BALANCE.** Maintaining balance is important to avoid falls. "Moving, activities such as yoga, and even practicing standing on one foot at your stove or sink can help. The single-leg stance is a very effective exercise in improving balance."

**EXERCISES ENHANCE BREATHING AND BRAIN FUNCTION.** Exercise is a great way to stimulate the brain, Quealy says. "We used to think that a person could not regenerate brain cells, but recent research shows that exercise can stimulate the brain to create new cells," Quealy says. "When the two brain halves stop communicating as well, movement and exercise can help get that cross communication going again." To incorporate exercise for the mind as well as the body, she uses a mix of new and familiar exercises in her classes. "The new exercises are like brain teasers. It doesn't matter whether you can actually do the exercise correctly—the process of trying gives your brain a coordination challenge."

**EXERCISE BOOSTS LUNG CAPACITY.** Improving lung capacity can be highly beneficial because it increases the body's ability to process oxygen, which in turn improves overall body function. Kellie Scheffres, a certified cranial sacral specialist, explains that Kundalini yoga works with breathing and meditation to increase vitality and stamina that fade with age. "Breathing also expands the lung capacity. Breath work oxygenates the blood, increases circulation and moves the lymphatic system."

**RELAXATION IS AN IMPORTANT PART OF EXERCISE.** Bell, Quealy and Scheffres all agree that relaxation is an important need, just like exercise and food. "Relaxation is a skill that is the flip side of exercise. The opposite of healthy exercise is deep relaxation," Quealy says. Many classes offer relaxation techniques such as deep breathing and meditation to help replenish energy after exercise. "Everything we do during the day expends our energy. At some time, we need to do things that replenish it," Bell says.

**START NOW!** It's never too late to begin exercising, says Bell, who adds that all bodies have limits and strengths and exercises can be adjusted along the way to meet a variety of needs. She recalls a man in her class who was too inflexible to comfortably sit on the floor. He was also blind. "He attended for two years. While he could only bend forward about 10 degrees, he still benefited from the class." She explains that regardless of the physical conditions a person brings to the class, the purpose is creating certain conditions in the body and nervous system. She adds that many programs are geared for exercising while seated. In yoga, it's possible to use props to achieve nearly every pose. "If someone can't do a particular exercise, we can modify it" Quealy says. "If someone is not able to lift their arms above their shoulders, we can do that same movement with the hands. We keep the movement slow and smooth. It is very strengthening to lift the leg and move it in a slow motion."

Today is a good time to start exercising to extend your life, but also improve its quality. "Most of the benefits of exercise that accrue for younger adults also apply to adults, no matter when they begin exercising," Bell says.

**GREAT EXERCISES—AT HOME OR AWAY.** It's best to start exercising slowly to build up endurance. Walking is a great way to begin. It requires no special equipment other than well-fitting shoes, needs to be low impact, and can easily be done almost anywhere. Hiking groups can be found at every fitness level. What do you do differently as a beginner? Again, pace yourself. It's OK to stop at every switch-back, savor the scenery and conserve your strength. Riding a bike, an activity most of us learned as children, is a great activity to rediscover as a senior. If your knees are up to it, running is also a very adaptable fitness activity. Running with a friend can help keep you motivated.

Many cities have a YMCA organization or community recreation center that offers open swim times. Many also offer organized water aerobic classes with trained instructors. In a structured swim class, other class members can offer encouragement and fellowship along with the exercise.

Dancing can be both fun and therapeutic. Two recent studies conducted by University of Missouri researchers found that participation in low-impact dance steps can improve balance and gait in adults. This improved functioning can reduce falls and costly injuries.

Whatever you choose, there isn't a better time than today to start your gentle entrance into exercise. The only negative will be that you'll wish you started sooner.

**WINTER QUIZ-ACROSTIC**  
 Almost half of the U. S. presidents have served more than one term. The Twenty-Second Amendment to the Constitution imposes a two-term limit and was enacted after FDR was elected four times. Give the name of the only president to serve two non-consecutive terms.

**PRESIDENTS: GROVER CLEVELAND**

A.	Patrons
B.	Romps
C.	Europe
D.	State of the Union
E.	Iron dome
F.	Dot
G.	Estates
H.	Newest
I.	Turkenth
J.	Sweet vetch
K.	Gurney
L.	Refracted
M.	Ochres

N.	Vermont
O.	Ermatt
P.	Rosewood
Q.	Commander in Chief
R.	Lyman Hall
S.	Veterans
T.	Etches
U.	Edwin
V.	Left off
W.	Adlai Stevenson
X.	News
Y.	Devoutest

**Bay Bytes**

**DogsOnDeployment.org** a national nonprofit, provides an online network for service members to connect with volunteers who would be willing to board their pets during the owner's service commitments.

# PLACING INFLECTIONS IN OUR LIVES

By Rev. Patrick DeVane

In life, *inflection* is everything. When your significant other says, “You look NICE,” your reaction is dramatically different than when he or she says, “You look ... nice.” Same words, different inflection. The inflection reveals your mindset.

Mark Twain wrote that choosing the right word is the difference between “the lightning bug and the lightning.” I would argue even when you pick the right word, the right inflection makes just as much of a difference.

Lightning bug: “You look NICE.”

Look out for lightning: “You look ... nice.”

Where we put the inflection changes everything. It’s not just with our vocabulary that we see this phenomenon. It influences every aspect of life -- our relationships, our views of money, our hobbies and our work. For some, work is an all-consuming focus that demands total attention and sacrifice from everything else in life. Author Henri Nouwen argued that many of us fall for the lie that the definition of our identity is the answer to the question, “What do I do?” If I am no longer actively producing in some way, I have no worth. If I can’t do my job then I am nothing.

For others, work is a necessary drag that must be endured. We come to see work as simply a paycheck that sustains and supports our lifestyles, not an active force in our lives. It doesn’t matter what we do (or how we do it) since the work, in and of itself, has no worth. This attitude drains the life out of us. Many of us fall into one of these two camps. Too often when it comes to work, it seems we put the inflection in the wrong place. We come to only understand and define ourselves by the positions we hold, or we dismiss work completely as irrelevant to who you are and who you are becoming. This inflection error leads to all kinds of issues in our lives, especially when we face transitions like a job change or retirement.

So how do you define your life? How do you make sense of the different callings that you have? Whether you’ve been called to be a parent, sibling, worker, boss, friend, teacher, mentor or any number of other things, how you approach and understand this role will shape how you fill it. I believe that we are called to more than to simply endure life until we die. We were created to thrive and flourish. Each of us has unique callings in our lives that match our unique personality and gifts. While the work you do is one of these callings, it is not the only one. Your work stands with, but never above, the calling to be a member of a family, a member of a community or the kind of person needed in the world.

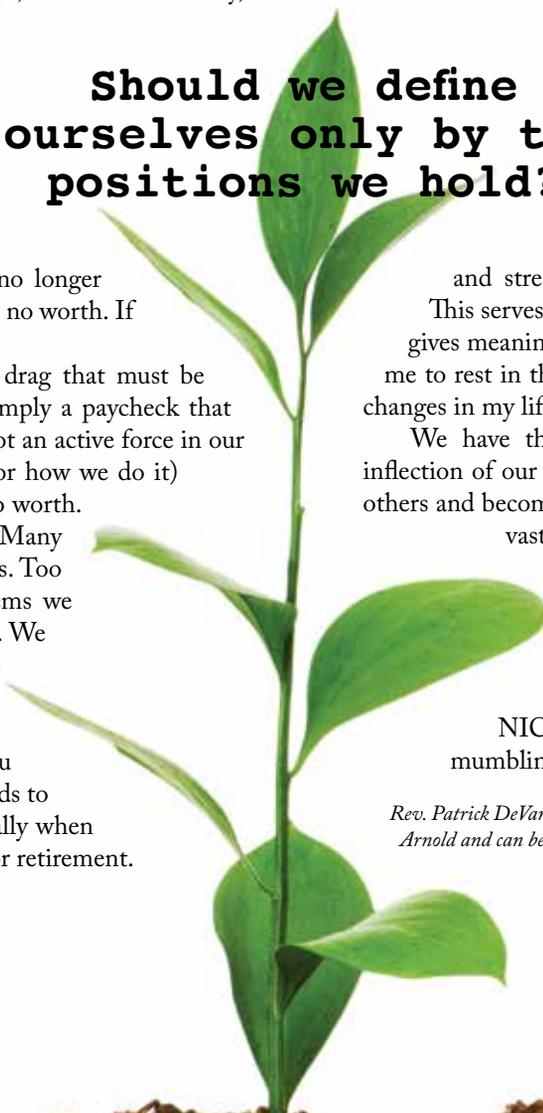
What if you answered the question, “Who am I?” with a sense of awe and wonder at the mysteries of life you have experienced and the joys you have felt? What if the callings in our life helped gratitude overflow within us as we learned the important lessons from each of these roles? As a Christian, I understand my ultimate calling to be loving God with all of my heart, soul, mind

and strength, and loving my neighbors as myself.

This serves, for me, as the ultimate calling in my life. It gives meaning and order to the other callings and allows me to rest in the assurance that when any calling shifts or changes in my life, I will not lose who I am.

We have the choice as to where we will place the inflection of our lives. We can choose to focus on service to others and becoming who we were created to be. You are the vast sum of all your experiences, relationships and insights. You are a gift that is meant to bless countless others. What a joy it would be to look back on all the parts of your life, on the multiple callings you have embraced, and be able to say, “That was NICE.” It’s better than sheepishly and guiltily mumbling, “Yeah, that was ... nice.”

*Rev. Patrick DeVane is the senior pastor of College Parkway Baptist Church in Arnold and can be reached at [pdevane@mac.com](mailto:pdevane@mac.com)*



**Should we define  
ourselves only by the  
positions we hold?**



## Lifestyle Program Shines Bright For Active Seniors In Annapolis

With record numbers of Baby Boomers opting to downsize their homes in favor of more social and inclusive lifestyles at independent senior living communities, activities and programming have played a leading role in how they decide to choose their next home.

“Offering a unique and well-rounded community activities program that promotes an active and social lifestyle has really helped set the Gardens of Annapolis apart from other independent senior living communities in Annapolis,” said Mike DiGiacomo, Vice President of Senior Housing at United Plus Property Management, LLC. “Residents are looking to stay active and healthy; they are looking to stay mentally and physically sharp, and they’re looking for friendship and social opportunities. All of these priorities are heavily emphasized in the Gardens of Annapolis’s award-winning lifestyle program.”

Gardens of Annapolis offers the Senior Umbrella Network (SUN®) Program, which offers residents an array of services and activities designed to support and enhance independent and active lifestyles. The seven prongs of the SUN® Program include: health and wellness, finance, legal and administrative support, education and lifelong learning, fun and recreation, convenience and economics, community and friendship, and safety and security.

The SUN® Program earned the “Best Lifestyle Program” at the National Association of Home Builders’ Best of 55+ Housing Awards in 2016.

“What separates the SUN® Program from other communities’ programming is the time, detail and creative approach that the Gardens of Annapolis takes every month to provide unparalleled activities and services that promote an active and healthy lifestyle. The Gardens of Annapolis has its very own on-site activities director who meticulously organizes resident events that promote the SUN® Program’s seven prongs,” said DiGiacomo.

“We offer a variety of activities and services on a daily basis,” said Christine Matson, the Activities Coordinator at the Gardens of Annapolis. “From fitness classes, board games, card games

and informative seminars, to free transportation to local grocery stores, restaurants and doctors’ offices, we’ll always work to make sure our activities keep our residents moving, their minds active and provide an opportunity to take advantage of our transportation services.”



*There are plenty of opportunities to stay active in the community’s amenity-rich clubhouse.*

SUN® Program activities will also include community breakfasts, luncheons and dinners, birthday celebrations, parties and happy hours that promote a healthy social life and helps residents avoid a secluded lifestyle.

“We take a lot of pride in our activities and programming, and we love to see residents embrace everything that we offer. They create new friendships at social events, they appreciate interesting lifelong learning opportunities, and they improve their health and wellbeing through our fitness classes. Watching the SUN® Program improve a resident’s life is always fulfilling,” said Matson.

The SUN® Program events and activities that are hosted at the Gardens of Annapolis are tailored to the community’s amenities, which include: a dining room, movie theater, game room, hair salon and barber shop, computer center and library, fitness center, craft room, and billiards room. Outdoor amenities include shuffleboard and bocce ball courts.

931 Edgewood Road | Annapolis, MD 21403 PHONE (410) 295-5644 WEB [GardensofAnnapolis.com](http://GardensofAnnapolis.com)

# THE WESTMINSTER DOG SHOW

By Kater Leatherman

Every year in February, the most famous dog show in America is held at Madison Square Garden. The competition includes the best of the best with 3,200 *invitation-only* dogs representing more than 200 different breeds. Also known as the Super Bowl of the dog world, the Westminster Dog Show has the distinction of never having missed a single year in spite of two World Wars, power shortages, snowstorms and national depressions.

Did you know that only the Kentucky Derby has been around longer than this dog show? It was founded in 1877 by a group of sports-minded men who enjoyed hunting breeds, particularly setters and pointers. They met at New York City's Westminster Hotel where discussions eventually led to the idea of hosting an annual dog show. Their mission was "to celebrate the companionship of dogs while promoting responsible dog ownership, health and breed preservation."

For these purebred-only dogs, getting to Westminster is a real feat. All are champions before they arrive, which requires that they must earn 15 points from three different judges and two major wins from separate judges. This entitles them to attach the prefix "Ch." to

their registered kennel name. They must also be registered with the country in which they live; for Americans, it's the AKC or American Kennel Club. What some people don't realize is that these show dogs are not judged against each other but rather on a standard set by their individual breed clubs. The goal is to define the ideal speci-

men so that breeders can target improvements such as appearance, movement and temperament. Any dog that conforms to the breed standard is said to have good conformation.

To prep the dogs for the ring, a "benching" area is set up where the three B's take place: bathing, blow-drying and brushing. Some dogs, like the old English sheepdog and the standard poodle can be on a grooming table for hours before they enter the ring. This is a good time for regular folks who are interested in getting a dog and want to make a more informed decision about a breed, to mill around and ask questions. There's also a vending area where you can buy anything and everything that has to do with dogs.

Breed judging takes place during the day with various rings going simultaneously. When a dog wins their breed, they advance to the group ring that evening. The first night features the hounds, toy, nonsporting and herding groups; the second night judging includes the working, terrier and sporting groups. The winner of each of the seven groups goes on to the best in show competition.

In 1907, the first best in show win went to Ch. Warren Remedy, a smooth fox terrier who also won in 1908 and 1909 (the only dog to win three best in shows). Since then, there have only been seven dogs to take the coveted win twice, the last one being English springer spaniel, Ch. Chinoe's Adamant James in 1971 and 1972. Terriers that have the distinction of winning the most -- 47 times. In fact, the wire fox terrier, Ch. King Arthur Van Folin Home, won last year.

According to Kristine Lacoste, editor-in-chief of Petful, "Best in show winners today are media sensations, going on "tour" visiting celebrities, opening the market at the Stock Exchange, riding in parade floats and traveling the country meeting fans. One dog even threw out the first pitch at a major league baseball game."

Interested in attending? An easy, accessible trip would be to take the train into Penn Station and stay at the Pennsylvania Hotel. Both are within a block or two of Madison Square Gardens. Of course, you can always watch it at home on your sofa with your favorite beverage, a bowl of popcorn and your dog.

*Kater attended the Westminster Dog Show in 1998, the year that the Norwich terrier, her favorite breed, won best in show. She can be contacted at katerleatherman@gmail.com*

## Bay Bytes

Received too many gift cards this Christmas or some that you can't use? Log onto [www.CardPool.com](http://www.CardPool.com) to sell or to exchange for those you'd prefer.

# This Year Join a Travel Club – Or Start Your Own

By Leah Lancione

For some, the idea of traveling alone, unencumbered by children or spouses encroaching on scheduled itineraries, is a godsend. For some, however, going on a trip alone is lonely. For those who like to explore different cultures and meet new people at the same time, a travel club is a great option. Travel clubs provide friendship, safety in togetherness, and, sometimes, financial benefits like group discounts.

It's not difficult to find travel clubs in your area. Simply do a Facebook search for travel clubs in Maryland and a slew will show up for your perusal. The Southern Maryland Travel Club unites folks who love to travel by land, sea or sky, for example. **Meetup.com** is another social media platform that groups travel lovers by their interests and location. A sampling of groups includes Baltimore Gen X Travel Club (30s to 50s), Travel Snob Group Travel, Women Travel Lovers, World in a Weekend, Super Savvy Vacations, Inquisitive Women 50 & Over, Soul Retreats (Expand Your Consciousness) and more. If you want, you can start your own group on **Meetup.com** as well.

Anne Arundel County has its very own travel club called Club Crabtowne, which is “the premier Annapolis ski, sports and events club that has been organizing exciting events for our members for over 40 years.” Founded in 1971, it hosts regular meetings as well as hiking, biking, dancing, skiing and watersports-related excursions for members. Members tour as a group to various parts of the world. If hang gliding, white water rafting, or flying sailplanes sounds like fun, check out Club Crabtowne at [www.clubcrabtowne.org](http://www.clubcrabtowne.org)

The International Travel News (ITN) website ([www.intltravelnews.com/subscribers/travel-clubs](http://www.intltravelnews.com/subscribers/travel-clubs)) also lists various travel blurbs in the U.S. The Annapolis Area Travel Club has information listed on ITN that describes it as a club founded in 1999 that welcomes fellow travel lovers to meet up and share travel stories and gather information for future trips. Avid travelers link up to share photos and relay travel experiences. For more information, email [travelclub@comcast.net](mailto:travelclub@comcast.net)

If you feel qualified as an ardent traveler to start up a club of your own, it is best to first decide if you want it geared toward a specific goal or cross-section of people. Your niche could appeal to seniors, singles, military, history lovers, foodies or those with special needs. However, your group can be broad and invite travel lovers of all age groups, backgrounds, genders, hobbies and interests.

Wikihow ([www.wikihow.com/Start-a-Travel-Club](http://www.wikihow.com/Start-a-Travel-Club)) says the first item of business is to recruit members by posting fliers in local businesses and networking via social media outlets like Facebook or Instagram in addition to advertising by word of mouth.

Once you have some interested participants, set up a group “charter” or commitment that outlines members’ goals, expectations and policies. If you want members to carry out specific functions, and to keep things organized, ask for volunteers or elect folks to take on leadership positions. Wikihow also suggests writing membership contracts and setting up a club bank account managed by the treasurer. Once all the formalities are put in order, hold meetings to discuss trip particulars like budgets, group discounts, plan itineraries and research pertinent information for travel destinations.

In the e-book *Travel Secrets for Seniors*, Ely Lazar and Nancy Adele Thomas advise boomer travelers to start a “Travel Dream Book” that highlights travel goals and visions for places to visit. This may be a good place to start and share with



your new travel club mates. The authors suggest being specific about these travel visions and list where and by when you aspire to embark on excursions, so they serve, in part, as affirmations. Also recommended: Frequently visit senior blogs about travel to inspire you and provide tips like “must-see” and “must-do” lists.

Some experts say that if you're not sure traveling with a group is for you, take a cruise to see how you feel partaking in group activities, sightseeing in unknown places with strangers (who may just become a lifelong friend or travel buddy), and following pre-arranged guided tours of travel destinations.

When she turned 60, Amy decided to check off an item on her bucket list. She had always dreamed of traveling to an exotic place and reading a novel on the beach. She and a friend had read about Costa Rica, and she had seen pictures of the picturesque shorelines there. She felt that by implementing a few sensible precautions, and following a few rules, it would be possible to travel to Costa Rica healthy and return home with only happy memories.

**RULE No. 1 - Research your destination, especially if you are going out of the country.**

**Consult a Book.** Kathy Christensen, wife of a university professor who has planned many of the trips for faculty, takes many trips annually and has visited most European countries, China and Egypt. She recommends researching future destinations by checking out travel books from the library. While they don't include up-to-the minute information about inoculations, these books offer a general overview of travel destinations, including climate, food and water conditions, and how to avoid illnesses such as Montezuma's revenge, or travelers' diarrhea in Third World countries.

*Frommer's*, *Fodor's* and *Lonely Planet* are among Christensen's favorite travel book series. Because travel books are often expensive and/or bulky, she says, "If I find a page in the book that I want to take with me, I just copy that page and take it along."

**Search Online.** Start at [www.cdc.gov](http://www.cdc.gov) and click the "Travelers' Health" link. This will assist you and your health care provider in choosing vaccines, medications and necessary measures to prevent illness and injury during international travel. Christensen says [www.tripadvisor.com](http://www.tripadvisor.com) offers objective hotel information. "They will tell you both the bad and the good."

**Interview Your Travel Agent.** If you decide to work with a travel agency, ask for a destination report, which offers detailed information about countries to be visited. Destination reports provide information about cuisines, water served in hotels, weather, personal safety and disability advisories that could relate to health conditions.

**RULE No. 2 - Prepare in advance.**

**Visit a Travel Clinic.** Before a trip, consider making a travel-specific doctor's appointment. For example, the Passport Health Annapolis Travel Clinic [www.passporthealthusa.com/locations/md/annapolis/276/?utm\\_source=gmb&utm\\_medium=organic&utm\\_campaign=GMB](http://www.passporthealthusa.com/locations/md/annapolis/276/?utm_source=gmb&utm_medium=organic&utm_campaign=GMB) The clinic offers pre- and post-travel consultations for foreign travel. These providers are aware of prevalent diseases worldwide.

During your pre-travel appointment, you can receive preventive medications and immunizations necessary for your travel destination. Pre-travel appointments should be scheduled

at least one month before departure.

**Check Your Insurance Coverage.** If you know which inoculation you need, call your health insurance company to check the scope of coverage, along with availability of trip insurance. Trip insurance coverage is likely to cover accidents, sickness and emergency evacuation (for travel abroad). Check your individual policy for a list of covered conditions.

**Become Healthy Before You Leave.** Develop good habits at home so you don't have to adapt your lifestyle when you travel. When traveling, continue to eat healthy food, get regular sleep and when possible, exercise just like you do at home. Travel means more physical stress, and good health habits will keep your

immune system strong.

**Rule No. 3 While traveling, follow sensible health advice.**

**Prevent Illness and Infection.** Wash your hands often. Carry hand wipes and a hand sanitizer. Avoid touching your mouth, eyes or nose. Take along Pepto Bismol and Imodium to help cope with possible digestive tract problems.

**Eat Clean Foods.** When cruising, avoid buying foods from street vendors, and always eat at reputable restaurants recommended by the cruise line. Eat only fruits and vegetables that you can peel yourself—such as oranges, pineapple, carrots and cucumbers. Hot cooked foods are probably safe, but eat only meat that is fully cooked. Soups are especially good because they have often been kept hot on the stove all day.

**Drink Purified Water.** Large resorts and major tourist destinations have water purifiers. If the water is not purified, buy bottled water from grocery stores and hotels. (Make sure the seal isn't broken before you buy.) Avoid ice, which may be made from unpurified water. Consider carrying water purification tablets, available from stores such as REI or Kirkham's.

**Know Who to Contact for Health Care.** If you become sick during your trip, contact your hotel's staff or your tour guide. They will be familiar with local medical facilities. Following your trip, travel clinic physicians will evaluate and treat illnesses that you may have developed while traveling. The extent of your work-up will depend on your travel itinerary, history of disease while traveling and symptoms. If you return from an area known for malaria and experience diarrhea within six months, consult your doctor.

**Travel Healthy and Happy!**

Traveling is a great experience, and you can learn many things on a trip. Be prepared and flexible. Expect things to be different from the way they are at home. If everything was the same as it is at home, why would you need to go?

# HOW TO TRAVEL HEALTHY

By Carolyn Campbell

# WHAT'S YOUR PLAN?

By Ryan Helfenbein

Here we are again at the start of a new year. With a new year comes new goals and resolutions. According to *US News & World Report*, 60% of us will in fact make resolutions for this new year. Exercise more, lose weight and even eat healthier are in the top five of the most common resolutions. All of these good intentions revolve around the topic of living a fuller, longer life. While these are incredible achievements to strive for, it is found that 80% of us fail by the second week of February. What do we do? Easy, we table it for the 2021 resolution list! Perhaps this year consider putting something on that list that can be completed and crossed off your list – planning your own funeral and cremation.

A research study was done by NFDA (National Funeral Directors Association) in 2017 that revealed nearly two-thirds of Americans acknowledge the importance of making their own funeral and cremation plans known and more than 50% feel it is important to gather stories from older generations. To bring this a little closer to home, I've found that just over 25% of the families we assist have plans made in advance. This has grown tremendously over the past 20 years as more and more of the members of our community feel the importance of planning ahead of time.

When planning ahead, we need to be cautious of both how and with whom the plans are being made. First, understand that only a licensed mortician in the state of Maryland can provide you the pricing of services and merchandise that you would need included in a funeral/cremation plan. In addition, the industry also provides a certification, through a series of testing, that gives the licensed funeral director a certified planning counselor title. You should ask the funeral home questions before you begin planning. How long have they been making advance plans? Who within their organization developed their advance plan program? And, most importantly, what will you receive as proof that all of the decisions are made and the details are in order? Your everyday funeral home may not be able to provide this style of planning. Be sure the funeral home of choice has an experienced licensed preplanning counselor dedicated to seeing your plans are guaranteed to be carried out in the future.

Another question you should ask is where the funeral home will be placing your money. In the state of Maryland, a funeral home must place an individual's money with a third party. The

choices are in a bank, with that funeral home's name attached to it, or in a prepaid insurance plan. Allowing a funeral home to put your money into a bank account ties you to that funeral home in the future. Even though another firm can access the money if you were to relocate, the original funeral home will still need to be involved. Way too messy. So, the better choice of the two is what is called prepaid funeral insurance. This is exclusively offered through the funeral industry under the supervision of a certified, licensed funeral director who also holds a Maryland life insurance license. A company highly recommended in our industry is called Global Atlantic, which offers a program called Forethought. It is a company that provides \$66 billion in asset protection to ensure

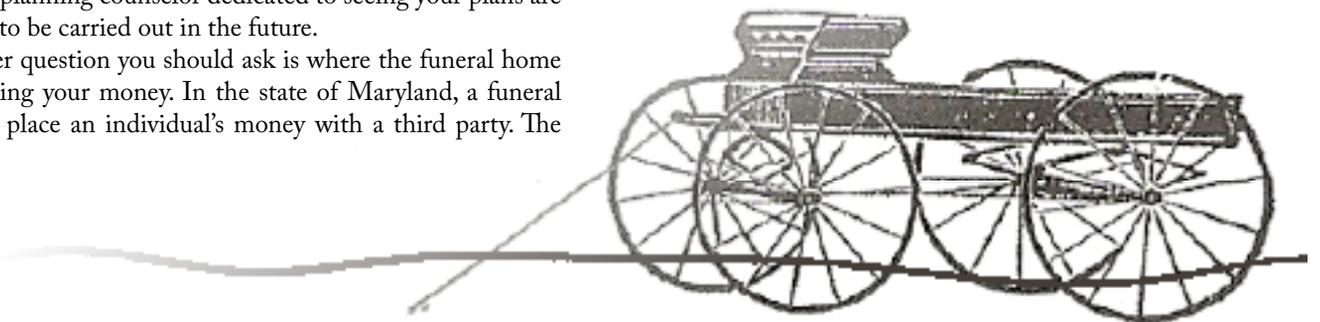
that your funeral or cremation money will in fact be there upon your death. In comparison, other providers in this arena have less than \$10 billion in asset protection. Many funeral homes are encouraging financial arrangements which benefit themselves, but with

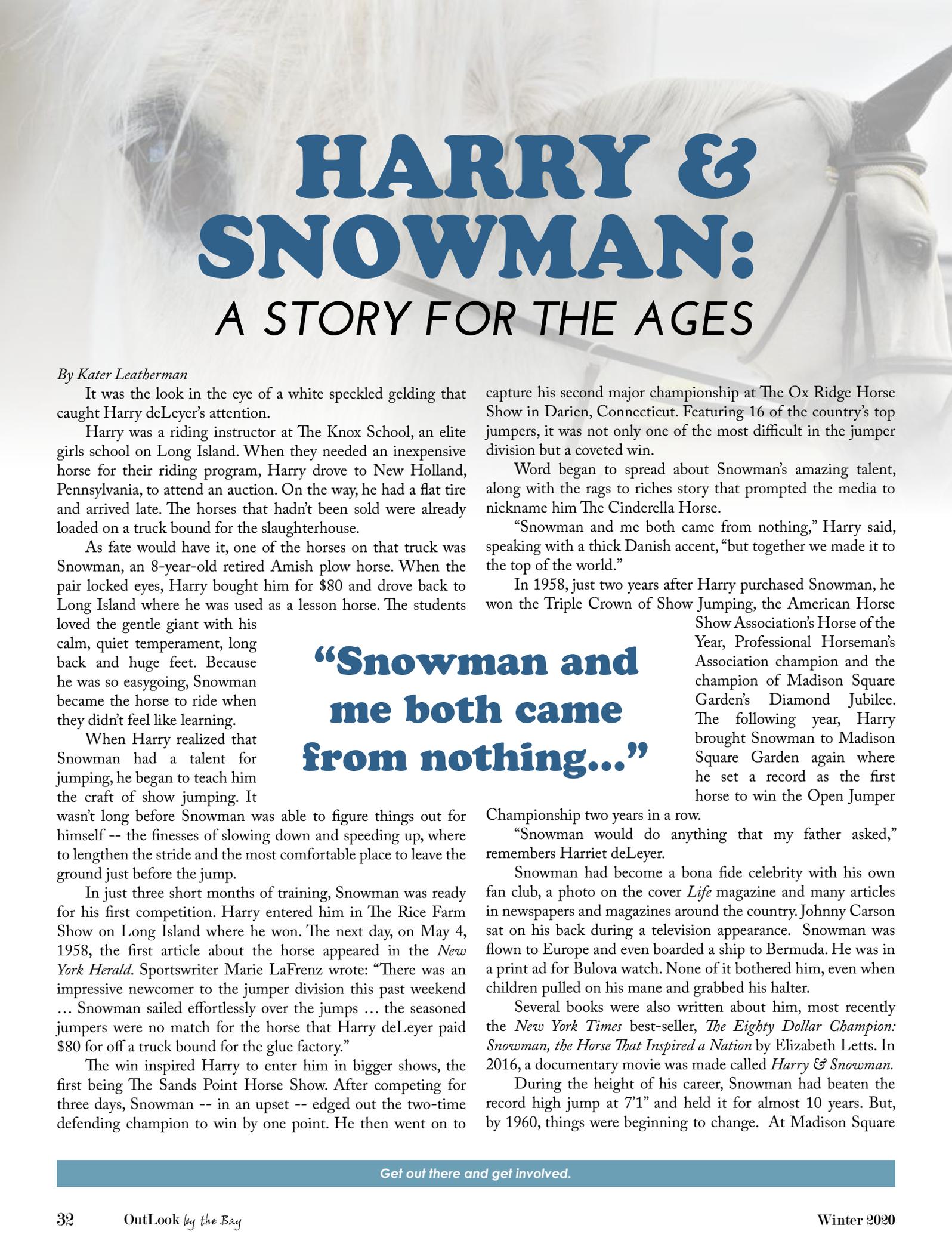
prepaid funeral insurance, you control what firm is to carry out your plan and you are never tied to that firm. The questions you'll want to ask are: Where is your money going to be held? How are you guaranteed that the money paid today will in fact be there to pay the future expenses and if you are to move, will that money go with you?

The biggest benefit in planning ahead is the fact that it is done. The financial obligation is eliminated from your family and the emotional planning process is limited to a simple phone call whenever and wherever death occurs. Although 60% of us make new year resolutions and 80% of us fail to achieve them, we all have a 100% chance of a final day here on Earth. By taking the time now to make your plans in advance, you will eliminate your family's concern for the future, and more importantly, give you the time to concentrate on the resolutions to live longer and prolong the time before the plan will be used.

*Ryan, who is owner, supervising mortician and preplanning counselor at Lasting Tributes on Bestgate Road in Annapolis, offers area residents solutions to high-cost funerals. He can be contacted at 410.897.4852 or Ryan@LastingTributesFuneralCare.com*

Make your plans in advance,  
eliminate your family's  
concern for the future.





# HARRY & SNOWMAN: A STORY FOR THE AGES

By Kater Leatherman

It was the look in the eye of a white speckled gelding that caught Harry deLeyer's attention.

Harry was a riding instructor at The Knox School, an elite girls school on Long Island. When they needed an inexpensive horse for their riding program, Harry drove to New Holland, Pennsylvania, to attend an auction. On the way, he had a flat tire and arrived late. The horses that hadn't been sold were already loaded on a truck bound for the slaughterhouse.

As fate would have it, one of the horses on that truck was Snowman, an 8-year-old retired Amish plow horse. When the pair locked eyes, Harry bought him for \$80 and drove back to Long Island where he was used as a lesson horse. The students

loved the gentle giant with his calm, quiet temperament, long back and huge feet. Because he was so easygoing, Snowman became the horse to ride when they didn't feel like learning.

When Harry realized that Snowman had a talent for jumping, he began to teach him the craft of show jumping. It

wasn't long before Snowman was able to figure things out for himself -- the finesses of slowing down and speeding up, where to lengthen the stride and the most comfortable place to leave the ground just before the jump.

In just three short months of training, Snowman was ready for his first competition. Harry entered him in The Rice Farm Show on Long Island where he won. The next day, on May 4, 1958, the first article about the horse appeared in the *New York Herald*. Sportswriter Marie LaFrenz wrote: "There was an impressive newcomer to the jumper division this past weekend ... Snowman sailed effortlessly over the jumps ... the seasoned jumpers were no match for the horse that Harry deLeyer paid \$80 for off a truck bound for the glue factory."

The win inspired Harry to enter him in bigger shows, the first being The Sands Point Horse Show. After competing for three days, Snowman -- in an upset -- edged out the two-time defending champion to win by one point. He then went on to

capture his second major championship at The Ox Ridge Horse Show in Darien, Connecticut. Featuring 16 of the country's top jumpers, it was not only one of the most difficult in the jumper division but a coveted win.

Word began to spread about Snowman's amazing talent, along with the rags to riches story that prompted the media to nickname him The Cinderella Horse.

"Snowman and me both came from nothing," Harry said, speaking with a thick Danish accent, "but together we made it to the top of the world."

In 1958, just two years after Harry purchased Snowman, he won the Triple Crown of Show Jumping, the American Horse

Show Association's Horse of the Year, Professional Horseman's Association champion and the champion of Madison Square Garden's Diamond Jubilee. The following year, Harry brought Snowman to Madison Square Garden again where he set a record as the first horse to win the Open Jumper

Championship two years in a row.

"Snowman would do anything that my father asked," remembers Harriet deLeyer.

Snowman had become a bona fide celebrity with his own fan club, a photo on the cover *Life* magazine and many articles in newspapers and magazines around the country. Johnny Carson sat on his back during a television appearance. Snowman was flown to Europe and even boarded a ship to Bermuda. He was in a print ad for Bulova watch. None of it bothered him, even when children pulled on his mane and grabbed his halter.

Several books were also written about him, most recently the *New York Times* best-seller, *The Eighty Dollar Champion: Snowman, the Horse That Inspired a Nation* by Elizabeth Letts. In 2016, a documentary movie was made called *Harry & Snowman*.

During the height of his career, Snowman had beaten the record high jump at 7'1" and held it for almost 10 years. But, by 1960, things were beginning to change. At Madison Square

**"Snowman and  
me both came  
from nothing..."**

Get out there and get involved.

Garden, he was named the reserved champion. Two years later, he finished third. Harry continued to show him for the next few years, but Snowman was slowing down.

On Nov. 9, 1969, at the 86th National Horse Show, Snowman returned for his final accolade as one of the greatest show jumpers of all time. With everyone on their feet and not a dry eye in the house, Snowman walked around the ring twice with “Auld Lang Syne” playing in the background.

After Snowman was retired, he became the family horse for Harry’s eight children. In Winter, he would pull the kids on skis and sleds. They would take him to the nearby beach on Long Island where he would swim with two or three kids on his back. He loved to swim so much that Harry had to whistle to get him to come back to the shore. The kids even used him as a diving board.

Perhaps the most heartwarming part of this story goes back to 1956, the year that Harry rescued Snowman from the meat factory. Harry had promised his neighbor a horse named Ocean Rose, but it slipped his mind. So, to make good on the deal, Harry told his neighbor, who lived 6 miles away, that he would sell him the next really good saddle horse that came in. Snowman happened to be the next one.

But Snowman would have none of it. Five days after being sold, he jumped the fence and found his way back to Harry. A

few days later, he did it again. On his third attempt, Snowman returned with a car tire attached to a rope around his neck. Snowman wasn’t letting go of the man who saved him and, when Harry realized that he could also jump high fences, he vowed to never sell him again. (Harry was offered \$100,000 for the horse after he became famous.)

On Tuesday, Sept. 24, 1974, at the age of 27, Snowman had to be put down due to kidney failure. Harry couldn’t bear to be there, but when the time came, Snowman wouldn’t let anyone else lead him out of the barn.

“Snowman knew it was his time and he wasn’t going without his friend there,” recalls Harriet deLeyer.

After Snowman was euthanized, Harry disappeared for two days, later claiming that losing Snowman was the hardest part of his life.

“Snowman gave my father the reputation and respect that he was looking for as an immigrant in this country,” Harriet observed. “Snowman saw in my dad a savior. My dad gave Snowman a freer life to be loved and cared for as part of a family.”

Harry deLeyer arrived in this country with the shirt on his back and a dream to become a professional horseman.

“Snowman made me,” he said.

*Kater can be reached at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

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*Caring For Life*

# FRAYS IN THE FAMILY FABRIC: WHEN ADULT CHILDREN FIGHT

*By Carolyn Campbell*

For two years, Nancy's son and daughter each invited her to separate family parties where the other sibling didn't attend. Nancy knew they weren't speaking, but she didn't know the reason. She felt powerless to help and also didn't want to risk making the conflict worse by trying to intervene.

In another family, Pauline dreaded family dinners because of the tension between her two daughters. Her older daughter, April, made hurtful comments throughout the meals. She disparaged Pauline's younger daughter, Jane, about everything she said or did. Finally, Jane said, "I'm done. You can leave now." Pauline felt deep sadness as she watched April, her older daughter, walk out of Jane's front door with her children. But what could she do?

*Realize that arguments among adult children are common.*

Nancy and Pauline are far from alone. They surely aren't the only mothers involved with disagreeing siblings. Beginning in early childhood, sibling relationships are complex. As a parent, you've raised several adults with individual personalities and their own preferences, likes and dislikes. Sometimes their interactions are happy and enduring, in other cases they are prone to constant bickering. Therapist Brent Pace explains that family dynamics, relationships and personality styles may influence conflicts and disagreements. Even in the best of families, personality clashes are likely. Your job is to not make things worse. Emotions that arise during adult arguments may include jealousy, hurt, vindictiveness and resentment. Occasionally, siblings will become so tied to past conflicts that they terminate contact with their siblings and become estranged. While they may feel relieved at the time, the loss of a sibling relationship is actually a significant absence of opportunity for continuing family support and love. Family associations can be a significant source of comfort to both siblings and their parents.

*Arguments naturally begin in childhood.*

Despite parents hoping and longing for them to always be friends, kids begin to disagree in childhood. They fight over their toys, or who gets to sit in the front seat. For kids, the tension of an argument is sometimes exciting and tempting. Historically, some conflicts occur because children are in an unspoken competition for the attention of their parents. Some of the most contentious fights between siblings occur because one sibling feels that the other is receiving more money from their parents. Most sibling squabbles are about fairness, says Marybeth Raynes, a licensed marriage and family therapist. "If parents give money to anyone at all, it helps to have them decide on some rules across the board -- such as giving a certain amount, no matter what, for birthdays or Christmas. Making the rules the same across the family system makes a big difference." She adds that not all parents can do

that. "If there has been a favorite in the past, the favorite will feel betrayed." Continuing unspoken competition for parental attention or favor, the possibility of a future inheritance, in-law disagreements or the division of tasks in caring for an aging parent can all lead to disagreements among adult children.

*Stay neutral and encourage family friendships.*

When siblings solve the problem themselves, it generally works out better. As a parent, you're supposed to remain impartial. If possible, try to stay nonjudgmental and let adult children work out their own conflicts. The issues your children have with each other run deep and could be the result of their upbringing. If you get involved, you also risk becoming the common enemy, as your children can turn on you. Try to avoid guilt-tripping them, which can make them even more withdrawn. It's a good rule of thumb that if parents can stay neutral in their adult children's disagreements, they can become a touchstone that their children can go to, Pace explains. "It's a wise thing for the parents to say, 'This is a free zone, we don't talk about politics (or any other subject of contention) here. It's like when you play tag, there needs to be a place where you can say, 'I'm home.' The parents' home can be a home like that, where they say, 'I put my family first.'"

Remind them that you want them to be civil and to care about each other. Family is important. Speak to them individually about your desire for all to get along and let everyone know what you are doing. It's never a good idea to tell one of your adult kids to lighten up without telling the others.

*Acknowledge the pain from the conflict.*

While experts recommend parents not become involved in the disagreement, it's important for mothers and fathers to validate their children's feelings. By not acknowledging the feelings they are experiencing, you are basically saying that their pain isn't important to you. Don't think talking about the conflict makes it worse. Minimizing or dismissing your adult child's perceptions can actually hurt the relationship you share. Their feelings are real and need to be processed. Let them know that you understand that they are feeling pain.

If the dispute is financial, as parents you may attempt to diffuse the tension by explaining that one child is going through a tough time and needs financial help or that a sibling borrowed or was given money for a specific purpose. Then explain that you will (hopefully) be there when the others need help, too. Being as open as possible and making every attempt to be fair about money can help defuse arguments.

*Don't fight over a peanut.*

When Pace, the therapist, was a boy, he and his brother got into a fight -- literally over a peanut. That disagreement led to his

family's using the phrase, "fighting over a peanut." Now, he and his siblings will remind each other when an argument becomes trivial by saying, "You guys are fighting over a peanut again." Pace suggests avoiding fights "over a peanut" when the stress of the disagreement reaches beyond the source of the disagreement. When adult children disagree over everyday matters, such as where to celebrate Easter dinner, you might consider speaking up and trying to resolve the issue with a possible solution or compromise that you feel is as fair as possible to all of your children.

*Cultivate individual relationships.*

Raynes encourages clients to develop relationships with each child independently. Even when they are adults, kids appreciate having individual time alone with you. They still need to know that they are important to you, and that they matter equally. "When you increase your connection with each child individually and that child feels more connected and receives attention, sibling squabbles will go down," Raynes says. "If your adult children are arguing, it's an especially good time to see them individually."

*Preserving the peace is great, with exceptions.*

There are exceptions to the rule that preserving the peace is the optimum choice, Pace explains. If you believe that grievous harm is being done, you might want to choose to step forward. He says that might happen in 1% of situations, where you sense somebody is being so hurtful and harmful that you become worried about a family member's safety. "Safety is where you draw the line, such as if a child is being neglected or harmed. It could be possible that a family member marries someone with a personality disorder, and

you might need to involve a professional." He continues, "I don't recommend getting involved with a family member's drinking, unless you think they are an alcoholic doing harm to themselves and others. Then you get other family members involved and mount an intervention." In such an event, family members might say, "We love you and want you to know that your drinking is harmful to you and to your family. We can't continue to watch you self-destruct. The options are these—get treatment or we will have to step back (withdraw temporarily from the relationship)."

*Employing outside resources, such as therapy or going online.*

Raynes explains that when there is a mild disagreement and the children are "pretty mature," a parent can suggest talking through the situation, looking up answers in books or going online. "You could say, 'Let's sit down and resolve this together.' In that situation, the parent is in the background role of advising or inputting." She adds, "But if the parent tries to solve it, they are in trouble. These are adult children -- you can't give them 'time out' anymore."

On the other hand, if the disagreement is severe and disruptive, parents might want to consider going into therapy themselves, with someone who is trained in marriage and family therapy. "Once in a while, there will be a big trauma that merits outside help," Raynes says. If the parents did their best to raise the kids, she explains, the parents will have some kind of residual authority. Practicing the recommendations in this article will have more influence. Yet, as one social worker said, even the best child is very trying, and young parents often don't have the resources to handle every conflict that arises.

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# Can You Pass This 1970s Trivia Quiz?

By Kater Leatherman

We're a few weeks into the brand-new decade, and it begins with what may very well be one heck of a year! Predictions for 2020 vary, from a massive increase of robotic technology to a long Winter, to another good year for the stock market.

For the moment, though, let's jet back to the 1970s and remember what happened for real.

This was the decade of polyester, disco, Watergate, gas shortages, the Vietnam War and a sluggish economy.

Here are 20 questions to see how well you remember this vibrant decade:

- 1. What was the top-grossing film of 1970?**  
A M\*A\*S\*H\*  
B Airport  
C Love Story
- 2. How much was Triple Crown winner Seattle Slew purchased for at auction?**  
A \$95,000  
B \$17,500  
C \$250,000
- 3. Which popular band broke up in 1970?**  
A The Doors  
B The Beatles  
C The Police
- 4. What crucial natural resource had a major effect on all economies in 1973 and 1979?**  
A Water  
B Oil  
C Coal
- 5. In 1974, this baseball player hit his 715th career home run to break Babe Ruth's legendary record of 714.**  
A Hank Aaron  
B Willie Mays  
C Mickey Mantle
- 6. What year was the invention of the VCR introduced, allowing people to watch movies in their home?**  
A 1971  
B 1975  
C 1979
- 7. What university's entire football team and eight coaches lost their lives in a 1971 airplane crash?**  
A University of Virginia  
B Michigan State  
C Marshall University
- 8. In 1974, the first automobile air bags were installed by which company?**  
A General Motors  
B Ford  
C Volvo
- 9. What was the name of the first "test tube" baby born in 1978?**  
A Astrid Hahn  
B Klara Borisyuk  
C Louise Brown
- 10. In which city did the XII Winter Olympics begin?**  
A Lake Placid, New York  
B Innsbruck, Austria  
C Sapporo, Japan
- 11. Truman Capote referred to his female friends by what nickname?**  
A Swans  
B Belles  
C Sassy ladies
- 12. Historians have portrayed the 1970s as:**  
A Pivot of change  
B Age of disco  
C Me decade
- 13. U.S. President Gerald Ford was nearly assassinated twice in September 1975 in what two cities?**  
A Dallas and San Antonio  
B Sacramento and San Francisco  
C Baltimore and Washington, D. C.
- 14. This woman made history in August 1974 when she became the first African-American model to be pictured on the cover of American Vogue.**  
A Naomi Sims  
B Beverly Johnson  
C Pat Cleveland
- 15. In 1972, American chess grandmaster Bobby Fischer ended a Soviet win streak that dated back to 1948. Who was his opponent?**  
A Boris Spassky  
B Alexander Ivanov  
C Oleg Kuznetsov
- 16. At the Watergate Office Building on June 17, 1972, what alerted the security guard that something was amiss in the DNC headquarters office?**  
A The door was ajar  
B Tape was used to hold open the latch on the door lock  
C A light was left on
- 17. The building that housed Studio 54 was previously used as what?**  
A A television station  
B An opera house  
C Music theater
- 18. Who was the first black man to win Wimbledon when he defeated Jimmy Connors in July of 1975?**  
A James Blake  
B William Tatem Tilden, II  
C Arthur Ashe
- 19. In 1975, what was the approximate population in the U.S.?**  
A 219,000,000  
B 243,000,000  
C 198,000,000
- 20. On Jan. 30, 1977, this show set a record when almost 100 million people tuned in for the finale.**  
A All in the Family  
B Dallas  
C Roots

Trivia quizzes are a nice break from screen time. They combine fun, challenge and competition. But did you know that they also reduce stress, lift our spirits and help our brain perform under pressure?

To check your answers, go to page 41.

Kater can be reached at [Katerleatherman@gmail.com](mailto:Katerleatherman@gmail.com)

# AMTRAK IT TO YOUR WINTER ESCAPE

By Penelope Folsom

During the frigid days of Winter 2019 we had the opportunity and pleasure of traveling to Florida via the Auto Train. It proved to be an interesting, comfortable and affordable way to avoid the over 15 hours or more it takes to travel on Route 95. Departing from Lorton, Virginia, at 4 p.m. we found the entire process to be an unexpectedly delightful experience. We traveled mid-week, which avoided the crowds. It was a good choice as the train appeared to be not much over half-filled.

We surrendered the car keys to the attendant at the station. There were no lines even though as many as 330 cars can be transported. Check-in begins five hours prior to departure and continues until one hour before departing. A waiting room, unlike the railroad waiting rooms of old, is bright, airy and comfortable. There's a convenience food store and numerous big screen TVs that are quietly in the background.

At both Lorton and the destination of Sanford in central Florida, there is a well-organized check-in counter with no lines. Checking in with Amtrak makes airline travel look like a maze through an inhospitable jungle. The reservationist asks for a photo ID, and a bit like a cruise ship, they will ask which seating you'd prefer for dinner: 5, 7 or 9 p.m. There are choices of accommodations which was taken care of when making the reservation. The choices range from no-frills roomettes with single bunks to luxurious superliner bedrooms. Seats in coach are, however, more than adequate so a roomette may not be required. The reclining seats in the passenger cars are spacious, providing drop down trays, flip-up leg rests and electric outlets. Wide windows offer panoramic views of the countryside.

Train passengers with roomettes are on the lower level, as are the restrooms. Those choosing to travel in coach and not in a private room are one short flight up.

The train ride is, for the most part, smooth as it travels nonstop down the coast. Passengers can enjoy endless free coffee and light snacks that are available in each car, as well as drinks and snacks for purchase in the lounge car, where game playing and socializing takes place.

When each of the three dinner times is announced, passengers are directed to a table for four. This gives one a chance to chat with other travelers. We were seated with an MIT student from China and a fellow traveling for the first time without his wife. It made for lots

of interesting dinner conversation. The meal is served at no cost and was adequate, offering both drinks and dessert. After dinner you can walk to the lounge car for a movie, drink or game of cards before settling in for the night. By 9 or 9:30 the overhead lights are turned off in most of the cars, leaving a reader with one small light. (You may want to bring a clip-on light for nighttime reading.) Early to bed is encouraged and most are happy to comply. Pillows and blankets are provided, although it's preferable to bring your own. This is easily done as two carry-on bags are allowed. We took a large canvas boat bag that held not only a pillow but a laptop, a board game, books, snacks, iPhone charger and magazines. All other luggage was left in the car, which by the way is not accessible during the trip.

The time passed quickly, but when 6 a.m. arrived, it was a relief to stretch and walk down to the open seating, free breakfast and another opportunity to chat with fellow travelers.

The train arrived in Sanford later than scheduled, but none of the passengers seemed at all vexed. Most appeared to be of the age when one is free of deadlines and overscheduling.

Cars were delivered promptly in an organized fashion and we were delighted to see our bikes, for which we had to sign a hold-harmless waiver, intact and still attached to the bike carrier on the back of our vehicle.

Overall it was a delightful and stress-free experience. For reservations and information, log onto [www.Amtrak.com](http://www.Amtrak.com) When booking your reservation, keep in mind pricing is geared to your chosen travel date. Weekends are generally higher-priced. Flexibility is key if you're looking for bargains. A very helpful site that covers just about everything, with pictures, can be found at <https://thepointsguy.com/reviews/amtrak-auto-train/>

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# TRENDY TERRARIUMS: *Green and Serene*

By Nancy J. Schaaf

The Environmental Protection Agency says Americans spend 93% of their lives indoors. This statistic included factors such as time at home, at work and in transit. Known as the “indoor generation,” this lifestyle creates stress, anxiety and fatigue. Because we spend so much time indoors, it is essential to bring nature into our homes. We feel happier when surrounded by plants which are decorative and beautiful. Indoor plants increase well-being. Research shows that spending time in nature, or at least with nature, improves the immune system, reduces stress hormones, lowers blood pressure and boosts self-esteem.

Terrarium gardens are an easy way to introduce nature into our homes, reminding us that the beauty of the outdoors can be experienced during all seasons. The art of creating a terrarium is credited to Nathaniel Bagshaw Ward who published his book *On the Growth of Plants in Closely Glazed Cases* in 1842. Known as the “Wardian Case,” it became a popular trend during the Victorian Era in England.

Today, we see a comeback of the trendy terrarium with its enclosed ecosystem that mirrors a plant’s natural environment. In the terrarium, plants almost never need water and will grow happily for years with a moderate amount of sunlight and minimal care. Sunlight causes the water from the soil and the leaves of the plants to evaporate and condense along the sides and roof. The condensed vapor then drips down, imitating the natural rain cycles that provide moisture for our ecosystem that keeps the Earth alive. This process is repeated indefinitely, creating a constant supply of water. The sunlight that passes through the transparent glass allows photosynthesis, a very important aspect of plant growth.

Terrariums are easy to make and incredibly low maintenance. The first step is to select a closed container, preferably glass. It is important that the container’s size allows for plant growth. Secondly, cover the bottom of the container with an inch-thick layer of pebbles to create a drainage system for the plants. Next, add a thin layer of activated charcoal which keeps the water fresh and prevents mold. Then place a layer of potting soil. The mix used to grow African violets is an excellent choice. Finally, place plants in the terrarium beginning with the largest and using an odd number of varying heights and shapes to make the arrangement

pleasing to the eye. Also, add a plant with a splash of color to the greenery to make an interesting display.

Select plants that can tolerate humidity as the enclosed nature of a terrarium holds in moisture. Small-sized plants that like low or indirect light and that share the same environmental needs are best.

There are numerous plants that will do well in a terrarium. Mosses are easy to grow, provide soothing shades of green and striking textures. Often called mood moss, *Dicranum scoparium* is a soft brilliant green moss species that grows in mounds. A golden green Scottish moss and green fuzzy Irish moss are two popular hardy choices.

Baby’s Tears is a low growing plant that has a moss-like appearance with tiny round green leaves. The stunning green foliage grows to a height of 6 inches.

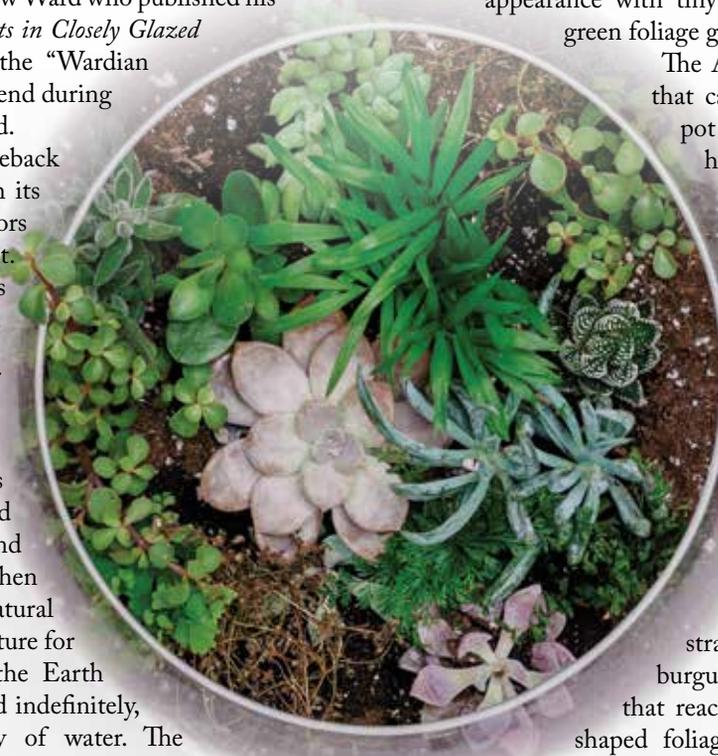
The African violet is a blossoming plant that can be difficult to grow in an open pot but thrives in a terrarium with the humid, warm environment. Their soil needs to be constantly moist for the plant to grow well, which a terrarium offers.

For more color in the terrarium, select a starfish plant, a member of the bromeliad family. The leaves have stripes ranging in colors from deep red, white and dark green. The leaves change colors with the intensity of light, and it reaches only about 6 inches at maturity. The plant may produce small flowers.

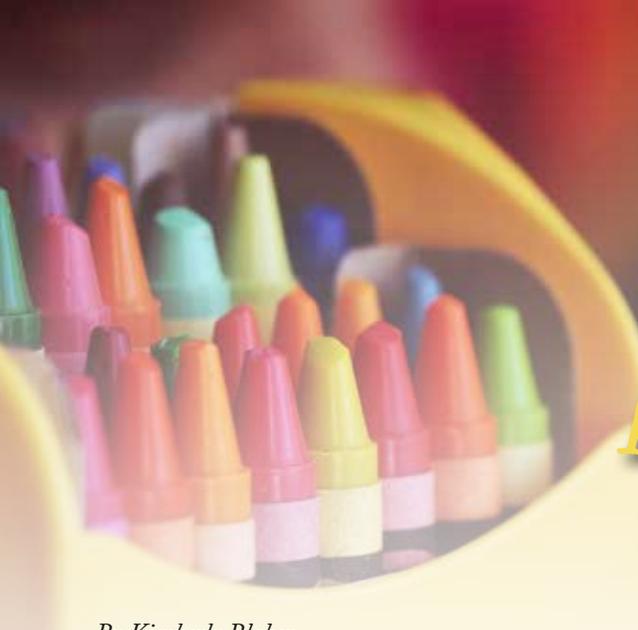
Another colorful addition is the strawberry begonia, which has lovely burgundy-red vertical stems and flowers that reach a height of 8 inches. The heart-shaped foliage presents a two-tone pattern of green and deep red.

Not all plants thrive in a closed terrarium. The major consideration concerning the type of container is the type of plant and level of care that will be required. Although not technically a self-contained terrarium, an open vessel is better suited for plants that prefer less humidity and soil moisture. For those who prefer succulents and cacti, these plants do better in an open terrarium. To mimic their native environment, add some sand to the potting mix. For plants adapted to dry climates, unsealed open terrariums are used to keep the air in the container free from excess moisture.

Covered or not, creating a tabletop universe by bringing greenery indoors adds warmth to our homes.



*There's still time to say that this is not how my story will end.*



# Brighten A Gloomy Day For Grandkids

By Kimberly Blaker

Don't let the weather get your grandkids down. Because there's no better occasion to enjoy indoor fun. Try some of these ideas to brighten everyone's spirit and strengthen your family bond.

**Make a tent or fort.** Indoor tents and forts make fun play areas as well as cozy retreats for reading or watching movies. To build a tent, take several bed sheets, tablecloths or blankets and hang them over tables or backward-facing chairs. For a more permanent structure, connect PVC tubing into the shape of a box. Then drape it with sheets.

**Hold an art workshop.** Gather the basics such as paper, paint and markers. Then scrounge for a variety of recyclables such as boxes, toilet paper rolls, plastic bottles, caps, old magazines, and anything else you can think of. If you have any crafting supplies such as yarn, fabric or glitter, pull those out as well. Then let your family's creative inspirations flow to their hearts' content.

**Do a read-in.** First, head to the library and have everyone pick out some books. When you return, pull out pillows and blankets in the family room and spend the day lounging and reading. Another option is for everyone to take turns reading aloud from a book that's geared toward all ages.

**Learn self-defense.** Rent or buy a martial arts DVD on basic self-defense. Then gather your grandkids to practice techniques that could help them escape a dangerous situation.

**Hold a magic show.** Pick up magic trick books or watch magic videos online. Then practice up, and invite the neighborhood kids to come and watch your act.

**Have a dance-a-thon.** Crank up the volume to some pop, hip-hop, or whatever your grandkids' favorite music is, and see whose energy holds out the longest.

**Play bakery.** What better way to warm up on a chilly day and enjoy family time than to bake some tasty treats? Make a day of it and get all your baking done in advance for an upcoming gathering or so you have treats to store. After you've sampled the goodies, freeze the remainder.

**Sizzling science fun.** Search online for fun experiments you can conduct at home with basic household products and ingredients. Perform a few. Then make a video of a really cool one to post on YouTube.

**Do a workout.** Physical fitness is vital for the entire family. Look for a HIIT, Zumba or another cardiovascular exercise video with today's hottest music and moves.

**Paint a wall mural.** Is your family artistic? If so, choose a wall in your basement, garage, mudroom or playroom in need of a personal touch. Before you begin, draw your mural idea on a piece of paper. Then buy three or four quarts of primary color paints plus a quart of white and black. You can mix the colors at home to create additional colors and shades.

**Hold a game night.** Pull out the cards and board games, then gather some snacks. Start keeping score to see who the night's grand winner will be.

**Enjoy a picnic.** Who says picnics are only for outdoors? Put together all the fixings of a picnic complete with a picnic basket, if you have one. Then spread out a blanket in your family room, and enjoy the grub.

**Tell stories.** Write a dozen or so story prompts each on a separate piece of paper, and toss them into a bowl. Then take turns pulling out a story prompt and telling a story. Another option is for one person to start the story. Then, go around the room, and each of you adds a sentence to the story. See how long you can keep the story alive.

**Get cultured.** Choose a culture your grandkids would like to experience and learn more about. Look for recipes from that culture online as well as mealtime customs for a fuller experience. Then have everyone pitch in and help cook the international fare.

**Perform a puppet show.** Pull out old socks or brown paper lunch bags, and make your own puppets. Draw on the faces, and use yarn or string for the hair. Then take turns performing your acts.

Any of these can be fun on a drizzly Winter day, or you can even ask the grandkids what they'd like to do. Often they'll come up with creative ideas that would be fun to do together.

## Bay Bytes

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# SEEKING SOCIAL OPPORTUNITIES

While the connection between exercise and well-being has long been cited, there is now ample evidence connecting socializing to mental and physical health as well as longevity. Many studies have concluded that an active social life can boost the immune system, lower blood pressure and reduce physical pain that is reinforced by depression. People who socialize regularly are much less likely to demonstrate cognitive decline as seniors. Plus, people in large groups are more likely to encourage healthy habits among each other, including exercise. Researchers in a study appearing in the *Annals of Family Medicine* concluded that social contact may be as effective as physical activity in improving mood and quality of life. Researchers at the University of Michigan tested people between the ages of 24 and 96. They discovered that even 10 minutes of social interaction improved cognitive performance. Getting out, talking to others and sharing experiences can both engage the brain and provide life enrichment. Social activities help ward off loneliness. They promote a sense of enjoyment, belonging and safety that helps people to feel secure.

What are some ways to seek social opportunities as a baby boomer or senior?

**CONSIDER VOLUNTEERING.** It's possible to move past your own loneliness by helping others with their problems. You can volunteer for a cause you believe in. Consider getting involved with a local service club such as Kiwanis, Rotary, Lions or the Chamber of Commerce. Many nonprofit organizations and charities need all kinds of help. Local hospitals, libraries and senior centers often need volunteers. One woman who volunteers at a hospital has become friends with both the other volunteers

and some employees. She also joined an auxiliary committee and they started having lunch meetings to discuss activities and then continued with other social get togethers.

*By Carolyn Campbell*

**VISIT A SENIOR CENTER.** With all of their programs and activities, senior centers are absolutely great for socializing through traveling or taking classes. Log on to your county's senior center activity site or department of aging for lists of all that takes place in your area.

**TAKE AN ACTIVE ROLE IN FRIENDSHIP.** Make in-person contacts a priority. Meet friends for lunch or ice cream, go shopping together, take a walk or invite a group of friends for a Saturday lunch at your home. Just like the saying, "a change is as good as a rest," a get-together with a friend can provide you with a fresh outlook and a new perspective. Consider picking up the phone at least once a week to speak to a friend. If you are working, set a goal to have lunch with a friend at least twice a week. Some people don't allocate time for others because they consider friendships to be secondary in comparison to responsibilities with families, volunteer work or careers. But, really, having friendships can make a person happier and more content in family, work and volunteer relationships.

**CHECK OUT CLUBS, SUPPORT GROUPS OR HOBBY GROUPS.** Whatever interest you already have or want to pursue, there is usually a local group of people who have a passion for the same interest, whether it's playing bridge or ballroom dancing. You will instantly have something in common with other members of the group. Even if your favorite way to relax is to read

a book alone on your couch, consider joining a book club to share thoughts and socialize. Along with your interests, consider your needs that may be fed by socializing with others. Support groups offer the unique camaraderie for people who truly understand each other's situations. Meeting in a group is efficient, because you see a lot of people at once and it also means you're creating a social network, not just a one-on-one friendship. It's a lot easier to maintain friendships with people if you have several friends in common. No one is more attractive to others than someone who is engaged in life. Whether you take a writing course, join a fitness center, sign up for painting classes or volunteer at your local soup kitchen, find an interest that stirs your passions and places you in contact with the same people on a regular basis.

**ENROLL IN A GROUP EXERCISE CLASS.** Consider water aerobics, dance or walking with your neighbors. It's easier and more fun to do your regular exercise if you combine it with socializing with friends or other class members.

**PLAY ON A TEAM.** Join a bowling league, Frisbee golf team, pickleball group, golf team or walking club. There are even groups that play Wii-games together.

**RELIGIOUS AFFILIATION.** Churches can be a main source of socializing throughout one's life. Many have senior and single group activities such as dinners, game nights and outings, along with the socialization that takes place during regular worship.

**SHARE A MEAL.** Eating a healthy diet is important, and yet quite possibly, the greatest digestive aid is the company of others. Consider forming a monthly lunch group to try different restaurants or homemade lunches at each other's homes. One group of writers who met for lunch would simply ask, "Has anyone written this month?" After everyone said yes or no, the consensus was simply, "Let's eat." Some senior groups host breakfast meetings at local restaurants or senior centers.

**USE SOCIAL MEDIA.** If it's difficult to get out and about because you live in a rural area, have health problems or are caring for a loved one, the virtual world can open endless new opportunities. Although it's not the same as in-person time, connecting online can help you keep in touch with other people. Using Facebook or twitter or emailing or texting is a way to say hello and I'm thinking of you. An

84-year-old woman said, "Contrary to the idea that the internet destroys our capacity for personal interaction, I feel as though I have expanded my circle of 'friends' on social media and have had the chance to meet some in person. If you can keyboard, you can have a satisfying interaction with people on the internet who share similar interests who you would never otherwise meet."

**MOVE TO A RETIREMENT COMMUNITY.** New friendships can easily be made at retirement communities, which have programs and activities to encourage socializing, especially at active adult communities.

**CONSIDER A PART-TIME JOB.** Work has always been the number one provider of friendships. Part-time work can help fill the need to socialize while not requiring a full-time commitment.

**PURSUE LIFELONG LEARNING.** Classes of any type stimulate your mind as well offering interaction with fellow students and teachers. Consider taking or teaching continuing education classes at your local college. Many high schools and senior centers also offer community education classes.

**PUT MULTIPLE MINDS TOGETHER FOR GAMES OR BRAIN AEROBICS.** Doing crossword puzzles or Sudoku is generally a solitary effort, but lots of brain-building activities can be done with others. Board games like Scrabble, Upwords, Trivial Pursuit and Smart Mouth, for example, are fun precisely because they involve combining the power of multiple minds.

While it does require some effort to seek out social opportunities, time spent socializing can help build your confidence, strengthen your sense that life has meaning and purpose, raise your spirits and confidence and help protect you against the effects of stress and loss. Remember that an investment in socializing can pay off in dividends that include both emotional and physical health. Socializing is worth the time that it takes.

*Carolyn, a librarian for 25 years and the author of three nationally-published books, can be contacted at carolync@sisna.com*

**Bay Bytes**  
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Answers: 1.C 2.B 3.B 4.B 5.A 6.A 7.C 8.A 9.C 10.B 11.A 12.A 13.B 14.B 15.A 16.B 17.A 18.C 19.A 20.C

# BOOKS:

## *Old, New and Obscure*

### THE GOOD HOUSE: A NOVEL

By Ann Leary, Picador Paper (reprint) (2013)

If you love an interesting, but flawed protagonist who has life experience and a few issues, pick up a copy of *The Good House: A Novel* by Ann Leary. In Leary's hands, a story that could have been tedious and a protagonist who could have been unsympathetic become engrossing, very real, and will have you rooting for Hildy all the way until the last page.

Hildy Good, a spunky dame and a descendent of one of the Salem witches, knows her best days as the life of the party are behind her. Now, all she wants is to hold on to her position as the top realtor in her small, coastal New England town so she can meet her mortgage payment and pay her alimony to her ex. Well, she also wants something to blur the hard edges of regret and loss at the end of a long day. Is a drink—or two or three—really too much to ask? Apparently, her grown daughters think so because they bundled her off to rehab and now any indulging Hildy does must occur in the hidden privacy of her home.

Hildy tries to stay out of trouble, she really does, but when a wealthy, willful and troubled young woman moves to town and befriends her, and the tenant above her office, a psychiatrist, proves to have his own secret, and a child goes missing, Hildy's own secrets threaten to destroy everything she holds dear, everything she has left anyhow. This book has humor, mystery, an old flame, warmth, pain and empathy while it wrestles with the questions of choices, regrets and redemption. It also tries to answer the question, "Is it ever too late to begin again?"

Published in 2013, this book received positive reviews, but never received the wider acclaim it deserves. It is available at the library and through any book seller. Read it, and you won't be sorry. Plus, Hildy will stick with you as a character worth remembering.

~ Victoria Duncan

### UNMARRIAGEABLE

By Soniah Kamal, Ballantine Books, New York (2019)

*Unmarriageable*, Soniah Kamal's second novel, is a clever modern take on Jane Austen's classic novel *Pride and Prejudice*, set in Pakistan in the early 2000s. Alys Binat, an English literature teacher at a private girls school, lives with her parents and four sisters in a provincial town in Pakistan, exiled after infighting over the family business. Her mother, "Pinkie," is desperate to marry off all her daughters, to Alys' exasperation. When the family attends a society wedding, they meet wealthy bachelor Bungles and his friend, handsome but aloof Valentine Darsee. Then the drama begins.

Fans of *Pride and Prejudice* will relish how many details from Austen's novel are transplanted to this world and will enjoy watching the well-known story unfold in a new setting. Alys is

truly a modern-day Elizabeth Bennet, extremely intelligent and independent. She questions her society's emphasis on women getting married. At the start of the novel, she has her students rewrite *Pride and Prejudice's* famous first sentence in amusing ways, while one student celebrates her engagement. Her sister Qitty is a devout Muslim who always preaches about piety, to her family's annoyance (the novel takes place before 9/11). Lady is vivacious and clueless, joyfully crashing the wedding dance floor. Darsee is straight out of Austen, looking disdainfully at Alys' family while trying to engage her in discussions about literature. Alys' reaction to his proposal is perfect, summing him up as "unmarriageable." The famous scene in which Elizabeth overhears Darcy's haughty comment here becomes, as a character remarks, something Alys "wasn't supposed to overhear."

Kamal makes Pakistan come to life vividly with her descriptions of food, clothes and songs, along with including phrases from the country's many languages. Although she is not afraid to critique parts of the culture, like Austen, she does it with great humor. Fans of Austen and newcomers alike will enjoy the novel.

~ Charles Green

### BLACK BERRY AND WILD ROSE

By Sonia Velton, Blackstone Publishing (2019)

The best historical novels tell a story of a specific time and place. The plot is strengthened when the events of the era mesh with believable characters to enlighten and entertain. *Black Berry and Wild Rose*, the debut novel of author Sonia Velton, is set in the silk weaving enclave of London in 1768, is just such a novel.

Sara Kemp, a former prostitute, becomes the lady's maid for Esther Thorel, who is the wife of a master silk weaver. Like many ladies of her class, Esther sketches and paints. However, she does not see this as a diversion; she aspires to design patterns for silk. When her husband demeans her attempts, she secretly continues with the help of Bisby Lambert, a young weaver who is working in the attic of the Thorel household.

The intrigues within the household become embroiled with the rising dissatisfaction of the journeymen weavers. The import of French silks and Indian calico have made English silks less marketable, cutting the pay of the weavers. The unrest of the weavers leads to formation of combinations, an early form of trade unions.

On a single night the in-house and economic strife throw Sara, her baby, Esther, Mr. Thorel, Bisby and the weavers into a riot. The final resolution is satisfactory, though not a "happily ever after" ending. Velton's debut is auspicious because of her ability to provide a deep view into a little-known period of economic history with a richly imagined plot.

~ Mary Barbera

Senior dating is not for sissies. It takes courage to navigate the world of dating, which has changed dramatically since we were in our 20s. First of all, there are fewer men. By the ages 70-74, the ratio is four single women to one single man. Numbers shrink even more when we remember losing over 50,000 men, mostly baby boomers, in the Vietnam War.

It's no wonder that mature single women are having trouble meeting mature single men. It won't help if you sit on the sofa and lament that all the good ones are taken or that they're only interested in finding a nurse or a purse. Why? Because what you believe is what you get.

Of course, the ideal scenario is to meet someone the old-fashioned way. The odds of this happening at this stage and age are slim, but it does happen ...

# How Do Mature Single Women Meet Mature Single Men?

*Kater Leatherman*

often when we aren't looking. Case in point: Two friends of mine who met their matches organically. One plopped down next to her future companion on a flight from Baltimore to Albuquerque. The other met her husband in the community laundry room of her apartment building.

It's important to remember that while there are differences between women and men, they too are out there pursuing their interests. Most likely, they have children, grandchildren, hobbies and pets. Like you, they may be feeling a bit insecure and rusty when it comes to dating. They also have the added stress of wondering if chivalry is dead.

Attempts to meet someone aren't futile, especially if you put the effort into finding out what to do and where to go. Here are eight ways to increase your odds of meeting a potential mate:

1. Let others know that you are interested. People have brothers, peer relatives, co-workers and male friends who are single.
2. Pursue activities that interest both men and women. Consider part-time work. Buy a gym membership. Join a scrabble group. Take a course in genealogy. Volunteer for your favorite political party. Learn to tango. Sign up for a wine tasting or cooking class. According to Mark Edelon, who writes a senior living blog, men (24%) were more interested in cooking and baking than women (16%).
3. Host a potluck dinner and invite friends to bring someone who is single and unattached.
4. Go where men tend to do what they seem to love. Check out the growing challenge of ax throwing – yes, that's a real sport. Attend sporting events. Some Bass Pro Shops have a shooting range. Friday and Saturday nights are good times to work out at the gym or go grocery shopping, where single men can often be found.
5. Travel solo but not alone. There are single adventure tours, cruises and resorts. Holland America is geared toward people over 50. Travel to a significant military site such as Normandy, after reading up on the history of the battle.
6. Check out AARP Life +50 events or [meetup.com](http://meetup.com) which has more than 20 event categories that you can browse.
7. Get out in nature. If you have a pet, go to the dog park. Join a hiking club. Find a pickleball group.
8. Some people believe the best way to find someone is through online dating. At least there, everyone is available and interested in meeting new people.

One friend pursued her dream of finding a mate (and did, on Zoosk) by considering the pursuit a full-time job. So, don't give up! At the very least, whether you meet someone or not, your life will get infinitely more interesting and fun.

*Kater is open to meeting someone and can be reached at [katerleatherman@gmail.com](mailto:katerleatherman@gmail.com)*

Do you have a plan for the day? Why not?



# The Art of the Condolence Letter

By B. C. McAllister

We may not all be writers or have literary aspirations, but odds are at some point you will be called upon to write a note of condolence. The note really doesn't have to be perfect, literary or long, but it should be heartfelt and sincere. Most importantly, it should be sent.

It is natural to shy away from the difficulty of finding the right words when someone is bereaved, but awkwardness should not be an excuse for silence. It is especially important at this difficult time to show caring and respect through your communication. In this case social media isn't really the way to go. A handwritten note is much more personal. It conveys added consideration when time is taken to reflect and write thoughts on paper, whether it's a letter or a sentence in a card.

Bookstores and websites have lots of material on how to write sympathy letters. Most include samples and suggested phrases. There are also books of collected condolence letters, many written by heads of state who deal with wars and tragedies on a regular basis. It's a look at history on its most personal level.

Winston Churchill, for example, was unable to write to every family who lost loved ones in World War II because of the overwhelming numbers. The letters he did send were eloquent and moving. He made a point of learning about the particular person and their role in the war to forge a personal connection with the family.

President Lyndon Johnson shared a positive personal memory when writing to the parents of Gus Grissom, the astronaut who died in the 1967 Apollo 1 pre-launch tragedy: *"On each of the happy occasions when I met with Gus, I was impressed by the strength of his spirit and his cool confidence in the success of our space program. He was a leader who shared his strength and faith with all who knew him."*

President Nixon cited a common experience and lofty purpose when writing to the family of a young man killed in the Vietnam War: *"Of all the hardships of war, the cruelest are the losses of men such as your son. The only consolation I can offer is the profound respect of the nation he died to serve, and the humble recognition of a sacrifice no man can measure and no words can describe. Those who give their own lives to make the freedom of others possible live forever in honor."*

Some 100 years earlier Abraham Lincoln expressed similar sentiments to many families of dead Civil War soldiers. Many of Lincoln's powerful and touching letters are found in the Library of Congress. Among these is a copy of an 1861 letter to Queen Victoria on the death of her beloved Albert. Less than five years after Lincoln sent condolences to Queen Victoria, he was assassinated and Queen Victoria was sending condolences to his widow, Mary Todd Lincoln.

The queen's condolence letter to Mrs. Lincoln was less noteworthy. Victoria made the cardinal mistakes of making it about herself: *"No one can better appreciate than I, who myself am broken hearted by the loss of my own beloved husband, who was the light of my life, my stay, my all ..."*

Being queen may give one certain latitude, but experts suggest the rest of us follow a few basic guidelines:

- Don't compare it to a loss you have experienced or presume to know what someone else is feeling. Everyone is different and grieves differently. This is not the time to make it about you.
- It's OK to use the words "death" or "died." Euphemisms may seem comforting, but grief experts agree using direct terms helps acknowledge the reality of the loss, a necessary step to move through the grief process.
- Share a positive personal story or positive impact the person may have had on you. Cherishing fond memories can bring comfort and joy from a sense of a life well lived.
- Offer meaningful support in specifics rather than the general, "Let me know if I can do anything." Offer a phone number to talk, a meal or services to dog walk, babysit, provide a ride, a visit or whatever.
- Once the initial flurry of activity stops and most people have returned to their daily routine, the bereaved one still needs support. Consider reaching out again and keeping in touch.

Don't let the fear of saying the wrong thing keep you from communicating. We are not expected to be Churchill or Lincoln. The only requirement we need is a willingness to reach out in our own voice and express sincere caring.

Don't let fear of failure prevent your chance to soar.



Vicki

Dear Vicki,

My husband and I are self-employed, so we don't have a juicy retirement package. In fact, we always spent what we earned and saved very little and our business is not doing well in this economy. We also have too much credit card debt. We are in our early 60s and see our friends retiring and we want to do the same. Besides kicking ourselves, what choice do we have?

Dear Vicki,

Another dreary Winter is upon us. Every year we consider becoming snowbirds, but Winter doesn't seem too bad in November. By now though, we regret that we didn't head south and it seems too late to make that call. This seems like a stupid question, but do you have any tips on just getting through the Winter?

## FINANCIAL STRAIN

I urge you to see a financial planner promptly. This will be money well-spent. If your business is not doing well, you need to find jobs with good benefits and work for as long as you are capable of doing so. That may not be what you envisioned for these years, but it's the only thing to do now that you are in this situation. If you need help finding a job, learn about networking and consult a career coach at a local college. Again, this will be worth your investment.

Look forward, not back, to mistakes that you have made in the past. Decide to make better decisions now. Focus on the positive. Spend time with family and friends rather than on expensive vacations and costly entertainment. Downsize and trim your expenses to the bone. Avoid using credit cards for anything but emergencies.

Stay connected to others but avoid comparing yourselves to friends in better financial shape. Instead, seek out friends who are productive and engaged with paying work. Many people choose to work until their later years, so look to them as your role models. According to the Bureau of Labor Statistics, women over age 55 are the fastest growing age/gender workforce category and the Gallup Poll of 2017 reports that 75% of those over 65 plan to work, versus 14% in 1995. You will have a lot of company in the workplace. Finally, cultivate a sense of humor. Laughter will give you energy and lift your spirits!

## SNOWBIRD ... OR NOT?

It's not too late to try out that snowbird thing! In fact, a short trial may be just what you need to break up the Winter before you commit to being a longer-term snowbird. Consider choosing a place to spend two or three weeks. Look for a location that reflects your lifestyle and would be within your budget. If you like to try new restaurants, opt for a more urban environment, rather than an isolated beach house. People don't always find the right fit the first time, so consider it as an experiment and have fun.

If you decide to hunker down in the mid-Atlantic, here are some tips: 1. Bundle up and get outside as often as possible, even if it is cold and you don't feel like it. Fresh air and a bit of exercise does a lot to improve your mood. 2. Nest. Warm clothes, candles, a fire and a good book or movie. Embrace Winter's coziness. Pia Edberg's book, *The Cozy Life: Rediscover the Joy of the Simple Things Through the Danish Concept of Hygge* will give you some great ideas. 3. Invest in a light box. Bright light therapy has been proven to change brain chemistry and improve mood. Portable light therapy boxes are available many places, including Amazon, but make sure you use them as directed. 4). Stay healthy. Choose a healthy diet and avoid alcohol. "Dry January" will help you shed some holiday weight gain. If you feel sluggish, visit your doctor and have your vitamin D levels checked. You may need a supplement. Have your thyroid and blood sugar levels checked while you're at it. 5). Start a project. I find the Winter a great time to dig deep into a new project like learning a new skill, hosting a dinner party, volunteering for a new cause or organizing photographs. Consider this "found time" and make the best of it!

*Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at Victoria2write@aol.com*

# WINTER QUIZ-ACROSTIC

		1	Q	2	R	3	B	4	D	5	J	6	T		7	S	8	R	9	W	10	V		11	W	12	V		13	V	14	I	15	D									
16	K			17	B			18	C	19	T	20	N	21	W	22	U	23	E	24	L	25	Q	26	I	27	P		28	F	29	G	30	N	31	W		32	M	33	C		
34	P	35	Y	36	V	37	L			38	O	39	E	40	T	41	J			42	G	43	R	44	L	45	X		46	E	47	W	48	S		49	L	50	H	51	C		
52	K			53	D	54	I	55	X			56	T	57	P	58	J	59	H	60	O	61	R		62	T	63	M	64	J	65	C	66	D	67	F		68	A	69	E		
70	S	71	T	72	W	73	Q	74	U	75	I	76	Y			77	J	78	P			79	M	80	Q	81	G		82	S	83	F	84	A	85	X	86	J	87	W	88	D	
89	C	90	G	91	Q	92	N	93	E			94	T	95	O	96	B	97	M	98	H	99	Y	100	G		101	T		102	A	103	U	104	V		105	M	106	Y			
107	N	108	R			109	V	110	T	111	K	112	Q	113	O			114	R	115	N	116	Y			117	X	118	W	119	G			120	I	121	T	122	W	123	L	124	F
125	Q	126	P			127	D	128	L	129	H	130	T	131	L			132	Q	133	U	134	I			135	J	136	T	137	D			138	P	139	R	140	C	141	Q	142	A
143	I	144	T			145	D	146	T	147	Y	148	Q			149	N	150	E	151	T	152	D	153	W			154	K	155	D	156	J	157	T			158	I	159	D	160	E
		161	D	162	T	163	Q	164	O			165	Q	166	V			167	T	168	J	169	L			170	P	171	T	172	R	173	K			174	A	175	E	176	H	177	Y
178	I	179	Q	180	A	181	U	182	W			183	I	184	D			185	A	186	W	187	L	188	T	189	Q		190	D	191	H	192	Y			193	Q	194	B	195	W	
		196	Q	197	P	198	R	199	S	200	G	201	M	202	D	203	Y	204	T	205	W	206	J			207	S	208	O	209	B	210	N	211	T								

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## Directions

- Read the definitions and supply the correct words over the numbered blanks.
- Transfer the letters to the corresponding squares in the diagram.
- Reading left to right, the completed diagram poses a trivia question. Words are separated by black squares.
- Reading down, the first letters on the numbered blanks give the subject category followed by the answer to the trivia question.

A. Protective overshoes

174 68 142 102 180 84 185

B. Frolics

209 194 3 96 17

C. "The Continent"

33 89 51 65 18 140

D. 1948 Tracy/Hepburn film (4 wds.)

137 88 127 53 152 4 145 190 159 15 202 66 155 184 161

E. Israeli air defense system (2 wds.)

150 175 39 93 23 46 69 160

F. "The lady \_\_\_\_ protest too much..."

67 83 124 28

G. Properties

200 100 90 29 42 81 119

H. Most recent

59 176 191 50 98 129

I. \_\_\_\_ Amendment, abolished slavery

183 54 178 134 158 143 120 75 26 14

J. Pink or purple flowering perennial of western U.S. (2 wds.)

5 135 58 206 77 156 41 86 64 168

K. Sticky

154 16 111 32 173

L. Bent a light wave

131 24 128 187 44 123 49 169 37

M. Groups of 8

97 201 105 63 79 32

N. Calvin Coolidge's birthplace

30 20 107 210 92 115 149

O. \_\_\_\_ Till, brutally lynched African-American youth

164 95 38 208 113 60

P. Richly hued timber with dark veining

34 170 27 138 57 78 197 126

Q. POTUS (3 wds.)

141 165 163 73 1 25 179 125 148 91 193 196 80 112 189 132

R. Georgian signer of the Declaration of Independence (2 wds.)

2 61 108 114 198 43 8 139 172

S. Engraves

48 207 82 7 70 199

T. Government agency established in 1930 (2 wds.)

188 157 6 130 19 136 71 62 162 144 151 110 171 204 211 56

U. \_\_\_\_ Booth, 19th Century Shakespearean actor

40 101 167 94 146 121

V. Omitted (2 wds.)

109 36 10 13 104 166 12

W. U.S. Vice President, 1893–1897 (2 wds.)

118 72 9 122 87 21 182 31 205 186 47 153 11 195

X. Enlightenment

45 55 117 85

Y. Most pious

116 99 35 192 147 76 106 177 203

Quiz-Acrostics and Quiz-Acrostics Book 2, published by Puzzleworm, are available at amazon.com

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# SEALS IN THE BAY

By Henry S. Parker

Midway up the coast of Maine, in the postcard-perfect village of Rockport, André the Seal gazes out to sea, his whiskered face burnished by a thousand tender touches.

The real André died 24 years ago, mourned by admirers from around the world, but the beloved harbor seal lives on as a dark granite statue overlooking Rockport Harbor. André fetched up in Rockport in 1961, newly born and apparently motherless, and soon made the harbor his home. Trained by the local harbormaster, André delighted spectators with his endearing behavior and aquatic tricks. As he got older, he spent the cold months in a warmer clime, like human snowbirds do. André's Winter home was a public aquarium, but he'd return every Spring to the Maine coast. When he died in 1986, he may have been the world's longest-lived harbor seal.

Could the Chesapeake Bay someday have an André of its own? It's not out of the question.

One of five subspecies numbering a half-million individuals worldwide, Western Atlantic harbor seals occupy a range from the Canadian Arctic to New Jersey. Though not considered migratory animals, they're frequent mid-Winter visitors to Ocean City, Maryland beaches, with some even making it to the lower Bay.

They've recently become more numerous in our region. From mid-Fall to mid-Spring, biologists now tally dozens of harbor seals lounging on small rocky islands near the Chesapeake Bay Bridge Tunnel. The increased sightings are not surprising. Farther north, their populations have exploded since the passage of the Marine Mammal Protection Act. In Maine, harbor seal numbers more than tripled from the mid-1990s to 2012. And they're not the only seal species in New England and the mid-Atlantic. Gray seals, the largest and most abundant, are flourishing. Harp, hooded and ringed seals also inhabit these waters. More seals means more competition for habitat and resources. That could, in turn, trigger expansion of their ranges.

Will harbor seals venture farther up Chesapeake Bay? That remains to be seen, but we should prepare to protect them. First, let's learn more about these appealing creatures.

Like all mammals, harbor seals are air-breathing, fur-bearing, and warm-blooded, and give birth to live young. They're carnivorous, subsisting mainly on fish, crustaceans, mollusks and squid. They consume more than 5% of their body weight daily.

Anyone who has watched them knows that they can twist and turn on a dime and can swim equally well right-side up or upside down. They can stay underwater for up to 30 minutes and dive down to 300 feet. They see better in water than on land and their eyes are well adapted to the dark undersea environment.

Generally solitary animals, except when mating or maintaining strong mother-pup bonds, harbor seals sometimes congregate on beaches and rocks—a behavior known as “hauling-out.” They do this to regulate body temperature, give birth, raise young, molt and keep watch for predators which may include sharks, walrus, sea lions, killer whales, eagles, ravens and gulls.

Harbor seals are sexually mature between three and seven years of age. A dominant male forms a harem. Courtship behavior may include necking and rolling in the sand (Spring break for seals?). Pregnant females give birth in about 10 months to pups that weigh some 24 pounds and can swim almost immediately. Mothers nurse their young on fatty milk for four to six weeks.

Threats to seals are pretty much the same as for all marine mammals: predators, pollution, habitat degradation, entanglement with debris and fishing gear, collisions with vessels, diseases and parasites. Nonetheless, they're thriving in the western North Atlantic. In fact, their growing numbers in New England can sometimes cause problems: Gray seals are now so numerous in Massachusetts waters that they've attracted great white sharks. Great white attacks on humans are rare, but that doesn't keep beach-goers from conjuring up “Jaws” when visiting Cape Cod. *Yankee Magazine* recently called gray seals “the most controversial animal in New England,” and not just because of the shark connection. They're also voracious predators, even occasionally of fishermen's catches, and tend to swarm beaches favored by people. But the smaller, cuter, less intrusive harbor seals are popular favorites.

Chesapeake Bay is not likely to see a profusion of seals—let alone predatory great whites—anytime soon, but it is likely that harbor seals will become more common. For that we can be grateful. Maybe, someday soon, we'll have our own André. So keep your eyes peeled, enjoy these marvelous creatures, and do all that you can to protect them.

*Henry S. Parker is an adjunct associate professor at Georgetown University. He can be reached at [hspshp@gmail.com](mailto:hspshp@gmail.com)*

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