



**SOUTH  
COASTAL  
VILLAGE  
VOLUNTEERS**

Helping older adults live independently

Vol. 3, Issue 4, Fall, 2023

## South Coastal Village Volunteers Celebrates the Music



Cindy Hughes & Karen Taylor greet guests

Over 80 supporters of South Coastal Village Volunteers, including members, volunteers, Steering Committee representatives, Strategic Partners and friends, celebrated SCV's almost three years of service on September 19. The fundraising event, held at the Magnolia Room at **Bayside Resort and Golf Club**, featured music from **Notes on the Beach**.

A silent auction, a raffle and a 50-50 all contributed to efforts to support the work of the Village in enriching the lives of local older adults.

In addition to donations from many individual sponsors, donations from community business bolstered the success of the event. **Beach Liquors, Chesapeake Legal Counsel, Pohanka of Salisbury, Scott and Schumer PA, Tickled Pink of Bethany Beach, Beebe Health Care, County Bank, Creative Concepts and Natelli Custom Homes** served as sponsors. Raffle and silent auction items were generously donated by **After Glo Spa, Bayside Resort Golf Club, Bravobeads, cedar land +sea kitchen, Common Ground Hospitality, Delaware Botanical Gardens, DiFebo's Restaurants & Market, Good Earth Market, Inland Bays Garden Center, Lord's Landscaping, Melissa's Dinner & Lounge, Mid-Atlantic Symphony Orchestra, Parsons Farm Produce, SoDel Concepts and TNT Fitness**. "We are so grateful to our business sponsors and donors. Their help enables our Village to offer the best quality services to our members," said **Kathy Green** of the



Kathy Green and Charlotte DiFebo



Dick Fox was "MC" for Celebrate the Music.

SCVV Development Committee. SCVV Chair **Ron Kerchner** welcomed the guests and thanked the organizers. He cited "...the hard work of the K Team, consisting of **Kathy Green, Kathy Jankowski, Kathy Johnson** and **Karen Taylor**." After dinner, **Dick Fox**, a member of the Steering Committee and dedicated volunteer, talked about his commitment to the mission of the Village and its importance to older adults.

Music from the Academy Awards performed by **Notes on the Beach** followed,



Guests enjoy the festive evening

then auction, raffles and 50-50 winners happily received their prizes. The **DiFebo's Dinner and Demonstration for Six** was so popular that DiFebo's added a second dinner. We know that **Alvin Ross** will be absolutely glowing after he uses the spa package he won. **David Szumski** of the Beebe Foundation won the 50-50 and generously donated his half of the \$600 back to the Village.

The grand finale found the audience participating in the celebration of music and SCVV with kazoos.

Guests enjoyed a special evening of food, drink, camaraderie, and celebration at this highly successful fund-raising event.

# PLAN FOR THE FUTURE

## Get to Know Your Resources and Plan Ahead

by Chris Powers

My sons and daughters-in-law are amazing, but I don't want to live with them. Ideally, I want to stay in my own home and in this wonderful community. Today's families are widely dispersed across the country, leaving many older adults far from their children. The last thing we want is to feel we are a burden to our family, neighbors, or friends. For this reason, as we age, we need a plan to be prepared in the event of a physical disability, visual impairment, injury, or illness. We need to identify and get to know available resources before we need them. We need to share our plans with others *now*, not when we are in a crisis.

According to the National Institute of Health, here are some of the common concerns about aging:

- A comfortable and safe living environment
- Finding activities and friends to stay engaged and avoid social isolation
- Personal care
- Household chores
- Meals
- Money management
- Getting around (transportation)

As you build or modify your homes, consider future needs. You may want to make accommodations such as handrails, a walk-in shower, stairway lighting, or a ground-floor bedroom in case of physical limitations. Are there obstacles in your home that are a fall hazard? Consider how you would alert someone in the event of a fall. While aging in place may be your preference, an injury, surgery or illness may necessitate a move to a rehabilitation or care facility, at least temporarily. Know in advance which facilities are the best in the area by asking

your physician or friends with first-hand experience for recommendations. Also, plan for other needs, such as how you will maintain your home and yard. Who might help you manage your finances and pay your bills? Will someone bring in the groceries, take out the trash, or pick up the mail? Who will drive you to appointments? SCVV can help with many of these tasks or identify other resources for needs beyond the scope of our volunteers.

How will you maintain a sense of purpose, remain engaged, and stay socially active to minimize loneliness and social isolation? A growing number of organizations in our area provide cultural activities, art, music, and education, such as the **South Coastal Library, OSHER, Freeman Stage, and the CHEER Center**. The Towns of **Bethany Beach, Ocean View, and Millville** hold concerts, maintain beautiful parks with pickleball and bocci, and offer other services for seniors. The **State of Delaware's Division of Services for Aging and Adults with Physical Disabilities** offers a "Guide to Services for Older Delawareans and Persons with Disabilities." Visit their website:

[www.dhss.delaware.gov/dhss/dsaapd/](http://www.dhss.delaware.gov/dhss/dsaapd/). Finally, SCVV offers members educational and fun events, friendly visits and wellness check-in calls.

Planning will help you stay in your home and community where you have friends and memories. Get to know local resources. Take the time now to devise a plan for your independence. Share it with your family and invite their input.

SCVV is the neighbor you can count on. Get to know us before you need us! Join as an SCVV volunteer, supporting member, or full member. Hopefully, a plan will provide peace of mind as you continue to live well and to be active and engaged.



# SPOTLIGHT ON MEMBER

## Gary Jayne by Sally Scarangella



**Gary Jayne**, a member of South Coastal Village Volunteers since September 2021, has had a successful and interesting career and a rewarding family life. The youngest of four brothers, Gary grew up with his family near the water in Westhampton, New York. He graduated from the Maritime College of the State University of New York in 1956 because he had been inspired by living near the sea. He received a degree in Marine Engineering.

Upon graduating, Gary worked for the United States Navy as a civilian. He was an Ensign in the Naval Reserve and acquired a U.S. Coast Guard certificate as 3rd Assistant Marine Engineer. For 38 years, Gary worked in Washington D.C. for the U.S. Navy in ship design and construction. He then formed his own marine engineering company with two friends. The company was called Ram, and was sold five years later. Gary then spent 13 years as Vice-President of a shipyard in New Orleans; traveling often to Washington, DC. Gary said he loved to work hard at all his ventures. He married **Barbara Hansen** in 1956, and by the time he was 25, they had four children. The family moved to

Annapolis in 1965. Another child was born there, and in addition to their five children, they also welcomed Barbara's sister, Aunt Liz, to live with them in their home. Barbara was a Special Education teacher in Anne Arundel County, Maryland. Gary had a sailboat and enjoyed sailing in the Chesapeake Bay.

The family grew to include eight grandchildren- all boys - and seven great-grandchildren.

Gary and Barbara purchased their house in South Bethany in 1998 and moved in full time in 2000. Even though he retired in 1999, Gary remained extremely active and involved in local activities. He served as mayor of South Bethany for six years from 2004 to 2010. The couple then began volunteering with The Center for Inland Bays. While there, they did everything from counting horseshoe crabs, to working at the farmers' market, to educating the public about the environment. Because of their dedication, Gary and Barbara received an award for Volunteers of the Year in 2011. In 2013, the Jaynes purchased Jayne's Reliable in Dagsboro, DE. Gary's son **David** and his wife **Karen**, have taken over the business, but for many years Gary continued to work. He had his own shop upstairs where he painted furniture.

Sadly, Barbara passed away in 2022 after 66 years of marriage. Both Barbara and Gary benefited from their SCVV membership.

Gary enjoys his life in Delaware living with his children and pursuing his hobbies. Some of Gary's hobbies that keep him busy now are doing crossword puzzles, spending time on the computer catching up with the news and collecting coins.

*A sailor is an artist whose medium is  
the wind.*

*~ Webb Chiles, Sailor and  
Author*



# SPOTLIGHT ON VOLUNTEER

## Ferne Gendason Cooper

by Jan Gibson



**Ferne** was born in Washington, D. C. and raised in Bethesda, MD where she married, worked and raised her children. She has one sister, 2 years younger, who lives in Potomac, MD. Her mother also lived in Bethesda and the three of them would run back and forth between the triangle their homes created until her mother passed away in 2013. In the perfect example of “bashert” (Yiddish for destiny) Ferne found her Bethany Beach house that same year – a beautiful home on Beach Cove in her mother’s favorite color, yellow! The Coopers moved permanently to Delaware in 2020.

Ferne was an athletic child and spent many years at summer camp playing every sport they offered. Camp was where Ferne met Jeff, the love of her life, when she was just 16. She says it was love at that first meeting, especially when she found out he has the same birthday as she does. She went on to earn her Bachelor of Science degree in Health Education at the University of Maryland while Jeff was studying at the Peabody Conservatory of Music in Baltimore.

Ferne and Jeff married in 1975 after dating for over six years. She worked for the Defense Mapping Agency, which later became the National Geospatial-Intelligence Agency (NGA) in a variety of positions for 32 years and then for another 10 supported them as a contractor. Ferne is very proud of her work at NGA, an agency that provides essential geospatial intelligence to policymakers, war-fighters, intelligence professionals and first responders. While Ferne was working 9 – 5, Jeff was Mr. Mom by day and a professional musician by night.

Ferne and Jeff have two sons who both served in the Navy. **Max** works for the Department of the Navy and lives in Bethesda; he and his wife have given Ferne and Jeff two wonderful grandsons. Their other son, **Calvin**, works for a government contractor and lives in Fairfax, VA. Ferne claims that everyone in her family is musically inclined, except Ferne, who has zero musical ability. They have a family band and Ferne is in charge of the shakers.

After a career of 42 years, Ferne loves retirement. She is active with her HOA as well as being involved with the mentoring program at Lord Baltimore Elementary School. She learned to drive their pontoon boat this summer. Her neighbor **Kathy Green** told her about SCVV, where she has volunteered for about 3 years. She enjoys driving members to their appointments and helping with the Sweets and Sunshine Committee. She also enjoys cooking much more now that she can prep and saute while looking out the window at Beach Cove. She also likes puzzles and reading murder mysteries and is a member of the SCVV book club. Ferne and Jeff have a 2 ½ year old rescue dog, **Cosmo**. Ferne likes to say that Cosmo got all the looks but not much in the way of brains. She enjoys taking Cosmo to run on the beach and to hang out with his pals at the Lewes dog park.

SCVV is fortunate to have such a vital and enthusiastic volunteer helping our members.

**To stay on the map you've got to  
keep showing up.**

**~Peter Gallagher, Actor**

# FORGE AHEAD

## Ron Kerchner Recognized by Phil Drew and Claudia Thayne



Sea Colony Board President Roy Zatzoff congratulates Ron Kerchner for his outstanding community service.

**Ron Kerchner**, chair of the South Coastal Village Volunteers, received the prestigious **Ron Wickwire Community Service Award** at a

recent Board of Directors meeting at Sea Colony, a private community near Bethany Beach. The award honors outstanding community service, and the Sea Colony community believes Ron exemplifies “unparalleled leadership” as both a council member and president of a homeowner’s association in Sea Colony “for so long...owners can’t even remember any other president.”

In addition to oversight of an 18-unit HOA, Ron also is the leader of the administrative board at St. Martha’s Episcopal Church in Bethany Beach, as well as treasurer and member of the Strategic Planning Committee. Recently, he was elected to the policy making and operations board for the Diocesan Council for the Episcopal Church in Delaware.

Sea Colony community members also noted Ron’s role as a founder, organizer and chair of the South Coastal Village Volunteers (SCVV), noting his selfless actions and encouragement help make local communities viable to enjoy as they grow older.

## THANKS to Karen Taylor, Retiring Steering Committee Member and

## WELCOME to New Members Cindy Hughes and Donald Sheridan

South Coastal Village Volunteers extends a grateful thanks to **Karen Taylor**, an original member of our Steering Committee who recently resigned. Karen contributed a great deal to the Village thanks to her dedication and her previous professional and volunteer experience. She continues to be a member of the Development Committee.

We are delighted to welcome **Cindy Hughes** and **Donald Sheridan** to the Steering Committee as of September 12, 2023.

Cindy was trained in the first SCVV volunteer group in November 2019. She started volunteering in the office and became a regular office employee as the needs expanded. Early in 2022, when COVID 19 had subsided enough for SCVV to offer in-person services, Cindy left the office staff to do member services. She is a part of the Sweets and Sunshine Committee and helps as back-up for office staff as needed.

Don and his wife **Kathy** are recent full-time residents of Ocean View. Wanting to give back to the community, they were happy to hear about SCVV. After orientation, Don and Kathy started filling member requests, and Don started working in the office as well, using his much needed technical skills. Don says that being part of SCVV “has been a great opportunity for us, not only to give back but to meet other members of our community and build what we already know will be lasting relationships.”



# EVENTS

## Chamber of Commerce's Boardwalk Arts Fair - 9/9



Kathy Lesperance and Romas Laskauskas man the SCVV table on the boardwalk.

In accordance with our Village's policy of taking advantage of opportunities to

acquaint the community with who we are and what we do, SCVV had a table on the boardwalk at the September 9 Arts Festival sponsored annually by the Bethany-Fenwick Chamber of Commerce. In addition to speaking to many of the locals who attended the art show, our volunteers gave out rack cards and information sheets. Best of all, almost a dozen people signed up to look into volunteering.

Thanks to **Chris Powers** and **Alvin Ross** for setting up the table and to **Wanda Raleigh, Kathy Lesperance, Romas Laskauskas, Liz Bolton, Dick Fox, Kathy Johnson** and **Toby Guy** for volunteering.

## SCVV Holds Flu Shot Clinics

**9/28 & 10/6**

**Susie Sullivan**, a pharmacist who works at the Rehoboth Safeway, has found a unique way to volunteer - she travels throughout the area giving flu shots primarily to older adults at clinics sponsored by organizations like South Coastal Village Volunteers. On September 28, over 20 volunteers and members were "shot" by Susie at the SCVV office in Ocean View. Susie was assisted by SCVV volunteers **Suzi Church, Chris Connor** and **Magran Kyanko**, who registered those who



Susie Sullivan (l.) with and Lisa Daisey DiFebo provided healthy treats.

came to the clinic. **Lisa Daisey DiFebo** owner of **Juice Box** donated cups of a mixture of

juices and herbs to serve as a "shot bolster" after the shot. A second clinic was held October 6 and another 12 shots were given. SCVV is grateful to Susie for this thoughtful service.

## Senior Fraud: BE AWARE, Protect Yourself by Sally Scarangella



Sgt. Russ Carter of the Ocean View Police Dept. addresses fraud & scam with SCVV members and volunteers.

Consumers reported losing almost \$58.8 billion to scams and fraud in 2022 compared to \$3.5 billion 2020. According to Attorney General Merrick B. Garland, the Department of Justice is trying to control this but is challenged by the fact that these crimes are constantly changing. (Continued pg. 7)

# EVENTS

## Beware of Fraud (Continued)

Experts say more than one in ten older Americans will be victims of fraud; however, only one in 24 cases is reported. Some seniors who have been scammed don't realize it until it is too late or are embarrassed they have fallen to this crime. Knowing what to look is the key to keeping safe.

On September 28th Ocean View Police Sergeant **Russ Carter** presented a program on scams and fraud to about 30 SCVV members and volunteers. Sgt. Carter, who currently is tasked with managing operations and technologies with the department, described how to recognize a scam. After stating **Rule No. 1 - never** provide a stranger with personal information such as your address, social security number, bank passwords, or account information – Sgt. Carter explained the “Big Five” scams:

- **Door-to-door** salespeople scammers often disguise themselves as employees with uniforms and badges or as college students with a part time job. They try to trick consumers into providing personal information or money. They may come as a couple and want to get access to your home. **Never let them in.**
- **Telephone scams**- Impersonators pretend to be someone you trust. Debt relief and credit repair scams requiring a large deposit are common. Fake charities take advantage of your generosity and ask for donations. A caller might promise a free trial and then bill you every month. Travel scams and timeshare scams promise free or low-cost vacations and can end up costing a huge amount of money. Phone scams are constantly changing as these scammers are very clever. **Simply hang up, consider call blocking or call labeling, and do not trust your caller ID.**

**If you already paid a scammer with a credit or debit card, you may be able to stop the transaction by calling your credit card company or your bank.**

- **Mail**- a check, a crisp dollar bill, a package, or a certificate declaring you are a Sweepstakes Winner are almost always scams and **should be ignored.**
- **Email**- scammers use Phishing, the fraudulent practice of manipulating people by emails, texts, or websites. Examples can be an email that says an account has been deactivated or compromised or an email showing you bought something that you did not order. Scammers will lead you to a link in social media that installs computer Malware. Or, they may send a link to “customer service” that gives them access to your information. **Do not click on these links.**
- **Splash Screen**- A splash screen restricts access to your files by placing an unmovable and persistent window on your screen. “Call Tech Support” or “Transfer to Bank Security” are examples. **To remove a splash screen, hit Control/Alt/Delete.** This allows you to turn off the computer and exit the screen. **Do not click on anything in this situation.**

In 2022 the Federal Trade Commission received 6,742 fraud reports in Delaware from consumers with total loss of \$19 million. If something sounds too good to be true, it is a scam. Call the local police if you think you have been scammed. They can help guide you to resolution. Remember, there is no prize, you won't be arrested, you don't need to decide now, there is never a good reason to send cash or pay with a gift card, and government agencies won't call to confirm your sensitive information.

Please report scams to the Federal Trade Commission. Go on-line to [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or call the FTC at 1-877-382-4357. Your call can help others.



# EVENTS



## Dine and Donate at Fins 10/18 by Joan Gordon

Thanks to the efforts of the SCVV Development Committee, our Village benefited from a Dine & Donate at **Fins Ale House and Raw Bar** in Bethany at the Marketplace at Sea Colony. Many volunteers and their friends were in attendance, along with a large crowd of Fins' regulars who came for the weekly Trivia. The restaurant was quite crowded, and the lively atmosphere and good food made for a very pleasant evening while benefiting South Coastal Village Volunteers.

SCVV is very grateful to **Fins Ale House and Raw Bar** for their generous donation of 15% of their proceeds for the evening.

Thank you, Fins!



Volunteers and friends enjoy a night out at Fins, who donated 15% of the evening's proceeds to SCVV.

## Octoberfest Volunteer Forum Held 10/19



Liz Bolton, Steering Committee and Sweets and Sunshine Committee member, displays an award for Steve Ricks at the Octoberfest Volunteer Forum.

Festive surroundings created a fun atmosphere.



About 30 South Coastal Village Volunteers, including a number of newbies, attended a special forum on October 19 for a festive and informative Octoberfest. **Liz Bolton** and her Outreach Committee decorated the Southampton club room to be bright, welcoming and cheerful. **Ron Kerchner**, SCVV Chair, started off the afternoon with a welcome and thanks. He spoke of the great success SCVV has achieved in its three years of operations, thanks to the dedication of our many volunteers. Ron was followed by Office Manager **Diane Strobel**, who attended to "housekeeping." She reminded

(Continued pg. 9)



# EVENTS

## Octoberfest Volunteer Forum

(Continued)

volunteers to call the office if there are any concerns about a member for whom they are performing a service, to have a mask handy to wear if indicated during a service, and to check for special instructions on computer requests.

Liz followed, presenting a special “Above and Beyond Award” to **Steve Ricks** for helping a member move to Arizona. She also thanked all the volunteers and reminded them of how special they are.

Following an assortment of delicious, appropriate and unusual dishes prepared by the attendees, **Hans Feindt** spoke about German wines and **Mike Dunevant** explained German beer, expanding on information sheets they had distributed. Participants tasted six different types of German wine from very dry to sweet dessert wines. Everyone was given a wine journal to record different ratings from color, flavor, fragrance and alcohol content. They also had a beer journal for taking notes on different aspects of German beers.

Thanks to Mike and Hans for a very informative and enjoyable session. Everyone had such a good time that they were reluctant to leave.

## Bingo at the Salted Rim by Sheila Bower

Volunteers gathered for our first **Friends, Fun and Food** event on Monday, October 23. The get-together was held at the **Salted Rim** and coincided with their Bingo Night. Believe it or not, out of a packed restaurant, our own SCVV **Vicky Holden** was the BIG BINGO winner. The food was good, the games were fun, and the fellowship was great. We talked and laughed for hours, as we got to know each other better. If you missed out this time, be on the lookout



Volunteers brought “pot luck” dishes to accompany the German wines and beers.



Wanda Mason-Raleigh, Hans Feindt & Sally Scarangella pour wine for tasting



Vicky Holder (l), Jan Gibson, Sheila Bower and Dar Lewis (above r) and other volunteers enjoyed Bingo at the Salted Rim in Millville.

for future Friends, Fun and Food events. You will be glad you chose to be there.



# Social Media

by Madeline Kelly



This Fall, it's time to get social! Our Facebook page is growing, so please follow us at [@SCVVolunteers](#) to keep in touch. We share all related events, updates on the impact of our volunteers, and even potential fundraising opportunities that you can join in on.

We recently had a great shout out in the Local Bethany Beach Facebook group when someone asked for a place to get involved locally. SCVV was recommended numerous times with great testimonials - we're so grateful.

## Steering Committee

*The Steering Committee is responsible for completing the day-to-day tasks of organizing the South Coastal Village Volunteers*

- Ron Kerchner**, Chair
- Christine Powers**, Vice-Chair
- Elizabeth Bolton** - Outreach & Volunteers
- Dick Fox**
- Jack Gordon** - Finance and Government Liaison
- Joan Gordon** - Communications/PR
- Kathy Green** - Development and Marketing
- Cindy Hughes**
- Kathy Jankowski**
- Betty Martin**, Membership Coordinator
- Donald Sheridan**
- Diane Strobel** - Operations Manager

## Contact Us!

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 302-500-1281  
[southcoastalvillage@gmail.com](mailto:southcoastalvillage@gmail.com)  
[www.southcoastalvillagevolunteers.org](http://www.southcoastalvillagevolunteers.org)

Additionally, we're coming up on **Giving Tuesday** - which, as you may remember, is a big day for us at SCVV. The goal for Giving Tuesday is to get local communities involved with nonprofits, whether by donation, volunteering, or sharing the word. By sharing the heart behind Giving Tuesday with our Facebook community, we're able to increase awareness of who SCVV is, who it's for, how to get involved as a volunteer and how to donate.

If you haven't already, please 'like' our Facebook page at [@SCVVolunteers](#) so you can stay up to date with all things SCVV.

## Strategic Partners

*Our Strategic Partners are a group of area professionals who have special skills to contribute to the development and operations of the South Coastal Village Volunteers*

- |                             |                         |
|-----------------------------|-------------------------|
| <b>Debbie Botchie</b>       | <b>Charlie Kopay</b>    |
| <b>Bonnie Burnquist, MD</b> | <b>Madeline Kelley</b>  |
| <b>Christine Connor</b>     | <b>Michele Morgan</b>   |
| <b>Cliff Gravier</b>        | <b>Zita Pennypacker</b> |
| <b>David Green</b>          | <b>John Robbert</b>     |
| <b>Maureen Hartman</b>      | <b>Susan Ryan</b>       |
| <b>Carol Houck</b>          | <b>Claudia Thayne</b>   |
|                             | <b>Vickie York</b>      |



South Coastal Village Volunteers is a branch of Village Volunteers, an IRS approved 501(c)(3) nonprofit organization. For more information, visit [www.villagevolunteer.org](http://www.villagevolunteer.org)





**Stuart Martens**, BOD President of the Village Volunteers, is a National Board Certified Health & Wellness Coach. He is also certified as a Nutrition Health Coach by the Institute for Integrative Nutrition and by the DE Department of Health & Social Services to facilitate classes. He conducts Healthy Eating Workshops.

## Can we Actually Prevent Alzheimer's?

Many of us who have had experience with dementia and/or Alzheimer's may think it's substantially genetic and there is little we can do if it is in the family genes. I initially had that thought until I joined a **Johns Hopkins Protocol** group and spent time reading research and opinions by dementia pioneers, including **Dr. Dale Bredeson**, **Dr. David Perlmutter** and **Dr. Richard Isaacson**. Alzheimer's is being called the most expensive disease in the U.S. because it affects so many people and there's so much collateral damage. Conventional medicine is looking for a single drug that will cure the symptom. Alzheimer's is a multi-system disorder. Everything that affects the body affects the brain.

Four major things are causing problems related to dementia that we need to address:

1. Insulin resistance
2. Inflammation
3. Lack of trophic factors which help the brain grow and work
4. Toxins

When the brain is under attack, it goes into defense mode and shrinks to protect itself. Genes are not our fate. They simply increase the risk.

There are four stages of Alzheimer's:

1. Asymptomatic- abnormal spinal fluid and abnormal CAT scans.
2. SCI- Subjective Cognitive Impairment.  
According to Dr. Bredeson, this stage can last up to 10 years and is nearly 100% reversible. Most in this stage either don't get tested or are in denial, thinking, "I'm not that bad yet."

3. Mild Cognitive Impairment. This should be called "relatively advanced Alzheimer's," says Dr. Bredeson.
4. Alzheimer's Disease. This diagnosis is actually the late stage of the disease.

### List of things we might potentially do to lower the risk of Alzheimer's:

- Add physical activity-preferably 150 minutes a week
- Eat a Mediterranean Diet
- Control blood sugar
- Control weight
- Stop smoking
- Manage blood pressure (keep below 120/80)
- Prevent and correct hearing loss
- Get adequate sleep
- Reduce stress
- Limit alcohol intake

### List of foods that may contribute to Alzheimer's:

- Red meat
- Processed meats
- Sugary beverages
- Refined grains
- Sweets
- Excess alcohol intake
- Saturated fatty acids
- High fructose corn syrup

The good news here is that there are many things we can do to potentially and significantly reduce our chances of getting dementia and/or Alzheimer's.

*The information received from Stuart Martens, NBC-HWC/National Board Certified Health and Wellness Coach is intended for your educational use only and is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before starting any diet, exercise, medication or supplement program or if you suspect that you have a medical problem.*



Kristina Pendergrast,  
Kent & Sussex County Programs  
Coordinator, Alzheimer's Association  
Delaware Valley Chapter



## Volunteering is Good for Your Brain, Body and People Living with Dementia

Research shows that volunteering offers health benefits. In fact, volunteering in late life is associated with better cognitive function - specifically, better executive function and episodic memory—according to research presented at the **2023 Alzheimer's Association International Conference**. Volunteering reduces stress, increases positive feelings and also provides a sense of purpose while teaching valuable skills.

### Ways to get involved with Alzheimer's Association

Alzheimer's Association volunteers deliver support and education, raise funds and advocate. Whatever your skills and time availability, there are opportunities to provide vital support for people impacted by dementia.

**Community Representative**—Attend local community events on behalf of the Association, promote programs and services and make connections for constituents.

**Community Educator**—Present online or in person to groups in your community about topics related to dementia.

**Promotores**—We need people who speak Spanish and English to help us reach constituents in the Latino community.

**Walk to End Alzheimer's**—Get involved with the world's largest fundraiser to fight Alzheimer's. Start or join a team, fund raise and/or serve on a committee. Visit [alz.org/walk](http://alz.org/walk) for more information.

**The Longest Day**—The day with the most light is the day we fight. Participate in a fundraiser of your choosing on or around the summer solstice. Visit [alz.org/thelongestday](http://alz.org/thelongestday).

**Clinical Trials**—Don't just hope for a cure, help us find one. Participating in a clinical trial, whether you're living with the disease or not, can make a big difference. Visit [alz.org/trialmatch](http://alz.org/trialmatch) to learn more.

**Advocate**—Join advocates who are making Alzheimer's a national priority by writing, emailing, calling or visiting elected officials. Learn about this opportunity at [alz.org/advocate](http://alz.org/advocate).

Join us in making a positive impact on the more than 19,000 of your neighbors in Delaware who are impacted by dementia and their families. To learn more, visit [alz.org/volunteer](http://alz.org/volunteer).

### About the Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. The Delaware Valley Chapter serves 18 counties in Delaware, South Jersey and Southeastern Pennsylvania, providing programs and services to more than 489,000 individuals and 893,000 caregivers affected by Alzheimer's disease or other dementia. For more information about Alzheimer's disease, programs and services and resources, call the Alzheimer's Association 24/7 Helpline at **800.272.3900** or visit [alz.org/delval](http://alz.org/delval).







*Connor Drislane,  
PT, DPT, Regional Director at  
Aquacare Physical Therapy*

## Understanding Fall Risks

Seldom do individuals have a full understanding of aspects of their physical health and daily routine that may contribute to a risk of falling, imbalance, dizziness or lightheadedness. The oft-assumed culprit to blame for falling is the balance system, which is composed of 3 main components: the visual system, the somatosensory system, and the vestibular system. Understanding which component contributes to what can help to identify where balance impairments may be originating.

The **visual system** is relatively straight-forward. Our vision is our portrayal of the world surrounding us. Visual impairment, which in the aging population may include glaucoma, cataracts, macular degeneration, floaters, etc., can affect the perception of surroundings. People with visual impairment may have difficulty with depth perception, which may impede their ability to safely negotiate stairs/curbs, avoid household objects such as throw rugs, or perform overhead reaching tasks that may require movement outside of their base of support.

The **somatosensory system**, a.k.a. the “proprioceptive” system, includes the body’s awareness of where it is in space; to sense action, movement, and location. This system uses sensory neurons to provide feedback to the brain to sense the position and movement of limbs and trunk, the sense of effort, the sense of force, and the sense of heaviness. This system contributes to an individual’s ability to negotiate different surfaces, such as even vs uneven grounds (grass, sand, gravel, etc.).

The **vestibular system** is one of the more complex systems involved in the overall balance system. Often known as the “inner ear,” this system involves structures that act as gravity sensors which inform perception of the position and movement of the head in space. This contributes to the coordination of eye movement, posture, and equilibrium. A common condition is vertigo, which is associated with dizziness, a “spinning” sensation, imbalance, nausea, and sometimes vomiting.

Intervention strategies vary from conservative treatment such as physical therapy, the use of medication, or at times surgical procedures.

The fourth, unofficial, component to the balance system is simple: **physical strength**. A sedentary lifestyle negatively impacts muscle strength and mass which can lead to difficulty transferring in or out of a chair or car, negotiating stairs or curbs, gait impairments, and overall imbalance and instability.

Other factors could include medication, cardiovascular disease, concussion/post-concussion, sinus-related conditions, and/or other central nervous system conditions.

It is important to control what we can within our home and throughout our established routines. Safe practices include removing clutter, clearing walkways, removing throw rugs, improving overall lighting and using appropriate assistive devices such as a cane or walker.

It is imperative to seek assistance when concerned about increased fall risk and to help identify which of the several potential factors may be contributing to this risk. Physical therapy is a conservative option to help identify what factors are contributing to one’s risk of falling and to find a solution.



**Sheila Grant**

Fall is my favorite season on the coast! I hope you are all healthy and thriving and enjoying slightly cooler temperatures. AARP has a lot going on, and we'd love to have you join us for a virtual or a live event soon.

**Advocacy:** You should be noticing the first round of benefits from the new law aimed at lowering drug prices. All recommended vaccines for adults are now covered by Medicare at no cost—that includes the shingles vaccine. The \$35/mo. insulin cap has gone into effect. And Medicare has begun the process of negotiating drug prices, which means prices are on the way down. AARP fought hard for this law, and we won!

**AARP DE** just finished up meetings with our three Delaware Members of Congress – **Tom Carper**, **Chris Coons**, and **Lisa Blunt Rochester**. We talked to them about several issues:

- The importance of providing support for family caregivers -- There are 124,000 in Delaware!
- Affordable broadband access –The Affordable Connectivity Program helps recipients stay connected to doctors, caregivers, and loved ones.
- The Earned Income Tax Credit has an “age ceiling” which excludes most workers 65 and older. AARP has asked for that to change.

**Livable Communities:** The Town of Lewes is considering allowing homeowners to build Accessory Dwelling Units, which are popular with older residents looking to safely age in place. Learn more about ADUs here:

<https://www.aarp.org/livable-communities/housing/info-2023/slideshow-abcs-of-adus.html>

**Volunteering:** Every year AARP celebrates volunteers at our annual Andrus Award event. This year, we're planning a special Broadway Concert at the Grand Opera House in Wilmington, featuring the Southern Delaware Orchestra and soloist Aidan Briggs on November 29th at 7 pm. More details at the link below, in the coming weeks.

You can register for AARP Delaware's events, including the Broadway Concert, virtual yoga and bingo, Social Security and Medicare Seminars (featuring yours truly), a Veterans Fraud event, and more here: <https://www.aarp.org/DEEvents>  
Thank you all for being volunteers!

Have a great fall, and I hope to see you at an AARP event soon!

**For more information, email me at [sagrant@aarp.org](mailto:sagrant@aarp.org).**

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