

Complimentary

Winter 2016

# OutLook

for the Bay Boomer and beyond...

*by the Bay*

www.OutLookbytheBay.com

**Can Procrastination  
be Productive?**

**Estate Planning  
Maintenance**

***Time Management is Not  
About Managing Time***

**Skiing Through  
Maryland's  
Schwarzwald**

**Steps to a Healthier  
You This Winter**

fitness entertainment gardening nutrition

<b>Publisher and Editor-in-Chief</b>	<b>Tecla Emerson Murphy</b> Editor@OutLookbytheBay.com
<b>Managing Editor</b>	<b>Mick Rood</b> MickRood@aol.com
<b>Operations Manager</b>	<b>Cynthia Rott</b> Cindy@OutLookbytheBay.com
<b>Art Director</b>	<b>Emma Stultz</b> Emma.Stultz@outlook.com
<b>Columnists</b>	<b>Dr. Jim David</b> James519@comcast.net
	<b>Michael J. Dodd</b> MJDMDI@gmail.com
	<b>Victoria Duncan</b> Victoria2Write@aol.com
	<b>Jessica L. Estes</b> JEstes@ByrdandByrd.com
	<b>Ryan Helfenbein</b> Ryan@LastingTributesFuneralCare.com
	<b>Henry S. Parker</b> HspSbp@gmail.com
	<b>Drs. Passaro and Wooddell</b> www.WPDentalGroup.com
<b>Contributing Writers</b>	<b>Barbara Aiken</b> Barbara.S.Aiken@gmail.com
	<b>Joanne R. Alloway</b> JRWrite@aol.com
	<b>Joan Amundsen</b> JAmun@comcast.net
	<b>Mary Chaput</b> AGChap01@aacounty.com
	<b>Phil Ferrara</b> PFerrara65@comcast.net
	<b>Doug Hickock</b> Doug@smartsstrategy.consulting
	<b>Peggy Kiefer</b> KinseyKiefer@aol.com
	<b>Leah Lancione</b> LeahLancione@gmail.com
	<b>Kater Leatherman</b> Kater.Leatherman@gmail.com
	<b>Tom Lloyd</b> Chipshot401@yahoo.com
	<b>Kathryn Marchi</b> Marchi-WRE@MRIS.com
	<b>Neal Moran</b> NMoran188@gmail.com
	<b>Ellen Moyer</b> EllenMoyer@yahoo.com
	<b>Dr. Terry Portis</b> TDPortis@aaccc.edu
	<b>Nancy L. Reynolds</b> NRReynolds@woodschurch.org
	<b>Louise Whiteside</b> LouiseMW@wispartel.net
<b>Circulation</b>	<b>Jack Hovey</b> OutLookbytheBay@aol.com
<b>Photographer</b>	<b>R.C. Murphy</b> OutLookbytheBay@aol.com
<b>Subscriptions</b>	<b>S. Hill</b> OutLookbytheBay@aol.com \$24.95 per year (bimonthly - 6 issues)
<b>Contact</b>	<b>OutLook by the Bay</b> 210 Legion Ave. #6805 Annapolis, MD 21401 410.849.3000

ISSN#1948-044X

OutLook by the Bay is distributed throughout Anne Arundel County, in sections of the Eastern Shore and Baltimore. It is available free of charge in seniors centers, county libraries, hotels, coffee shops, doctor offices, supermarkets, senior communities, book stores, restaurants, private clubs, real estate offices, health clubs, hospitals and at all of our advertisers and is mailed to select homes in the Bay area.

OutLook by the Bay is published bimonthly by OutLook by the Bay, LLC. No part of this magazine may be reproduced in any form without express written consent of the publisher. Information obtained in OutLook by the Bay is protected by the First Amendment of the United States Constitution and is intended for reader interest only. Do not substitute it for the advice of a qualified healthcare professional, legal or financial adviser. Reader discretion is advised. OutLook by the Bay, LLC does not verify the accuracy of any claims made in connection with advertisements and accepts no responsibility for errors and omissions. All rights reserved. Submissions should be sent to editor@OutLookbytheBay.com by the first of the month preceding the publishing date.

## FROM THE DESK

Time off or timeout? Recently I sent myself away for a timeout. It did not involve standing in a corner 'til I could learn to behave, but a self-inflicted, get-out-of-town-and-focus retreat. Like most of the people I know, we've all got goals and things that need to be done or accomplished and as most of my realistic friends are well aware, time is running out! But how? How do we find this time? In talking with others I've found most of us are afflicted with the same problem when it comes to carving out time to chase after our perhaps frivolous, but important-to-us, pursuits. We walk past the dishwasher, it needs emptying. There are clothes in the dryer – they won't be hanging themselves up. Our coffee supply needs refreshing and someone is going to have to go to the ATM machine or life, as we know it is going to have to change.

So question is – how to carve out the time to focus? There are so many interruptions during the day, and many guilt-inducing, if you don't tend to them. Where then do we get some uninterrupted time? Two good friends, Leslie, who's an author, and Annie who's a producer, both say that they go to their "office," a room in their homes and they shut the door! That's a signal to their housemates that they should not be disturbed. They've both said they can get much accomplished this way. I've tried this, but am still hammered by the fact that I've got to find something to wear to tonight's soiree and a gift is mandatory and it's not going to magically appear. Then, to add to it, we really are out of coffee so someone needs to get to the store to replenish. These, by the way, are self-inflicted must do's and deadlines. Nevertheless demands such as these do urge one to consider a timeout/time away from it all.

In an attempt to complete a project that required quiet time, I located a silent retreat center about an hour away. And notice the part of the word *retreat* – it truly was a *treat*. The area consisted of a few cottages, a central kitchen and rocking chairs and private corners everywhere. Choose your nook and hole up for the day – or if the juices stop flowing, go for a walk along the trail that winds through the woods. It worked. As the author of three young adult books, the fourth on the way, the time out was exactly what this "stuck" writer needed.

This wasn't a first, there have been other timeouts taken in the area. The farthest I've travelled is three hours in search of a quiet corner of the world. The secret to finding one of these retreats is to log onto **retreatcentral.com** and see what pops up and what might appeal. There are places located near and far, all price ranges and different amenities, or if you want to rough it, no amenities.

And, a timeout doesn't necessarily have to be a solo retreat – I've got one planned with a few friends where we'll meet at a vacation home on an island off Charleston later this Winter. Our goal is to nail our wrists to the desk and do nothing but write, then meet for meals and good conversation. I can't wait!!

Timeouts, by the way, don't have to be in pursuit of a particular artistic project, they can be a time to just kick back and enjoy the quiet. This is something especially appealing at this time of year after all the hoopla and stress of the holidays. But it can also be an opportunity to reexamine where we are or how we're progressing and maybe review what's ahead and is it time to make some changes. New ideas flow through more easily while away from the endless daily tasks. It can also be a time to take a moment to appreciate all that you have done and accomplished and to be aware of all that you have and all those around us who have assisted in your life's journey.

With very little effort, this could be the year when you take some needed time off to either fix, complete or start on an idea or project that needs focus and attention. Try it. I suspect you'll come away with a deep feeling of satisfaction whether the task has been started or completed or is well on its way – all because you carved out the time.



*Tecla*

## Features

- 10 FINDING A TRAVEL COMPANION
- 13 LASTING RESOLUTIONS FOR 2016
- 15 WINTER 1777 - GRATITUDE IS AN ALL-TOO-OFTEN SHORT-LIVED EMOTION
- 17 THANKS FOR THE MEMORIES
- 24 THE WEATHER OUTSIDE IS FRIGHTFUL BUT INSIDE IT'S SO DELIGHTFUL!
- 28 LET THERE BE LIGHT
- 38 A SIMPLE PLAN FOR ACHIEVING HEALTH AND PROSPERITY IN THE NEW YEAR
- 40 STALLED PROJECT? TIME TO GET YOUR MOJO BACK!
- 42 FEBRUARY, THE FONT OF THE FAMOUS
- 43 HAPPY VALENTINE'S DAY BRUNCH

## Articles

- 5 DO OUR FRIENDSHIPS CHANGE AS WE GET OLDER?
- 6 CAN PROCRASTINATION BE PRODUCTIVE?
- 12 WHAT DOES MARY SAY?
- 14 TIPS FOR BEGINNING YOUR MEMOIR
- 16 TIME MANAGEMENT IS NOT ABOUT MANAGING TIME
- 18 SCORE: HELPING TURN DREAMS INTO REALITY
- 44 EVENINGS WITH RETIREES

## In Every Issue

- 4 YOUR THOUGHTS
- 8 CHART YOUR COURSE: ESTATE PLANNING MAINTENANCE
- 27 ASK THE UNDERTAKER: CELEBRATE A LIFE LIVED
- 29 KATERING TO YOUR LIFE: THE IMPORTANCE OF RESILIENCE AS WE AGE
- 36 BOOKS: OLD, NEW AND OBSCURE
- 45 DEAR VICKI
- 46 ACROSTIC - WINTER
- 47 LAST WORDS: SPECIAL PLACES BY THE BAY: WYE ISLAND

## Departments

- 19 BAY TREKKING: AIRPORT TRANSPORTATION DEMYSTIFIED
- 20 BAY HEALTH: MODERN CATARACT SURGERY
- 21 BAY HEALTH: FIVE SIMPLE WAYS TO GET RID OF BAD BREATH
- 22 BAY HEALTH: ALZHEIMER'S: YES OR NO?
- 30 BAY NUTRITION: MAPLE SYRUP - A LATE WINTER TREAT
- 31 BAY GARDENING: HOUSEPLANTS TO PURIFY THE AIR
- 32 BAY TREKKING: A FORAY TO FREDERICK
- 34 BAY NUTRITION: LET IT SNOW
- 35 BAY HEALTH: STEPS TO A HEALTHIER YOU THIS WINTER
- 39 BAY REFLECTIONS: WINTER OF THE SOUL
- 41 BAY TREKKING: SKIING THROUGH MARYLAND'S SCHWARZWALD

# Letters to the editor

## STORIES

Very much enjoyed article by M. Smith on "Save and Savor Your Stories." Like most of us, we're looking around and trying to determine what to do with all this "stuff." I've started a list of our possessions that have a story to include a picture of the item. When complete, and let's hope it's this year, I plan to show it to each of our children and let them decide what they'd like, or if the item should be donated.

*Stew N., Annapolis*

## FROM THE DESK

I love that you put my words in print -- all true! Plus now I know how to behave over the upcoming holiday dinners. I'll just keep nodding (or bobbling). Again, right on target. (Now you know what I read before I go to bed).

*Ginger K., Annapolis*

## HOLIDAY 2015

Another great issue of interesting and informative articles. Bravo!

*Jane S., Arnold*

## HAVE THE TIME OF YOUR LIFE... NOW THAT YOU HAVE THE TIME IN YOUR LIFE.



For the ballet, the theater, the exhibits, the lectures. For the art lessons, the day trips, the museums. The nine holes whenever you want. For the drop-ins and drop-bys you used to wish you had the time for... You now have time for.

That is life at Ginger Cove, the premier life-care retirement community in the Annapolis area.

We invite you to tour our community, explore our amenities, and talk with our residents. To discover Ginger Cove, please call Joan Williams at 410-266-7300.



4000 River Crescent Drive Annapolis, MD [gingercove.com](http://gingercove.com)



# DO OUR FRIENDSHIPS CHANGE AS WE GET OLDER?

By Terry Portis

"I used to walk into a room and wonder if the people there liked me, now I walk into a room and wonder if I like them."

As we get older, there are certain subtle and not so subtle changes that take place with our friendships. The quality and quantity of friendships are not the same for a 25-year-old as they are for a 65-year-old. These differences are important for our quality of life and perhaps for the length of our life.

The first difference is that we become much more selective in our friendships as we get older. We have all heard phrases like, "I'm so tired of her drama." Or, "He's such a negative person." Yet, when we are younger, we continue to spend time, energy and emotion on these people who aren't particularly pleasant to be around. These people do not make a positive contribution to our lives.

When we get older, however, research shows that we become much more selective in the friendships we maintain. This is part of the "life is too short" philosophy. In other words, life is too short to invest in social relationships that drain away your time and vitality rather than those that are mutually beneficial.

The second difference closely follows the first: We are more satisfied with our friendships as we get older. This makes sense given the first difference we just talked about. We simply like our friends more because we have become more selective. This also could be attributed to the fact that shifting personal priorities tend to value family and friendships more as we get older. As we value and invest in these relationships we then come to appreciate them more.

Being around people whose company we enjoy motivates us to go and do things we might not really feel like doing.

Other studies have shown that meaningful relationships have a positive impact on blood pressure, our immune system and our sleep quality (Newall, Chipperfield, Bailis, & Stewart, 2013). These are critical factors that can have a dramatic impact on our quality of life.

Research also shows that social activities and engagement make us happier. People who are active and engaged while building social relationships have higher life satisfaction (Huxhold, Fiori, & Windsor, 2013). If we want to be happy with our lives, we need to stay as active as we can for as long as we can.

Relationships are built with people who you are doing something with. There are three key organizations in your community that help with this: houses of worship, volunteer centers and community colleges. Almost every house of worship has programs and activities for older adults. Most people find these communities very welcoming.

Most counties have a volunteer center. Plan a visit and find a cause you believe in. Volunteers are key to many organizations that are making a difference in people's lives. They need you.

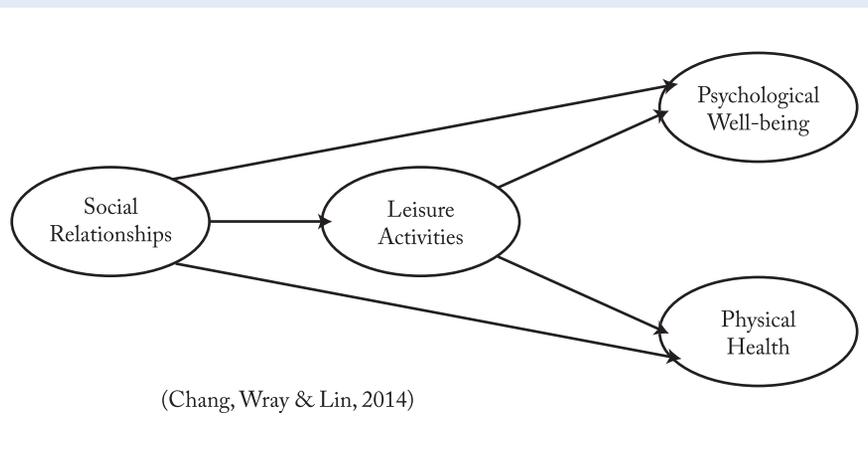
Many community colleges have courses and programs developed for older adults. At Anne Arundel Community College, many friendships have been formed in programs such as the Peer Learning Partnership and the Guild for Life. Dozens of classes are offered at area senior activity centers for people 55 and older. People often find others with similar interests and backgrounds through taking classes. Check it out at [www.aacc.edu/lifestages](http://www.aacc.edu/lifestages)

*Dr. Terry Portis, director of the Center on Aging at Anne Arundel Community College, holds a doctorate in counseling psychology and can be reached at [tdportis@aacc.edu](mailto:tdportis@aacc.edu)*

## References

Chang, P., Wray, L., & Lin, Y. (2014). Social relationships, leisure activity, and health in older adults. *Health Psychology, 33*(6), 516-523. doi:10.1037/hea0000051.  
Huxhold, O., Fiori, K. L., & Windsor, T. D. (2013). The dynamic interplay of social network characteristics, subjective well-being, and health: The costs and benefits of socio-emotional selectivity. *Psychology and Aging, 28*(1), 3-16. doi:10.1037/a0030170.

Newall, N. G., Chipperfield, J. G., Bailis, D. S., & Stewart, T. L. (2013). Consequences of loneliness on physical activity and mortality in older adults and the power of positive emotions. *Health Psychology, 32*(8), 921-924. doi:10.1037/a0029413.



Finally, people who have a network of friends are more healthy and live longer. One study found that people who have friends are more active. They suggested that staying active leads to better health, and thus a longer life (Chang, Wray & Lin, 2014).

# Can Procrastination Be Productive?

## How an A-Type Personality Joined the Dark Side of Procrastinators

By Leah Lancione

When I first thought about the possibility of procrastination being productive I thought, "Hey, maybe I'll just put this research on the backburner and do my work another time to test it out." Well, that idea did me no good. In fact, I soon realized that not having a plan or schedule for my research and writing made me worry and feel disorganized. So, I Googled the term and found some evidence that "structured procrastination" can actually benefit you. There are whole websites dedicated to planned procrastination and what one expert called "an amazing strategy that converts procrastinators into effective human beings." ([www.structuredprocrastination.com](http://www.structuredprocrastination.com)) What does this strategy entail? Let's find out.

According to an anonymous professor writing at [structuredprocrastination.com](http://structuredprocrastination.com) it's not doing absolutely nothing, but instead making a list of all the tasks you (the procrastinator) need to do and sorting them from most important to least important. The thought is that since most procrastinators choose to do something minimally essential as a way of not having to do the most important things, they can start at the bottom of the list. For example, my husband has a way of delaying the tiling

our bathroom floor. He has chosen the last two Saturdays to landscape the yard and get it ready for Winter, which did need to get done, and to declutter the attic by sorting items to pitch or donate to charity, which was another necessary task. So, it's not that he'll never get to tiling the bathroom floor, he just has a different priority list in his head that causes him to do the less important tasks first.

The point is not for the procrastinator to reduce the amount of commitments he has, thinking that the less he has to do reduces the chance of procrastinating. This method is "contrary to the basic nature of the procrastinator and destroys his most important source of motivation" -- doing something minimally important over something of higher priority. Our website professor explains that "the few tasks on his list will now be by definition the most important, and the only way to avoid doing them will be to do nothing." This is not the goal!

You may be asking what happens to the important, high-priority tasks at the top of the list that never seem to get done. The professor declares that the projects at the top of the list should have two characteristics: "First, they seem to have clear deadlines

## COME HOME TO LONDONDERRY ON THE TRED AVON



As the Eastern Shore's only 62+ independent living cooperative community, and resting on the banks of the Tred Avon River, Londonderry calls you home to waterfront living every day. You also enjoy the benefits of home ownership without the worries of maintenance or upkeep. Our newly refurbished Community Center invites you to come home to activities and new friends that welcome you with warm smiles and open arms every day. Come home to Londonderry on the Tred Avon today!



700 Port Street, Suite 148 • Easton, MD 21601 • 410-820-8732  
[www.LondonderryTredAvon.com](http://www.LondonderryTredAvon.com)



but really don't, and second, they seem awfully important but really aren't." So, does my husband's not tiling the bathroom floor apply? One could say, yes, because of course I *want* the floor done, but does it have to be done now? No. The truth is, I want it done by the time we put our house on the market in the not-too-distant future. So, is this task more important than some of the more menial tasks my husband has completed, that affect us in the present, in an effort to not do the major bathroom project? Maybe not. Regardless, I still want it done! Hmm... Maybe my husband's procrastination will actually force me to take on the project myself as would do-it-yourself home improvement goddess Allegra Bennett. Maybe I can channel the former *Baltimore Sun* journalist turned "Renovating Woman" self-help expert and get the job done myself! Maybe my husband's procrastination is just the motivation I need to become more self-sufficient when it comes to home repairs.

There are others, surprisingly, that also tout the benefits of procrastination. Writer Larry Kim of [www.Inc.com](http://www.Inc.com) says "procrastination breeds efficiency" because many people actually work better under pressure. So, if you're the type of person who becomes more focused, even more clear-headed, when you hunker down once a deadline is looming rather than muddling over a task little by little every day getting very little done, by all means procrastinate!

Kim also describes how "time can bring greater ideas or other improvements." During the time you're procrastinating on a project, he says you may let your mind wander on ways you can

improve whatever it is you have to do. He cites the book *Wait* by Frank Partnoy that recommends giving your ideas "time to percolate" which will, hopefully, produce a better result.

Both experts agree that within the confines (or lack thereof) of procrastination, there must still be some type of work or thought being achieved. Don't ignore to-do lists to sit on the couch and do nothing. At least get your mind in gear thinking about what tasks you can and will do and how you can do them efficiently. Pretty soon, the naysayers in your life might just notice all the tasks you *are* (seemingly less important or not) completing on your workable timeline! It just may be that they may actually join your ranks. I mean, who doesn't want to spend more time enjoying life moment to moment and reserving the time to really work when it's absolutely necessary? If you think about it, it's absolutely practical to figure out how you can do something well with the least amount of effort and time.

As someone who has been labeled a type A personality all of her life, it's amazing that I now feel drawn to my husband's more casual approach to work and life in general. He appears to be less stressed all the time and still maintains a full-time job, among other major commitments. Maybe I owe him an apology for years of nagging him to get things done ASAP. Could it be that the countless to-do lists I created for *him* and the badgering along the way for them to get done on *my* timeline was counterproductive? Is it possible that I'm now joining the "dark side?" Procrastinators of the world unite!



## MARYLAND EYE ASSOCIATES

*"Trust Your Eyes To The Most Experienced Cataract Surgeons In Southern Maryland"*

A GROUP PRACTICE OF BOARD CERTIFIED OPHTHALMOLOGISTS WITH OVER

**• 90 YEARS •**  
OF COMBINED EXPERIENCE

### COMPREHENSIVE VISION SERVICES

• • •

Cataract Consultation & Surgery  
Glaucoma Treatment  
Medical Eye Care • LASIK  
Diabetic Eye Care



**DRS. WANNER, BURGE, DODD, MILLER, CHANG AND BERRY**

[www.marylandeyeassociates.com](http://www.marylandeyeassociates.com)  
866-702-2020

**ANNAPOLIS**  
2629 Riva Rd, Suite #102  
Annapolis, MD 21401

**PRINCE FREDERICK**  
800 Prince Frederick Blvd  
Prince Frederick, MD 20678

# CHART YOUR COURSE

## A LEGAL NAVIGATION GUIDE

### **ESTATE PLANNING MAINTENANCE**

*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

With the new year comes the opportunity to reflect on last year's accomplishments or missteps, and the ability to resolve that this year will be better than the last. Many people resolve to eat healthier, exercise more, make family a priority and maybe tackle that closet, attic or basement that has been accumulating stuff for decades. But what about your estate plan? With the holidays winding down and everyone getting back to their normal routines, this is the perfect time of year to review your current estate planning documents to make sure they still accomplish your goals. Or, if you do not have any estate planning documents, then this is the perfect time of year to obtain them.

As I have said in the past, a proper estate plan should provide for the following: (1) the ability to control your property while you are alive and able (2) planning for you and your loved ones should you become disabled and (3) after you die, making sure your assets go to the people you love without unnecessary cost or delay. Moreover, in order for an estate plan to be effective, there needs to be proper asset ownership and control of the process.

Every person over the age of 18, at the very least, needs a financial power of attorney, a health care power of attorney and a will. The powers of attorney are effective when you are alive, but for whatever reason, you are unable to manage your assets or make medical decisions for yourself. The health care power of attorney should include your wishes and instructions for life-sustaining treatment should you be terminally ill, in a persistent vegetative state or at the end-stage of a condition. These powers of attorney terminate upon your death. At that time, the will takes effect and your assets would be distributed in accordance with the terms of the will.

With that in mind, here are some questions you should consider:

- 1.** Do your current documents name individuals that you trust and who would be appropriate, e.g., a family member or other trustworthy person who lives nearby and who has the time and ability to act as your financial or health care power of attorney or personal representative?
- 2.** Do you have at least one alternate to those named individuals in case they are no longer able or willing to act?
- 3.** Does your financial power of attorney allow your named agent to engage in asset preservation or long-term care planning? With the advance of medicine, people are living

longer; yet most of us have not made ample provision for our future long-term care needs.

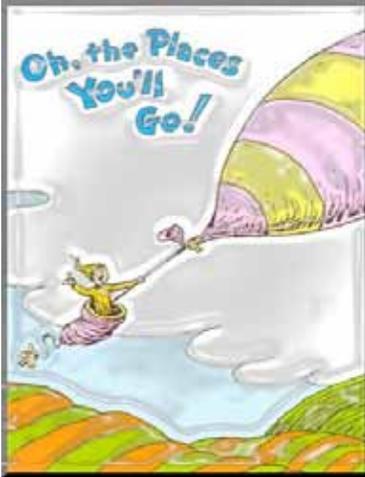
- 4.** Who are the current beneficiaries under your will? Are they still alive? If one of them were to die before you, do you have an alternate distribution for their share? If not, the state of Maryland has rules that may distribute your assets differently than you would want.
- 5.** If there is the possibility of someone under the age of 18 inheriting under your will, have you made provision for their share to be held in trust for their health, education, maintenance or support? At what age would you want them to receive the money outright? Maybe 18 is too young to have the money outright and you may want to indicate an older age.
- 6.** Does your will provide for a disabled beneficiary? Currently, you may not have any disabled beneficiaries, but if someone has a stroke and is receiving certain government benefits such as Medicaid, any outright inheritance may jeopardize those benefits. Rather than disinherit that beneficiary, you could provide that their share be held in trust so as not to impact their government benefits.
- 7.** How are your assets titled and do they have beneficiary designations? If so, you need to review this information to make sure it coincides with your will. Remember, your will only applies to assets that at death are titled in your sole name and without a beneficiary designation.
- 8.** Does your current estate plan have a maintenance component? A maintenance program -- billed on an annual basis for a specified fixed fee -- at a minimum, usually allows an individual to contact the attorney via telephone with any questions throughout the year and provides basic updating of documents free of charge, as well as an annual review of the client's assets to make sure the estate plan still accomplishes the client's goals.

*Jessica L. Estes is an elder law and estate planning attorney at Byrd & Byrd, LLC in Bowie. She can be reached at 301.464.7448 or on the website at [byrdandbyrd.com](http://byrdandbyrd.com)*

# 2016 Family Caregiver Workshop Schedule

## “Oh, the Places You’ll Go!”

Anne Arundel County Department of Aging and Disabilities  
National Family Caregiver Support Program



*Caregiving is a journey with twists and turns along the way. Circumstances change, needs change, and sometimes you may doubt you’re doing the right thing or if you’re doing enough. Be patient with yourself, don’t be afraid to ask for help, and join us for the journey!*

**ALL WORKSHOPS ARE SCHEDULED 6:30-8:30**

	<b>Senior Center</b>	<b>Presenter</b>	<b>Topic</b>
3/2/16	Arnold	Ann Morrison, Ph.D., RN, CS	Caregiver Strategies: Managing Expectations and the Environment
3/15/16	South County	Mary Chaput, MA Program Director, Family Caregiver Support Programs	Alive Inside
4/6/16	South County	Staff	Communicating through Behaviors: The Virtual Dementia Tour
4/27/16	Pascal	Ben Ogundip, PT	Mechanics of Caregiving
5/11/16	O’Malley	Robert Conley, MD	Today’s Alzheimer’s Research
5/25/16	Annapolis	Staff	Communicating through Behaviors: The Virtual Dementia Tour
6/14/16	Annapolis	Jennifer Fitzpatrick, MSW, LCSW-C	Know Thy Parent, Know Thyself: A Self-Exploration Guide for Caregivers

To register for this workshop call: **410-222-4464 ext. 3043** or  
**Register on-line** at: <http://www.aacounty.org/Aging>

Sponsored by:  
Somerset Place Annapolis, Annapolitan Assisted Living, Home Instead Senior Care, Morningside House of Friendship, Home Care Assistance,  
Care Patrol, Active Day Pasadena, Active Day Annapolis, Anatomy Gifts Registry, Windward Financial, MedStar Medicare Choice

The Department of Aging & Disabilities is grateful to our sponsors. However, the Department does not endorse any particular vendor or business. Anne Arundel County reserves the right to approve and/or refuse potential sponsors.

# Finding a Travel Companion

By Leah Lancione

Do you find yourself begging your spouse to accompany you on trips? Are your travel adventures ruined by a complaining husband or wife who simply doesn't share your excitement of exploring the world? Well, if you answered yes to either of those questions, maybe it's time for you to find a new travel companion.

You don't have to look very far, and believe me, there are willing candidates out there (in cyberspace, of course) who want to help you plan for and experience new adventures in cities across the globe. If you're apprehensive about meeting someone new, that's understandable. However, online companies like Thelma & Louise and Journey Woman, seek to create travel-oriented community (not a travel agency) in which people of all ages and backgrounds can share their love of life and traveling.

Many of the travel sites cater to women, but there are some, such as **travelchum.net** that welcome men and women.

## TRAVELCHUM

TravelChum is a "traveling social network" that provides users with travel advice and information about the destinations they want to visit either alone, with a group or with a "chum" who has similar aspirations found on the site. Here you will create an account and either plan a trip on your own or use the site's trip search resource to get started. Before you know it, you can share your travel experiences with others, get inspired by other users' journeys and forge friendships and useful associations as you cultivate your passion for exploring new cultures and locales. Sign up and register via Facebook or your email address.

## THELMA & LOUISE

Thelma & Louise ([www.thelmandlouise.com](http://www.thelmandlouise.com)) is an online community where registered users (women 18 years and older) take advantage of the tools provided to write or consult travel guides and other information like hotel and transportation comparisons and reviews or to organize their travel plans. The social networking site also enables users to share their travel tales and, if desired, meet new friends. The site promises to provide tools and resources that engender a safe community of travel aficionados looking to find travel buddies. The site claims, "Our community is a safe environment in which women can enrich their lives through travel and friendship." Note: Registration is free but new users must agree to the terms and conditions listed as well as a "code of conduct."

## JOURNEY WOMAN

With more than 300 mentions in the media worldwide, the website calls Journey Woman ([journeywoman.com](http://journeywoman.com)) "the premier travel resource for women." Resources include a Travel Tip Newsletter, countless cyberguides on packing, backpacker tips, "cultural dos and taboos" and more, a "hermail" email service, a search engine, safety travel gear including pick pocket-proof products and more. Not to mention, the site claims to feature the Web's largest selection of female-friendly travel opportunities. Articles on topics include: shopping across the globe, eco-adventures, staying healthy on the road, traveling with kids or alone, traveling to learn, "gal-friendly" cities, as well as keeping visitors abreast of pressing issues that face female travelers.

Other websites such as [www.TripTogether.com](http://www.TripTogether.com) provide a social platform for folks who love to travel or engage in vigorous activities to meet, find companions, get useful advice from locals or expert tourists and share their memories and tips as well.

The popular site [www.CouchSurfing.com](http://www.CouchSurfing.com) unites members across the globe who either want to "find a place to stay or share their home and hometown with travelers." You sign up, create a profile, explore your city and the other "couch surfers" in it, or a city you wish to explore, find events to join, and then, eventually, list your "couch" to get involved in hosting as well.

The website [www.SilverSurfers.com](http://www.SilverSurfers.com) is an online catalog of forums on everything from culture, food and lifestyle in addition to one focused on travel. The forum features many articles on senior travel, holiday/vacation planning tips and more.

For a straightforward online service that seamlessly arranges for users to find people and meet-ups in cities they have newly arrived in or plan to visit, try [www.TravBuddy.com](http://www.TravBuddy.com). The site also features trip reviews, travel blogs, millions of photos of destinations, hotel search engines and a sign-up/login via Facebook or email.

So whether you want to go on a safari, relax on a cruise, go on a pilgrimage or backpack through some exotic locale, check out the travel sites the World Wide Web has to offer. Just make sure you adhere to the following safety tips (from the travel site, [companions2travel](http://companions2travel.com)) for finding a travel buddy:

- Do not provide personal contact details or any other personal information until you have corresponded via the site a few times.
- Phone the person before you meet.
- Meet in a public place, possibly accompanied, and let someone else know where you are going and when you expect to be back.
- Use your common sense and your intuition. If you do not feel comfortable about meeting in person when it comes to it, then follow your instincts – don't.
- Consider meeting up as part of a group.





**BYRD & BYRD** LLC  
 ATTORNEYS AT LAW

**(301) 464-7448**

[www.byrdandbyrd.com](http://www.byrdandbyrd.com)






Elder Law  
 Estate Planning  
 Medicaid Planning  
 Asset Protection  
 Probate  
 Family Law  
 Personal Injury

**Not Just Good Lawyers... Good Counsel**

**14300 Gallant Fox Lane, Suite 120, Bowie, Maryland 20715**  
**30 Industry Lane, Prince Frederick, Maryland 20678**



# What Does Mary Say?

Dear Mary,

*So Mary, my mother is in a very nice assisted living facility. She likes the staff and the activities and I am pleased with the care she receives. But as I look ahead to my own future and possible needs, I am very aware that bingo, arts and crafts and bus trips to Walmart are not for me! What do you think is going to happen as we boomers reach that stage?*

Dear Reader,

Lots of folks in the boomer generation are asking that same question about future long-term care (LTC) facilities. In reality, the facilities we see today will remain unchanged until consumers demand changes.

We expect that the boomer cohort will continue to set trends, especially in their long-term care needs. They will expect total autonomy in regard to their daily routines, including control over what they eat, when they go to bed and get up, and their activities. They will expect their living environment to be wired and will have no interest in "Let Me Call You Sweetheart," but will be up and moving to the Beach Boys, Beatles and Rolling Stones. Personal choices will be important to boomer residents, particularly with flexible scheduling. They will want to eat when they want to eat and have the option to dine alone or with others. Activities will need to change to meet baby boomers' expectations.

According to an article in the September/October 2015 *Today's Geriatric Medicine*, "Statements from the younger baby boomers, who are currently in their mid-50s and 60s, and voicing their complaints about LTC facilities, indicate that such facilities must undergo changes in various areas. It's the younger baby boomers who are most displeased at the restrictions in place in most LTC facilities. They object to being unable to leave a facility unescorted or being advised to sit when they'd prefer to walk and take the risk of falling. As baby boomers enter LTC facilities in greater numbers, those objections will increase in intensity, requiring changes in ways care is provided. The transition can be successful if providers anticipate and respond now to boomers' needs, desires and lists of "must haves" rather than simply reacting to their unhappiness and dissatisfaction later."

So how do we go about changing how long-term care facilities provide care in the future? Start now by volunteering to sit on nursing home or assisted living boards, to assist with activities, to spend time with the staff and residents and offer suggestions to the managing team. We know that baby boomers have a reputation for refusing to take no for an answer!

Dear Mary,

*My mom is 75 years old and has begun to show signs of cognitive decline. Her primary care doctor has suggested that she be examined by a neurologist who specializes in dementia. Both mom and I want to be prepared. Can you suggest questions that we should ask?*

Dear Reader,

I am happy that your mother's physician has recommended a more thorough workup with a neurologist. If there is a dementia involved, it will be helpful to understand the particular type so that you can better manage the symptoms, know what is "normal" for that particular dementia condition and cope with it physically and emotionally.

Make sure your mother signs the HIPPA release at the neurologist's office so that the doctor is aware that you are part of the "care team" and can have access to information regarding your mom's health. Before the appointment, find what questions your mother has; this will allow her to feel more 'in control' once you are in the doctor's office. As her primary caregiver, you will want to know:

- What do I need to know about my mother's diagnosis?
- What should I know about her medications, i.e., side effects, interactions?
- How often should my mother be reevaluated?
- Who else should we add to my mother's care team?
- Are there any safety issues I should be aware of?
- How can I help my mother be as independent as possible?
- What are the signs that a higher level of care may be necessary?
- What legal documents should be in place?

The Anne Arundel County Department of Aging and Disabilities will be offering five caregiver workshops during the Spring months which you may find helpful as you begin this caregiving journey. Information can be found at [www.aacounty.org/aging](http://www.aacounty.org/aging) To subscribe to the family caregiver event updates, email [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org) or call 410.222.4464, ext. 3043.

*Mary Chaput can be reached at [agchap01@aacounty.org](mailto:agchap01@aacounty.org) or 410.222.4464 ext. 3045*

# LASTING RESOLUTIONS for 2016

By Penelope Folsom

Many of us spend time at the beginning of each new year listing a few resolutions that we think would improve our lives during the upcoming year. But for many of us, those good intentions often don't make it beyond the first 10 days of the new year. This year, however, why not pull together a more realistic list, the kind that just might last for 365 days or maybe even forever.

Here are a few suggestions that could possibly be lasting and at the least make it through the first few weeks of the new year:

- Make an honest effort to engage in healthy exercise five days a week, even if walking is your only choice.
- Widen your circle of friends, even if it means getting out of your comfort zone and joining a group that you're not really sure of. Try it.
- Work at living a healthier life, whether it be through better nutrition or adopting a more positive mental attitude.
- Lose those pesky last 10 pounds, this time not by crash-dieting, but by resolving to be satisfied with one helping and enjoying three tablespoons of whatever dessert is being served and having only no-cal or low-cal liquids between meals such as tea.
- Make the effort to stay in touch with family and friends and not wait for them to contact you.
- Pursue a new hobby or interest, one that you've been

thinking about but haven't had the time or gumption to pursue.

- If you can't find a group to join, then start one such as a book club, bridge club, walking group or conversational Spanish. A group can start with just two members.
- Be more open to new ideas, new challenges, new friends and new opportunities.
- Act in a more generous manner.
- Help where it's needed. Find a place to use your skills to benefit others, either through a job or through volunteering.
- Take a course in a subject that has roused your curiosity: digital photography, understanding foreign policy, learning about an unfamiliar computer program, or improving your tennis game, water colors or skiing. For a comprehensive list of classes, retreats, learning vacations, workshops and seminars go to [Shawguides.com](http://Shawguides.com) or check out your local college.
- Try learning a foreign language and then make plans to visit the country where it is spoken.
- Last and maybe best: Hang either or both of these signs near the bathroom mirror as a daily reminder:
  - Procrastination is no longer an option.
  - If not now, when?

## Smile like a kid again.

Remember when you were a kid and nothing could keep you from smiling when the moment struck?

You can have that feeling again.

*It's never too late to get the smile you've always wanted.*



Drs. Passaro & Wooddell welcome new patients who value exceptional dental care for routine and complex treatments.  
410-956-5555



**WOODDELL & PASSARO**  
Restorative and Esthetic Dentistry

3102 Davidsonville Road, Davidsonville, MD 21035  
[www.wpdentalgroup.com](http://www.wpdentalgroup.com)

Read our article "Five Simple Ways To Get Rid of Bad Breath" in this edition of Outlook!

# TIPS FOR BEGINNING YOUR MEMOIR

By Leah Lancione

Now that the holidays are over and you have a minute to catch your breath, why not think about giving your family and friends a gift that will last forever -- your life story. Sure, you've told the story about how you and your spouse met or maybe some of the scrapes you got in and out of as a kid, but have you *really* expressed the legacy you want to leave or the life lesson you want your loved ones to learn? If not, now's the time to add beginning a memoir to the list of your other New Year's resolutions.

Don't fret, there's help available when it comes to getting started on your life story. In fact, best-selling author Alan Gelb recently published *Having the Last Say: Capturing Your Legacy in One Small Story*, a book that seeks to help people stretch themselves beyond journaling to create short narratives that encapsulate who they are and the events that influenced their lives. He encourages baby boomers (and beyond) to take on the task of writing legacies, something he describes as akin to writing your own eulogy: "In your very short story, you will convey something about life, something you have learned, that has been profoundly meaningful for you. In doing so, you will help the people in your world understand that life, for all its difficulties and complexities, is worth living."

Gelb's straightforward tips include how to properly construct a narrative sequence, how to capture an audience through conflict and inciting action, focusing on the extraordinary versus ordinary, in what point of view to write, what tense to use and more. His book helps readers or writers ask themselves the right questions and to dig down deep to uncover and communicate personal truths.

The essays and examples Gelb provides in *Having the Last Say* assists writers, in effect, to analyze and critique their own work just as they would in, say, a college writing class workshop. The chapter on embarking upon a first draft is especially useful, because it is often the hardest step in the writing process. Gelb writes, "Sorry, overachievers, but it is absolutely in the nature of a first draft to be *imperfect*. Indeed, the challenge at the first-draft stage is to not get hung up on that imperfection but to sit with it, to be with it. You need to see the problems in the work, calmly and clearly, and then soldier on." Later in the book, Gelb helps writers do just that, soldier on to decipher "the point of the narrative," develop the structure of the second draft (while also working on tone and rhythm), and then to polish the third draft and finally "pulling it all together" for the final draft.

Gelb's book is one of many useful tools that can help writers begin the process of telling a life story, whether it's a short narrative

or a more comprehensive memoir. If you want to embark on this journey, start by visiting your local library or do a Google search to find expert advice that will aid you along the way. There are even classes and webinars, as well as numerous writing communities, which can assist you. Not to mention, resources like *Writer's Digest* magazine, which will always come in handy.

One piece of advice: Start by writing *every* day. Writing experts suggest folks who want to craft a story for presentation to an audience (whether it's the public or a private group of friends and family), to write a little every day to get the creative juices flowing and to stimulate creativity. And for the nontypist, it is possible to speak to your computer through various programs, which will type your words for you. (See *OutLook by the Bay* Fall 2015, page 22).

An article in *Writer's Digest* ([www.WritersDigest.com](http://www.WritersDigest.com)) entitled "The Key Elements of Writing a Good Memoir" provides some practical tips to get you started by sketching out the emotional framework of your memoir or life story:

- Identify the "desire line." The first step in drawing an arc, i.e., the emotional framework, is to answer the question, "What did you (as the narrator or protagonist) want in the story you're telling?"
- Lay out the events. Begin planning your story arc by jotting down a list of actions and obstacles. What did you do to get what you wanted? What got in your way?)
- Show shifts in emotion through "emotional beats," events keyed to an emotion. The events in the story are there not because they happened, but to show the shifts in emotion you go through, event by event, over the course of the book.

Clearly define the initiating incident -- the most important event that should be at or near the beginning -- and the ending incident or major turning point.

Once the elements of the "arc" have been distinguished, the next step is to begin a formal outline and before too long you'll be working on the first draft. Just remember, this is your opportunity to pass on a legacy to your family and friends, so take heart and be patient with yourself. It's a heavy, but meaningful task to present your thoughts and expose your feelings to others through writing. Author Virginia Woolf has said, "Every secret of a writer's soul, every experience of his life, every quality of his mind is written large in his works."

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

# Winter 1777

GRATITUDE IS AN ALL-TOO-OFTEN, SHORT-LIVED EMOTION

By Tom Lloyd

Want proof? Just look at the American Revolution and what happened to the handful of people who almost singlehandedly saved George Washington's Continental army at Valley Forge during the horrible Winter of 1777.

The revolution was in dire straights. Washington and his rag-tag force of 12,000 men, weary from a string of stinging defeats at the hands of the British, had taken refuge in rural Pennsylvania.

Deep snow, freezing temperatures and a near total lack of supplies during those months proved every bit as deadly to the American army as British musket balls.

During that long-ago Winter, a chief of the Native American Oneida people from upstate New York named Shenandoah and an Oneida woman named Polly Cooper undertook an historic and heroic trek that saved the revolution.

Together with a small band of Oneida warriors, Shenandoah and Cooper walked the entire 300-plus miles from their homeland to deliver life-saving sustenance in the form of basket upon basket of corn to Washington's suffering forces.

Most historians agree that without the aid provided by the Oneida Nation at Valley Forge that Winter, Washington's army might never have lived to triumph at the Battle of Monmouth, let alone to march south to victory at Yorktown and then to independence.

American Gen. Phillip Schuyler, member of the Continental Congress and a commander of American Revolutionary War forces, praised that invaluable aid and assistance from the Oneida people by telling their chief, "Sooner should a fond mother forget her only son than we shall forget you."

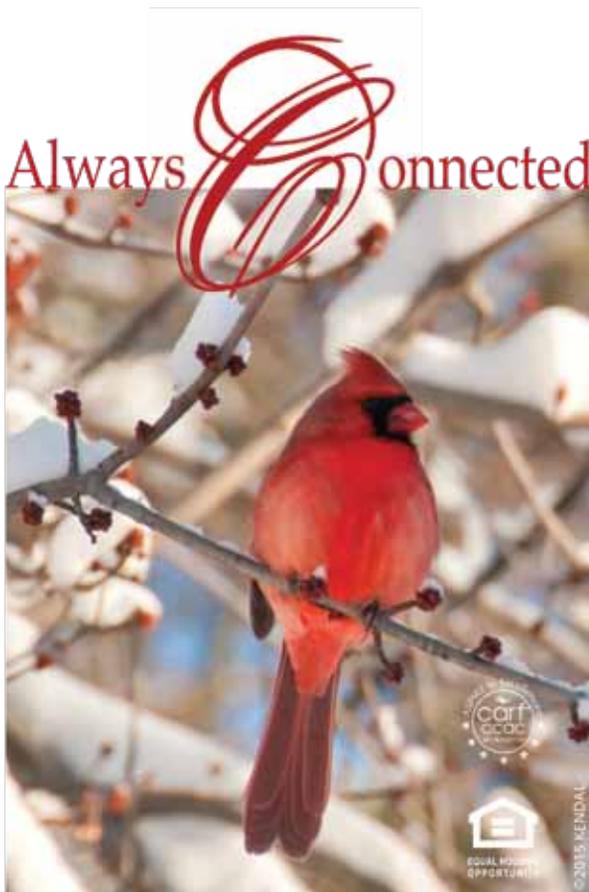
And, in at least a temporary show of gratitude, the newly minted government of the United States of America set aside six million acres for their Oneida allies in 1788, five years after the Treaty of Paris officially ended the Revolutionary War.

Indeed, a towering 19-foot tall bronze statue commemorating Cooper and Shenandoah's trek still stands in the Smithsonian Institution's National Museum of the American Indian in Washington, D.C.

A statue is all well and good, but when it comes to real estate, our gratitude left something to be desired.

Every year since 1788, those six million acres of Oneida land have been constantly whittled away. Today, all that remains is 32 acres.

Apparently, as a nation, we have shorter memories, (and a good deal less gratitude), for our Native American allies than Gen. Schuyler anticipated.



At Collington, we're connected to nature...and to the warmth that lives here all year round.

We believe retirement should be a time to enjoy cherished traditions and new experiences, exciting possibilities and quiet relaxation—plus so much more. That's why we offer retirement living that combines easy access to entertainment, arts and culture, myriad lifelong learning opportunities, wellness programs—and a maintenance-free lifestyle that lets you enjoy it all.

Visit us online or call to learn more.

[Collington.Kendal.org](http://Collington.Kendal.org)

301-893-7049

A Not-for-Profit Continuing Care Retirement Community  
10450 Lottsford Rd., Mitchellville, MD 20721

*Collington*  
KENDAL AFFILIATE  
Together, transforming the experience of aging.™



# TIME MANAGEMENT IS NOT ABOUT MANAGING TIME

By Doug Hickok

Time management isn't about cramming more into the day. All of us have the same 24 hours every day, and the way we use them determines how effective and happy we are.

Time management isn't even primarily about managing our time; it's about managing our *choices*, from which we determine what we do with our time.

Every activity that attracts our interest has a hidden price tag of time attached to it, and we often fail to add up those price tags before we make new commitments.

Let's say that I am overwhelmed at work and spend too little time at home. I get a call from the coach of my son's soccer team asking if I can help out at some weekly practices. Since I feel guilty about not having enough time at home and not spending enough time with my son, I agree before figuring out where I will find the two evenings a week to be at my son's practice, and how that will affect other commitments I have made.

The net result is that my activity choice will make my son feel better, but it will accelerate my trip to burnout.

Try thinking about time choices in the context of banking. We don't bounce checks at the bank because the bank lets us know in a big hurry that we don't have the money, and then we pay a penalty in cash. This is a very clear, painful limit on our financial spending.

We each have a bank of time that resets with a 24-hour deposit every day. The problem is that no one sends us an overdue statement or charges us a fee every time we write a bum check for time that we can't afford. Our punishment is real, though, because we punish ourselves with stress and an overwhelmed life when our time bank accounts are overdrawn.

So managing time is really about managing choices and being clear about the time we are committing with those choices. And, we must make choices that keep our time spending down to amounts that we actually have in our time banks if we want to stay sane, healthy and happy.

The other big mistake we make that feeds right into this is in how we schedule our time.

Many of us see those time blocks marching one after another in our calendars and schedule ourselves back-to-back right through the day. In practice, this is like driving a car six inches from someone else's bumper with both vehicles going 80 miles an hour—your day goes fine until one thing is delayed, and then

everything behind that event gets crunched because there's no room to make schedule adjustments.

The answer is to book some gaps into your day. I usually recommend a half-hour gap in the morning and then another half hour in the afternoon—spaces where you aren't going to schedule anything, no matter how tempted you are to do so. Those gaps are there to give you options when your schedule blows up on you. You'll be amazed at how much better you will feel at the end of the day, both knowing they are there, and when you have to use them for damage control.

The last and most important time management element is about how to decide what's most important. Because we have so many choices in life today, we need to set our priorities simply and clearly.

Here is how to set priorities from *The Life Works Better System to Prioritize and Accomplish Anything*:

No. 1 priority: **High Impact**. If you could have a shot at reducing your mortgage, saving up for that long vacation you've always wanted or if you have to meet with a contractor to assess storm damage to your car, these are all high-impact priorities. Note that their top priority ranking doesn't come from the fact that they are positive or negative events, but that they will have a *high impact* on you and your life.

No. 2 priority: **Oil the Machine**. These are the priorities that keep things going, things that, if they're not done, will throw sand in the gears. Maintaining yard equipment, replacing a television or washer or going for a dental cleaning are all *Oil the Machine* priorities.

No. 3 priority: **Triage the Noise**. Everything that doesn't obviously fit as a first or second priority item is noise. This is all the stuff that happens or wants to happen in your day that may or may not be important. You've got to triage the noise—sort out nuggets of importance from all the noise, and then let the rest go. Use priorities one and two to determine whether noise is just noise or not.

There's a lot more to time management than can fit here, but these are some of the most important basics that will have a great impact on your happiness and your experience of life.

*Doug is an experienced executive coach for company leaders. He is the president of Smart Strategy Consulting, and can be reached at [doug@smartstrategy.consulting](mailto:doug@smartstrategy.consulting)*

To get what you've never had, you must do what you've never done.

# Thanks for the Memories

By Shauna A. S. Chabot

Part of the need to grieve the passing of a loved one is the powerful need to see something good come from the heartbreaking event. That “something good” often takes the form of a memorial gift to a charity to honor the loved one’s life or specific wishes. Memorial gifts happen in a variety of ways, some of which might be familiar to you:

- One of your work colleagues dies and his family asks in the obituary that, in lieu of flowers, gifts be made to one of his favorite charities.
- You deeply appreciate the skill and kindness of a health care professional or caregiver that took good care of your friend during her final days. You want your memorial gift to also honor that care. (At Hospice of the Chesapeake, we call this an “Honor an Angel” gift.)
- You want to establish a lasting tribute to your father to mark the passing of his life, to honor his good qualities and achievements, and to keep his memory alive for later generations.
- Before she died, your grandmother asked that you and her other grandchildren come together after her passing and decide how to distribute a percentage of her estate to charities as memorial gifts.

gardens, benches, etc., or endowed program funds named in memory of your loved one.

Details about giving to Hospice of the Chesapeake can be found at [www.hospicechesapeake.org/support-donate](http://www.hospicechesapeake.org/support-donate)

Of course, there’s no time like the present, so you may choose to make your own memorial gift decisions as part of your estate planning and as a way to demonstrate the importance of philanthropy to younger generations in your family. You may include self-memorial gifts to charities in your will, in IRA or insurance beneficiary designations, or in more complex planned gifts.

For more information about estate giving to Hospice of the Chesapeake, visit <http://hospicechesapeake.planmygift.org> or contact Lynne Davidson at 443.837.1527 or [ldavidson@hospicechesapeake.org](mailto:ldavidson@hospicechesapeake.org)

So many people benefit from memorial giving – from the family and friends of the beloved to the organization receiving the gift in their name. It’s a meaningful way of saying, “thanks for the memories.”

*Shauna A. S. Chabot, MBA, CFRE, is chief advancement officer for Hospice of the Chesapeake. You can reach her at [schabot@hospicechesapeake.org](mailto:schabot@hospicechesapeake.org)*

These kinds of gifts give twice, because they can actually help donors through the grieving process as well as benefit the charity. Memorial gift-giving often evokes much more powerful emotions than other types of gifts to charities, since it is not about the charity but about the donors and their memories. Such gifts give form, meaning and staying power to our memories of people we have cherished. The act of memorial giving is purposefully positive and life-affirming. Research shows that many donors experience it as deeply satisfying and healing.

Memorial gifts can be either anonymous or public. If you are interested in making a charitable gift in someone’s honor or memory, Hospice of the Chesapeake offers a variety of options you are welcome to explore, many of which other charities also offer.

Some ideas include:

- An outright gift of cash, stock or real estate in support of the charity’s annual fund or other current program priorities that may convey an optional memorial gift listing in the annual report or on a website.
- Memorials gifts made through living trusts, family funds or donor-advised funds.
- Gifts in perpetuity through physical spaces, e.g. buildings, wings, room,

*American*  
**SENIOR BENEFITS**      Putting people back into the people business

*American Senior Benefits is committed to providing comprehensive health and life solutions that meet the insurance needs of individuals age 55 and over.*

Our product portfolio features a broad range of plans to fit the needs of a variety of customers, budgets and lifestyles

- Competitive Medicare Supplements
- Fixed and Variable Annuities
- Life Insurance
- Long Term Care Insurance
- Hiring Licensed Agents

*CELEBRATING 10 YEARS*  
2005 – 2015

*We treat people as we ourselves would want to be treated!*

For more information contact us at 443-249-3409 or email [VLafermine@Americanseniorbenefits.com](mailto:VLafermine@Americanseniorbenefits.com)

# SCORE: Helping Turn Dreams into Reality

By Bob Rotella

Tucked away in a corner of the Annapolis and Anne Arundel Chamber of Commerce, nearly every day counselors from the local chapter of SCORE meet with clients trying to make their dreams of starting their own businesses become a reality.

Over the past 50 years, SCORE has helped launch many small businesses, some of which have enjoyed tremendous success, even exceeding the original vision of their founders.

Take the case of Jennifer Politte, the founder of Pilates on the Bay in Arnold. Politte was an employed Pilates instructor working in a studio in Annapolis for 10 years. She had earned a loyal following. However, many customers shared their longing to have a Pilates studio located in the greater Severna Park area. They just hated dealing with the congestion on the Route 50 Severn River Bridge. As a result, Politte began exploring the idea of opening her own studio to satisfy the demands of her customers. She quickly learned that there was no Pilates competition in the area her customers wanted her to move to.

Politte recognized that all the available commercial locations would require building renovations as well as new equipment. That meant that outside financing was a must. She also knew that commercial lenders expect to see a strong business plan before granting loans. She submitted her business plan to a bank. Although the lending officer's reaction was mostly favorable, ultimately the loan was not granted.

Politte then contacted the Southern Maryland Chapter of SCORE, headquartered in Annapolis. She was assigned to Ray Robertson, a 20-year veteran at SCORE. Robertson quickly grasped what was needed and they worked together to strengthen the business plan so that it would satisfy all of the bank's requirements.

After honing the business plan, it was resubmitted to the bank. It took only a few minutes of review before the bank representative said, "Congratulations, Jennifer, you have your loan!"

Today, Pilates on the Bay has opened its studio and business is brisk, with more than 100 clients. Several assistants have been hired to handle the customer load. She said that without SCORE's help, her dream would have remained unfulfilled.

Robertson observed that the satisfaction he receives from mentoring clients like Politte is immeasurable. "I retired after many years at Verizon and was looking for a way to give back to the community. SCORE has given me the ideal outlet to channel

my corporate expertise toward meaningful and measurable goals. There's no better outcome than seeing a business start from zero and grow to the point where they are creating jobs in the community."

The Annapolis SCORE chapter is one of 350 chapters across the country. SCORE has more than 13,000 working and retired business professionals who provide volunteer mentoring services to entrepreneurs wishing to start or grow their businesses. Nationwide, more than 500,000 small business clients are helped by SCORE each year. Last year SCORE, which is a resource partner of the Small Business Administration (SBA), celebrated its 50th anniversary. SCORE's direct counseling is provided at a no-cost basis to its clients.

In addition to advising SCORE clients, Robertson also serves as the chairman of the Volunteer Recruiting Committee. "The number of clients looking for advice from our chapter is growing rapidly as word spreads about the valuable services we provide. Many of our volunteers have moved away from the area

or have 'retired, retired.' So we are looking to significantly grow our ranks of volunteer mentors," Robertson said. "Also, the territory we serve is quite extensive. It includes not only Anne Arundel, but Charles, Calvert, and St. Mary's counties as well. In order to serve this huge area and meet the demand for services our clients request, we are on a determined mission to

attract additional volunteer counselors."

Volunteers are recruited from the ranks of those who have business-related experience. They can come from corporations, government, education or small-business managers or owners. Being retired is not a requirement. All that is needed is a willingness to serve without compensation and the ability to set aside the time to counsel clients and be active in behind-the-scenes activities, such as administrative duties and assisting at SCORE's educational workshops. SCORE offers a variety of formal training programs so that volunteers feel that they have the proper foundation and skills to counsel clients.

For more information, or to learn how to become a volunteer SCORE mentor, visit [www.SCORE390.org/volunteer](http://www.SCORE390.org/volunteer) or call 410.266.9553.

...provide volunteer mentoring services to entrepreneurs

...looking to significantly grow our ranks of volunteer mentors



# AIRPORT TRANSPORTATION DEMYSTIFIED

By Penelope Folsom

Before your next out-of-town adventure it might be helpful to determine the best location for your car or if taking public transportation would make more sense. Private parking lots are available a short distance from most airports, where it often costs less and often offers free shuttle service. Private limos are also available to get back and forth from home to the airport, which in some cases will cost less than leaving a car in one of the lots. And for driving directions to any of the local airports, use either of these apps, WAZE or MapQuest. Both sites offer alternative courses should there be traffic congestion.

Also of note, should you arrive early, which in today's world seems to be the prudent plan, all three of our closest airports offer free Internet and have charging stations. Food and drink is available either before or after going through the TSA security checkpoints.

## BALTIMORE-WASHINGTON INTERNATIONAL AIRPORT

Linthicum  
800.435.9294

[www.bwiairport.com](http://www.bwiairport.com)

### Limo or Shuttle Service

- Airport Shuttle  
[www.theairportshuttle.com/](http://www.theairportshuttle.com/)
- BWI Taxi Service  
[www.bwiairporttaxi.com/](http://www.bwiairporttaxi.com/)
- ExecuCar [www.execucar.com/](http://www.execucar.com/)
- Limos4Less [www.Limos4Less.com](http://www.Limos4Less.com)
- Super Shuttle  
[www.SuperShuttle.com](http://www.SuperShuttle.com)

### Parking

([parking.bwiairport.com/](http://parking.bwiairport.com/))

- Hourly: \$2 per half-hour (first hour) \$4 per hour thereafter | Max \$22
- Daily: \$3 per hour, first two hours *Free shuttle* | \$2 thereafter | Max \$12
- Long Term: *Free shuttle* | \$8 per day
- Express Lot: \$4 first hour \$2 thereafter | Max \$10
- Cell phone: Free (driver stays with car)

## REAGAN NATIONAL AIRPORT

Arlington, Va.  
703.417.8000  
[www.flyReagan.com](http://www.flyReagan.com)

### Public Transportation

Go to [www.wmata.com](http://www.wmata.com) or call 202.637.7000 for pricing and schedules  
*Both Metro and buses available*

### Limo or Shuttle Service

- Airport Shuttle  
[www.theairportshuttle.com/](http://www.theairportshuttle.com/)
- ExecuCar [www.execucar.com/](http://www.execucar.com/)
- Limos4Less [www.Limos4Less.com](http://www.Limos4Less.com)
- Super Shuttle  
[www.SuperShuttle.com](http://www.SuperShuttle.com)

### Parking

[www.flyreagan.com/dca/parking-information](http://www.flyreagan.com/dca/parking-information))

- Hourly: \$2 per half-hour (first 2 hours) | \$4 an hour after 2 hours  
Max per day \$36
- Daily: *Free shuttle to terminals*  
\$5 per hour | Max \$20
- Long Term: *Free shuttle*  
\$3 per hour | Max \$12
- Cell phone: Free for one hour (driver stays with car)

## DULLES INTERNATIONAL

Chantilly  
703.572.2700  
[www.FlyDulles.com](http://www.FlyDulles.com)

### Public Transportation

See websites for pricing and schedules

- Metro [www.wmata.com](http://www.wmata.com)
- Virginia Regional Transit  
[www.vatransit.org](http://www.vatransit.org)
- Washington flyer express bus  
[www.washfly.com](http://www.washfly.com)

### Limo or Shuttle Service

- Airport Shuttle  
[www.theairportshuttle.com/](http://www.theairportshuttle.com/)
- ExecuCar [www.execucar.com/](http://www.execucar.com/)
- Limos4Less [www.Limos4Less.com](http://www.Limos4Less.com)
- Super Shuttle  
[www.SuperShuttle.com](http://www.SuperShuttle.com)

### Parking

[www.flydulles.com/iad/parking-information?](http://www.flydulles.com/iad/parking-information?))

- Hourly: \$4 per hour | Max \$36
- Daily: \$4 per half hour | Max \$17
- Long Term: *Free shuttle*  
\$5 per hour | Max \$10
- Cell phone: Free for one hour (driver stays with car)

Senior Helpers® Caregivers Are Like Family. This is why families trust in-home senior care from Senior Helpers. Care and comfort at a moment's notice.

Emmy® award-winning broadcaster Leeza Gibbons knows when you need to trust your senior loved ones in the hands of in-home care professionals, you want to know they will treat them like family. When you need to trust someone like family, trust Senior Helpers®.

<b>Care PEOPLE NEED</b> From mobility assistance to meal preparation, Senior Helpers is ready to help your loved one live independently.	<b>Expertise TO HELP</b> Senior Helpers' leading Senior Gems® program for Alzheimer's and dementia can help your family enjoy time together.	<b>Family YOU TRUST</b> Senior Helpers Annapolis is locally owned and operated, and works with families right in your neighborhood.
---	---	--

Visit [SeniorHelpers.com/Annapolis](http://SeniorHelpers.com/Annapolis), e-mail [rharwick@SeniorHelpers.com](mailto:rharwick@SeniorHelpers.com) or call 410-305-0888.

## A BRIEF HISTORY: MODERN CATARACT SURGERY

By Michael J. Dodd, MD

One of the great marvels of medicine today is the incredible success of cataract surgery. It is not known who performed the first cataract surgery in history. It most certainly was thousands of years ago. Good candidates for the first surgery are ancient Egyptians, Babylonians or Indians. Egyptians were excellent with human anatomy because of their experience with mummification. Ancient discoveries in Egypt suggest that more than 3,000 years ago they were performing a type of cataract operation known as “couching.” Physicians in other cultures may have been couching in the same ancient era.

To understand cataract surgery, it is helpful to appreciate a little eye anatomy. The eye is, of course, a closed sphere about one inch in diameter. The clear front “windshield” is the cornea. Behind the cornea is a space called the anterior chamber, which is filled with clear fluid. Next is the iris, which gives a person brown, blue or green eyes. In the center of the iris is the pupil (opening) which allows light to pass to the back of the eye to the retina.

### LENS STARTS OUT FLEXIBLE

Just behind the iris is the natural “crystalline” lens. It is not visible when looking at a person’s eye without special instruments. The lens is about the size of an M&M candy. In youth it is quite flexible. It is suspended in the eye by hundreds of tiny string-like attachments call “zonules.” These in turn are attached to a circular muscle behind the iris called the “ciliary muscle.” The function of the lens is to allow the eye to focus clearly at different distances. For readers under the age of 45 this means you can see well across a field or down the road when driving and nearby objects while reading or sewing. The lens does this focusing by changing shape, getting thinner for distant objects or thicker for nearer objects. The ciliary muscles, via the zonules, achieve this changing of shape of the lens.

As we get to the mid 40s in age, the lens becomes less elastic and reading glasses become necessary to see clearly near by. Continued aging leads to cloudiness and color changes in the lens. This is an early cataract. If left unattended, the lens will eventually turn white (become a mature cataract). Very little light can penetrate a mature cataract and the patient becomes blind. Incidentally the term cataract means “waterfall” in Latin. Ancient people who looked at individuals with white pupils (mature cataracts) noted they had a waterfall in their eye.

Ancient doctors performed “couching” of the cataract by taking a small knife (hopefully cleaned with some agent) and pushed it into the eye dislodging the white lens back into the vitreous space (most of the eye is filled with a gel-like, clear vitreous). If successful, the pupil was now clear to allow light into the eye again and the white lens floated in the vitreous out of the visual pathway.

### PROBLEMS WITH EARLY TECHNIQUE

There were, however, multiple problems with this technique. The first is that there must have been a very high rate of infection, which in most cases would destroy useful vision. Second, if no

infection occurred and the eye healed, the image the patient would see was extremely blurry. This was because the total optics of the eye was dramatically changed without the focusing power of the natural lens.

Not much changed until a French surgeon, Jaques Daviel, documented an operation in which he removed the cloudy lens in 1747. This required making a fairly large incision to squeeze out the 12 mm-wide cataract. The incision then had to be closed with several tiny stitches. This was an improvement over couching, but required great surgical skill, a well-sedated patient (this surgery may have taken an hour or more to perform) and suture material. It did not solve the infection problem or extreme blurry vision.

Incredibly, the changes that occurred between the 1700s and the modern era were not significant. When I first learned cataract surgery in the mid 1970s, the standard technique was to make a large incision and remove the cataract in one piece with a cryo extractor (freezing tip) and then use two or three sutures to close the eye. After surgery the patient wore thick, heavy glasses to focus

The modern revolution in cataract surgery took place in London during World War II. Harold Ridley, an ophthalmologist, was performing a routine cataract extraction while being observed by a medical student. The student asked why Dr. Ridley did not put in an artificial glass or plastic lens in the eye to restore the focusing after the cataract was removed. No one had ever put a foreign body into the eye before.

### QUESTIONS PROMPT SEARCH

This simple question started Ridley on a search. He later developed the first intraocular lens for cataract surgery. He puzzled over what material he should use. He came up with an interesting solution. During the war he saw many Royal Air Force pilots who had eye injuries while involved in air combat. Many of the pilots had fragments from the canopy of the aircraft lodged in their eyes. Ridley had observed that if the canopy was made of glass, these foreign bodies were not tolerated by the eye and over time the eye would become very inflamed and lose useful vision. But if the canopy was made of plastic (acrylic) the eyes did not develop inflammation and retained useful vision. His first lens implant was made of acrylic. It looked like a clear M&M candy.

Unfortunately, Ridley’s first patient did not do well because the implants were large and relatively heavy and difficult to hold in place. But this experience got other European ophthalmologists to initiate the study and production of other smaller lens implants. The first lens implant performed in the United States was in 1952 at the Wills Eye Hospital in Philadelphia. It took the FDA until 1981 to approve lens implants as “safe and effective.” Today, lens implants are produced with extremely great precision and reliability and allow our patients superb post-op visual acuity.

*Dr. Dodd, an ophthalmologist, practices at Maryland Eye Associates located in Annapolis and Prince Frederick. He also is an instructor at the University of Maryland Department of Ophthalmology. He can be reached at 410.224.4550 or mjmdm1@gmail.com*

# FIVE SIMPLE WAYS TO GET RID OF BAD BREATH

By Dr. Woody Wooddell and Dr. Joe Passaro

No one wants to deal with bad breath; it is embarrassing and uncomfortable. If you are dealing with periodic bad breath because of the food you ate, there are simple solutions, but what about those times you find that you just cannot get rid of the bad breath? Are you stuck with it for the rest of your life? The good news is that there are simple ways to get rid of your bad breath once and for all. Once you learn these solutions, you can incorporate them into your daily life and ensure that you never again experience the embarrassment of breath that could knock a person down.

## BRUSH AND FLOSS FREQUENTLY

Plaque is oftentimes the culprit in chronic bad breath. The only way to eliminate it is to brush and floss your teeth often. If you are already brushing twice a day and flossing once, why not try doing these habits after every time that you eat? It is not as cumbersome as it sounds. Carry a travel toothbrush with you and a small container of floss. After you eat, head to the bathroom, whether at home or while out, and give yourself two minutes to eliminate the food and bacteria in your mouth. Now your mouth is less susceptible to plaque, which means a lower chance of having bad breath.

## DON'T FORGET YOUR TONGUE

Did you know that many of the germs in your mouth reside on your tongue? If you are not brushing your tongue, you are leaving the germs there to give you bad breath. If you are a “gagger” and the toothbrush is too much for you to handle on your tongue, purchase a tongue scraper with the ADA seal of approval and scrape your tongue after you are done brushing your teeth. This will eliminate those germs that reside there and get rid of your bad breath.

## RINSE OFTEN

If you cannot get to the bathroom to brush and floss your teeth after each time that you eat, the next best thing to do is rinse your mouth. Water can do wonders – you do not even need a special mouthwash, which is good news for when you are out and about. Simply grab some warm water and rigorously rinse your mouth out. The process of rinsing will loosen food debris and bacteria that are stuck in your teeth, which will help to decrease the risk of bad breath. If you are at home and can use an ADA-approved mouthwash, you will have even better results.

## DON'T USE MINTS

Many people mistakenly use mints to beat bad breath, especially after eating a meal with garlic or onions. While

mints might mask the odor for a little while, they put your mouth at risk for other issues. The long-term exposure of your teeth to the sugar in the mints puts your teeth at risk for decay, which is a common culprit in bad breath.

## STAY HYDRATED

Dehydration can cause your mouth to produce less saliva, which in turn causes bad breath. Try to drink plenty of water throughout the day and avoid dehydrating drinks such as carbonated sodas and coffee. Choose water a majority of the time and your mouth will produce large amounts of saliva in an attempt to keep your mouth healthy.

These simple tips will help to fight bad breath. They take very little effort and can have great impact on the overall health of your mouth.

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

COME PLAY IN QA FOR A WEEKEND OR A DAY!

QUEEN ANNE'S COUNTY MARYLAND

Capture Nature Photography Workshop with Craig Powell  
Saturday, Feb 13th 10am to 2pm  
Chesapeake Heritage Visitor Center at the Kent Narrows  
Limited Space - Visit [www.visitqueenannes.com](http://www.visitqueenannes.com)

MARYLAND  
VisitMaryland.org

QUEEN ANNE'S COUNTY, MD  
WWW.VISITQUEENANNES.COM  
410-604-2100

# ALZHEIMER'S: YES OR NO?

By Dr. Jim David

Most of us age 55 and above will occasionally worry about contracting Alzheimer's disease. Most of us probably know someone who has Alzheimer's or is caring for a loved one with Alzheimer's.

A good friend of mine is now totally consumed with caring for his wife who is afflicted with Alzheimer's. Worldwide, nearly 44 million people have Alzheimer's or a related dementia. By 2050, an estimated 160 million people worldwide will be diagnosed with this disease. It is most common in Western Europe (North America is close behind) and least prevalent in Sub-Saharan Africa (see [www.alzheimer.net](http://www.alzheimer.net)).

One in nine Americans over 65 has Alzheimer's while one in three over 85 are afflicted with the illness. Two of three people with Alzheimer's are women. All in all, the myriad statistics are sobering and frightening, so living each moment well seems the wise path.

Ever since Dr. Alois Alzheimer first described the brain disorder that would later take his name, Alzheimer's disease has eluded effective treatment and cure. This brain disease causes a gradual decline in memory, thinking and reasoning skills. The biological definition of Alzheimer's entails the buildup of sticky plaques of protein called amyloid that suffocate nerve cells, causing memory loss and the other impairments in cognitive functioning associated with Alzheimer's.

Some degree of memory loss and forgetfulness occurs in all of us as we age. It's wise to be gentle with ourselves and to not berate ourselves. Some conditions that may contribute to memory loss are depression (take a test online), medication side effects (talk to your physician), alcohol abuse (reduce intake), insufficient B12 or low thyroid level (get tested), stress (avoid it!), aging (obviously) and illness in general (see [www.webmed.com](http://www.webmed.com)).

Toward the end of this article we'll address what we can do to ward off the onset of Alzheimer's, but for now we will differentiate between our almost inevitable memory impairments associated with normal aging versus extreme ones that disrupt our ability to function to a significant degree and that are characteristic of Alzheimer's.

**Inevitable:** Forgetfulness. Most of us forget names or commitments, but we remember the information eventually or when we are reminded.

**Extreme:** We just totally forget and we don't remember later or when reminded.

**Inevitable:** Arithmetic mistakes.

**Extreme:** Unable to concentrate well enough to follow printed instructions or pay bills.

**Inevitable:** Frustration with operating our smart phone, computer, TV, etc., but eventually we figure it out.

**Extreme:** Unable to work our stove or other familiar mechanical or digital gadgets.

**Inevitable:** We struggle to find the right word.

**Extreme:** We misname a familiar object. We speak half a sentence and never return to the thought to complete it.

**Inevitable:** We misplace needed and familiar objects like cell phones, TV remotes, car keys, etc.

**Extreme:** We place an object in an inappropriate place such as a fry pan in the freezer and we are unaware of the misstep. We become paranoid and accuse others of stealing.

**Inevitable:** We get set in our ways of doing things and resent interference or suggestions from others.

**Extreme:** We become discombobulated quickly and intensely when our routine gets derailed. We find ourselves feeling extremely isolated, alone, confused, afraid, suspicious or deeply depressed.

**Inevitable:** We tire more easily. Basic, reasonable demands of social living are occasionally more than we care to tackle.

**Extreme:** We can no longer keep up with minimum requirements of daily living. We avoid other people because our desire and energy are gone. We become socially isolated.

While talking with my good friend who spends most of his waking hours with his wife at an Alzheimer's facility, he emphasized how extremely difficult it is to stay positive as a caregiver. He recalled how, in retrospect, his wife displayed the early signs of Alzheimer's 10 to 12 years prior to the actual identification of the disease. Some surprising early signs of brain disease having nothing to do with memory impairment are: (See [www.grandparents.com](http://www.grandparents.com))

- Lawbreaking activity such as stealing
- Falling frequently
- Forgetting the function of objects
- Eating inappropriate things
- Inability to recognize sarcasm
- Depression
- Unfocused staring

You do have the power to say this is not how my story will end.



There are helpful steps you can take for yourself, such as:

- Staying positive. As we age it's so easy to get sour or negative without even realizing it. Ask friends for feedback.
- Placing keys and other regularly used items in the same place. Avoid the frustration of seeking misplaced items.
- Doing mentally stimulating or challenging activities each day. Try Sudoku, crossword puzzles, learning to play a musical instrument, etc.
- Writing lists. Make notes. Don't misplace your lists.
- Improving your diet, exercise discipline, social connections and medication management to slow and possibly reverse Alzheimer's symptoms (see *Time Magazine*, Nov. 23, 2015, page 38).

As we age most of us will experience the typical, virtually inevitable age-related cognitive changes mentioned earlier here. We need to be kind and patient with ourselves while adhering to the helpful steps we've mentioned. If you suspect that you or a friend might have any of the extreme signs of Alzheimer's, see your doctor as soon as possible.

With early treatment, some relief of symptoms is possible, allowing more time to live independently. Also, with more time for planning, a more thorough investigation of options is possible.

*Dr. Jim David is a licensed clinical social worker and a licensed marriage and family therapist practicing in Silver Spring. Visit his website at [www.askdrdavidnow.com](http://www.askdrdavidnow.com) or email at [james519@comcast.net](mailto:james519@comcast.net)*

**hospice**  
of the Chesapeake

*Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake.*

Established in 1979, we are a nonprofit that serves patients and families in Anne Arundel and Prince George's Counties. We also offer bereavement programs for youth and adults through Chesapeake Life Center.

For more information, please visit [www.hospicechesapeake.org](http://www.hospicechesapeake.org) or call 410.987.2003

# THE WEATHER OUTSIDE IS FRIGHTFUL BUT INSIDE IT'S SO DELIGHTFUL!

By Leah Lancione

According to the U.S. Department of Energy website **Energy.gov** there are many technologies to choose from when heating your home, whether it's a house or small apartment, beyond conventional methods like furnaces, heat pumps and boilers. Wood and pellet heaters, solar heating and space heaters can also be used depending on the climate you live in.

The DOE's website offers tips on how to heat your house comfortably while also saving money on bills. Eliminating drafts, applying proper insulation and adding weather-stripping to doors and windows are a few of the methods that can cut costs and help keep your home toasty. The DOE also recommends either having a "professional home energy audit" to see if your home is energy efficient or assessing it yourself to see if there are any air leaks, if better insulation is needed, if there are any backdrafts, i.e., "when various combustion appliances and exhaust fans compete for air," in the home or whether vents are blocked.

The DOE distinguishes the types of home heating systems as the following:

- Active solar
- Furnaces and boilers
- Wood and pellet heaters
- Radiant heaters
- Portable heaters
- Heat pumps

If you are building a new home or looking to move, the type of heating system you want to invest in, or that plays a part in which domicile you choose, should depend on which heating strategy works best for you and is the most cost-effective. It's important to investigate all of your options since your lifestyle and requirements may determine which heating system is most desirable. For example, do you want something that is environmentally responsible, will very young or old family members be living with or visiting you often, is your home big or small, are there lots of windows or high ceilings, and what type of climate do you live in?

Contact BGE HOME at [www.bgehome.com/](http://www.bgehome.com/) or call 888.243.4663 to schedule an energy audit to determine where improvements can be made to have a more energy-efficient home.



Along with the knowledge of installation and operating costs, these are all factors that will determine your selection. The following are brief introductions to the types of heating systems available so you can explore further what will work best for you and your family.

## ACTIVE SOLAR

According to Greg Pahl in *Natural Home Heating*, with active solar heating systems "the sun is the heat source, but a group of specifically designed collectors harvest the sun's energy, which is then pumped or blown through pipes or ducts to your living space." Solar energy is harnessed to heat either liquid or air and either transfers the heat to the interior of your home or to storage for later use. Divided into two types -- liquid and hot air -- an active solar system can be pricey and require electricity. Not to mention, it undoubtedly won't support all of your home's heating needs. Pahl says "the typical active solar heating system is not designed to meet 100 percent of your home heating or domestic hot water needs." He recommends using it in conjunction with other heating systems, which is a more cost-effective approach.

## FURNACES AND BOILERS

In his book *The Passive Solar House: The Complete Guide to Heating and Cooling your Home*, James Kachadorian explains how the heating strategy associated with a furnace is relatively straightforward. "The typical home furnace warms air to 140 degrees, and the warm air is delivered to the various rooms in the home via ducts. When the thermostat reads 72 degrees or another desired setting, the furnace shuts off. Heat has been transferred from the warmer body (the furnace at 140 degrees) to the cooler

body (the house at 72 degrees). Similarly clear-cut, a boiler heats water that flows through a home and emits heat -- forced hot water heating. Most people in North America use a central furnace to heat their home.

**Hometipsforwomen.com** makes an important recommendation for purchasing a new heating system. The site says to “make sure the heating capacity of the new furnace is enough, but not too high, for your home.”

The American Council for an Energy-Efficient Economy (<http://smarterhouse.org>) states that new furnace standards will be defined by the Department of Energy in the Spring of 2016.

## WOOD & PELLET STOVES

Pellet stoves are good heating strategy for some since they are efficient, use cheaper fuel and yet produce little waste. Wikipedia defines a pellet stove as one “that burns compressed wood or biomass *pellets* to create a source of heat for residential and sometimes industrial spaces. By steadily feeding fuel from a storage container (hopper) into a burn pot area, they create a constant flame that requires little to no physical adjustments.” Similarly, a wood burning stove, is “a heating appliance capable of burning wood fuel and wood-derived biomass fuel. Generally it consists of a solid metal closed-fire chamber, a fire brick base and an adjustable air control.”

So, which is better—a pellet stove or wood burning stove? The DOE says the new crop of wood- and pellet-burning apparatuses are cleaner and yet still efficient to heat today’s average-sized homes. Experts say they’re “more efficient and have fewer particle emissions” than wood-burning stoves. However many pellet stoves require electricity, which is a problem when the power goes out ([www.treehugger.com](http://www.treehugger.com)). Not to mention, wood is easier to come by than the pellets. Either way, whichever you choose, make sure you consult an expert to recommend the right size of appliance for your home. Home Depot, where you can purchase pellet stoves for \$1,000 to \$2,000 admits wood stoves are still the “traditional” choice, although wood pellet stoves are becoming increasingly popular since they are “convenient” and eco-friendly.

## RADIANT HEATERS

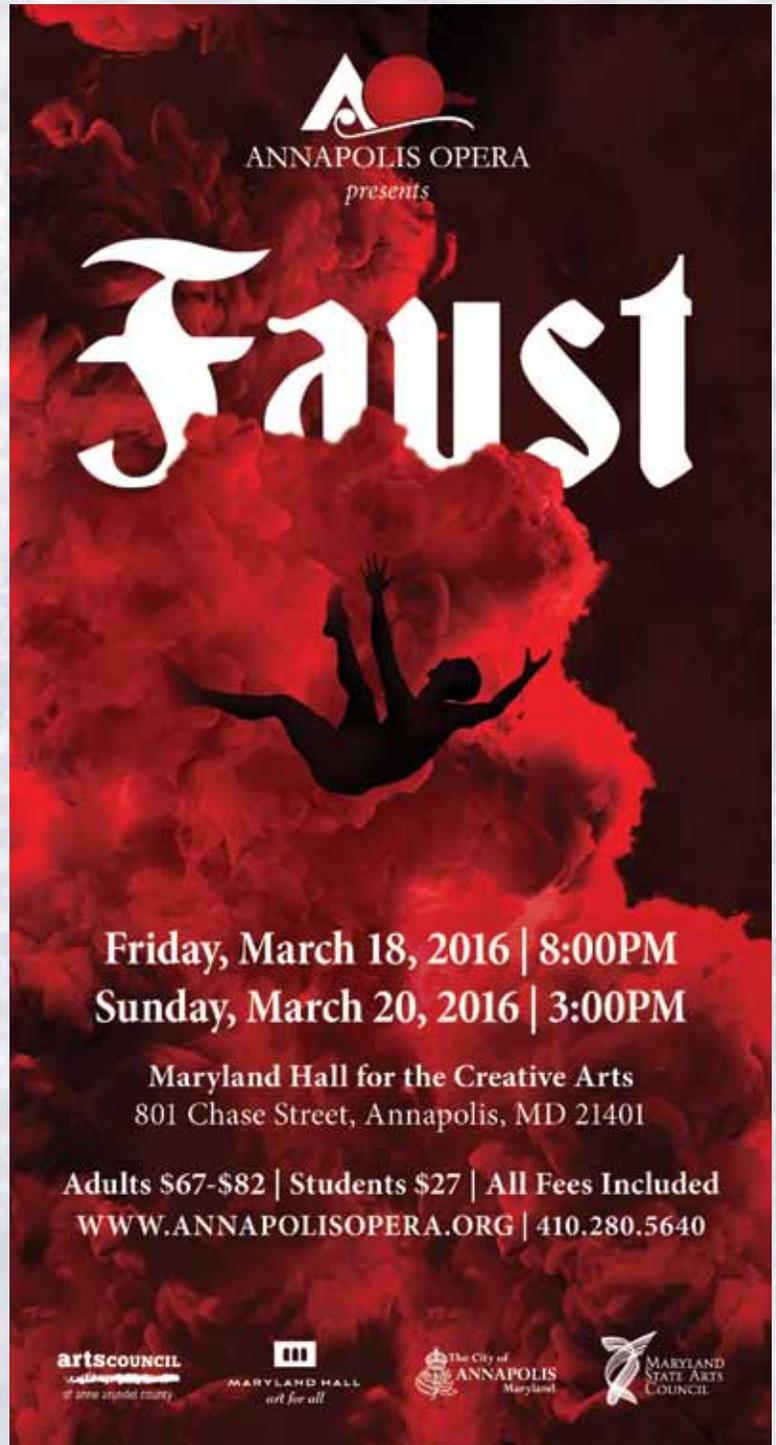
The DOE defines radiant heating systems as those which “supply heat directly to the floor or to panels in the wall or ceiling of a house.” The systems depend largely on radiant heat transfer -- the delivery of heat directly from the hot surface to the people and objects in the room via infrared radiation.” This method of heating is desirable to those sensitive to the allergens that are often dispersed into the air by forced-air heating systems. The DOE claims these systems are more efficient than baseboard heating since they eliminate duct losses.

If you’re thinking radiant flooring sounds great but must be installed in a new house, think again. According to home improvement guru Bob Vila, “Today’s innovations make it feasible—and, even do-it-yourself suitable—for home retrofits ([www.bobvila.com](http://www.bobvila.com)).” He explains that

radiant floor heating is ideal because “instead of overheating the room’s perimeter in the hopes that the warm air will travel throughout the space before rising, subfloor heating serves up heat from below.” The heat comes up through the floor, whether in your bathroom or kitchen, creating a constant, comfortable atmosphere that is virtually draft-free, cleaner, and nondrying to your skin, eyes or nasal passages. Radiant floor heating has been called comfortable, efficient and unobtrusive, so the real question is whether it’s affordable.

The two types of radiant flooring, electric (air) or hydronic (water) may not be the *most* cost-effective option, according to the DOE, due to the cost of electricity. The DOE says electric radiant

*Continued on page 26*



ANAPOLIS OPERA  
presents

# Faust

Friday, March 18, 2016 | 8:00PM  
Sunday, March 20, 2016 | 3:00PM

Maryland Hall for the Creative Arts  
801 Chase Street, Annapolis, MD 21401

Adults \$67-\$82 | Students \$27 | All Fees Included  
[WWW.ANAPOLISOPERA.ORG](http://WWW.ANAPOLISOPERA.ORG) | 410.280.5640

arts COUNCIL  
of Anne Arundel County

MARYLAND HALL  
art for all

The City of ANAPOLIS  
Maryland

MARYLAND STATE ARTS COUNCIL

floors are only cost-effective if they include a “significant thermal mass (thick concrete floor) or the electric utility company offers time-of-use rates.” On the other hand, hydronic radiant floor prices depend on your location, size of residence, the installation and cost of labor, and floor covering (ceramic is considered the most ideal because it conducts well).

## PORTABLE HEATERS

Portable space heaters may be a good choice for those who just want to supplement poor central heating in a particular room or area of their homes or to offset heating costs in Winter months. This method of heating is helpful to people who are particularly sensitive to cold or may have a room that is extra drafty. Space heaters run on electricity, propane, natural gas or kerosene and save energy by heating your immediate surroundings as opposed to the entire living space. Cost-effective and efficient as they may be, they also pose a potential safety hazard if not properly monitored. If you have young grandchildren visiting frequently, portable heaters may not be the safest heating strategy. Also, if you have pets, make sure to keep them a safe distance away from the heater.

The DOE offers the following safety recommendations to consider when choosing the space heater for your home:

- Choose a newer model with all the current safety features and make sure it has the Underwriter’s Laboratory (UL) seal.
- Choose a thermostatically controlled heater to avoid energy waste by overheating a room.
- Select the proper size heater for the room you wish to heat.
- Keep the heater on a level surface away from foot traffic.

## HEAT PUMP

Heat pumps are just two-way air conditioners that move heat from the relatively cool indoors to the relatively warm outside and do the opposite in the Winter. The heat pump takes heat from the cold outdoors and releases that heat inside the house with the help of an electrical system. The American Council for an Energy-Efficient Economy defines the two common types of heat pumps as air-source, which uses the outside air as the heat source in Winter and the heat sink in Summer, whereas ground-source

pumps get their heat from underground. Air-source pumps are less expensive and easier to install, making them more common, although ground-source pumps are more efficient and ecologically friendly.

Hopefully the brief descriptions above will help you on your quest to find the best heating strategy for your home. In the meantime, a few good tips to keep you toasty in your home (that don’t cost a thing) include keeping your shades/curtains open during the day, keeping blankets on hand for immediate use, keep doors and vents closed in unused rooms, set ceiling fans to rotate clockwise to distribute the warm air throughout the room, and dress warmly! You even have permission to slip into your cozy fleece pajamas to wear around the house on extra chilly days.

**DO YOU LIKE HELPING PEOPLE'S DREAMS COME TRUE?**

**DO YOU HAVE BUSINESS EXPERTISE YOU'D LIKE TO SHARE?**

# I WANT YOU AS A SCORE MENTOR

**As a SCORE Volunteer You Can:**

- Share your success and expertise through mentoring
- Lead workshops and seminars
- Provide online or telephone mentoring directly from your home or office
- Serve in a leadership capacity with SCORE
- Serve within other capacity at SCORE (Marketing, IT, administration, finance, fundraising, HR, etc.)
- Have flexibility with your volunteering time

**The Benefits of Volunteering:**

- Enjoy the satisfaction of contributing to the success of others
- Share great experience with other SCORE volunteers
- Provide leadership in the business community
- Gain recognition and respect as a business mentor
- Grow professionally and personally
- Make new friends
- Participate in lifelong learning

**SCORE** | Southern Maryland  
FOR THE LIFE OF YOUR BUSINESS

 [www.SCORE390.org](http://www.SCORE390.org) • 410-266-9553  
 134 Holiday Court Suite 316, Annapolis MD 21401

# Celebrate A Life Lived

By Ryan Helfenbein

A few years back a large focus group was organized to learn about consumers' feelings regarding the funeral industry. Not too surprisingly, the findings were not so positive. It wasn't ill feelings about the lurch-like personnel within the industry and that familiar overpowering smell of flowers that are common in the viewing rooms. Rather, participants wondered why it needed to be so gloomy. It was interesting to learn that the majority of people within this focus group felt very uneasy when it came to planning a funeral and even attending one of a friend or relative. People simply asked, "Why does it need to be so sad?"

There is an old saying, "We should cry at a birth and laugh at a funeral." This saying truly sets the tone for modern-day undertaking. The point being, we should celebrate a life lived and share in the memories left behind. Yes, tragedies do take place, making for a sad and often shocking loss. But for the majority of deaths that occur, a life celebration is what many people want.

One of the reasons that this is not so common at most funeral homes is simply because they continue to do it the way it has always been done. In other words, some firms today unfortunately have the feeling of "why change, people are still coming to my business?" Well, living in a world today of "disrupters" such as Uber and Netflix, the funeral industry is now seeing a shift from a focus on death to a focus on life. For example, many traditional funeral homes still move a family through what I refer to as the "Three Step Death Process": first the family meets with the funeral home to make decisions about viewing the deceased, then they speak with the pastor to receive spiritual guidance and finally visit the cemetery to select a grave space. Through all three steps, the focus is death. This is not the way modern undertaking should be performed, and definitely not what the modern consumer wants either. Rather than concentrate on the last days of one's life, we should transfer that focus on the number of years they spent on this earth. Instead of focusing the discussion on which casket looks best, how long one should lie in state and what grave space is most suitable, let's discuss what that person enjoyed and how people will remember the deceased. Then, take that intel and transform this gathering time into a tribute, with food, music and memorabilia. In other

words, transform that funeral home from a place of sadness to a life celebration, removing that uncomfortable "gloomy" feel and welcoming guests with fond memories of the one they loved.

Another aspect of this focus group's findings was the importance of what's known as a "keepsake." This is something that friends and family can take home and keep in memory of the one who has died. It was found that people want something that they can reflect upon, that ultimately reminds them of the loved

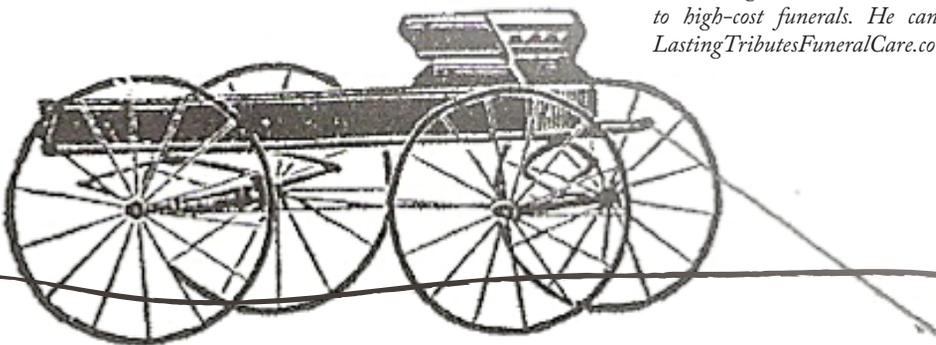
...create a personalized tribute to honor a life lived.

one. I don't know about you, but a card with a picture of a dove on the front and a verse on the back doesn't really tell me much about my friend's life. The "disrupter" we are seeing here is fully customizable and personalized remembrance stationery. These articles of remembrance can be made into recipe cards, sports event tickets, drink coasters, baseball cards and that's just naming a few options. This even includes Rubik's cube-style cards that display multiple pictures of someone's life, with a tailored background and favorite

text. So it becomes a little more than a single dove and a standard verse. In addition to these stationery remembrances, there is a demand for keepsake tokens such as a thumbprint charms, which can be made into necklaces, earrings, bracelet beads or even pocketknives and key fobs. Glass art, gemstones and even "diamonds" can be made from cremated remains. More and more families today are choosing to remember their loved one with a keepsake sharing that person's life adventures and ultimately creating a one-of-a-kind experience for their family and friends.

Findings from focus groups can be some of the most important information an industry can gather. Getting on the same side of the table as the consumers and seeing things from their points of view is something that has traditionally been shied away from within the funeral industry. That is until now. Modern-day undertakers are listening to your wants and desires and change is here. Seek out these alternative firms to create a personalized tribute to honor a life lived.

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



# LET THERE BE LIGHT

## WHEN THE WINTER DOLDRUMS GET YOU DOWN

By Victoria Duncan

Lois recognized that the Winter gloomies were back. She remembered feeling this way every year after she took down the Christmas tree and faced the five or so extra pounds on the bathroom scales. The post-holiday bills waited on her desk and the weather reflected her outlook: grim and gray. Short of booking an extended trip to Florida, she wondered what she could do to perk herself up.

Our friend Lois has lots of company. When the days are short and sunlight is in limited supply, more than 25 millions Americans (mostly women) are afflicted with similar feelings of apathy, lack of energy, and cravings for carbohydrates. If you regularly feel down during the Winter, you could be experiencing a mood disorder known as SAD or seasonal affective disorder.

If you think these feelings are all in your head, you're right, but maybe not in the sense that you think. Deep within your brain, hormonal changes occur in response to certain times of the year. Experts have found that we produce less serotonin, a major feel-good neurotransmitter, when we are exposed to the reduced amount of natural sunlight in the colder and darker seasons of the year. Lower serotonin can lead to feelings of depression, fatigue, increased appetite, difficulty in

concentrating and weight gain. Some folks only experience mild irritability and lethargy, while others suffer from debilitating symptoms that interfere with their interpersonal and occupational functioning.

The first line of attack must be in obtaining a correct diagnosis.

If you think you are suffering from SAD, check with your medical doctor to rule out other physical problems or another form of depression. A correct diagnosis is essential to finding the right treatment, which may include dietary adjustments, exercise, medication or counseling. Treatment also could be as simple as turning on a light!

Light therapy, the primary treatment for SAD, is prescribed in one of two ways. In dawn simulation, a special type of light comes on when you are still asleep and gradually becomes brighter. Traditional light box therapy, proven to be more effective than dawn simulation, involves sitting

in front of a light for a specific amount of time every day, usually 30 minutes. Commercially available light boxes usually providing 10,000 lux (a measurement of light intensity), must be used for effective treatment and may be covered by insurance plans. Based upon your individual symptoms, your physician will recommend the best time of day and amount of time for treatment.

This treatment, which must be daily during the darker months, is easily accomplished while eating breakfast or reading the newspaper. Because light therapy works by stimulating your brain to produce more serotonin, most people will experience increased feelings of well-being in a short time---somewhere between a couple of days and two weeks.

So, let there be light! Instead of heading for that chocolate bar, turn on the light -- a specialized light, that is -- to perk yourself up on those gloomy days of Winter. And even if you don't suffer from SAD, get outside on a crisp sunny day for a brisk walk. It will boost your mood, cut down on your carb cravings and make your Winter much more enjoyable.

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

### CAUTIONS:

- Consult you doctor for an accurate diagnosis and effective treatment plan.
- Light therapy may be inappropriate for those with certain eye problems or in those taking medications that produce light sensitivity.
- While light therapy is generally safe, side effects may include headache, eye strain and nausea.
- Avoid full-spectrum, ultraviolet or tanning lights.

### Bay Bytes

For a list of discounts and coupons for seniors shopping or dining out, log onto [www.free4seniors.com/senior-discounts/restaurants](http://www.free4seniors.com/senior-discounts/restaurants). The site also offers freebies such as calendars and online education courses.

# The Importance of Resilience as We Age

By Kater Leatherman

It's the utter resolve that we sometimes witness in people, those who can handle the kind of adversity that is unthinkable for most of us. The friend who suffers a loss so deep that you can't imagine how he or she can possibly recover. The person who lives with chronic, debilitating pain without complaining. Children who recover from more subtle or overt forms of abuse such as neglect can astonish us.

So, what do they have that some of us seem to lack? Resilience. Resilience is the ability to recover quickly. To be elastic. In other words, how well do you flex and bounce back?

Resilience is particularly important as we age. We live with a lot of unanswered questions, making us feel more vulnerable. The world is becoming harder to navigate and more complicated. With today's overload, time constraints, health and financial worries—and unexpected challenges—it is imperative that we build mental, emotional and physical resilience.

In addressing cultivation of resilience and surviving life's tough patches, author and life coach Martha Beck writes, "Try throwing your mind into reverse right now. Think of the worst, most hurtful thing that's happening in your life. Now think of a way this horrible thing might be good. The more rigidly you hold on to your assumptions, the harder this process will be. But with practice you'll improve—and trust me, it's so worth the effort. When life gets rumbly, being able to reverse an assumption turns out to be the handiest skill imaginable."

In addition to Beck's advice, here are six tips to help strengthen your resilience muscle and prevent you from becoming overwhelmed and spiraling downhill:

- Knowing what your core values are helps to see beyond your current challenge and remember the bigger picture.
- Feeling like a victim of circumstance means you have forgotten that you are a fighter with the ability to choose to handle it differently.
- Having a purpose in life will not only keep you connected to what's important but also to others.
- Taking extra good care of yourself is one of the few things over which you have control.
- Thinking has a lot to do with resilience. A positive outlook can help you better handle the pain and stress.
- Breathing deeply is a great pattern interrupt, reminding us to bring our awareness back to the safety of the present moment.

Resilience really matters. The bottom line is there is no such thing as a journey unmarked by unexpected events, setbacks and hurdles. People who are resilient understand this. As Ernest Hemingway said in his novel, *A Farewell to Arms*, "The world breaks everyone and afterward many are strong at the broken places."

*Kater is a home rejuvenator, home stager, yoga teacher and self-published author who inspires others to live more mindfully. Visit her website at [www.katerleatherman.com](http://www.katerleatherman.com)*



**Bay Bytes**  
To learn of what chemicals, along with their effects, are found on the foods that you eat, log onto [WhatsOnMyFood.org](http://WhatsOnMyFood.org)



**You've Always Said You Wouldn't Be Caught Dead In That Dress.**  
**You'd Better Tell Them Now!**  
**Lasting Tributes**  
Elliott, Hollister & Pomeroy  
CREMATION & FUNERAL CARE, P.A.  
Quality Service... Affordable Pricing  
410.897.4852  
**Preplanning takes care of all the decisions so your family doesn't have to.**  
[www.LastingTributesFuneralCare.com](http://www.LastingTributesFuneralCare.com)

# MAPLE SYRUP

## A LATE WINTER TREAT

By Melissa Conroy

When European settlers first came to this continent, they discovered that the Native Americans of the northern areas had a unique form of sweetening that they derived from tree sap. The Native American people would cut slashes in the bark of trees from the *acer saccharum* species and collect the sap that dripped out. After collecting it, they would boil and process it until it crystallized and formed hard lumps of maple sugar, easy to transport and preserve. The Indians shared their sap-gathering techniques with the new settlers, and the popularity of maple sugar spread quickly. Maple syrup and maple sugar remained the most commonly used sweeteners in North America until cane sugar imports started in the 18<sup>th</sup> century.

... for full-bodied flavor and rich, satisfying taste, nothing beats pure maple syrup.

Today, we have refined white sugar, brown sugar, Splenda, corn syrup and a myriad of other sweetening agents from which to choose when we want to sweeten food and drink. Most homes have a bottle of artificially flavored maple syrup substitute in the fridge for pancakes and waffles. These syrups are cheaper than real maple syrup and have a pleasant taste. However, for full-bodied flavor and rich, satisfying taste, nothing beats pure maple syrup.

Maple syrup is processed in much the same way as it has been for hundreds of years. The sap is collected during the late Winter or early Spring months, usually when it is below freezing during the night but above freezing during the day. There is about a month's duration when the sap may be collected, and the sap actually changes in taste and quality as the season progresses: Maple syrup becomes darker and more intense toward the end of the harvesting season. As a result, maple syrup has several grades signifying color and quality: Grade A Light Amber is lightest in color and intensity while Grade B's dark, rich taste and color is often sought out by true maple syrup connoisseurs, although it may be too heavy for some people.

To collect the sap, workers bore a small hole into the tree, then push a spile (a small spigot) into the hole, and then place a bucket underneath the spile to catch the dripping sap. When

the collection unit is full, the sap is taken away to be processed. Processing is important because the sap has a high water content, which needs to be boiled away. On average, ten gallons of sap will only produce about a quart of syrup. The boiling process is delicate because if too little water is boiled away, the syrup will not be as sweet. Too much boiling crystallizes the sap. Sometimes this sap is purposefully crystallized in order to make maple candy or maple sugar. If not, it will then be filtered and bottled as syrup or turned into other products.

While much of the sap collected in the northern states is turned into maple syrup, there are many other wonderful products that are made with maple sap such as maple butter, maple jelly, maple applesauce, maple candy roasted nuts, salad dressing, barbeque sauce, granulated maple sugar, teas, mustard and even lip balm.

Sounds delicious, right? Maple syrup is not only wonderful to the taste buds, but it also offers some important nutritional benefits:

- Pure maple syrup is all natural and additive-free. It is a completely organic way to sweeten things, unlike other flavorings such as high-fructose corn syrup or Splenda.
- Maple syrup contains manganese, which helps antioxidants fight off disease.
- Maple syrup packs a wallop of zinc, which can help ward off colds and other illnesses.
- Men in particular could benefit from the manganese and zinc maple syrup contains because these are two important elements that can help protect men from prostate cancer.
- A tablespoon of maple syrup contains about 14 milligrams of calcium.
- There are other minerals and nutrients in maple syrup such as iron, magnesium, potassium and phosphorus.

With Winter upon us and mornings growing more chilly, there is nothing like a stack of hardy pancakes or whole wheat French toast to start the day off right. For breakfast tomorrow, why not whip up a few to give yourself the perfect excuse to break out the bottle of pure maple syrup? A tablespoon or two on top of a stack will give you some zinc to fight off the cold germs, calcium to strengthen your bones and a sweet, satisfying taste to keep you smiling for the rest of the day.

# Houseplants to Purify the Air

By Neil Moran

There are some advantages to getting “on up in years.” Like getting senior discounts at restaurants and not having to worry about our kids quite as much. Unfortunately, there are some disadvantages, mostly the fact that we’re more likely to feel the ill effects of things that never bothered us before, like the volume on our grandson’s iPod, and the various indoor pollutants that make our noses run, eyes water and occasionally clog our breathing.

We can tell our grandson to put the ear buds in the iPod, but it’s a little more difficult to eliminate troubling odors from our homes. These odors, while not life-threatening, can affect quality of life, especially for allergy sufferers or people with COPD.

Fortunately, the men and women of NASA have identified a way to purify the stagnant air in a spaceship for astronauts. It’s a solution that can be applied in our homes right here on planet earth: *grow houseplants*.

NASA has identified several indoor pollutants that accumulate in stale environments like spaceships and our homes, which are closed up much of the time. There are many toxic compounds that can be found in our homes; they emanate from furniture and synthetic building materials. Then there are the chemicals from potent cleaning compounds, pollen, bacteria, exhaust from cars that sneak in and molds. Need I go on?

As you probably remember from your high school biology class, plants breathe in carbon dioxide and release oxygen through the process of photosynthesis. Plants also absorb particulates, those contaminants that can adversely affect our health. In addition, there are microorganisms -- tons of them -- in the potting soil that also cleanse the air.

Plants by their nature also make us feel better. Studies have shown that patients who had plants in their hospital rooms had a more positive attitude, less stress and lower blood pressure. Just the act of taking care of plants has a positive impact on people in prison and long-term care facilities.

There is no doubt that adding potted plants can improve our quality of life in the great indoors. “But I kill houseplants,” you say. That’s no excuse. Here are nine houseplants that have been identified as air purifiers that even a brown thumb would have a hard time killing.

- 1 Spider plant (*Chlorophytum comosum*). If you kill this one you probably should be locked up in a greenhouse and fed nothing but raw broccoli for a month. Spider plant is one of the easiest plants on the planet to grow and it will effectively remove formaldehyde and xylene.
- 2 Ficus/Weeping Fig (*Ficus benjamina*). My wife and I rescued a 10-foot tall ficus from the arboretum of a long-term care facility and put it in her spacious library where it has been thriving now for several years. You don’t need one that tall to reap the benefits from this low-maintenance plant, which effectively removes benzene, formaldehyde and trichloroethylene.

- 3 Garden mum (*Chrysanthemum morifolium*). This plant is usually bought as an outdoor plant, but can be brought in after it is done blooming (flowering plants can actually contribute to the problem). Mums are one of NASA’s “air-purifying champions,” removing nasty stuff like ammonia, benzene, formaldehyde and xylene from indoor spaces. Note: Keep an eye on tiny green aphids, which can multiply quickly on mums and spread to other plants. It is probably best to only keep mums indoors through a Winter and then set them outside in the Spring where they’ll rebloom in late Summer.

- 4 Dracaena (*Dracaena* spp.). If you have pets you may want to pass on dracaena as it is toxic to our canine and feline friends. If you do go dracaena shopping, there are some interesting varieties out there, over 40 different kinds, in fact. Dracaena will remove benzene, formaldehyde, trichloroethylene and xylene.

- 5 Peace lily (*Spathiphyllum* sp.). I hate to say it but this plant reminds me of funerals, and perhaps you have one from a funeral of a loved one. If so, it likes shady, indirect sunlight and moist soil. Peace lilies will remove benzene, formaldehyde, ammonia and trichloroethylene from the air.

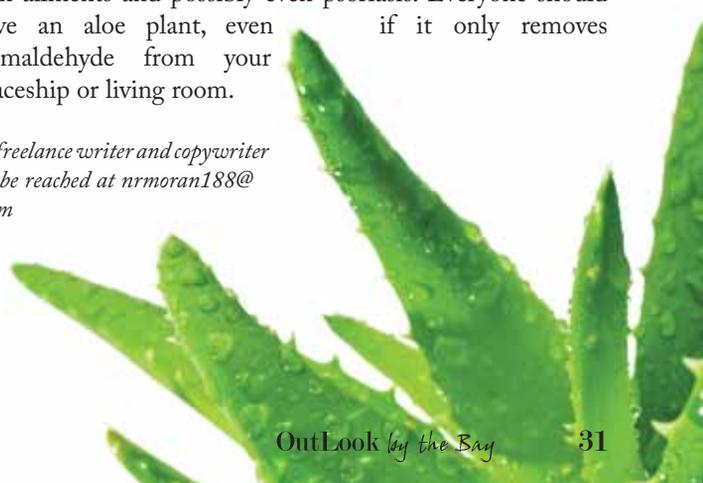
- 6 Boston fern (*Nephrolepis exaltata* v. ‘*Bostoniensis*’). Ferns need a bit more attention than the others. Keep the soil moist and the plant in a slightly cool location and it will remove formaldehyde and xylene from the air.

- 7 Snake Plant/Mother-in-Law’s Tongue (*Sanservieria trifasciata*). Remember those pet rocks? If you could keep one of those you can keep a snake plant. It requires only an occasional watering and can take all kinds of neglect. It’s an unassuming plant that will remove most of the nasties mentioned above.

- 8 Bamboo Palm (*Chamaedorea seifritzii*). Place this one in a south-facing window where it can get lots of sunlight. It will grow from four to 12 feet high and remove all of the above toxins except ammonia.

- 9 Aloe Vera (*Aloe vera* or *A. barbadensis*). Everyone knows and appreciates this plant that doubles as a remedy for minor skin ailments and possibly even psoriasis. Everyone should have an aloe plant, even if it only removes formaldehyde from your spaceship or living room.

Neil is a freelance writer and copywriter and can be reached at [nrmoran188@gmail.com](mailto:nrmoran188@gmail.com)



# A Foray to Frederick

By Barbara Aiken

The days are cold and crisp. The fragrance of smoldering pine curls from chimney tops. Trees extend their branches skyward as they sway in the Winter wind. The festive season is behind us and it's time for a road trip and Frederick, Maryland, is on the schedule.

Frederick is a treat; it's a walkable city filled with history, the arts, delectable restaurants, antique and curiosity shops to browse. Founded in 1745, Frederick is Maryland's second largest city and about an hour's drive from the Baltimore-Washington area. Though perfect for a day trip, an excellent choice for an overnight venture would be the Hill House, a conveniently located and charming bed and breakfast. Breakfast is served in the formal dining room and the innkeeper is known for her tasty French toast.

Worth noting is the National Museum of Civil War Medicine. It features a fascinating view of medicine in the 1800s with a look at the cutting-edge yet grizzly treatments of the day. You'll want to devote an hour or two here.

A visit to 44-acre Baker Park makes for a nice walk along Culler Lake. Look for the Joseph Dill Baker 49-bell carillon with bells ranging in size from 22 to 3,400 pounds. This musical instrument is a joy to hear if you're lucky enough to be in the area when it's most often played, on the first and third Sundays of each month between 12:30 and 1:30 p.m.

It's time for a treasure hunt—a historical search for church spires. Keep your camera handy to snap the perfect image. Frederick is known for its clustered spires; some say there are five and others say eight.

Market Street offers many choices for lunch. Try Brewer's Alley, Frederick's first brew pub. A favorite is The Tasting Room for fresh, visually appealing food, and craft cocktails. Another possibility is cozy two-story Firestone's with pleasant street views from its window tables.

Take a stroll in Mount Olivet Cemetery. There you can locate the resting places of Francis Scott Key and Barbara Fritchie. As you'll recall, Mr. Key penned "The Star Spangled Banner." Ms. Fritchie's reconstructed home is among those featured on the local walking tour (pick up a map at the Visitor Center, 151 South East Street) and houses items owned by her family. She's said to have defied Confederate troops as they rode through Frederick. View the U.S. Civil War Children's Memorial and reflect on the fact that many Civil War soldiers were under age 18.

Check out the Market Street-Patrick Street area for antiques and Everedy Square and Shab Row are filled with galleries, gift shops, clothing stores and more. The Community Bridge over Carroll Creek is a trompe l'oeil experience you won't soon forget.

Recently on a trip to Frederick I stopped at Black Ankle Vineyards in Mount Airy. Vineyards drift across the rolling land. The charming tasting room is constructed of insulating straw and other materials; the bar top is comprised of cuttings from the first harvest ensconced in resin. Memorable wines are poured according to availability.

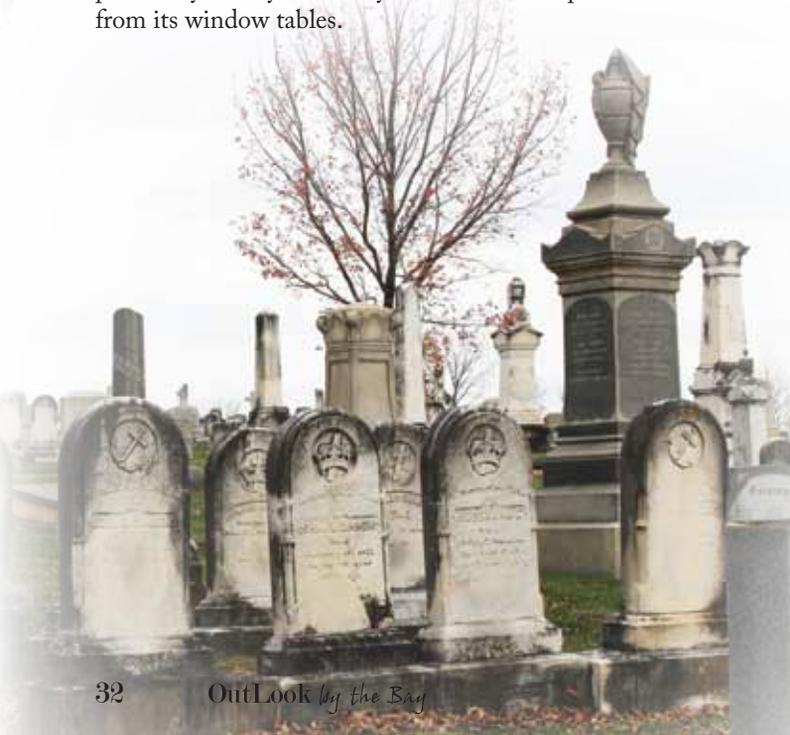
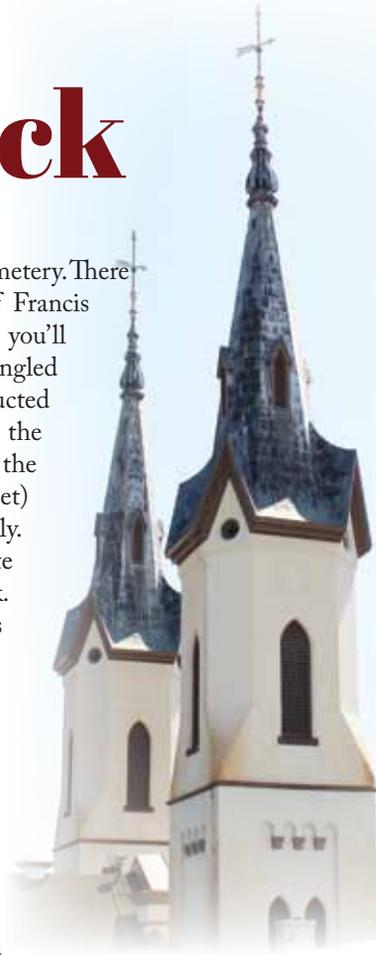
If wine isn't your cup of tea, perhaps you'd enjoy visiting the three covered bridges located in northern Frederick County. These historic treasures are scarce in Maryland, as only eight remain. A look at these engineering marvels is an enlightening glimpse into the past.

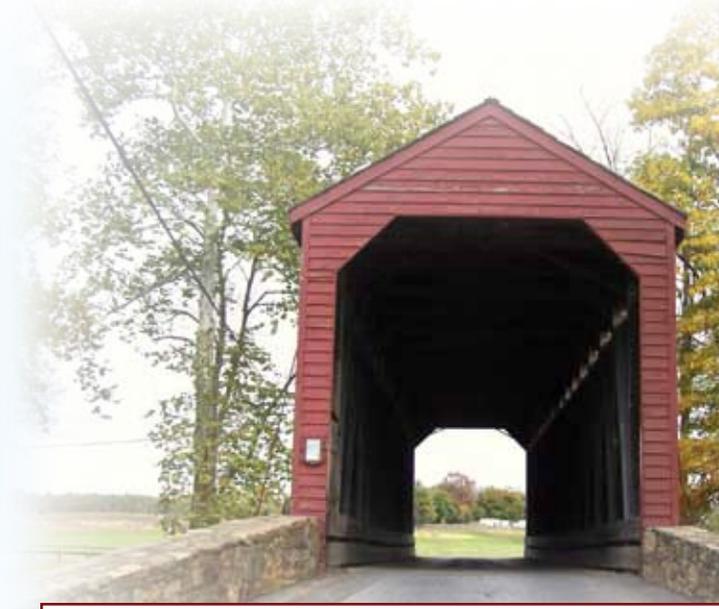
For gourmands, book a table well in advance at Volt. Bryan Voltaggio's culinary expertise is showcased here with elaborate, sometimes ethereal artistic creations. This fine restaurant is an event. Just a short walk from Hill House, plan on spending a relaxing evening sampling offerings you may never have encountered before.

There is so much to see and do in Frederick and its surroundings that you'll want to return to savor more of its delights. What's mentioned here is a small sampling of Frederick's many charms and an account of my last stay. You may want to visit [www.visitfrederick.org](http://www.visitfrederick.org) before you go and plan your special time or stop by the Visitor Center when you first arrive. You won't be disappointed in this historical and vibrant town.

*Barbara enjoys traveling as often as possible and can be reached at: [barbara.s.aiken@gmail.com](mailto:barbara.s.aiken@gmail.com)*

*Photos courtesy of Pam Stultz of [housewivesoffrederickcounty.com](http://housewivesoffrederickcounty.com)*





**Drink:**

Black Ankle Vineyards; [www.blackankle.com](http://www.blackankle.com)

**Eat:**

Brewer's Alley; [www.brewers-alley.com](http://www.brewers-alley.com)  
Firestone's; [www.firestonesrestaurant.com](http://www.firestonesrestaurant.com)  
The Tasting Room; [www.trrestaurant.com](http://www.trrestaurant.com)  
Volt; [www.voltrestaurant.com](http://www.voltrestaurant.com)

**Look:**

Baker Park; [www.friendsofbakerpark.org](http://www.friendsofbakerpark.org)  
Barbara Fritchie House; [www.visitfrederick.org/members/view/84](http://www.visitfrederick.org/members/view/84)  
Covered Bridges of Frederick County; [www.visitfrederick.org/members/category/16](http://www.visitfrederick.org/members/category/16)  
Frederick Walking Tour; [www.visitfrederick.org/what-to-see/tours](http://www.visitfrederick.org/what-to-see/tours)  
Mount Olivet Cemetery; [www.mountolivetcemeteryinc.com](http://www.mountolivetcemeteryinc.com)  
National Museum of Civil War Medicine; [www.civilwarmed.org](http://www.civilwarmed.org)

**Shop:**

Everedy Square and Shab Row; [www.everedysquare.com](http://www.everedysquare.com)

**Stay:**

Hill House; [www.hillhousefrederick.com](http://www.hillhousefrederick.com)



Move more.  
Play more.  
Live more.



**Hip and knee pain? Get relief.**

If you have chronic hip or knee pain, you know how it can interrupt your life, health and happiness. Is it time to consider a joint replacement?



**Attend a free hip and knee pain class.**

Learn how to reduce your pain from one of our experts. Visit us online for a list of upcoming classes at [askAAMC.org/joint](http://askAAMC.org/joint) or call 443-481-5555.

LIVING HEALTHIER TOGETHER.



# LET IT SNOW!

By Joan Amundsen

In the last edition of the *Farmer's Almanac*, the forecast for the mid-Atlantic coastal region reads:

“Winter will be colder and slightly wetter than normal, with above-normal snowfall. The coldest periods will be in late December and early and mid-January. The snowiest periods will be in mid- and late December, mid-January, and early to mid-February.”

With that said, it looks like many of us will be out playing in the cold, snowy weather again this year. And what will we serve to all those with hungry appetites at the end of the day?

After polling several friends as to what they looked forward to after a day in the snow, the first thing they wanted was a cup of hot chocolate, a hot toddy or just hot tea that they can sip in front of a blazing fire. When it comes to the main meal it seems that everyone looks for some kind of soup or a variation of it, from chili to beef stew.

You can add many different ingredients to Campbell's basic soups and create delicious, new varieties. One of the logos for their Home Style soups is, “Make comfort food easy.”

One of my favorites is to add some chopped ham and grated cheese to prepared cream of potato soup. Everyone loves it. A dash of wine added to any soup helps bring out the flavor.

A great sauce for a quickie casserole is cream of mushroom soup straight from the can, adding just a little milk to the condensed soup. Add chopped, sautéed onions and mushrooms. You can mix this with cooked rice, leftover pasta or leftover sliced potatoes, and any cooked chopped meat or vegetable. Top the dish with bread crumbs and grated cheese. Heat in the oven about 20-30 minutes until casserole is bubbly.

My dad wasn't a cook, he just thought he was and his recipe for chili was about as far from the real thing as you could get. It was delicious and this is exactly as it was given to me.

## DAD'S CHILI

One pound of **ground beef** and one chopped **onion** browned in **oil**. Add one can **condensed tomato soup**, one soup can of **water**, one 8 oz can **tomato sauce**, one sauce can of water, one small can of **baked beans**, and one bean can of water. Add all ingredients to pot. When pot comes to a boil add one cup of uncooked **noodles** and cook till noodles are done.

Since we all have different tastes, I would suggest adding any of your favorite chili spices and seasonings. Top with a dollop of sour cream and a sprinkle of grated sharp cheese and you're good to go!

Everyone I asked wanted some kind of bread, either corn bread, grilled cheese to go with tomato soup, or bread made in a bread maker. Just imagine the aroma of fresh bread wafting throughout the house.

If you're into macaroni and cheese, not that boxed stuff with that orange colored faux cheese topping, you must try this recipe from Southern Living Cooking School.

## GROWN-UP MAC 'N' CHEESE

2 cups small curd cottage cheese  
8 oz. sour cream  
1/4 cup milk  
1 large egg  
1/2 tsp. pepper  
8 oz. package elbow macaroni, cooked  
1 cup (4 oz.) smoked Gouda cheese, shredded  
1 cup (4oz.) cheddar cheese, shredded  
3/4 cup chopped ham

1. Process first five ingredients in a blender until smooth.
2. Stir together cheese mixture, pasta, next three ingredients and spoon into lightly greased 11- x 7-inch baking dish. Sprinkle with paprika.
3. Bake at 350 degrees for 30 minutes. Let stand 10 minutes. Serve.

When it comes to dessert, this is a must for all chocolate lovers. This recipe has been in my files for over 50 years. While you are cooking your main dish, you can slip this pan into the oven at the same time.

## CHOCOLATE LUSH

1 cup all-purpose flour	2 tsp. baking powder
1/2 tsp. salt	3/4 cup sugar
6 Tbs. cocoa	2 Tbs. melted shortening
1/2 cup milk	1 tsp. vanilla
1/2 cup chopped nuts	3/4 cup packed brown sugar
1 3/4 cups hot water	Whipped cream

Sift together flour, baking powder, salt, sugar and 2 Tbs. cocoa. Combine melted shortening, milk, vanilla and 1/2 cup chopped nuts. Add to dry ingredients. Mix until well blended. Spread in ungreased 8 x 8 x 2 inch pan. Combine brown sugar, 4 Tbs. cocoa, hot water; pour over top of batter. Bake in moderate oven at 350 degrees for 45 minutes. Cut into squares and serve warm or cold. Top the inverted squares with chocolate “lush” from bottom of pan. Top with whipped cream.

How 'bout a cup of Irish coffee to finish the meal? Sounds good to me! Go to [http://www.baileys.com/en-us/baileys\\_and\\_coffee.html](http://www.baileys.com/en-us/baileys_and_coffee.html)

Happy snow day!

What's really going to matter when it's all over?

# STEPS TO A HEALTHIER YOU THIS WINTER: COLD AND FLU PREVENTION

By Louise Whiteside

Winter! What a fun time for lots of different celebrations, outdoor sports and warm, intimate get-togethers in front of a cozy fire.

But Winter can also put a damper on all that fun, in the form of a cold or flu.

While there's no perfect blueprint for achieving and maintaining good health all Winter long, a few small, common-sense steps can greatly improve our odds. Some simple precautions follow:

1. **Have you gotten your yearly flu shot?** The immunization is especially recommended for people with heart, lung or kidney disease and for people over age 65. Even though it does take six to eight weeks to build up full immunity, it's still not too late to be protected against the flu.
2. **Plenty of Rest.** Most people get colds and flu when they're run down. Research shows that, even when you're marginally sleep-deprived, your resistance to viruses can decline dramatically.
3. **Ability to De-Stress.** While most of us have a certain amount of stress in our lives, not all of us have mastered the art of de-stressing. A 10-minute break from routine, some calming music, a short walk, a cup of tea, even a few minutes of daydreaming, can do wonders.
4. **Time Out.** We all need some time to collect our thoughts and process the day's events. These should be peaceful times in which we can ponder the world without distractions. A good book, or just thinking about the positive things in our lives can be helpful.
5. **A Wider Circle of Friends.** In a study of more than 200 men and women, people who had strong social ties were found to get fewer colds than those who had few social relationships.
6. **A Farewell to Unhealthy Relationships.** Making permanent changes to our well-being might mean changing social associations. Unhealthy relationships can drain our energy and put a strain on our lives.
7. **More Activity.** Physical movement is critical to good health. If lifting weights at a health club doesn't captivate you, why not try some simple walking? A short walk with a friend to chat with is a good start.

8. **Wash Hands Often.** Use soap and warm water, especially after using a public restroom or public transportation, or being around people who are sick. Avoid touching the face with unwashed hands.
9. **A Humidifier or Cool-Mist Vaporizer.** Room-size models are moderately priced and worth the investment during the Winter months to keep the indoor air moist.
10. **Consider Getting a Nutritional Health Workup.** A nutritionally oriented doctor or health practitioner can do a dietary assessment, including a measurement of blood levels of vitamins and minerals. The results will show which nutrients you do or do not need. Such workups often yield unexpected results. Nutritionists and dietitians can also help you develop a plan for better eating habits.

Although there's no guarantee that we can weather the Winter months with no sign of a cold or flu, our chances will be greater with these few practical steps.

#### REFERENCES

*1801 Home Remedies: Trustworthy Treatments for Everyday Health Problems.*

*The Reader's Digest Association, Inc., Pleasantville, N.Y. (2004)*



# BOOKS:

## *Old, New and Obscure*

### THE FOUR SEASONS

By Laurel Corona

Hyperion Press, New York (2008)

The city of Venice is always a tantalizing location for a novel. When it is combined with the Ospedale della Pieta, an organization known for its training of child prodigies, particularly in the field of music, it makes for a fascinating historical novel. Adding to these interests is the devotion of two foundling sisters who are taken in by the Pieta, as it is called. Then blend into this mix a well-known musician, violinist and composer, Antonio Vivaldi.

Maddelina is the older of the two sisters; Chiaretta is her younger sister. Their mother, due to her inability to care for them any longer, abandons them, a common fate for "kept" women in the early 1700s.

The children are very strictly controlled in the Pieta as there are dire consequences if any rules are broken. Many child prodigies were nurtured in these walls. And a famous musician of the time, Vivaldi, helps the story take on a new twist.

As it happens, both Maddelina and Chiaretta are talented musicians, Maddelina on the violin, and Chiaretta with her beautiful soprano voice. A teacher at the Pieta, Vivaldi notices Maddelina's talent and nurtures her as well as draws her into his world of music. He takes her under his wing and into his life. She develops an unhealthy devotion to him and is upset by his bursts of anger and frequent absences. Her life and daily routines revolve around his presence and she is devastated when he is off on his other pursuits, such as composing.

Chiaretta is the happy-go-lucky sister and has a hard decision to make when she reaches 18. There is a strict rule at the Pieta that when a girl reaches maturity she must either marry an approved suitor or join a convent in order to secure her future. She may also never again perform in public. Chiaretta has always dreamed of a husband and family, so she is conflicted. She gets and gives great joy from her singing, but decides on marriage. This turns out to be a good choice for her as she marries a wealthy man whom she loves, has four children and becomes a leading member of society in Venice.

Maddelina chooses a more sheltered life. She is one of very few young women who reach maturity and are permitted to stay at the Pieta as an instructor for the incoming students.

I will leave the reader the opportunity to decide which of the sisters has the fuller, more satisfying life. But the bond of sisterhood never diminishes and the mystery of the mother of the girls is never revealed.

An aficionado of classical music will enjoy the fact that woven into this well written story is the composing of "The Four Seasons" by Vivaldi, from whence the name of the novel is derived. This is "icing on the cake" and a very interesting side plot.

*The Four Seasons* also takes the reader into the life of early 1700s Venice, with its colorful social life, the use of gondolas as transportation, strict separation of not only the rights of men as compared to women, but also the separation of the classes of society. And one can almost hear the heavenly sounds of the music coming from the talented musicians of the Pieta as they perform behind dark gauze from a balcony where they can be heard but not seen.

~ Peggy Kiefer

### THE 19TH WIFE

By David Ebershoff

Random House, New York (2008)

The subject of polygamy almost always comes up in the context of the Church of the Latter Day Saints. Mitt Romney, the 2012 Republican nominee for president and a member of the Mormon Church, fielded this question often when he was being interviewed.

*The 19th Wife* is an historical fiction account of this subject as approached by the controversial Ann Eliza Young, who campaigned vigorously for the end of polygamy.

There are actually two separate stories woven together in this novel, one historical and one contemporary. Both of these stories help to understand the rise and fall of American polygamy.

The dominant voice in this novel is Ann Eliza Young, a real-life Mormon woman who was reported to be the 19th wife of the head of the Mormon Church, Brigham Young. It is believed that she was actually one of more than 50 of his "wives." She divorced her husband and waged a battle against polygamy and the problems it caused for the women, and especially the children, involved in this practice. Some actual memoirs, letters and sermons are used in the novel, but it is mainly fictionalized.

The second story concerns a young man, Jordan Scott, whose mother was also a "19th wife." He had been expelled from the church in his early teens for holding his stepsister's hand. He learns that his mother has been accused of killing his father and returns to Utah to clear her of the charges.

Believe it or not, both of these stories come together to tell the story and the realities of the Mormon religion. Polygamy is a large part of what Mr. Ebershoff deals with in the novel, but he does it in a way that tells the story of actual families and how they are affected by the various practices of the church. Both Ann Eliza and Jordan tell the day-by-day realities of domestic life and practices.

Ann Eliza makes many enemies and suffers insults and abuse as she is battling to end polygamy (or plural marriages as they are often referred to in the book), but she actually prevails when it is rejected by the Mormon Church in the 1890s.

David Ebershoff did a great deal of research to try to present fairly the problems in Mormonism while also respecting religious freedom and convictions.

This book needs to be read with an open mind and will probably be the subject of much discussion, both by individuals and book clubs.

~ Peggy Kiefer

## CAPITAL DAMES: THE CIVIL WAR AND THE WOMEN OF WASHINGTON 1848-1868

By Cokie Roberts

Harper Collins Books, New York (2015)

Cokie Roberts, author of *Founding Mothers* and *Ladies of Liberty*, has established herself as a researcher with a profound interest in the social and political history of women. Her latest book, *Capital Dames*, presents a unique viewpoint, a complex

record of the thoughts and experiences of women of both the North and South unveiled through letters, diary entries and newspaper reportage starting with the Compromise of 1850 and the contentious years prior to the Civil War when slavery began to divide the country. From slaves and spies to first ladies and White House hostesses, the war unfolds as a time of public posturing and private privation. The prostration of grief touches everyone as deaths mount, but at the same time Mary Lincoln is spending her husband into poverty and Kitty Blair is persistently working to secure a promotion for her husband. Elizabeth Keckley's career began as seamstress to Varina Davis and ended as the confidant of Mary Lincoln, who died deranged, whereas Varina, the widow of the president of the Confederacy, Jefferson Davis, ultimately developed a successful literary career in New York City.

The turbulent times of *Capital Dames* are fascinating. From vignettes about souvenir hunters cutting up curtains in the White House to tales of Southern women fleeing battles, shredding their sheets for bandages and seeing their homes turned into hospitals with floorboards soaked in blood, this book is a good read. Newspaper articles continued to comment on the beauty and clothing of the women, but in private, those very women were writing letters and beseeching officeholders to release their husbands from prison. The facts may be familiar, but their arrangement sheds new light on life in the Capital and on the many home fronts of women who were called upon to fill unfamiliar roles and who, in the process, discovered that they were much more than *belles* or social ornaments.

~ Tricia Herban



## Is Cremation a Consideration?

Pay tribute to your loved one by placing their cremains in a Lakeside Cremation Bench, a Private Bench Estate, a Private Columbarium, a personalized Pedestal or in a glass niche located in our stunning Chapel Mausoleum. We offer a serene and restful place for everyone.

Call *Lakemont Memorial Gardens* at **410.956.3060** to make arrangements or just stop in and have a cup of coffee. We offer park tours and pre-planning seminars.

We are located at  
**900 W. Central Avenue**  
**Davidsonville, MD 21035**

# A Simple Plan for Achieving Health and Prosperity In The New Year

By Kathryn Marchi

How are those New Year's resolutions coming along? Have you started on them or did you even make a list?

Well, no matter: It's not too late to revamp your list or make another that can be simpler and more easily followed.

The problem with resolutions is that we tend to set extraordinary goals for ourselves that actually guarantee failure. The suggestions below may give you some ideas on how to succeed with your resolutions without too much consternation:

1. The first thing to do is write it all down and keep the list in a prominent place. Chances are you'll be more inclined to work toward the resolutions once they've been "cast in stone." Also think how you can make these resolutions easier on yourself. Maybe you want to enlist the help of a friend, spouse or grandchild. Their vigilance and enthusiasm may spur you on.
2. If you plan to lose weight, select a reasonable amount and mentally challenge yourself to take it slow and easy. For example, if you really want to lose 25 pounds, put five pounds on the list and work toward that. Chances are when you set up a weight loss program, you'll begin a trend and you might even lose the 25 pounds or more!
3. Let's say you want to set up some kind of exercise program. Instead of vowing to "exercise daily" or "run 2 miles a day," choose the type of exercise you want to do such as water aerobics, biking, running or power walking. Then set a reasonable goal of doing this activity for 15 minutes, two or three times a week. Who knows? You might get started and work up to either exercising daily or even running the two miles a day. Certainly your energy level will greatly improve, which makes additional exercise more palatable. And, you might even help yourself achieve the No. 2 weight loss goal while you're at it.
4. Most of us know the value of eating healthy foods despite our craving for sweets, sodas or Big Macs with fries and a milkshake. Instead of placing a generic "eating healthy foods" addition to your list, invest in a good cookbook and vow to prepare at least two healthy meals a week. Weekends could even be "off limits," which, in my mind makes it even easier to stick to this resolution. Setting up this more feasible routine might even extend to three or four well-balanced meals a week. Here again, this

works in tandem with losing weight.

5. So far I've only mentioned your physical health, but there are other resolutions you can make to improve your mental well being in the new year. Suppose you want to broaden your horizons or your social circle? Instead of vowing to "join a club" or "meet new friends," get specific again. Decide what interests you and find a group that will meet that need. Let that group be your resolution. If you qualify, you might want to join the Junior League, or the Rotary Club, or a charitable organization such as "Habitat for Humanity" if you're talented in that way. If you like playing cards, you could join a bridge or mah-jongg group or even form one of your own. Along with this, you could resolve to learn a particular new card game or you might decide to take a specific continuing education course at the local community college. You'll be on your way to achieving both goals outlined here.

But what about the "prosperity" part of your goals for the new year? What can you do to achieve that? It's possible that prosperity means simply paying off some bills. If so, select a specific (here's that word again) debt that can be cancelled or a worrisome bill you might want to "pay down." Be sure to make these payments according to what you can afford. Give yourself the right amount of time. You could set it up as a regular deduction on the computer or through your bank. How about starting a savings program? Again, be specific as to an amount that is affordable for you. Start with a small savings program and then increase as you can. You'll be in better financial situation as time goes on and your resolutions are again achieved.

In choosing thoughtful and specific goals, you are setting yourself up for accomplishment. You might even be able to see how they all work in tandem. You might not even realize it at first, but those good habits are helping you keep your resolutions. And in writing down those specific goals, you have become proactive in your own life.

Though I've only listed five possible resolution areas, you might want to write more or less. It's entirely up to you. Remember to be specific and reasonable and you'll find it easier to keep them throughout the year.

*Kathryn is a confirmed list maker and has developed her own simplified list of resolutions for 2016. She can be reached at [marchi-wre@mris.com](mailto:marchi-wre@mris.com)*

*If you're not making mistakes, you're not trying anything new.*

# Winter of the Soul

By Nancy Lincoln Reynolds

A busy mom, clearly. One on her hip and the other, by the hand. Walking, briskly, from the day care center to the car. Someplace to go. In a hurry no doubt. It was the beginning of Fall. There was a light rain. The parking lot was colored red, brown, yellow, orange by fallen leaves. Her quick steps suddenly halted because the three-year-old tugged abruptly at her hand to pick up a flaming red leaf.

She had a choice, this mom, in that moment, to drag or to submit. She did the latter, perhaps not realizing the formative choice she'd made. The lesson, taught. Sometimes the small wonders in life must overwhelm our plans such that we halt our hurry midway. Especially when one is invited, indeed inspired, to appreciate a tiny piece of creation on a journey.

A therapeutic interpretation would explain to this mom that she had just allowed her child to learn the importance of valuing another -- the emergent treasuring of empathy and prioritizing of sacred aspects of life that both celebrate and shield us from being dismantled by busyness or pain. It's a coping and resilience skill often overlooked in parenting. Such a seemingly insignificant, quiet choice that speaks louder than most words spoken.

Not being able to resist, I said to the child, "Oh, you have a beautiful leaf!" Small eyes looked up, glistening like the rain around us. A proud smile emerged and mirrored the quick, implicit understanding exchanged in the eyes of the young mom and this old mom.

Someday this child, when confronted with a choice to hurry into joining others in teasing or mocking another unlike them, may stop and remember the uniqueness of a young red leaf among thousands. Someday this child, when facing an onslaught of discouragement and doubt herself, may recall that anyone can be picked up, saved and treasured, just for who they are. Someday this child, equipped with empathy and compassion, essentials in coping and resilience, will remember her mom who saw things through her eyes and welcomed her perspective of life. All these result from this moment.

And then the moment was gone, a moment that would endure in the child for a lifetime. I watched them trundle off again, the red leaf held high as both banner and umbrella.

Now it is Winter, the morphing leaves have turned brown, fallen and been mostly absorbed into the ground. For them, Winter has offered a time for rest and renewal, a time of preparing for transformation. But the human population tends to respond differently to the quiet and still perspective enjoyed by nature. It seems that we live by an unspoken conviction that time must be filled with activities and doing, or else it is wasted. Being productive seems profoundly more important than, well, being.

In fairness to it, the world tried to call a timeout at year's end in deference to holidays, school breaks and vacations. Changes in routine and schedules forced new ways of being and behaving, and challenged us to take a look at how we live our lives day to day. How we use our time. For some, the discovery of "extra" or unscheduled time was a welcome relief. It meant opportunity to accomplish procrastinated tasks. For some it meant simply engaging in a different kind of busyness, while for still others it opened the door to the awareness of emptiness and absence of purpose. As a therapist,

I sometimes wonder if depression and anxiety emerge in our lives as metaphorical Winters that force us out of busyness and schedules (immobilizing us) so that we have to become still and reflective. We are not ones who cope well with nothing "to do." And yet every aspect of the Bay area's persona is calling for just such stillness. How do we cope?

If we allow it, Winter can carry the same meaning for us as it does for the creation around us: to renew, to refresh, to transform. It can be a time of reflection on what has been, being present to what is, and considering what will come. There are an abundance of "red leaf" opportunities that fall in our paths if we will only take the time to see them. If we stop and pick them up, we may learn something about coping with inevitable change and being resilient in its transformation. It may be a time to embrace the reality that we do not have to run the universe (the job is not open, anyway, last I checked) and that we do not need to fill up all of its moments.

Let us embrace our Winter of the soul and heed the suggestion of the author of Winter: "Be still and know that I am God."

*Nancy is the associate pastor of Woods Presbyterian Church in Severna Park and can be contacted at nreynolds@woodschurch.org*



## REDEFINE YOUR RETIREMENT.

Retirement offers a new world of possibilities and a great opportunity to Redefine Yourself™. Consider improving your tech skills, picking up a hobby or launching a new career. At AACC, we've designed classes just for those 55 and older to help you navigate through midlife and beyond!



Fall registration is underway.  
Winter registration begins Sept. 30.  
Learn more at [www.aacc.edu/lifestages](http://www.aacc.edu/lifestages).

# Stalled Project? Time to Get Your Mojo Back!

By Kater Leatherman

It happens to all of us. What starts out as a great idea falls flat and fizzles into oblivion (think New Year's resolutions). Perhaps you find yourself fantasizing about a house fire, tornado threat or flood damage to relieve yourself from the burden of tackling something huge (think mountains of stuff in the attic, garage or basement). Or worse, you've started a project and realized that it was the result of a marvelous daydream and you have suddenly lost all interest in it – like a backyard zip line.

Things left undone are postponed decisions that leave you in limbo, creating a subtle form of stress. Consequences include feeling immobilized, suffering from CHAOS (can't have anyone over syndrome) and being (disorganized, since the average American spends one year of life looking for things).

Most projects have a beginning, middle and end. Usually, we get stuck in one of those three phases. If it is hard for you to get started, forget about waiting to get motivated. Taking action is what will inspire you. Start by asking yourself, "What is my first step?" If it's setting a date to begin, block out time on your calendar, which is more productive than thinking about it.

To avoid unnecessary spending, take an inventory first. If you are downsizing possessions, don't go out and spend money on plastic containers. They are not the answer and can, in fact, be part of the problem and one of the biggest excuses to keep

everything. Better to purge first by filling trash bags for tossing or donating. Then you will know how many containers to buy for storing things you really want to keep.

Once the initial excitement and enthusiasm of a project wears off, many of us hit the middle, or plateau, phase of a project. This might include waiting for an answer or you've ordered something that hasn't come in. Maybe the "ongoingness" of everyday life has left you with little time to devote to your project. Obstacles can cause us to give up, too. Let's say you've advertised the pool table and it hasn't sold. Try something else, because chances are someone out there is looking for your pool table.

Not knowing what your next action step is can cause a project to stall. Some projects require multiple steps to get to the targeted result. Move slowly and deliberately. Each step keeps you focused in the present, not in the future, wanting the task done, or in the past, wishing you never started in the first place.

What if the resistance in the plateau phase goes deeper? If is weight loss and you've stopped you need to sit with the emotional for a while. For clearing clutter, the could be allowing your eye to get spaciousness. If you're bored with project, take some time off to get juices flowing again. Whatever it are designed to test your resolve, to see how serious you really are about you say you want.

Sometimes, navigating our way through relationships feels like a who hasn't hit a snag there? When discord in the home, the Vietnamese monk, Thich Nhat Hanh, recommends our partner and children, even our this simple question: "Please tell me how I can love you better." Instead of wanting the other person to make you happy, you are presenting something that creates a fundamental shift from the world of *me* to another human being. One can only imagine how this might generate a positive shift.

Finally, if completing a project is not your strength, it could be that you've either lost interest, stopped the project in a place that's difficult to come back to or there's a mental block. Bringing closure can trigger feelings of emptiness and loss. Therefore, either consciously or unconsciously, staying stuck is actually a way to feel secure or comfortable. Completion is quite satisfying because there's tremendous relief coupled with enormous satisfaction in accomplishing what you set out to do. But knowing this won't be enough if you don't get to what's blocking you from the dilemma of being unable to finish something.

Life is always in motion and things are constantly changing. Being stuck is the buffer between you and being more in the flow of life. Pushing through resistance will also help clear your emotional, mental and physical path as well.

*Kater is a home rejuvenator and home stager, yoga teacher and self-published author. She can be reached at katerleatherman@gmail.com*



your project losing, maybe discomfort challenge used to a creative the mental is, plateaus

having what

project. And there is Buddhist that we ask closest friends,

I can love you

...what's blocking you from  
the dilemma of being unable  
to finish something?



# MARYLAND'S SCHWARZWALD

By Phil Ferrara

Winter's noonday sun hovers high above the towering, rugged peaks of the Alps of Switzerland and Germany. The mountain slopes are thickly blanketed with snow and ice, and the low angle of the Winter sun casts long, dark shadows. It is there in southwestern German where a fabled land of mystery and lore is found. It's a land that the Germans call the Schwarzwald, known also to us as the Black Forest. This land's rolling hills and aging mountains are covered with an endless canopy of dark, green conifers. Farmlands, meadows and tiny villages dot the countryside. Skiing here is a Winter sport that is a popular pastime. Clean mountain brooks and waterfalls wind their way through the spruce and fir trees, part of a woodland grown so thickly that the light of Winter's sun barely reaches the forest floor.

About 4,000 miles to the west across the broad Atlantic and westward onto the North American land mass, that same Winter sun shines. The early rays of dawn awaken the forests and creatures of another ancient mountainous region. It was here 300 million years ago in the late Paleozoic Era that titanic forces convulsed the earth's continental plates, then folded them, and thrust them skyward. Huge faults fractured those crusts, and blocks of mountains were forced upward more than 10,000 feet. Those forces formed the Appalachian Mountains.

But alas, even the most majestic mountain ranges are humbled by the powers of erosion. Wind, rain and ice tore vast amounts of sediment from the peaks, then sculpted the landscape, and filled the canyons and faults. What remains is the culmination of eons of cataclysmic development, the Appalachian Plateau.

A portion of that plateau is the New Germany State Park in western Maryland's Garrett County. This rolling forested land was once the new home of an immigrant German family who created a sawmill. The land was so named because it reminded them of their native land. The park is quietly nestled among the hills and valleys

along the banks of a pristine creek and hidden beneath a thick green canopy of hemlock, trees. While wandering the many miles of trails throughout this Winter wonderland, whether by cross country ski or on foot, it evokes memories of that faraway Black Forest, thousands of miles to the east.

The waters of the Poplar Lick Run wend their way through the woods and the hills of the park, while cascading toward their ultimate confluence with the Potomac. As the icy flow descends through the valley, the sun's rays sparkle off the waterfalls and reflect from the snow-covered riverbanks. The fresh scent of hemlock trees is ever-present in the shade-darkened wilderness.

For Winter sports enthusiasts this park is an idyllic setting with well groomed, cross-country ski trails or for hiking by foot or snowshoe.

Winterized cabins with individual fireplaces are available for rent on the site and numerous excellent inns and motels are present at Gransville and Deep Creek Lake. A nearby favorite is the Rocky Gap Lodge on the shore of a lake offering a wide range of amenities. Another is the rustic Savage River Lodge with individual cabins and a warm, appealing main lodge hidden deep inside the surrounding forest.

New Germany State Park's attractions are abundant during all four seasons. Camping, swimming, hiking, cabins, fishing and boating are just a few of the possibilities. Surrounding the park are the 54,000 acres of the Savage River State Forest, and the opportunities for outdoor activity is nearly unlimited.

Plan a Winter adventure or one for any season, and head west to Maryland's Schwarzwald!

*Phil is an avid hiker and traveler, who founded the Piedmont Trekkers hiking club. He can be reached at [pferrara65@comcast.net](mailto:pferrara65@comcast.net)*

Detailed information on park service and activities for all seasons, plus directions, can be found by phoning 301.895.5443 or by visiting the park's Web site at: [dnr2.maryland.gov/publiclands/Pages/western/newgermany.aspx](http://dnr2.maryland.gov/publiclands/Pages/western/newgermany.aspx)

Additional local information on restaurants, lodging, activities and historic sites can be found at [www.garrettchamber.com](http://www.garrettchamber.com)

*Complete Funeral Plans from \$4,495*

## BARRANCO & SONS, P.A.

### SEVERNA PARK FUNERAL HOME

*Conveniently located along the Eastern Shore,  
Baltimore and Annapolis Corridor*

*Over 55 years of service to the community*

[www.barrancofuneralhome.com](http://www.barrancofuneralhome.com) 410-647-2400

# February, the Font of the Famous

By Ellen Moyer

February. The third month of Winter, the second month of the new year, ruled by the Zodiac sign of Aquarius and a week of Pisces, is the shortest month of the year. Only 28 days long, February has the distinction of claiming the birth dates of more famous people than any other in the calendar year. In fact it is overloaded with famous performing artists and powerful leaders.

Trivia lovers note: 768 famous leaders hold February birth dates. Two of the nation's most important presidents were born in February. Our first president George Washington was born in Virginia in 1732, on the 22nd, the Pisces side of the month. Abraham Lincoln, who held the union together through the Civil War that abolished slavery, was born in 1809 in Kentucky on the 12th.

Many years back in elementary school I learned a lot about these men on their day of remembrance. Now, their day has been morphed into a single Presidents Day to give Congress a long leisurely weekend, a time more dedicated to frivolity than history and the lessons to be learned from leaders.

In 1809, Charles Darwin was also born on Feb.12. He is joined by Gen. Omar Bradley in 1893, John L. Lewis of labor union fame in 1880, Cotton Mather in 1663 and Alice Roosevelt Longworth in 1884, all trendsetting leaders in their generation.

Frederick Douglass, born into slavery in Talbot County, Maryland, in February 1818, became a great orator, African American statesman and abolitionist leader. Almost 100 years later, the "First Lady of Civil Rights" Rosa Parks, who refused to give up her seat on a bus to a white man would spark a revolution that ended racial segregation in transportation. She was born on Feb. 4, 1913.

Thomas Edison, the "wizard of Menlo Park," was an inventor, but anyone who gave us the light bulb and the phonograph and 1,093 patents and was the most famous man in the world in the 1930s, was surely a leader. He was born on the 11th. Philosopher and lawyer Saint Thomas Moore joined the February greats in 1478. Almost 500 years later, so did Steve Jobs on the 24th in 1955.

Social humanitarian Aquarians are reputed by nature to be creative, out-of-the box thinkers and doers, spontaneous, imaginative, independent and intuitive, a trait also shared with Pisces, which is descriptive of the character of famous artists. February boasts birth dates of famous personalities in film and theater, 696 of them; 670 famous writers, 409 famous musicians, 339 well known singers, 222 renowned intellects and academics.

Charles Dickens, the most popular novelist of the Victorian Age was born in England on February 7, 1818. American novelist Sinclair Lewis came to us the same day in 1885. How

about Eubie Blake, the Baltimore pianist and songwriter, born in February 1883, and Garth Brooks, country music guitarist and songwriter, born in February 1962.

George Harrison of Beatles fame was born in 1943 on Feb. 25, Johnny Cash on the 26th in 1932, and in 1916, a leap year, Dinah Shore was born on the 29th.

Add to that film actors Chris Rock, on Feb 7, 1965, and John Travolta, born on Feb 18. Paris Smith, the 15-year-old actress, showed up on Feb 1 and Charlie's Angels star Farah Fawcett, on Feb. 2.

The month is low on sports stars, but Babe Ruth on Feb 6 and Michael Jordan on Feb 17, are athletic standouts. February is also low in the category of famous criminals, that high honor goes to the month of November. However, serial killer Jeff Dahmer is February born.

With its Aquarians' imagination and creativity February is often viewed as the quirky month. What other month can boast a lookout for a ground hog and its shadow to forecast the length of Winter? The whole nation waits for the tales of the ground hog on Feb 2.

And then on the 5th is National Wear Red Day. It is American Heart Month and, of course, the Big Heart honoring St Valentine honors love, romance and affection on the 14th, a tradition that dates to the 4th century for martyred priests practicing Christianity.

"Let the good times roll," 47 days before Easter. It is Mardi Gras carnival time in New Orleans, a bacchanalian celebration. Fat Tuesday, before the fasting of Lent, begins on Ash Wednesday.

The amethyst, February's purple gemstone of royalty and power, bestows calmness, balance and peace to temper February's exhibitionism. The language of the violet flower supports modesty, candor and gentle thoughts of love, temporizing the bursts of February's spontaneous creative energy.

February-born Thomas Edison once remarked, "I have not failed. I just found 10,000 ways that won't work ... many of life's failures are people who did not realize how close they were to success when they gave up."

From a legacy of Spring's renewal in the merry month of May and fostered by Aquarian inspiration, intuition and creative imagination recognizing space full of possibilities, the short month of February is crammed with successful leaders, film stars, writers, musicians and intellectuals who could just never give up.

*Ellen, a former mayor of Annapolis, can be reached at ellenmoyer@yahoo.com She celebrates a Feb. 12 birthday.*

If you don't know where you're going – how're you going to get there?



# Happy St. Valentine's Day Brunch

By Phil Ferrara

If cooking isn't quite your thing, that need not be so. By using the KISS principle you both please your "one and only" and impress a few good friends at the same time.

This year St. Valentine's Day falls conveniently on a weekend. That presents the opportunity to bravely step forward and volunteer to prepare a special Sunday holiday brunch. Invite your two favorite couples to join you for the celebration. What better way to display your love and affection than by undertaking such a wonderful gathering of friends for good food.

And now to apply the KISS principle, that is, "keep it simple, sweetheart." It is not complicated recipes or exotic ingredients that will count. It is the gathering that will win the day and create the camaraderie that will be important.

So, what do you need to get started? Begin by preparing a nicely set table, perhaps a few candles, soft music in the background and some flowers with a small box of candy perhaps.

When your guests arrive, welcome them warmly. Offer a cup of coffee, a Bloody Mary or a favorite beverage.

When the guests are settled in and enjoying themselves, you can easily turn to the final food preparation in the kitchen. Much of it will already have been completed or at least begun beforehand. Here are your simple-to-prepare recipes for a Valentine's brunch for six.

Guests will be served a vanilla yogurt parfait followed by a cheese and vegetable omelet with English muffins coated with butter and raspberry jam. If you're feeling extra courageous, add your favorite sausage or bacon.

## Yogurt Parfait

- 32 oz. container of vanilla yogurt
- 1 pint each of any three fruits including mandarin oranges, blueberries, raspberries, strawberries or a sliced banana.
- 1 box of granola cereal

In each 12-ounce parfait glass or a clear glass bowl or cup, intersperse a 6-ounce mix of fruit with five ounces of vanilla yogurt. Top with a tablespoon or two of granola cereal. A splash of crème de menthe on top works well too.

## Cheese and Vegetable Omelet

- 10 eggs
- 1/2 cup milk
- 3 Tbs. olive oil
- 2 cups diced veggies of your choice: red onion, green or red pepper, carrots, tomatoes, etc.
- 1 1/2 cups cheese – your choice: Romano, cheddar, Swiss, etc.
- 3 Tbs. prepared seasoning mix such as oregano, basil, parsley, etc.

Warm the oven to about 130 degrees. Grill the veggies on the stove in an oiled skillet for about 10 minutes. Mix eggs, milk and olive oil and warm in the microwave for two minutes on medium.

For six people it's best to make three large omelet batches in a 13-inch oiled skillet, splitting each omelet with half per person. Use one-third of the above mix for each of the three omelet batches. Keep each batch in the preheated oven until ready to serve all the guests simultaneously. Concurrently, the English muffins and bacon or sausage can be cooking in the toaster oven and separate skillet. Have the soft butter and raspberry or other favorite jam ready to spread onto the muffins. A tasty butter recipe follows:

## Orange Blossom Butter and Honey Spread

- 1/2 stick butter
- 2 Tbs. pulp orange juice or 2 Tbs. hand-squeezed from a fresh orange
- 3 Tbs. honey

In a small pan soften a half stick butter with the orange juice and honey, or warm them in a creamer or mug in the microwave for one minute.

And finally, it is time to summon your guests to the feast of the St. Valentine's Day brunch, confidently knowing that you are the master chef. At the same moment you might even want to lead your valentine sweetheart to the table with a kiss.

Phil can be reached at [pferrara65@comcast.net](mailto:pferrara65@comcast.net)



## Bay Bytes

If you're baffled by a new task such as slicing a mango, removing paint stains from the floor, defrosting a freezer or any of the many other odious tasks that present themselves, type in <https://www.youtube.com> for a brief video showing step-by-step instructions.



# EVENINGS WITH RETIREES

By Joanne R. Alloway

Most people don't realize that once you retire, your evenings are free of the stuff you had to do while working. No more scurrying to get laundry finished, make lunches, arrange schedules, plan tomorrow's dinner or keep up with phone calls, social events and emails that can't be accomplished at work. So, what are retired people now doing with this block of *newly* acquired evening time – if anything.

Compare our interviewees to a published study on retirees, *20 Things We do in Retirement*, by Sharlene Kalenkoski, an associate professor at Texas Tech University in Lubbock. She sampled age 50-plus nonworking retired people, requiring them to keep a 24-hour diary of what they did all day. They were later interviewed by phone. All were middle-upper income participants. Kalenkoski used the American Time Use Survey from the U.S. Bureau of Labor Statistics, comparing retiree's time spent in activities to those of similar-age working subjects. Top areas of evening activities for retirees daily:

- Sleep
- Television and movie watching
- Pursuing personal interests
- Preparing food
- Reflecting, relaxing, thinking
- Overall computer use, including games
- Cleaning up after dinner
- Travel planning

Kalenkoski believes the results were reassuring because the preponderance of retiree activities are affordable. [www.bankrate.com/financing/retirement/20-things-we-do-in-retirement/](http://www.bankrate.com/financing/retirement/20-things-we-do-in-retirement/)

*Our 12 interviewees' evening activities included:*

**Irene, Florence, Ala.** – I watch television, read and get ready for tomorrow, same as it's always been.

**Bev, Davidsonville** – I spend time in my home office. I volunteer by working on adoption applications for City Dog Rescue D.C. I find this work rewarding for myself and the many dogs that find good homes.

**Laura, Riva** – Three nights a week I take yoga classes at Ridgely Retreat. Other nights I visit with my grandchildren. On weekends, I spend time with Joe, girlfriends, reading and enjoying the quietude.

**Terry, Annapolis** – I'm busier now than when I worked. We watch an hour of news, then DVR certain shows for viewing later. I read magazines, newspapers and books for three book clubs. I catch up on emails, research online, knit for AAMC, attend

entertainment venues and meetings and return phone calls. Dinner with friends is always fun.

**Peggy, Escondido, Calif.** – I read, write, watch classic movies, attend book club meetings, go to happy hours, early dinners or attend concerts. How did I have time to work?

**Jane, Annapolis** – After dinner together, I clean up, he gets our cribbage game ready, which we're still enjoying after five years. Sometimes we go for a walk or to an evening meeting or event. Later, he does things in his office – with the television on. I read and am in bed by 10 p.m.

**Sue, Severna Park** – With the kitchen tidy, we (regrettably) turn on Netflix, although we aren't really watching. We're reading, doing crossword puzzles, etc. In the past we walked each night for 20-30 minutes in all kinds of weather, but we stopped. The benefits were threefold – talking, exercising and getting fresh air. We need to get back into that.

**Tommy, Dallas, Texas** – I enjoy cooking dinner, my wife cleans up. I'm a news freak, watching several networks. I like opinion shows, military history and good war movies. Often there's nothing I'm interested in, so I read nonfiction. Or I'll do a minor project in the house.

**Joan, Ellicott City** – It's important to maintain a social network, I've been retired for 10 years. I do all the usual things in the evenings: television, reading, computers, but what sets daytime's purposeful activities from evening's social activities, is relaxing with friends. A simple dinner or a wine and cheese gathering that generates lively interaction is great.

**Jen and Greg, Northport, N.Y.** – Greg likes online reading, practices a musical instrument and watches television. Weekly he frequents a favorite restaurant in lower Manhattan. In her home office, Jen catches up with social media, phone calls, listens to audio books or favorite playlists. She makes greeting cards and watches television movies.

**Phil, Annapolis** – I'm a "night owl." I swim a half-mile at the Arundel Swim Center after dinner. Other evenings I attend lectures, either locally or in D.C. I'm home to watch the 9 p.m. news. At 10 p.m., I begin some serious work – research and writing for my projects, which include another book. I'm in bed by 2 a.m. We recently became grandparents so my schedule may change to help the new parents and see the baby.

Our interviewees were on target with the results of Kalenkoski's study. All of our retirees stay happily busy in the evenings, no matter what they're doing.

*Joanne is the author of two nonfiction books and a freelance writer living in Annapolis. She can be contacted at [jrwwrite@aol.com](mailto:jrwwrite@aol.com)*

Why are you living in the rubble of the future?



Dear Vicki

Dear Vicki,

The January bills arriving daily are depressing because I've become a shopaholic since I've retired. Even when it's not the holidays, I struggle to limit my purchases. How can I keep my spending in line with my retirement income?

Over-shopping, something that many of us get carried away with at times, ranges from an occasional indulgence to a more troublesome bad habit, and sometimes, to a serious addiction, referred to formally as "compulsive spending disorder." Wherever you place yourself on that continuum, you've admitted it as a problem and that is the first step toward a more balanced approach to spending.

Buying new things *is* pleasurable and it never has been so easy to spend money than it is today. With Internet access, we are just one click away from purchasing things that we need, desire and, unfortunately, those things that we cannot afford too.

Shopping becomes a problem when it is used habitually as a panacea for addressing other issues. For example, we've had a tough week and decide to treat ourselves to that pair of designer shoes. Perhaps we are restless and bored and heed the siren call of the mall on Saturday afternoon. Or we've had a nasty disagreement with that irritating family member and distract ourselves by surfing the Web for a bargain. On a deeper level, shopping can be used to try to combat low self-esteem or to soothe our empty and aching souls when we have suffered a loss or trauma.

If we pay attention, we may notice that the initial jolt of euphoria at making a purchase gives way to feelings of guilt, confusion and depression. Not only can our financial bottom lines suffer, but compulsive shopping can evolve into an actual mood-altering addiction, much like gambling or any other addictive behavior. In fact, compulsive shopping is often paired with other addictions such as drug or alcohol abuse.

Research shows that at least one in four Americans define themselves as a "shopaholic," the majority of whom being women. Older adults may even be at greater risk due to the necessary losses that accompany this stage of life. Seniors may have limited mobility, become isolated and lose a sense of purpose when they retire or become widowed. Shopping can be done from home, be done alone and trips to the mall can fill up empty hours. Moreover, with fixed incomes, retirees have less money for frivolous purchases and less earning power to replenish depleted bank accounts when such activity gets out of hand.

Enough sobering news! If this is simply a bad habit, try the following strategies. Leave your credit cards at home when you shop. Paying cash will help you to think twice about a purchase. Employ a 24-hour rule by which you wait one full day after seeing

something that you want before purchasing it. The time and distance will help you make a better decision. Consider shopping with a frugal friend or family member who can steer you away when you've reached a predetermined limit of spending.

Another idea is to carry a list of questions to pull out when you are faced with a major case of the "I wants." Ask yourself these questions: Do I already own something like this? Do I have something else that will meet this need? Will this item solve or prevent some problem? Can I afford this without incurring more debt? Must I hide this purchase or receipt because I'm ashamed or afraid of the consequences? Use these questions as a wake-up call before you slap down your plastic.

Take a look at your post-retirement life. Are you shopping to replace an empty schedule or lack of purpose or companionship? Remember that when you retire, you need substitutions for these three important elements that have been previously supplied by your job: community, structure and purpose. Simply put, you need friends in your life, activities on your calendar and projects that give you a reason to get up in the morning. If you are lacking in any of these elements, you'll be more tempted to overspend. Invest some thought and effort into beefing up your life in positive ways that provide more than fleeting satisfaction.

If these strategies don't help or you find yourself caught up in compulsive spending that you truly cannot control, seek professional help. At this point, overspending may be a serious impulsive control disorder that requires psychological intervention. Effective treatment is affordable and available. You and your economic welfare are worth this investment. Get started now on what you need to do to keep these golden years golden!

*Vicki Duncan is a licensed professional counselor and welcomes your questions. She can be reached at [Vicotria2write@aol.com](mailto:Vicotria2write@aol.com)*



## Bay Bytes

**Translate.Google.com** will translate most languages into one that you're familiar with. Type in a word or phrase in any language and it is quickly translated into whichever language you suggest.





# Special Places by the Bay: Wye Island

By Henry S. Parker

Hundreds of homes. Thousands of residents. Businesses, industries and a marina. All sprouting in the unspoiled fields and woods of an idyllic Chesapeake Bay island.

Forty-three years ago the visionary developer, James Rouse, proposed this scenario for 2,800-acre Wye Island. Native Eastern Shore residents—Rouse himself was born and raised there—and others greeted the proposal with skepticism, resistance, even outright hostility. Confronting overwhelming opposition, Rouse dropped the proposal. The state of Maryland then stepped in and purchased most of the island, protecting it for future generations.

Ironically, Rouse's Wye Island development concept would be considered "green" by today's standards. He planned to restrict development to a small portion of the land, ban private piers and establish covenants that permanently prevented purchasers from ever subdividing their properties. Rouse was well aware of burgeoning development pressures on the shore, soon to be exacerbated by construction of a second Bay Bridge span in June 1973. He saw the Wye Island project as a sensible and sensitive approach to accommodating increasing numbers of migrants to the area while minimizing impacts to the region's environment and heritage. He argued that without such careful planning, the Eastern Shore would face unchecked development sprawl.

Rouse was right. In the year after the first bridge span was built in 1952, one million vehicles crossed over to the Eastern Shore. That number has since ballooned. Today more than 25 million cars make the trip annually. The expanded development pressures that Rouse anticipated have inundated Kent Island, and the sprawl is oozing eastward. But Wye Island has been spared.

If you haven't visited Wye Island, you owe yourself a trip. If you've been there before, by all means go again. The Wye Island Natural Resources Management Area occupies 2,450 acres of fields, forest and marsh, rimmed by 30 miles of shoreline, and veined with 12 miles of hiking trails. The area has something for everyone.

**Birdwatchers and wildlife enthusiasts** may find Canada geese, ospreys, bald eagles, wading birds, flocks of resident and migratory waterfowl (some 20,000 ducks overwinter around the island), a life list of songbirds, white-tailed deer, and, if they're lucky, the endangered Delmarva fox squirrel.

**Hikers** will enjoy the short flat pathways on the island. Three trails bear special mention. The Schoolhouse Woods Nature Trail meanders through 20 acres of old-growth, oak-hickory forest. The Ferry Landing Trail traverses an arborway of hoary Osage orange trees (watch for falling, softball-sized seed pods!) down to a pretty little beach where a hand-operated ferry once ran across

to Bennett's Point. The Holly Tree Trail loops around a spreading, 300-year-old holly tree.

**Cyclists** will find easy, traffic-free riding on a four-mile road, part paved and part gravel. **Horseback** riding is welcomed. **Paddlers** can take advantage of the island's 30 miles of shoreline with many small coves and three landing sites for beaching. Note: The island has no launching facilities, but there is a nearby public landing south of Grasonville off Bennett Point Road.

**History buffs** will enjoy imagining the island during pre-Colonial and Colonial days, and can look for signs of the past. William Paca, renowned as a former Maryland governor and signer of the Declaration of Independence, once owned half the island. Another eminent Marylander, John Beale Bordley, farmed the island before the American Revolution and even operated a brewery there. Over the years, the land has primarily supported agriculture, including raising cattle. **Farming** (by lease) continues on the island to this day, as does a long-time tradition of leaving some unharvested grains on the fields for the benefit of wildlife.

Today, the biggest threat to Wye Island isn't development, but erosion. Like much of the sedimentary Eastern Shore, Wye Island is losing land to the inexorable ravages of storm-tossed and boat-generated waves, rising sea level and grinding ice. Ongoing efforts to stabilize the island's shoreline have involved public and private partnerships, including with schools and environmental organizations. Fortunately, the island isn't eroding as fast as other areas along the Bay. Wye Island will be around for many years to come.

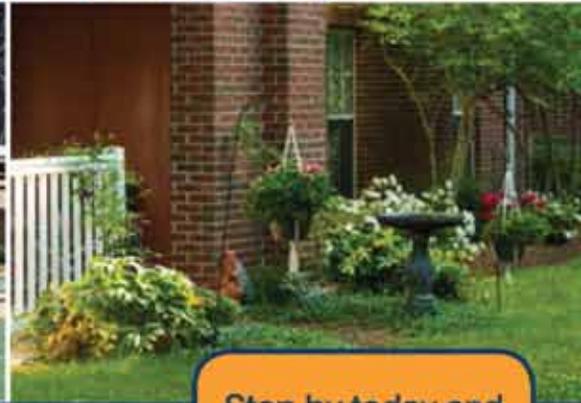
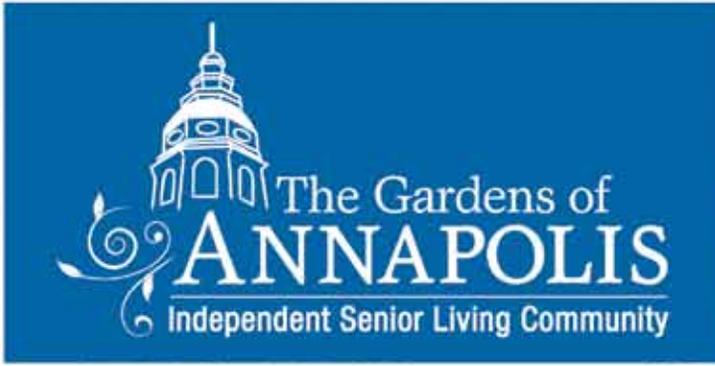
## If You Go:

The island is open to visitors year-round at no cost, although there may be restrictions during managed deer hunts. Be aware that facilities are limited and that you should always guard against ticks.

The island is only about 25 minutes from the Kent Island end of the Bay Bridge, and, depending on traffic, 45 minutes from Annapolis. After crossing the bridge follow Route 50 for 12.5 miles, go right on Carmichael Road, drive another 5.1 miles to the Wye Island Bridge, and then follow signs. More information can be found at <http://dnr2.maryland.gov/publiclands/Pages/eastern/wyeisland.aspx>

*Henry is an adjunct associate professor at Georgetown University. He previously directed research programs at the U.S. Department of Agriculture and taught marine sciences at the University of Massachusetts Dartmouth. He can be reached at [hpsbhp@gmail.com](mailto:hpsbhp@gmail.com)*

Is it going to matter that you were here?



Stop by today and tour our beautiful community!  
Monday-Friday  
8:30am-5:00pm

# Independent, Active, *Living at it's Finest*

WELCOME TO GARDENS OF ANNAPOLIS, A PREMIER 62 AND BETTER COMMUNITY that offers residents an active, worry-free lifestyle. This locally owned and operated community features on-site amenities including:

- No Entrance Fees
- Transportation Services
- 24-hour Emergency Services
- Spacious apartments well-equipped with emergency response system and full size washers and dryers
- Community areas including dining room with evening meals available, hair salon, game and billiards room, movie theater, library, computer center and bistro
- Bocce Ball and Shuffleboard Court
- Fitness Room and Wellness Center
- Resident Activity Director

Call today! 410-295-5644  
[www.gardensofannapolis.com](http://www.gardensofannapolis.com)



931 Edgewood Road, Annapolis, MD 21403

