



# BULLETIN

*Articles of Help & Healing for our Delaware Community*



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## Grief at Work: Four Ways to Honor a Deceased Co-Worker

If you have lost a beloved colleague, there are many ways that you can honor his or her memory. In this article, we offer suggestions.

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*I hope you enjoy our premier issue of our quarterly "Bulletin." Be sure to subscribe to our email list so you get monthly articles and announcements as well.*

*Thank you and God bless.*

*- Evan W. Smith*



**We spend a tremendous amount of time with our work colleagues, sharing laughs, complaining to one another, and experiencing successes and failures.**

**We often consider our fellow employees as close friends, and sometimes, we are even fortunate enough to feel that they are a part of the family. And yet when we experience the death of a co-worker, it can feel as though we don't have permission to grieve as we would for a family member or friend.**

**If you have lost a beloved colleague, there are many ways that you can honor his or her memory.**

# Grief at Work: Four Ways to Honor a Deceased Co-Worker

The death of a co-worker can be more difficult to deal with than we anticipate.



## 1. Hold a memorial ceremony.

Host a special remembrance service at work, separate from any services held by your colleague's family. A luncheon is common but this event can take whatever form is appropriate for your workplace. You might consider having a potluck meal, after which staff members could say a few words about the deceased employee or share a favorite memory. If it's appropriate, invite the decedent's immediate family members to attend this event, too. Even if your workplace is operating remotely right now, it doesn't have to stop you from honoring your workmate. Host a virtual memorial gathering via Zoom or another video conferencing platform and pay your respects online.

## 2. Beautify your company grounds.

Many companies provide outdoor spaces where employees can gather during breaks or enjoy lunch when the weather is nice. If your workplace has such an area, then enhance it by planting trees or installing a memorial bench in honor of the deceased. Adding an engraved plaque or marker bearing the employee's name, service dates and a meaningful quotation can provide an extra personal touch.

## 3. Enhance boring office walls.

Within your company's workplace, a plain wall in the reception area, hallway, break room, or conference room can offer the perfect place to

hang a memorial plaque or photograph of your deceased colleague. These items could include the employee's name, position held, and dates of service, if desired.

## 4. Do something nice for the family.

As a team or company, share your support and sympathies with your colleague's loved ones. Sending a flower arrangement is the most obvious choice, but there are plenty of other good options, such as:

- Send a card that's been signed by everyone in the office
- Make a donation to a charity that was meaningful to your fellow employee or is related to his or her cause of death
- Have a food basket or meal delivered
- Send a gift card for something useful during this difficult time, such as lawn service, maid service, or for the local grocery store
- Establish a scholarship fund for the decedent's children and collect contributions for it

Work communities are the alternate "families" with whom we spend much of our lives. That's why we often experience the same depth of sorrow that we feel with the loss of our loved ones. Honoring the life of a cherished fellow employee can be meaningful for his or her family as well as those in your workplace.



# Seven Effective Ways You Can Help Someone Who's Grieving

You can't erase the heartache for those who have recently lost a loved one.

However, there are things you can do to show them you care and make their lives a bit easier during their time of intense sorrow. Your gestures don't have to be time-consuming or lavish. Especially during these trying times, even the smallest of actions are sure to be greatly appreciated by the bereaved. Here are seven simple actions that can express your support for someone who is mourning the death of a loved one.

## 1. Offer your help in specific ways.

Although you sympathize with the grief-stricken and want to do something to help, knowing how to reach out can be difficult. Maybe they want to be alone right now. Perhaps they're bombarded with offers of help. Maybe they don't know what they need. In all likelihood, they are feeling a combination of these things. That's why one of the best things you can do is make a very specific offer of help and then let them decide if they want to accept your offer. Tailor your suggestions so that they can easily say yes or no, such as:

- "I'm going to the grocery store this afternoon. Can I pick anything up for you?"
- "I'm free tomorrow. Would you like some company?"
- "Could I stop by on Friday and help you with the housekeeping?"

## 2. Deliver some food.

When a loved one passes, even the necessities often go by the wayside. Having basic needs met by others during this time of tragedy is a wonderful gift. Many prepared meal delivery services are available today and they offer extensive menu choices to suit a wide variety of dietary preferences and needs. If you'd rather prepare something yourself, freezer-friendly main dishes like meatloaf or a casserole are smart options. Add to the convenience by using disposable containers.

## 3. Don't avoid talking about the person who passed away.

He or she is still very much in the mind of your grieving friend. Instead, share fond recollections or describe how the departed had a positive influence on you in some way.

## 4. Talk about your own experiences with loss.

Similar bereavement stories can be really helpful, so don't be afraid to share them with your friend. In the early days of grief, it's important to know that it's survivable and that happiness will return in time.

## 5. Avoid judgments.

Keep in mind that your friend's life and emotional landscape have changed enormously. You may wish to get past it, but you can't speed up the grief process. Let your friend heal in the manner that's right for him or her.

## 6. Offer practical support by taking care of the little things.

There are probably plenty of ways that you can lessen the burden of routine life

requirements for someone who is grieving. What recurring tasks or chores might you be able to do? Things like cutting the lawn or picking up groceries are good choices. If you aren't in the position to respond to a more involved need such as landscaping or house cleaning, consider purchasing a gift card so your friend can hire someone at his or her convenience.

## 7. Be there, now and later.

At the time of the funeral or memorial service, many people will offer help and encouragement to the bereaved person. But as the weeks and months pass, their lives move on and that support tends to wane. Be the one who follows up, listens, and continues to be present. Whether it's sending a card every month, making periodic phone calls, or sending weekly emails, your ongoing efforts will be very important to the person who is grieving.

There is no 'right way' to offer help. Any act of kindness on your part will be well received by those who are mourning. It's never too early or too late to show how much you care.



# The Best Immunity-Boosting Secrets

If the COVID-19 crisis has you thinking more about the health of your immune system, you're not alone.

For many of us, the lack of a proven vaccine or treatment means that our best defense against the novel coronavirus may be to stay home, wash your hands thoroughly and regularly, wear a mask when leaving home, and bolster our immune systems as best we can. Below are some ways that you can shore up your immune system to give it up the upper hand against disease and infection.



## 1. Focus on proper nutrition.

Follow a healthy diet and you'll be well on your way to a more robust immune system. The Harvard School of Public Health recommends filling up half of your plate with a colorful variety of fruits and vegetables. You'll give your body the essential vitamins and minerals it needs to fight disease. Plus, when you're full of foods that are densely nutritious, you'll have less room and cravings for sugary treats and salty snacks, offering only empty calories.



## 2. Boost your mind-body connection.

Scientists have long studied the relationship between stress and healthy immune functioning. Chronic stress has been linked to health conditions such as diabetes, heart disease, and a host of other illnesses. One of the best ways to combat stress is to surrender to a higher power, such as through faith and prayer. Practicing gratitude every day is another stress-buster, so why not start keeping a daily gratitude journal?



## 3. Get moving.

Regular movement is the key to a healthy lifestyle. Finding the motivation to exercise on your own can be challenging. Even a short walk around your neighborhood can keep your body moving and being in nature has proven to reduce stress levels.



## 4. Catch enough Zs.

Getting enough rest is vital to keeping your immune system in tip-top shape. Studies have shown that people who don't get adequate quantity and quality of sleep or enough sleep are more susceptible to viruses. For optimal health, adults should get 7-8 hours of sleep, teenagers 10 hours of sleep, and school-aged children 10 or more hours of sleep per night. If you have trouble getting into a healthy sleep routine, ask your doctor about natural sleep aids such as melatonin. You can also try using a white noise app or taking a warm bath an hour before bedtime.



## 5. Keep in touch.

Longevity studies show that maintaining close connections through your church, friends, and family is a crucial part of lifelong happiness and health. Schedule in time to call loved ones, attend live Zoom meetings with your church or book club, and, if you are comfortable doing so, meet up with others outside. Be sure to follow social distancing protocols determined by the CDC to include maintaining a physical distance of six feet apart, wearing a mask, and washing your hands frequently.



## 6. Remember that your body is a system.

Although improving one area of your health is an important step forward, don't expect it to work alone. For the best results, strive for a well-rounded and healthy lifestyle that incorporates all of the tips mentioned above.



# How Scammers are Benefiting From the Pandemic

The pandemic has left many of us feeling more on edge and fatigued than usual.



During times of stress, we may let our guards down more easily than under better circumstances. Additionally, a rise in our reliance on computers and electronic devices during social distancing means that cybercriminals have ample opportunity to strike. According to the Federal Trade Commission, this year alone, consumers have lost over \$13 million to pandemic-related scams. Avoid becoming the next victim by being on the lookout for these popular scams:

## **Miracle Cures and Testing.**

Currently, there are no proven treatments that can cure or prevent COVID-19. Be wary of websites, emails, and text messages from companies or individuals claiming to have the “magic solution” or test kits. Scammers design these pitches to lure victims into a false sense of trust and a deceptive sense of urgency. In many cases, the item(s) may never arrive, fail to work, or could even harm your health.

## **In-Demand Products.**

Toilet paper, disinfectants, and hand sanitizer are among items that have been hard to get during the pandemic. If you see an offer for these products, be aware that it

could be a scam. You may share your credit card information in exchange for a sub par or nonexistent product, and the fraudsters have access to your financial information.

## **Stimulus Check Scams.**

Are you still missing your Economic Impact Payment, aka stimulus check? It can be tempting to believe there is a way to get your stimulus money or aid faster. Scammers are fully ready to take advantage of you. Be cautious of offers of help from anyone claiming to be from a government entity. Instead, visit [www.irs.gov](http://www.irs.gov) to check on the status of your “Economic Impact Payment.”

## **Impostor Co-workers.**

Teleworking has become the new normal for many office workers during the COVID-19 health crisis. If you work remotely, use caution when responding to urgent and casual electronic requests for financial or personally identifying information, including passwords, from coworkers or bosses. As a rule, never share this information over a non-secure network. Instead, offer to call the requestor with the data or have them go through a more appropriate, secure channel.



## **FOR ADDED PROTECTION, FOLLOW THESE TIPS:**

- When making an online purchase, read the URL carefully. Fraudsters might use “.com.co,” “.ma” or “.co” instead of more legitimate domains like “.com” or “.org.”
- Search for the company name plus the word “fraud” and read the results. Also, visit the Better Business Bureau website at <http://www.bbb.org> to see if they have any claims filed against them.
- Visit the Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov)) or the World Health Organization ([www.who.int](http://www.who.int)) websites or contact your physician for the most reliable and up-to-date medical and safety information regarding COVID-19.
- If you need tech support or other services, it’s best to work with established companies with solid reputations. It will be easier to resolve complaints and you are less likely to get scammed.

Fraudsters are busier than ever during the pandemic, but you don’t have to be their next victim. We hope these tips help protect your privacy, security, and finances during this challenging time.

# Transform That Small Space into a Productive Home Office

Even if you're short on space, there are many ingenious places that can become a functional home office.

An unused closet or alcove, the basement or attic, a corner of the bedroom, or even a spot in the kitchen can be viable—you just need a little imagination. Read on to learn how to create a home office space that works for you.

## **Make smart lighting choices.**

The right lighting can make a small space appear larger. If you can situate your office near a window or two, that's your best bet. Natural lighting is stimulating; just make sure you won't get distracted by the view. Artificial lighting is another option, but it's important to make informed choices. For example, fluorescent lighting has a harsh, industrial feel, so opt for softer lights instead. Desk lamps, table lamps, and floor lamps are all ideal for creating an inviting vibe.

## **Think 'up', not 'out'.**

When space is at a premium, maximize square footage with stackable bookshelves, wall shelves, and multifunctional furniture. Vertical arrangements draw the eye upward, creating the illusion of height. You might also consider having a piece of furniture, shelving, or equipment built into an office wall. The space you save will provide extra room to use for other purposes.

## **Expand the space with color.**

When choosing colors for your office, it's important to consider its effect on the room. Dark colors can make tiny spaces feel even smaller, so try to use light colors such as white or ice blue, which make the room feel fresher and more open. When it comes to flooring, the opposite is true. The darker the floor the better, as it makes the surface appear to extend further than it actually does.

## **Steer clear of oversized furnishings.**

Rather than a massive, overpowering desk, choose a smaller model. Avoid using a large office chair but make sure your streamlined seating is still comfortable and supportive. You should also scale down the size of your office accessories, including lamps, filing cabinets, and your computer.

## **Get rid of the clutter.**

In an office that's already lacking space, disorder can be a downfall, making it feel even smaller than it actually is. File items promptly, shred or toss what's not needed, and put office supplies away after use.

Just because space is lacking doesn't mean you can't still create an inspiring home office. Put these tips to work and create an attractive, practical place to get down to business.





# Community Focus

All across America, there's been a noteworthy community resurgence.

The COVID-19 pandemic has placed a renewed focus on neighbors helping neighbors and the support of local businesses. You may not give it much thought, but few businesses have as many ties to their hometowns as funeral providers do. When families lose a loved one and need help navigating the challenging waters of loss, grief, funeral planning, and more, they turn to funeral professionals for support.

At Evan W. Smith Funeral Services, we have been a fixture in the Delaware communities we serve for more than a decade. Our family-owned company views helping our neighbors as a moral obligation and an extension of the steadfast support we provide during life's most difficult times.

## Choosing a family-owned funeral provider is a smart way to go.

In many industries, large corporate chains have pushed small businesses aside. This is true in the funeral industry, as well. Corporate-owned funeral homes are often focused on the bottom line rather than providing personalized services, affordable options, and comforting the bereaved. Evan W. Smith is invested in the local area and in fostering the deep personal relationships we have established over the years. Our friends and neighbors can attest to our exceptional service and the dignified, authentic care they have consistently received during their greatest times of need.

## Peace of mind begins with trust.

When it comes to funeral and cremation planning, it's important to know who you're working with. Evan W. Smith Funeral Services has had the privilege of serving the Dover and Wilmington communities for many years. As such, we have established a deep-rooted legacy of trust throughout the region. Families in need have relied on our caring team time and time again. Over the years, we have become familiar with each family's preferences, saving time, and energy during times of intense grief and sorrow. We've been here for more than a decade and you can count us to serve your mortuary needs in the future, as well.

## We're proud to support our friends and neighbors.

At Evan W. Smith Funeral Services, we're passionate about our involvement in the community where we live and work. We are honored to contribute to local charities and non-profit organizations through partnerships and employee benefit plans with local businesses and organizations. If you are interested in learning more about our partnership programs, please contact us.

## A funeral home is a place for the community to gather and remember a life well-lived.

When you're looking for a funeral provider, you want to engage one with a long history of excellence and trust. And that's just what you'll find at Evan W. Smith Funeral Services.

**We have one goal: to make your experience with us the best it can be. If you have questions or need to make funeral arrangements, please contact our caring professionals.**



**VETERAN SALUTE PROGRAM**  
THE STORY OF EVERY VETERAN'S LIFE  
DESERVES TO BE SHARED & CELEBRATED.

Evan W. Smith Funeral Services extends a 15% discount on services\* for Military (Active, Reserves, Guard Members), Retirees, and Veterans.

ewsmithfs.com | Minority Owned & Operated | Serving Dover & Wilmington



**Employee Benefit Program**  
Fostering the health and welfare of our friends and neighbors.

**This is how we do business.**

Family owned and operated, Evan W. Smith Funeral Services has been proudly serving the Wilmington and Dover communities for many years. We live and work here, and supporting other local businesses and organizations is at the heart of everything we do.

A non-denominational funeral home that embraces all religions, ethnicities, and cultures, we partner with:

- Local schools, universities and fraternities/sororities
- Local businesses
- Human resources departments
- Non-profit organizations
- Veterans groups
- Senior centers
- Civic organizations
- Membership-based organizations & Associations

Through these affinity relationships, we are able to ease the strain felt by employees juggling work and grieving, by providing participating organizations and their members with an exclusive 15% discount on our funeral services.

To learn more about our affinity discount program, call or email us today.

**Evan W. Smith**  
Licensed Funeral Director  
Family Owned  
Minority Owned & Operated  
Se Habla Español

**Dover**  
518 S. Bay Road  
Dover, DE 19901  
302.526.4643

**Wilmington**  
201 N. Union Street  
Wilmington, DE 19805  
302.377.4646

www.ewsmithfs.com  
info@ewsmithfs.com



# Featured Recipe: Best-Ever Apple Cobbler

This simple dessert features a fluffy consistency, perfectly spiced apples, and a delicious, sweet topping. It's the perfect way to greet the fall season!

## INGREDIENTS

### Filling

- 4 large baking apples - peeled, cored and cut into 1/4-inch slices (Gala and Honey Crisp work well)
- 1/4 cup brown sugar
- 3 tablespoons granulated sugar
- 3 tablespoons all-purpose flour
- 1 tablespoon lemon juice
- 2 teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- Pinch of ground cardamom
- Pinch of ground cloves

### Topping

- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon kosher salt
- 1/2 cup granulated sugar
- 3/4 cup whole milk
- 6 tablespoons unsalted butter, melted
- 2 teaspoons vanilla extract

### Directions

1. Preheat the oven to 350 degrees F.
2. Grease a 9" x 9" baking dish (or comparable size) and set aside.

### To Make the Filling

1. In a large bowl, add the sliced apples, brown sugar, granulated sugar, flour, lemon juice, vanilla, and spices (cinnamon, ginger, cardamom, and cloves). Toss until well combined.
2. Add the filling to the prepared baking dish.

### To Make the Topping:

1. In a medium bowl, whisk together the flour, baking powder, kosher salt, and sugar.
2. Add the milk, butter, and vanilla. Mix until well combined.
3. Pour the topping over the filling. (It's OK if some of the filling shows through.)
4. Transfer to the oven and bake for 40 to 45 minutes, until the filling is bubbling and the top is golden brown.
5. Remove from the oven and serve warm. Top with vanilla ice cream, if desired.

**Yield:** 8 servings



Two locations to serve our Delaware community:



**EVAN W. SMITH**  
*Funeral Services*



**Wilmington**  
201 N. Union Street  
Wilmington, DE 19805  
302.377.6906



**Dover**  
518 S. Bay Road  
Dover, DE 19901  
302.526.4662

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