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EVAN W. SMITH
Funeral Services

BULLETIN

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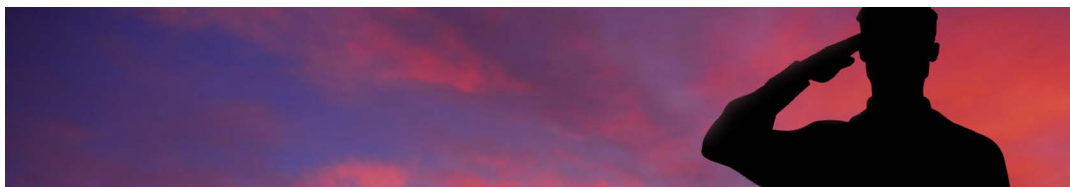


We hope you enjoy this issue of our quarterly "Bulletin." Be sure to subscribe to our email list so you get monthly articles and announcements as well.

Thank you and God bless.

- Evan W. Smith

A Fitting Final Salute: Inspiring Funeral Ideas for Service Members



America's military veterans have made tremendous sacrifices and deserve to be honored, especially during their final farewell. In addition to the standard military honors and burial benefits that eligible veterans can receive, many families incorporate special service elements throughout the funeral in other ways. Whether it's a full honors ceremony or an intimate family gathering, here are five clever ideas for paying tribute to the life of a departed member of the Armed Forces.

- **Consider a military casket.** Families of veterans often select a casket that commemorates their service to the nation. A particular material, color, or patriotic design may represent the military qualities that are so important in their lives. Caskets often have personalization options, as well, such as commemorative panels, medallions, and corner emblems.
- **Incorporate their passions into the service.** What were your serviceperson's favorite pastimes? Perhaps they were a nature lover. Consider having the ceremony outdoors in a serene park or another beautiful setting. If your loved one had an artistic flair, friends and family could fashion a piece of artwork together in their honor. The creation could then be displayed in the family home and passed down to future generations. Was your veteran an avid sports fan? Decorate the repast venue with their team's memorabilia and ask funeral guests to wear the team colors. The options are endless for incorporating a person's passions and interests into the celebration of their life.
- **Encourage healing through music.** If your veteran was in a band, a live musical accompaniment might be just the thing to honor their memory. Or a soloist playing your loved one's favorite instrument could provide the background soundtrack to the ceremony. If speakers are available, you could plug in your phone or other music-streaming device and share the playlist of the decedent's favorite songs before, during, or after the service. You could also capture the military atmosphere by including some songs from their branch of the armed forces, such as "Anchors Aweigh" for Navy veterans or "The Wild Blue Yonder" for those who served in the Air Force.
- **Assemble a military memorabilia display.** This exhibit could take on a variety of formats. For instance, you might set up a memory table during the visitation that displays your loved one's medals, uniforms, pictures, and various achievements from their time in the service. This type of exhibit would also be appropriate for display during the reception.
- **Speak the language of flowers.** To honor those who have served their country, florists can create a wide array of stunning patriotic funeral arrangements. From red and white rose arrangements that symbolize unity, to the constancy that's represented by blue hyacinths, there's sure to be a wreath, standing spray, casket adornment, bouquet, or centerpiece that perfectly suits your loved one's memory. If the departed had a favorite flower, make it a key element of the arrangement.

When members of the military pass on, their many sacrifices deserve to be acknowledged and celebrated. The dedicated staff at Evan W. Smith Funeral Services is proud to honor our nation's veterans. We are here to provide you and your family with professional and dignified support during your time of need. Please reach out to us anytime.

Six Important Tips for a Successful Telehealth Visit

When you make an appointment with your medical provider, there's a good chance you'll be offered a telehealth visit.

That means you'll meet virtually with your physician through a video chat or phone call rather than in-person. Telemedicine gained prominence during the pandemic but experts predict that it will remain a mainstay in healthcare due to its convenience and safety. Research shows that these visits can be equally effective as face-to-face healthcare but there are some nuances that should be addressed. Here are some things you can do to ensure that your telehealth appointment is as productive as possible.

1. Prepare your information in advance.

Well before your virtual visit is scheduled to begin, compile all necessary data, including:

- **A list of your symptoms, medications, and questions.** Be ready with details about your current condition and write down your symptoms. Having a written list of your medications, vitamins, and supplements will also come in handy. Lastly, note any questions you want the doctor to address.
- **Your current vital signs.** Take your temperature, check your pulse, and measure your weight. It's a good idea to get a blood pressure cuff if you don't have one so you can also take those readings. If you use a glucometer, make

sure you have the results available. If there are things that your doctor monitors, have that information on hand. It's also wise to purchase a pulse oximeter. This inexpensive fingertip device is used to measure blood oxygen levels and heart rate, which are very important in the detection of coronavirus.

- **Your latest medical records.** Have you received medical care at places other than your doctor's office, such as an urgent care facility or lab? If so, have a copy of any reports or studies with you during the telehealth visit so you can easily share them with your physician.

2. Find an appropriate place for your visit.

Find a quiet, well-lit area where you won't likely get interrupted. Turn off the radio, TV, or any noisy appliances, and don't multitask during your visit. Give your undivided attention to your physician to ensure the best results.

3. Set up and test the technology.

If possible, log on the day before your appointment to be sure the technology is working properly. At a minimum, test the telehealth service on your mobile device or computer before your visit. And because some applications work best on specific browsers, it's a good idea to

ask your doctor's office which one they recommend.

4. Take steps to improve sound and image quality.

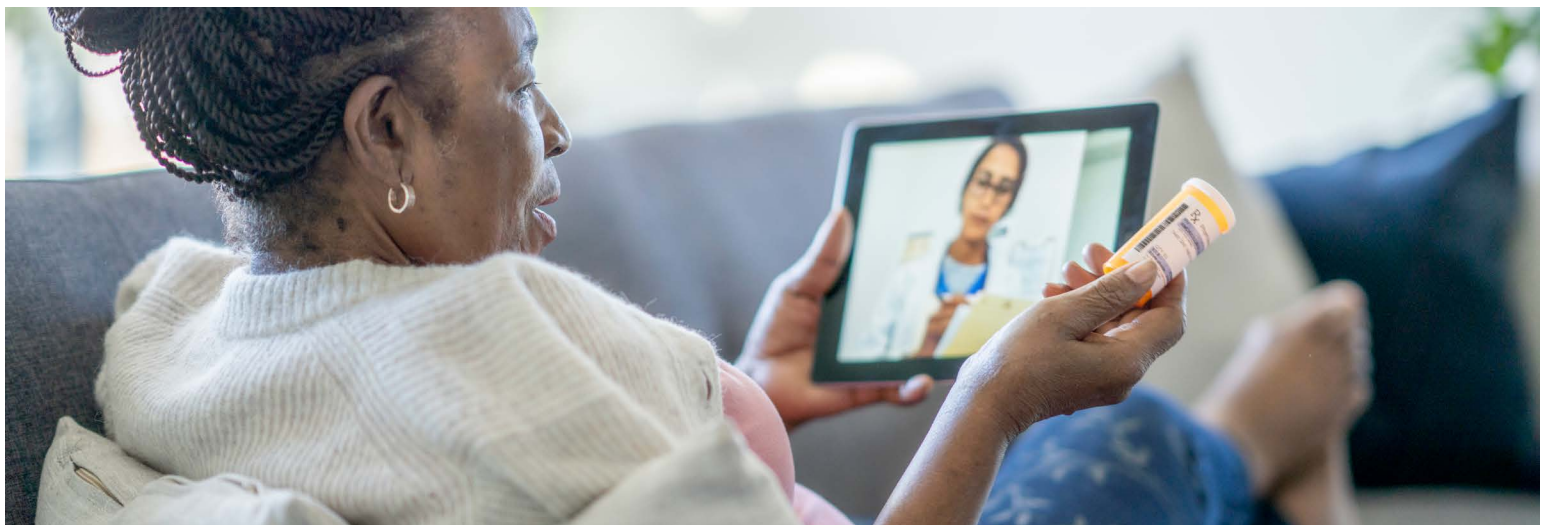
Good lighting will improve the quality of your visit and enable your doctor to conduct a more accurate and complete assessment. Don't place your camera facing a light source, window, or doorway. Stably prop up the device to avoid shaking and to keep your entire face in view. If there's an echo, use headphones, turn down the volume, and move the microphone away from the speakers.

5. Expect to do some troubleshooting.

Many health providers' telemedicine systems are currently at capacity or overloaded. If your call is patchy or drops completely, ask your doctor if you can use something simpler, like FaceTime. If all else fails, use the telephone to complete your appointment.

6. Ask for a summary at the conclusion of your visit.

It can clarify the important details of your appointment and ensures that you and your physician are on the same page. Make sure to follow post-appointment any instructions you were given.



Inflation-Busting Secrets Every Senior Should Know

From restaurants to retail outlets, the impact of skyrocketing inflation is everywhere. Economists predict that there's light at the end of the tunnel, but for now, the outrageous costs of food, energy, and shelter are taking a toll on those with fixed incomes. Take these six steps to help keep your nest egg intact.



Make a list and stick to it. Plan your meals before your trip to the grocery store. Otherwise, you might end up with items that were not initially in the budget. And never go shopping on an empty stomach.



Take advantage of senior shopping discounts at the supermarket. Age has its privilege. Many chains offer special discounted shopping days for seniors during which eligible customers can save big on grocery bills. Discount policies change periodically. It's always best to check in advance with your preferred store regarding what senior savings, if any, they're currently offering.



Buy in bulk. Some items are almost always a better bargain when they're bought in bulk, such as canned goods, cereal, paper products, and toiletries. Bulk meat buys can also be a bargain, provided you have room to store it in the freezer for later use. Stick to buying things you know you will use. Otherwise, you're wasting your money.



Skip the bottled water. While proper hydration is important, it shouldn't cost a fortune. Bottled water is convenient but gets expensive in a hurry. Instead, use filtered water from the fridge to refill a stainless-steel water bottle. It's less expensive and it's better for the environment, too.



Cancel unnecessary subscriptions. One way to keep more money in your wallet is to cancel monthly subscriptions. Examine your recurring charges. Do you use all of them regularly? Are there any that you may not need as much these days? Reducing these expenses doesn't have to be permanent but it could free up some funds right now.



Switch to LED bulbs. According to energy efficiency experts, swapping your old lightbulbs for new LEDs is among the easiest ways to reduce household energy consumption and save money. Quality LED bulbs use 75% less energy than traditional incandescent bulbs, and they last an astonishing 25 times longer.

Live Longer and Healthier with These Smart Strategies

While the Fountain of Youth may only exist in legends, the possibility of living longer and better has become a reality. But the key to longevity isn't a magical elixir—it lies in developing healthy habits. Here are seven science-backed tips to help you live a longer, healthier life.

1. Regularly engage in physical activity.

Inactivity directly causes approximately 10% of all premature deaths from chronic diseases, such as coronary heart disease, type 2 diabetes, and various cancers. It should come as no surprise that staying physically active can add healthy years to your life. As few as 15 minutes of moderate-intensity exercise every day can deliver these benefits, according to data published in *The Lancet*. Exercising 150 minutes or more per week is ideal, but even small amounts can help. Not only does exercise improve strength and fitness, it has also been shown to reduce harmful inflammation and improve mood.

2. Load up on healthy plant-based foods.

Consuming a wide variety of plant foods such as fruits, vegetables, nuts, seeds, whole grains, and beans may decrease the risk of disease and promote longevity. Many studies link a plant-rich diet to a lower risk of premature death, as well as a reduced risk of cancer, metabolic syndrome, heart disease, depression, and brain deterioration. These benefits are attributed to plant foods' density of important nutrients and antioxidants, which include polyphenols, carotenoids, folate, and vitamin C, among others.

3. Embrace lifelong learning.

Reading is an enjoyable way to stimulate your mind, and it may help you live longer, according to 2016 research from *Social Science and Medicine*, which studied readers and non-readers for a decade. Individuals who read books for three hours or more per week were 17% less likely to pass away than non-readers. Lifelong learning can also take place outside of the classroom. What's important is to stretch your mind and expand your growth experiences. Try your hand at an

instrument, learn another language, or pick up a new hobby.

4. Drink more water.

One of the most essential parts of a healthy diet is consuming enough water. Drink an 8-ounce glass before every meal to help you feel fuller so you can make smart food choices. Drinking more water throughout the day can prevent obesity by reducing your sugar, fat, and calorie intake. It also protects the kidneys, lubricates the joints, and improves circulation.

5. Reduce stress.

While stress is an unavoidable part of life, elevated anxiety and worry can have a significant toll on the body and disrupt its processes. Research suggests that chronic stress can increase the risk of depression, anxiety disorders, heart disease, high blood pressure, diabetes, inflammation, and obesity, as well as shorten life expectancy. There are many ways to manage stress and protect your mental health, such as journaling, yoga, meditation, group therapy, and more.

6. Get enough sleep.

A regular sleep schedule is crucial to the body's overall functioning. Many studies have shown that inadequate sleep is linked to serious health conditions including hypertension, diabetes, inflammation, cardiovascular disease, and obesity—all of which contribute to a shorter lifespan. Too much sleep can also be bad for your health, as it has been associated with a greater risk of stroke and heart disease. To improve your longevity, hit the hay at about the same time each night and aim for 7 to 8 hours of quality slumber.

7. Tap into the healing power of forgiveness.

If you experience prolonged stress due to resentment or an old conflict, that negativity is held in the body and mind. It sets you up for a variety of health conditions like heart disease, digestive problems, high blood pressure, and others. If you're angry with a friend or loved one, be honest with them so you can reconcile. If you are the guilty party, it's never too late to ask for forgiveness.



The Amazing Benefits of Pet Ownership

Animal companions offer some powerful rewards.

They make us laugh, comfort us, and give us unconditional love. It's no wonder an estimated 85 million American households include at least one pet. We know these furry pals bring immeasurable joy, but it turns out they're also good for our emotional and physical well-being. Read on to learn about the many ways animals really are man's best friend:

- **Enjoy a dose of healthy hormones.** People who lovingly interact with animals experience increased levels of oxytocin, also known as the "love hormone". Oxytocin helps mothers bond with their newborn babies, allows humans to establish connections with one another, and has been linked to increased feelings of self-esteem, optimism, and trust. Evidence also suggests that interaction with

pets can decrease levels of the harmful stress hormone cortisol while raising levels of the feel-good brain chemical dopamine. It's no wonder animals are now involved in a number of therapeutic interventions, such as in hospitals and nursing homes.

- **Health gets a boost.** Research shows that having a pet offers many physical benefits, such as a reduced risk of heart disease, lower stress levels, fewer visits to the doctor, lower cholesterol levels, and reduced blood pressure.
- **They improve resilience.** Pet ownership can alleviate feelings of social rejection and guard against negativity. Researchers say that's because people who treat animals like part of the family are

inclined to have resilience-oriented traits such as empathy and sensitivity.

- **Make new friends in a snap.** Having an animal companion increases opportunities for social interaction. Dog owners frequently stop and chat when they are on walks, taking hikes, or at the dog park. Pet owners also have opportunities to meet new people with shared interests in pet stores, clubs, and training classes.
- **Banish feelings of loneliness and isolation.** Pets fulfill important emotional requirements such as the need for love, security, and companionship. Being responsible for an animal also satisfies the need to nurture and care for another living thing, which provides a greater sense of purpose.



Community Focus

Helping Grieving Families Find 'A Healing Place'

Funeral providers are called upon to provide comfort for the grief-stricken, offering compassionate care, helpful resources, and access to qualified professionals amid times of great suffering.

To that end, Evan W. Smith Funeral Services is now offering grief counseling and other mental health services to the greater Dover and Wilmington communities in collaboration with Leslie Holley, a celebrated, nationally-certified Licensed Clinical Professional Counselor.

"A Healing Place" is a series of workshops offered on a quarterly basis during which Ms. Holley will facilitate sessions to help participants learn about the grief cycle and how to move through the grieving process in a healthy way.

Leslie Holley is a Nationally Certified Licensed Clinical Professional Counselor (LCPC - MD, IL) (LPC - MO, DC, VA) (NCC) who earned her Masters in Community Counseling from DePaul University where she also taught masters level clinical counseling courses as an adjunct professor. Currently, she works with clients at her private practice, Healing-Circle, LLC in downtown Silver Spring, MD and provides mental health presentations throughout the D.C., Maryland, Virginia (DMV) area.

Leslie offers counseling for adults and couples suffering from trauma, anxiety, depression, post baby issues, co-dependency, life transitions, and addiction. She helps clients establish boundaries and practice

healthy communication strategies through their mental health journey. She specializes in Cognitive Behavior Therapy (CBT), Internal Family Systems (IFS), and has been extensively trained in trauma and how it affects the brain.

Moreover, she completed her Masters thesis, with distinction, on the help seeking behaviors of African American men.

Leslie has presented on mental health topics for the American Counseling Association (ACA), the Illinois Counseling Association (ICA), Northwestern University, DePaul University and the Maryland Counseling Association Multicultural Division (MAMCD), to name a few.

Leslie has shared her mental health knowledge on Chicago WGN Radio and on the online radio show, Let's Stay Together, during their monthly mental health segment. She has been a contributing writer for about.com and UrbanBalance.com, covering her work with couples in counseling, anxiety coping tools, and understanding depression to name a few.

Some of the many topics she has presented on include therapy 101, anger management, trauma in children and adolescents, how to manage a crisis, conflict resolution, bullying in the workplace, assertive training, and thriving in a multigenerational workforce. She is the Past President of the Maryland Counseling Association Multicultural Division.

A Healing Place

With Leslie Holley, MA, LCPC, NCC

In collaboration with Evan W. Smith Funeral Services

- Grief Counseling & Mental Health Services
- Quarterly Workshops (in-person & virtual)
- Monthly Blog Articles
- Weekly Social Media Posts & Videos





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Featured Recipe: Cheesy Biscuit-Topped Chicken Potpie

When there's a chill in the air, there's nothing quite like a comforting chicken potpie. It's even better when it's topped with light, fluffy biscuits. Dig in!

INGREDIENTS

For the filling:

- 2 (10.75-ounce) cans cream of chicken soup
- 2 cups frozen mixed vegetables
- 1/8 teaspoon black pepper
- 1 tablespoon soy sauce
- 4 cups shredded cooked chicken

For the biscuit topping:

- 2 cups self-rising flour
- 1/4 cup vegetable shortening
- 3/4 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 tablespoon dried chives
- 1 cup shredded sharp cheddar cheese

INSTRUCTIONS

1. Preheat the oven to 450° F.
2. In a large ovenproof skillet, add the cream of chicken soup (undiluted) and the frozen mixed veggies.
3. Over medium heat, stir the mixture frequently, cooking for 6 to 8 minutes or until the vegetables are soft.
4. Stir in the pepper and soy sauce, then gently fold in the chicken.
5. Remove from the heat and set aside.
6. In a large bowl, add the flour and cut the shortening into the flour with two forks (or a pastry blender) until the crumbs are the size of peas.

7. Add in the milk, salt, garlic powder, chives, and cheese, and stir until just combined. The dough should be soft, so add a bit more milk, if necessary.
8. Drop the dough by heaping spoonfuls onto the top of the chicken mixture.
9. Place the skillet on a rimmed baking sheet or pizza pan and bake for 12-15 minutes, or until the pie is bubbly and the biscuits are golden brown.

YIELD: 6-8 servings

Two locations to serve our Delaware community:



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Wilmington
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