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EVAN W. SMITH
Funeral Services

BULLETIN

Articles of Help & Healing for our Delaware Community



Five Strategies for Choosing Meaningful Funeral Readings

If you're having trouble finding just the right words to express your feelings of sorrow, this article offers five pointers to help you make your selections.

The Best Foods to
Boost Springtime
Health and Immunity

3

Save Money on
Home Repairs with
these Seven Secrets

4

Easy Ways to Spruce
Up Your Home for
Spring

5

Eight Things You
Might Not Know
About Diabetes
but Should

6

In the Community
Scrumptious
Cornbread Pudding

7-8



I hope you enjoy the Spring 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

Five Strategies for Choosing Meaningful Funeral Readings

Reciting funeral readings that have special significance is a loving way to remember the departed.



It allows you to celebrate the things they enjoyed most in life while providing solace to the grieving. The readings you choose might be religious, secular, or a combination of the two. Scriptures, poetry, quotations, song lyrics, and narrative passages can all be appropriate and beautiful additions to a funeral or memorial service. If you're having trouble finding just the right words to express your feelings of sorrow, you're not alone. Even the greatest wordsmiths have been tackling this problem for centuries. Here are five pointers to help you make your selections.

Cast a wide net. Chances are, someone out there has written down precisely what you are feeling. Consider looking on the internet, visiting the library, or reviewing your loved one's favorite books to find the right words. Perhaps the departed requested that you share their favorite quote from one of the classics or maybe you have come across a poem that perfectly sums up their unique character and special qualities. Keep in mind that there may be several types of readings incorporated throughout your loved one's funeral and they can all be equally special and fitting.

Should you opt for religious text? Scripture offers abundant passages that can be used as funeral readings. The right passages can be helpful for mourners and offer hope that the departed has gone to a better place. Psalms are among the most popular religious readings—Psalm 23, for example, is often read at funerals. Your faith

and the faith of the departed will help guide you in selecting appropriate biblical passages. Your clergy person and funeral director can also assist you in narrowing down your choices.

Consider creating a personal tribute. For those who are graced with writing talent, creating an original composition can be an excellent choice. Your composition could be an essay, a poem, or some other narrative that reveals something about your loved one's character, personality, values, or life lessons.

Non-spiritual readings are widely available. Secular material can literally be found everywhere. Songs, movies, poems, books, and television can all offer inspiration. You might use an excerpt from a cherished book, a line from a beloved song, or a quote from a favorite movie.

There's no need to limit your selections. A funeral or memorial service typically includes two to four readings during the ceremony. Funeral and memorial readings can also be used in printed materials, such as funeral programs, funeral or memorial prayer cards, and acknowledgement cards. If you are having difficulty narrowing down your selections, there are many appropriate places to utilize them.

Funeral readings represent a wonderful way of conveying your love for the departed and your grief at their passing. If you need help choosing appropriate readings for your loved one's funeral, our caring professionals are always here to assist you.

The Best Foods to Boost Springtime Health and Immunity

When the flowers are blooming and the days are growing longer, seasonal illnesses may be the last thing on your mind.

But the fluctuating temperatures that come with spring, along with more public outings and increased interaction with others, can actually increase the chance of catching colds, flu, and other viruses. The best measures to avoid illness include adequate sleep, regular exercise, frequent hand washing, and consuming nutritious foods. In fact, certain 'super foods' can actually enhance the immune system and help keep illness at bay. Here's our list of the top eight immunity-boosting foods for spring health:

- **Citrus:** There are plenty of citrus options during the spring and summer, including grapefruit, oranges, clementine, pineapple, and tangerines. These fruits are high in vitamin C, which can help to reduce the longevity of colds and flu if you happen to get one. Vitamin C also helps produce collagen, a protein that strengthens the blood vessels, ligaments, and muscles necessary for immune system support.
- **Spinach:** This dark, leafy green is loaded with immunity-boosting zinc. Zinc aids in cell division, cell growth, wound healing, and the breakdown of carbohydrates.
- **Nuts:** Many types of nuts contain zinc, healthy fats, and selenium, a mineral that helps to support immune system health. Brazil nuts have the highest amounts of selenium. Just one Brazil nut contains a full day's supply of this powerful mineral!
- **Mushrooms:** This fungus has been found in herbal medicine chests for centuries. It increases the production of cells that help fight off infections and it contains polysaccharides, compounds that support the immune system.
- **Yogurt:** Consuming any type of yogurt that contains probiotics will give you a one-up against colds and flu. Probiotics replenish good strains of bacteria that promote digestive health, which is key to fending off illness and infection.
- **Tea:** Teas have robust flu-fighting properties known as catechins. Sipping on a nightly cup of herbal tea before bed can boost the metabolism and protect against certain cancers.
- **Blueberries:** These tiny berries are well known for the incredible antioxidant properties they contain. By snacking on a handful of blueberries, you'll be introducing anthocyanins, a potent tool for combatting harmful free radicals, into your system.
- **Orange fruits and vegetables:** Carrots and sweet potatoes are inexpensive and easy to come by. These orange treats are rich in beta-carotene, which is converted into Vitamin A once consumed. Vitamin A helps to keep mucus membranes in the nose and throat healthy.



Save Money on Home Repairs with these Seven Secrets

Home repair and maintenance is a significant ongoing expenditure.

Owning real estate is a costly endeavor. Aside from the monthly mortgage payment, expenses like furnishings, utilities, insurance, and property taxes can all stretch your budget.

A significant ongoing expenditure that many people don't give much thought to until it's needed is home repairs and maintenance. Whether they're of the routine type or in response to an unwelcome emergency, home repairs come with the territory when you're a property owner. Follow these seven smart tips to keep home maintenance and upkeep costs to a minimum:

1. **An ounce of prevention really can be worth a pound of cure.** Putting time and effort into maintenance makes emergency repairs less likely. Two key preventative measures include:
 - **Cleaning everything on a regular basis:** Whether it's replacing the furnace filter, dusting off the light fixtures, or wiping down the air conditioner, keeping things clean reduces wear and tear. Dust can shorten the lifespan of anything with a vent or a filter. Giving your house a regular once-over can also help catch small issues before they become big problems.
 - **Test your furnace and air conditioner in the off-season:** Most people find problems with their HVAC systems on the first warm or chilly night. Instead, test your furnace and air conditioning a month or two before you expect to need

them. That way, you can make sure everything's in working order and avoid emergency repair fees.

2. **Consider sharing equipment with your neighbors:** One of the big expenses of home maintenance and repairs involves purchasing the tools required for all of these jobs. If you can share big-ticket items with your neighbors, you won't need to buy them. While only one person at a time may be able to mow their lawn or snow blow the driveway, the overall cost to purchase and maintain that equipment will be greatly reduced.
3. **Visit a supply store before calling a technician.** Home improvement stores like Lowe's and Home Depot have a wealth of information at their disposal and can be valuable assets when residential repairs are needed. If your issue doesn't involve a major emergency, contact a knowledgeable store assistant first to make sure you can't handle the fix yourself rather than hiring an expensive repair person.
4. **Hire a qualified contractor.** Soliciting multiple bids for a major home repair is a tried-and-true method for getting a good price. However, selecting the lowest bid can end up costing you much more in the long term if the contractor is unqualified. Make sure any contractor you consider is licensed, bonded, insured, and can provide references and examples of past

work. Using a good contractor is often worth a higher price because the quality of the work can help prevent the need for future repairs.

5. **Evaluate the cost of repair vs. the cost of replacement.** When it comes to appliances, it may be more cost-effective to purchase a new unit. The standard rule of thumb: don't spend more than 50% of the value of a new appliance when repairing an old one.
6. **Get an energy audit.** Finding out where your home's energy is going helps to identify easy fixes that can save you significantly. For example, something as simple as sealing a few cracks or adding some extra attic insulation can dramatically reduce your electric bills.
7. **Look into government rebates for increasing your home's energy efficiency.** Many federal and state rebate programs exist to offer tax credits for home improvements like weatherproofing, insulating, and installing efficient furnaces, air conditioners, and appliances. Research the tax incentives available to you and if possible, take advantage of them during your home repair project.

Even if you're doing everything right to keep the costs down, you may still encounter situations that require a professional technician. The key to successfully navigating these repairs is to do your homework and set funds aside in advance.



Easy Ways to Spruce Up Your Home for Spring

When it comes to seasonal home updates, simple changes can have a major impact. The spring season has arrived and along with the urge to get rid of the clutter and clear out the dust bunnies, many of us want to freshen up our living spaces. It doesn't take a major renovation to give your house a springtime refresh. Here are seven easy, inexpensive, and functional ideas to breathe new life into your home.



Swap out your 'pillow wardrobe'. Just as you change your clothing wardrobe for spring, you can easily refresh the look of a room by switching up the pillows. Changing your throw pillows or fabric wall art can add a seasonal pop of color and lighten the feel of the room for the warm weather that's on its way. Replace heavier pillows covered in velvet and silk with light and breezy seasonal fabric choices like cotton or linen.



Create a feature wall. You can easily fabricate an eye-catching accent wall by painting it a fresh, vibrant hue or by applying patterned wallpaper that accents your existing color palette. If your living space is predominantly white or beige, for example, why not paint one of the walls teal, lemon yellow, or periwinkle? Even easier, try a self-adhesive wallpaper. An endless variety of colors and patterns is available from online specialty companies.



Take a cue from Mother Nature. When you want to touch up your house for spring, one of the best ways to brighten your surroundings is to match the great outdoors. Green is undoubtedly the color of spring, so adorn your home with plants and lush greenery to make it feel fresh and seasonal. By connecting with the outside world, it will bring an extra dose of positive energy into your living space.



Play up accessory pieces. Even simple accessories like the towels in the bathroom or the pillows on the bed can make a huge difference. A new area rug can change the vibe of the entire room. A new season is here, so make a fresh start by updating those items as well. Walk through your house and take note of all the odds and ends that are worn, shabby, or out of style. If you don't have the budget for new accessories, check out your local thrift store. There are often some amazing bargains to be had!



Let the sun shine in. Now that spring has arrived, make the most of your home's natural lighting. Clean the windows, open the blinds, and swap out heavy drapes for airy curtains that let the light flow in. You can use mirrors in your décor, as well, to make dark spaces appear brighter. Their reflective properties also have the ability to make the room appear larger than its actual size.

Decorate with fruits and flowers. What comes to mind when you hear the word 'spring'? Flowers! Celebrate the spirit of this



season of renewal by using fruits and flowers to decorate your home. A bowl of cheery yellow lemons on the coffee table not only smells great but it's pleasing to the eye and very inexpensive. Pretty spring posies like tulips and daffodils are easy to find and affordable at this time of year.

Create a welcoming front entrance. One of the simplest ways to add a little spring flair to the front of your home is with a charming seasonal wreath and a new doormat. While you're at it, sweep off the porch and clean the outdoor light fixtures to create a bright, inviting vibe.

Eight Things You Might Not Know About Diabetes but Should

There's an emerging global epidemic of Type 2 diabetes caused by rapid increases in obesity and physical inactivity.

Type 2 diabetes is a condition in which the body doesn't produce enough insulin, causing blood glucose levels to climb and wreaking havoc throughout the body. One in eight American adults has been diagnosed with this illness and, because it often doesn't present symptoms, many others aren't aware they have it. According to the World Health Organization, total deaths from diabetes are projected to rise by more than 50% in the next ten years. Lack of awareness about diabetes can lead to complications such as blindness, amputation, and kidney failure. Here are eight important things to know about this silent killer:

- 1. Sugary foods and drinks don't cause diabetes.** But that doesn't mean you can eat endless amounts of ice cream and cake. When you overdo the sweet stuff, you're taking in extra calories and that pack on the pounds, upping your risk for developing Type 2 diabetes.
- 2. It hurts your heart.** Heart attack and stroke are the leading causes of death among people with diabetes. Those with the disease are two to four times more likely to develop cardiovascular disease than people without it. However, a recent study in the New England Journal of Medicine reported that by quitting smoking and taking steps to lower blood pressure, hemoglobin A1c (a blood pigment that glucose attaches to), and LDL cholesterol, that excess risk can be erased.
- 3. You could have prediabetes and not know it.** One in three Americans over age 20 has blood glucose (sugar) levels hovering just below the Type 2 diabetes threshold, a fasting glucose level of 100–125 mg/dL. Prediabetes may damage blood vessels and cause nerve problems.
- 4. Certain groups of people are more prone to developing Type 2 diabetes.** It's not completely understood why

diabetes occurs in certain people and not others, but research shows that some groups face a higher risk. People who have the following characteristics are more likely to have Type 2 diabetes:

- overweight or obese
 - carry most of their fat in their mid-section (as opposed to their thighs or buttocks)
 - inactive, exercising less than three times a week
 - family history of diabetes, with a parent or sibling who has the condition
 - history of gestational diabetes
 - history of prediabetes
 - history of insulin resistance, such as those with polycystic ovary syndrome (PCOS)
 - Black, Hispanic, American Indian, Pacific Islander, and/or Asian American background
 - aged 45 or older
 - those with high triglyceride levels, low HDL cholesterol levels, and/or high blood pressure
- 5. It can raise your risk for gum disease.** Diabetes ups the threat of developing cavities, thrush, dry mouth, and periodontitis.
 - 6. Diabetes is bad for bones.** Hormones and cell products called cytokines can weaken bones in those with diabetes, raising the risk of fracture. Also, conditions associated with diabetes, such as neuropathy, vision problems, and low blood sugar, increase the risk of falling and breaking a bone. If you have diabetes, or if you're over age 50 or have broken a bone, ask your doctor if you need a bone density test.
 - 7. Easing stress can lower your risk.** In a 2014 study led by University of Colorado psychologist Mark Whisman, researchers

found that people in rocky marriages had a higher prevalence of Type 2 diabetes than those in happier unions. Another study published in 2018 found that chronic stress adds to the harmful effects of a high fat/high sugar diet, and may cause people to carry more abdominal fat and increase their risk of insulin resistance. Stress hormones like cortisol and norepinephrine can bind to receptors on cells and change the way they respond. If you're feeling anxious, yoga, meditation, and breathing exercises are all effective stress-busters.

- 8. In most cases, Type 2 diabetes can be managed or prevented.** Thirty minutes of moderate-intensity physical activity five or more times per week, along with a healthy diet, can drastically reduce the risk of developing the disease.



Community Focus

Join us at the Central Delaware Chamber of Commerce 55 Plus Expo
Thursday, April 7, 2022

A major event on the CDCC calendar each year, this event provides an opportunity for residents throughout the state of Delaware and nearby states to be introduced to services the 55+ population and their caregivers need most.

This year, Evan W. Smith Funeral Services is proud to participate.

Be sure to stop by our booth and say hello!

JOIN US!



**APRIL 7, 2022
9AM – 3 PM
BALLY'S DOVER
CASINO RESORT**

**FREE
RESOURCES**



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Featured Recipe:

Scrumptious Cornbread Pudding

This classic side dish is the perfect combination of a sweet, moist cornbread muffin and a rich, buttery souffle. It's the ideal accompaniment for holiday dinners, Sunday brunch, or any group get-together.

INGREDIENTS

- 1 box corn muffin mix (8.5 oz.)
- 2 large eggs, beaten
- 1 stick butter, melted (1/2 cup)
- 1 can creamed corned (14.75 oz.)
- 1 can whole kernel corn (15 oz.)
- 1 cup sour cream
- 1 cup grated sharp cheddar cheese
- 1/2 medium yellow onion, diced
- 1/4 tsp. salt
- 1/4 tsp. coarse ground black pepper

INSTRUCTIONS

1. Preheat oven to 350° degrees Fahrenheit.
2. Generously spray an 8 x 11 or 9 x 13 pan with cooking spray.
3. In a large mixing bowl, mix all ingredients well. Pour the mixture into prepared pan and smooth with a spatula to even it out.

4. Place pan in preheated oven and bake until the top is golden brown and the pudding begins to pull away from the edges. There will be some cracking on the top and the center should be set.
5. An 8 x 11 pan takes approximately 45 minutes; a 9 x 13 pan takes 25 – 30 minutes.

YIELD: 6-8 servings

Two locations to serve our Delaware community:



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Wilmington
201 N. Union Street
Wilmington, DE 19805
302.377.6906



Dover
518 S. Bay Road
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