

WINTER 2021



EVAN W. SMITH
Funeral Services

BULLETIN

Articles of Help & Healing for our Delaware Community



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Smart Strategies for Coping with Grief in the New Year

If you have lost someone special, there are many ways you can cope with your grief. In this article, we offer a few strategies.

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Smart Strategies for Coping With Grief in the New Year

When you lose someone special, the world can seem empty.



I hope you enjoy this month's 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



Continued from Front Cover

When you lose someone special, the world can seem empty. Whether your loved one passed recently or many years ago, it's important to remember that where there was great love there will also be deep grief.

The New Year often serves as a bittersweet reminder that the clock ticks on, and you may feel particularly nostalgic as you enter 2021 without this cherished person.

If you're dealing with the loss of dear friend or family member, here are some helpful tips for managing your grief.



1. Take up a new hobby.

The idea of making a long list of resolutions may seem hollow when you're bereaved. Instead, forego the resolutions and try a new pastime. Hobbies can provide a constructive outlet for negative energy, a means for getting together virtually with others, and feeling of accomplishment and productivity. Whether it's learning a new language, taking a cooking class, or trying your hand at painting, anything you find interesting and enjoyable can be beneficial to your mental health.

2. Clean up and organize your living space.

After enduring a tragic loss, cleaning and other household chores may have fallen to the back burner. Find a free day or weekend and block it off. Use that time to get rid of any clutter; thoroughly mop, dust and vacuum; clean the bathrooms and kitchen; and update your space. Adding a fresh coat of paint and some new pillows or pictures can make your home and outlook seem a little brighter.

3. Make a habit of doing something nice for others.

Small gestures of kindness have probably helped brighten your day from time to time. Do the same for others now, even when you're feeling low. It's sure to benefit the recipient as well as yourself. If doing something nice every day is something you've already been doing, keep it up.

4. Spend time with friends and family.

Socializing with those closest to you is essential, especially when you're recovering from the death of a loved one. Having that support can ease your pain and may even bring some laughter back into your life. Your get-togethers don't have to be in person. Simply having coffee with your buddies over Zoom or a lengthy phone chat with a loved one can do the trick.

5. Be gentle with yourself.

Don't place expectations on yourself that you may not be able to live up to. Whenever possible, try not to set timetables for when work or other activities will be back to 'normal'. Don't put pressure on yourself or allow others to pressure you into feeling like you should be over the loss. There's no right or wrong way to grieve and there's no schedule for it, either.

6. Don't shy away from seeking help.

Enduring a loss can have a profound effect on the stability of individuals, couples, families, and other relationships. If you're experiencing complicated grief or profound sorrow, consider joining a grief support group in your area. By talking to others who are also bereaved, you can find a healthy outlet for your thoughts and feelings with people who may be having similar experiences. When navigating grief is too difficult on your own, contact your pastor, doctor, or a grief counselor to help get you on the path towards healing.

Celebrate the Martin Luther King Holiday

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

Dr. Martin Luther King, Jr. was the chief spokesman for nonviolent activism in the Civil Rights Movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. Although it was signed into law in January 1983 by President Ronald Reagan, it wasn't until the year 2000 that the Martin Luther King, Jr. holiday was accepted and celebrated in all 50 states. Today, the holiday is celebrated in U.S. installations and is observed by more than 100 other nations.

The national Martin Luther King, Jr. holiday is a celebration of Dr. King's immeasurable contribution to the United States and to humankind. Celebrated on the third Monday of January, the King Holiday is a time when the nation pauses to remember Dr. King's life and work, and to honor his legacy by making it a day of community and humanitarian service.

This year, the holiday falls on Monday, January 18th. The day should highlight remembrance and celebration, while encouraging people everywhere to reflect on the principles of nonviolent social change and racial equality espoused by Martin Luther King, Jr. Here are some creative ways to celebrate Martin Luther King Day from the safety of your own home:

- Create decorations of many colors. If you have younger children or grandchildren in your home, make some classic paper chains to use as birthday decorations. Use black, white, red, yellow, and brown construction paper to represent the various skin tones found across our nation. Be sure to explain the symbolism behind the craft. This project can easily be done via a Zoom call, as well, if your young family members are not in your household.
- Virtually visit a different house of worship. Promote religious tolerance by attending

an online service from a religion that's other than your own. If you're Baptist, attend a Roman Catholic Mass. If you're Methodist, tune in to Saturday morning Shabbat services from a local synagogue. Discuss with your family the common threads you see and share messages of unity.

- Participate in the Martin Luther King Day of Service. Even amid the pandemic, there are plenty of safe ways to serve others. Visit nationalservice.gov/serve/search to find a project in your community, such as dropping off food to homebound individuals or helping to clean up the local park.

By celebrating Martin Luther King Jr.'s birthday, it offers an opportunity to remember his life and the important work he did, and it keeps his dream alive by passing his legacy on to future generations.



Fend Off the Winter Blues

Winter's chilly weather and shorter days can leave us feeling a little low.

Seasonal affective disorder, or SAD, affects more than 11 million Americans. Reduced amounts of sunlight can affect the circadian rhythm, the body's biological clock that governs certain brain wave activity and hormone production. Older people are especially susceptible to these effects. Although it may be tempting to hibernate for the season, there are plenty of ways to stave off the winter blues.



Soak up the sun.

The primary cause of winter depression is lack of sunlight, and staying cooped up indoors worsens the effect. Even if it's cold, make sure to bundle up, get outside and soak up some natural light every day. With shorter days in the winter, consider taking a brisk morning walk or a stroll during your lunch break.



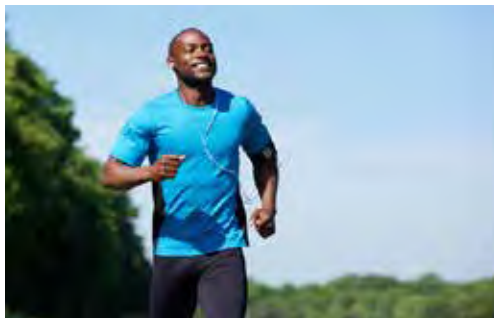
Get enough vitamin D.

The body produces vitamin D when it's exposed to the sun. Because the days are shorter and the nights are longer, those levels drop during the colder and darker months. When you can't catch some rays outdoors, taking vitamin D supplements can have a positive effect on mood.



Get social.

While it might be tempting to isolate yourself during winter, socializing with others is good for your mental health. You don't have to get together in person; even a phone call or a Zoom chat will do the trick! You may very well find that socializing with your friends and loved ones is lot more fun than you thought it would be.



Break a sweat.

A good workout can be one of the best ways to combat the winter blues. While exercising, not only do you get a boost of endorphins, it also decreases the stress hormone cortisol. You don't have to perform extreme exercise to reap its depression-reducing benefits. A Harvard Medical School study found walking briskly for 30 minutes a day five times a week or 60 minutes a day three times a week had a significant influence on mild to moderate depression symptoms.



Seek help if you need it.

Therapy can be a helpful way to cope with the challenges of the winter doldrums. It's also a good idea to talk to your family doctor if you're experiencing feelings of sadness, depression, or other seasonal affective disorder symptoms.



What Every Senior Should Know About Home Safety

Simple things you can do to help prevent mishaps at home.



Take measures to fall-proof the home.

Place hand rails and grab bars in the most frequently-used rooms, such as the kitchen, bedroom and bathroom. If there are stairs in the home, install banisters on both sides for added security. Remove any clutter from the floors and steps. Get rid of any throw rugs or rugs that don't lie flat, secure loose carpets, and install non-slip mats throughout the house.

Keep things accessible. Climbing to get to items in high or hard to reach places is a common cause of falls. Store your loved one's most-used items so that they are handy and easy to reach. Round knobs often pose challenges for those with arthritis and declining strength. A simple switch to lever-style knobs on doors and cabinets can improve accessibility.

Avoid spills and burns. To avoid spills and burns, pot handles should never be left pointing outward on stoves. If possible, seniors should avoid the stove altogether. Microwave ovens are a safer option for older folks who still prepare their own meals as they don't generate the amount of heat that a stove or oven does.

Keep hallways and rooms well-lit. Many seniors are subject to declining vision and can't see clearly, particularly in dimly lit spaces. Use maximum allowable wattage

in light fixtures throughout the home and install additional lamps if necessary. Place nightlights with dusk-to-dawn auto-sensors in bedrooms, bathrooms and hallways.

Create a system for medication. Most seniors take prescription drugs and many take multiple doses a day. It's important that there's a clear system in place for marking and dispensing medicines to avoid any confusion that can result in missed doses or overdoses. A compartmentalized pill box that contains morning, afternoon and evening doses for each day of the week is one way to help sort and identify medications. An automatic medication dispenser is even better, as it virtually eliminates potential medication mistakes.

Subscribe to a medical alert system. These alert systems are among the most popular methods of monitoring senior safety at home and providing assistance in the event of a health crisis, accident or emergency. Small wearable devices immediately connect seniors to emergency medical technicians or certified operators who initiate a rapid response so that a catastrophe can be averted.

Checking in with aging loved ones on a daily basis is a good way to ensure their safety and put your mind at ease.



Globally, the senior population continues to rise. By the year 2050, the senior population in the United States is expected to grow from 48 million to an astonishing 88 million.

Worldwide, those aged 80 and above are expected to triple from 126.5 million to 446.6 million. With aging come certain mental and physical challenges.

Getting out of bed in the morning can be difficult, taking a shower brings with it the risk of slipping, and going down the stairs presents a potential fall.

That's why it's so important to create the safest home environment possible for your elderly loved ones. Read on for some valuable home safety tips for seniors that can give you and your aging loved ones peace of mind.



How to Make the Most of Telehealth Visits

If you need to see a doctor these days, you will probably 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. Even after the COVID-19 pandemic is behind us, experts predict that telemedicine will remain commonplace. 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.

Prepare your information in advance.

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

- **A list of your symptoms, medicines and questions.** Be ready with as much detail about your current condition as possible and write down all your symptoms so you don't forget any during the visit. 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.

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.

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.

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.

Expect to do some troubleshooting. If your call is patchy or drops completely, ask your doctor if you can use something simpler, like FaceTime. If all else fails, complete your appointment over the phone.

Request a summary 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 any post-appointment instructions that were provided.



Community Focus

Veteran's Day Event

Since its inception, Evan W. Smith Funeral Services has been committed to providing military veterans and service members with deeply meaningful and respectful ceremonies.

On Veterans Day 2020, the family-owned company hosted an Appreciation Event at its Dover location. Between the hours of 11 a.m. and 1 p.m., members of the U.S. Armed Forces, including active-duty, reserves, National Guard members, retirees, and veterans, were greeted by staff members.

Dozens of military men and women attended the socially distanced event, where each received a \$15 gift certificate

toward a meal at Mission BBQ and a free "Personal Information Guide".

Evan W. Smith Funeral Services is proud to offer exceptional service and reduced funeral pricing for veterans. The company's experienced funeral directors also possess detailed knowledge of the special traditions, regulations, and benefits surrounding military funerals.

For more than a decade, the company has been helping military families in the Delaware area to successfully navigate the unique details involved in the military funeral planning process.



Free Webinar Feb 16 at 6:30pm: Healing Communities Amid Pandemic: Managing Change & Grief with African American Families

- Cultural Considerations for African American Families
- Symptoms of COVID Fatigue
- Recommendations for healing amid the pandemic
- Symptoms of Grief
- Tools for Managing Grief and COVID Fatigue
- Resources to share with family & friends



EVAN W. SMITH
Funeral Services

You Are Invited to Join Us for This Free Virtual Event

Healing Communities Amid Pandemic:

Managing Change & Grief with African American Families

Free Webinar

February 16, 2021 6:30 PM

Guest Speaker

Leslie Holley, MA, LCPC, NCC



Featured Recipe: Simply Delicious Baked Macaroni and Cheese

Who doesn't love the ooey-goey richness of macaroni and cheese? This recipe is a delicious, easy-to-make version of America's ultimate comfort food.

Ingredients

- 16 oz. elbow macaroni
- 1 tbsp. extra virgin olive oil
- 6 tbsp. butter
- 1/3 cup all-purpose flour
- 3 cups whole milk
- 1 cup heavy whipping cream
- 4 cups shredded sharp cheddar cheese
- 2 cups shredded gruyere cheese
- salt and pepper to taste
- 4 tbsp. butter
- 1-1/2 cups panko crumbs
- 1/2 cup shredded parmesan cheese
- 1/4 tsp. paprika

Directions

1. Preheat the oven to 350f. Lightly grease a 3 or 4 quart baking dish and set aside.
2. Combine shredded cheeses in a large bowl and set aside.
3. Cook the pasta al dente according to

- the package instructions. Remove from heat, drain, and place in a large bowl.
4. Drizzle pasta with olive oil and stir to coat. Set aside to cool while preparing the cheese sauce.
 5. Melt 6 tbsp. Of butter in a deep saucepan or stock pot.
 6. Whisk in the flour over medium heat and continue whisking for about one minute, until bubbly and golden.
 7. Gradually whisk in the milk and heavy cream until smooth. Continue whisking until bubbles appear on the surface; continue cooking and whisking for two more minutes.
 8. Add the salt and pepper.
 9. Add two cups of the shredded cheddar cheese and whisk until smooth. Add two more cups of shredded cheddar and continue whisking until smooth. Sauce should be thick and creamy.

10. Stir in the cooled pasta until combined and fully coated with the cheese sauce.
11. Pour half of the macaroni and cheese mixture into the prepared baking dish. Top with the two cups of shredded gruyere cheese and then add the other half of the macaroni and cheese mixture.
12. In a small bowl, melt 4 tbsp. Of butter in the microwave. Add the panko crumbs, parmesan cheese, and paprika. Mix well.
13. Sprinkle crumb mixture evenly over the top of the macaroni and cheese casserole.
14. Bake until bubbly and golden brown, about 30 - 40 minutes. Serve immediately.

Yield: 12 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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