



BULLETIN

Articles of Help & Healing for our Delaware Community



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I hope you enjoy the Fall 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

Do You Know What to Expect at a Military Funeral?

When a loved one passes on, the responsibility of writing their obituary can feel overwhelming.



Veterans make significant sacrifices to protect the freedoms we enjoy. To show our appreciation for the bravery these men and women display, it's customary to honor their passing with a military funeral. These services are more formal than the standard funeral and include some unique codes of behavior, so they can be intimidating for those who are unfamiliar with the practices. If you'll be planning or attending a military funeral, this article will provide you with the information you need to know.

A funeral with military honors is steeped in tradition. The U.S. Department of Defense is legally required to give every eligible veteran a free military funeral honors ceremony upon the request of the family. This ceremony, which can take place graveside or wherever the veteran is laid to rest, includes:

- Folding and presenting the United States burial flag to the next of kin
- A rifle salute consisting of three to seven volleys, depending upon the rank of the departed
- The playing of "Taps", either with a live bugler or via a ceremonial bugle accompanied by a recording
- An honors detail with two or more uniformed military persons, at least one of whom is a member of the veteran's branch of the armed forces

Depending upon the decedent's level of service, additional traditional remembrances may be included, such as a horse-drawn carriage, a fly-over by fighter jets in missing man formation, or a military band and escort platoon.

Should you salute? One of the most unique aspects of the military funeral is the use of salutes to show respect for the soldier who has passed on. Members of the armed forces should salute at the following points during a veteran's funeral:

- When the hearse passes
- Whenever the casket is being moved (from the funeral service to the hearse, from the hearse to the gravesite)
- During rifle volleys
- While "Taps" is being played
- While the casket is being lowered into the grave

Civilian friends and family don't need to salute, but hats should be removed and placed over the heart during these occasions. Those without hats should cover their heart with their right hand.

What is the dress code? Military service members and veterans are encouraged to wear a full-dress uniform. Civilians should wear something appropriate for a formal religious occasion. The military funeral honors ceremony tends to run longer than a typical graveside service. You may be standing in the elements for the duration of the service, so plan your shoes and outfit carefully.

Military funerals offer the opportunity to honor the heroism and contributions of our nation's courageous service members. Whether you're planning a veteran's funeral or are attending one, knowing the etiquette surrounding these dignified celebrations of life can help you say goodbye with respect and appreciation.

Follow These Tips to Reduce Your Risk of Cataracts

By age 75, more than half of all Americans will develop cataracts. In this common eye condition, the proteins inside the lens cluster together and block light from passing through, preventing a sharply defined image from reaching the retina. As a result, vision becomes cloudy and blurred. While there are no foolproof approaches to preventing cataracts, adopting precautionary measures can greatly decrease your risk. Here are seven smart preventative tips:

- 1. Don't smoke.** There have been endless studies about the hazardous effects smoking can have on your health. You may be surprised to know that smoking has even been linked to the development of cataracts. The chemicals in cigarettes can adversely affect and alter the cells in your eyes, resulting in cell oxidation that contributes to cataract development. The good news is that kicking the habit steadily reduces your risk the longer you avoid smoking. So, if you're a smoker, quit now.
- 2. Take a multivitamin.** Daily multivitamin use has been associated with a decreased risk of developing cataracts. In fact, some

studies have shown them to reduce the risk by nearly 40% for certain types of cataracts.

3. Watch your alcohol consumption.

Numerous studies have reported a link between alcohol consumption and cataracts. People who consumed more alcohol were found to have an increased risk for developing them compared to those who drank less or were non-drinkers. You don't have to stop drinking alcohol entirely to reduce your risk of cataracts, but moderation is advisable.

- 4. Nutrition matters.** Research suggests that having low levels of antioxidants may increase the risk of cataract formation. Eating foods rich in antioxidants, including vitamin E, vitamin C, lutein, and zeaxanthin, may reduce risk. Consume a variety of nutrient-rich foods in your diet, such as tomatoes, broccoli, kale, spinach, nuts, and berries.

- 5. Reduce your sodium intake.** Because salt is inflammatory, eating too many high-sodium foods can damage the eyes. It's best to avoid or restrict fast food and processed foods. Instead, prepare more meals

from fresh ingredients, such as lean meats, vegetables, and fruit. Using seasonings like herbs and spices rather than salt can enhance the flavor of food without adding sodium.

- 6. Wear sunglasses at the right times.** You may already know that wearing sunglasses can help prevent the formation of cataracts. But while it's important to protect your eyes against ultraviolet light, you also need the natural wavelengths found in sunlight to provide eyes with the nutrients they need for good health. Wear sunglasses for high exposure times, such as when you're in the sun all day, or when you're in the snow or on the water, where heightened sunlight reflections can be damaging. Otherwise, allow your eyes to absorb the sunlight they need.

- 7. Control your blood sugar.** Having diabetes or pre-diabetes can increase the risk of developing cataracts. Watch your blood sugar levels, decrease your intake of carbohydrates and sugars, and get more exercise to lower your risk and maintain the health of your eyes.





The Thankfulness Effect: How Gratitude Improves The Brain

When Thanksgiving rolls around, we get often inspired to count our blessings.



Neuroscience researchers have found that gratitude can positively impact mental and physical health—so why not make it a habit?

Many of us pause to think about all of the things we're thankful for, such as family, friends, health, and everything else that's positive in our lives. Gratitude feels good, so why not make it a habit? As it turns out, neuroscience researchers have found that gratitude can positively impact mental and physical health all year long. Whether you jot down what you're appreciative of in a journal or just take a few minutes each day to give thanks in private, there are some of the profound mental changes you can look forward to when you begin regularly practicing gratitude.

The brain gets flooded with powerful reward chemicals. For the mind, gratitude is a very social emotion. When its experiencing gratitude focused on specific people and events, it becomes inundated with unique positive chemicals that encourage bonding with others.

You become more resilient. In psychology and neurology, resilience refers to the ability to bounce back from seriously stressful events, like trauma, grief, or job loss. Studies show that people who are grateful are less vulnerable to significant stress and recover more quickly

from it. It appears to be an excellent coping mechanism any time you're dealing with a burdensome situation.

Sleep improves. The gratitude-filled brain finds it easier to slip into a deep, natural sleep than one that's not feeling thankful. Even adults suffering from serious neuromuscular disorders found that the gratitude exercises helped them sleep better and wake up feeling more refreshed.

Positivity gets a boost. Research has found that grateful people have a host of more constructive neurological traits in general. They are more empathetic, forgiving, helpful, and supportive than those who don't engage in gratitude. Because the mechanisms of gratitude depend on the brain's prefrontal cortex, one of the primary places we form memories, it may mean that habitually appreciative people "train" their minds to retain positive experiences and reject the negative. Ultimately, this leads to greater happiness.

We all want to feel happy, healthy, and optimistic. To create more of these good things in your life, start by cultivating the gratitude within you.



Is Your Home Ready for Fall?

It's time to prepare your home for the cooler temperatures and unpredictable weather that come with fall and winter.

The preventative maintenance you perform now can save you money on expensive emergency repairs and wasted energy costs. Here are ten things you should now do to ready your home for the cold weather that's around the corner:

- 1. Clear out the gutters.** Gutters get clogged with debris, nests, leaves, and stray trash over time, which is why they require regular cleaning. If you neglect to take care of them, they won't be able to provide adequate water drainage. This will result in overflowing that can cause a host of serious problems, including rotting wood, damage to the foundation, and more.
- 2. Check water drainage.** Rainwater downspouts need to be clear of obstructions and positioned to direct water away from foundations, walkways, and driveways. Add extensions to downspouts if necessary. Improper water draining can cause destructive damming and icing.
- 3. Turn off faucets and store hoses.** Drain garden hoses and disconnect from the outside spigots. Shut off exterior faucets, and if you have an older home, you may need to turn off the valve inside your home. Store hoses in a dry place so any residual water won't freeze.
- 4. Inspect your landscaping.** Trim tree branches, particularly those that hang over the driveway, are damaged, or are close to your roof or power lines. Colder weather is often accompanied by strong winds that can cause catastrophes like downed trees that destroy cars and roofs.
- 5. Clean the fireplace and chimney.** You can clear out ash and charred wood from the fireplace yourself but it's best to leave the chimney cleaning to a professional. Have the chimney cleaner check the damper to ensure it can be tightly closed to prevent drafts. Even gas fireplaces need their chimneys cleaned and inspected to ensure that no bird or squirrel nests are blocking the flue and that the chimney pipe is free of cracks that can allow smoke to enter your home.
- 6. Check your heating system.** Survey your home's heating vents to make sure they're not blocked or covered by furniture, carpeting, or curtains. Hire an HVAC professional to inspect your furnace to test for leaks, check heating efficiency, and change the filter. They can also conduct a carbon monoxide check to ensure air safety.
- 7. Winterize air conditioners.** If your home has central air conditioning, cover your outdoor unit for winter. If you use window air conditioning units, dust and clean them before storing.
- 8. Check for drafts.** Inspect your windows and doors. Check the weather stripping by opening a door, placing a piece of paper in the entryway, and closing the door. The paper should not slide back and forth easily. If it does, the weather stripping needs to be replaced. Now is also the time to re-caulk around window and door frames, if needed.
- 9. Put up storm windows.** If you have removable screens in your windows, you keep your home much warmer in the winter if you swap them out for storm windows. Before storing screens, clean off any debris so they'll be ready to use when spring comes.
- 10. Perform a roof check.** With the help of some binoculars, you should be able to do a visual inspection of your roof from the ground. Be on the lookout for missing, damaged, or loose shingles that can allow water intrusion inside your home.



Five Fascinating Facts About Autumn

The days are getting shorter and winter is around the corner, but autumn is full of pleasantly warm days with crisp air, bright sunshine, and beautiful fall foliage to enjoy. Here are five interesting facts you may not know about this cozy, wonderful time of year.



Autumn was once called 'harvest'

During the 12th and 13th centuries in England, autumn was known as 'haerfest', or in today's spelling, 'harvest'. One of the reasons it earned this name is because the full moon nearest to the autumnal equinox is called the harvest moon. This time of year was significant because farmers could finally reap the rewards from the crops they sowed, resulting in an abundance of produce.



Autumn babies tend to live longer

Although the days might be getting shorter, those born during the fall season could live longer, according to a study by the Journal of Aging Research. The study found that 30% of centenarians in the U.S. were born during autumn. Some scientists believe this is because babies born in colder months develop a greater immunity to colds and flu.



Pumpkin spice has nothing to do with pumpkins

Pumpkin spice is a favorite during fall, but pumpkin isn't used to make the tasty flavoring. It's actually the spice mix that's used in pumpkin pies. It's made from combining 3 tablespoons ground cinnamon, 2 teaspoons ground ginger, 2 teaspoons ground nutmeg, 1 ½ teaspoons ground allspice, and 1 ½ teaspoon ground cloves.



Fall colors depend on how much sugar is in the leaves

Fall leaf colors are caused by certain pigments in the leaves and different kinds of trees produce different pigments. When you notice leaves that are purple and red, that's caused by the "anthocyanins" pigment, which is only produced in the fall when sugars are trapped in the leaves. Lots of dry weather and sunlight will lead to more sugars in the leaves, resulting in brighter leaves with more shades of red. Freezing, meanwhile, stops the process of making the pigments.



A lot of apples are required to make cider

Apple cider is almost as popular as pumpkin spice during the fall. But keeping up with the demand requires a whole lot of apples. An astonishing 36 apples are required to make just one gallon of this delicious fall nectar!

Community Focus

Webinar: December 8, 5-6pm

Holiday Health: Coping with Depression, Anxiety & 'The Blues'

You Are Invited to Join Us for This Free Virtual Event

Holiday Health: Coping with Depression, Anxiety & 'The Blues'

Free Webinar

December 8, 2021 5-6 PM

Guest Speaker

Leslie Holley, MA, LCPC, NCC



This free virtual event will be held December 8 at 5pm.

Presented by Leslie Holley, MA, LCPC, NCC.

This presentation will:

1. Identify depression and anxiety symptoms
2. Explain the obstacles the holidays and wintertime brings on our mental health
3. Identify healthy coping tools to manage holiday stress and depression
4. Explore when to seek additional help

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. Leslie is the Past President of the Maryland Counseling Association.



<https://bit.ly/3DYWywR>

Featured Recipe: Old-Fashioned Pumpkin Spice Cake

Who doesn't love fall spices?

This cake is moist and delicious, and your whole house is guaranteed to smell like autumn when it's baking in the oven. We hope you enjoy this easy-to-prepare seasonal dessert.

INGREDIENTS

Cake:

- 2 large eggs
- 1 cup granulated sugar
- 1 cup canned pumpkin puree
- 1/2 cup canola oil or vegetable oil
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt, or to taste

Frosting:

- 6 ounces cream cheese, softened
- 1/4 cup (half of one stick) unsalted butter, softened

- 1-1/2 cups confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt, or to taste

INSTRUCTIONS

To make the cake:

1. Preheat oven to 350F. Grease an 8x8-inch pan; set aside.
2. To a large bowl, add the eggs, sugar, pumpkin, oil, pumpkin pie spice, vanilla, and whisk to combine.
3. Add the flour, baking powder, baking soda, salt, and stir until just combined; don't overmix.
4. Pour batter out into the prepared pan, smoothing the top lightly with a spatula. Bake for 35 to 40 minutes or until the center is set.

5. Place on a wire rack to cool completely before frosting.

To make the frosting:

1. In a large bowl, combine the cream cheese, butter, confectioners' sugar, vanilla, and salt. Whisk until smooth and fluffy or beat with an electric mixer.
2. Spread frosting evenly over cooled cake using a spatula or knife.
3. Slice and serve.

YIELD: 9 to 12 servings

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201 N. Union Street
Wilmington, DE 19805
302.377.6906



Dover
518 S. Bay Road
Dover, DE 19901
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