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SALISBURY  
**THRIVE**

SENIOR LIFE AFTER 55

**March 7, 2025  
10AM to 2PM**

**Lakeside At Mallard Landing  
Grande Clubhouse  
1109 S. Schumaker Drive  
Salisbury, MD**

AN EVENT BY



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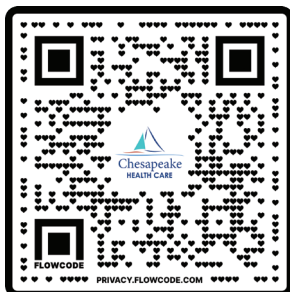
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## It's time to Thrive!

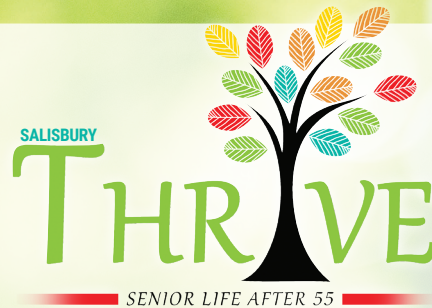
Spring is in the air, the daffodils are reaching upward, and it's time to stretch our muscles and knowledge, too. We are excited to invite you to Thrive Salisbury: Senior Life After 55! Join us for a fun-filled, informative day at our Spring 2025 event, where a wide range of activities and informative vendors await.

Presented by the Salisbury Independent and hosted at Lakeside at Mallard Landing, this event will feature exhibitors, door prizes, giveaways, exciting activities, free refreshments and more. Inside the Grande Clubhouse, you'll find expert vendors offering insights on a variety of topics including health, home, hobbies and much more. Be sure to explore the expo floor, pick up valuable information, enjoy live demonstrations, and learn something new!

### *We're looking forward to:*

- Expert Exhibitors
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- Complimentary Coffee & Breakfast Pastries
- Live Demonstrations & Exercise Demos
- Live Music
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We're thrilled to partner with Lakeside at Mallard Landing. While you're here, don't miss the chance to explore the grounds and learn about their different levels of care and housing options.

Admission is free and open to all! For the latest event details, check out this publication or visit [DelmarvaEvents.net](http://DelmarvaEvents.net) for updates.

This exciting event is made possible by our generous sponsors: ClearCaptions and Chesapeake Health Care.

Add it to your calendar, and see you there!

**Tonda L. Parks**  
Associate Publisher  
Salisbury Independent  
[BayToBayNews.com](http://BayToBayNews.com)



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# EVENT SCHEDULE

## FRI., MAR. 7, 10a.m.-2p.m.

**10 a.m. to 2 p.m.** Vendors and Exhibitors – Main Floor

**10 a.m. to 2 p.m.** Powerback Rehabilitation To You presents  
“Get Hip, Don’t Slip” – Mallard Gym (2nd Floor\*)

**10 a.m. to 11 a.m.** Coffee & Danishes – The Pub

**10 a.m. to 11 a.m.** Chair Stretching with Amanda Fooks –  
The Game Room

**10 a.m. – 12 p.m.** DJ Robert Helgeson – Reception area

**10:30 a.m. to 11:30 a.m.** Wicomico Public Library presents  
“Learning about Ancestry Research” – Mallard Library (2nd Floor\*)

**11:00 a.m.** Tour of Lakeside at Mallard Landing – Front Desk

**12:00 p.m. to 2:00 p.m.** Cup Of Joe Entertainment – Main Floor

**12:00 p.m.** Tour of Lakeside at Mallard Landing – Front Desk

**1:00 p.m.** Bingo with Prizes! – The Pub

**1:00 p.m.** Tour of Lakeside at Mallard Landing – Front Desk

\*Elevator service available

## DOOR PRIZES

**will be awarded throughout the day, and you don’t have to be present to win.**

Entry forms will be presented to each attendee at the event entrance.  
Drop your completed forms in the entry box. One entry per person, please.

## VENDORS

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## HUNGRY?

Breakfast: complimentary refreshments available from 10 to 11 a.m. in The Pub.

You can find additional information about Thrive Salisbury at  
**[DelmarvaEvents.net](http://DelmarvaEvents.net).**



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# Chef builds enthusiasm at Lakeside At Mallard Landing

By Laura Walter

Food is a necessity and an art. It balances quality ingredients, dietary needs—but also creativity and flavor.

Food service has been drawing enthusiasm since Chef Jefferson Radcliffe-Nelson became culinary director of Lakeside At Mallard Landing—meaning he leads cooking, menu-making and the overall tone for all food served in this Salisbury senior housing community. Just months into his tenure, residents and staff are delighted with his work.

“We’re in the hospitality industry,” which means Radcliffe-Nelson aims to really see and hear each guest with empathy. After all, a chef is only as good as the last meal served, he said.

A good meal is sometimes what a person looks forward to most each

day. “When people come for tours, the first question and the last question is about food,” he said. “It’s time to raise the bar ... it all comes down to the details. And just a few details can make a wonderful, unforgettable experience.”

He tries to avoid prepackaged and canned ingredients, usually loaded with sodium. Especially for a senior population, “I like fresh ingredients ... I think the secret to vitalization is ‘fresh, fresh, fresh,’ as can possibly be,” Radcliffe-Nelson said.

“I also believe ... the service and elevation of how they’re treated and how they’re served, makes or breaks the food before it even gets there,” so he’s working to elevate the pride in each employee, from those who cook, clean and serve tables—his culinary brigade. And he’s boots-



on-the-ground, usually physically involved with some element of each meal.

“Not only is the food elevated and incredible—but there is a wonderful support system of people here. There is an entire team that makes this happen,” including his assistant culinary director Najia Bonneville, the clubhouse staff and management.

Besides the day-to-day service, his team has added special fine dining events at the Lakeside clubhouse, like a 4-course meal with drink pairings, or a themed sangria Valentine’s Day dinner.

What is the feedback? “They flood my office with cards and letters. They do! I can’t even believe it. It’s very humbling to get these types of things: ‘What a wonderful evening. We enjoyed everything. The menu

[and] service was impeccable ... interesting and delicious ... beautifully presented ... special night out,” Radcliffe-Nelson read snippets from the mail his team has received.

“He is fabulous,” another Lakeside employee summed up.

He’s lived and learned far, including in England, South Carolina, later sailing in the U.S. Merchant Marine, and then starting his own private chef business in 2000 in Palm Springs, Calif. Although he still works intimidating hours, the Lakeside position allows him more time with his beloved family at home. “I’ve got a Michelin background, so I’m very trained to that kind of [busy] environment.”

Food is fuel, which is especially important for a senior living facility and neighborhood like Lakeside



Chef Jefferson Radcliffe-Nelson





At Mallard Landing, which offers amenities for all stages of senior life—from active independent living to Alzheimer’s care.

With four housing options, residents can actually “age in place” there. This variety of housing options allows residents to eventually transition to different services without moving too far from friends and family in the same neighborhood.

Active independent living is for people who want to invest in an active resort lifestyle, with

dining, activities, events, fitness, transportation and apartment-style homes. Assisted living lets residents enjoy creative daily activities, dining and clubhouse amenities—plus staff assistance for daily living activities like bathing, grooming, continence and medication management. SHINE Memory Care is Lakeside’s approach to memory care, particularly for seniors living with dementia, Alzheimer’s disease and other memory-related issues. Short-term respite care is also available for the public, such as if a caregiver needs

to travel, or a person needs extra care after a medical procedure. Lakeside includes on-site wellness and therapy services, medical direction and 24-hour care.

Lakeside At Mallard Landing

is located at 1109 S. Schumaker Drive, Salisbury, Md. Learn more online at [lakesideatmallardlanding.com](http://lakesideatmallardlanding.com). Telephone for leasing & sales inquiries: (410) 618-3916, or for all other inquiries: (410) 749-4480.



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# *Have trouble hearing?* **ClearCaptions® makes communication easier**

By Laura Walter

Telephone calls get tricky when you start to lose your hearing—and enough frustration can make people give up altogether. ClearCaptions provides telephone services to help people keep communicating. ClearCaptions will provide text captions during phone calls, so people can read the conversation coming through, while still speaking.

This is for the person who often asks people to repeat themselves again and again, or who tries to use speaker phone just for the louder volume. It's really helpful, especially if someone often relies on lip-reading or even asking a neighbor to come listen to missed phone messages. ClearCaptions allows people to have telephone conversations—not just a silent text message exchange.

“Sometimes they tell me, ‘Oh my gosh, the phone really helps!’” said Rupali Dewan Tetrick, a senior business development manager for the Delmarva Peninsula.

“They can go back and read into the conversation, even if they are done with the conversation. ‘Oh I understand, the doctor told me to take a half tablet, not a full tablet,’ or the appointment dates,” she explained. “They’re not dependent on their children or someone to come listen to the message for them.”

Don’t ignore hearing loss, said Dewan Tetrick. “The biggest challenge is they stop talking

to people because they stop understanding. And people get too busy to repeat what they said ... that’s been happening a lot with our seniors ... and that leads to depression because they stop communicating.”

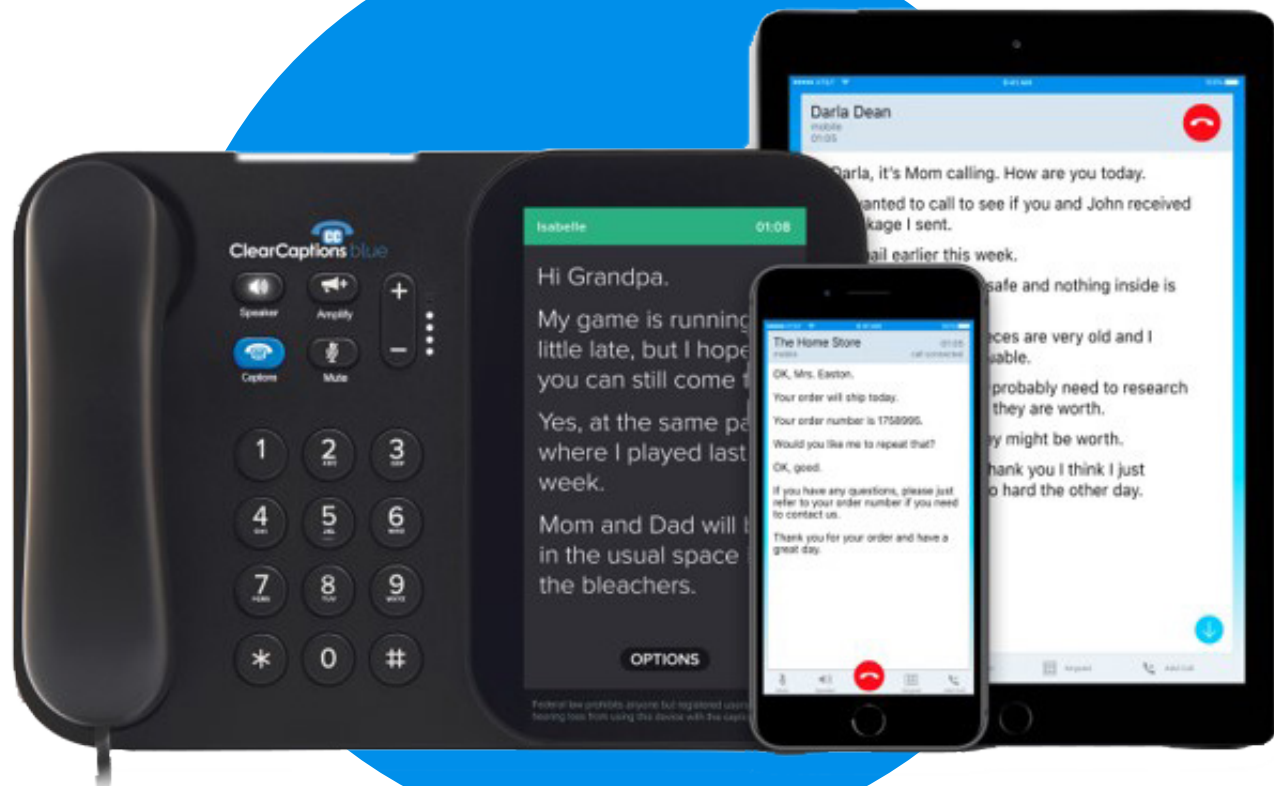
ClearCaptions serves more than 100,000 hard of hearing customers, most of them seniors and over the age of 75. The transcription is currently completed by an AI system, instead of a third-party

person listening and transcribing the conversation. You can also turn off the captions altogether, if needed. ClearCaptions also added emergency notifications in 2023, with flashing lights and loud alerts to deliver text-based emergency weather notifications from FEMA.

ClearCaptions, LLC., established in 2011, is an FCC-certified Internet Protocol Captioned Telephone Service Provider. The service provides near real-time transcriptions

of spoken phone conversations into text captions, made visible to the user during an active call. The service works on specially designed home phones and on Apple mobile devices.

Currently, clients can self-certify their need for audio assistance. “We do not need doctor notes ... because it’s not required right now by the FCC,” which Dewan Tetrick hopes will allay some seniors’ fear of visiting the doctor. “A lot of seniors are afraid they have to get the





hearing aid, so they don't want to go to the audiologist. When we say certification is not required, it gives them some comfort."

The service is funded by a federally managed program, so it's only available to individuals who: have hearing loss enough to need phone captions; live in the U.S. or its territories; are able to understand written and spoken English; and have home internet (for using a ClearCaptions phone) or internet-connecting Apple mobile device (for using the ClearCaptions mobile app). Equipment and service may be free to individuals who qualify.

"People who are hard of hearing, they really love the product," said Rupali Dewan Tetrick, who has served the local Maryland community for years. "I've made my name in the industry because I've been with the company nine years, so that really helps." People can work with her locally and directly.

**Visit the ClearCaptions booth at Thrive Salisbury, or contact Rupali Dewan Tetrick, senior business development manager who serves Maryland at (202) 641-1655 or [rupali.dewan@clearcaptions.com](mailto:rupali.dewan@clearcaptions.com).**



**ClearCaptions**



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# Chesapeake Health Care helps people learn to manage their diabetes



It can be intimidating to face a chronic health condition. That's why Chesapeake Health Care is helping people with diabetes to reclaim their power with diabetes self-management classes.

"Our Community Health Outreach Workers will teach you about diabetes, as well as how to manage your diabetes through healthy eating and lifestyle changes. We'll show you how to take control of your diabetes!" organizers said.

These free, two-part, 90-minute classes are offered on a regular basis. Each workshop will be held at Chesapeake Health Care's OB/

GYN Conference Center, 1647 Woodbrooke Drive, Salisbury, Md. Telephone or visit <https://chesapeakehc.org/events-page> for a complete calendar of all Living Well Workshops – Diabetes Self-Management.

Founded in 1994, Chesapeake Health Care is a 501(c)(3) nonprofit, multidisciplinary healthcare practice serving Somerset, Wicomico and Worcester counties. Health care is extended to individuals who are uninsured, underinsured and insured. There are 15 locations for adult and family medicine, pediatrics, mental health, behavioral health,

obstetrics and gynecology (OB/GYN), urogynecology, maternal-fetal medicine, school health centers, dental and pharmacy.

"Chesapeake Health Care is deeply committed to our Eastern Shore community. ... CHC plays a vital role in providing accessible, high-quality healthcare to all members of our community, regardless of their circumstances," said Brian Holland, CEO. "We're here to support and care for you, making health services available when and where you need them."

**Learn more at:**  
**[www.ChesapeakeHC.org](http://www.ChesapeakeHC.org)**  
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## **Classes in English**

March 6 & 18 at 5 p.m.

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Oct. 3 & 17

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**An estimated 11.6% of the U.S. population—or 38.4 million people of all ages—have diabetes. An additional 97.6 million adults aged 18 years or older had prediabetes. The risk for diabetes increases with age and in American Indians, Alaska Natives, Black, Hispanic or Latine and Asian Americans.**

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# What Is Diabetes?

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Glucose is your body's main source of energy. Your body can make glucose, but glucose also comes from the food you eat.

Insulin is a hormone made by the pancreas that helps glucose get into your cells to be used for energy. If you have diabetes, your body doesn't make enough—or any—insulin, or it doesn't use insulin properly. Without insulin, glucose stays in your blood and doesn't reach your cells.

Diabetes raises the risk for damage to the eyes, kidneys, nerves and heart. Diabetes is also linked to some types of cancer. Taking steps to prevent or manage diabetes may lower your risk of developing diabetes health

problems.

The most common types of diabetes are type 1, type 2 and gestational diabetes.

Type 1 diabetes is usually diagnosed in children and young adults, although it can appear at any age. Type 2 diabetes is by far the most common, which can develop at any age. You are more likely to develop type 2 diabetes if you have risk factors, such as overweight or obesity, and a family history of the disease.



Gestational diabetes develops during pregnancy and could end after the pregnancy, or lead to type 2 diabetes later in life. There are additional, less common types also.

People with prediabetes have blood glucose levels that are higher than normal but not high enough to be diagnosed with type 2 diabetes. If you have prediabetes, you have a higher risk of developing type 2 diabetes in the future. You also have a higher risk for heart disease than

people with normal glucose levels.

What other health problems can develop when people already have diabetes? Over time, high blood glucose can damage your heart, kidneys, feet and eyes.

If you have diabetes, you can take steps to lower your chances of developing additional health problems by taking steps to improve your health and learning how to manage the disease. Managing your blood glucose, blood pressure, and cholesterol levels can help prevent future health problems.

*Information courtesy of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health*



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# GARDENING SAFETY FOR SENIORS

**L**onger hours of daylight and warming temperatures are hallmarks of spring, a season that's become synonymous with rejuvenation. After months spent confronting cold temperatures and huddling up indoors, people might find the welcoming conditions of spring irresistible, which compels many to

spend more time outdoors.

There's no shortage of outdoor activities, and the season marks a perfect time to reestablish one's green thumb and get down and dirty in the garden. Gardening is a rewarding and healthy activity, though some folks, particularly seniors, may need to approach springtime sessions with a heightened degree of caution. Consider

these health and safety tips as you celebrate the return of spring:

☀ Recognize that gardening is exercise. The Centers for Disease Control and Prevention identifies gardening as a good form of exercise; it's a particularly beneficial form of physical activity. People who engage in low levels of leisure time physical activity (like gardening) are likely





to have a lower risk of stroke than their peers who are sedentary (according to a 2024 meta-analysis published in the Journal of Neurology, Neurosurgery & Psychiatry).

It's important to keep this in mind when gardening, which is perhaps more physically demanding than some may recognize. Seniors can approach it just like they would other forms of exercise, taking the same precautions, such as stretching before and after each session and making a concerted effort to remain hydrated, while outdoors.

☀️ Incorporate rest into your routine. Rest is vital for anyone engaged in physical activity, including gardeners. Frequent breaks during gardening sessions can help avoid strains and sprains and provide opportunities to hydrate and get out of the sun. If possible, seniors can identify a shaded spot on their properties and place a bench there so they have somewhere to rest during those dirt-digging days.

☀️ Utilize ergonomic gardening tools and other specialized products. The Center for Excellence in Disabilities at West Virginia University explains that ergonomics aims to study the movements a person's body makes during physical activity in an effort to produce tools that ensure a task has as little physical impact on the body as possible. Ergonomic tools are designed to lower injury risk, improve efficiency and increase satisfaction from the activity. Before each gardening season, seniors can inspect their existing tools and replace them with ergonomic alternatives, if necessary.

Other specialized products could include long-handled gardening tools that reduce the need to bend over or kneel down, to further reduce their risk of injury.

These simple strategies can ensure seniors' springtime gardening sessions are as safe as they are rewarding.



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# Get support if you're a caregiver

When you're taking care of a loved one, it's important to care for yourself, too. The emotional and physical stress of being a caregiver can cause health problems—so get the support you need to take care of your own health.

A caregiver is someone who helps a family member, friend or neighbor who is sick or has a disability. An informal or family caregiver often helps a loved one with basic daily tasks.

You may be a caregiver if you regularly help someone with:

- Grocery shopping and cooking
- Housework
- Getting dressed
- Taking and keeping track of medicine
- Medical care, like keeping wounds clean or giving shots
- Transportation, like car rides to appointments
- Managing personal services, like talking to doctors or paying bills

About 1 in 5 adults in the United States are caregivers. Most caregivers also have other jobs, and about 1 in 3 spend at least 20 hours a week caring for a loved one.

## Caregiver Stress

The stress of caregiving can lead to health problems.

When you're caring for a loved one, it can be hard to take care of your own health. Caregivers are more at risk of getting sick—like with a cold or the flu. They're also more likely to have long-term health problems—like arthritis, diabetes or depression.

You may have caregiver stress if you:

- Feel angry or sad
- Feel like taking care of your loved



one is more than you can handle

- Feel like you don't have time to care for yourself
- Sleep too much or too little
- Notice a change in your eating habits
- Lose interest in things you used to enjoy

The good news is that you can lower your risk for health problems if you take care of yourself (physically and mentally) and get support.

## Physical Health

First, take care of your body.

Caregiving can be stressful, and stress can lead to problems like back pain and trouble sleeping. Taking care of yourself will give you the energy and strength to handle the demands of caregiving. Eat healthy to keep your body strong, protecting yourself from heart disease, bone loss and high blood pressure. Get active to give yourself more energy. Aim for 150 minutes a week of moderate-intensity aerobic activity, like walking fast or dancing. And try

to do muscle-strengthening activities at least 2 days a week. Make sure you get enough sleep (minimum 7 hours each night for most adults). Take steps to prevent back pain, like keeping your back straight and bending your knees when you lift something heavy.

## Mental Health

Next, take care of your mental health.

It's important to take care of your mind, too. Find ways to manage stress. You can start by taking a few slow, deep breaths, and practicing breathing exercises.

Also, do something for yourself! Set aside time each day to do something you enjoy, like reading, listening to music or talking to a friend. Ask a neighbor to visit with your loved one while you take a walk.

And get support from others to help you cope with the emotional stress of caregiving. It can be especially helpful to hear from other people who are caring for a loved

one—their experiences may be similar to yours.

## Get Support

Finally, ask for help.

You don't need to do it all yourself. Ask family members, friends and neighbors to share caregiving tasks. There are also professional and volunteer services that can help. For example, you can find community-based services for older adults and caregivers, like transportation, meals and caregiver support programs.

Find respite services near you that can give you a break from caregiving. And look services and support groups for caregivers of military veterans.

In particular, if you're taking care of someone with Alzheimer's disease, find specialized resources for caregivers online, locally or by calling the Alzheimer's Association 24/7 Helpline at (800) 272-3900.

As a final tip, it's also a good idea to learn about preparing for future health care needs, like how Medicare and similar programs work. And if you're feeling overwhelmed, talk with your doctor about depression. Some mental health counselors are also particularly knowledgeable in working with caregivers.

*Courtesy of the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.*





EVERY TURN TELLS A STORY

# Embrace Your Senior Living Journey

The path to senior living isn't always clear, and taking the first step may feel uncertain compared to the familiarity of where you are today. Commonwealth Senior Living has been trusted for over 20 years to help families navigate their journeys, and we're here to guide yours too.

We are committed to redefining the path to senior living. This means we believe the best moments in life are the ones *yet to come*.

*"The team here shared such critical expertise, while guiding my family through transitioning our loved one... all the while leading with their huge hearts, passion, and wisdom. We could never have navigated this transition with such a tremendous outcome without them by our side." – Kara G.*

***There is a better path.***

Contact us today to learn more and reserve your personalized Journey Kit – a roadmap to your future best life.

**410-973-7978**



**COMMONWEALTH**  
SENIOR LIVING *at* SALISBURY

*Welcome Home*

*Independent Living, Assisted Living & Memory Care*

611 Tressler Drive, Salisbury, MD 21801

[www.CommonwealthSL.com](http://www.CommonwealthSL.com)







# WHERE SENIOR LIVING Comes to Life

Serving the Salisbury community for over 25 years, **Lakeside At Mallard Landing** offers the ideal mix of personalized care, a charming, nature-rich campus and exceptional dining and amenities. With customized living based on your needs and a variety of lifestyle options available. Lakeside At Mallard Landing offers a long history for best-in-class senior living in our native Salisbury.



**THRIVE SENIOR EVENT**  
Friday, March 7<sup>TH</sup> | 10 AM - 3 PM

**Vendors, Door Prizes, Activities, Food  
& Live Entertainment Provided FREE.**

**410.690.7630**

**LakesideAtMallardLanding.com**

1109 S. Schumaker Drive, Salisbury, MD 21804

Mallard Landing Active Independent Living | Assisted Living

SHINE<sup>®</sup> Memory Care



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