

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

HomePorts has been busy planning activities for the upcoming year. On September 17 we hosted an educational round table discussion of Identity Theft moderated by Holly Johnson from Chesapeake Bank. It was a very informative program.

I would like to remind you all that we have a dutch-treat luncheon at the Fish Whistle the third Thursday of every month. It's a great way to get out, have a nice meal and make new friends. If you are a member and would like a ride to the luncheon, give us a call. We will see that you get there. Our next luncheon is on Thursday, November 20, at 12:30 pm.

HomePorts would like to encourage new members. Do you have a friend or a neighbor who could benefit from our services? Maybe you could bring them to the luncheon and they could learn more about who we are and what we do. Or let me know and I will be happy to send them printed materials, visit them and/or meet them at our office.

Maybe some of your friends and neighbors are "not yet ready" for HomePorts membership, but would like to get involved. We have many different opportunities for volunteering. By far, our biggest demand is for local drivers, but our members also need friendly visits, organizational help, and small gardening projects. We will be initiating a pilot "Neighbor to Neighbor" program which will pair a HomePorts member with one volunteer who will assist on a one-on-one basis. (think: Big Brothers/Sisters for seniors). If you or someone you know would be interested in pursuing a more personal relationship with a nearby senior, please let me know.

What's Up?

November 12

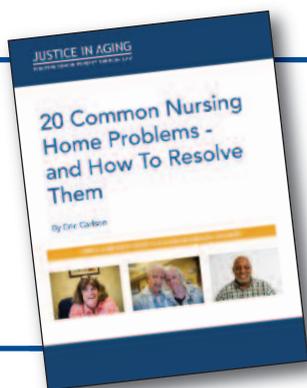
HomePorts Quarterly Education Program
'Palliative Care'
Presented by Shore Regional Health System, Chestertown
11:00 am
Chestertown Town Hall
2nd Floor

November 18

'Ask A Dietitian'
Presented by Shore Regional Health Center at Chestertown (walk in to discuss dietary concerns)
10:00 am - 3:00 pm
For information, call 410-778-7668, ext. 2274

November 20

HomePorts Member Luncheon at the Fish Whistle
12:30 pm



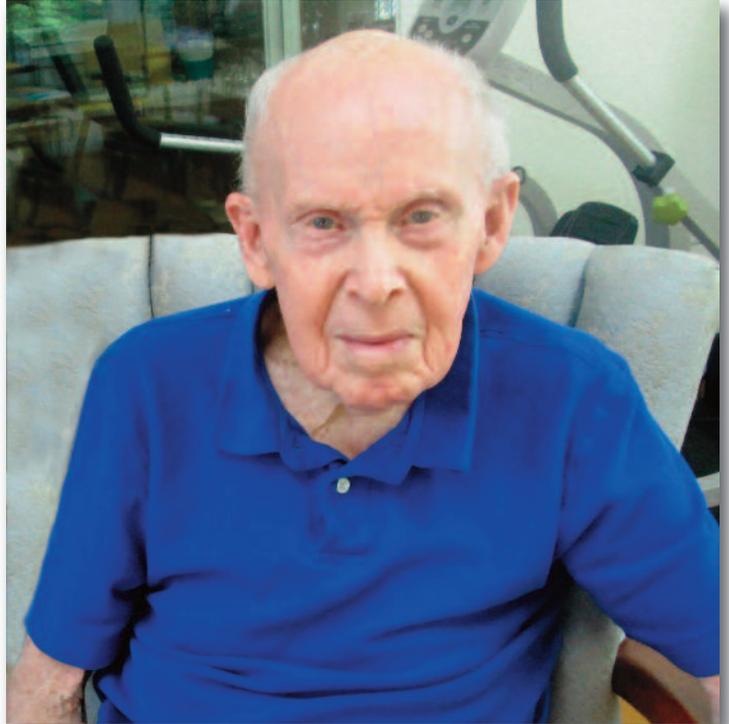
NURSING HOME INFORMATION

The non-profit organization Justice in Aging had issued a new online guide called "Twenty Common Nursing Home Problems and How to Resolve Them." Advocates for those in long-term care should be familiar with practices legally required in nursing homes. The guide is available at www.justiceinaging.org.

IN MEMORIAM ...

This issue is dedicated to Jack Matthews, a charter member of HomePorts. His keen sense of curiosity, dependably upbeat spirit, and unflagging passion for healthy aging were magnets that drew many friends to see him on Byford Drive after he became homebound with arthritis.

He researched exercise regimens and equipment and believed that his longevity - into his 90th year- was due to his persistence with his exercise bike, rebounder, and hand weights. He was a cheerleader for HomePorts and for the “village” concept, choosing to remain at home until he died on October 3, 2015.



A FEW THOUGHTS ABOUT AGING IN PLACE

Homeports is a member of the national “Village to Village Network”, a non-profit organization that offers guidance to the several hundred “villages” throughout the country. Recently there has been both local and national debate about the advisability of “aging in place”, i.e., remaining in one’s home in our senior years. Here are some thoughts from a village leader on the west coast:

As a professional in the field of aging with 45 years experience, I have watched the trends in both residential and community-based care in my state of Washington quite closely. There is a place on the continuum for every type of residence. Most good residential care is beyond what middle-income people can easily afford and selling one's home is the only way to finance it unless one has accumulated significant wealth. With the explosion of older people (including those who haven't saved much), we need to have good, solid, non-residential and non-bureaucratic solutions to aging frailty and isolation. Those who actively choose

to move are choosing what they want and that is different from what those who actively choose to not move want. The former are more comfortable living in a homogeneous atmosphere where many decisions of daily life are made for one. Yes, hanging on by one's fingernails in an unsafe, isolated manner in a home that you can no longer keep up is no one's vision of a desirable situation. Those of us who are active in villages are trying to create one of the better ways to age at home. It's not for everyone. Our responsibility is to make what we have to offer as warm and reliable as we possibly can. It's a wonderful challenge!

William James said, “Act as if what you do makes a difference. It does.”

AND THEN IT IS WINTER

Provided by Fred Alden and Jim Donaghy

You know ... time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is... the back nine of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first hole and the back nine was so far off that I could not fathom it or imagine fully what it would be like. But, here it is ... my friends are retired and getting gray. They move slower and I see an older person now. Some are in better and some worse shape than me, but I see the great change. Not like the ones that I remember who were young and vibrant but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Because if I don't on my own free will I just fall asleep where I sit! And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, even though I'm on the back nine, and I'm not sure how long it will last - I know, that when it's over on this earth it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the back nine yet let me remind you that it will be here faster than you think. Whatever you would like to accomplish in your life please do it now! Don't put things off too long!! Life goes by quickly. Do what you can today, as you can never be sure whether you're on the back nine or not! You have no promise that you will see all the seasons of your life, so live for today and say all the things that you want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past!! Life is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Be happy! Have a great day! Remember ... It is health that is real wealth and not pieces of gold and silver. **Live happy now!**

Lastly consider this:

- your kids are becoming you - but your grandchildren are perfect!
- going out is good, coming home is better!
- you forget names, but it's OK because some people forgot they even knew you!
- you realize you're never going to be really good at anything like golf!
- you miss the days when everything worked with just an "ON" and "OFF" switch!
- you tend to use more 4 letter words like "what?"..."when?"
- what used to be freckles are now liver spots!
- everybody whispers!

Stay well Old Friend. Today is the oldest you've ever been yet the youngest you'll ever be. So enjoy this day while it lasts! Do not regret growing older. It is a privilege denied to many!

HELP FOR MEDICARE OPEN ENROLLMENT



Upper Shore Aging, Inc., 200 Schaubert Rd., provides free help with Medicare questions. Open enrollment season for Part D is October 15 to December 7, 2015. Please call Krystal Herring, Senior Health Insurance Program Coordinator, for an appointment: 410-778-2564.

IDENTITY THEFT INFORMATION



HomePorts September education session featured Holly Johnson, of Chesapeake Bank and Trust, discussing the problem of Identity Theft. Good information on this topic can be found at: www.consumer.ftc.gov/features/feature-0014-identity-theft.

SENIOR NEEDS ASSESSMENT



The Kent County Commission on Aging asks those 60 and over to complete a short survey designed to collect data on the present and anticipated future needs for local services. Copies of the survey form will be available until December 15 in Town offices and at the HomePorts office. An on-line web address will also be provided for those choosing to reply via Internet.

IT'S THAT TIME OF YEAR!



We continue to limit requests for contributions to once each year. Recently our 2015 letter was sent asking for tax-deductible donations to support HomePorts services for greater Kent County. Please know that membership fees do not cover the costs of maintaining HomePorts. The remainder of the resources required comes from supporters like you. Thank you for sustaining this organization for seniors in our local community!

*It's a comfort for me to know I have a way to get places
and keep appointments!*

Driving a member for a lab test at the hospital one day, a volunteer asked, "Is there anything you'd like to say to someone considering a HomePorts membership?"

Response: "I like HomePorts. I've been a member since it started. I didn't need it then, but I do now. I'd never had an accident until one day I was going around a corner and hit a parked car. No one was hurt, but it was a signal for me to stop driving. I figured it was wise to quit while you're ahead. It's a comfort for me to know I have a way to get places!"