

## MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright  
Executive Director

It is somewhat startling how quickly the years are passing. No sooner do I get used to writing 2016 than it's 2017. Regardless of the date, we continue to be busy at HomePorts, with much to look forward to in the coming year. First up is our Annual Meeting, to be held on Tuesday, February 7, at 11:30 a.m. On Monday, February, 13, at 5:00 p.m. we will host a webinar at the Unitarian Universalist Meeting House featuring Dr. Atul Gawande, author of *Being Mortal*. You will find more information about this event on the following page.

Other plans for 2017 include more educational programs, our annual fundraising dinner at Luisa's, additional volunteer training, and another community health fair. I would also like to encourage you to attend one of our monthly dutch-treat luncheons. They are always held on the third Thursday of the month at 11:45 a.m. The restaurants change month-to-month, but the camaraderie and the conversation are always wonderful. If you are interested in attending, please let me know and I will be sure you know where the luncheon will be that month. There were more than 20 people at the January lunch at the Kitchen at the Imperial and I hope to see more at the February 16th lunch at Plaza Tapatia.

Finally, I would like to take a moment to thank our wonderful volunteers without whom we could not exist. Our tireless volunteers logged more than 1,200 hours of service in 2016--a herculean effort by any standards. Their selfless energy and generosity with their time never ceases to astound me. Bravo to each of them!

## WE HOPE YOU WILL SHARE YOUR THOUGHTS!

We are always looking for writers and newsletter topics. If you have a book you would like to recommend ... find an article you want to share ... or have a medical question, just email [info@homeports.org](mailto:info@homeports.org).

### HomePorts Annual Members' Meeting

Tuesday, February 7  
11:30 am - 1:00 pm  
Chestertown Town Hall Upstairs  
Hear about HomePorts progress and join us for lunch!

### Webinar Presentation with Atul Gawande

(author of *Being Mortal*)

Monday, February 13  
5:00 pm to 6:00 pm  
Unitarian Universalist Meeting House, 914 Gateway Drive  
Chestertown - followed by optional dinner

### Members' Luncheon

Thursday, February 16  
11:45 am  
Plaza Tapatia in the Kent Shopping Plaza, Chestertown

### HomePorts Education Program Can You Hear Me Now?

Tuesday, April 14  
11:00 am - Chestertown Town Hall, upstairs  
Learn about new developments in audiology with Stacie Glover & Barbara McLendon from the Hearing Center of Chestertown

### HomePorts Education Program Our Mental Health & Wellness

Tuesday, May 16  
10:30 am - Chestertown Town Hall, upstairs - with Patricia Deitz, Chester River Behavioral Health



## WEBINAR PRESENTATION FEBRUARY 13

*Villages: The Value of  
Community and Choice  
As We Grow Older*

*with author Atul Gawande*

HomePorts has organized a free presentation featuring a simulcast from Boston on Monday, February at 5:00 pm. The one-hour event takes place at the Unitarian Universalist Meeting House, 914 Gateway Drive, Chestertown.

Speaker Dr. Atul Gawande is a renowned surgeon, public health researcher, writer and author of the groundbreaking book *Being Mortal: Medicine and What Matters in the End*. His conversation, entitled *Villages: The Value of Community and Choice as we Grow Older*, will feature a discussion on aging, living

life with purpose, and how we can transform the possibilities for the later chapters in everyone's lives. His book is described by Amazon.com as "riveting, honest, and humane....showing that the ultimate goal is not a good death but a good life - all the way to the very end, a book that has the potential to change medicine - and lives." Members are encouraged to read the book and form a group to share dinner and conversation at Luisa's Cucina after the event.

This event commemorates the 15th year of the founding of Beacon Hill Village, whose adherents want to 'age in place'. They created an organization, a virtual village, which opened in Boston's Beacon Hill in 2002 and enabled people over 50 years of age the option of choosing how and where they live as they grow older. The concepts behind Beacon Hill Village have spread across the country, thus creating a 'Village Movement' and have attracted the interest of many countries around the world. One of the great issues worldwide today is how to support and care for aging populations. By 2030, twenty percent (20%) of our nation's population will be over 65, an estimated 83 million people. The Village concept and Dr. Gawande's profound understanding of the importance of community and choice offer valuable insights and solutions for this challenging phenomenon.

In addition, Compass Regional Hospice is hosting a free film screening and discussion of the PBS Frontline documentary *Hope is Not a Plan*, featuring Dr. Gawande on February 23 from 6:00 pm to 8:00 pm at the Todd Performing Arts Center, Chesapeake College. The presentation is based on his book and focuses on the question, "Have you and your family had the important conversations and planned ahead?"

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## THE IMPACT OF THE 'VILLAGE' MODEL

HomePorts is modeled on the classic 'village' construct, a grass roots, community-based aging-in-place organization. According to an article in Health Education Behavior in 2014 by Carrie L. Graham, Andrew E. Scharlach and Jennifer Price Wolf, "villages represent a promising new model designed to support community-dwelling seniors with a number of positive impacts that may reduce social isolation, improve well-being, and increase confidence aging in place."

The authors concluded that the strongest benefits of villages are the success in promoting social engagement and facilitating access to services.

If you have an older friend, family member, or neighbor in greater Kent County who may need help remaining safely at home or who plans to stop driving, HomePorts is here. Call 443-480-0940 to request information and a home visit.

## NEED HELP WITH YOUR TAXES?

AARP Foundation Tax Aide is offering free tax preparation help in the Chestertown locations listed below. All ages are welcome - you just need to bring the following with you when you come:

- copy of last year's income tax return
- W-2 forms from your employer (if you are working)
- unemployment compensation statements
- SSA-1099 form if you received social security benefits
- all 1099 forms showing interest and/or dividends
- documentation showing original purchase price of sold assets
- 1099-R form if you received a pension or annuity
- all forms indicating federal income tax paid
- dependent care provider information (name, employer, ID, social security number)
- receipts or canceled checks if itemizing deductions



### Free Tax Help Is Available:

Thursday's - 9:00 am to 3:00 pm  
Kent County Public Library

Saturday's - 9:00 am to 12 Noon  
Amy Lynn Ferris Center

For appointments call 410.778.2564  
on Tuesday's, Thursday's & Friday's

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## THE ECONOMIC CASE FOR OLDER

COMMUNITIES *from The Huffington Post, 7/22/16*

Imagine you're the mayor of a small town. The economy is slow, and you need to do something to improve the quality of life in your town. Luckily, you have an opportunity to bring in 1,000 new residents of your choosing. You can choose 1,000 40-year-olds, or 1,000 60-year-olds. Who will do more for your community? Ninety-nine mayors out of a hundred would say the 40-year-olds. Unfortunately for them (and their towns' economies), it's the wrong answer.

It's wrong because, as a group, older people bring unmatched economic benefits to their communities. This might surprise many people, not just mayors. Again and again, the powers that be - urban planners, transit system directors, zoning boards, real estate developers, chambers of commerce, politicians, and others charged with making big decisions about our communities - vote for the 40-year-olds. Every time they do, they're leaving money on the table. Age-friendly communities are "economic engines" and older adults can provide fuel, according to Margaret Neal, PhD, director of the Institute on Aging at Portland State University and co-author, with Alan DeLaTorre, PhD, of *The Case for Age-Friendly Communities*, commissioned by Grantmakers In Aging.

## What Is Success?

At age 4 success is . . . not piddling in your pants

At age 12 success is . . . having friends

At age 17 success is . . . having a driver's license

At age 35 success is . . . having money

At age 50 success is . . . having money

At age 70 success is . . . having a driver's license

At age 75 success is . . . having friends

At age 80 success is . . . not piddling in your pants



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## WINTER SAFETY TIPS!

Winter is upon us. It's a beautiful time of year - but also has its fair share of hazards. Seniors in particular must take extra precautions to remain safe, healthy, and happy during this season. While a visiting nurse or home health aide can help those in need through the day, many of us may be alone at times through the colder months. Here are a few tips to help you navigate through the winter months and avoid potential injury.

1. Take sidewalks when possible. If there is no sidewalk and the street is clear, walk against the flow of traffic and stay as close to the curb as possible.
2. Avoid walking in the streets at all costs if possible. If it's an emergency, and you can't avoid the street, wear bright or reflective clothing.
3. Wear clothing that does not restrict your vision. Stay warm, but DO NOT impair your vision with hoodies, ski masks, scarves, hats, etc. This type of clothing could prevent you from spotting icy conditions leading to a fall.
4. Snow and ice cause havoc quickly, so use extra caution when crossing roadways, and always cross at designated crosswalks.
5. Ice hides under a light dusting of snow. Just because you don't see the ice doesn't mean it's not there waiting for your unsuspecting footfalls.



6. When walking on unfamiliar sidewalks or roads, keep alert. You may not have knowledge of where potential danger exists.
7. Where you can't avoid the ice and snow, bend your knees slightly and take slower, shorter steps reducing the probability of a slip and fall injury.
8. When using the steps at someone's home, apartment, or public facility, walk slow and take shorter steps when descending. The same is true of driveways and other hilly terrain; these areas can be very dangerous when they become slippery. Steps especially can be hard to clear and build up ice easily.
9. Be aware of overhead exposures! Falling icicles kill hundreds of innocent people annually. Icicles build up in size very quickly with dagger-like formations. Stay clear from the edges of buildings.

*Check out [www.ready.gov/winter-weather](http://www.ready.gov/winter-weather) for more tips and information! Stay safe!*

## PHYSICALLY FITCH

### PERSONAL FITNESS TRAINING STUDIO

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## SPOT A STROKE F.A.S.T.

**F**ace ..... Does one side of your face drop or is it numb?

**A**rm ..... Does one arm feel weak or drift downward when raised?

**S**peech..... Do you have trouble speaking or repeating a short sentence?

**T**ime ..... Call 911 immediately. Be sure to note when symptoms first appeared.