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Keeping Home a Safe Harbor

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Newsletter deadline — 10th of preceding month

Send articles and comments to editors

A Word from the President



Muriel Cole

HomePorts Sets Up Aid Program for Lower-Income Community

From its inception a recurring issue for HomePorts has been inclusion. Our membership fee is lower than similar organizations in other areas, but there are many homeowners who simply cannot afford our annual fee. After dialogue with other “villages” that have memberships for limited income older adults, HomePorts is pleased to announce a limited number of memberships at reduced fees.

Elderly low-income residents generally suffer from chronic illness, injuries, and disabilities at disproportionately high rates. Local aid agencies that have never been adequately funded or had volunteer programs are now being cut back even further. Cathy Daggett, RN, of the Kent County Health Department, whose team evaluates older adults at risk, says, “There is such a need for volunteers to help older people here. The demand is huge. If HomePorts can help even a little, it would be a godsend.”

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What's Up?

August 7— Betterton Appreciation Day— 10 AM—5 PM. Parade, craft vendors, swimming, and of course, Cow Plop Bingo.

August 14— Dover English Country Dances-1st Annual Colonial Dance-Prince Theater—7:30 PM Watch and join in Colonial dances. Instruction given. Call box office, 410-810-2060.

August 17— Riverfront Concert Series—Custom House Lawn (Rain: Decker theater Washington College) 6:30-8PM. Mac Walter & John Cronin—jazz, folk, blues.

August 21— Millington Day— 10 AM—5PM. Classic cars, horseshoe contests, live music.

At Your Service

Provider News

HomePorts is pleased to be able to refer over 50 providers, local businesspersons who have each been interviewed and approved by the Board. HomePorts providers are honest, reliable, and are reasonably priced. **See insert.** If a member has a less than satisfactory experience with any vendor, the situation is investigated.

Providers perform a very wide variety of home-related services, using a very broad range of knowledge and skills. All have an appreciation for the challenges of aging in place. Enclosed is a listing of *examples* of services that are available. If no vendor is approved for a specific home-related service, HomePorts will strive to find a qualified vendor to meet the need.

Attention HomePorts Providers: We now have a HomePorts logo especially designed for your use in advertising. If you are interested in using a HomePorts logo please contact Stephanie and she will provide you with an electronic version.



Health and Fitness

Recommended Reading: *Still Alice* by Lisa Genova

If you still have room on your summer reading list, consider adding *Still Alice* by Lisa Genova, a novel that reads like nonfiction about a woman in midlife and mid-career who, along with her family, must come to terms with the fact that she is a victim of early-onset Alzheimer's disease. The book is informative and moving, providing factual information about the disease along with a compelling story about its effect on the victim and those she loves and works with.

Also on the subject of dementia is the recent debunking of two myths regarding the disease by Paul B. Rosenberg, MD, assistant professor of psychiatry and behavioral sciences at Johns Hopkins University School of Medicine.

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A Word from the President , cont'd.

Annual membership is \$35 for individuals and \$50 for households. In addition to services from HomePorts volunteers, each household receives an annual credit of \$300 which can be applied toward any services from a HomePorts-approved provider or any activities of HomePorts that might require a charge, except for the annual fee. This membership is considered a full membership with all the benefits that apply.

Individuals with incomes at or below \$ 32,000 and households with combined income at or below \$ 44,000 are eligible to participate. Eligibility is determined by the Executive Director based on a review of income tax returns or other indicia of income. The identity of the members is kept confidential and known only to the Executive Director.

Initially this program will be restricted to 10% of the HomePorts membership. Applicants are taken on a first come, first served basis. This program is self-supporting through contributions by community supporters. Your tax-deductible contribution of \$750 will support one member for a year.

Health and Fitness cont'd.

Myth #1: Drinking red wine protects you from dementia because of the resveratrol it contains. No data has been found to support this claim, says Dr. Rosenberg, who adds, "You'd probably have to drink 20 bottles per night to get a good dose." *Cont'd. Next Column*

Myth # 2: Gingko biloba can prevent memory loss. Optimism in recent years that this herbal supplement might slow or prevent memory loss has not been supported by the research, according to Dr. Rosenberg.

Membership Committee Needs

"For all the advances in medicine, there's still no cure for the common birthday," John Glenn once noted. HomePorts is a consumer-driven alliance of those of us with birthdays of 55 or more. The HomePorts Membership Committee is strengthening efforts to understand the wishes and needs of those of us intent on remaining content, safe, and confident in our own homes; and getting the message out of how HomePorts can help. The aim is an informed greater Kent County community. If you can help with the message, serve as ambassadors with brochures and posters, help with advertisements, or a couple of hours staffing our Fountain Park table on Saturdays, please contact HomePorts.

Volunteer Drivers Needed!

HomePorts is growing and so are requests for the volunteer services it provides. Chief among these are requests for drivers to take members to doctor's appointments, local shops and services, physical therapy and so on. Volunteers can be of any age and can stipulate when they are and are not available. Please call Stephanie Sullivan at 443-480-0940 to add your name to the list of volunteers.

Save the Dates

September 16—Stammtisch returns. Come enjoy lunch and share your summer experiences. 1 PM. River Heart Café.

September 24—Quarterly Education Meeting—Kent County Sheriff Price will discuss "Keeping Safe at Home."

HomePorts is a non-profit 501(c)3 membership alliance providing access to a wide range of services designed to offer mature adults what they want and need to remain content, safe, and confident living in their own home. For information about membership, call 443-480-0940 or email info@homeports.org or visit us on the Web at: www.homeports.org

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HomePorts is a cooperative for life care at home. As a 501(c) (3) non-profit organization, the mission of HomePorts is to identify, monitor and ensure access to a wide range of services that help members remain comfortably in their own homes as they age. For information about membership, call 443-480-0940 or email info@homeports.org or visit us on the Web at:

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