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Keeping Home a Safe Harbor

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Newsletter Deadline – 10th of preceding month

Send articles and comment to editors

A Word from The Executive Director



Stephanie Sullivan

I would like to thank the board members, members, and volunteers in welcoming me to HomePorts. As many of you know I started as Executive Director on December 1st. I am honored to be part of this cutting edge concept that supports members' remaining active and independent in their homes. I look forward to an exciting year ahead with HomePorts, Inc. Happy New Year!

We are part of something BIG!

The HomePorts concept of supporting members aging in place is nationally known as "Villages". This concept is fairly new and spreading fast across the country. An organization called Village to Village Network was established to support these villages by sharing ideas and establishing best practices in this new field. As a member, HomePorts has access to information about how other villages operate and how to best serve our members that will help us operate more efficiently and effectively as we grow. If you are interested in more information on Village to Village Network, you are welcome to call the office (410-778-1821) or visit their website at VtVnetwork.org.

My office hours are Tuesdays and Thursdays 9 AM to 12 Noon. I am available by phone Monday through Friday 9 AM-5 PM.

WHAT'S UP

FEBRUARY 20: 12 Noon - Stammtisch
Dutch treat lunch and conversation - Imperial Hotel. Call 410-778-5000 for reservation at the "HomePorts table".

FEBRUARY 24: 12 NOON – WC-ALL
Learn at Lunch – *The Crisis – Five Days in April 1861*. Hynson Lounge, Hodson Hall, Washington College. Reservations required. Call 410-778-7221.

Spotlighting a Member

Meet Nancy Silcox

You've heard her cheery voice when she reminds you of the monthly luncheon at the Imperial Hotel. Well, here she is! Nancy Silcox. As a member, she has been using our volunteer services; she has now become a willing volunteer caller.



Nancy sharing a story

Raised as a "Navy brat" Nancy came to the Eastern Shore in 1936. In 1944 she eloped to become the bride of a local farmer. She had never made a bed or cooked a meal, but soon became a farmer's wife and raised five children in Kennedyville. After the family grew up, she became successful in real estate sales.

Retired now and living in the midst of her children's 100-acres of farmland, she keeps busy at home. Nancy is surrounded by books and memorabilia. She not only has St. Nicholas magazines from 1883, but also a collection of novels from 1839 with hand-painted illustrations. Her book collection is numbered in the thousands. If you would like to have an interesting and informative conversation, spend an hour with Nancy. Her enthusiasm for life is infectious!

Health and Fitness

Let's Get Moving!

Most of us have neglected regular exercise and eaten more than we should over the last six weeks. Now, armed with New Year's resolutions, we are ready to start an exercise regime. The weather is generally frightful, so walking outside is not appealing. What to do? Well, fortunately there are exercise and fitness centers for all levels of activity in our area, three of which are in Chestertown.

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Health and Fitness *cont'd.*

Let's Get Moving!

Curves 400 S. Cross St., Ste. 2, Chestertown, 410-810-1011. CurvesSmart is a state-of-the-art personal coaching system that has been incorporated into the 30-minute circuit workout. The equipment, programmed for each individual, gives continual feedback and challenge.

Kent Athletic and Wellness Center 800 High St., Chestertown, 410-778-3148. A full line of aerobic equipment for cardiovascular fitness, circuit training equipment, and free weights for strengthening awaits. In addition there are racquet ball and basketball courts. A variety of exercise classes as well as personal training is also available.

AquaFit 818 High St., Chestertown, 410-778-6555. A medically based health and fitness center that also has a full line of aerobic and weight training equipment with the added features of a salt water pool that allows for both land- and water-based exercise classes as well as a heated whirlpool. There are a variety of classes and personal training available.

So take advantage of the fitness opportunities. Hope to see you at one of the centers.

Reflections on Aging

"People who walk fast, live longer!"

Dr. Luigi Ferrucci, from his January 7, 2010 presentation to the HomePorts Annual Forum.

(The above quote is his opinion, not scientific fact.)

Among other bits of wisdom Dr. Ferrucci provided:

- Maintain a good quality of life through healthy diet and exercise
- A small amount of wine daily has been shown to be good for you

"The way you view the aging process, positively or negatively, is going to affect your quality of aging," he told USA Today in November. "If you talk to many old people, what they are really desperate about is not the fact that they're going to die, but that they are going to be sick, dependent and have to rely on others."

The Annual Forum was another exciting educational event. If you missed it, we hope to see you at the next one. Check the newsletter and website for information.

Around Town

Ever wonder how Maryland stayed in the Union or the role of the Eastern Shore in the Civil War? Join William Shepard when he gives some insights at WC-ALL Learn at Lunch on Wed. February 24. (See What's Up.)

HomePorts, Inc.

HomePorts is a cooperative for life care at home. Certified as a 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: www.homeports.org

