

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

I *think* spring is in the air (well, at least the pollen is), but every time I turn the heat off, I have to turn it on again. I even had my air conditioner on for a few days last month. Hopefully the weather will make up its mind soon.

The onset of the warmer months brings families visiting and friends traveling. Since many of our members will have friends and families close by, there seems to be a lull in calls during the summer months. The other end of that is our volunteers also get busy with their visitors and travels and we therefore have fewer volunteers. Somehow it all seems to balance out.

I would like to remind those of you who use our volunteer transportation services that we need at least 24 business hours to procure a volunteer. Please call us as soon as you make an appointment (even if it's next month,) so we can start coordinating people. It is very difficult and somewhat stressful if we get a call late Friday afternoon for a Monday morning appointment.

We have been busy making plans for upcoming educational events and our scholarship fundraiser in Betterton on May 19. We have also been discussing the possibility of having "neighborhood gatherings" of members and volunteers who all live in the same geographical area. I would love to hear your thoughts on that. Would you be interested in getting together for tea or cocktails at a neighbor's house to meet other Homeports constituents in your area? Would you be interested in hosting such an event? If you have any input, please give me a call at 443-480-0940 or email me a Karen@homeports.org.

Lastly, Homeports would not exist without members. If you have a friend or a neighbor who you think could benefit from our services, please tell them about us. I will be happy to mail them a package of information and/or visit them to explain all the advantages of membership. They can also visit us at our table at the Chestertown Farmers' Market on Saturday mornings.

Wishing you all a healthy and happy spring!

We could certainly slow the aging process down if it had to work its way through Congress.

Will Rogers

HomePorts Luncheons

May 16 & June 20

12:30 pm

Fish Whistle Restaurant

Come out and share a meal with your neighbors. Call HomePorts to reserve your seat!

Mark Your Calendars!

May 19

4:00 pm to 6:00 pm

Celtic Spring Aires

Betterton Community Center

A musical event to support HomePorts Scholarship Program

June 11

2:00 pm

HomePorts Educational Program

Town Hall, second floor
Homeports Meeting Room

Topic:

Planning Ahead ...

Knowing Your Local Home Care Options

With:

Cynthia A. Bach

Executive Director

Home Care and Hospice,
Chester River Health System

AN AFTERNOON OF CELTIC SPRING AIRES SUNDAY, MAY 19 FROM 4:00 PM TO 6:00 PM BETTERTON COMMUNITY CENTER

Tickets are on sale now to hear the trio of Meredith Davies Hadaway playing the Celtic harp, Rebekah Hardy on oboe, and Michael Buccino on guitar and bass, performing at the Betterton Community Center on May 19. The theme is Celtic Spring Aires. Drinks and hors d'oeuvres will be served, and door prizes will be featured.

All proceeds will benefit the HomePorts Scholarship Program, which supports memberships for those in Kent County on limited incomes. This program is coordinated with the Health Department, the Department of Social Services, and Upper Shore Aging, Inc. Tax-deductible contributions to support this program are welcome.

Tickets are \$50 per person can be purchased by emailing karen@homeports.org or calling Karen at 443-480-0940.



Michel Buccino, Meredith Davies Hadaway & Rebekah Hardy

MEALS ON WHEELS CAMPAIGN



On the occasion of May as Older Americans Month, Kent County is asking for help to strengthen the Meals on Wheels Program. Three times per week volunteers deliver meals to homebound seniors. Due to state and federal budget cutbacks, there is now a waiting list for this invaluable program, which also serves as a safety check on vulnerable older adults. HomePorts does not normally offer space to other groups sponsoring activities, but asks you to consider donating to Meals on Wheels when you receive a request in the mail this month.

MONTGOMERY COUNTY VILLAGE BLUEPRINT

A Village is a grass roots organization created for the purpose of providing older adults lifestyle choices that include their desire to continue to live in their own homes with independence and dignity. HomePorts was one of the first "Villages" in the nation, and the concept is catching on. Montgomery County, Maryland, has created a "Village Blueprint", a step-by-step guide to help communities within the county start a Village. For additional information visit: www.montgomerycountymd.gov.



"The rapidly-spreading Village Movement is helping older adults age gracefully by offering the best of two colliding worlds: "aging in place" to avoid institutional living while creating tight community bonds to foster better health and social connections. The village concept is a return to the good old days when neighbors cared for neighbors."

California Health Report
March 19, 2012

10 QUICK TIPS FOR BETTER COMMUNICATION

Alzheimer's disease and related dementias can gradually diminish a person's ability to communicate. Not only do people with dementia have more difficulty expressing thoughts and emotions, they also have more trouble understanding others. The ability to exchange our ideas, wishes and feelings is a basic need. The Alzheimer's Association recommends ways to better communicate with a person with dementia. Here are ten quick tips for better communication:

1. Be calm and supportive.
body language is 55% of communication
2. Focus on feelings, not facts
3. Pay attention to your tone of voice.
tone of voice is 38% of communication
4. Address the person by his or her name and always identify yourself.
5. Speak slowly, using short simple words
words are 7% of communication.
6. Ask one question at a time, staying away from yes/no type questions.
7. Avoid vague words and negative statements.
8. Don't talk about the person as if he or she isn't there.
9. Use nonverbal communication, like pointing or gesturing.
10. Be patient, flexible and understanding.

SYMPOSIUM UPDATE

Highlights of our extremely successful 2013 Symposium on Healthy Aging are on our web site at www.homeports.org. Many thanks to all the volunteers, speakers, exhibitors, and attendees for contributing to this popular event. Plans are already underway for Spring 2014!

Sam Ricketts, Chester River Home Care and Hospice, chats with a participant.



Trish Gruber of Chestertown Natural Foods discusses healthy eating with a Symposium participant.



Jon Hanley, owner of Hanleyman Services, chats with Jim Urda, participant, about safety devices for the home.

ELDER FRAUD

“Scams against seniors are a very hot topic,” says Jennifer Schultz, Assistant Branch Manager at Chestertown’s PNC Bank. Remarkably, she encounters an example every day here in Kent County. “The phone is the biggest problem,” she notes. She advises to never give an account number or social security number over the phone. Call your bank immediately if you have any concern about any request, including from family members.

Ten tips you can use to help prevent fraud:

1. Avoid sending money or providing personal financial information.
2. Do not speak at length with people who are unfamiliar to you.
3. Do not sign any documents without reviewing them carefully.
4. Make sure to verify all claims.
5. Reach out for help before investing or spending considerable amounts of money.
6. Shred all bills, notices, and personal mail before throwing them away.
7. Recognize predatory lending practices
8. Avoid health insurance scams by identifying red flags.
9. Bypass the “Sucker List”, for sweepstakes, etc.
10. Just hang up.

Falling for a scam can be embarrassing, but it is important to report any problem or possible problem. These crimes are frequently not reported. Banks and law enforcement agencies need the public’s help to identify schemes and track down con artists. And if you are not already on the national “do not call” registry, sign up by calling 1-888-382-1222.



Read documents carefully before signing.



Destroy credit cards before throwing away.

IN-HOME SAFETY



In the March 14, 2013, issue of the Washington Post, AARP home design expert Amy Levner was asked to describe the most important thing seniors can do to reduce home dangers. She said, “The bathroom is the most dangerous room in the house, for any family member. Check flooring, ease of using the bath and shower ... particularly getting in and out of it. Consider a ‘comfort height’ toilet and install grab bars.”

Several HomePorts providers will give you free estimates for installing these aids and can suggest options.

CONSIDER A HOMEPORTS MEMORIAL DONATION

HomePorts welcomes donations in memory of a deceased member, friend, or relative. All contributions are tax-deductible.

