

MESSAGE FROM OUR PRESIDENT



Karen Wright
Executive Director

If you are like me, you are counting down the days until spring. February always seems like a long month to me, but keeping busy helps the time to pass more quickly.

We have certainly been busy here at HomePorts. We held our Annual Meeting on January 26, followed by a brunch of soup, salad and quiche. The meal allowed the board, staff and members to sit down and talk about HomePorts and how we can better serve our membership.

We welcomed three new people to our board: Jean Austin, who is the CEO at St Martin's Ministries in Ridgely; Joe Harding, the retired budget director in Ocean County, New Jersey and member of the Kent County Library Board and Commission on Aging; and Jane Hukill, former president of the UM Chester River Health Foundation Board and co-founder of HomePorts. Jane serves on several boards and returns to the HomePorts Board after a one-year sabbatical.

Members are receiving our Annual Report and survey with this newsletter. Please take the time to respond to the survey. It gives us a better understanding of what we are doing right and what we can improve. Your feedback is very important to us.

Another way to keep busy in the winter months is to make to-do lists. What needs to be done in your home to properly maintain it and keep it in working order? Can you do these things yourself or do you need help? Can one of our volunteers help you or can we refer you to one of our vetted professionals? Whatever the case, let us help. We have service providers for everything from house cleaning, to painting, to roofing. If you've never used a HomePorts provider, you are in for a treat.

Finally, I hope to see you all at our Community Health Fair on April 2. We will be hosting a workshop entitled "Your Plan for Living the Good Life" presented by Peter Engstrom, an expert on master aging plans. Peter's presentation at last year's symposium was so popular that we decided to bring him back to give a detailed, personalized interactive workshop. In the meantime, stay warm and stay safe.

What's Up?

- **February 19**
HomePorts Member Luncheon at the Fish Whistle
12:30 pm
- **April 2**
Community Health Fair
Co-Sponsored by HomePorts and Shore Regional Health System
8:00 am to 1:00 pm
Kent Count Middle School
402 East Campus Avenue
Chestertown
(see inside spread for more details)
- **April 21**
HomePorts Education Presentation: Joint Replacement 101
Presentation by Dr. Andrew Cumiskey, Chestertown Orthopedist
11:00 am
Chestertown Town Hall
2nd Floor

HOMEPORTS AS A BEQUEST

As a 501(c)3 organization, HomePorts welcomes memorial donations from those who want to remember a friend or family member who has died. All contributions are used to strengthen our services and our membership capabilities.

DON'T MISS THE BIG COMMUNITY HEALTH FAIR - APRIL 2



To promote wellness in the greater Kent County community, HomePorts signature event in 2015 is a free health fair, taking place on Thursday, April 2, from 8:00 am to 1:00 pm at the Kent County Middle School, 402 East Campus Avenue in Chestertown.

A committee chaired by Wayne Benjamin, MD, is hard at work soliciting sponsors, exhibitors, and advertisers for the resource guide and preparing a schedule that offers something for all ages. Free health screenings will be offered by the Shore Regional Health System.

Experts will present informal talks on eight topics of interest to seniors, including heart health, diabetes prevention, incontinence issues, and pain management. Morning refreshments will be supplemented by food trucks on hand for lunch.

And you won't want to miss our exhibit hall with over 50 exhibitors who will display a wealth of useful information.



MASTER AGING WORKSHOP

In conjunction with the Health Fair, a two-hour workshop, "Your Plan for Living the Good Life" will be offered, with a registration fee of \$35. Participants will prepare a personalized plan for successful aging, under the guidance of Peter Engstrom of the "At Home Chesapeake" Village in Severna Park. Mr. Engstrom is Co-Director for Strategic Planning at Board of Directors, National Village to Village Network, and Co-Founder and Chairmen of the Board at the At Home Chesapeake Village.

He is returning by popular demand after an engaging talk on planning at the 2014 Healthy Aging Symposium, "Planning For The Future". As Mark Twain said, it's where we are going to spend the rest of our lives.



Peter Engstrom

DRUG INTERACTIONS ... KNOW MORE, BE SURE

Drug interactions occur when the effect of a particular drug is altered when it is taken with another drug or food. A quick Drug Interactions Checker is available at www.drugs.com/drug_interactions.html. After entering the drugs you take, including vitamins and over-the-counter meds, the site lists any possible adverse interactions and foods to avoid. Be sure to check it out!

FITNESS ... WHY EXERCISE?

by Jack Matthews

At mid-way through my 90th year I exercise because I always feel better when I finish and I enjoy the challenge. I also have to do some type of movements during the day to keep the arthritis loose. Osteoarthritis caused me to give up driving two years ago so attending a gym is impractical. This means I do everything at home. My balance and walking are the most serious problems so there are two excellent pieces of equipment, plus hand weights and elastic bands, to work with.



The first equipment I work on is a rebounder or mini trampoline. According to many fitness experts, this may be the single most effective piece of exercise equipment. For me, it is especially good for loosening the arthritis before any other exercise, but it can even help anyone who cannot walk, by sitting on the edge of the tramp while someone else bounces it. The other equipment is a NuStep, purchased because it was the safest machine for my wife with early stages of Alzheimer's. Combining both machines, weights, elastic bands or intervals, I spend 20 to 40 minutes a day exercising, depending upon where I am in the routines.

If the weather allows, I often finish the schedule on an adult tricycle, riding on streets in our community. The handle bars are set so that I am pulling up with my arms and pedaling, for a good workout. Cycling motion is much more compatible with arthritis than walking.



There are a number of fitness on the internet, providing helpful information to develop a home program. Many have videos and books for sale. The quantity of exercise information is extensive, so take care to use common sense or seek advice from someone you trust. From every fitness source I have read, some type of physical exercise is recommended to maintain good health for both sexes at all ages. I am convinced that my passion for exercise has contributed to my current ability to move and breathe.

MEMORY ASSESSMENT AVAILABLE ON-LINE

The Copper Ridge Institute, affiliated with the Johns Hopkins School of Medicine, offers a free on-line questionnaire with personally-tailored information about one's risk of developing late-life cognitive impairment. There is a self-report version and a version you can take for a friend or loved one to discover his/her risk of developing dementia. Each version takes only about 10 minutes. Go to www.alzcast.com. Of course, this tool does not replace the need for discussions with your doctor, but early diagnosis is important.



amazon.com

The next time you find yourself ordering from Amazon, go to the HomePorts web site to access Amazon. HomePorts benefits from every order placed when you click on HomePorts first! It is of no cost to you.

Wrinkles should merely indicate where smiles have been.
Mark Twain

