

FARWELL TO RETIRING BOARD MEMBERS ...
WELCOME TO NEW BOARD MEMBERS.

HomePorts Board members gathered on January 12th at the Chester River Yacht and Country Club to honor retiring Board Members Louise O'Brien and Suzanne Street. At the same time we welcomed the new Board Members shown below.



*Incoming
Board Members,
left to right:*

*Scott Burleson,
Gerry Edwards,
Ann Murray, &
Herb Friedman*

Mark Your Calendars!

January 24
A Talk on Reverse Mortgages
by Marty Knight
1:00 pm to 2:00 pm
Town Hall, second floor
Homeports Meeting Room

**2nd Annual Symposium
Coming Up!**

April 4
Passport To Healthy Aging
8:30 am - 2:00 pm
Decker Theater at
Washington College

THE FORGETFULNESS OF AGING

Most of us, as we age, experience episodes of temporary memory loss and forgetfulness. Most of this is a common sign of normal aging. If you notice worrisome signs, consult your health care professional, but for the common forgetfulness associated with aging, try some of the helpful hints that follow. They may help you remember all that goes on in your busy life.

Most health experts also think it's important to take care of yourself and your brain. Therefore, nourish your brain. Eat fruits and vegetables (they're high in antioxidants) and drink water. Also, stay active. Stretching, aerobics and strength training increase the flow of oxygen to the brain. Finally, keep learning. Play games, read, learn a new skill.

Things You Can Do To Help You Remember:

- Keep lists.
- Follow a routine.
- Make associations (connect things in your mind), such as using landmarks to help you find places.
- Keep a detailed calendar.
- Put important items, such as your keys, in the same place every time.
- Repeat names when you meet new people. Associate the name with someone else you know.
- Run through the ABC's in your head to help you think of words you're having trouble remembering. 'Hearing' the first letter of a word may jog your memory.

WARDING OFF THE HOME HAZARDS OF WINTER

Here are a few things you should be doing (or should have taken care of) to limit home damage and liability during the winter months.



- Keep your steps and sidewalks clear of snow, ice, leaves, sticks and other debris.
- Remove heavy snow from your roof and gutters. You should have already cleaned any leaves and debris from your rain gutters.
- Maintain your home's heating system, including changing the air filter when needed.
- If you use a fireplace, keep the area around it clear and keep a fire extinguisher in the same room.



- Make sure all smoke and carbon monoxide detectors in the house are working properly.
- Disconnect any hoses still attached to outside spigots.
- Keep the temperature in the house above 65 degrees to help prevent your inside pipes from freezing.

WINTER WARNING ... PROTECTING YOUR WINDSHIELD



- Defrost your windshield gradually. Do not use your defroster to blow hot air onto a snowy or frozen windshield. This could cause any existing chips or nicks to expand into full-blown cracks.
- Use caution when changing wiper blades. Accidentally allowing the wiper arm to slap into the windshield can cause damage.
- Warm up the car before using ice scrapers. Do not use the scraper to bang on or chip away at ice on the windshield. Instead, take time to soften the ice by warming the car.



- Never pour hot water on a cold windshield. Besides potentially creating more ice and slippery ground conditions, you may also cause the windshield to break.
- Have chips, nicks and cracks repaired right away. Existing damage can worsen quickly with changing temperatures.