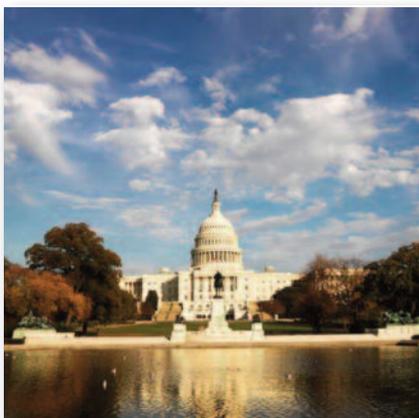


UPCOMING EVENT FOR VILLAGES NATION-WIDE

The National Village movement has tripled in size in the past four years and shows no sign of slowing. In 2013 there were over 31,000 unique visitors to the web site of the Village-to-Village Network, of which HomePorts is a member. The 6th National Village Gathering (annual conference) will be held this year from September 29 to October 1 in Washington, D.C. This year's theme is "Many Villages, One Voice, One Vision". All attending will learn and share valuable information with over 200 peers, plus learn about the latest innovations currently in the Village Movement. Plus there will be time to visit and explore the city on your time and with organized outings. A sizeable contingent from Kent County would be great. If you are interested in attending, call HomePorts, send an email message to info@homeports.org, or visit www.vtvnetwork.org for additional details.



October 1 has been designated as Village Hill Day and will coincide with the National Village Gathering. Conference attendees will have a chance to storm Capitol Hill with Village leaders, members and supporters to spread the word about the great work Villages are doing for older adults across the country.

What's Up?

- **September 18**
HomePorts Member Luncheon at the Fish Whistle
12:30 pm
- **September 24**
HomePorts Quarterly Education Program
Fall Prevention & Balance
Chestertown Town Hall
2nd Floor
10:00 am - 11:00 am
- **October 4**
Alzheimer's Memory Walk
Wilmer Park
9:00 am
- **October 15**
HomePorts Quarterly Education Program
Authors of the book *OK Now What*
give practical suggestions & guidance for caregivers
Chestertown Town Hall
2nd Floor
10:00 am - 11:00 am

HOMEPORTS WELCOMES NEW TREASURER

Bill Cameron of Chestertown, HomePorts newly -selected Treasurer, replaces Ray Long. Bill is a retired geologist and an avid sailor which explains his retirement to the Eastern Shore. Recently widowed, he has two grown children, Cynthia in Boston and Douglas in New York and a new grandchild, Lang. He is a former Board member of Kent Youth and a current Board member of Friends of the Kent County Public Library. His oversight and advocacy for HomePorts financial well-being is much appreciated!

HEADS UP VOLUNTEERS!

The HomePorts insurance policy requires background checks on all volunteers and MVA checks on all drivers. Volunteers will be receiving a notice with details. Thanks for your attention to this important request!

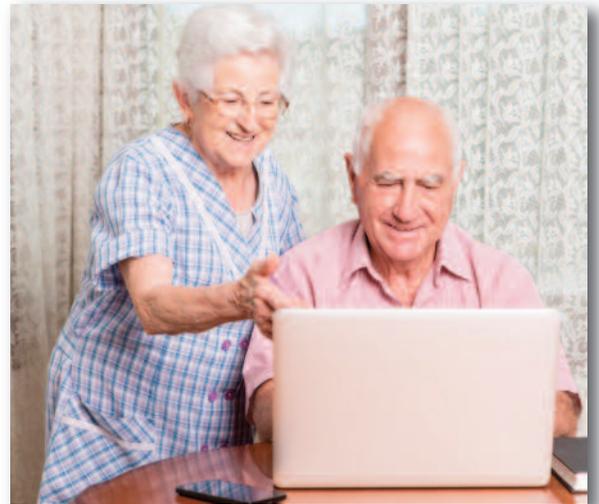
SECRETS OF HEALTHY AGING - ARE YOU IDEAL?

Why do some people reach age 80, 90, and older living free of physical and cognitive disease?

National Institute on Aging (NIA) researchers on the Baltimore Longitudinal Study of Aging (BLSA) are exploring this question through the IDEAL (Insight into Determinants of Exceptional Aging and Longevity) Study. Although research exists on the relationship between long life and functional decline, we still know relatively little about why certain individuals have excellent health well into their 80's while others experience disease and physical decline earlier in life.

The IDEAL Study is recruiting exceptional agers 80 years and older who are physically healthy and mentally sharp to participate in this research. IDEAL aims to discover the physiological, environmental, and behavioral risk factors that distinguish these exceptional agers from others who have not aged so successfully.

The previous research of the BLSA has set the stage for the IDEAL Study. NIA Researchers working on the BLSA have examined the normal processes of aging for over 50 years. What is normal aging? This may seem like a simple question but for scientists it gets to the heart of something quite complex: how to identify the true effects of aging and how to separate factors such as disease, socioeconomic disadvantage, or lack of educational opportunity from underlying biological or other mechanisms common to human aging. The methodology of the BLSA which was revolutionary in 1958 is still used to study aging today. As a longitudinal study, the same people have been repeatedly evaluated over time. Even in the IDEAL study, participants who are 80 or older at time of enrollment will be asked to return each year to be evaluated over time.



The findings of the BLSA have led to two major conclusions:

1. First, normal aging can be distinguished from disease. Although people's bodies change and can in some ways decline over time, these changes do not inevitably lead to diseases such as diabetes, hypertension or dementia. A number of disorders that typically occur in old age are a result of disease processes, not normal aging.
2. The second conclusion is that there is no single chronological timetable of human aging. We all age differently. There are more differences among older people than among younger people.

Over the years, BLSA scientists and other researchers from a broad range of disciplines have identified factors that influence healthy aging. From their research have come action steps we can take to maintain our health and function as we get older.



- Exercise and physical activity are good for you. People who exercise regularly live longer and better. It's never too late. Evidence from the BLSA suggests that people who begin exercise training in later life can experience improved heart function. Exercise and physical activity can reduce the risk of developing some diseases and disabilities that often occur with age. Balance exercises help prevent falls. Strength exercises build muscles and reduce the risk of osteoporosis. Flexibility exercises help keep the body limber and give the freedom of movement you need to do everyday activities.



- We need to pay attention to both our weight and shape. For older people, the health problems associated with obesity may take a back seat to problems associated with body composition (fat to muscle ratio) and location of fat (hips or waist on the body).
- For older adults thinner is not always better. Older adults who are thin (a body mass index of less than 19) have a higher mortality rate compared to those who are obese or of normal weight.



- Think about what you eat. What you eat can either support healthy aging or cause health problems. Foods such as vegetables, fruits, fish and nuts may bring health benefits.
- Participating in activities you enjoy may actually be good for your health. According to BLSA data, people who are sociable, generous and goal oriented report higher levels of happiness and lower levels of depression than other people. Other studies have shown that people who are involved in hobbies and social and leisure activities may be at lower risk for a number of health problems.

More findings from the BLSA about aging can be found on the National Institute of Aging's website on the BLSA website. www.nia.nih.gov/HealthInformation/Publications/BLSA. The research efforts of the BLSA continue in the IDEAL Study. As researchers further pinpoint the influences on how we age and how some people age well, they also hope to develop new and more effective interventions that may prevent disease and promote healthy aging.

CAREGIVERS' SUPPORT GROUPS WELCOME PARTICIPANTS

Caregiving is challenging work and can be isolating for the caregiver. Local groups offer very useful information, practical tips, and empathy.

Caregiver Support Group, 2nd Monday of each month, 1:00 pm to 2:30 pm, Upper Shore Aging, 100 Schaubert Road in Chestertown. Contact Gail Yerkie or Lynda Hall - 410-778-5581.

Dementia Caregiver Support Group, 3rd Thursday of each month, 6:00 pm to 7:30 pm, Shore Nursing and Rehab Center, 200 Morgneq Road in Chestertown. Contact Adrienne Leedy, Stephanie Golebieski or Faye Hadaway - 410.778.4550.

LETTER TO THE EDITOR ...

Dear Editor,

I am a very satisfied HomePorts member, but I have a question about the vendors. Sometimes when I call a service person that you recommend to me, the person does not return my call promptly. Do you have standards for those you recommend?

Sincerely,

Homeowner with Fix-Up Projects in Chestertown

Dear HFPC,

You raise an excellent question. Many of our vendors work alone and are in demand, but we ask that they return calls within 24 hours. If you encounter a delay by an approved provider (i.e., vendor), please call Homeports. For your info, here are our approved "Expectations of Providers", which are given to each:

1. Be on time! If you are running late or need to reschedule, please call the member immediately so they know when to expect you. (Seniors do not deal well with sudden changes in schedules.)
2. If you ring the doorbell and receive no answer, please call the member or the HomePorts office immediately.
3. Be aware that a member may not want to accompany you to an inaccessible area if they are nervous or frightened – respect their feelings.
4. Be considerate. Do not track mud through the house. If you need to use the bathroom, put the lid down after use.
5. Be safety conscious. Do not leave electrical cords or work materials unattended.
6. If you observe something of concern during your visit (person not coherent, house filthy, safety hazards such as scatter rugs, electrical cords, phone lines, or oxygen hoses that may cause a fall), please report the condition to the HomePorts office.
7. Clean up after yourself.
8. The member must pay you directly. If there is a concern or dispute, call the HomePorts office after you leave.
9. Dress appropriately. No short shorts, tank tops, etc.



ALZHEIMER'S MEMORY WALK

Local healthy aging advocates are organizing a Chestertown Walk to End Alzheimers on Saturday, October 4, 2014. Registration begins at 9 am at Wilmer Park. Individuals and teams are welcome. Those raising \$100 or more will be given t-shirts. Registration forms are available at the HomePorts office. For more information, call Debbie Heinsch, 410-778-1895.