

MESSAGE FROM OUR PRESIDENT



Jim Donaghy
President

One of our new Board members, John Leek, has gathered statistics on home safety experiences as people age. The data clearly show that, as we age, we are not doing a good job adapting our home living spaces to provide safe environments.

Among people 65 years and older, falls are the leading cause of injury deaths and the most common cause of non-fatal injuries and hospital admissions for trauma. Each year in the United States, nearly one-third of older adults experience a fall. The majority, 55 percent, of fall injuries among older people occur inside the home and an additional 23 percent happen outside, but near the house. Many of these falls, and the resulting injuries, can be prevented by taking steps to eliminate or fix potential hazards in and around the home.

Knowing where to begin to create a safer home can often be a daunting task. But there are many changes you can make to your home, many at little or no cost, which can greatly increase its comfort and safety. And most of the products needed for these modifications can be purchased at your local hardware store.

We are in the planning stages to provide a home safety program for HomePorts' members so that, over time, each member will have the guidance, information, and access to expertise to adapt their home to their safety needs. You will be hearing more of this program as we complete our planning.

Hope all of you have a good summer!



amazon.com

When anyone accesses the Amazon web site through www.homeports.org, a portion of the Amazon profit from purchases is donated to HomePorts. So tell your friends. ... and make it a habit to come to HomePorts for your connection to Amazon!

Local Family-Friendly Fall Weekends

- **September 7**
Art in the Park & Jazz Festival
- **September 20 & 21**
Chestertown Book Festival
- **October 5**
Chestertown House Tour
- **October 12**
Rock Hall Fall Fest
- **October 25 & 26**
November 2 & 3
River Arts Studio Tour
- **November 1 - 3**
Sultana Downrigging
Weekend

What Should You Call Baby Boomers?

Not old.
Not seniors.
Not young-old.

The Wall Street Journal reported that AARP marketing studies found that the only accepted age-related term for Baby Boomers, those born between 1946 and 1964, is "grown-ups".

'HELP AT HOME' PRESENTATION HELD ON JUNE 11



Speakers from Chester River Home Care & Hospice, left to right: Sam Ricketts, RN; Community Educator; Bob Denison, MSW, Medical Social Worker; and Cindy Bach, OT, Director

The June 11 quarterly education program on home care for seniors attracted over 50 people, who heard representatives from Chester River Home Care and Hospice describe needs, options, roadblocks, and solutions to staying at home as we age, the need for advocacy, families as case managers, and navigating the present and future health care system.

Planning is essential. "Whether or not you have long-term care insurance, you need to plan ahead for your needs and know your options," according to Cindy Bach, who described the process her mother went through. "Your family needs to know too. Get educated, and learn to ask the right questions."

A video (DVD) was made of the presentation and may be borrowed from HomePorts.

Guidance, keyed to your age, is available at www.longtermcare.gov.

NURSING HOMES: WHAT YOU NEED TO KNOW



Today, we live longer than our grandparents did, and our lives and health care systems are more complex. We have good reason to wonder how we will get the care we need if disability or illness strikes, and how we will pay for it. You can make better decisions by knowing ahead of time what your choices are, by learning what to expect and by carefully planning your finances. You can and should evaluate various nursing homes and other long-term care providers to make the best decision. You don't have to be a professional or an expert. You just need reliable information. *Nursing Homes: What You Need To Know* is a new publication issued by the Maryland Attorney General's Office. Copies are available at the HomePorts office.

REDUCING UNWANTED MAIL AND PHONE CALLS



Mail

Companies mail you because you have done business with them. But many companies send you mail because they bought your information from a data broker, who sells your contact information to companies wanting to market to you. A member told us about www.CatalogChoice.org, a web site where you can register to opt out of mail from specific senders.



Phone Calls

The Federal Trade Commission operates www.donotcall.gov. We highly recommend that you register your phone number at this Internet address to reduce solicitations.

CELTIC SPRING AIRES FUNDRAISER IN BETTERTON

Over 50 guests listened to the trio of Meredith Davies Hadaway playing the Celtic harp, Rebekah Hardy on oboe, and Michael Buccino on guitar and bass, on Sunday, May 19, at the Betterton Community Center, in the center of historic Betterton, "Jewel of the Chesapeake". In addition to enjoying Celtic music and sampling menu highlights from local restaurants, attendees and supporters contributed over \$3500 to the HomePorts Scholarship Program, which provides financial help for those with limited incomes. An enormous thanks to volunteers Jayne and Paul Heckles for their leadership and organization of the event.

For more information on accessing scholarship opportunities, contact HomePorts.

*Michel Buccino,
Meredith Davies Hadaway &
Rebekah Hardy*



Drink more water than usual and don't wait until you're thirsty to drink.

HOW TO STAY COOL IN THE HEAT!

People aged 65 years or older are less likely to sense and respond to changes in temperature and are more prone to heat stress. We are more likely to have a chronic medical condition that changes normal body responses to heat. And prescription medicines can impair the body's ability to regulate its temperature or inhibit perspiration.

Here are a few tips from the Center for Disease Control and Prevention:

- . Stay in air-conditioned buildings as much as possible.
- . Do not rely on a fan as your primary cooling device during extreme heat.
- . Wear loose, lightweight, light-colored clothing.
- . Check on a friend or neighbor and have someone do the same for you.
- . Don't use the stove or oven to cook - it will make you and your house hotter.
- . Take cool showers or baths to cool down.

TRANSPORTATION

Responding to the interest of several members, HomePorts is looking into options for Ride Sharing for medical appointments, especially outside Kent County. If you have suggestions or would like to participate in discussions, please contact HomePorts.

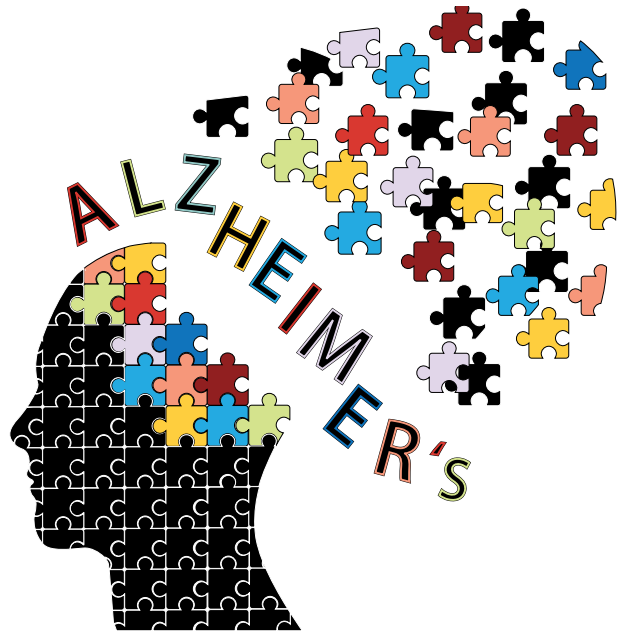
ALZHEIMER'S RESEARCH NEWS

The June 27, 2013, issue of Science Daily reports on a new discovery of a potentially powerful new tool to treat neurological disorders like Alzheimer's disease.

"Essentially all neurodegenerative diseases are associated with the accumulation of cellular waste products," said Maiken Nedergaard, M.D., at the University of Rochester Medical Center and author of the article. "Understanding and ultimately discovering how to modulate the brain's system for removing toxic waste could point to new ways to treat these diseases."

The removal of waste is an essential biological function and the lymphatic system - a circulatory network of organs and vessels - performs this task in most of the body. However, the lymphatic system does not extend to the brain and, consequently, researchers have never fully understood what the brain does with its own waste. Some cognitive illnesses may arise when the system is not doing its job properly.

According to the article, the body defends the brain like a fortress and rings it with a complex system of gateways that control which molecules can enter and exit. While this "blood-brain barrier" was first described in the late 1800s, scientists are only now just beginning to understand the dynamics of how the mechanism functions and have termed it the "glymphatic system." One of the hallmarks of Alzheimer's disease is the accumulation in the brain of the protein beta amyloid. Over time these proteins amass with such density that they can be observed as plaques on scans of the brain. Understanding what role the glymphatic system plays in the brain's inability to break down and remove beta amyloid could point the way to new treatments.



NEIGHBORHOOD GET-TOGETHERS

HomePorts Board Vice-President Ann Murray has e-mapped the addresses of HomePorts members and has found, not surprisingly, clusters in several neighborhoods. In an effort to strengthen social connections and inform others in those neighborhoods of the benefits of joining, members are being encouraged to organize informal get-togethers among neighbors.

Thanks to Brenda and Carl Gallegos for hosting a wine and cheese party, and to Louise O'Brien and Sue and Jim Urda for hosting an ice cream party in June for neighbors near them!



WRITERS WELCOME!

Our newsletter needs you! Most of us have something to say, or come across news worth sharing. Done any interesting on-line research lately? If it relates to aging, put it here! Just send an email to info@homeports.org.