

MESSAGE FROM OUR PRESIDENT



Muriel Cole,
President

An old Chinese proverb goes, "To listen well, is as powerful a means of influence as to talk well, and is as essential to all true conversation."

I often think my listening skills need improvement. And I definitely could use some knowledge and tips on communicating with those who are hard of hearing. Probably most of us could, and those who suffer from hearing loss might agree.

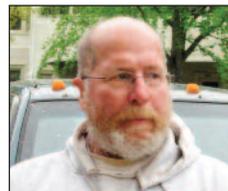
Because of its importance to older adults, better communication with the hearing impaired is the topic for this quarter's education session. On Wednesday, May 4, we will have the opportunity to learn about improving verbal communications with the hearing impaired, strategies for minimizing misunderstandings, tips on identifying hearing loss, and strengthening listening skills. The program will be conducted by Dr. Barbara McLendon, an audiologist with 20 years of experience. She is the owner of The Hearing Center of Chestertown. The event is not to diagnose hearing loss or to discuss assistive devices but rather to increase our awareness and improve our skills. We would like attendance to include those who serve the public, such as restaurant servers and store salespeople. Please plan to attend and bring your neighbors.

Communication With The Hearing Impaired - May 4, 1:30 to 2:30 pm
Upstairs in the Chestertown Town Hall, 118 N. Cross Street
Free refreshments!

SATURDAY MORNING AT THE MARKET

A rainy day at the market in Fountain Park is crowded with farmers and producers of locally-grown foods, plants and flowers raising up their tarpaulins and rain gear. Customers anxious to purchase the goods trickle in during the early morning, and eventually the sun shines on the beautiful displays and the arriving crowd.

Owen McCoy, manager of the market, told us about the emergence of the Saturday Farmers' Market back in 1982. It started with four to six farmers from Kent and Queen Anne's counties, and now numbers over twenty. Owen is a farmer himself, and has cows, pigs, and sheep, and grows figs and many plants and vegetables.



Owen McCoy

The Market was recently cited as the Best Farm Market in Maryland, and is open on Saturday mornings from April until December. Remember to visit the HomePorts table each Saturday at the Park.

What's Up?

May 6th
Chestertown Garden Club
May Mart in Fountain Park

May 8th
Mothers' Day

May 14th
Maryland Home & Garden Tour

May 16th & 17th
MVA on Wheels

May 27th, 28th, 29th
Tea Party Festival



Inadvertent Financial Losses

Don't inadvertently lose moneys or other property by inaction. Each state, including Maryland, has the power to acquire title to property for which there is no owner, "abandoned property," via the escheat statute.

For example, a checking, saving or money market account is considered inactive after six months of no activity, dormant after 18 months of no activity, and escheatable after three years of dormancy. That is, the state can obtain title to your dormant money market account. A simple deposit or withdrawal during those periods will reactivate your account.

WELCOME SPRING ... BUT NOT SPRINGTIME ALLERGIES!



Spring brings budding flowers and leafing trees, and for millions of people who have springtime allergies (also called hay fever and allergic rhinitis), spring can bring misery. These tips from the Mayo Clinic experts may help you limit those bothersome symptoms of sneezing, congestion, itchy eyes and runny nose.

Reduce your exposure to the things that trigger your allergy symptoms (allergens):

1. Stay indoors on dry, windy days. Go outside after a good rain, which clears pollen from the air.
2. Delegate lawn mowing, and other gardening chores that stir up allergens.
3. Remove outside clothes and shower to rinse pollen from your skin and hair.
4. Don't hang laundry outside - pollen can stick to sheets and towels.
5. Wear a dust mask if you do outside chores.
6. Check your local TV station, radio, newspaper, or the internet for pollen forecasts.
7. If pollen is high, begin allergy medications before your symptoms start.
8. Close doors and windows at night or whenever pollen counts are high.
9. Avoid outdoor activity in the early morning when pollen counts are highest.
10. Use the air conditioning in your house and car.
11. If you have forced air heating or air conditioning, use high-efficiency filters and follow regular maintenance schedules.

Several types of nonprescription medications can help ease allergy symptoms. Ask your physician or pharmacist which is best for you.

- **Oral Antihistamines.** Antihistamines help relieve sneezing, itching, runny nose and watery eyes. Examples include Claritin and Zyrtec. Older drugs like Benadryl and Chlor-Trimeton are effective, but can make you drowsy.
- **Decongestants.** Oral decongestants such as Sudafed provide relief from nasal stuffiness. Decongestants also come in nasal sprays such as Afrin and Vicks Sinex. Only use nasal sprays for short-term relief. Long-term use can actually worsen symptoms.
- **Cromolyn Spray.** Nasalcrom can ease allergy symptoms, but it can take up to a week of several sprays a day to start working.
- **Combination Medications.** Some allergy medications combine an antihistamine and decongestant. Examples are the oral medication Actifed, and the nasal spray Claritin-D.

If your seasonal allergies are very bad, consult your physician for other treatment options.

Send Us Your News & Comments

This newsletter is published monthly. We welcome your news and comments. Please submit your article by the 10th of the month preceding publication.