

A Word from the Executive Director



Stephanie Sullivan

Ah, warm weather at last. Summer is my favorite time of year. I am busy scheduling my family's summer activities as well as readying our home for S

summer fun. This includes cleaning the grill, filling the barbecue's propane tank, cleaning the outdoor furniture, servicing the air conditioner, cleaning the gutters, removing storm windows and replacing them with screens. I will save the window washing for my in-laws' visit. They have to earn their keep, you know. Keep in mind, if you don't have any in-laws visiting to help you with these chores, Homeports is only a phone call away.

There are other ways Homeports can help you have a relaxing fun summer. If you are planning a vacation, we have vendors that will house-sit, care for your pets, and even vacation with you as a travel companion. I wish everyone a safe and happy summer .

What's Up

June 5 & 19 — Music in Fountain Park, Chestertown — 7-8:30 PM. Programs to be announced.

JUNE 15 — Chestertown World Café — a conversation about the future vision for Chestertown. Light refreshments at 5:30 PM. Discussion begins at 6:30 PM. RSVP by June 8 to jhicks@sustainabledelmarva.net. Call Town Hall (410-778-0500)with any questions.

June 17 — Stammtisch— **1 PM**— Lunch and conversation at River Heart restaurant. Call HomePorts office (443-480-0940)for reservations.

July 3, 17, & 31 — Music in Fountain Park, Chestertown — 7-8:30 PM. Programs to be announced.

Spotlighting Volunteers

Meeting Maggie Smith



Maggie Smith

Chauffeur HomePorts members-in-need in her bright red station wagon is one of her many endeavors. Her name is Maggie Smith, and she was one of the original volunteer coordinators. She has been in Chestertown for twenty-one years. She has been busying herself with sailing, golf and tennis. Her most recent volunteer effort was a two-year term as President of the Port of Chester Questers whose project is the historic Cliff School House. She is a Red Cross volunteer for the Armed Forces Emergency Services and Disaster for the Delmarva Peninsula. Maggie has taught swimming since she was seventeen years old, and especially enjoys a daily swim in her Endless Lap pool. A staunch choir member at Emmanuel Church, she is also a gardener and avid reader.

Health and Fitness

Summer Health and Safety Tips

How to Keep Your Cool

Despite the fact that Mother Nature has been confusing us with early summer followed by late fall interspersed with some beautiful spring days, **real** Mid-Atlantic summer will be upon us soon. Here are a few health and safety tips to keep in mind for the next few months.

- Be sure to apply sun block of at least SPF 30 before prolonged exposure to the sun. Re-apply after swimming.
- Protect your eyes by wearing 100% UV block sunglasses whenever out in the sun.
- Wear a hat. Besides shading the face, it will protect against sun exposure on heads with thinning or no hair!
- Stay hydrated. Drink generous amounts of liquids throughout the day (unless otherwise directed by a physician). Water is best.
- Plan chores both inside and out (housework, gardening, etc.) early before the heat of the day sets in.

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Health and Fitness *Cont'd.*

- Watch your footing in sandals, flip-flops and other open-toed shoes to avoid falls.

Most of all, summer is for fun, so enjoy yourselves while you take care.

Everything You Wanted to Know About Trees...



Dr. Gallegos gives pruning advice

Participants received tips on choosing, planting, and maintaining trees as well as information about the importance of trees in creating a healthy environment. They also enjoyed refreshments, courtesy of HomePorts volunteers!

Dr. Carl Gallegos, an environmentalist and HomePorts board member who worked with the Washington College Center for Environment and Society to develop a forest master plan for four towns in Kent County, was the featured speaker at the HomePorts quarterly

information meeting for members and volunteers on May 11.

:Summer Break

Your HomePorts newsletter and luncheon organizers are taking a short break. Please note that this edition of the newsletter combines information for June and July. Also, there will be no Stammtisch lunch in July. *Cont'd.*

Your next HomePorts newsletter will arrive mid-summer with information and news about goings-on in August.

A Letter of Appreciation

Letter to HomePorts Executive Director:

Dear Stephanie:

When I joined Homeports over two years ago, I did it to support what I considered a great community program. I did not think I "needed it yet"; a common thought held by many active older people. But it was not too long before I found myself using your vendors without even thinking about it. In the great blizzard of 2010 I had huge snow drifts on my decks and knew I could not shovel that mass by myself. With a call to a great young vendor, my decks were quickly cleaned off, even though it was a Sunday! When spring came and the snow in the yard had melted, I saw some very severe damage to some of my bushes and trees and thankfully I was rescued again by a very capable young man who expertly pruned those sadly damaged bushes and trees. As I look back over the past two years, I am amazed at the help I have received by a yard vendor, a handyman vendor and a computer support vendor all recommended by HomePorts. HomePorts truly has become a routine part of my life. I must, in all fairness, offer a disclaimer that I also serve on the HomePorts Board, but that did not stop me from making full use of our vendors. And it is a great comfort to me to know that should I need a volunteer to help me with transportation in the future that that is just a quick call to you for that service. Your cheery voice on the HomePorts telephone also gives me great comfort.

Most sincerely,

Jane E. Hukill

HomePorts, Inc.

HomePorts is a cooperative for life care at home. As a 501(c) (3) non-profit organization, the mission of HomePorts is to identify, monitor and ensure access to a wide range of services that help members remain comfortably in their own homes as they age. For information about membership, call 443-480-0940 or email info@homeports.org or visit us on the Web at: www.homeports.org

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