



PO Box 114
Chestertown, MD 21620
ph: 443.480.0940
info@homeports.org

Keeping Home a Safe Harbor

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Newsletter Deadline – 10th of preceding month

Send articles and comments to editors

A Word from The President

With Spring around the corner, I'm making a list of little repairs and questions for my HomePorts handyperson. I have put off an embarrassing number of chores – things I used to do myself, things that are easily ignored – but once done, I wonder why I didn't get them done sooner.



Muriel Cole

Our Board is putting together a comprehensive list of services available from our local vendors, all of whom we have interviewed and who we consider honest, fairly priced and reliable. Since there are a lot, this is a bit of a project, but we will get it to you when finished.

In the meantime, may I suggest that you jot down some home tasks that you would like to get done and use some help with. Rearrange some high kitchen cabinets? Consolidate that stuff in the basement? Replace the old weatherstripping? Install a stronger light in your entryway? Have some windows washed? Maybe even a good Spring cleaning. Having someone in your house can be disruptive and nerve wracking, but the result is ever so nice and you deserve it. Your home is your castle. Call us for a referral or two.

At Your Service

Meet John Hanley

John and his wife retired here from Buffalo, NY. After a career as an engineer, John became an entrepreneur when he started his business here as Hanleyman Services, LLC.



John and Linda Hanley

He makes repairs in plumbing, electrical and mechanical areas, and specializes in "elder-cize" home modifications. Along with his "fix-it" expertise, John enjoys gardening and reading in his spare time.

WHAT'S UP

MARCH 5: 5 – 8 PM – ARTWORKS
reception for Images of Chestertown show
106 Park Row, Chestertown

MARCH 10: 7 PM – League of Women Voters of Kent County present a program on the 2010 Census – Unitarian Church Chester River – 914 Gateway Dr., Chestertown

MARCH 11: 2 – 4 PM – HomePorts Volunteer Program – Amy Lynn Ferris Center, 200 Schaubert Rd., Chestertown

MARCH 18: –12 Noon - Stammtisch Dutch treat lunch and conversation Imperial Hotel. Call HomePorts 410-480-0940 for reservations at the "HomePorts table".

Health and Fitness

Preventing Falls in Winter

Do balance exercises. According to the National Institutes of Health, practicing the following exercises can help prevent falls. On a regular basis, repeat these movements:

- While touching the back of a straight-backed chair for balance, stand on one foot for 10 seconds. Repeat at least 10 times with each leg.
- Walk heel-to-toe in a straight line for 20 steps.
- Holding your arms straight out to your sides at shoulder height, start walking in a straight line. After each step forward, lift your back leg off the ground and hold it up a moment, then step forward with that foot.

Take vitamin D. In a 2009 study, researchers combined the results of eight previous studies and found that taking 700 to 1,000 IU of supplemental vitamin D reduced the

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Health and Fitness *cont'd.*

Fall Prevention in Winter

risk of falls in older people by 19 percent. Being deficient in vitamin D is associated with muscle weakness, which can lead to falls, the authors wrote.

Keep your hands out of your pockets. Hopefully you're wearing shoes with deep treads and staying off icy and snowy walkways in order to reduce your risk of falling. But just to be on the safe side, when you're walking in the winter, keep your hands out of your pockets. If you hit an icy patch, you'll have more trouble keeping your balance or protecting yourself in a fall if your hands are stuck in your pockets.

Around Town

Come see what The New York Times has called "charming, proud, remarkably unscarred" and the Washington Post talks of "a balance between traditional and trendy". In March, **Artworks** showcases an eclectic variety of images of Chestertown in its downtown gallery. A reception to open the show will be held on First Friday, March 5. (See **What's Up**.)

If Winter comes, can Spring be far behind? (Shelley)
PREPARING YOUR GARDEN FOR SPRING THE HEALTHY WAY.
Join Liz Starkey, Kingstown Garden Center, **March 16**, 7-8 PM, Chestertown Town Hall, for one of the Go Green series. Learn how to protect the Chesapeake Watershed.

Taking Care of Business

(Things you may have wondered about)

Or Current Occupant

You may have noticed an additional line in your address label – OR CURRENT OCCUPANT. Users of the bulk mailing system are required by the US Postal System to show they have a system for updating addresses – either by subscribing to a service or adding the line above. HomePorts values every member, vendor, and volunteer, and our publications are meant for each of you. The OR CURRENT OCCUPANT is added to your address only because it is mandated by the USPS.

Volunteers Program Set for March 11

All HomePorts volunteers are urged to attend a program designed especially for them on Thursday, March 11, from 2 to 4 p.m. in the Amy Lynn Ferris Center on Schaubert Road. Featured speakers will include Louise O'Brien whose topic is "Symptoms of Alzheimer's Disease and Tips on Dealing with Those with Memory Impairment." The team of our Executive Director, Stephanie Sullivan, and Physical Therapist David Collier will talk about "Providing Physical Assistance while Transporting" which addresses the proper body mechanics to use when assisting someone in and out of a car and what to do if the assisted person falls.

Time for questions will follow, and refreshments will be served. We hope to see you there.

HomePorts, Inc.

HomePorts is a cooperative for life care at home. Certified as a 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

