

National Aging in Place Week

October 12th through October 18th , 2010

[Advancing Awareness and Partnership](#)

A Word from the President



Muriel Cole

Common wisdom has it that we each think of ourselves as 15 years younger than we really are. Maybe that's why some of our friends and neighbors reply, "I'm not ready yet" when they hear about HomePorts.

Nevertheless, remaining at home as long as possible is the goal of 89% of people 50 and older, a recent AARP study found. And the longer we live, the stronger desire becomes: 95% of those 75 years and older want to stay put.

The impact of this situation is pretty daunting. "We are in denial about aging, both personally and as a society," says Stuart Rosenthal, Chair of the State of Maryland Commission on Aging. "The system is biased against long-term planning. But Maryland needs to plan now for

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What's Up

October 8-9— Chestertown Book Festival, various venues downtown.

October 20— *America Passage: Ellis Island*, a lecture on America as a nation of immigrants and its impact on immigration in 2010. Prof. Vincent J. Cannuto, Litrenta Hall, Toll Science Center, Washington College, 7:30 PM.

October 21—Stammtisch, lunch and conversation at River Heart Café, 117 S. Cross St., Chestertown. 1 PM. Call 443-480-0940 for reservations.



The Governor of Maryland has issued a proclamation marking National Aging in Place Week in this state. On Tuesday, October 5, at their 9 a.m. meeting, the Kent County Board of Commissioners will sign a Kent County Proclamation recognizing the governor's decree and commending these days, October 12th through 18th, for citizens to honor older residents, organizations, volunteers, and service providers that open opportunities for aging in place in Kent County. HomePorts Executive Director Stephanie Sullivan will accept a copy of the proclamation on behalf of the HomePorts Board of Directors.

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A Word from the President, *cont'd.*

this inexorable change. By 2030 Maryland will have more seniors than Florida has now," he says.

HomePorts is our community's proactive response. As the American inventor Charles F. Kettering noted, "We should all be concerned about the future because we will have to spend the rest of our lives there."

We are proud to celebrate the **2nd anniversary of HomePorts** this month. Thanks to over 60 member households and a fabulous group of volunteers and local service providers, we are going strong and collectively benefiting many people in greater Kent County.

At **10 a.m. on Tuesday, October 5**, the Kent County Commissioners will sign a proclamation designating October 12—18 as Aging in Place Week in Kent County. Please plan to attend to support this recognition, which is being spearheaded by HomePorts.

A special celebration will also be held at the HomePorts table in Fountain Park on **Saturday, October 9, from 8-12**. Come by to share in this success.



October 2010 is an opportunity to recognize and publicly thank volunteers, service providers, and others who donate funds and resources to make all this possible.

HomePorts is a non-profit 501(c)3 membership alliance providing access to a wide range of services designed to offer mature adults what they want and need to remain content, safe, and confident living in their own home. For information about membership, call 443-480-0940 or email info@homeports.org or visit us on the Web at: www.homeports.org

HomePorts Marks Second Anniversary

HomePorts, dedicated to making it possible for adults to live safely at home as they grow older, is celebrating its second year of service this fall. Sixty-two member households currently benefit from the volunteer assistance offered by HomePorts which ranges from transportation and computer assistance to light bulb changing and turning a mattress. In addition, members can arrange for services from the more than 100 local providers who have been interviewed and vetted by the HomePorts Board. The expertise offered by these providers ranges from foot care to piano tuning to the building of decks.

In addition to volunteer services and access to local providers, HomePorts offers educational programs to its members. These have included presentations by dermatologist Tami Buckel and physician/author Patrick Shanahan as well as a symposium at the end of the first year of operation featuring a presentation by Dr. Luigi Ferrucci on "The 50th Anniversary of the Baltimore Longitudinal Study on Aging". HomePorts' second anniversary will be celebrated with a symposium on "Healthy Aging"; details will appear in future issues of the HomePorts newsletter.

Thanks to the generosity of local residents, HomePorts, a nonprofit organization, was able this year to establish an aid program to enable members of the lower-income community in Kent County to join HomePorts. In addition, a foundation grant has made it possible for HomePorts to set up and furnish an office, purchase computer equipment, and publish a monthly newsletter.

HomePorts looks forward to celebrating many more anniversaries as it continues to support those who wish to age safely at home.

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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

