

A Word from the Executive Director



Stephanie Sullivan

Dale Carnegie once said, "Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success."

Happily there continues to be great enthusiasm for HomePorts and its fit in our little corner of the world. "The 'village' concept is taking off in small and big cities and suburbs around the country as the percentage of elderly rises while the share of working-age population that supports them declines," according to USA Today last month. We were delighted to note the HomePorts was listed as one of three operating "villages" in Maryland on USA Today's state-by-state list.

HomePorts is a member of a new national organization called the Village-to-Village (VtV) Network,

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Spotlighting Volunteers

Old Friends Connect

HomePorts volunteers Bill and Joan Wise recently met Bill's graduate school classmate, U.S. Senator Barbara Mikulski, while attending a summer outing.



Sen. Mikulski and the Wises

The Senator was very excited about the HomePorts organization, its purpose, and activities after being briefed by the Wises. The Wises asked for her assistance in securing a high profile government speaker for a future HomePorts symposium on elder care.

Health and Fitness

Tricks to Jog Your Memory

So you set out for Acme to do some shopping, and the list of what you need seems so short that you give it a quick look, grab your keys, hop in the car, enter the parking lot, find a space, lock the car, grab a cart, walk through the automatic doors, and begin filling your basket.

You remember bananas were on the list and so was lettuce but it seems there was something else from the produce section. Hmmm. Well maybe something will ring a bell later on. The deli counter is your next stop, but wait a minute -- was it turkey, roast beef, or ham your wife wanted? Better get all three just in case. And so on through the aisles: "tissue" was on the list but was it facial tissue or toilet tissue? The list had definitely been short, but the ways in which it has become confusing seem endless.

One solution, of course, is to take the list with you, but another is to create a kind of memory exercise for yourself before leaving home by creating mental pictures or word associations to help you carry the information in your head. If the item you needed in addition to bananas and lettuce was avocados, you could use LAB as an acronym for the produce section.

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What's Up

Sept. 4 — Race to Erase MS, 5K, 10 AM, Wilmer Park.

Sept. 16 — Stammtisch is back at Riverheart, Café. 177 S. Cross St., Chestertown, 1 PM. Reservations: 443-480-0940. Join us for lunch and conversation.

Sept. 17 — Public Forum with candidates for Kent County Commissioner. Topic: Senior Issues. Amy Lynn Ferris Center, 200 Schaubert Rd., Chestertown, 12:30 PM.

Sept. 24 — Quarterly Education Meeting — Staying Safe at Home, Sheriff John Price and Sgt. Glenn Owens, 2 PM, Amy Lynn Ferris Center, 200 Schaubert Rd., Chestertown.

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where we share experiences, exchange news, and benefit from shared software. According to their survey, there are now over 50 villages open and over 100 in various stages of implementation.

I along with two Board members will be participating in the VtV National Conference in November in Philadelphia, where we expect the enthusiasm to flame even higher.

Health and Fitness

Cont'd.

As for the deli meat, how about keeping "gobble gobble," "moo", or "oink" in mind to make sure you come home with the right choice?

The final challenge, of course, no matter how you go about making your choices inside Acme is to find your car again once you're outside. I try to remember to "self observe" whenever I park the car and will need to find it again which is, of course, always! I watch where I put the key, making sure it leaves the car with me, and then I look around and make a mental note of where the car is -- lined up with the M in Acme, perhaps, or in a row that includes a cart-return shelter -- and then head that way when I leave the store.

Happy shopping and game-playing to all!

Calling all would-be editors, writers, & layout gurus!

The HomePorts newsletter that we hope you enjoy each month will be in need of new literary talent beginning in January. The terms on the HomePorts Board of the current co-editors, Juli Dulmage and Sandy Bjork, will end in December,

but fortunately the rest of the talented and dedicated committee will remain. The time requirements are not too strenuous: a one to one-and-one-half hour organizational meeting each month; about two hours for layout; proofreading by email; a one hour meeting for the mailing. There are lots of sources to stimulate ideas for the content. We would like to use the fall to work on a transition. So let your creative juices start flowing and seriously consider joining the newsletter crew. Call 410-778-3678 or email sbjork1@comcast.net.

Drivers Needed

If you're the kind of person who enjoys helping others, consider joining the ranks of HomePorts volunteer drivers. Agreeing to volunteer implies no kind of obligation. It simply means that you might be called from time to time when a driver is needed to assist a HomePorts member with getting to a doctor's appointment or to the grocery store. You are always free to say no, but when you are able to say yes, you are providing a valuable service for HomePorts and its members. For further information, call Executive Director Stephanie Sullivan at 443-480-0940.

Start-up Library

At the August Board meeting, Anita Rudnick donated a new book on elder care to be shared with HomePorts members. The idea grew, and as more books have now become available, a small lending library has been created at the HomePorts office. Books may be donated and borrowed on any Tuesday or Thursday morning.



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

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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

