

**About our
Organization:**

HomePorts, a cooperative for life care at home, has been incorporated by the State of Maryland and began operation in October 2008.

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

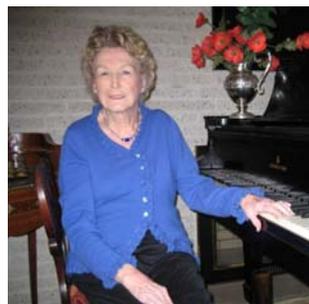
If you know of someone in the greater Kent County area who might benefit from being a member of HomePorts, or you are interested for yourself, please call us at 443-480-0940, or email info@homeports.org and we will be happy to be in touch with more information.

KNOW YOUR HOMEPOR TS NEIGHBOR: Delphine Kelly

If you ask Delphine Kelly to play something for you on the Steinway grand piano in her living room, she will demur, saying that she just hasn't been able to play the way she used to since her shoulder surgery a while back. But if you're lucky, she'll decide to give it a try anyway, and the quality of the playing and the sound that fill the room will, as they say, blow you away.

The piano belonged to her father, Reginald Stewart, who brought his

wife and two daughters to Baltimore from Toronto, Canada, back in 1941



Delphine Kelly prepares to play her father's grand piano

when he was recruited to become the director of the Peabody Conservatory of

Music and where he breathed life into the struggling Baltimore Symphony Orchestra. Delphine, 18 at the time, finished her education in Baltimore, majoring in art history at Goucher College and moving to the Eastern Shore when her husband, John Marshall Barroll, decided he would like to try his hand at farming a few years after their 1948 marriage.

"We failed at farming," Delphine says forthrightly, noting that two out of the three years they worked at

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How Do I Know it's not Alzheimer's?

Report on HomePorts' First Educational Program

A certain amount of memory "challenge" seems to go with the territory of growing older. We have all heard and perhaps even used the expression "senior moment" when the name of that woman we've known and socialized with for ten years simply won't arrive at the tip of our tongue; or we've started doing the day's SuDoKu puzzle and found we are still working on it 20 minutes after we had planned to leave the house to meet a friend for lunch.

Those who attended the first in a series of free

education programs for members of HomePorts back in January learned from speaker Jennifer L. Fitzpatrick of the Maryland Alzheimer's Association that forgetfulness at this level is nothing to be concerned about. When the pressure to remember is off, the name that momentarily escaped us will almost certainly return; as for meeting that friend for lunch, set a timer before you sit down to start a puzzle!

More serious, however, is the kind of forgetfulness that suggests the mental erasure of a significant period of time. Most of us

have had the experience of exiting the supermarket only to wonder exactly where it was we left the car; this is an annoying occurrence, but not a significant one. More serious is exiting the supermarket and no longer remembering how you got there. Those experiencing loss at this level would benefit from a medical evaluation to determine what might be causing it since head injury, grief, and illness are among factors capable of interfering

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Health and Fitness (This section is for increased awareness only and should not be a substitute for advice from you own physician.)

**For Your Health
And
Fit as a Fiddle**
Will return in the next issue.

We are What We Eat

Eat your vegetables!



How many times have you heard that it's important to eat at least five servings of fruits and vegetables every day? Even those of us who enjoy these foods may find it a challenge to get more than one or two daily servings.

There are several good reasons, however, for increasing our daily intake of fruits and vegetables. People who follow a diet high in fruits, vegetables, and whole grains, along with sensible amounts of lowfat dairy products, poultry and fish, tend to have lower rates of

heart disease and cancer. These same people are not as likely to be obese.

Grocery stores make it very easy for us to buy already prepared fruits and vegetables, but we pay more for this convenience. It is less expensive to buy only fruits and vegetables that are in season and then prepare them at home. Fruits and vegetables are healthiest when you eat them without adding sugar, butter, or heavy sauces. Frozen and canned fruits and vegetables also are good choices.

How much is a serving? When you look at all the super-sizing that happens to our food, a serving of fruits or vegetables is pretty small! For example, a serving of fruit is a small banana, 16 small grapes, a half grapefruit, or a

small apple. A serving of vegetables can be one cup of lettuce, a half cup of cooked vegetables, or one cup of raw vegetables.

A great website that offers more information on serving sizes, recipes, and tips to increase your servings of fruits and vegetables is www.fruitsandveggiesmatter.gov.

Try keeping track of your daily intake of fruits and vegetables for one week to see how many servings you are eating!

By Maureen A. O'Brien, MS, RD, CDN.

Maureen O'Brien has been a Registered Dietitian for over 20 years. She is employed at Christiana Care Health Svcs.

Dollars and \$ense: Requirement to take 2009 Minimum Distributions Suspended



Just before Christmas, Congress passed, and President Bush signed into law a bill suspending the *Required Minimum Distributions* (RMD's) from Qualified Retirement accounts. If you are over 70 ½ you most likely know what a RMD is—it's the IRS rule that says you must begin to take withdrawals from your IRA or other tax-deferred accounts/retirement plans, like 401K's or 403b's. Required withdrawal amounts are pro-rated depending on your age. The bad thing about distributions from tax-deferred accounts is that they are taxed as income—and depending on the

amount you're forced to take out—can amount to significant money going off to Uncle Sam. Therefore, the ability to *not* take your RMD can save you taxes owed for 2009. Plus, if your account was invested in the stock market during a horrendous 2008 it might make sense to postpone selling your investments at current prices and give them some time to possibly regain some of their lost value.

The suspension of RMD's may provide additional planning opportunities; for example, if forgoing your IRA distribution holds your income below the \$100,000 threshold, an IRA to Roth

IRA conversion might make sense this year. While you would pay income tax on the conversion, the Roth IRA does away with RMD's and income tax in future years. You should contact your financial advisor to go over your personal situation to see if any other opportunities are available to save some income tax this year.

Martin Knight, Chesapeake Investment Advisors, Inc.

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KNOW YOUR HOMEPORTS NEIGHBOR: Delphine Kelly

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it were drought years. They then managed a beef cattle farm for a few years out near Quaker Neck, later moving to the Easton area where Delphine worked as a family counselor for the county health department. Three sons were born along the way, and in 1960, when the family was living once again in Kent County, the president of Washington College convinced Delphine to become a lecturer in the music department there. She is quick to admit that "I felt out of my element," but the fact that she held the post for five years suggests that she was

equal to the challenge. Two years after the death of her husband in 1983, she married an old friend whose wife had died not long before. Delphine and Donaldson N. Kelly, a noted lacrosse player, moved to Richard Drive in Chestertown in 1987 where Delphine continues to live; she was widowed for the second time in 2000. Although Delphine's enthusiasm for life and readiness to laugh suggest someone decades younger than her 86 years, she has had her share of medical concerns, including a hip replacement, a knee replacement, angina, balance problems,

and of course the shoulder surgery that makes her doubt her piano playing ability. "You don't want to keep bothering your children for help," she says, and so she was delighted to learn from her friend Jane Hukill about an organization called HomePorts that Jane was helping to organize. Delphine signed on as an early member of HomePorts and was immediately able to take advantage of the group's volunteer services which provided her with drivers to and from her cardiac rehab program while her car was in the shop for a week or so. "They were wonderful,"

she says of the volunteers, adding that she looks forward to serving as a volunteer herself, perhaps reading aloud to people with vision problems. She refers to HomePorts as her "security blanket," knowing that she can call to arrange help from volunteers or to get references to vendors for particular home or health services whenever a need arises. Meanwhile, this feisty octogenarian will continue to embrace life with interest, enthusiasm, and humor, three qualities that are guaranteed to keep her forever young.

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A Simple Button to the Rescue

Most of us know someone -- perhaps even a friend or a family member -- who has had the frightening experience of falling when alone. Fortunately, most these stories end happily, but many of them could have ended more quickly as well if the person involved had been wearing an emergency alert device of some sort.

These devices generally come in either a round-the-neck model or a round-the-wrist model and are waterproof so you can keep them on even while bathing, just in case. Should you need assistance at any time, just push a button on the device which uses either your phone or a specially designed plug-in console to establish communication with an emergency dispatcher. The dispatcher then converses with you to assess your situation and determine what steps should be taken to

get you the help you need. The dispatcher then stays in contact with you until help arrives.

Among suppliers of these devices, at least two are based in Chestertown. One, Philips Lifeline Medical Alert Service, can be reached at 410-778-1049. Another is Atlantic Security whose phone number is 410-778-6112.

A different type of security system, operated jointly by Upper Shore Aging and the Kent County Sheriff's Office, offers clients a daily morning telephone call from a volunteer whose message is "just checking in to say hello." In case of no response or an emergency, Telephone Reassurance Volunteers will send someone to your home to check on you. For further information about this free service, contact Senior Programs Counselor Stephanie Lindsey at the Amy Lynn Ferris Adult Activity Center, 410-778-2564. ◇◇◇

How Do I Know it's not Alzheimer's?

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with the proper functioning of memory. Should Alzheimer's be suspected, the patient would possibly benefit from one of the medications that have been developed to enhance mental functioning in people facing this type of memory loss. Additional events scheduled by Ms. Fitzpatrick on the

subject of our aging brains are listed page 4.

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[HomePorts is planning quarterly educational meetings. Please see page 4 for information about the next event.](#)

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Upcoming Events

Quarterly HomePorts Educational Program

WHO: Tami Buckel, MD, Dermatologist
WHAT: "Is This Spot OK?" Everything You Need to Know About Skin Cancer
WHEN: Wednesday, May 6, 2009 from 2 – 3 PM
WHERE: Amy Lynn Ferris Activity Center, 200 Schaubert Road, Chestertown

The meeting will also include an update on progress and plans of the HomePorts program. We look forward to seeing you there and to hearing your questions, comments, and concerns.

Members who would like to attend but need transportation assistance can arrange for a volunteer driver by calling HomePorts at 443-480-0940.

Our Aging Brains

(Cont'd from page 3)

Alzheimer's Association representative Jennifer Fitzpatrick, who spoke to HomePorts members about memory loss in January, will make four more presentations on related topics at various locations on the Eastern Shore this spring. All programs are free and open to the public. A list of dates, topics, and locations follows:

Wednesday, April 15, 2 to 4 p.m. – "Partnering with Your Doctor (for Seniors and Caregivers)" -- Queen Anne's County Department of Aging, Centreville

Friday, May 8, 10 to 11 a.m. – "What is Normal Aging?" – Upper Shore Aging, 100 Schaubert Road, Chestertown

Tuesday, May 19, 6 to 7 p.m. – "Maintain Your Brain" – The Pines, Easton