

MESSAGE FROM OUR VOLUNTEER COORDINATOR



Sally Powell
Volunteer Coordinator

First and foremost, I would like to extend a heartfelt *thank you* to our volunteers for giving of their time to help others.

There are a few topics which I feel need to be addressed. Let's start with contacting HomePorts for volunteer services. Please contact me (443-480-2863) or Karen (443-480-0940) as soon as you know you will require a volunteer. While we require a minimum of 24 hours notice, it is much easier for us to fill your request if we have more time; even if it is a month or two away. Once a request is received, we immediately send it out to several possible volunteers.

We will call you as soon as we know which volunteer is available. There is no need to call back unless you

need to make a change. We try very hard to fill every request as soon as possible and take pride in our record.

When contacting HomePorts to schedule a volunteer it is imperative that you state EXACTLY what you will need to do. We have had several members call and ask for a ride to an appointment or the grocery store and when out with the assigned volunteer have then asked to do several other errands. This takes much more time than the volunteer anticipated and can really change their daily plan. It is not fair to place our volunteers in a position where they feel they have to spend more time than requested. Please state exactly what your needs are when you call. If necessary, members may have to schedule two different trips. Please understand that our volunteers are precious to us. If we allow them to be taken advantage of, we will lose them.

A brief word to our volunteers ... please understand that any arrangements you make on your own to assist a HomePorts member will not fall under our umbrella after the fact. If you wish your volunteer hours to be counted, you or the member must contact Karen or me PRIOR to the event. We are grateful for all you do, but please stay within HomePorts' guidelines.

Members' Luncheon

Thursday, March 21

11:30 am

The Kitchen at The Imperial

What About Cannabis?

Thursday, April 4

11:00 am

Presenter: Trish Young-Gruber,
Chestertown Natural Foods
Chestertown Hall, 2nd Floor

Members' Luncheon

Thursday, April 18

11:45 am

Chester River Yacht &
Country Club

HomePorts' Fundraising Dinner

Monday, April 29

5:15 pm & 7:30 pm

Luisa's Cucina Italiana



Don't forget to visit our web site for your connection to Amazon! When you access Amazon through the link on our website, www.homeports.org, a percentage of your purchase price is donated to HomePorts.

'WOMEN IN NEED' CELEBRATES 20TH ANNIVERSARY!



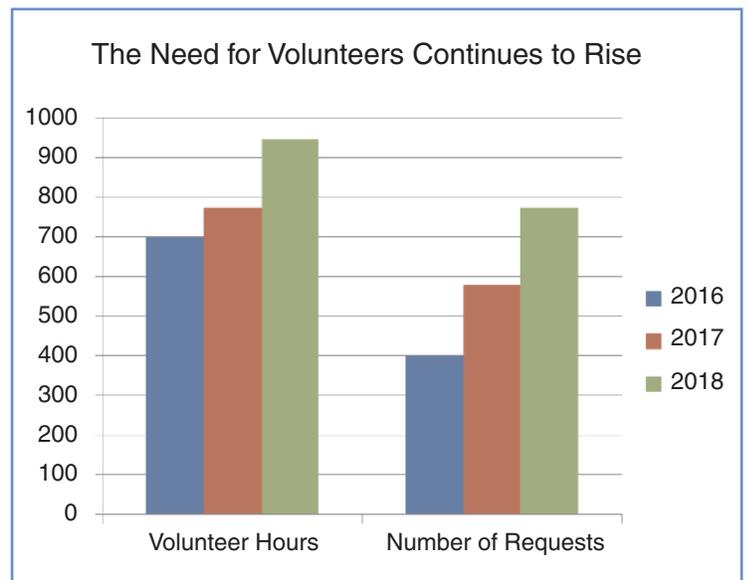
WIN is a non-profit organization serving the needs of families in Kent and Queen Anne's counties by providing scholarships, business empowerment programming, and grants to local organizations. Over 95% of their funding is generated by their thrift store sales. HomePorts is proud to be included as a partner in this valuable community resource. WIN contributes funds that enable HomePorts to provide financial aid to those members with limited incomes. So, be sure to shop at WIN and support the thrift store. Thrift store shopping is good for you, good for our community, and good for the environment. It is recycling at its best - and helps reduce total landfill waste by re-using items that are still in good working condition. Located at 106 Philosophers Terrace the store is open Thursday and Friday from 10 am to 6 pm; and Saturday from 10 am to 4 pm. Merchandise is continually changing - and may offer a unique find!

ANNUAL MEETING RECAP

In January HomePorts held its annual meeting, with President Jane Hukill reporting on the state of HomePorts. In her upbeat presentation she said that HomePorts had a strong year in 2018, and is financially sound. She hopes that new members are always needed, with the total number now at 95. There are 68 approved providers, in 34 categories of home help. Requests for services were up 49% in 2018. She focused on the importance of volunteers (see graph). Calls for volunteers were up 22%.

Goals for 2019:

- Expand membership, including those needing financial aid
- Continue the \$100 six-month trial membership
- Continue to expand the Community Health Fair



BALANCE AND FALL PREVENTION

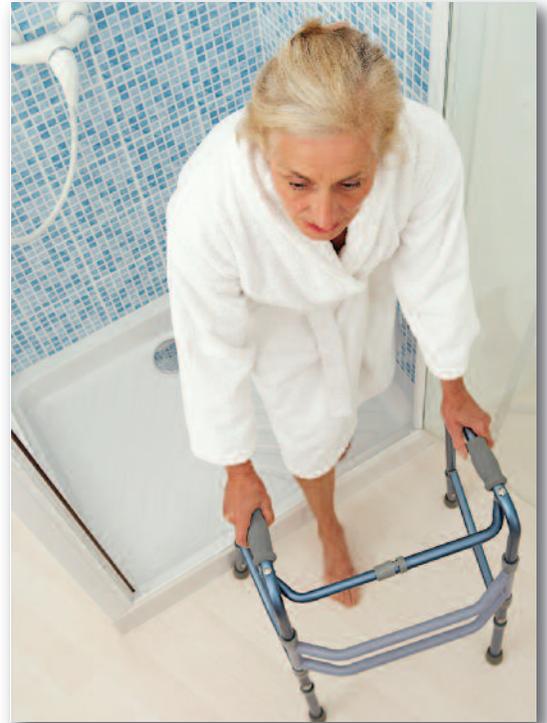
On February 7 Brooke Maier, physical therapist at Chester River Home Care, gave a presentation to HomePorts members entitled 'Wintertime Fall Prevention & Safety: What You Need To Know'. The program included a number of very worthwhile pointers for older adults.

"Accidents can be prevented by having a safe home environment," she said. "When I go into a home, I recommend removing anything that someone can trip over, especially if they may interfere with going to the bathroom at night. I recommend nightlights, too," she added.

At least half of all falls happen at home. The right footwear is critical. Having a routine that includes movement is essential, she noted. Walking needs to be part of our functioning routine, not as exercise but as a lifestyle. "Avoid walking with something in your hand," she warned. And if you need glasses, wear them.

Ten Tips to Help You Avoid Winter Slips:

1. Walk slowly and carefully in appropriate footwear
2. Use special care when getting in and out of vehicles
3. Watch for slippery doors when entering buildings
4. Avoid walking with your hands in your pockets, or carrying something. Try a backpack
5. Watch out for black ice
6. Check potentially slick areas by tapping them with your foot
7. Walk as flat-footed as possible in icy areas
8. Avoid uneven surfaces, like steps and curbs
9. Report any untreated public area
10. Remember: *ice and snow mean take it slow!*



Many, many thanks to those of you who have been saving your Redner's receipt tapes for us. Remember, you need to use a Redner's card for us to get credit. All you need to do is use your card and turn in the tapes. We'll do the rest. For every \$5,000 in receipts, we receive \$50. The only caveat is that you must use your Redner's Rewards Card. Receipts are good for up to three years, so if you just haven't had time to bring them in, no worries! You can give them to any HomePorts' board member or tack them to the bulletin board on the office door on the 2nd floor of the Chestertown Town Building. Every little bit helps!



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NEED A FREE RIDE TO & FROM YOUR EYE DOCTOR APPOINTMENT?

JUST CALL 410-864-6880!

The Chestertown Lions Club is providing this free service through the Lions' "Drive for Sight" program. All drivers are volunteers and they will do their best to provide a driver. The service is now available for all residents of Kent County and the 21620 zip code area of northern Queen Anne's County. The service will drive patients to appointments as far north as Middletown, DE; as far west at Kent Island; as far south as Easton; and as far east as Dover, DE. (These geographic boundaries may on rare occasions be extended upon request.) It is strongly recommended that individuals needing a ride call the above number at least 72 hours before your scheduled appointment.

THE HEALING POWER OF PETS!

Getting older can be very lonely. Loved ones and friends move or pass away, and it becomes increasingly difficult to leave the house and participate in once-loved activities. But there is one source of comfort and companionship that benefits seniors in countless ways: Pets!

While dogs may be man's best friend, all pets have the innate ability to capture our hearts and enrich our lives. Experts believe that all of us can form especially meaningful bonds with their four-legged companions and reap many life-enhancing rewards. We're honoring all furry pals with a compilation of five health benefits of pets for seniors:

1. Lowers blood pressure
2. Reduces chances of depression and loneliness
3. Promotes living in the present moment
4. Increases mobility and independence
5. Eases anxiety and pain



While pet ownership can have some downsides, there is no denying the many health benefits of pets for seniors. When considering such a decision, balance the advantages with the risks to determine whether a new friend would bring you joy and comfort. To find an adoptable pet near you, locate your area's animal shelter or check out the American Society for the Prevention of Cruelty to Animals (ASPCA) nationwide database online.

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