

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

Seasons Greetings! I hope the holidays find you well and happy.

We've been through Thanksgiving and Black Friday. As I write this on Cyber Monday, I am looking ahead to Giving Tuesday.

You should have received our annual appeal letter in the mail last week. I humbly request that you consider a donation to HomePorts this year. Here is why:

Jane, your 93-year-old neighbor who still manages to keep her garden looking lovely, is losing her sight and can no longer drive to the supermarket. A HomePorts volunteer is there.

Frank, who lives in subsidized senior housing in Rock Hall, cannot afford a car and has no way to get to the doctor. A HomePorts volunteer is there.

Claire is a widow living in Kennedyville on the family farm. The family is all gone and she is all alone. A HomePorts volunteer is there.

This is a typical day at HomePorts.

For more than 11 years, HomePorts has been recruiting and training volunteers to assist Kent County seniors. We need to do more. We need more volunteers. Would you be willing to drive Jane to the market or Frank to the doctor? Or just visit Claire?

We are aware of the numerous requests for donations that you receive at this time of year and that you must decide where it will be most useful. HomePorts supports Kent County seniors. Charity begins at home. Buy local. Please, consider supporting HomePorts.

With my warmest wishes for a joyous holiday season,
Karen Wright, Executive Director

Educational Program **'Getting Through The Holidays'**

Thursday, December 5

11:00 am

Chestertown Town Hall

2nd Floor

See details on next page

Members' Luncheon

Thursday, December 19

11:45 am

Chester River Yacht &

Country Club

Save The Date ... **Annual Meeting & Luncheon**

Tuesday, January 28

11:00 am

Chestertown Town Hall

2nd Floor

118 Cross Street, Chestertown





Presents

Getting Though The Holidays With Joy & Grace

Everything you wanted to know about coping with the holidays but were afraid to ask!

Thursday, December 5 - 11:00 am
Chestertown Town Hall, 2nd Floor
118 Cross Street, Chestertown

Join our guest speaker:

Bob Denison, LCSW-C of
Chester River Behavioral Health

There will be a time for questions and answers about expectations, traditions and relationships. All ages experience stress, but each handles it differently. Are our wishes realistic? Do we communicate our needs and reasons for our choices? These and other items will be open for discussion.

We hope to have you join us and to help you approach the holidays with all of our best wishes.

Please make a reservation by contacting Karen Wright at 443-480-0940 or email at Karen@homeports.org.

Admission is free.

THANK YOU ... WC HEALTH OCCUPATIONS CLUB

Students from the Washington College Health Occupations Club include community service in their mission.



Many thanks to the club members who came out on a rainy Sunday morning in November to rake leaves in a few HomePorts' members' yards. Despite the weather, a good time was had by all!



Pictured are Najeyah Altamimi of Germantown, MD; Ty Hawkins of Ellicott City, MD; Alex Rowe of Montego Bay, Jamaica; Nathaniel Neuland of Thurmont, MD; and HomePorts member Ruth Lichtenberger.

Tree Risk Assessments
Pruning, Cabling and Bracing
Lightning Protection Systems
Permits and Removals



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HEALTH TIP ... WHAT TO DO IF YOU FALL!

Tripping over a box or slipping on a wet floor could leave you with a broken bone. And a fall could easily send any of us to the hospital, says the National Institute on Aging.

If you fall, stay calm and follow the agency's recommendations:

- Take several deep breaths to try to relax.
- Remain still on the ground for a few moments.
- If you are hurt or cannot get up on your own, ask for help or call 911.
- If you are alone, try to get into a comfortable position and wait for help to arrive.



SAFETY TIP ... HOW TO AVOID HOLIDAY FIRES!

Seniors are more at risk for holiday fires than any other age group. Here are a few extra precautions you can take during this time of year ...

- Avoid decorations that are made of flammable materials such as tinsel and cotton.
- If you put up a tree use an artificial one. They are less likely to ignite!
- If cooking never leave food unattended; always have a fire extinguisher in the kitchen.
- Make sure all holiday lights, illuminated decorations and extension cords are in good working condition. It only takes a bit of exposed wire to create a potential fire hazard.
- Always have an escape plan in place in case there's a fire. Create an exit strategy that is easy to navigate.



EXERCISE TIP ... VIDEO GAMES OFFER BENEFITS FOR SENIORS!

Exercising the brain is just as important as physical exercise - and video games can provide this stimulation. Research out of the University of Montreal found that people who regularly engaged in playing video games had decreased cognitive impairment, and that gaming might even help to prevent the development of Alzheimer's.

Regularly playing video games has been shown to improve or enhance visual-motor tracking, selective attention, and memory challenges in seniors, making gaming no longer just kids entertainment. Other benefits are also seen in skills related to decision making, hand-eye coordination, and in some cases, auditory perception. Another benefit of video games for seniors is that they can be enjoyed by those with various abilities. Even if a person is confined to a wheelchair, they can still enjoy a rousing game on their favorite entertainment system. Games can also often be customized for accessibility for those with visual impairments, or through custom controllers.



There are thousands of brain-boosting video games available - for computers, tablets and smartphones, or on console gaming systems. The choices are literally endless. Researchers have found that World of Warcraft, NeuroRacer, and War Thunder are all excellent video game choices for seniors.