

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

A belated happy New Year to everyone!

Nearly 30 people attended our annual meeting and luncheon on January 28 where we bid farewell with much gratitude to our outgoing board members: Wayne Benjamin, Bill Cameron, Jayne Heckles and Courtney Sjostrom. Each of them served two three-year terms and all were valued volunteers. We will miss having them at our monthly meetings, but are pleased that Wayne will continue to help out with the Health & Wellness Expo and Courtney will continue to serve as our programs chairman.

New to the board for 2020 are Rob Billings, who previously served as the Lions Club representative, Wendy Coslett, Terri Dowling, Tom Eager and Judge Porter. Our new Lions Club representative is Lee Hunley. We look forward to working with them in the months ahead.

We are always looking for volunteers - not only as drivers for our members, but for our various committees. If you have an interest in helping out with the Health Expo or fundraising events (just to name two), please let me know. We can always find something exciting for you to do!

Finally, don't forget our monthly educational programs (on the first Thursday of each month at 11:00) and our dutch-treat luncheons (on the third Thursday of each month at 11:45). They are always a nice way to get out and chat with interesting people!

Members' Luncheon

Thursday, February 20
11:45 am
Luisa's Cucina Italiana
Restaurant

Educational Program 'Using The Benefits Of The Mind-Body Connection to Cope with Stress'

Thursday, March 5
11:00 am
Chestertown Town Hall
2nd Floor

End-Of Life Planning Workshop

Monday, March 16
1:00 pm
Amy Lynn Ferris Adult
Activity Center
200 Schaubert Road
Chestertown
See details on last page

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



Nicholas Fritz, Horticulturist
ISA Certified Arborist MA-5976A
MD Licensed Tree Expert # 2178
Nickworkstrees@gmail.com
ph # 267 614 8374





SENIOR CALL CHECK

PEACE OF MIND FOR THOSE HOME ALONE



How The Program Works

This **free service** will place an automated daily call to you at a regularly scheduled time. If the call is not picked up after **three attempts**, the service will call an **alternate person** on your behalf to check on you.

Do I Qualify?

All you need to qualify for this free service is:

- Be a Maryland resident aged **sixty-five plus**.
- Have an **active** landline phone or cell phone.

How to Sign Up

To sign up **online**, go to: aging.maryland.gov

To sign up **over the phone**, call: **1 (866) 502-0560**

Questions?

Call 1 (866) 502-0560
Monday to Friday 8:30 AM to 5 PM (excluding holidays)

Or:
aging.maryland.gov/Pages/senior-call-check.aspx



Larry Hogan
Governor

Boyd K. Rutherford
Lt. Governor

Rona E. Kramer
Secretary

DECLUTTERING & GETTING ORGANIZED

For every minute spent organizing, an hour is earned.

Benjamin Franklin

The February HomePorts monthly Education Program featured Courtney Sjostrom, discussing strategies for getting better organized. A popular and inspiring talk, she started by reminding us that “it’s personal”, “Know yourself”. Some of us are most productive in the morning, some are night owls. When are we most effective? And what are our objectives?

We can find strong motivation for tackling our home organization by recognizing that we are aging. Others coming after us will not want most of our things, or the effort required to review and dispose of them. An intention to downsize/move at some point is another incentive.

Start small. Break down tasks to make them less daunting - perhaps one drawer per week, for example. Various categories were discussed - clothes, books, photos, files. Those attending shared experiences that have been successful. One suggestion was to get rid of one item (such as a book or piece of clothing) before adding another.



She emphasized the importance of having a good work space. Is it the way you want it? Is it dirty, cluttered; is there a designated, easy-to-reach spot for each item you use regularly? Of the things that you have that are of value to you, she also suggested making a notebook to describe the story behind each item.

REDNER'S SAVE A TAPE

Many thanks to those of you who have been saving your Redner's receipts for us!
We currently earn about \$50 per month from your tapes.

A couple of notes:

1. You must use your Redner's card for this to work
2. We need the full receipt
3. Do not highlight the Save-A-Tape total (it's okay to underline it)
4. You can drop them off at my office anytime.
5. Thank you!



PUBLIC WORKSHOP ON END-OF-LIFE PLANNING

I don't want to talk about it. Not today!

Having a conversation about dying is not easy. Inevitably accompanied by complex emotions, discussions are easily avoided, postponed, set aside, sometimes until the opportunity has passed forever.

Yet, ultimately it is an extremely important gift you can give your family. And for you personally, the best way to reach a peaceful death is to plan ahead. Open a dialogue with your family about your wishes, and with your doctor. Studies show that over half of all Americans do not have wills. According to AARP, 78 percent of millennials (ages 18-36) and 64 percent of Generation Xers (ages 37-52) do not have a will. It is important for younger people to have wills, especially if they have children, to ensure that they'll be cared for by the people the parents want as guardians in the event of their death. Two out of three have not completed (and shared) an advance directive, a document that will increase the likelihood that you will get the treatment you want.



The Kent County Commission on Aging and Mid-Shore Pro Bono are offering a free workshop on preparing for end-of-life on Monday, March 16 from 1:00 pm to 2:00 pm, at the Amy Lynn Ferris Adult Activity Center, 200 Schaubert Road in Chestertown. Tim Abeska, Mid-Shore Pro Bono Volunteer Attorney, will cover topics such as wills, personal financial powers of attorney, health care advance directives, and Maryland medical orders for life-sustaining treatment.

Who will speak for you if you can't? What are your goals at the end of life? What kind of funeral do you want, and how will it be paid for?

"You may not control life's circumstances, but getting to be the author of your life means getting control of what you do with them," says Atul Gawande, physician and best-selling author of *Being Mortal: Medicine and What Matters in the End*.

Refreshments will be served. The Amy Lynn Ferris Center is located just off Morgnec Road past Autumn Lake Health Care. For information, call 410-778-2564.

US NAVY ACADEMY QUINTETS TO PERFORM FEBRUARY 23 AT GIBSON CENTER!

The United States Naval Academy Band Reed Quintet and Brass Quintet will present a joint concert of modern chamber music in Hotchkiss Recital Hall, Gibson Center for the Arts at Washington College on Sunday, February 23 at 4:00 p.m. The Naval Academy Band's newest ensemble, USNA Reed Quintet is a vibrant group, producing a rich blend of colors from its unique instrumentation of oboe, clarinet, alto saxophone, bass clarinet, and bassoon. The popular and versatile USNA Brass Quintet promotes brass chamber music through education and performance. Program highlights include George Gershwin's "Three Preludes", selections from "West Side Story," and works by contemporary composers Anthony DiLorenzo, Marc Mellitts, and John Steinmet. The concert is free; no tickets required.