

## MESSAGE FROM OUR EXECUTIVE DIRECTOR



Jeanette Jeffrey, MS, MPH, MCHES®  
Executive Director

Each new year brings with it promise for change, growth, discovery and renewal. This is especially true for HomePorts in 2023!

As I step into my new role, I first and foremost wish to acknowledge the tremendous work and dedication Karen Wright provided as Executive Director for 11 years. Under her leadership, HomePorts' membership and volunteer roster grew substantially. Social and educational events, fundraisers and the annual Health Expo provided community engagement opportunities and resources to help older adults age in place. Even through the unthinkable, a global pandemic, Karen stayed the course, gracefully leading us through uncharted waters. Please join me in wishing Karen fair winds and following seas as she sails off to her next adventure!

Our Annual Meeting is scheduled for Tuesday, January 31st at 11 am with a complimentary lunch to follow. During this meeting new board members will be elected.

All HomePorts' members and volunteers are welcome and encouraged to attend. Please email [jeanette@homeports.org](mailto:jeanette@homeports.org) or call 443-480-0940 to let me know if you plan to join us. It will be a wonderful opportunity for me to meet you and personally thank you for your member and/or volunteer support.

I am deeply grateful to the Executive Board for placing their trust in me and greatly encouraged by the many volunteers and members who have wished me well as I take the helm. I look forward to meeting and working with each of you to further our mission of *Keeping Home a Safe Harbor*.

Happy New Year!

Homeports' Annual Meeting will be held on Tuesday, January 31, at 11 am  
in the 2nd floor conference room in the Chestertown Town Hall building at 118 N. Cross Street.

The meeting will be followed by a complimentary lunch.

If you are able to attend, please contact Jeanette at [jeanette@homeports.org](mailto:jeanette@homeports.org)

or call 443-480-0940.



## NEW YEAR. NEW GOALS.

*New Year's resolutions may seem trite, especially as we age. But think again. When you look at them, resolutions are goals. And when you have goals, you have purpose. Here are a just few 'goals' for you to consider in the days and months ahead.*

### **Make Sure Your Vaccinations are Current**

"It's easy to put these things off when your doctor recommends them, but they're important," says Fadia Zawaideh, a pharmacist in Silver Spring, MD. "Flu, pneumonia, shingles - these are all important vaccines that can save your life." Talk with your doctor or pharmacist now about any shots you may have missed.

### **Take An Inventory Of Your Medications**

Zawaideh tells the surprisingly common story of a woman whose doctor prescribed a 50mg dose of her medication. For years, she took five 10mg pills every single morning. But one month her prescription was refilled with 50mg pills, so she would only have to take one per day – except she missed that part. "She unknowingly took a nearly toxic dose," Zawaideh recalls. Ask your pharmacist to email you a list of all the meds you're on and the dosages, send a copy to a friend or family member, and keep a copy on your cell phone. You might also consider a medication dispenser, especially if you or your partner has any cognitive challenges.

### **Try Something New**

This year, get out of your comfort zone. "Make a new friend. Learn a new game. See a movie or read a book you know nothing about," says Seattle-based Mary Ann Andersen. "Adventure doesn't have to involve physical risk or danger. Every day can be an adventure if you simply resolve to try something new."

### **De-Clutter**

Holding on to some sentimental items makes sense because it increases our quality of life and reminds us of happy times and great experiences. But you probably have a lot of stuff you don't need and your children don't want. Commit to begin divesting yourself of items that don't have special meaning, and to de-cluttering and organizing what you do keep. That will make it easier for you day-to-day, and for your children later.

### **Understand Your Fall Risk**

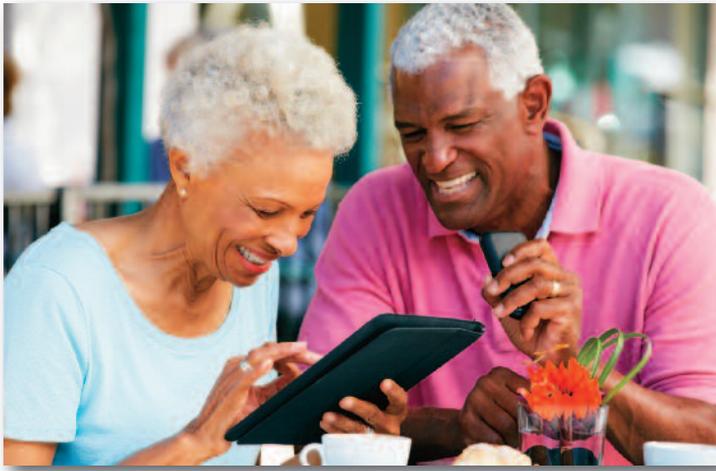
Falls are the leading cause of injury for Americans over 65. Even if you're active and steady, you could be at an elevated risk for a fall because of medications you're on or underlying medical conditions. Make a resolution to talk to your physician about your risk of falling, investigate how to re-arrange things in your home to make it safer, and consider a personal medical alert device with fall detection.

### **Embrace Technology**

Innovation can be intimidating, but it also can be a gateway to a higher quality of life. This year, decide to try one new technology. Video chatting with far-flung family and friends is more satisfying than a phone call, text or email. Social media makes it easier to stay connected to the people you care about. eBooks, games and other apps put amusements and favorite hobbies in the palm of your hand. There are even online support communities for people living with certain medical conditions, or who are caring for spouses with chronic physical or cognitive conditions.

### **Keep Laughing**

"We all know laughter is the best medicine. Find the friends, movies, comedians, books and other things that have made you laugh throughout your life," says Ralph Higgins, a retired ship captain in San Francisco. "Go back and re-establish those connections. If something made you laugh before, chances are it'll make you laugh now."



## GREAT TECH ITEMS FOR SENIORS

As we mentioned on the previous page ... many of us have accumulated a lot of belongings that we are working on consolidating to minimize clutter as we downsize living space. Certain technology can be a good option because it is practical and allows us to stay connected and active. Here are a few suggestions on tech items you may want to consider.

### **Digital Tracking Tabs**

Small tags such as Tile Stickers or other tracking devices can be great for those of us who forget where we put our keys, phone, wallet/purse, remote, or other items. All you have to do is attach the tag to the item, and you can use a phone app to track its location. This can save time and frustration of searching for missing items.

### **Video Doorbell**

Not only can you quickly see who is at your door, you can set up alerts so a family member is notified as well. This can provide an added level of safety and security.

### **Noise Cancelling Headphones**

Cut down on background noise by wearing noise-cancelling headphones when watching tv or movies or listening to music. This can be great for seniors who are experiencing hearing loss.

### **Tablet**

Get a simple tablet and set it up with some fun games and apps for video communication. In addition to keeping our minds sharp, apps are available that monitor heart rate, sleep, and other data. It can help you better manage your health and physical activity.

### **Gaming System**

Video games aren't just for kids. There are plenty of games that seniors can enjoy that will challenge our minds, provide entertainment, and work on balance and coordination.

### **Alexa/Amazon Echo**

These devices can make it easier for older adults to quickly access information, set reminders, make lists, and much more. They can also be set up to control lights, music, thermostats, and other devices.

### **Digital Photo Frame**

Pictures can be a wonderful memory-jogger and conversation starter. Get a digital frame that can hold dozens of photos and automatically scrolls through so you can easily see family and friends. Some models even allow photos to be added remotely, so your loved ones can regularly update your frame with new images.

It can take time to get used to technology, and understand how to use it, but once you do it can have a lot of advantages. Plus, as technology continues to improve, it becomes more user-friendly and intuitive.