

MESSAGE FROM OUR PRESIDENT



Jim Donaghy
President

The Peoples Bank is hosting a guest chef dinner to benefit HomePorts on Tuesday, May 13, 2014, at the Lemon Leaf Café on High Street, between 6 pm and 9 pm. Ralph Dowling, president and CEO, will be the guest chef and prepare a delicious meal of paella with salad and bread from recipes favored in his home territories of East Texas and Southern Louisiana. Friends who have sampled Ralph's cooking say that we're in for a fine treat.

The cost of the repast is \$20 a person (drinks and dessert not included). Tickets can be purchased at any branch of

The Peoples Bank or by calling Karen Wright at HomePorts at 443-480-0940 or emailing at karen@homeports.org. Although not required, I suggest you make a reservation by calling the Lemon Leaf directly at 443-282-0004. As always, if you don't drive at night or need a ride, a HomePorts volunteer will be happy to provide transportation.

This is a wonderful gesture by The Peoples Bank and by Ralph Dowling, and it will help HomePorts achieve greater visibility within Kent County, but it's really much more than that. The bank and its employees are dedicated to becoming more involved in their community and demonstrating their support for organizations that are making a real difference in the lives of local residents. We're proud that the bank has chosen HomePorts as one of the non-profit groups deserving its support.

With that thought in mind, I hope HomePorts members will return the favor and show our gratitude by supporting this generous dinner event sponsored by The Peoples Bank. To me this is a real demonstration of HomePorts' motto - neighbors helping neighbors. See you at the benefit!

A SPECIAL 'THANK YOU' FROM MARY BURNS ...

"I have gotten HomePorts volunteers to take me to therapy since February. I'm very impressed. I talk about you all the time. I lost my husband 5 years ago and I don't drive. I can't thank the volunteers enough. They're wonderful. I've never met anyone so helpful. They've really stepped up."

What's Up?

- **May 13**
Guest Chef Dinner
Lemon Leaf Cafe
6:00 pm to 9:00 pm
- **May 15**
HomePorts Member Luncheon at the Fish Whistle
12:30 pm
- **May 30**
Older Americans Month Celebration
10:00 am to 2:00 pm
Amy Lynn Ferris
Adult Activity Center
For information call
410-778-2564
- **June 19**
HomePorts Member Luncheon at the Fish Whistle
12:30 pm



SYMPOSIUM CONCLUSIONS ... A SUCCESS!



“We’ve put off the reckoning. Healthcare in the U.S. is twice as expensive as anywhere else, and the results of what we get are not good.”

These provocative words were from our keynote speaker, Dr. Walter Ettinger, Chief Medical Officer and Senior Vice-President, University of Maryland Medical System, at our 4th Annual Healthy Aging Symposium recently held on April 15 at the Kent County Middle School.

Dr. Ettinger questioned the quality of care in this country as well as the safety of patients. He said that the health care system is skewed too far in the direction of making money, citing recent examples in the news of unnecessarily costly drugs and procedures prescribed. He noted that treatment is desperately needed for addressing the epidemic of Alzheimer’s disease.

Dr. Ettinger envisions a system where well-care is encouraged, care matches what the patient and the family want, with fewer in-hospital patients and fewer preventable complications during hospital stays. The talk was extremely well-received, with excellent questions and obvious interest in continuing this community dialogue.



Breakout group speakers also provided a wealth of information and tips on topics ranging from osteoporosis treatment options to identity theft. The Kent County Sheriff’s Department officers asked everyone to take photos of their property, especially jewelry. Another homework assignment is to check your credit on-line, using the offer of one free credit report each year.

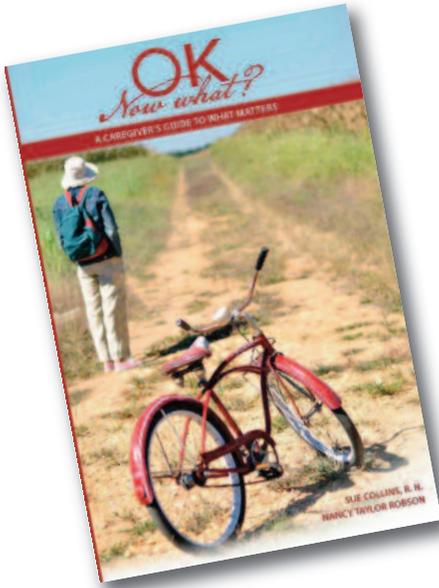
Evaluations from the participants applauded the breakout session on “Master Aging Plans”, presented by another Village, At Home Chesapeake. The slides used are shown on the front page of www.homeports.org.

Over 20 exhibitors (who also were co-sponsors) offered a wide variety of useful information. On a scale of 1-5 (5 being the highest) attendees rated all presentations at a 4 or above, with the keynote speaker receiving several 5++’s. Comments were exceedingly positive, prompting the planning committee to start soon to make plans for 2015!

Copies of the 2014 program and resource guide are available at the HomePorts office. Many thanks to all the volunteers, speakers, exhibitors, and attendees for contributing to this popular event and certainly to UM Shore Regional Health for their continuing support. If you have suggestions for the event in 2015, please email info@homeports.org.



IN REVIEW ... BY LOUISE O'BRIEN



OK Now What? A Caregiver's Guide To What Matters.

By Sue Collins, RN, and Nancy Taylor Robson
Head to Wind Publishing, 2014

Caring for a loved one who is in the final stages of life may eventually turn into a rewarding experience but working toward this goal can be loaded with difficulties, doubts and anxieties. A caregiver needs and deserves to have help and advice at each stage of the process. That is why this book should be available to all those who have found themselves in the role of caregiver. The two authors have themselves been caregivers. One of them is a hospice nurse; the other one has cared for many friends and family members during the last stage of life. They share many of their own experiences but they also cover situations faced by countless others who find themselves facing an array of unfamiliar, frightful challenges.

The book is full of practical advice. Each chapter is titled and sub-titled in bold print with an adequate description of its contents making it easy to flip through the book and find the topic needed at any particular time. Resources are listed at the end of each chapter including books and websites. There are recipes for comforting foods at the end of the book along with checklists of everything from how to stock the sick room to coping with legalities faced at the time of a death.

The emotional needs of the caregiver focused on in this little book are particularly impactful. The authors, Collins and Robson have the uncanny ability to address some of the unusual fears but also sadness, anger, guilt, frustrations and depressing aspects faced by a caregiver. They provide comforting advice and reassurance to support the caregiver throughout the process whether it lasts only a few days or many months.

I highly recommend this book by local authors to everyone who is facing or will face the role of caregiver. It is a well written and fascinating look at what can be a trying yet rewarding experience. It tackles a difficult subject in an accessible and loving way.

MEMBER INTERVIEW WITH TRAUDE HARDING

In the category of "How Are We Doing?" we recently interviewed Traude Harding who no longer feels confident driving.



Q. How do you use HomePorts?

A. I need to go to Aquafit for therapy. But today I am going to get my nails done too.

Q. If you don't have HomePorts volunteers to take you when you need to go somewhere, what do you do?

A. I have to pay somebody!

Q. Are you satisfied with the service?

A. Very much, yes, really.

Q. What is your experience with the staff and volunteers?

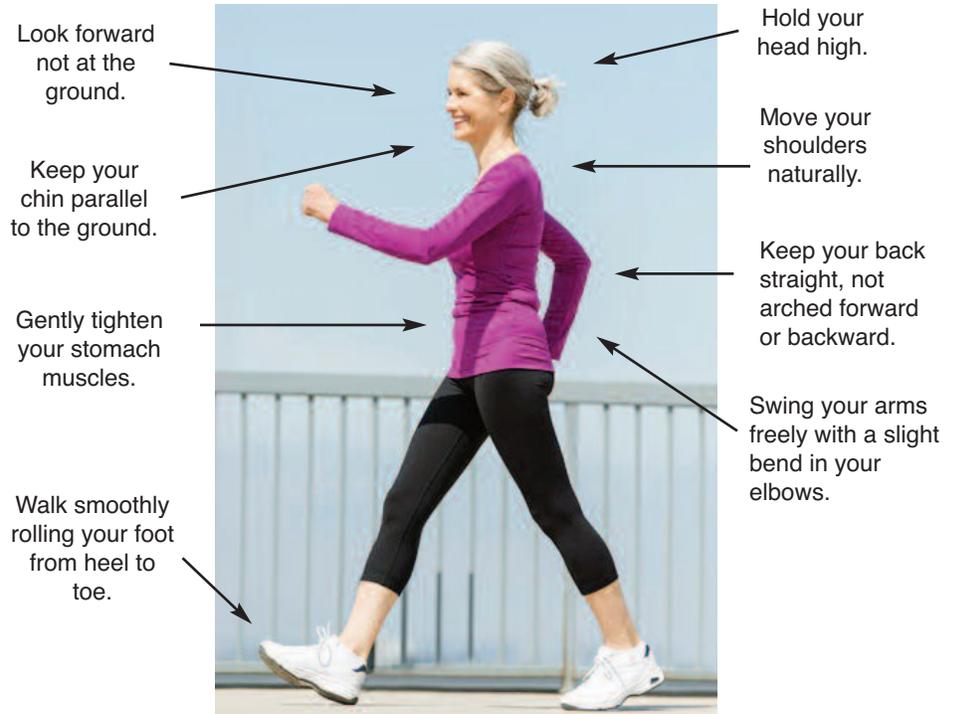
A. All the people who have been picking me up are very nice, very solicitous. I really appreciate that. No one has ever turned me down. That's a good thing. I just regret that you don't have enough people to do it more. On the whole, I really do love all you people. Shannon and Karen are very accommodating and delightful.

TIPS FOR WALKERS



Ever wonder whether you're getting the most out of your daily walk? Wonder if there's a proper way to hold your body to get the most benefit? While there are many ways of walking, there are basic body positions that will help keep your body safe and maximize your walking effort.

With the return of comfortable temperatures, the outdoors beckon. Walking is one of the all-around best exercises. From the MDVIP Medical Forum (and <http://blog.wellesse.com/blog/-not-set--2/are-you-walking-with-proper-form>), here are basic body positions for the safest and most effective walk, from speed walking to a leisurely stroll:



HEAD POSITION – Chin parallel with the ground, not tucked to your chest or tilted out. Eyes/focus should be straight ahead. Looking at the ground is not good form as it pulls your chin toward your chest and tilts your head forward too far. Your head and neck should be aligned naturally, with your head held high and neck at a natural extension.

ARM/SHOULDER POSITION – Your arms should swing freely with each stride, with a slight bend in your elbows. Your shoulders should move naturally with the swing of your arms. Be careful to watch your shoulder position. It is common for shoulders to inch toward your ears, breaking the long line of your neck position, and adding tension in your shoulders. Make a conscious effort to keep shoulders loose and down.

CORE POSITION – Keep abdominal muscles engaged, with stomach muscles gently tightened as you walk. This will also help keep your back straight, which is important to keeping all parts in good form as you walk.

FOOT POSITION & STRIDE – Walk with a smooth, even stride, rolling your foot from heel to toe. Your stride can be extended over time, with proper stretching before and after each walk, and lengthened each walk once you have had time to warm up.