

A MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

This September I celebrated my first anniversary as HomePorts' Executive Director. The time went by astoundingly quickly as I've gotten to know our members, volunteers and providers and as I've learned something new every day. We've accomplished a great deal in the last 15 months - educational programs on vision, the MOLST and pain management; monthly Dutch-treat luncheons at the Fish-whistle; the Gershwin-on-the-Fly fundraiser at the Mainstay; and the Vintage Clothing event in Chestertown. We've gained 11 new members and a new volunteer coordinator, Shannon Smulow.

Today our annual giving appeal will be mailed and I know that this will be one among many of the requests for support you will receive from local non-profits. I hope you will give serious consideration to a tax-deductible gift to HomePorts so we may continue to assist our members to remain in their own homes as long as possible and to provide scholarship memberships to those who are most in need.

I'd also like to take this opportunity to say "thank you" to all the volunteers who help make HomePorts a sustainable village. From the board of directors who work tirelessly managing our operations, to the volunteers who assist our members by driving, shopping, raking leaves and performing many other selfless acts, to the behind-the-scenes volunteers who help with our mailing and fundraising efforts, the endless generosity of their time truly overwhelms me. In this season of giving, these are the gifts for which I am most grateful.

Wishing you all a joyous holiday season and a healthy and happy new year.

APPEALING TO YOU

HomePorts receives 40% of its operating funds from membership fees. The remainder is obtained through fund-raising events and donations, along with a few small grants received. Once each year we make a public appeal to the community and to members for tax-deductible donations. Please consider a contribution this month. We are particularly in need of funds to support our scholarship memberships, awarded to those who are on limited incomes and want to remain in their own homes. Those members receive a \$300 credit per year for help to maintain their homes.

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HomePorts is a non-profit 501(c)3 membership alliance providing access to a wide range of services designed to offer mature adults what they need to remain in their own homes. Membership is available to those over 55 in Kent County and the adjacent area in Queen Anne's County within the 21620 zip code.

Happy Holidays!

*Celebrate the happiness that
friends are always giving,
make every day a
holiday and celebrate
just living!*

Amanda Bradley

All of us at HomePorts wish you and your families a wonderful holiday season, and a safe, healthy year ahead!



If you're shopping at Amazon.com, please remember to use the link on the HomePorts website (www.homeports.org). Every purchase you make earns a donation to HomePorts!

IT'S COOKIE TIME!

We know that many of you enjoy baking during the holiday season. So we're sharing this recipe for great tasting Low Calorie Molasses Cookies. Enjoy!

Lo Cal Molasses Cookies (yields 2 dozen cookies)

Ingredients:	1/4 tsp. ground cloves
1/2 cup vegetable oil	1/4 cup molasses
1/4 cup plus 2 tbsp. sugar, divided	1 egg
2 cups all purpose flour	2 tsp. baking soda
1 tsp. ground cinnamon	1/2 tsp. ground ginger

- In a mixing bowl beat oil, molasses, 1/4 c. sugar and egg
- combine flour, baking soda, spices - add to molasses mixture and mix well
- cover and refrigerate at least 2 hours
- shape into 1" balls, roll in remaining sugar
- place on ungreased baking sheets
- bake for 10-12 minutes or until cookies are set and surface cracks.

Nutritional Analysis: one cookie equals 41 calories, 2 g fat (0 saturated fat), 4 mg cholesterol, 44 mg sodium, 5 g carbohydrate, 0 fiber, 1 g protein. Diabetic Exchanges: 1/2 starch. From 'The Taste of Home'.

HomePorts Luncheon

The monthly lunch, or *Stammtisch*, takes place on Thursday, December 20, and Thursday, January 17, 12:30 pm at the Fish Whistle Restaurant. Call HomePorts to reserve your seat and request a ride if needed. We're expecting you!

Annual Meeting

The Annual Members Meeting will take place on Thursday, January 17, at 1:00 pm on the second floor in the Chestertown Town Hall Building. Come learn about the State of HomePorts 2013 and share your thoughts and suggestions for your organization.

We're Going Digital!

HomePorts is converting to an electronic newsletter in 2013. If you are not a HomePorts member, please send your e-mail address to info@homeports.org to continue receiving the newsletter.

FASHION REPRISE BENEFITS HOMEPORTS

Vintage couture and rare fashions took a bow for HomePorts in October. Orchestrated by fashion pros Georgina and Rick Marshall, the week-long fundraiser featured originals by major designers, a preview party, ladies' tea, and excited buyers.

Generous donors contributed treasures by Ralph Lauren, Karl Lagerfeld, Oscar de la Renta, Bob Mackie, Adolpho, and other top designers. Meanwhile, a hard working committee of volunteers highlighted each creation through professional displays and detailed descriptions.



Karen Wright receives a silver wand from the Board in recognition of her tireless work on this successful Vintage couture event.

It was a week of show stoppers from another era, on view and for sale in Chestertown. Theatrical evening gowns, a Lauren leather bomber jacket, designer ensembles, a 1925 beaded flapper dress, an exquisitely knit 3-piece suit – these were just a few of the designs from the vintage social scene. Local fashion lovers checked out impeccable construction, beautiful fabrics, and custom details rarely seen in garments today. And, lucky bidders went home with their own pieces of fashion history.

HomePorts is grateful to the generous committee and fashion donors responsible for this one-of-a-kind week. In addition to supporting

HomePorts' mission of helping seniors stay in their own homes, the benefit increased the scholarship fund for those in our community who cannot afford the full cost of membership.

The maker of a sentence launches out into the infinite and builds a road into Chaos and old Night, and is followed by those who hear him with something of wild, creative delight.

Ralph Waldo Emerson

WRITERS WANTED ...

For all writer-wannabe's, there's a desk waiting for you! Well, a virtual desk - in your own home. Join an elite team as a correspondent for the HomePorts newsletter. Call 443-480-0940 if you would like to join the team!



HomePorts depends on all the hard work provided by our volunteers and members. Catherine Brereton and Shirley Kainey help process our newsletter mailings.

Just for Laughs!



Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said ...

You're really doing great, aren't you?

Morris replied ...

Just doing what you said - 'Get a hot mamma and be cheerful'.

The doctor said ...

'I didn't say that. I said, You've got a heart murmur.

Be careful!

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbor. "What kind is it?"

The man answered ...

"Twelve thirty."

A MATTER OF BALANCE



Health News from NPR recently reported on a Canadian study of accidental falls among seniors. Of 227 falls captured on videotape at a long-term care facility, most occurred from loss of balance rather than from tripping or slipping. Of those who tripped, only twenty-five percent fell on the legs of chairs and tables.

"Falls are occurring in transition periods ... when someone is going from the walker to sitting down in the dining room or getting up," according to Dr. Stephen Robinovitch, author of the study. Losing one's balance can have many causes (e.g., medications, dizziness, muscle weakness, vision impairment) but, interestingly, most of those falling were not using the walker or wheelchair that was recommended and available for them to use, at the time of the fall.

Save The Date: Balance & Strength Seminar
Tuesday, January 22, 2013 - 1:30 pm
2nd floor, Chestertown Town Hall
118 N. Cross Street, Chestertown

Learn about the latest tips on how to stay strong and improve balance as presented by:
Joanna Bainbridge-Blackburn, MPT, DScPT, and Co-Owner of Chestertown Physical Therapy and Aquafit, Inc.

MARK YOUR CALENDARS AND PLAN NOW TO ATTEND OUR THIRD ANNUAL HEALTHY AGING SYMPOSIUM

HomePorts will host our Third Annual Healthy Aging Symposium next spring. Our biggest event yet, the Symposium will be held on March 26, 2013, at the Kent County Middle School in Chestertown from 8:30 am to 2:00 pm.

Partners include the local Area Agency on Aging (Upper Shore Aging, Inc.), Kent County Health Department, and the Chester River Health System. The opening session will feature keynote speaker, Dr. Steven Gambert, Director of Geriatric Medicine at the University of Maryland Medical Center.

Attendees then will participate in three breakout discussions led by local professionals offering tips for "moving in the right direction."

There will be 35 local exhibitors in the fields of health care, home services, home products, and education. So mark your calendars now ... you won't want to miss this exciting symposium!



Dr. Steven Gambert Scheduled Keynote Speaker

GEE! THE CHILDREN OF OUR MEMBERS REALLY OUGHT TO KNOW ...

HomePorts often receives questions from adult children of seniors and even more often has information that we'd like to convey. So enclosed with this issue is our first 'Families' newsletter that you can mail or give to family members. Additional copies are available if needed - just give Karen Wright a call at 443-480-0940.