

MESSAGE FROM OUR PRESIDENT



Jim Donaghy, President

In my first few weeks as Board President, I continue to be impressed with the fine people who are active in HomePorts. We truly are neighbors helping neighbors. Ann Murray and her team put together a fun volunteer appreciation party. The location was superb and the weather beautiful. I think it was the first time this most important group of volunteers had a chance to get to know each other in an atmosphere of fine conversation and good food.

Muriel Cole's team, with the invaluable help of Gloria Wilson and Sandy Johnston, is planning our third Symposium. I am impressed that the people of HomePorts are providing the leadership necessary to have a high-caliber educational event on healthy aging for the whole community. Some of you might not be aware that besides the Chester River Health System, we are joined by the Kent County Commission on Aging, the Kent County Health Department, and Upper Shore Aging. This year Muriel's team has interested over thirty service and product organizations to provide exhibits for our members and other attendees. The seminars promise to be interesting as well as educational. I hope that all members plan to attend. Remember, if you need transportation, arrange with Karen to have a HomePorts volunteer bring you safely to the event and back to your home again.

Other volunteer teams are planning future member educational and scholarship fund raising events. Jayne and Paul Heckles have volunteered to co-host a scholarship event on May 19 at the Betterton Community Center. More on this later but put it on your calendar now.

According to my records, this is the third year in a row that I first saw a robin on February 11th. Spring is in the air!

VOLUNTEER APPRECIATION DAY



On February 12, volunteers were feted with chocolate and prosecco in the Penthouse at Chester River Landing.

The Valentine's theme was certainly appropriate because we love our volunteers!

HomePorts Luncheons

March 21 & April 18
12:30 pm

Fish Whistle Restaurant
Come out and share a meal
with your neighbors.
Call HomePorts to reserve
your seat!

Mark Your Calendars!

Tuesday, March 26
8:00 am to 2:00 pm

**Third Annual
Healthy Aging Symposium**
Kent County Middle School
Understand your options and
map your directions related to
health, home & finance.

Sunday, May 19
4:00 pm to 6:00 pm
**Harp and Oboe
Music Benefit**

Betterton
To support HomePorts
Scholarship Program which
provides help to seniors with
limited income.



*"Those who don't try
anything new are apt to
grow old quickly" .*

Anonymous

BALANCE & STRENGTH SEMINAR



Easy pushups against the wall. Rising and sitting three times without using chair arms. Walking with ankles engaged to reduce shuffling. These are just three of the valuable mobility and muscle building tips demonstrated by Dr. Joanna Blackburn during a HomePorts public seminar last month.

The audience of nearly 40 rose and sat down as requested, trying out simple exercises for easing into a strength and balance routine designed for seniors. "It's never too late to begin working toward a stronger, more balanced body," Dr. Blackburn emphasized.

Of course, walking is still highly recommended and popular. The Washington Post cited a study done of 650,000 adults and found that walking just 15 minutes a day was associated with living two years longer. She remarked that many in Chestertown are taking these findings seriously and walking regularly. "You are an example for us!" she emphasized.



Dr. Joanna Blackburn



On the subject of joint replacement, she noted that those with some debilitation should not wait too long before considering joint replacement. Rehabilitation will take longer and be tougher for those delaying surgery. Additionally, a "pre-hab" exercise program can strengthen muscles before replacement surgery and lead to a quicker return to normal activities after surgery.

In the second half of her program, Dr. Blackburn responded to numerous questions from eager participants and distributed handouts, including a list of lifestyle suggestions for being more active during the day.

Dr. Blackburn's presentation drew on years of experience and training, including a special interest in geriatrics. She holds a Doctorate of Science in Physical Therapy from the University of Maryland and is co-owner of Chestertown Physical Therapy and Aquafit. A popular presenter at last year's Healthy Aging Symposium, she will be available to participants this year as an Exhibitor.

NOTE FROM A FAN ...

I must tell you, I think Home Ports is a wonderful organization and see such a need. Much of my respect for what you all are doing has, I believe, to do with dignity. Dignity of aging, striving to remain independent for a few more years. How sad to see people age and with that the loss of their independence, increasing dependent on those who are "too busy", and the feeling they are becoming a burden. Your organization helps to delay that a few more years. Congratulations and thanks to all the volunteers at Home Ports.

Wayne Benjamin, M.D.



Dr. Wayne Benjamin with HomePorts member Adaline Humphreys.

DO YOU KNOW WHO TO CALL IN CASE OF AN EMERGENCY?



We hope you'll never need the information, but if there is an emergency, having important phone numbers and key personal information readily available will make your life easier. Below is a comprehensive list of phone numbers and information that AARP suggests you post near your telephone so it is always readily available.

Key Phone Numbers:

Poison Control (including prescription drugs)
800-222-1222

Chestertown Police Department
333 South Cross Street, Chestertown
410-778-1800

Maryland State Police
101 Dixon Drive, Chestertown
410-778-4511

Kent County Sheriff's Office
Sheriff's Office
104 Vickers Drive, Chestertown
410-778-2279

Family & Friends:

Post information on friends and neighbors.
Include name and phone number for neighbors
to your right and to the left of your residence.

Emergency Information:

- Family doctor name & phone number
- Insurance coverage Information including your Medicare and Medigap identification/plan numbers
- Drivers license number
- Listing of current medications
- Name(s) of medication(s) to avoid
- Listing of any health assist devices you use, i.e. a pacemaker
- Indicate if you have an Advance Directive
- Indicate if you are you enrolled with MOLST (Check with EMS 410-778-9521)
- Indicate if you are you a State Anatomy Board Donor (Check with Anatomy Board, 800-879-2728)
- Indicate if you are you an Organ Donor (Check with the Organ Donor Registry, 800-950-1682)

DEAR VOLUNTEERS ...

I write to thank all of you volunteers and workers of HomePorts. I would like to pass this on to those who are helping the elderly. Please remember to arrange things to make it easier for us to keep up with our daily tasks. For instance, someone had put my light bulbs on a shelf that I could not reach and at the risk of breaking them, I had to knock them down with my cane. Thank you for everything.

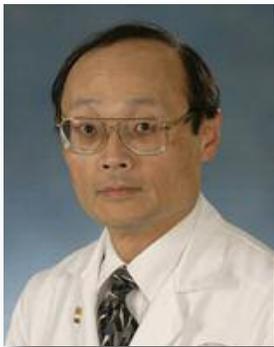
Rebecca Simns
HomePorts Member



The very first 'senior moment'!

HEALTHY AGING SYMPOSIUM: A NOT-TO-MISS EVENT!

"Moving in the Right Direction", our third annual workshop, will be held Tuesday, March 26, from 8:00 am to 2:00 pm at the Kent County Middle School. Organized by HomePorts, this is a unique opportunity to help you understand your options and map your directions related to health, home and finance.



Dr. Conrad May

Early announcements noted that the keynote speaker would be Dr. Stephen Gambert, returning from two years ago. Unfortunately he had to cancel his visit, but Dr. Conrad May, Program Director for the Geriatric Medicine Fellowship at University of Maryland School of Medicine, will speak and comes with the latest scientific findings on smart aging.

Three breakout groups will focus on:

- A) Directions in Physical & Mental Health
Presentors: Gloria Wilson, RN
Jen Fitzpatrick, MWS, LCSW-C
- B) Directions to Where You Want to Live
Presentors: Paula Ruyckelshaus, Real Estate Counselor
Terri Dowling, RN
Cindy Bach
Bob Denison
- C) The Right Direction Legally & Financially
Presentors: Marty Knight, MBC, CFP, Financial Advisor
Kim Porter
Stephanie Lindsey

Lunch with a panel of HomePorts participants along with local exhibitors are sure to make this a very enjoyable and informative event.

For more information or to register, call us at 443-480-0940, visit www.homeports.org, or send an email message to info@homeports.org.

A FEW HIGHLIGHTS FROM OUR 2012 SYMPOSIUM ...



Participants rotated to three breakout groups.



Mary King, Registered Dietitian, leads a breakout group.



Visitors stop by the Aquafit exhibit.



Sallee Hearn and Angelica Sanchez exhibit ideas for local landscaping.

"How we spend our days is, of course, how we spend our lives"

Annie Dillard