

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

There is a lot of activity in the Homeports office!

The 2nd Annual Healthy Aging Symposium is in the final preparation stages and it will undoubtedly be a successful and enlightening event. Make sure to sign up early to ensure your space on April 4.

Our volunteers have been busy assisting our members with the help of our Volunteer Coordinator, Shannon Smulow. I think because “Shannon” and “Karen” sound a bit alike (especially on a cell phone), there has been some confusion as to who is talking to whom. So to set the record straight, I thought I’d enlighten you as to our procedure for volunteers. When a member needs anything, they should call me, Karen, at 443-480-0940. This is a cell phone and I’ll answer it Monday through Friday, from 8:30 am until 5:00 pm. Please leave a message. If I don’t answer I will get back to you as soon as possible. Shannon and I can both be reached via email. My address is Karen@homeports.org and Shannon’s is Shannon@homeports.org. Please don’t hesitate to contact us with any questions or concerns you may have.



Shannon Smulow
Volunteer Coordinator

Also, I want to remind you about our monthly 'dutch treat' luncheons at the Fishwhistle. They are scheduled for the third Thursday of each month at 12:30 pm. Please call or email me by the day before if you would like to attend. If you want to come and you need a ride, we can take care of that too!

I’m looking forward to seeing you all at the upcoming events this spring.

HOW MUCH SALT DO WE NEED?



A current issue of *The Medical Letter* tells us that reducing salt intake can lower our blood pressure, whether or not we have hypertension (high blood pressure). Dietary guidelines recommend that those of us over 50 years of age reduce our average daily intake to 1500 mg. This will lower our blood pressure and reduce the risk of a heart attack or stroke. This is a great reminder to stop waving the salt cellar over our food.

Mark Your Calendars!

April 4
Healthy Aging Symposium
8:30 am - 2:00 pm
Decker Theater at
Washington College

April 19
Dutch Treat Luncheon
12:30 pm
Fishwhistle Restaurant

May 6
**Gershwin On The Fly
Fundraiser**
4:00 pm - 6:00 pm
Mainstay
Rock Hall

Save The Dates ...

October 19
**Vintage Fashion Exhibit
Patrons' Cocktail Party**

October 20
**Vintage Fashion Exhibit
Tea Party**

Need A Ride?

Homeports Members ...
If you need a ride to the
Symposium on April 4th,
call Karen at 443-348-
0940.



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CLEANING CLOSETS FOR A CAUSE

From October 19 through October 28, 2012, HomePorts will be hosting a fundraising exhibit of vintage designer clothing on the second floor of the Chestertown Town Building. Mark your calendars for the opening night cocktail party - Friday, October 19. It should be a great evening.



Do you have some classic, vintage items in your closet that you've been saving? Something that's too good to just donate to the local thrift shop, but that you will probably never wear again? Your mother's flapper dress? Your father's morning coat? Something you'd rather not see in your grandchildren's dress-up box? Does it have a special history?

Do you have a photograph of someone wearing it "back in the day?"

If you answered "yes" to any of these questions, this is the perfect opportunity to bring it out of the closet and into the spotlight.

We are seeking both items for display (couture, mostly) and for sale. All items must be in very good condition and wearable. Of course, your donations are tax-deductible.

If you would consider either loaning or donating your precious items, it will help us make our fundraiser not only successful, but special. Please call me at 443-480-0940 or email me at Karen@homeports.org and let me know if you have something you'd like to loan or donate.

Please note: We will not be taking vintage wedding dresses this year, but if you have one you'd like to contribute, please let me know. Next year's event will probably be wedding dresses only.

Celebrate At The Mainstay • Gershwin On The Fly • Sunday, May 6 • 4:00 pm - 6:00 pm



Music by Joe Holt and Tom Anthony • Wine, Hors d'oeuvres and Special Surprises!

\$50 per person to support the HomePorts Scholarship Program

Tickets will be available at the HomePorts Symposium on Aging Exhibit Table

Invitations will be mailed in April or call Karen Wright at 443-480-0940



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