



*A Membership Cooperative for Life Care at Home*

**About our Organization:**

HomePorts, a cooperative for life care at home, has been incorporated by the State of Maryland and will begin operation in October 2008.

Certified as a non-profit organization, the mission of HomePorts is to identify, monitor and ensure access to a wide range of services that help members remain comfortably in their own homes as they age.

For information about membership, call 443-480-0940 or email [info@homeports.org](mailto:info@homeports.org) or visit us on the Web at: [www.homeports.org](http://www.homeports.org)

If you know of someone in the greater Kent County area who might benefit from being a member of HomePorts, or you are interested for yourself, please call us at 443-480-0940, or email [info@homeports.org](mailto:info@homeports.org) and we will be happy to be in touch with more information

## WHAT DO I GET FOR MY MEMBERSHIP?

Careful consumers want to know what they are getting for their money, and HomePorts subscribers are no different. Among the benefits of a HomePorts membership are the following:

### **#1 Tested Methods**

This spring, HomePorts held a Limited Operation Research Study (LORS), a test period, during which 18 potential households

took advantage of referrals to more than 25 prescreened vendors.

The volunteer Executive Director, Sue Urda, manned the HomePorts phone, evaluated requests, and provided either volunteers or names of vendors to meet them.

For one family, the need was as simple as having help to take out the trash on a regular basis. For a second member, it was

eye drops. And for a third, it involved arranging the installation of a wheelchair ramp.

“It was hugely gratifying when we followed up to learn that, without exception, our test members were satisfied with the services they received,” Sue said.

The results of the LORS study confirmed what an earlier research study by

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## ANNUAL MEETING HIGHLIGHTS

On July 19<sup>th</sup>, HomePorts held its first annual meeting which was attended by more than two dozen interested persons. The meeting afforded the community an opportunity to learn about the HomePorts program and to have questions answered.

HomePorts is modeled on similar aging-in-place programs around the country such as Beacon Hill Village (BHV) in Boston and SAIL in Wisconsin. A presentation on the Boston effort was

given by Jane Hukill explaining that BHV was started in 2002 because of a conversation between two friends, who worried about the safety of their do-it-yourself husbands.. The founding members were an architect, an entrepreneur, a social worker, a real estate agent, an artist, and three community activists. The founders shared mutual concerns about loving their community and not wanting to leave it; they did not like the idea of going to a retirement

community and they did not know how to decide when one is “old”.

The founding board defined these areas of concern as mind, body and soul. They realized that health care was readily available, but it wasn't the only thing needed as people slowed down, had less energy to initiate, and relied on only their own creativity to support the aging process. The older we get the poorer our thinking about what we need becomes.

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## Health and Fitness (Information in this section is not intended to be and should not be substituted for professional medical advice.)



### The Doctor is IN

*(In future issues we hope to have input from physicians. This time we are pleased to have information from Joanna Bainbridge-Blackburn, DScPT, co-director of rehabilitation at Chestertown Physical Therapy and Rehabilitation Services, Inc).,*

growth, while chondroitin may strengthen cartilage and increase its resilience. Thus, they may actually slow down the degeneration process. Available without a prescription, glucosamine and chondroitin are usually taken as one tablet by mouth and are well tolerated. The most commonly reported side effects include nausea, diarrhea or constipation, heartburn and increased intestinal gas. Before taking these supplements, check with your doctor to review other medications you are taking and help you decide if glucosamine and chondroitin are right for you.

### We are What We Eat

Who would have thought it?! Vitamin D, the sunshine vitamin, is suddenly getting a lot of press as a real asset for health. It is needed in calcium metabolism for strong bones and may play a role in preventing various cancers such as breast and colon. How much is enough? For seniors 1,000 I.U. per day is recommended.

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Many of us suffer from osteoarthritis, a condition in which the cushioning cartilage between bones wears away. To ease pain, many take supplements, the best known being glucosamine and chondroitin sulfate. Glucosamine is thought to inhibit inflammation and stimulate cartilage cell

## Dollars and \$ense



**Identity theft!!** The phrase and the idea strike fear in everyone's heart. Seniors may be more vulnerable to this attack than younger people. Although there is no guaranteed way to prevent it, a recent supplement to the *Washington Post* outlined 10 proactive ways to protect oneself.

1. Shred all documents containing name, address, Social Security number, or financial information.
2. Buy a lock for your mailbox. Mail documents

in USPS mailboxes.

3. Do not give personal information if requested by callers or email.
4. Check your bank and credit statements as soon as they are received.
5. Be sure your computer firewall and anti-virus software are current. Use your own log-in for financial transactions. Do not give your log-in to anyone.
6. Request and review your credit reports regularly (Equifax, TransUnion, Experian)

7. Do not put teenagers on your credit card.

8. Consider getting a identity theft protection service.

9. In considering financial services, inquire about their level of identity theft protection or recovery.

10. Don't underestimate the time needed to restore your good name and credit.

For more information see:

[www.ftc.gov/bcp/edu/microsites/idtheft](http://www.ftc.gov/bcp/edu/microsites/idtheft)

# WHAT DO I GET FOR MY MEMBERSHIP?

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Washington College students had found. The HomePorts concept is viable in the greater Kent County area.

## #2 Reliable Service Providers

Let's say you're a new member and you want to have the outside windows on the second story of your home washed. You call the HomePorts Coordinator and briefly describe your need. The Coordinator checks the HomePorts database for pre-screened vendors who do this work, describes their prices in general terms, and gives

you the contact. It's then up to you tell them that you are a HomePorts member, agree on a price for your work, and settle up after the job is done

**HomePorts does not receive commissions or money from the vendors that it recommends. Your annual dues and donations enable us to maintain, update, and continually expand our vendor list and variety-of- service providers.**

Any problems that arise in connection with the vendor

should be reported to the HomePorts coordinator for follow-up.

## #3 Dedicated Volunteers

HomePorts maintains a registry of community volunteers, available at no charge, to assist members with driving, grocery shopping, making telephone calls, turning a mattress, and a variety of other services. It's all just a phone call away, and we're happy to help!

## #4 Other Benefits

A complimentary home safety evaluation can be performed to assess potential problem areas and make recommend-

ations for improvements.

A quarterly newsletter with program news, health and fitness columns, and much more is mailed to all members.



HomePorts has pre-screened providers in the these categories:

- \* Carpentry
- \* Companion Care
- \* Computer Assistance
- \* Electrical Repair
- \* Food Shopping
- \* Handypersons
- \* Home Health Care
- \* House Cleaning
- \* Painters
- \* Pet Care
- \* Plumbers
- \* Roofers
- \* Snow Removal
- \* Yard Work

## ANNUAL MEETING HIGHLIGHTS

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We simply soldier on. Older people are often lonely. In such circumstances, depression is a real risk and with depression comes even less ability to access the things in life that would help. Realizing all these issues the BHV founding board established a goal to address these emotional, as well as physical needs.

Sample question: Are you contacting realtors? **Yes, we are providing local realtors and churches**

with information about HomePorts.



**Get to know us** HomePorts Board members welcome opportunities to speak to community groups and individuals. Please call HomePorts if you would like to set up a meeting.



**Holiday gift idea.** Tired of ties or robes? Ask for a donation to be given to HomePorts in your name instead. Call 443-480-0940

## HEALTH AND FITNESS

(Information in this section is not intended to be and should not be substituted for professional medical advice.)

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How to get it? Expose an area of your skin to sun for 10 to 15 minutes a day before applying sun-screen, or take a Vitamin D supplement. More information is available at: <http://lpi.oregonstate.edu/lifocenter/vitamins/vitaminD/>

### Fit as a Fiddle

Falls are a special danger for seniors. Strong bones are important to prevent

injury, but equally important is balance.

Loss of balance is often the culprit in falls. Maintaining balance becomes harder as we age. For a simple test of balance and suggestions for improvement, consult: <http://www.realage.com/WorkoutCenter/Articles.aspx?aid=10318>



# Aging Safely At Home Is Overwhelming Goal for Americans

AARP Magazine recently reported the following survey results: "Remaining at home as long as possible is a goal for 89% of people 50 and older... And the longer we live, the stronger that desire becomes: 95% of us 75 and older want to stay put."

The mission of HomePorts is to support residents of the greater Kent County area who wish to remain in the home that is familiar and comfortable for them as long as they are able. Information about how this can be accomplished is described in this newsletter and at our website: [www.homeports.org](http://www.homeports.org).



## HomePorts Kick-off and Reception Planned for October 3<sup>rd</sup>



HomePorts officially opens its program for aging in place in Kent County.

You are cordially invited to

A Reception for the community at

Amy Lynn Ferris Center, 200 Schaubert Road, Chestertown

Friday, October 3, 2008

4 - 6 PM

RSVP: 443-480-0940

Please join us for fun, information, and light refreshments

**HOMEPORTS, INC.**  
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