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Keeping Home a Safe Harbor

Volume 2, No. 2

A monthly publication of HomePorts, Inc.

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Newsletter Deadline - 10th of preceding month

Send articles and comment to editors

A Word from The President

We welcome our new Executive Director, Stephanie Sullivan, who is enthusiastically getting up to speed with our organization.

Stephanie has a degree in Health Care Administration and a special interest in seniors, with extensive experience in long-term care. Having lived in New Jersey and in Washington, DC, she now calls Chestertown home, along with her husband and two pre-school daughters.



Muriel Cole

Barnaby, a character in Thornton Wilder's play, *The Matchmaker*, sums up his philosophy at the end by saying, "Money is like manure; it's not worth a thing unless it's spread around encouraging young things to grow." This season HomePorts is very grateful to all our members, vendors, volunteers, and friends for the many contributions of time and money that have resulted in our young organization's early success.

In 2010 we plan to keep in closer touch through a monthly, rather than a quarterly, newsletter, made possible by a generous grant for this publication. We are trying a 2-page format for the first quarter. Let us know how you like it.

At Your Service

Meet Wayne Maule

Heating, Air Conditioning, and Electrical work are Wayne Maule's profession. He was born and raised in Queen Anne's county. His family has been in the HVAC business for a long time. At the age of 10, Wayne remembers watching his grandfather work with great interest. After high school, on-the-job training, and special factory training at various corporations, Wayne started his own business in 1989.

He lives between Millington and Crumpton with his wife and children. When not on the job, he enjoys fishing, crabbing, and boating.

Hints from Wayne for all of us: Preventive maintenance. Get yearly service and cleaning to keep your systems working properly and efficiently.

Health and Fitness

Keeping the Immune System Healthy

When cold and flu season comes around, many people head to their medicine cabinets in search of relief. But a trip to the kitchen may be the smarter move. "Not only are essential nutrients critical for the production and maintenance of key germ-fighting cells in the immune system," says David Katz, M.D., director of the Yale Prevention Research Center in New Haven, "but a balanced diet also has a strong effect on vascular function, and the immune system is dependent on blood flow." To keep your immune system in top condition, consider the following advice:

- Eat five to nine servings of fruits and vegetables per day. Aim to consume two different colors of vegetables and fruits with each meal.

WHAT'S UP

JANUARY 7: 4 PM - HomePorts Annual Forum - Litrenta Hall in Toll Science Building Washington College

JANUARY 11: 6 PM - HomePorts presentation at Lions meeting - Chester River Yacht & Country Club

JANUARY 13: 4-6 PM - WC-ALL Spring Showcase- Grieves/Jenkins Skybox, Roy Kirby, Jr. Stadium Washington College

JANUARY 21: -12 Noon - Stammtisch Dutch treat lunch and conversation Imperial Hotel. Call 410-778-5000 for reservation at the "HomePorts table"

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Health and Fitness *cont'd.*

Keeping the Immune System Healthy

- Take a daily multivitamin. Even marginal deficiencies - particularly of the B vitamins, A, C, E, selenium, iron, and zinc -- can impair one's immune system.
- Include a yogurt or kefir drink with "live active culture" in your daily diet. These foods contain probiotics, bacteria that stimulate immunity cells in the gastrointestinal tract which contribute to one's overall good health.
- Plan to engage in at least 60 minutes of daily physical activity. A study has shown that those who exercised moderately were 25 percent less likely to develop a cold compared with those who rarely exercised.

Around Town

Want to beat the winter doldrums? Consider a course at Washington College Academy of Lifelong Learning (WC-ALL). Learn what's available for the spring semester at the Showcase on January 13. (See **What's Up**)

Join the Celebration at HomePorts Annual Forum

***Come to Litrenta Hall, Toll Science Building,
Washington College on Thursday, January 7, 2010
at 4 PM***

***HomePorts members and friends will celebrate a
successful first year of operation and:***

***Hear a renowned expert on aging, Dr. Luigi
Ferrucci, speak on "The 50th Anniversary of the
Baltimore Longitudinal Study on Aging".***

***Learn about the exciting accomplishments of
HomePorts in this inaugural year.***

***Enjoy refreshments while visiting with fellow
members.***

See you on the 7th!

HomePorts, Inc.

HomePorts is a cooperative for life care at home 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 or visit us on the Web at: www.homeports.org

