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*Keeping Home a Safe Harbor*

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Newsletter Deadline – 10<sup>th</sup> of preceding month

Send articles and comments to editors

## A Word from The President

The other day I ran into a member who said, I've got an idea for HomePorts. Why don't you start a volunteer recognition program? I thought of this because I am so grateful to \_\_\_\_\_ for his help. He has just been so extremely nice to me, dependable, and cheery, and I want to thank him!"



**Muriel Cole**

So I put this to our volunteer coordinators who replied, "But there are so many. How do we pick out a few without slighting someone?"

We **are** grateful to our volunteers – all of you. It's easy to say, "Put me on your list", but it's another thing to say, "Yes" as you do and commit your time and energy to helping individuals.

Henry Davis Thoreau said, "One is not born into the world to do everything but to do something."

All the little **somethings** that you are doing make this community stronger, safer, and better. So, Thanks.

## At Your Service

### Meet Cecilia Dalzin

She is a licensed esthetician who has practiced skin care for more than 20 years in Washington, DC and Chestertown, MD. She graduated in 1968 from Von Lee International School of Esthetics in Baltimore, MD.



**Cecelia Dalzin**

Cecelia offers a special – "mobile foot care". She comes to your home and soaks, washes, and trims your feet for \$44. If there is a medical problem, she refers you to a podiatrist. Cecilia's philosophy is a holistic approach to health. Her office is at 400 S. Cross Street, Suite 18. For more information about her skin care, check her website, [CeceliaBotanicals.com](http://CeceliaBotanicals.com).

## WHAT'S UP

**MAY 11: 2 - 4 PM** – HomePorts Quarterly Educational Session. The ABC's of Trees Town Hall, second floor. Chestertown, MD

**MAY 18: 7 PM** – **GO GREEN PROGRAMS**  
Rain Barrels and Native Plants, Town Hall, Chestertown, MD

**MAY 20: 12 Noon** - Stammtisch Dutch treat lunch and conversation, RiverHeart Restaurant. Call HomePorts 410-480-0940 for reservations at the "HomePorts table".

**MAY 27: 10 AM – 1 PM** – Grand Opening and Ribbon Cutting –Kent Community Center and Public Pool, Worton, MD.

## Health and Fitness

### *Use It or Lose It*

You've heard that old expression "Use it or lose it" -- the one that threatens mind and body stagnation if one fails to be mentally and physically active. Fortunately, that's not a danger here in Kent County where opportunities to "use it" abound.

Volunteer work is an excellent way to be useful and to meet new people. Local organizations that depend on volunteers to accomplish their mission include the Kent County Public Library, the Humane Society, the Chester River Hospital, the Food Pantry, and, of course, HomePorts!

Taking courses at the Washington College Academy of Lifelong Learning will keep you on your mental toes while offering you trips to points of interest during the fall and spring semesters. Joining a club or organization will connect you with people and allow you

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## Health and Fitness *Cont'd.*

### *Use It or Lose It*

to pursue a particular interest or hobby. Check out the Kent County News for listings of the meetings and activities of groups that might interest you.

The importance of exercise to a healthy mind and body is continually emphasized in the media, and Chestertown offers several indoor exercise facilities for paying members. It is also a walker-friendly town, and the rails-to-trails program now in the works will certainly add to the possibility of getting good exercise at no cost.

And after you've experienced all that mental and physical exertion, don't ignore the benefits of some simple pleasures -- a meal out with someone you love, a weekend away for a change of scene, a relaxing massage.

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## Around Town

Wondering how to manage all that rain water coursing through your yard? Come and hear the next in the **Go Green Programs** series – Rain Barrels and Native Plants. Pam Harris of Chesapeake Conservation Nurseries will explain how rain gardens are a beautiful and colorful way for homeowners and businesses alike to help ease storm water problems and incorporate native plants into their gardens. See **What's Up** for details.

**HomePorts Quarterly Education Session** - Dismayed by the havoc the snows of the winter have wreaked on your trees? Confused about managing newly planted trees

## **HomePorts Quarterly Education Session** *cont'd.*

to make them thrive? Join your fellow HomePorts members for advice in assessing and repairing damage, choosing trees, and caring for trees, new and old, from Carl Gallegos, a HomePorts Board member, who worked with Washington College's Center for Environment and Society to develop a forest master plan for four towns in Kent County. This informative and practical presentation will be held on Tuesday, May 11. Refreshments will be served. (See **What's Up.**)

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## ODDS & ENDS

### **WE NEED YOUR HELP**

WHO: HomePorts Members, Volunteers, Supporters

WHERE? Fountain Park

WHEN? Saturday Mornings during Farmers' Market (8-9:30, 9:30-11, 11-1)

WHAT? Sit at the HomePorts Table and Answer Questions about HomePorts from Interested Passers-By

For more information or to volunteer, contact Muriel Cole at 410-778-0831 or [murielcole@verizon.net](mailto:murielcole@verizon.net)

**THANK YOU FOR ANY TIME YOU CAN GIVE!**

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### **VOLUNTEERS AT YOUR SERVICE**

Not sure you want to climb those attic stairs yet again to get your suitcase or go up the step ladder to change the smoke-alarm batteries? Get help with these and other household tasks by calling Executive Director Stephanie Sullivan at 443-480-0940 and requesting help from a HomePorts volunteer. Other areas of assistance include shopping, short-term pet care, bill-paying, computer use, and transportation; and your annual membership fee pays for it all!

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](mailto:info@homeports.org) or visit us on the Web at: [www.homeports.org](http://www.homeports.org)

