

About our Organization:

HomePorts, a cooperative for life care at home, has been incorporated by the State of Maryland and began 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 or visit us on the Web at: 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 and we will be happy to be in touch with more information

KNOW YOUR HOMEPORTS NEIGHBORS: Ellie & Tom Noble

When two four-year-olds became friends more than 100 years ago, they had no idea that they would remain friends for life and that two of their children would grow up to fall in love and marry one another. But that is what happened, and when Ellie and Tom Noble celebrate their 60th wedding anniversary a year from now, they will no doubt propose a toast to their mothers, the women who brought them together.

Unlike their mothers,

Ellie and Tom have spent long stretches of their married life away from Annapolis, the town they both grew up in.



Ellie and Tom Noble

Like his father, Tom is a Naval Academy graduate, and by Ellie's count, they experienced

23 duty station changes and five cross-country moves during his Navy career, always with children and worldly goods in tow. They even had a two-year overseas stint in France where their youngest child, Kenneth, was born. The high point for Tom in all this moving came when he served for three years as the commanding officer of a destroyer, the USS Bristol, based in New

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Caring for Yourself While You Care for Others

The good news is that modern medicine has made it possible for people to live longer. Along with the good news, however, comes the reality that people living longer are not always able to do so without some kind of daily in-house support and must rely on caregivers for assistance in various routine tasks such as bathing, transferring from a bed to a wheelchair, preparing a meal, and so forth. This assistance is often provided by a child or a spouse, and it is not uncommon for these 24/7 caregivers to experience a

certain level of burn-out. The activities suggested below are ones that caregivers and care-receivers can participate in together, perhaps adding some variety and pleasure to the daily routine.

- Go to the recorded books section of The Kent County Library and select a title which interests both caregiver and care-receiver. The library has an extensive collection of these materials, many of them recent releases. Large print books are also available to provide reading material for those with vision limitations.

- Check out the Coming Events section of the Kent County News each week and look for talks and activities that might be of interest to both caregiver and care-receiver.
- Invite family or friends to join you for a meal from time to time or to visit overnight or for a weekend.

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ATTENTION VENDORS

When you are advertising your services, we would be pleased to have you include our logo, indicating that you are an approved HomePorts vendor. An electronic copy of the logo is available by email.

Health and Fitness (This section is for increased awareness only and should not be a substitute for advice from your own physician.)



For Your Health

Handling a Fainting Heart

Most of us have heard the piece of advice that says take an aspirin if you think it's even remotely possible that you are having a heart attack. A new finding, reported from the Rochester General Hospital, suggests that vigorous coughing may also be a lifesaver.

Without help, a person whose heart is beating improperly and begins to feel faint may lose consciousness within only ten seconds. Repeated, forceful coughing -- the kind one does to clear the lungs -- can exert pressure on the heart and help restore its proper rhythm and blood

circulation. Coughing also brings oxygen to the lungs, helping to stave off impending unconsciousness. Using these tactics is only a stopgap measure, of course, and emergency help should either be summoned or sought in a hospital setting.

(From Health Cares, Rochester General Hospital via Chapter 240s newsletter 'And the Beat Goes on')



We are What We Eat

A group of Dutch researchers has found

that a small intake of alcohol on a regular basis appears to be a factor in boosting life expectancy. That conclusion was based on the results of a 40-year longitudinal study of some 1373 men in Zutphen, an industrial town in the Netherlands.

At the outset of the study, 45 percent of the men agreed to regularly drink either 0.7 ounces of spirits or half a glass of wine a day. Over the course of the study, 1130 of the men died, half of them from cardiovascular causes. At the end of the study, in 2000, drinkers of alcohol comprised 86 percent

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Dollars and \$ense

Spending Less On Health Costs

A major expense for all Americans is health care, and with the economy focusing everyone's attention on how to spend less, it's worth looking at ways to lower our personal health care budgets.

One way is opting for a higher deductible when you enroll for your annual coverage. This will lower your monthly premiums which can become a significant amount when you multiply the amount saved per month by 12. The savings are greatest for those who are basically pretty healthy and don't anticipate more than a few visits to doctors over a year.

Another area of potential savings is in your choice of prescription drugs. Always ask your doctor or pharmacist whether a generic equivalent is available for your prescribed medication. Sometimes there will be a reason for staying with the brand names, but often the generic will do the job just as well and at considerable savings.

A third way to realize possible savings is by asking questions any time you're dubious about a test or surgery that has been recommended by your doctor. If there's a less expensive way to get the needed information, you

will have saved some money, and if not, you will know your money was well spent.

A final way to lower your health costs is to consider the frequency of your visits to doctors. Might you combine two or three follow-up visits into one, thus saving time for the doctor and both time and money for yourself?

As in most areas of life, it helps to be your own advocate. Reducing health care costs is one of those areas!



Congress is currently considering healthcare reform legislation. Stay informed and make your opinions/support known to your members of Congress.



Fit As A Fiddle will return in the next issue.



KNOW YOUR HOMEPORTS NEIGHBORS: Ellie & Tom Noble

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York City. Ellie was always a good sport about the moves that Tom's career entailed, but she confesses that there is still something about the sight of a North American Van Lines truck that makes her want to run as fast as she can in the other direction.



Despite all their travel -- or maybe because of it -- when it came time to settle in one place, Tom and Ellie returned to familiar territory, Annapolis, where they had both grown up. Their mothers were getting older and needed assistance with day to day living, and they were available to provide it. They

also enjoyed the feeling of having come "full circle" when they moved in as adults to the house where Ellie had grown up.

The Nobles' three children, Sally, Libby, and Kenneth, were born during the first decade of their marriage and live today, respectively, in Bradford, CT, Washington, DC, and Chestertown. It was actually a decision by Kenneth and his wife, Dr. Helen Noble, that she should accept a position in Chestertown that led Tom and Ellie to decide to move there as well twelve years ago, enabling them to continue their Annapolis connections while being near two of their five grandchildren and having access to the water, a must for someone with Navy

roots as deep as Tom's. Both Ellie and Tom have become familiar faces around Chestertown through the many hours of volunteer service they have contributed to various community groups over the years. Ellie has made it a point all her adult life to become involved in hospital auxiliary programs in the towns where she has lived, and Chestertown has been no exception. Among her other local commitments at the moment is the Questers organization whose current project is the preservation of the Cliffs City School House. Tom, in addition to serving as the treasurer of his church, has been a volunteer with the AARP Volunteer Tax Aide Program for many years and has served as well as the

assistant coach to the Washington College Sailing Program on a volunteer basis. When they have time off from these pursuits, you will probably find Ellie and Tom around the bridge table somewhere or out on the water enjoying their boat.

The Nobles were early supporters of HomePorts, having read an article about a similar program in an AARP Magazine several years back. Among the first HomePorts members, they also serve as HomePorts volunteers and have stationed themselves in Fountain Park of a Saturday morning to answer

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Caring for Yourself While You Care for Others

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- Consider becoming a temporary foster home for one of the many cats and dogs awaiting adoption at the Kent County Humane Society. This wonderful program makes it possible for participants to have a pet in their lives without the long-term responsibility that adopting a pet entails. Information is available through the Humane Society of Kent County, 410-778-3648.



Health and Fitness

(This section is for increased awareness only and should not be a substitute for advice from your own-physician.)

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Save the Date
HomePorts
Annual Meeting
Thursday,
December 6, 2009
Details will appear
in the Fall newsletter.

of the surviving subjects. Even more impressive were the statistics concerning wine drinkers: they had comprised only two percent of the original 1373 subjects but represented 44 percent of the survivors in 2000.

The researchers concluded that all long-term light alcohol drinking boosted life expectancy by 2.5 years in comparison with abstaining from alcohol. They acknowledge, however, that lifestyle choices other than drinking could have been a factor in

the results. Dr. Arthur Klatsky, a longtime investigator into the health benefits of alcohol, said of the study, "Once again, it shows that people who drink [moderately] do a lot better than people who don't in terms of survival." But then he adds, "It's a little hard to think that a little bit of wine is what is responsible for extending their life.... Much more important in reducing heart disease risk is exercising regularly, eating healthfully, maintaining a healthy weight, and not smoking."



Upcoming Events

Quarterly HomePorts Educational Program

The next HomePorts quarterly educational session for members and volunteers will be given in August.

WHO: Patrick Shanahan, MD, Director, Chester River Home Care and Hospice
WHEN: Tuesday, August 25, 2009, 2 PM – 3 PM
WHERE: Amy Lynn Ferris Adult Activities Center, 200 Schauber Rd., Chestertown

Dr. Shanahan is writing a book entitled *The Gentle Death*. Among his topics will be selecting a physician; symptom control for the severely ill person; digesting news of a terminal illness; and talking honestly with a dying person. His presentation on the subject will be interesting and provocative and should generate a lively discussion.

Light refreshments will be served. We look forward to seeing you there.

Members needing transportation assistance can call HomePorts at 443-480-0940 to arrange for a volunteer driver.

KNOW YOUR HOMEPORTS NEIGHBORS: Ellie & Tom Noble

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questions from individuals concerning the HomePorts program. Not long ago, Tom was even able to put some information he learned from the HomePorts program on Alzheimer's disease to use when he heard someone speculating that another individual might have the beginnings of Alzheimer's. "Well," said Tom, remembering what he had heard, "it might just be a urinary tract infection." And that, in fact, he later learned was exactly what it turned out to be.

Because Ellie and Tom live in a condominium community in Chestertown, not all of HomePorts services are ones they might need. Nevertheless, they are 100 percent behind the concept, and it is clear from what they have done so far that they will continue to do everything they can to make the program thrive and grow.