

Home Place

On the *Home* front...

Summer 2022

205.210.9114

www.home-in-place.org

A Dream Realized

The Annual Meeting held June 2 was the realization of a dream for me, and also for our Board and Villagers and volunteers. Thank you for joining us, in person or in spirit, to celebrate the launch of this unique organization, enhancing the lives of those making the most of their 60+ years.

Collin Pulmano covered the meeting for the Northport Gazette and wrote a wonderful feature. Her story captures the spirit of Home In Place.

As 2022 unfolds, we continue to plan, grow and innovate. We look forward to sharing the realization of more dreams at the 2023 Annual Meeting! I invite you to access this [link](#) to read Collin's article.

Becky Embrey, Executive Director
director@home-in-place.org
205-242-5562



Board President Carolyn Dahl and Executive Director Becky Embrey welcome Keynote Speaker Lynn Brooks

view [more photos](#) from the 2022 Annual Meeting

Safe Drug Disposal Near Me?

Did you know that safe disposal of unwanted medications, both prescription and OTC, is available year-round in our community?

Unused pills capsule, and liquid medicines can be deposited in red disposal boxes across the area.



Officer Adam Anglin coordinates the effort through a partnership that includes Tuscaloosa, UA, Northport, and Lakeview police departments; Tuscaloosa County Sheriff's Office, West Alabama Narcotics Task Force, PRIDE of Tuscaloosa and CVS Pharmacy.

Timely disposal reduces the risk of others taking medications by accident or misusing intentionally. Boxes are located at 7 local sites:

- Tuscaloosa Police Department - [3801 Trevor S Phillips Ave](#)
- TPD East Precinct – [2512 University Boulevard](#)
- TPD West Precinct – [1501 Culver Road](#)
- University of Alabama Police Department – [1110 Jackson Ave](#)
- Tuscaloosa County Sheriff's Office – [714 Greensboro Ave](#)
- Northport Police Department, [3721 26th Ave, Northport](#)
- Lakeview Police Department – [22757 Central Park Drive](#)

In Remembrance

With great sadness we recognize the passing this summer of two of our members, Sue Paul and Bill Rabel. Learn more about their lives by clicking on each name:

[Sue Hamilton Paul](#)

[William H. Rabel](#)



Two of our most faithful volunteers are teaming up to serve as Volunteer Coordinators. Courtney and Madeleine are working with Becky and getting to know Villagers and volunteers. You may have been contacted by one of them to help with a Villager or Home In Place event.

This new volunteer team is also working on recruiting new volunteers and on engaging current volunteers in opportunities that interest them. Here are ways you can help.



Transportation is our most requested service. Since opening 18 months ago, 230 transportation requests have been filled - trips for haircuts, PT, social events, shopping trips and medical appointments.



We are also recruiting members to form a Tech Committee to help think through Technology and Information Security.

Do you have a couple of hours a week or per month to help? No fixed time commitment required - whatever fits your schedule.

Interested? Contact the Volunteer Team!



Courtney Conner
904-563-7682
connercourtneyrae@gmail.com



Madeleine Pearce
205-792-1969
hpearce5626@charter.net

Getting to Know Us: Scott Hestevold

Scott Hestevold began volunteering with Home In Place in 2019, serving on the Finance Committee, then on the Board of Directors. He currently serves as Board Secretary. Learn more about Scott's career as a teacher and scholar [here](#):



Scott's wife, Nita, is a yoga teacher. They have two grown children and are active in the Tuscaloosa and Birmingham ballroom-dance communities.

Scott and Nita dance most weekends, and they believe that ballroom dancing has sustained their interest for close to two decades because it involves both physical and cognitive components.

Scott recently shared this summary of a *Consumer Reports* article by Hallie Levin:

* * * * *

"You Can Boost Your Brainpower at Any Age" presents a variety of ways to keep sharp and prevent mental decline. One of the ways mentioned is through exercise. Levin writes: "older adults who danced several times a week showed less loss of the brain's white matter than those who did activities that weren't as cognitively challenging, socially engaging, or vigorous."

The CDC recommends 150 minutes/week of "moderately intense exercise" such as walking. Yoga, tai chi, dancing, water aerobics, and modest weight training (hand weights and exercise bands) are also recommended.

In addition to exercise, Levin addresses many do's and don'ts for maintaining cognitive health. Monitoring/managing blood pressure, cholesterol, and blood sugar is essential for optimal brain function. Having medications and supplements reviewed annually by a doctor or pharmacist is also important.

Noting that even minor hearing loss can contribute to cognitive decline, she also recommends a hearing evaluation as needed. Getting 7 hours of sleep a night seems to "the sweet spot" for the brain. Levin suggests that one should consult a therapist if one suffers from depression or anxiety, as both are "toxic to brain cells."

“Boost Your Brainpower at Any Age” (continued)

Engaging in new activities such as learning how to paint, attending college lectures, or joining a new exercise class can reduce the risk of cognitive decline and often bring social interaction. Everyday activities like letter writing, reading, playing board games, working puzzles, socializing with friends, and meditation also challenge the brain. To see the full article, click [here](#).

Fantasticks, fun and fellowship

Villagers, volunteers and friends gathered in early July to enjoy *The Fantasticks*, presented by the Actors Charitable Theatre.

At the beginning of the show, musical director Glinda Blackshear (and HIP volunteer) recognized Home In Place as the ACT chosen charity for the production. Home In Place participants also enjoyed refreshments and time to visit prior to the performance.

A "Fantastick" time was enjoyed by all!

Watch your email for upcoming social events and opportunities to become involved.



home-in-place.org



Find us on:
facebook®