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*Keeping Home a Safe Harbor*

Volume 2, No. 4

A monthly publication of HomePorts, Inc.

April 2010

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

Send articles and comment to editors

## A Word from The Executive Director

*Become a Fan of HomePorts on Facebook!*



Stephanie Sullivan  
It has been said the best form of advertising is word-of-mouth, and modern word-of-mouth often takes place on social media websites like Facebook. Facebook is a website where friends and family communicate with others, and where businesses and organizations generate interest in their products and services.

We are now using Facebook to spread the word about HomePorts. Click on the Facebook link located on the left side of the HomePorts page to view our Facebook profile. If you have an account with Facebook, become a HomePorts fan and tell your friends and family about it! We already have 11 fans!! I will be adding photos and other information to the HomePorts Facebook page soon.

## Spotlighting Volunteers

### Meet Joan and Bill Wise

Helping principally with transportation and office chores, Joan and Bill have added HomePorts to their list of volunteer efforts. Residents of Chestertown for 50 years, you can find Bill helping out at the Kent Youth Society and testing water for the Chester River Association and Joan doing docent chores for the



Historical Society and Emmanuel Church, among others. They have the time to volunteer because, like the members they assist, they are both also retired. Bill was the Social Services Director for Queen Anne's County, and Joan was Parish Secretary for Emmanuel Church. They are a welcome addition to our corps of volunteers!

Joan and Bill Wise

## WHAT'S UP

**APRIL 13: 7 PM – Chestertown Goes Green - AFFORDABLE SOLAR ENERGY FOR THE HOME** Town Hall, Chestertown.

**APRIL 15: 12 Noon – Stammtisch – Dutch treat lunch and conversation – Please join us.** The venue may be changing and we will call with the location of lunch well before the date. Please let the HomePorts office know that you plan to attend by calling 443-480-0940.

**APRIL 21: 9 AM - 12 Noon – Workshop on preparing essential documents and advance directives – Amy Lynn Ferris Center, 200 Schaubert Rd. Chestertown. Lunch included.**

## Health and Fitness

### Medication Safety at Home – a few tips

Do you have grandchildren visiting? Don't leave medications on bedside tables. Keep drugs in a secure area.

Keep medications in a dark, dry, cool (not refrigerated unless instructed) area.

Always take medications as directed by your physician.

Do not take another person's medication or share yours.

Do not mix pain medication with other drugs and their containers. Mixing medications in one container can alter their stability.

If you have a reaction or side effects, call your physician immediately.

Do not take medication in the dark.

*Cont'd. on back*

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## Health and Fitness *cont'd.*

### *Medication Safety at Home*

Keep a list of your medications and medical history near your insurance information in case of emergency.

When medications expire or are no longer needed, dispose of the medication and the container.

See What's in Your Medicine Cabinet?

For more tips: [http://www.everydayhealth.com/pain-management/understanding-your-pain-prescription.aspx?xid=nl\\_EverydayHealthHealthyAging\\_20100114](http://www.everydayhealth.com/pain-management/understanding-your-pain-prescription.aspx?xid=nl_EverydayHealthHealthyAging_20100114)

### Of Interest

Many of us want to do something for our children. Having all of our documents and advance directives up to date is a significant gift. Upper Shore Aging is sponsoring a free workshop to prepare these documents. William R. Leahy, Chief Attorney with the Legal Aid Bureau, will speak on dealing with future health care issues, including the process of appointing a health care agent and the importance of having a living will. Participants will receive the forms and will have the opportunity to complete them during the session. Lunch and refreshments will be served.

For information, call 410-778-6000. See What's Up.

The County maintains a reverse 911 system to notify you in case of an emergency or potential health hazard in the area. To submit your cell phone or unlisted number, pick up a form at the Chestertown Town Hall or the Kent County Commissioners' Office.

## What's in Your Medicine Cabinet?

Older adults should be aware that teenagers and others are looking for new highs by illegally taking and using prescription drugs and other medicines. Last year Kent County led the way in dealing with this problem by collecting unwanted prescription and other drugs. By Federal law the collection must be controlled by law enforcement, in this instance Sheriff John Price. Disposal in a safe and environmentally sound way is through a licensed incinerator. Here are the collection dates and times in April: Chestertown (Fire Station-4/20, 4-6pm), Chestertown (Heron Point-4/20, noon-2pm), Chestertown (QA&K Rescue Squad-4/19, noon-2pm), Fire Stations: (Betterson-4/21, 4-6pm), (Galena-4/22, 4-6pm), (Millington-4/23, 4-6pm), and (Rock Hall-4/14, 4-6pm).

This information has been provided through the auspices of the Adolescent Substance Abuse Coalition (ASAC) in partnership with the Kent County Prevention Office.

## Around Town

The Chestertown Go Green series continues on April 13 with: **AFFORDABLE SOLAR ENERGY FOR THE HOME** Roy Mears and son, Dusty, local builders and renovators of historic homes, will talk about small and large modifications for better energy efficiency as well as practices that can be adopted by residents for greater energy conservation. Come see how to make the best use of the sun. Check out What's UP.

### HomePorts, Inc.

HomePorts is a cooperative for life care at home. As a 501(c) (3) 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)

