

MESSAGE FROM OUR VOLUNTEER COORDINATOR



Sally Powell
Volunteer Coordinator

It is hard to believe that it has been just over a year since I was fortunate enough to have joined the HomePorts team! I cannot begin to express how nice it is to be a part of this wonderful group of staff, members, and volunteers.

Since May of 2015, my eyes have been opened and my heart warmed by the willingness of people in our small community to help others. From something as little as dropping by or making a phone call to say hello and check in on a HomePorts member, to shopping, providing transportation to and from appointments, our volunteers are the best.

As we enter the summer months, bringing warmer weather and hopefully more sunshine than we have seen lately, please remember to try and provide at least 24 hours notice if you are in need of our service. Equally as important is calling in advance if you need to cancel a service which has been requested. In addition, we will continue the luncheons this summer! Please check your newsletter for date and location information. If you are in need of a ride, please contact Karen or myself and we will arrange transportation for you. Thank you again to all who are involved in HomePorts! From staff, to members and volunteers our community is a better place because of you!

NATIONAL MUSIC FESTIVAL PERFORMS FOR HOMEPORTS



As a private event during the National Music Festival, the Mana Saxophone Quartet and apprentices will play exclusively for HomePorts members and guests from 2 pm to 3 pm on Wednesday, June 15, upstairs in the Chestertown Town Hall. This will be an opportunity to not only hear beautiful music but a chance to interact with the musicians, learn how they got started, and what they think of their stay in Kent County. After the music, make yourself a decadent ice cream sundae and visit with these very impressive young people. Donations welcome.

HomePorts National Music Festival Ice Cream Social & Concert

Wednesday, June 15
2:00 pm to 3:00 pm
Upstairs Level
Chestertown Town Hall

Monthly Members' Lunch

Thursday, June 16
11:45 am
Fish Whistle

Health & Wellness Expo

Thursday, October 20
8:00 am - 1:30 pm
Kent County High School

Walk to End Alzheimer's

Saturday, October 22
9:00 am
Wilmer Park, Chestertown

Save Your Redner's Supermarket Receipts!

HomePorts participates in Redner's program to donate 1% of all purchases to a qualifying non-profit organization. Please save your cash register tapes and bring them to the HomePorts office or mail them to HomePorts at P.O. Box 114, Chestertown, MD 21620. Thanks to those who contributed to our initial goal of \$5000 in receipts submitted!

CAN YOU HEAR ME NOW?

May is Better Speech and Hearing Month. According to the non-profit organization Sertoma, those with healthy hearing are less likely to experience heart disease, Alzheimer's disease, dementia, depression and social isolation. "Approximately 48 million Americans have hearing loss, and this staggering number is quickly increasing" according to Sertoma. And unfortunately, hearing loss is permanent.



The Better Hearing Institute wants that, for most, recognizing and addressing it can be hard. It takes time. It takes courage. But you're not alone, they counsel. They say, "Technology is moving fast. And each year it seems to pick up speed. Even in the last year alone, there have been tremendous advances that help people hear better everywhere they need to hear. Many of today's hearing aids allow users to hear from all directions, in all sorts of sound environments, and even underwater. They are digital, wireless, and virtually invisible." Go to www.betterhearing.org for more information.

UPDATE ON HOMEPORTS HEALTH FAIR PLANS!

The Planning Committee, chaired by Wayne Benjamin, MD, is hard at work on what can justifiably be termed an EXPO, to be held at the Kent County High School on Thursday, October 20. For the first time we will partner with the Kent County School System as well as the Kent County Health Department, the University of Maryland Shore Regional Health, and Anne Arundel Medical Center. Features include:

- Over 20 Free Health Screenings
- Flu Shots
- 10 Experts Talks
- Over 60 Exhibitors
- Resource Guide
- Lunch Available



Call 443-480-0940 or visit www.homeports.org to take advantage of sponsorship, exhibit, and ad opportunities.

The biggest lie I tell myself is "I don't need to write that down. I'll remember it."



**KEEP CALM
AND LET
LOVING TOUCH
HOME CARE
HELP YOU
CARRY ON**

410.778.1895
www.lovingtouchhomecare.org

Bathing, grooming and hygiene
Mobility assistance
Transferring and positioning
Toileting and incontinence care
Feeding and special diet
Dementia care
Companionship
Transportation to appointments
Medication reminders
Meal preparation
Errand services/Grocery shopping
Respite care or relief for family
Home safety solutions
Light housekeeping
Laundry services
Pet care
24-hour care

Licensed by the State of Maryland
DHMH Office of Health Care Quality
License #R3514

Physically FITch

Personal Training & Group Fitness Studio

Experience the benefits of our services...

Weight Loss & Improved Metabolism	Senior Fitness & Balance
Increased Strength & Flexibility	Increased Bone Density & Joint Health
Nutrition & Supplementation Services	Improved Range of Motion
Sport-Specific Training	Heart Health & Cardiovascular Endurance

Email info@physicallyfitch.com to schedule your FREE consultation!

Online at www.physicallyfitch.com www.facebook.com/physicallyfitch
329 Cannon Street **410-708-8529**

MORE VILLAGES COMING TO THE SHORE!

In recent months HomePorts has had numerous inquiries and visits from neighboring counties interested in starting an aging-in-place village. In May, Karen Wright, Muriel Cole, and Nancy Cowdrey met with several Queen Anne's County advocates, including social workers and a pastor, who want to start a village in Centreville. Talbot County, with funding from Mid-Shore Community Foundation, plans to open "Talbot Village Connections" in the Fall. For information about Talbot County's village, contact marion.donahue@yahoo.com.



Volunteer Jim Urda offers a ride to HomePorts member Catherine Brereton after the monthly luncheon

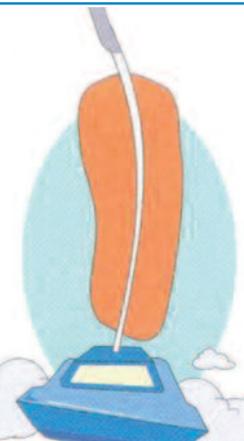
IS HOMEPORTS A TYPICAL VILLAGE?

HomePorts was one of 42 respondents to a survey done by the University of Chicago in late 2015 of "villages" operating throughout the U.S. How do we compare?

The total number of members ranged from 20 to 675	HomePorts = ~100
55% have "associate" members	About 50% of HomePorts are "sustaining" members
Annual operating expenses range from 0 to \$345,000	HomePorts = ~\$65,000
64% have "subsidized" membership program	HomePorts = Yes
The number of subsidized members ranges from 0-40	HomePorts = 10
The total population of area served ranged from	HomePorts = ~21,000
2600 to 500,000	

For more information on village experiences, the 2015 report, "Sustaining the Village Movement: Lessons from Pioneers about Village Business Models and Sustainability" can be found at:

<http://www.capitalimpact.org/wp-content/uploads/2015/10/2015-Sustaining-The-Village-Movement.pdf>



Schrock's Cleaning
You need it done? Call me!

Nelson Schrock

- General Cleaning - Window washing
- Lawn Care - Trimming shrubs
- Gutter cleaning - Painting

443-480-1332



COMPUTER PRO
Complete Computer Service

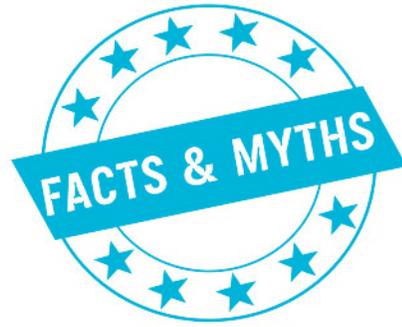
Installations
Troubleshooting
Wireless Networking Installed
Patient instructions at all levels

James M. Lavin
410 708 3944

A Microsoft Registered Partner

MYTH BUSTERS: HOSPICE FACTS & FICTION

Many myths surround the health care specialty of hospice. Below, provided by Compass Regional Hospice, are a few “myth busters” to help understand how hospice may be a resource for people of all ages.



Myth: Only people with cancer are eligible for hospice.

Fact: Hospice care is beneficial for people with many types of life-limiting illnesses, such as end stage kidney disease, heart and lung diseases, Alzheimer’s, Parkinson’s and ALS.

Myth: Only a physician can refer someone for hospice care.

Fact: Individuals can refer themselves to hospice; family members and friends may also refer someone for hospice care. To begin the admission process a member of the Compass Regional Hospice care team contacts the patient’s physician to obtain medical records. A hospice nurse also does an assessment to determine if the patient is eligible for hospice based on the current symptoms and predicted life expectancy.

Myth: Hospice is only available for the final days of life.

Fact: Because hospice focuses on quality of life and living with dignity, patients and their families benefit when they have the help of experienced hospice professionals as soon as possible. The general guideline is that hospice is appropriate when a physician certifies that a person has up to six months to live. People who are not eligible for hospice may receive care from Compass Regional Hospice through a program called *Bridges*, which offers periodic nursing assessment and visits from social workers, volunteers and a spiritual counselor.

Myth: Hospice care is only available at a residential hospice center.

Fact: Hospice is not a place. It is more accurate to think of hospice as a philosophy and a set of practices that help people decide how they want to live the final months of life. Most hospice patients receive care wherever they call home, which includes private residences, nursing homes and assisted living facilities.

Myth: Hospice care is primarily for the aging.

Fact: Hospice professionals are trained to meet the needs of infants to seniors and every age of life in between. Compass Regional Hospice through its program Compass Kids is one of the few hospice providers in Maryland licensed to offer pediatric hospice care for the youngest and most medically frail patients.

Myth: I can’t afford hospice.

Fact: Medicare, Medicaid and most insurance plans that cover hospice care for patients who have up to six months of life ahead of them. At Compass Regional Hospice no one is turned away for financial reasons. We rely on donations from the community to help us say “Yes” to everyone who needs our services.