

## MESSAGE FROM OUR PRESIDENT



Jane Hukill  
President

At this stage of the summer, it is my hope that all our HomePorts members and friends are having a lovely time traveling, visiting with family, or staying here in Kent County to enjoy our bountiful area. Throughout the past several months a number of individuals have continued to work on the “Save Our Hospital” campaign as well as working on a more efficient transportation service on the Eastern Shore. We are fortunate to have several of our local physicians continue their efforts to ensure the recruitment of new primary care physicians for our community. They are not letting up in this effort.

Shore Health also has asked for, and received support from the Kent County Commissioners for a grant application that would help Shore develop an “Uber-like” transportation service. This system, according to Shore Health, will be designed to help Kent & Northern Queen Anne’s residents get to prescribed follow-up medical appointments in Easton and elsewhere after they are discharged from the hospital. Our representatives will be asking questions about this proposal. Such as what will the rides cost patients? What about patients who can’t afford to pay? How long will people have to wait for rides? Will there be service to and from people’s homes and/or hospitals? Will Shore Health need financial contributions from our community for the system’s start-up and sustaining phase and continued services? Unfortunately, not all citizens of Kent County are members of HomePorts and cannot enjoy the services our volunteers provide in transportation.

Other busy activity on behalf of our Kent County members, as well as all citizens, is the continued work of the Health Fair Committee to provide the Health and Wellness Expo that will be held at the Kent County High School on Thursday, October 20, 2016, 8:00 am to 1:30 pm and is presented by HomePorts, Inc. and Kent County Public Schools, in partnership with the Kent County Health Department, the University of Maryland Shore Regional Health, and Anne Arundel Medical Center.

In addition to all of these health care delivery services, the “Save the Hospital” group managed to convince our elected representatives to the Maryland Legislature that a Rural Healthcare Delivery Plan be developed. The Plan will be designed by this recently-appointed group by the Health Care Commission of Maryland.

*article continues on page 2*

### Monthly Members’ Lunch

No luncheon is scheduled for August; our luncheons resume in September

### Health & Wellness Expo

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

### Walk to End Alzheimer’s

Saturday, October 22  
9:00 am  
Wilmer Park, Chestertown  
Plan to join the HomePorts team to raise awareness and funds for care, support, and research to end this crippling disease.

### Save Your Redner’s Supermarket Receipts!

Redner’s offers a “Save-the-Tape Program” and will donate 1% of all purchases to a non-profit organization. Through this program alone, Redner’s has donated over 1 million dollars to more than 3000 non-profit organizations. HomePorts is pleased to participate.

Be sure to 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.

## SENIOR SCAMS!

Thanks to the Village "Staying Put in New Canaan" for this article.



Seniors lose billions of dollars each year to heartless fraudsters. Here are some tips to remember so you don't fall victim to "senior scams."

- Never give your bank account, social security number or credit card information over the phone to someone you don't know, even if they appear to be from a legitimate institution like the IRS.
- Don't respond to a message on your computer that says your virus protection has been compromised.
- Don't send money to anyone who says they're in a hospital in a foreign country and needs help.
- Don't respond to a notification that you have won a sweepstakes and need to make a payment to unlock the prize.
- If someone who sounds like your grandchild calls to say they're in trouble, immediately call their cell phone or check with their parents to make sure that it's not a scam.



Also, don't forget ...

- The IRS never communicates via phone or email. They only communicate via US mail.
- New Medicare cards do not have SS numbers, but people are calling to confirm receipt and try to get the number.
- Beware of vendors recommending repair of roofs, chimney or driveway - either over the phone or in person.

For more information, contact the Elder Abuse Hotline at 800-677-1116.

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## MESSAGE FROM OUR PRESIDENT, *continued from the front cover ...*

That final plan will determine whether the state will continue to require that there be a hospital with inpatient services in Chestertown beyond 2022.

The other exciting development is that UMMS appointed an executive director of our Chestertown hospital who is on site and is also a local resident. All of us welcome Scott Burlison to this position and continue to be deeply appreciative of the service that Stu Seitz provides as the Director of the UMM Shore Health Rehabilitation and Nursing Home, Chestertown.

Please stay cool and well as the summer winds down to an end. And do plan on attending the Health Fair at the High School on October 20 - free and open to all our citizens.



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## SAVE THE DATE!

Health & Wellness Expo

October 20, 2016

8:00 am to 1:30 pm

Kent County High School, Worton

Organizers:

HomePorts, Inc. and Kent County Public Schools, in partnership with the Kent County Health Department, the University of Maryland Shore Regional Health, and Anne Arundel Medical Center

HomePorts continues to put a priority on community wellness and is leading its biggest event ever, with information on how to self-manage health, wellness and safety issues, and obtain knowledge to ultimately reduce the demands on our health care system. This year's program will feature:

- Free health screenings
- Free morning refreshments
- Flu shots
- Ten 'Ask The Expert' talks
- Over 60 exhibitors, both non-profit organizations and local businesses
- Lunch available for purchase
- Transportation available
- Presentation at 1pm on the status of the rural health care task force study, which is addressing our long-term needs for in-patient hospital services

Led by Wayne Benjamin, M.D., President of the Kent County Medical Society and HomePorts Board member, a large cadre of volunteers is planning and staffing this not-to-be-missed day.

“There is something called ‘the helper’s high’, a feeling of accomplishment when you know you have improved someone’s life.”

*Olga Murray, 91, from TEDx Vienna talk “Living a joyful and vibrant life at any age”*

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## ASK THE DOC: ACHES & PAINS ... *by Wayne Benjamin, M.D.*

As we get older, we are prone to more discomfort and pain simply because the aging process is not always kind. Some of us have injuries from many years prior which have come back to haunt us. Memories of the injury and how we obtained it are often easily forgotten or remembered.

With the many modalities for the treatment of pain, there is little reason why we cannot treat our symptoms without having to suffer. Modalities may be as simple as rest or may be quite the opposite such as exercise. Modalities may be use of heat or quite the opposite, ice. We have physical therapists, chiropractors, acupuncturists, massage therapists and other forms of complementary medicine. We have pain management centers. We should consider drugs only after these modalities have been considered or used in conjunction with them. We do not need to fear drugs for they certainly do have their place in our basket of options to treat pain.



Simply discussed for the purposes of this overview we will begin with the safest of medications for the treatment of pain and that is acetaminophen or the trade name **Tylenol**®. Provided we do not have liver disease, acetaminophen is safe up to a total milligram (mg) dose of 3000mg (3gm ). After the acetaminophen class of drugs, we get into that class of drugs known as NSAIDs or non steroidal anti-inflammatory drugs. There are many drugs fitting into this class starting with our favorite drug, **Aspirin**®. The others you see advertised on TV: naproxen sold under the trade name of **Aleve**® and ibuprofen sold under the trade name of **Motrin**®. Then there are another ten or more NSAIDs which are only by prescription but have never been proven in large studies to have any benefit of one NSAID over another, although some folks will swear that drug 'x' is the best and drug 'y' never did them any good. The major side effect for this class of drugs (and not to be taken lightly) is the potential detriment to the kidneys and GI tract.

We recognize all medications may have significant side effects and should only be taken with an understanding of the adverse effects and under the guidance and knowledge of a medical professional. Well, this leads us into our next group of drugs, the narcotics. Briefly, these are a life saver for so many people but also very harmful to those who abuse them. Let me simply state that if used properly and for the indications they have been recommended, there are many folks who would be miserable without them. Chronic pain, whether it be from a deteriorated back, a joint or joints which are not amendable to surgical correction, is a terrible affliction. The best use of these drugs, however, is short-term for a condition which requires something until we are able to recover decisions which are best made between you and your health care provider.

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### RIDES POLICY

HomePorts volunteer drivers do not accept money for gasoline. If a member would like to “pay back” a favor, tax-deductible contributions to HomePorts are always appreciated.

### WC-ALL FALL COURSES

The Washington College Academy of Lifelong Learning is offering 27 wonderful courses this fall from "soup to nuts" and everything in between. Registration opened on August 1 and will continue until Monday, August 22. Don't miss out on this great opportunity. Info is available online at [www.washcoll.edu/offices/wc-all](http://www.washcoll.edu/offices/wc-all).

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