

## MESSAGE FROM OUR EXECUTIVE DIRECTOR



*Karen Wright*  
Executive Director

HomePorts began operation nine years ago this month. I understand there was some worry at the beginning about its sustainability in this small county. But here we are, holding our own, thanks to our wonderful members, volunteers, and community supporters.

Our Members ... you are why we are here. It is hard to ask for help, but older people need and deserve it. We offer help from volunteers who know and care about our members. We have fine business people who want to keep our members safe and comfortable. If you have a friend, neighbor, or relative who would benefit from

Homeports membership, please let us know. Also, give them a call and tell them how HomePorts has helped you and remind those who “don’t need it yet,” that we need their support so we will still be here when they do need us.

Our Volunteers ... your dedication and “can-do” attitude are invaluable. If you are not a volunteer, consider becoming one. It is an opportunity you will benefit from as well. There is no required time commitment. To learn more about being a HomePorts volunteer, just give me a call.

Our Supporters ... thank you! As we go into the final lap of preparations for the Health and Wellness Expo, I am struck by the amount of community support behind our signature event. A total of 25 businesses and non-profit organizations have contributed funding, with another seven donating in-kind services. We have over 80 service and product organizations bringing exhibits containing new and useful information. Our expert talks are possible because of the time generously donated by professional health care experts. Most importantly, Shore Regional Health System and Anne Arundel Medical Center support this event financially and are offering free health screenings for lungs, heart, balance, and other tests to promote wellness.

To your health!

### **Kent County Health & Wellness Expo**

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

Note: our monthly members lunch will take place in the cafeteria.

### **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.

### **12th Annual Caregivers Conference**

Tuesday, November 1  
8:00 am - 1:00 pm  
Wesley Hall, Heron Point

### **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. 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.



## HOMEPORTS HEALTH & WELLNESS EXPO OCTOBER 20, 2016

8:00 am to 1:30 pm  
Kent County High School, Worton

Please take note of times for our "Ask The Expert" talks on topics of particular interest:

### 8:30 am & 9:30 am

- Complementary & Alternative Medicine
- Don't Just Sit There, Get A Move On
- Navigating Long Term Health Care Choices

### 8:30 am & 9:00 am

- Irritable Bowel Syndrome & Treatment For Gluten Intolerance

### 10:30 am & 11:30 am

- Weight Management, Nutrition, Meal Planning, Family Food Choices
- Is It An Addiction? Identification & Treatment in Kent County

### 11:00 am & 11:30 am

- Vitamins, Supplements, Anti-Oxidants: Who Needs Them?
- Can You Hear Me Now?
- Diabetes: New, Newer & Newest Treatments

Our annual signature education event has exploded this year into a real EXPO ... a free health fair for all ages, with many health screenings (new are oral health and vision testing), over 80 exhibitors, flu shots, food, live radio broadcast, and much more.

### Special Session - 1:00 pm in the Cafeteria

At 1:00 pm Wayne D. Benjamin, M.D. a co-founder of "Save the Hospital", has organized a talk on "Designing an Integrated Health System for the Eastern Shore", with speaker Deborah Mizeur, MS, MHA, LDN, Co-Chair of the Rural Health Working Group. She will describe the functions of the group formed by the 2016 Maryland General Assembly to study and make recommendations on rural hospitals in the state. Ken Kozel, CEO of the Shore Regional Health System, and Scott Burlison, Administrator, Shore Regional Medical Center at Chestertown, will be present.

## HELP FOR MEDICARE OPEN ENROLLMENT

Upper Shore Aging, Inc., 200 Schaubert Road, provides free help with Medicare questions. Open enrollment season for Medicare Advantage and Medicare Prescription Part D Coverage is October 15 to December 7, 2016. Call for an appointment - 410-778-2564. Details are listed at [www.medicare.gov](http://www.medicare.gov).

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## THE END OF ALZHEIMERS STARTS WITH US!

The third annual Memory Walk to End Alzheimers is on Saturday, October 22. Registration begins at 9:00 am at Wilmer Park. Ribbon-cutting and walk start at 10:15 am. Individuals and teams are welcome, and those raising \$100 or more will be given tee shirts.

Come hear the music, decorate a Promise Garden Flower, join your friends! For more information, call Gail Yerkie, 410-778-2897, or email [czimmerman@alz.org](mailto:czimmerman@alz.org).



*The Heron Point team was just one of the many teams who participated in last year's walk!*

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## ANNUAL LOCAL DEMENTIA CAREGIVERS CONFERENCE

"Family Support Through the Stages" is the theme of this year's popular event, to be held at Wesley Hall in Heron Point, Chestertown, on Tuesday, November 1, from 8:00 am to 1:00 pm. Dr. Allan Anderson, Geriatric Psychiatrist from the Samuel and Alexia Bratton Memory Clinic in Easton will speak on "To Medicate or Not?: Managing the Behavioral Symptoms of Dementia", followed by "Legal and Financial Planning for Alzheimer's Disease" with Lynn Knight, Attorney and Martin Knight, MBA, CFP. Register on-line at [bit.ly/2016UpperShoreDementiaConf](http://bit.ly/2016UpperShoreDementiaConf). For additional information, call 1-800-272-3900.



*Dr. Allan Anderson*

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## YARD WASTE CHANGES FOR CHESTERTOWN RESIDENTS

The Town of Chestertown is instituting new guidelines for handling and removal of yard waste:

- yard waste is to be placed in paper bags sold as yard waste bags or 35 gallon or less containers.
- Tree branch piles are to be 4' long x 2' wide and 2' high or less, 40 lb maximum. Larger piles require a \$20.00 payment for ½ truck load/\$40.00 for large pickup to be paid in advance. Pick-up is on Mondays and Fridays.
- Clean loose leaves and pine needles are picked up by a sweeper once a week from Oct. 1-Jan. 1. Call Chestertown Town Hall at 410-778-0500 or visit the web address below:



*Need help with yard work? Washington College students are available through the WC Community Service Program. Call the HomePorts office for details (443-480-0940).*

[townofchestertown.com/wp-content/uploads/2016/08/CLEAN-LOOSE-LEAVES-AND-PINE-NEEDLES.pdf](http://townofchestertown.com/wp-content/uploads/2016/08/CLEAN-LOOSE-LEAVES-AND-PINE-NEEDLES.pdf)

## COMMUNICATION REPAIR STRATEGIES

The challenges of hearing loss are shared between those suffering from it and those around them. Barbara McLendon, Audiologist and owner of the Hearing Center of Chestertown, offers ten tips better communication:

- Face the person you're speaking with, don't turn your back or walk away during a conversation
- Speak naturally, clearly, and distinctly, at a normal rate of speech
- Be sure you have the person's attention before you start to speak
- Avoid speaking while chewing or while covering your mouth
- During conversations, turn off the radio or TV
- In restaurants and social gatherings, choose seats or conversation areas away from the crowded or noisy areas
- Avoid interrupting other speakers
- Rephrase rather than repeat the same sentence



"What is it that prevents some people from getting a hearing aid?" she is asked. Cost can be a factor, but she also notes a social stigma to having one. But, she says, with young people who wear ear buds as naturally as jewelry, she predicts that the stigma will disappear.

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## SHOULD I RELY ON THE INTERNET?

"I read it on the web!" We have all heard that. But how can you tell if it is trustworthy? Remember that no one is in charge of the Internet. Anyone can build a web site, no professional qualifications required. Recognized sources are addresses that end in '.org' (a not-for-profit organization), '.edu' (educational institution), or '.gov' (a federal, state, or local government agency).

For health care, medlineplus.gov, from the National Library of Medicine, is current, accurate, free of ads, and written by professionals. If you are in doubt as to a web site or where to look, contact your local library.



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