



*K*EEPING HOME A SAFE HARBOR

## Neighbors Helping Neighbors



Annual Report 2016

# Benefits of HomePorts Membership

Peace of mind  
Convenience  
Access to volunteers  
Access to vetted service providers

Educational programs  
Social events  
Home safety inspection  
Local transportation

## Volunteer Services

*Many services are provided by HomePorts' volunteers at no additional cost to the member. These include:*

Local transportation  
Errands – pharmacy, banking, grocery shopping  
Small home repairs  
Small gardening projects  
Short-term pet sitting

## Paid Provider Services

*HomePorts maintains a list of local business providers whom members pay directly. Among these services are:*

Out-of-county transportation  
Home maintenance and repair  
General yard work and landscaping  
House cleaning  
Non-medical home care  
Nursing care (RN, LPN or GNA)

## 2016 Board of Directors

Jane Hukill, President  
Courtney Sjostrom, Vice President  
Jayne Heckles, Secretary  
Bill Cameron, Treasurer  
Jean Austin  
Wayne Benjamin, MD  
Katie Davis

Trish Focht  
Jon Hanley  
Joe Harding  
Kristie Hartman  
John R. Leek  
Courtney Sjostrom

## Staff

Karen Wright, Executive Director

Sally Campbell Powell, Volunteer Coordinator



## Report from the President

In 2016 HomePorts Board, Staff and Volunteers continued the work to keep our members “safe in their own homes” and to work toward better health services in Kent County.

On October 20, 2016 the free Health Fair was held at Kent County High School and it was a great success. We were grateful to our platinum sponsors: Anne Arundel Medical Center, the Kent County Health Department, and UM Shore Regional Health. This event continues to grow in size, both in vendor participation and in community attendance. Your Board intends to provide this very important service for not only our older citizens, but also to for all ages in the county. Health and wellness of our citizens is vitally important for our future. Thanks to everyone who made this such a success with a special thank you to the staff at Kent County High School who provided a new and greatly enlarged venue.

Participation in our monthly Dutch-treat luncheons has grown and we have enjoyed trying different restaurants in the area. John Sirna must be soundly praised for his implementation and continued successful project of the First Friday Dinners in Rock Hall. All who have attended have reported about good food and great friendship. Watch for the email notices and newsletter calendars for dates and locations of these events then join us for enjoyable eating and social experiences. Why not join us in the spring for our annual fund-raising dinner at Luisa’s – an event always enjoyed by all.

The Neighbor to Neighbor Pilot Project started in April and is continuing through the efforts of our many volunteers and our HomePorts staff. Nancy Cowdrey has ably directed the project and is gathering important data which will be reported at the end of the pilot project. Data collected thus far indicates that our Neighbors are happy with the pilot project and specifically said that their volunteer is considered a “good friend”. We have been providing much needed access to services in the community such as transportation to medical appointments, the pharmacy, a hairdresser or the grocery store. Until the project is completed in March we will not know if the goal to delay or prevent the need for institutional care has been achieved. The individuals taking part in this project were identified as our most vulnerable members because of physical problems, isolation, or their advanced age. This project has been possible because of special funding from UMM Shore Regional Health and the HomePorts Board.

On February 13, 2017 we will be able to participate in a Webinar that is celebrating the 15<sup>th</sup> anniversary of the Village to Village movement of which our HomePorts “village” is a member. The speaker, Atul Gawande will speak about the *value of community and opportunities as we grow older*. This will be held at the Universal Unitarian meeting house so that we can view the event live with the thousands of VTV members nationwide. All are welcome.

I would also like to thank all the individuals who have contributed to our annual appeal. Without this financial support it would be impossible to continue our work. We hope those of you who are not HomePorts members will consider joining us in this very rewarding venture and service.

Jane E. Hukill, President



## **Report from the Executive Director**

Another year has blown by and 2016 was a doosie!

Our annual report focuses on the highlights of the year with special attention on our special events—several educational programs, the Luisa’s dinner and our best-ever Community Health Fair.

We continue to have our monthly Dutch-treat luncheons (on the third Thursday of every month at 11:45) which have been gaining in popularity. We branched out in 2016 and successfully tried several different restaurants. Variety is the spice of life! Apparently our members agree as attendance has almost doubled over the past year. If you have never attended one of these events, you should definitely mark your calendar. Check our website for the location or call the office. All are welcome to join us for a nice meal and good conversation.

We have many items on the agenda for 2017. New programs, better volunteer training, a new member drive, and another health fair. The continuous need for new volunteers is always at the forefront of our mission. Volunteerism is at the core of our mission. There are many areas of need; not just transportation, but also for friendly visits, fund raising, committees, special events and the health fair. If you can spare the time, we can use your help.

Our members continue to be our best marketing tool for new members. If you or someone you know could benefit from HomePorts membership, please don’t hesitate to contact me. Our annual membership fee remains a bargain at \$350 per year.

*Karen Wright, Executive Director*



## **Report from the Volunteer Coordinator**

What a year it has been! The volunteers we have at HomePorts never cease to amaze me with their willingness to help others. Whether it be driving a member to a doctor’s appointment or to run errands, helping with things around the house or simply spending some quality time with a member, our volunteers really do make a difference in the lives of HomePorts members.

With a total of 787 service requests from our members (including the Neighbor to Neighbor Pilot Program), HomePorts’ volunteers booked 1,204 hours of volunteer service. The Neighbor to Neighbor Program had 382 volunteer services. The majority of HomePorts requests fell under the category of Transportation with a total of 351 requests. In addition to transportation, there were requests for personal assistance, errands and grocery shipping and minor home maintenance.

Volunteer transportation remains the most frequently requested service and we are striving to increase of number of volunteers. Although we require a minimum of 24 hours notice, we make every attempt to accommodate the needs of our members, even on short notice. With more volunteers comes a greater ability to help.

*Sally Campbell Powell, Volunteer Coordinator*

## **HomePorts Program Committee Report**

In 2016, there were two programs presented in the spring. There were no programs given in the fall because of the expanded Health Fair. The programs were given on the second floor of the Town Hall and were at 10:30 in the morning.

The first program was given on March 31 by Kathryn Davis, BSN, RN who is a clinical supervisor for Chester River Home Care. She explained who is eligible for their services and that a person needs a referral from a physician. Home health care is covered by Medicare and by other private insurance. Patients are usually coming out of a hospital or rehabilitation center and still need additional help. Someone with a diagnosis of diabetes, or congestive heart failure, or who has had surgery may be eligible. It was a helpful presentation in providing better understanding of what services are available.

Drug interactions were the focus of a program on April 19. Ken Peregoy, PharmD, one of the pharmacists at the University of Maryland Shore Medical Center at Chestertown explained the various types of interactions and emphasized the importance of safe drug use. He helped to inform us of the many over-the-counter drugs that can interfere with prescribed medications. Sleep issues are often an issue and he suggested that members Google sleep hygiene to learn of alternative methods to encourage sleep without using drugs. The overuse of opioids and the epidemic of overdoses and deaths are of growing concern. Learning about the great variety of potential complications was most helpful.

On October 16, the health and wellness expo was held at the Kent County High School with ten speakers and many vendors. The teaching staff of all of the county schools attended in addition to many members of the public. It was the largest turnout to date. As a result of talking with many of the speakers and vendors, many ideas for 2017 educational programs were suggested.

Programs that are being planned for 2017 are on hearing and the latest types of hearing aids available; incontinence and bladder issues; podiatry; depression; and stress. There are talks underway with The Better Aging Foundation as well. Suggestion for the time, day of the week and topics of interest are welcome.

*Courtney Sjostrom, Program Committee Chair*

## Health Fair Committee Report

### **HEALTH EXPO A HEARTY SUCCESS!**

HomePorts, Inc. and Kent County Public Schools, in partnership with the Kent County Health Department, University of Maryland Shore Regional Health, and Anne Arundel Medical Center, held a free Health and Wellness Expo on October 20 at Kent County High School in Worton. HomePorts has organized similar signature events in past years, but this was the first collaboration with the Kent County Public Schools and was universally well-received. The event featured an unsurpassed number of health screenings, exhibits, and expert talks--- a one-stop, one day opportunity geared to all ages.

Over 80 exhibitors and ten expert talks were offered, and hospitals had free screenings for lung function, pulmonary health, stroke risk, balance and fall risks, and pre-diabetes checks. Local dentists conducted free oral health screenings, and local vision specialists checked eye health.

Free flu shots were available to those without insurance, compliments of Walgreen's. Attendees could experience the results of distracted driving using the Texting While Driving Virtual Reality Simulator, a collaboration between the Maryland Motor Vehicle Administration and AT&T.

Topping off the day was a presentation by Deborah Mizeur, Co-Chair of the Rural Health Care Workgroup formed by the 2016 Maryland General Assembly to study and make recommendations on rural hospitals in the state. She spoke on "Designing an Integrated Health System for the Eastern Shore."

The Exhibit Hall was the most popular feature. Many attendees took advantage of flu shots and 37% took one or more health screenings, according to the exit survey. The majority of attendees were school personnel who were at the school for a professional development (no classes) day. HomePorts is very grateful to the generous sponsors and many advertisers.

*Results of exit survey:*

Q: How would you rate the Health Fair overall?

Excellent	129 (75%)	Good	43 (25%)	Fair	0	Poor	0
-----------	-----------	------	----------	------	---	------	---

*Muriel Cole and Wayne Benjamin, MD*  
*Co-chairs*

**Home Ports, Inc.**  
**Profit & Loss**  
January through December 2016

	Jan - Dec 16
Ordinary Income/Expense	
Income	
43400 · Direct Public Support	
43410 · Corporate Contributions	5,055.13
43442 · Gifts in Kind - Rent	3,000.00
43450 · Contributions	
43452 · Individuals	3,005.00
43453 · Annual Appeal Contributions	13,650.00
43454 · Sustaining Membership	6,300.00
<b>Total 43450 · Contributions</b>	<b>22,955.00</b>
<b>Total 43400 · Direct Public Support</b>	<b>31,010.13</b>
43500 · Health Fair	29,725.00
45000 · Investments	19.91
46400 · Other Types of Income	935.00
47200 · Membership Dues	11,270.00
49000 · Special Events Income	4,350.00
<b>Total Income</b>	<b>77,310.04</b>
<b>Gross Profit</b>	<b>77,310.04</b>
Expense	
60300 · Awards and Grants	4,387.93
60400 · Educational Programs	81.61
60500 · Health Fair Expenses	9,189.70
60900 · Business Expenses	118.85
61000 · Special Events Expenses	1,875.00
62100 · Contract Services	2,236.65
62800 · Rent	3,000.00
65000 · Operations	7,139.42
65100 · Other Types of Expenses	3,383.58
66000 · Payroll Expenses	41,664.57
68300 · Travel and Meetings	208.82
<b>Total Expense</b>	<b>73,286.13</b>
<b>Net Ordinary Income</b>	<b>4,023.91</b>
<b>Net Income</b>	<b>4,023.91</b>

**Home Ports, Inc.**  
**Balance Sheet**  
As of December 31, 2016

	Dec 31, 16
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
10000 · Primary Checking	12,865.20
10010 · Money Market	46,544.74
10020 · PayPal	17.49
10030 · Financial Assistance Checking	6,209.06
<b>Total Checking/Savings</b>	<b>65,636.49</b>
Accounts Receivable	-150.00
<b>Total Current Assets</b>	<b>65,486.49</b>
<b>TOTAL ASSETS</b>	<b>65,486.49</b>
<b>LIABILITIES &amp; EQUITY</b>	
Liabilities	2,080.08
Equity	
30000 · Opening Balance Equity	43,559.98
31000 · Retained Earnings	16,558.12
32000 · Unrestricted Net Assets	-735.60
Net Income	4,023.91
<b>Total Equity</b>	<b>63,406.41</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>65,486.49</b>

## 2016 Donors

**BOLD** denotes HomePorts Member

### **\$1 TO \$99**

Amazon Smile Foundation  
Margie Baker  
Bennett's  
Anne & Albert Briggs  
    in honor of Evelyn Hughes  
**Anne K. Charles**  
Chestertown Animal Hospital  
Pat & Ray Clarke  
Computer Pro  
Linda & Philip Dutton  
Mark M. Freestate  
**Herbert Friedman**  
Cindy & Tom Fulton  
Sue & Bob Haist  
Mary Susanne Hayman  
Linda & Robert Kramer  
**Ruth Lichtenberger**  
Jane A. Martin  
Pat & Paul McDonald  
Tom McHugh  
Carole & Edgar Merkle  
Vida I Morley  
Robert G. Norris  
Susanne Nuttle  
Jeanette & Philip Parish  
Zachary D. Parks  
Nancy & Curtis Pope  
Redner's Warehouse Markets  
Carolyn Sabatini  
**John Sirna**  
Whitney Schilling  
William Starling  
Kay Sweezy  
Paddy & Rich Tobey  
Suzanne & Jim Urda  
Anne S. Warhurst  
    in honor of Muriel Cole  
Mary & David White  
Karen & Jon Wright

### **\$100 TO \$299**

Frederick A. Alden  
**Cynthia Anderton**  
**Jean F. Austin**  
Eric Bachman  
Barbara Brereton  
**Catherine Brereton**  
**Bill Cameron**  
Chestertown Elks Lodge  
Dixon Valve & Coupling  
Louise & John Durocher  
Eastman Specialties Corporation  
Joan Flaherty  
Donna & Tony Gibbons Neff  
Richard L. Goodall  
KC & Bob Holland  
Patricia Horne  
Barbara A. Jorgenson  
Bonita & Richard Lankford  
Michael R. Lawrence  
Charles Lerner  
Jody McWilliams  
Frances Miller  
Liz & Chips Moore  
Ann & John Murray  
Elizabeth B. Pupke  
Alice Ritchie  
Nancy & Gary Robson  
Rock Hall Lions Club  
Lois Sherry & Craig Damon  
**Chris & Jerry Smith**  
Jon Stine  
Laine & Ralph Surette  
Barbara L. Thomas  
John C. Vail  
Joan & Clifton West  
Debra J. Woodruff-Capper

### **\$300-\$499**

**Bunny & Frank Adams**  
**Sheila & Jim Barry**  
Christ United Methodist Church  
**Ginger & Tom Clark**  
**Pat & Doug Gates**  
    Christian Havemeyer  
**Marti & Charlie Hawkins**  
Jayne & Paul Heckles  
**Robert M. Hewes, IV**  
**Jackson, Sandra**  
Judith Kohl  
Luisa's Cafe, Inc.  
**George. S. Michaels**  
**Emily & Jim Moseman**  
**Louise O'Brien**  
**Grace & William F. Rienhoff**  
**Brenda Rocconi**  
**Courtney & John Sjostrom**  
**Miki & Doug Smith**  
**Betty Spence**  
**James & Suzanne Urda**  
**Steven & Sybil Wolin**

### **Over \$500**

Wayne Benjamin, MD  
**Peggy & John Christie**  
David A. Bramble Foundation  
**Anne & Jim Donaghy**  
**Stuart M. Elsburg**  
Fordi Family Foundation, Inc.  
**Brenda & Carl Gallegos**  
Joseph J. Harding  
Christian Havemeyer  
**Jane E. Hukill**  
**Gayle & Bob Ingersoll**  
Lindsay D. Johnson  
UM Shore Regional Health  
Women In Need

**With special thanks to the Town of Chestertown for donating our office space.**