

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

Spring has finally sprung! It is so nice to be able to get outdoors and work in the garden or just enjoy the fresh air and sunshine.

We continue to be busy at HomePorts. Since our last newsletter, the Neighbor to Neighbor pilot project has been completed. It was a big success for those members who were involved in the study. Our deepest gratitude goes to those volunteers who put in so many extra hours to assist their charges. They truly went above and beyond the call of duty to provide those much needed extra services. A complete report on the project will be available in the next few months.

One of the biggest challenges most villages like Homeports faces is that of sustainability. This comes in many forms - finances, membership and volunteers. Our membership and volunteer numbers have gone down recently, mostly due to normal attrition. If you or anyone you know would be interested in volunteering, we would like to hear from you. We are especially in need of an editor for this newsletter. If you have a desire to get involved and help a great organization, please call me (Karen Wright) at 443-480-0940 or email me at Karen@homeports.org.

I have always maintained that our best advertising is our own membership. If you have a friend or a neighbor who could benefit from being a member of HomePorts, please let me know. I will be happy to send them a package of information and/or make a visit to talk to them. No one needs to age alone.

Members' Luncheons

Thursday, May 13
11:45 am - 1:00 pm
Fish Whistle Restaurant

Thursday, June 15
11:45 - 1:00 pm
Washington College

Positive Aging

Tuesday, May 16
10:30 am - Chestertown Town Hall, 2nd floor - Guest speaker is Patricia Deitz, LCSW-C, of Chester River Behavioral Health. & Wellness. Join us for a discussion of the many positive elements of aging and recognition of the many changes that influence our lives.

Free admittance.

Reservations are recommended. Please contact Karen Wright to reserve your seat. Call 443-480-0940 or email Karen@homeports.org.

Plan Now To Attend Our 2017 Health Expo

Thursday, October 19
8:30 am
Kent County High School

We're currently recruiting volunteers - please see details on the next page and let us know if you're available to help!



God made mothers because He
couldn't be everywhere!

... a Yiddish proverb

All of us at HomePorts extend best wishes
to all of you for a very special Mother's Day!

HOMEPORTS VOLUNTEERS ARE HERE TO HELP!

A message from Sally Powell, our HomePorts Volunteer Coordinator



Happy Spring! The flowers are in bloom and the grass is green! Before we know it summer will be here and that means more time out of the house. HomePorts and our invaluable volunteers are here to help. We owe them all a heartfelt THANK YOU!

First and foremost among our volunteers are our drivers. Transportation is by far the most sought after service.

Our volunteer drivers are always ready, willing and able to jump in the car to get someone to the doctor, or to physical therapy or to the market or hairdresser. They are the backbone of this organization and we are eternally grateful to them. Our volunteers perform many services - everything from changing a light bulb to reprogramming your DVD ... and from friendly visits to feeding the cat. Please don't hesitate to call us, even if it seems trivial to you. Our volunteers are happy to help, but they can't if you don't call and tell us your needs. I find that my biggest challenge is getting our members to ASK.

Finally, a gentle reminder to those members needing rides: we need at least 24 business hours notice to find a volunteer. During the summer months especially, as much notice as possible would be appreciated as many of our volunteers use the summer months to catch up with family, etc. Additionally, we are not available on weekends. You can leave a message, but it is unlikely that anyone will receive it before Monday morning.



Volunteer Don Fitzwater lends a helping hand to HomePorts member, Margaret Robinson.

WE NEED YOUR HELP - JOIN OUR HEALTH FAIR VOLUNTEER TEAM!

We are busy getting ready for the annual HomePorts' Health Fair. This year, the Fair is being held at Kent County High School on Thursday, October 19. We are hoping more of our community members will get involved. This is a great opportunity ... so if you are interested and have time to donate, we would appreciate your help. Bring a friend - all are welcome!

Planning meetings are held in the Chestertown Town Hall on the 2nd Thursday of each month beginning at noon. In late August we will increase meetings to a bi-weekly schedule. Volunteers and workers do not need to attend meetings unless specifically requested to do so. Individual committees will establish their own calendars.

Volunteers are needed to assist the 'chair person' in each of these areas:

- Program & Speakers - Chair, Dr. Wayne Benjamin
- Printed Program - Editor and layout chair needed
- Advertising - Jim Donaghy, Chair
- Site & Logistics - Joe Harding, Chair
- Marketing - Chair needed

If you would like to become a Health Fair volunteer, please contact Karen Wright at Karen@homeports.org.

MAY IS BETTER HEARING & SPEECH MONTH

Anyone can have hearing loss. If you do, you're not alone. In fact, you're in the company of nearly 40 million Americans. The good news is there are effective ways to manage hearing loss. People with hearing loss live active, fulfilling lives. It doesn't have to stop you from doing the things you love or enjoying the company of people you love.

The secret is taking the first step. As we celebrate Better Hearing & Speech Month, acknowledge that you might have a hearing problem. Set up an appointment with your family doctor, or a hearing healthcare professional. And get on the road to addressing your hearing loss. Your doctor can recommend strategies to help reduce the effects of a hearing loss. There are a number of treatments available, including hearing aids and other devices that can help you hear better.

GROWING OLD COMES WITH ITS SHARE OF PERKS!

In addition to retiring and spoiling grandchildren, seniors get to access a host of discounts on retail, travel and entertainment. Seniors also enjoy trimmer checks at restaurants across the country, from time-honored family restaurants to fast-food joints and cozy ice cream parlors.

Here are just a few 'eateries' that offer discounts to seniors - be sure to inquire during your next visit!

- Applebee's - 10 to 15% off
- Arby's - 10% off
- Ben & Jerry's - 10% off
- Boston Market - 10% off
- Burger King - 10% off
- Chili's - 10% off
- Dairy Queen - 10% off
- Denny's - special 55+ menu, 15% off/AARP members
- Hardee's - 10% off
- KFC - 10% off or free drink
- Krispy Kreme - 10% off
- McDonalds - discounted or free beverages
- Sonic - 10% off or free drink
- Taco Bell - 5% off + free drink
- TCBY - 10% off



To learn more visit www.betterhearing.org.



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