

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

Why is it that winter seems to go on forever, but summer flies by in the wink of an eye? It is already mid-July and I feel as though summer is starting to wane. Fortunately, here in Kent County the warm weather extends well into October.

The webcast featuring Dr. Atul Gawande, best selling author of *Being Mortal ...* has been rescheduled for Monday, September 25, at 5:00 p.m. This program was previously planned for February, but cancelled due to bad weather. We will air this podcast in the 2nd floor conference room of the Chestertown Town Building (next to the HomePorts office). Please note that this venue is a change from the original program.

Our program committee has decided to present an educational program on the 4th Thursday of every month beginning on September 28 at 11:00 a.m. Our speaker will be Ginger Gregg, the Emergency Planner for the Kent County Office of Emergency Services. The topic will be Emergency Preparedness. Knowing what to do and where to go in an emergency is vital to our safety. I know it will be an informative talk.

We are very busy planning our annual Health and Wellness Expo which will be held on Thursday, October 19, at Kent County High School from 8:00 a.m. until 12:30 p.m., followed by a one-hour update on the status of our hospital. If you have not attended this event in the past, you will want to make sure you don't miss it this year.

Enjoy the rest of your summer!

A woman on the phone, speaking to her friend ...

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over!

Members' Luncheons

Thursday, July 20
11:45 am
Fish Whistle Restaurant

Thursday, August 17
11:45 am
Location TBD

Thursday, September 21
11:45 am
Location TBD

Webinar Presentation with Atul Gawande

Presentation Title:
Villages: The Value of Community and Choice As We Grow Older
Monday, September 25
5:00 pm
Chestertown Town Hall
2nd Floor Conference Room

HomePorts Educational Program Emergency Preparedness

Speaker, Ginger Gregg
Thursday, September 28
11:00 am
Chestertown Town Hall
2nd Floor Conference Room

Plan Now To Attend Our 2017 Health & Wellness Expo

Thursday, October 19
8:00 am - 1:30 pm
Kent County High School

HOW TO MAKE SURE YOU HAVE A FUN, SAFE SUMMER!

Summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that all of us can use to make sure we have a fun, safe summer.

Drink Plenty of Liquids

Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

Wear Appropriate Clothes

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

Stay Indoors During Mid-day Hours

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

Take it Easy

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

Watch the Heat Index

When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.



Seek Air-conditioned Environments

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. A mall, library or movie theater are all popular options. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

Know the Warning Signs of Heat-related Illness

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

Know Your Medication

The heat may affect your reaction to certain medications. Check with your doctor if you have any questions.



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Health & Wellness Expo

October 19, 2017 • 8:00 am to 1:30 pm

(includes 1 hour update on status of our hospital, beginning at 12:30 pm)

Plan now to attend our FREE annual Health & Wellness Expo taking place on October 19th at the Kent County High School. As always our priority is community wellness. This Expo will be a one-stop opportunity for busy individuals and families of all ages to get health information, free screenings and assessments, and to connect with a variety of community organizations and resources.

- Free Health Screenings
- Free Refreshments
- Flu Shots
- Expert Talks
- Over 60 Exhibitors
- Door Prizes
- Lunch Available

The Expo is organized 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.



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