Message From Our Executive Director

Happy holidays everyone! I hope you had an enjoyable Thanksgiving and were able to muse on those things for which you are most grateful. This year we celebrate our 10th year of assisting Kent County’s seniors. HomePorts has a long list of people, companies and institutions to whom we are forever grateful for making this possible. I will attempt to list them here, but be assured this is an incomplete list.

First, we are so very grateful to our volunteers who selflessly give of their time to assist our members in so many ways. The list of their services is endless, but so far this year, our volunteers have logged more than 700 hours of service! Most of this time was spent driving our members around the county - to the doctor, to the supermarket, or elsewhere. This does not include the group of volunteers who put together the Health Expo. They too worked tirelessly to supply all of Kent County with the most up-to-date information about our health. I know I have said this before, but HomePorts would not exist without these tireless volunteers. I hope you will all join me in giving them a well-deserved thank you.

HomePorts would also like to express its sincerest gratitude to the Town of Chestertown for donating our office space on the 2nd floor of the Town Hall. The donation of our “home” has been invaluable to our service to Kent County’s aging population. Thank you Chestertown!

I would also like to take a moment to thank our Volunteer Coordinator, Sally Powell, who makes the day-to-day scheduling of our volunteers look easy. It isn’t and she does a remarkable job of cheerily fulfilling every request. Kudos to Sally!

Our donors are always thanked individually, but I would like to stress that HomePorts is sustainable only through the generous gifts of these individuals and companies. Most of you received a letter last week containing our annual appeal. Please consider making a donation this year. Every dollar counts and will make it possible to not only continue our work, but to expand on it.

We hope to add more educational programs and additional social events in 2018, so watch for more information in your email and future newsletter.

Wishing you a joyous holiday season and a healthy and happy 2018.

Karen Wright
Executive Director

HomePorts is a non-profit 501(c)3 membership alliance providing access to a wide range of services designed to offer mature adults what they need to remain in their own homes. Membership is available to those over 55 in Kent County and the adjacent area in Queen Anne’s County within the 21620 zip code.
Kent County Emergency Notification System

When a crisis occurs anywhere in Kent County, Emergency Management officials must be able to reach residents with warnings, information, and updates. In order to ensure that residents can be contacted quickly and effectively, the County has begun using CodeRED Emergency Notification System, which gives emergency management the ability to call thousands of residents within minutes. The new emergency notification system was purchased by a grant provided by the Local Emergency Planning Committee.

The CodeRED Emergency Notification System allows Public Safety and Emergency Management to record and send a message to telephone numbers throughout Kent County within a matter of minutes. Whether residents need to be informed of a water main break, fast-moving fire, approaching storm, or other crisis, this notification system is an efficient way to reach you with the news. Residents with Verizon land lines are included in the data base. Registration for cell phone, email, text, and other phone services is available. For information on how to register, please call 410-810-2276 or send an email message to emergencynotification@kentgov.org.

A few Frequently Asked Questions …

1. Does the CodeRED system already have my telephone number or do I need to sign up to receive notifications?
   The CodeRED database contains information received from public databases including regional phonebooks. However, no resident should assume that their information is in the system.

2. Is my personal information protected?
   CodeRED is a service of Emergency Communications Network which takes security and privacy concerns very seriously. They will not sell, trade, lease or loan any data to third parties.

3. Can I register additional numbers for my address?
   Yes, after you complete the initial registration form, you may start the registration process again and submit more numbers for the same address.

4. What should I do if I receive a CodeRED message?
   Listen carefully to the entire message. You will have the option to repeat the message by pressing any key. Do not call 911 for further information unless directed to do so or if you need immediate aid from the police or fire department.

5. Will the CodeRED system leave a message on an answering machine?
   Yes, the CodeRED system will leave a message on a machine or on voicemail. The CodeRED system will leave the entire message in one pass.

6. What happens if the line is busy?
   If the line is busy, CodeRED will try two more times to connect.

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MALNUTRITION AND OLDER ADULTS ... TEST YOUR KNOWLEDGE

Can you be overweight and malnourished? Can loneliness affect your nutritional status?
Take this quick quiz to discover how to maintain good nutrition as you age.

1. Malnourished older adults:
   a. look thin & frail
   b. can be overweight or obese
   c. always experience hunger
   d. both A & B

**Answer is D:** malnourished individuals can come in all sizes. People with malnutrition can be both underweight or overweight. Obese individuals can miss out on important nutrients. The food you eat can give you energy but still lack key nutrients to keep you healthy. Protein is important, and if your body does not get enough, you can't keep your muscles healthy. Hunger, on the other hand, is defined as the feeling or sensation of discomfort or weakness caused by lack of food. Older adults can lose their appetite and may not feel hungry, even though their bodies need food.

2. Causes of malnutrition in older adults:
   a. limited income
   b. trouble swallowing, chewing, poor dental health
   c. poor appetite
   d. living alone or feeling lonely
   e. weight loss
   f. all of the above

**Answer is F:** malnutrition can come from a number of factors. All of the above plus more, can lead to malnutrition. Sometimes poor diets are caused by physical or mental changes. Other times, they are affected by our surroundings such as feeling alone or an inability to get to the store or prepare healthy meals. Often, the medication we take can affect our appetite or our ability to absorb key nutrients. And some medical conditions like dysphagia, which makes swallowing difficult or painful, may lead to malnutrition. Other causes can include restricted diets, lack of mobility, dementia, gastrointestinal disorders.

3. To help prevent and treat malnutrition, older adults:
   a. need to eat more
   b. know that malnutrition is an imbalance of nutrients
   c. should stop exercising
   d. need to choose carefully what they eat

**Answer is B:** you can’t prevent or treat malnutrition by just eating more. Malnourished individuals need to carefully adjust their diet to make sure they’re getting everything they need. Physical activity paired with good nutrition can help combat malnutrition by increasing muscle strength and overall well-being. Getting enough protein is very important to help with recovery.

If you suspect that you or someone you know could be malnourished, be sure to speak to your doctor about your concerns.

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