

MESSAGE FROM OUR EXECUTIVE DIRECTOR



*Karen Wright
Executive Director*

Spring is finally upon us and summer is right at its heels. It's good to finally be able to get outside and enjoy the warm weather. I hope you are all able to do the same.

This is the time of year when we slow down here at HomePorts. Our monthly educational programs are suspended until September and we spend time working behind the scenes on the Health and Wellness Expo (mark your calendar for October 18) and gearing up for the fall. We do continue to have our monthly Dutch-treat luncheons on the third Thursday of the month and the monthly First Friday dinners in Rock Hall.

Kudos to board member Wayne Benjamin and Muriel Cole for their tireless efforts in implementing our 10th Anniversary membership and volunteer drive! Wayne and Muriel visited nearly 20 local non-profit community organizations - churches, breakfast groups, town halls and service organizations - from January through April. They found there was a common theme throughout ... HomePorts is a wonderful organization and is deserving of support. The goals in this process were to stop the recent decrease in membership and volunteers and educate the citizenry about Homeports' mission. Mission accomplished!

In January, we sent out a two-part member survey, the purpose of which is twofold. First, to make sure we are doing our jobs and providing the services necessary to keep our members safely independent in their own homes, and second, to get some insight into social programs that may be of interest to our members. Without a doubt, a trip to the movies was the most-requested event. Our social program committee will be working on getting something organized in the fall. Stay tuned for an update.

Lastly, we held a volunteer training and appreciation luncheon on May 15. Approximately 12 volunteers attended. Brooke Meier of UM Chester River Home Care hosted a program to teach us how to assist our members in and out of cars - using both a walker and a wheelchair. A lively luncheon followed. We are continually overwhelmed by the kindness and generosity of our volunteers. We are, at our core, a volunteer organization. HomePorts would not exist without these selfless individuals.

What's Coming Up ...

Members' Luncheon

Thursday, June 21

11:45 am

Fish Whistle Restaurant

Rock Hall First Friday *

Friday, July 6

Happy Hour: 5:00 pm

Dinner: 5:30 pm

The Wheelhouse Restaurant

Members' Luncheon

Thursday, July 19

11:45 am

Location TBD

Rock Hall First Friday *

Friday, August 3

Happy Hour: 5:00 pm

Dinner: 5:30 pm

The Mainstay

Catered by The Pearl on Main
Concert & Dinner

(limited to 40 people)

Health & Wellness Expo

Thursday, October 18

8:00 am - Noon

Kent County High School

* To reserve your spot at the First Friday events, contact John Sirna at 610-212-6665 or johnsirna@gmail.com

SLEEP IS IMPORTANT AT ANY AGE!

Getting a good night's sleep is important for your overall health and your mood at any age. However, it can be particularly important in older adults. Sleep problems in older adults are not uncommon. While the amount of sleep recommended for an older adult is seven to nine hours each night - sleep can often be less deep and choppy than for those who are younger.

Primary sleep disorders can be:

- insomnia, or difficulty falling asleep, staying asleep, or restless sleep
- sleep apnea, or brief interruptions in breathing during sleep
- restless leg syndrome, or the overwhelming need to move your legs during sleep



Conditions like depression, anxiety, and dementia can increase the risk for sleep disorders, especially insomnia. Certain existing health conditions, including cognitive, neurological, gastrointestinal, respiratory and urologic issues, as well as various medications (for high blood pressure, COPD, rheumatoid arthritis, cardiac disease, GI problems) can also affect a good night's sleep. If you're having a sleeping problem, it's a good idea to talk to your physician. If he or she suspects a sleep disorder, a sleep study might be recommended. During such a study, sensors will monitor your body movement, breathing, snoring, heart rate, and brain activity.

Typically, for older adults, non-pharmaceutical treatments like cognitive behavioral therapy constitute the first wave of treatment, since many are already taking multiple medications. This might include having you learn to develop good sleeping habits by:

- going to bed and waking up at the same time each day
- doing quiet activities, like reading, before bed
- avoiding bright lights before bed
- limiting liquid before bed and avoiding caffeine and alcohol
- keeping a soothing & comfortable bedroom environment
- eating three to four hours before bedtime
- exercising regularly, but not right before bedtime
- taking a warm bath to relax

Other treatments may include the use of melatonin, a synthetic hormone that induces sleep faster and restores the sleep-wake cycle. On a short term basis, sleeping medications that may help ease the symptoms of the sleep disorder may also be recommended. This, however, needs to be monitored closely, as sleeping pills can increase the risk of falls and can become habit forming. Most importantly, if you think you have a sleep problem, don't wait until the problem starts to affect your health. Get help.



SAVE THOSE REDNER RECEIPTS!

For every \$5,000 in receipts, we receive \$50. The only caveat is that you must use your Redners Rewards Card. Receipts are good for up to three years, so if you just haven't had time to bring them in, no worries! You can give them to any HomePorts' board member or tack them to the bulletin board on the office door on the 2nd floor of the Chestertown Town Building. Every little bit helps!



UPDATE ON HOMEPORTS VENDORS

We frequently update the list of HomePorts providers (vendors) in response to requests from businesses and members. Our Vendor Committee interviews each business owner who applies, checks references, and determines eligibility. Recently we have added three:

Grocery Delivery



Bayside Foods delivers directly to homes in greater Kent County Tuesdays through Saturdays, with usually same-day service. Within 10 miles of Rock Hall the delivery charge is \$5. To Chestertown the charge would be roughly \$7. HomePorts members receive a \$2 discount on that fee. The minimum order is \$50.

Home Health Services



Do you know that Medicare will cover home visits by nurses and therapists in certain situations? A resident needs to be somewhat homebound (but may be able to go out) and be referred by his/her physician. Ask your doctor about referring you for home health services. HomePorts recommends the VNA of Maryland as well as UM Chester River Home Care.

Out of County Transportation



Ready To Roll, LLC

Ready to Roll, LLC, is a licensed charter service based in Rock Hall, with sedan service throughout the region. A luxury sedan and an SUV are available for hire, with a 10% discount for seniors.

Please call us for referrals. And always ask if you can get a HomePorts discount!



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LEGAL HELP AVAILABLE

On April 12, Marla Owczarek, Esq. volunteer attorney with Mid-Shore Pro Bono and Meg Rekstis, Foreclosure Projects Coordinator, at Mid-Shore Pro Bono in Easton, gave a presentation on their Elder Law services and answered questions. Mid-Shore Pro Bono offers free legal advice on a broad range of civil legal issues. The program's goal is to increase access to justice within the Mid-Shore community by providing free limited legal advice in a clinic setting. Free clinics are offered monthly in Kent and Queen Anne's Counties. Appointments are available at the Amy Lynn Ferris Center in Chestertown. For more information, call 410-690-8128.

EXERCISE YOUR RIGHT TO VOTE!

With a government elected by its citizens and one that effects every aspect of our lives from schools to health care to homeland security, voting is an important right in our society. By voting, you are making your voice heard and registering your opinion on how you think the government should operate. The Maryland primary election is June 26, 7am-8pm, with early voting June 14-21. For a ride to the polls, please call us. For an absentee ballot, call the Kent County Board of Elections at 410-778-0038.



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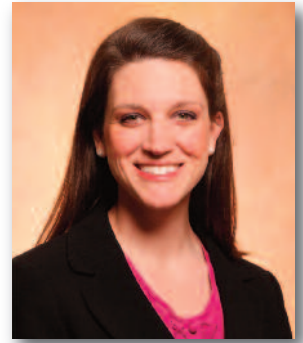
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GREETINGS FROM HOMEPORTS PRESIDENT, JANE HUKILL!

Your Homeports Board has been busy making plans for the coming year. We were most fortunate in gaining a new Board member in January, Professor Libby Yost, whose specialty is in Gerontology. She has been involving members of the Board in activities with Washington College students and encouraging her students to get equally involved in HomePorts activities. Look for emails and newsletter information on these future activities.



*Professor Libby Yost
Washington College*

I would like to take this time to give a resounding thank you to Courtney Sjostrom, our Vice-President for providing us with a full year of educational programs. I know many of you have attended these programs, held in the meeting room of the Town Hall. She has also been coordinating with Trish Focht and Katy Davis of University of Maryland Home Health Care, a very significant medical service available to our citizens in Kent County.



*Courtney Sjostrom
HomePorts Vice President*

We recently had a very enlightening program for our volunteers about how to carefully and safely transport our HomePorts members to medical appointments, grocery shopping, and other trips which our great HomePorts Volunteers provide to our members. All volunteers should keep alert for these future programs about volunteer activities - these are always strongly recommended for all volunteers. If you were unable to attend the "911" educational program, you missed a very important program informing us how to make effective calls and what this service will provide for our citizens in the future.

As Karen mentions in her message on the front cover, one very newsworthy item was the Membership Campaign recently completed by Wayne Benjamin and Muriel Cole. They contacted local churches and service organizations to inform their members about HomePorts. They worked hard at getting the word out about HomePorts and the value of being a member. Many thanks to them both!



Rev. Isaac Wilson with HomePorts Member Wayne Benjamin, MD

HOMEPORTS MEMBERSHIP



If you have a friend or relative you may be interested in becoming a member, please contact Karen at 443-480-0940 or email her at karen@homeports.org. She will be happy to arrange an appointment to assess how HomePorts can be of assistance. Don't forget ... 2018 marks our 10th Anniversary. In celebration we are offering new members a six-month trial membership for just \$100!

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