

MESSAGE FROM OUR PRESIDENT



Jane Hukill
President

It's that time again – time to get out and vote. No matter what your political persuasion is, our age group strongly votes and we must continue that great tradition. There is a great deal of information to absorb this year, but the League of Women Voters always publishes a great handout for the election. It will be available in the Kent County news and at the library in Chestertown. Their information can be accessed by calling 410-810-1883. Mailing address is PO Box 374, Chestertown, MD 21620.

Early voting is also possible and available at the Kent County Library on High Street. The dates for early voting are October 25 to November 1 from 10:00 am to 8:00 pm.



Rides are available to Early Voting at the Library and on Election Day at your voting site. The group organizing these drives during Early Voting and on Election Day is YourVoiceMD. The web site is yourvoteyourvoicemd.org. This group is entirely non-partisan. The number to call for a ride is 443-485-1342.

You can always call our HomePorts number for a ride, but be sure you call far enough ahead of time to ensure we can find a volunteer for your trip to the polls.

Coming Up ...

**Education Program
Respiratory Issues**
Thursday, October 4
11:00 am
Chestertown Town Hall Bldg.
2nd Floor
118 Cross Street

Rock Hall First Friday
Friday, October 5 - 5 pm
Rock Hall Yacht Club

Health & Wellness Expo
Thursday, October 18
8:00 am - 12:00 pm
Kent County High School

Note: there is no member's luncheon in October due to the Expo!

HomePorts, Inc.
Town Hall Building
118 N. Cross Street
P.O. Box 114
Chestertown, MD 21620

Karen Wright
Executive Director
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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.

THANK YOU!

Thank you to our 'sponsors' for helping to make this year's Health & Wellness Expo possible!

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Kent Athletic & Wellness Center
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The Peoples Bank
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Health & Wellness Expo

October 18, 2018 • 8:00 am to 12:00 pm

Mark your calendar now and plan to join us on October 18th as HomePorts continues to put a priority on community wellness. This year's Expo, which is free and open to the public, is the largest ever held in this area. The event will highlight over 75 community resources offering the latest health, wellness and safety information.

Ask The Experts ... These key topics will be discussed by members of our local medical community.

- Urogynecology & Pelvic Health
9:00 am & 9:45 am
Presented by Briana Walton, MD
- Hormone Replacement Therapy: Risks & Rewards
9:00 am & 9:45 am
Presented by S. Dale G. Jafari, DNP, FNNP-BC
- Diabetes: Strategies for Lowering your HA1C
9:00 am & 9:45 am
Presented by Doris Tate, CNP
- Sleep Problems, Obstructive Sleep Apnea
9:00 am & 9:45 am
Presented by Dr. Fernando DeLeon
- Don't Fall This Fall
9:00 am & 9:45 am
Presented by Paul Simonetti, PT, DPT, OCS
- Mental Health in Later Life
10:00 am & 11:00 am
Presented by Dr. Allan Anderson
- Cardiovascular Health, Heart Failure
10:30 am & 11:15 am
Presented by Juan Cordero, MD
- Ten Signs of Alzheimer's Disease & Dementia
10:30 am & 11:15 am
Presented by Cynthia Prud'homme, MSW
- Facts & Myths of Hospice Care
10:30 am
Presented by Heather Guerieri, RN, MSN, CHPN
- Pain Management in Light of the Opioid Epidemic
10:30 am & 11:15 am
Presented by Nathan Turner, PA
- Stress Management
10:30 am & 11:15 am
Presented by Patricia Deitz, LCSW
- How Can Grief Support Help?
11:15 am
Presented by Rhonda Knotts, MCC
- Healthy Living For Your Body & Brain
11:15 am
Presented by Cynthia Prud'homme, MSW

Special Session - Kent County Commissioner Candidate Forum - 12:30 pm in the Cafeteria
Moderator: Pam Ortiz, Esq.

This special moderated forum will feature the six candidates for election to the Kent County Commission. The forum will address the recent Needs Assessment for Kent County produced by the Kent County United Way, about the serious issues facing Kent County in the coming years. Candidates will address questions prepared ahead of time and presented by the moderator, on the specific issues raised in the United Way report. If time permits, questions will be accepted from the audience on the United Way report.

BE SURE TO STOP BY THE EXHIBIT HALL!

Below are just a few of the organizations who will be exhibiting at this year's Health & Wellness Expo. Please be sure to make time to stop by the Exhibit Hall and pick up information on the latest news in home health care. The Exhibit Hall is open from 8:00 am to 12:00 pm.



EXHIBITORS:

Action Antenna
Anne Arundel Medical Center
AquaFit, Chestertown PT &
Nutrition/Dietitians
Ashley Addiction Treatment
Autumn Lake Healthcare
at Chestertown
Chester River Behavioral Health
Chester River Pharmacy
Chestertown Lions Club
Comfort Keepers
Compass Regional Hospice
Delmarva Community Transit
Dr. Helen Noble &
Dr. Michael Peimer, MDVIP
Eastern Shore Area Health
Education Center
Fellows, Helfenbein & Newnam
Funeral Home

Herbal Alchemy
Home Instead Senior Care
HomePorts, Inc.
Kent Association of Riding Therapy
Kent Athletic & Wellness Center
Kent County Emergency Services
Kent County Health Department
Kent County Humane Society
Kent County Public Library
Kent Family Center
KureSmart Pain Management
Living at Home Health Services, LLC
Maryland 529
Maryland Insurance Administration
Maryland Legal Aid
Maryland Relay
MDVIP
Mid-Shore Pro Bono
NAMI of Kent & Queen Anne's
Nova Care Rehabilitation
O'Donnell Vein & Laser

PFLAG
Plenish
Recovery Centers of America
Seidenberg Protzko Eye Associates
Spa Angels
Stecher Financial Group
The Golden Rule Assisted Living
Home
The Hearing Center of Chestertown
The Living Legacy Foundation
UM Shore Regional Health
Upper Shore Aging
VALIC
VNA of Maryland
Washington College Academy of
Lifelong Learning
WCTR
WKHS
Your Vote, Your Voice MD



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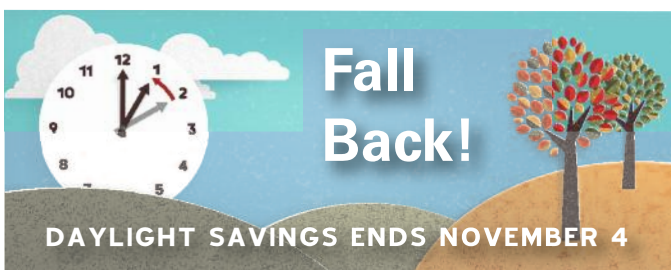
SHOULD I RELY ON THE INTERNET FOR HEALTH INFORMATION?



"My friend told me that she read on the Internet that...". By now most of us know we need to be cautious about what we read on Internet sites. There is an incredible range of information - from reliable to totally fake (really fake).

"80% is wrong or misleading," according to Frederick W. Luthardt, Manager of the Compliance Monitoring Program at Johns Hopkins School of Medicine. He references, as an example, the large number of websites describing vitamin supplements. It is important to know where exactly to look. Doing a search for "arthritis", for instance, shows 91,100,000 results! Generally, websites ending in .org, .gov, or .edu are the most reliable for health information. Johns Hopkins Community Health Library recommends MedlinePlus.gov as the first stop. Maintained by the National library of Medicine, it is easy to use, current, and free of ads.

Also recommended are non-profit health advocacy organizations such as the American Cancer Society and the American Heart Association. The latter organization (www.heart.org) has one especially good section called Life's Simple 7. Be selective in what you read, and remember that guidance found on the Internet is never a substitute for seeing a doctor when you have a medical issue.



Don't forget to visit our web site for your connection to Amazon! When you access Amazon through the link on our website, www.homeports.org, a percentage of your purchase price is donated to HomePorts!



SAVE THOSE REDNER'S RECEIPTS!

Many, many thanks to those of you who have been saving your tapes for us. We have already earned more than \$350!

Remember, you need to use a Redner's card for us to get credit. All you need to do is use your card and turn in the tapes. We'll do the rest. For every \$5,000 in receipts, we receive \$50. The only caveat is that you must use your Redner's 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!



Tree Risk Assessments
Pruning, Cabling and Bracing
Lightning Protection Systems
Permits and Removals



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