

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

Despite it being a relatively busy summer at HomePorts, I feel as though I should be welcoming you all back to school! I know that many of you have been away and/or had lots of family visiting. I also know that many of you took the time this summer to have that surgery you've been putting off. We have been challenged this summer to meet our members need for rides to physical therapy and the doctor, but I believe we managed to get everyone where they needed to go.

We have lots of events in the works this fall. Our monthly dutch-treat luncheon at the Fish Whistle will resume on Thursday, September 19, at 12:30. Please call me at 443-480-0940 or email Karen@homeports.org if you plan to attend. You will also see in this issue an announcement for our next educational program on estate planning. I hope to see many of you here on October 8 at 2:00 p.m. for what should be an enlightening program.

Reminders about volunteer transportation. First, we need at least 24 hours to find a ride. It puts Shannon in a difficult position if you call in the morning looking for a ride that afternoon or if you call at 5 p.m. looking for a ride the following morning. Please give her time to find your ride. (She's juggling a 2-year-old.) Secondly, if you need to cancel your appointment, please call us IMMEDIATELY. If you call an hour before someone is supposed to pick you up, chances are we will be unable to stop them from arriving at your house. Our volunteers are so gracious to give their time and their vehicles, we ask that you be considerate of them also. Finally, we do have a five ride per month limit. This is negotiable if you are in short-term physical therapy or need other medical treatments.

Finally, we have discontinued our table at the Chestertown Farmers' Market. It was relocated farther to the side and we had difficulty staffing it on Saturday mornings. We may try a table at First Friday on the corner of High and Cross Streets by the Historical Society building. Please stop by as you browse around town and let us know if you could spend an hour or two helping at the table.

What's Up?

- **September 19**
Luncheon at the Fish Whistle
12:30 pm
- **October 7**
Support For Caregivers
Upper Shore Aging Office
1:00 pm
- **October 8**
HomePorts Educational Workshop on Estate Planning
2:00 pm
Town Hall Building
- **October 22**
Presentation:
Smart Aging on the Eastern Shore
Chesapeake College
1:00 pm
- **October 25 & 26**
November 2 & 3
River Arts Studio Tour
- **November 1 - 3**
Sultana Downrigging Weekend

SUPPORT FOR CAREGIVERS

A monthly group for caregivers meets monthly at Upper Shore Aging, 100 Schaubert Road at 1:00 pm on the 2nd Monday of each month. Attendees confidentially share their challenges and tips for dealing with the stress of caring for a loved one who is ill, either at home or in long-term care. For more information, call Muriel Cole at 410-778-0831.

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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.

FREE PROGRAM: SMART AGING ON THE EASTERN SHORE, OCTOBER 22

The United Seniors of Maryland Foundation is holding a free informational program at Chesapeake College on Tuesday, October 22, from 1:00 to 4:00 pm. Refreshments and information tables will be set up from noon to 1:00 pm.

The presentation includes:

Getting Smart About Healthcare

What Maryland is doing to improve health care for all Marylanders and how the Affordable Health Care Act will affect seniors.

Speaker: Carolyn A. Quattrocki
Executive Director, Governor's
Office of Health Care Reform



Prior to her appointment, Carolyn served as Deputy Legislative Officer and health policy advisor in the Governor's

Legislative Office, with primary responsibility for health care, insurance, and labor issues. Ms. Quattrocki also worked as a Special Assistant to Maryland Attorney General, J. Joseph Curran, Jr., was a litigation associate at Arnold & Porter in D.C., and a law clerk for the Honorable Frank A. Kaufman, Chief Judge of the United States District Court for the District of Maryland.

Getting Smart About Senior Services

What programs are available to make life better for older Marylanders.

Speaker: Bernice Hutchinson,
Chief of Client & Consumer Services
Maryland Department of Aging



As Chief of the Client and Community Services Division of the Maryland Department of Aging, Bernice oversees Older Americans

Act grant programs and related state and federal programs administered by the Department to ensure a coordinated delivery system that promotes choice, independence, and dignity for older Marylanders and their caregivers. Ms. Hutchinson contributes to statewide policy development, program management, and resource development.

Getting Smart About Aging In Place

What is available to help make it possible to remain living at home.

Speaker: Steve Gurney
Publisher of theGuide to Retirement
Living SourceBook; UMBC Erickson
School of Aging Studies Adjunct
Professor



Drawing from the experience of observing his family caring for Steve's aging grandfather, he created a comprehensive publication to help

others in the same situation. Steve has worked closely with nearly every regional and national organization on aging to help find solutions to their challenges. In 1998, Mr. Gurney sold his company to Greater Washington Publishing, Inc. He continues to serve as publisher and has dramatically grown the business under the new ownership.

PHONES FOR HEARING OR SIGHT IMPAIRMENT

The Maryland Relay MAT Program (Maryland Accessible Telecommunications) is here to keep telephones an integral part of your daily life, providing free phones for those needing special equipment. Installation and in-home training are provided as well. Equipment available includes an amplified phone, a "captioned" phone, a hands-free phone, or text (TTY) telephone.

The MAT program is for individuals whose disability prevents them from using the telephone without an assistive device. No two people are alike and neither are their abilities or disabilities. Before equipment can be ordered, customers are required to receive an assessment to determine which telephone is best for their communications needs. An application must be completed and certified by a physician, audiologist, or rehabilitation counselor. Those receiving social security benefits do not need to provide any other paperwork documenting income. Forms are available at the HomePorts office, or call Upper Shore Aging at 410-778-6000.



A captioned telephone shows captions of everything your caller says. It connects to both your telephone service and your Internet service to give you the best of both worlds: voice and captions.

CONFIRM YOUR ESTATE PLANS - WORKSHOP, OCTOBER 8

Is your Estate Plan in order and up-to-date? You worked hard for the financial assets you have achieved, and since HomePorts members are a pretty savvy group, you probably have a Will that reflects your desires about how your property and assets will be distributed.

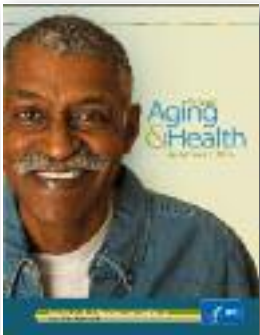
But does your Estate Plan maximize the assets your beneficiaries will receive? Should you have a trust to minimize taxes? What really is Probate? Should it be avoided, or not?

HomePorts next educational program will help you answer these questions and more about Estate Planning. Mark your calendar now for Tuesday, October 8, at 2:00 pm at the Town Hall Building, 2nd floor conference room.

Attorney Kathleen Wootton Hurd, of the law firm of Rasin and Wootton, LLC, will review Wills, Powers of Attorney, Trusts & Tax Implications, Probate and more. Join us for this informative program, and bring your questions. The program is free, but please let us know you are coming. Call Karen Wright at 443-480-0940 or e-mail her at info@homeports.org.



IMMUNIZATION REMINDER



The U.S. Government has just issued “The State of Aging and Health in America 2013” a national report card on healthy aging. The report provides a snapshot of our nation’s progress in promoting prevention, improving the health and well-being of older adults. While some grades are good, there is still improvement needed in the preventive care we give ourselves. For example, only 67% of us had a flu vaccine in the past year, and only 68% have had the pneumonia vaccine. It notes that human immune defenses become weaker with age. Pneumonia, the 7th leading cause of death among those 65 and older, is largely preventable through vaccination. Please check with your physician to see that your vaccinations are up-to-date. For additional details, or to view the entire report, visit www.cdc.gov/aging.

BE PREPARED FOR EMERGENCIES

September 2013 marks the tenth annual National Preparedness Month. 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 Global Connect’s Emergency Notification System, which gives emergency management the ability to call thousands of residents within 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 them with the news. If you want to add your cell phone or email address, please register at: www.kentcounty.com/oes/emergencyNotification.php.

The County also recommends having an Emergency Plan. Be sure to stock a basic disaster supply kit. A sample plan can be found at: www.ready.gov/emergency-planning-checklists.



2014 SYMPOSIUM SET - MARK YOUR CALENDAR NOW!

HomePorts annual Healthy Aging Symposium will be held April 15, 2014, at the Kent County Middle School. The keynote speaker will be Dr. Walter Ettinger, Chief Medical Officer of the University of Maryland Medical System. We are asking him to bring us the latest information on the future of our community hospital and plans for strengthening geriatric care locally.

The Summer issue of Maryland Health Matters addresses some questions about the merger of the Chester River Health System and the Shore Health System. New nomenclature will be the primary change for the time being, with "enhanced access to regional programs and services in the coming year", according to the publication.

Highlights from the 2013 Symposium:



Upper Shore Aging Exhibit



Hearing Center Exhibit



Break Out Group Students



Walter H. Ettinger, Jr., MD, MBA, is senior vice president and chief medical officer for the University of Maryland Medical System. Dr. Ettinger serves as a member of the System's senior leadership team with administrative responsibility for monitoring and ensuring the safety and quality of patient care.

HOME SAFETY

HomePorts, under the leadership of Board member John Leek, is putting an emphasis on safety. Six out of ten falls occur in the home. Members will be contacted and encouraged to review their physical environment, with guidance by a volunteer team.

Watch for more information in our next newsletter.



WHY JOIN HOMEPORTS?



Aging-in-place "villages" find that only 5-10% of members request volunteer services. HomePorts has discovered this to be true. Yet, there are other benefits. Financial resources do not protect against universal life changes and challenges. Members may join to make new friends and feel useful after leaving the workplace; make new connections upon the loss of a spouse/partner, have moved to a new area or are a long time resident whose friends have moved on; faced with health issues that increase isolation or diminish financial resources, or a desire to support the community.

Having "connections" is also good for your health and well-being as shown in lots of research studies. We also appreciate that, as we age, it's harder to initiate things and make decisions. Villages offer convenience with just one phone call to access programs and services already in place. Becoming a member makes life simpler!