

MESSAGE FROM OUR PRESIDENT



Jim Donaghy
President

Summer is upon us. My wife, Anne, and I are enjoying what we call ‘Summer Camp,’ a time when we have grandchildren stay with us – parents not invited! Our days are filled with activity – swimming, games, walks with the dog, trips to the library and, yes, a few chores, too. We get to know each other in many new ways and we learn a thing or two about being a kid in today’s world.

HomePorts’ activity slows during the summer but, by popular demand, we continue our monthly luncheons at the Fish Whistle Restaurant. This month’s lunch met on July 16th and included some special guests from Talbot

County. These visitors are interested in forming a ‘village’ organization like HomePorts in their county and wanted to meet some of our members in an informal setting. There was much to talk about. Be sure to put next month’s luncheon on your calendar, 12:30 pm on Thursday, August 20th (always the third Thursday.)

Our Home Safety Program continues to receive high marks from members. John Leek reports that members tell him his home visits have generated increased safety awareness in their homes as well as a commitment to deal with unsafe issues before a real problem arises.

Our Strategic Planning Committee has been meeting throughout the summer with a September target date for completing proposals and recommendations to present to the Board. We all look forward to their report and will keep you informed about any changes or new initiatives for the coming year.

I’m glad to tell you that our new Volunteer Coordinator, Sally Powell, has hit the ground running in her new position. Members’ needs for volunteer assistance have been met and all those who have used her services give Sally high marks. When I asked Sally if she was enjoying her new job, she answered with a resounding “yes!” and added, “The volunteers are so nice and all want to help our members and are willing to give of their time to do so.”

Thanks again to all in the HomePorts community for being members, for being volunteers, for being donors and for believing in the value of this organization. And remember, BE SAFE as you enjoy the rest of the summer.

What’s Up?

August 20

HomePorts Member Luncheon at the Fish Whistle
12:30 pm

October 10

Walk to End Alzheimer’s
Wilmer Park, Chestertown
9:00 am - 10:30 am
Plan to join the HomePorts Team to raise awareness and funds for care, support, and research to end this crippling disease!

October 23

Upper Shore Caregivers Conference
Grasonville Senior Center
For info, call Jennifer Fitzpatrick, 443-416-7710

Transportation Policy

HomePorts volunteer drivers do not accept money for gasoline. If a member would like to “pay back” a favor, tax-deductible contributions to HomePorts are always appreciated.

*“I may have to move to where my family is on the Western Shore at some point,
but for now I am here in my own home because I have HomePorts.
I am so grateful to you. I am proud to live here because we have this service in Kent County.
You all are wonderful.”*

Mary Burns, Member, Chestertown

benefits

MEMBERSHIP IN A ‘VILLAGE’ LIKE HOMEPORTS OFFERS MANY BENEFITS

HomePorts helps members remain in their own homes. It gives members a voice in the types of services provided ... as well as when and how they are provided. Membership encourages volunteerism, reduces isolation, and creates a sense of community among members. In addition, HomePorts members have access to pre-screened service providers, some offering discounts for members; home safety assessments; local transportation and assistance with errands; invitations to social and educational events; the convenience of just one number to call; the support of a unique community organization; and peace of mind!

WELCOME TO OUR NEW VOLUNTEER COORDINATOR ... SALLY POWELL

We welcome our new Volunteer Coordinator, Sally Powell, a resident of Chestertown since 1985 when she began her college career at Washington College as a psychology major. Upon graduating from WC, Sally was employed by Robert L. Davis Real Estate for 3 years and FAM&M Insurance for 11 yrs.

Sally and her husband, Seth, also a graduate of Washington College, reside in Orchard Hill with their 3 children William, Abigail and Lindsay. In her free time, Sally enjoys boating, fishing and escaping to the beach with the family as often as possible.



The Powell Family

TELEPHONE REASSURANCE



If you would like a friendly call or know someone who could benefit from this service, call 410-778-2564.

Seniors are reluctant to ask for help. Some of us in Kent County are fairly isolated and many live alone in our later years. Being safe and secure needs to be a priority, and though it may not be our preference, we may have to make some changes and depend on others to help with our safety and security.

Upper Shore Aging offers a free Telephone Reassurance Program in cooperation with the Kent County Sheriff's Department. The service is available to help seniors who may be homebound, isolated, or without frequent contact with the community.

"Volunteers call between the hours of 9 am and 11 am each morning, Monday through Friday," according to Kim Porter, the Program Manager. "The call is to make sure you are OK and to give support." Volunteers make the calls from a central location and look forward to the opportunity to check on others. Many are seniors themselves.

THE STATUS OF OUR LOCAL HOSPITAL



Our hospital has always been a strong supporter of HomePorts, believing that HomePorts helps our community remain healthy and helps sustain older people, who generally have more medical issues. In turn, HomePorts is a steadfast advocate for sustaining the service of our long-standing hospital facility.

On July 21, Patti Willis, Senior Vice-President for Strategy and Communications of Shore Regional Health, asked to come to speak to our Executive Director and several Board members about the status of changes there. She described HomePorts as "a unique piece of this 180 degree change now going on in health care." She explained, "In the old way of thinking the big blue 'H' was at the center of the health care universe, but not anymore. Now the patient is that center." She added, "Many feel that a hospital bed is not the best place to be when you're dying." The Shore Medical Center at Chestertown now has 31 in-patient beds. The number of beds is allocated by the State of Maryland.

In April 2014 phase one of a strategic plan was completed that changed their mission from "providing the best health care" to "creating healthier communities together." A second phase of the plan is to review all categories of service from surgical to behavioral health and oncology. When this phase is completed at the end of 2015, recommendations will be issued for community review. She recognized that, in the meantime, there is a lot of anxiety.

The HomePorts leaders expressed great concern about the issue of transportation, stressing this aspect is a worry for seniors, and they urged the hospital to address it.



FALL PROMISES A PLETHORA OF CLASSES



The Washington College Academy of Lifelong Learning (WC-ALL) is presenting its SHOWCASE of Fall Courses on Monday, August 17th at 4:00 pm in Hotchkiss Recital Hall on campus. Learn about the 22 new classes for the Fall Semester and chat with instructors and other WC-ALL members during refreshments following the presentations. Registration for the Fall semester closes on Monday, August 24th. Questions? Call 410-778-7221.

YOUR BLOG BECKONS!



We would like to add a new feature on the HomePorts web site ... a Blog – which would be a varying array of current local articles, suggestions, and jokes provided by members. Please let us know if you would like such a feature. To make it successful, readers and writers are needed. Send your thoughts to info@homeports.org. A volunteer has offered to serve as “Moderator”, with the authority to edit or reject unacceptable input.

SAVE YOUR REDNER'S RECEIPTS!

Redner's offers a “Save-the-Tape Program” and will donate 1% of all purchases to a non-profit organization. HomePorts is pleased to participate. Save your cash register tapes and bring them to the HomePorts office or mail them to HomePorts at P.O. Box 114, Chestertown, MD 21620.

KENT COUNTY HEALTH IN NUMBERS

The State Health Improvement Process, which provides a framework of action for the Kent County Health Department, has posted a report comparing counties in Maryland in 39 areas.

Some interesting factoids about Kent County ... according to the 2010 U.S. Census:

- Kent County has 20,197 residents
- 21.8% are over 65; 17.6% are under 18
- 80.1% are White; 15.1% are Black
- The median household income is \$51,892 (the State average is \$70,017)
- 14.6% of adults currently smoke

Kent County scores lower than the State's baseline in access to healthy food, air quality, youth tobacco use, cancer mortality, and adults with a healthy weight.

Details are available at:

<http://dhmh.maryland.gov/ship/SitePages/Home.aspx>



A Typical Saturday in Chestertown.

William Pickrum, President of the Kent County Commissioners, enjoys talking with Catherine Brereton at the Chestertown Farmers Market.