

MESSAGE FROM OUR VOLUNTEER COORDINATOR



Shannon Smulow
Volunteer Coordinator

Many of our members and volunteers know me as a voice on the phone, so this month, I wanted to take the opportunity to introduce myself. I am originally from Idaho Springs, Colorado; a close knit community which reminds me very much of Chestertown. I had decided to work and travel before attending college, hoping to focus my interests and grow before enrolling. While studying music and art at the University of Northern Colorado, I met my husband, Mike Buccino, who was earning his master's degree in music

theory and composition. Shortly after graduating in 2009, I worked for the art department of an independent film company in NYC, moving to the Eastern Shore when Mike accepted a position at his alma mater, Washington College. We have been making a life here ever since. Our daughter was born in April of 2011 at the Chester River Hospital Center, and thus far, we have greatly enjoyed the lifestyle that Kent County has afforded our small family.

Since joining the HomePorts staff in November of 2011, I have been consistently impressed by the eagerness and willingness with which those in our community help one another. We are always looking for more volunteers and helpers, and lately, a big need has been finding people to staff our booth at the Chestertown Farmer's Market on Saturday mornings. If this sounds like something you would like to do, please call me at (443) 480-2863.

Again, thank you all for the support you give to this community. HomePorts is a great organization because of wonderful people who believe in its mission.

Mark Your Calendars!

June 12th
**Power Over Pain:
You've Got What It Takes**
2:00 pm
The Municipal Building
*This is one presentation
that no one should miss!*

June 21st
Dutch Treat Luncheon
12:30 pm
Fishwhistle Restaurant
*There will be no luncheons
during July and August.*

Save The Dates!

October 19th
**Vintage Fashion Exhibit
Patron's Cocktail Party**

October 20th
**Vintage Fashion Exhibit
Tea Party**



NEW SIGNS AVAILABLE FOR VENDORS

HomePorts vendors are encouraged to come by the HomePorts office to pick up a magnetic sign that can be used on a vehicle, announcing that they are an approved provider for HomePorts.

amazon.com

If you're shopping at Amazon.com, please remember to use the link on the HomePorts website (www.homeports.org). Every purchase you make earns a donation to HomePorts!

POWER OVER PAIN: YOU'VE GOT WHAT IT TAKES!

On Tuesday, June 12, at 2:00 PM, Cathy Asche, Pain Management Specialist of Shore Health, will give a 40-minute presentation on the power you have over pain. She will cover the psychology of pain, including the difference between acute and chronic pain, the triggers of pain and, briefly, the medical treatment of chronic pain.

Most importantly she will discuss concepts of self-management of chronic pain, including the utilization of physical, social and psychological tools for self-management of chronic pain. With the use of these tools and medical management of chronic pain, one may enjoy a quality of life in the presence of chronic pain.

Ms. Asche will be accompanied by Bill Roth, Sr. Director of Comprehensive Rehab Care, UMMS Shore Health; Dr. Stephen Wills, Shore Health Pain Management; and Dr. Patrick Callahan, Chester River Pain Management. The Presentation will be on the Second Floor at Chestertown Municipal Building.

ARE YOU PREPARED?

Just suppose that you are unexpectedly incapacitated. Do you have a family member or caregiver who would carry out your wishes? Be safe, and equip them ahead of time with a list of the things they need to know.

Your home. Where are your house keys? If a neighbor has them, give the information to your designated advocate, including their name and phone number. Do you have a security system? Also give them the codes for entry and setting.

Your automobile. Where do you keep your car keys, registration and insurance card?

Your health. Who is your family physician, and what is the office address and phone number? Where do you purchase your prescriptions?

Your documents. Where do you keep your safety deposit box? Provide the name of the bank, and your attorney's address and phone number. If you are a member of HomePorts, also list our phone number: 443-480-0940

Photo courtesy of Stephanie Marriott.



HOMEPORTS RECEIVES GRANT

HomePorts is grateful to the Women and Girls Fund of the Mid-Shore for a grant of \$3,000, which is designated for the Scholarship Program. Jane Hukill and Muriel Cole accepted the award at its tenth Annual Awards Luncheon in Easton on April 30th.

Left to right: Hilary Spence, Grants Committee Co-chair, Jane Hukill, and Beth Spurry, Board President.