

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Stephanie Sullivan
Executive Director

HomePorts continues to sustain my spirit and belief in the goodness of people. I would like to share an uplifting Homeports story (one of many!) ...

A HomePorts volunteer had driven one of our members to a haircut a few weeks back. The member didn't want to 'impose' on HomePorts again so instead recently took the DelMarVa Transit bus (which is often not direct and can require long waits) to a doctor's appointment. Coincidentally, the same volunteer (small town!) was waiting at the same time to see the doctor and, noticing a lot of people in the waiting room, asked the receptionist if he could give his turn in line to the member. The member has poor eyesight but recognized the voice of the Homeports volunteer. He was so grateful that he sent the volunteer a special thank you. Last Saturday the member, his wife and the volunteer & his wife socialized together at the member's house. Aren't HomePorts people the best! Thank you all. You make my day!

What's Up?

Farmers' Market
Now open on Saturdays
8:00 am to 1:00 pm

April 18th and 19th
MVA on Wheels
10:00 am to 2:00 pm

April 19th
Passover

April 21st
HomePorts Luncheon at the
Fish Whistle - 1:00 pm

April 23rd
Earth Day

April 24th
Easter

AM I HAVING A HEART ATTACK?

Heart disease is the leading cause of death for men and women, and half of those who die from heart attacks are women. Know the symptoms of a heart attack and what to do if you think you or someone else is having one. This information is from the National Institutes of Health.

What should I do?

Call 911 immediately, even if you are not sure it is a heart attack. Do not wait to see if you feel better. Call 911!

It is best to go to the hospital by ambulance because:

- Emergency personnel can begin treatment while on route to the hospital.
- The heart may stop beating during a heart attack and emergency personnel have equipment to start it beating again.
- Patients who arrive by ambulance tend to receive faster treatment than those who arrive on their own.

Some medical authorities recommend crushing or chewing a regular aspirin along with a glass of water, but emergency personnel will administer aspirin when they arrive. Do not delay calling 911 to take an aspirin and do not call someone to drive you to the hospital or try to drive yourself.

Common Signs & Symptoms

- Discomfort in the center of the chest that can feel like pressure, squeezing, fullness or pain. It may last several minutes or may come and go.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach. Women tend to experience these symptoms more frequently than the typical chest pain.
- Shortness of breath.
- Nausea, light-headedness or a cold sweat.

It is essential to receive quick medical attention. Clot busting and blood thinning drugs given in the first hour of a heart attack can save lives and decrease damage to heart muscle.

YOU SHOULD HEAR WHAT YOU ARE MISSING!



You think I have a hearing loss? If you are like many people, you may be surprised when friends and family suggest that you have a hearing problem. You are not alone! Many people experience this, because hearing loss usually comes on very gradually. Even if a full hearing evaluation confirms that you have a significant hearing loss, you still may insist that it is not causing any problems.

Let's say your family and friends have suggested that you have a hearing loss, and a hearing health professional has confirmed that your test results indicate a significant hearing loss. You, however, are still doubtful. Try monitoring your hearing for a few weeks so you can become more aware of how your hearing loss may be affecting you, as well as your family and friends. Your awareness of difficulties such as hearing female voices, understanding conversations in background noise, and participating in conversations when multiple speakers are talking, may help your hearing healthcare provider choose hearing assistive technology that would be helpful for your particular problems. Self-monitoring may help you realize your family and friends are not just picking on you, but may indicate that you do have hearing difficulties. These difficulties can cause problems not only for you, but for them also. You may be delaying hearing loss treatment because you are unaware of the fact that receiving early treatment for hearing loss has the potential to literally transform your life.

Learn about the treatment options available to you. Have your hearing tested and ask for a free hearing aid evaluation and trial use. Free hearing tests and free home visits are now available. Homeports can help direct you to a qualified hearing healthcare professional who will work with you and help you find the appropriate hearing aids or other listening assistive devices. Contact Stephanie Sullivan, Homeports Executive Director, at 443-480-0940 for more information. Also, plan now to attend our Hearing Program on May 4th, 1:30 pm, at the HomePorts office.

I Volunteered ... Why Haven't I Been Called?

Volunteers are the life blood of HomePorts and we are indeed fortunate to have a loyal cadre of over 50 generous volunteers. That said, some of you may wonder why you are not called upon more often, or perhaps, at all?

"There are many factors that go into matching a volunteer with a member's request for service," says Executive Director, Stephanie Sullivan. Most requests for volunteers are for transportation, on average about 15 per month. Most requests are for Monday through Friday between 9:00 am and 5:00 pm. "When a member requests transportation I try to find a volunteer driver who lives near the member," says Stephanie. "I also consider such factors as the time of day requested, the destination, length of travel time involved and how much physical assistance the member may need."

Some volunteers have offered to provide in-home services, such as visiting or assistance with bill paying. "We are just not receiving many requests for these services right now," reports Stephanie, "but we continue to remind members that these services are available."

If you are just itching to get out there and help, give Stephanie a call at 443-480-0940 and let her know when you are available.

Send Us Your News & Comments

This newsletter is published monthly. We welcome your news and comments. Please submit your article by the 10th of the month preceding publication.