

MESSAGE FROM OUR PRESIDENT



Jane E. Hukill
President

There are many important issues emerging in our HomePorts world today. Your Board is working constantly to ensure that our members will be made aware of these issues.

Neighbor-to-Neighbor Program: This will be launched on April 1st. This Pilot Project is intended to help our members' age in place more successfully. The program will track our most vulnerable members as a means to delay or prevent the need for institutional care. The identified members will be assigned two volunteers to help with enhanced one-on-one services, such as regular calls and visits, increased socialization opportunities,

and assistance to access needed services available in the community. At the end of this one year project we will determine if we can see a serious impact using qualitative and quantitative evaluations and data. Based on the results, Homeports may seek resources to make this project a long-term Neighbor-to Neighbor Program for all members needing such help. The HomePorts Board and the Shore Regional Health System have each provided \$5,000 for a total of \$10,000 to support this project.

Health Fair 2016: Save the date of October 20, 2016 and make sure you will be free to attend this exciting program shared with the Kent County Public Schools. It will be bigger and better than ever and will be held at the Kent County High School in Worton. Many of our local businesses, service organizations and health providers continue to support us in this continuing service to bring health information to our citizens in Kent County. This is a free and open-to-the-public program.

Shore Regional Health System Listening Sessions: You are all aware of the deep concerns that Kent County citizens have for continued and enhanced health services provided by our Chester River Hospital. So be sure to get to one of the Listening Sessions and tell the administration of the Shore Regional Health System what you want and what you need to ensure your healthy life on our Eastern Shore. Stand up and be heard! See page 4 for more details and a listing of the Kent & Queen Anne County session dates and locations.

We need more volunteers as our organization grows. Please contact the HomePorts office if you would like to join our volunteer force. Help us to help each other!

HomePorts Spring Education Session

Thursday, April 19
11:00 am
Chestertown Town Hall
Drug Interactions
presented by Ken Peregoy,
PharmD

Members' Lunch & Improv Entertainment

Wednesday, April 6
11:30 am
Chestertown Town Hall
(see details on page 3)

Monthly Luncheon

Wednesday, April 21
11:30 pm (*note new time!*)
Cafe Sado

Join Us At Luisa's For HomePorts Annual Fund-Raising Dinner

Monday, April 25
Seatings at 5:30 pm / 7:30 pm

HomePorts 2015 dinner at Luisa's Cucina in Chestertown was so well-received that we are doing it again! A three-course meal (salad, entree and dessert) will be offered with a choice of chicken, eggplant parmigiana, or salmon, coffee or tea. Tickets are \$50. Call HomePorts, 443-380-0940 to purchase your tickets. Space is limited so don't delay!



ASK THE DOC: FALL PREVENTION ... by Wayne Benjamin, M.D.

6 in 10 falls occur in the home and can lead to fear of falling, sedentary behavior, impaired function, and lower quality of life.

Take the test below ... and consider these 6 steps to keep you safe.

#1. Have A Discussion With Your Doctor

- Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to your appointment.
- Have you fallen before? Write down the details, including when, where and how you fell.
- Be prepared to discuss your help conditions and how comfortable you are when you walk.

#2. Keep Moving

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may refer you to a physical therapist who can create an exercise program aimed at improving your balance, flexibility, muscle strength and gait.

#3. Wear Sensible Shoes

Consider changing your footwear as part of your fall-prevention plan. Wear properly fitting, sturdy shoes with nonskid soles.

#4. Remove Home Hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways.
- Move coffee tables, magazine racks and plant stands from high-traffic areas.
- Secure loose rugs with double-faced tape, or remove loose rugs.
- Store flashlights in easy-to-find places in case of power outages.

#5. Light Up Your Living Space

- Place night lights in your bedroom, bathroom and hallways.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

#6. Use Assistive Devices

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub, plus a hand-held shower nozzle for bathing while sitting down

HomePorts can give you referrals to handyman services experienced with these devices.

Take The Test ...What Is Your Risk For Falling?

Question:	Points for "Yes"	Question:	Points for "Yes"
Have you fallen in the past year?	2	Do you have difficulty stepping onto the curb?	1
Do you use a cane or a walker to get around safely?	2	Are you worried about falling?	1
Do you sometimes feel unsteady when you are walking?	1	Do you need to push yourself out of a chair?	1
Do you steady yourself by holding on to furniture?	1	Have you lost some feeling in your feet?	1
Do you often have to rush to the toilet?	1	Do you take medication that makes you feel light-headed?	1
Do you have difficulty stepping onto the curb?	1	Do you often feel sad or depressed?	1

If your total score is 4 or higher, discuss your risk with your doctor.

TOTAL _____

TELEPHONE REASSURANCE

Upper Shore Aging, our local agency, offers a Telephone Reassurance Program in cooperation with the Kent County Sheriff's Department. The service is available to anyone and is free. "Volunteers call between the hours of 9 and 11 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." If you would like a friendly call or know someone who could benefit from the service, call 410-778-2564. Those in Queen Anne's County should call 410-758-0848.

COLLEGE IMPROV

Washington College and the Town of Chestertown both want to increase collaboration between the College and the community. The Improv group was started in 2013 and includes about 20 students who perform bi-weekly on campus. On April 6 at 11:30 am we will host their premiere event in Chestertown! Lunch with the students will be provided; donations are welcome. For HomePorts members only. RSVP by April 1 (info@homeports.org or call 443-480-0940).

GET YOUR FREE HOME SAFETY INSPECTION

HomePorts members can take advantage of our free home safety inspection service. Call Karen to arrange an inspection (443-480-0940). Find ways to make your home a safer place to live!

*When I was young,
I thought nap time
was punishment.
Now it's like a
mini-vacation!*

FINDING THE BEST PRICE FOR YOUR PRESCRIPTION DRUGS

If you have a prescription drug plan (e.g. Medicare Part D coverage), your insurance company has likely informed you of its "preferred" pharmacy. Although with most plans you are free to fill your prescription at any pharmacy, using the preferred locale generally results in the lowest price.

What happens if you don't have prescription drug coverage? Well, if you have access to the internet, a good way to compare prices is to visit goodrx.com. At this website, simply enter the name of your drug along with your zip code, and a listing of prices at area pharmacies will be presented. A free membership to the site even reduces the price a bit more. If you don't have access to the internet, just use your phone to call around and price shop.

This information also applies to over the counter medications. Don't be shy - shop around to be sure you're getting the best price for your medications - the difference can be dramatic!

Article courtesy of Monadnock at Home Village.



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SHOW UP AND SPEAK UP! LET'S FILL THE ROOMS FOR THE HOSPITAL LISTENING SESSIONS!

We have another opportunity to show our concern for the hospital in Chestertown by turning out in large numbers for the "Listening Sessions" planned by Shore Regional Health System. There are sessions planned in Kent, Queen Anne's and the other three Mid-Shore counties. A facilitator will guide the discussion, and System CEO Ken Koziel and members of the board are scheduled to attend.

Please commit to attending a session and urge your friends, family and co-workers to go, too! These are large venues and we need to turn out in large numbers to let the health system know what we need!

Here are the Kent and Queen Anne's session details:

Saturday, April 2, 9:30 am

Rock Hall Volunteer Fire Company
21500 Rock Hall Avenue, Rock Hall

Tuesday, April 12, 5:30 pm

Centreville Goodwill Fire Company
212 Broadway, Centreville

Thursday, April 14, 5:30 pm

Kent County High School Auditorium
25301 Lambs Meadow Road, Worton

Sunday, April 24, 2:00 pm

Sudlersville Volunteer Fire Company
203 N. Church Street, Sudlersville

For the complete schedule, visit www.umshoreregional.org.

The hospital has said the sessions are meant to "seek a wide picture of our communities' health needs and make sure our strategies incorporate this information," and to hear about the specific challenges people face "in living their healthiest lives." Scheduled as part of Shore Regional Health's strategic planning process, the sessions also will serve as input for the Community Health Needs Assessment the corporation is required to conduct every three years under the Affordable Care Act. As part of the session, Shore Regional will share its recommendations about services to be offered or developed in each county.

INFLUENZA ON THE RISE!

The State of Maryland Department of Health and Mental Hygiene issued a notice in late March that influenza type A (H1N1) is now increasing after a slow start. This year's influenza vaccine formulation includes the A (H1N1) strain.

Influenza is a contagious respiratory disease that may lead to serious complications, hospitalization or even death. The virus that causes influenza spreads from person to person through coughing or sneezing, as well as through direct contact with infected people and contaminated surfaces or objects. Common symptoms include fever, body aches,

fatigue, coughing and sore throat. Symptoms usually begin one to four days after being exposed to the virus. The influenza vaccine is the best way to protect yourself from becoming ill with influenza. Other advice includes:

- Avoid close contact with sick people.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.



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