

MESSAGE FROM OUR PRESIDENT



Jane Hukill
President

Looking out of my windows at Stillpond Creek and the waterfront, I am so encouraged to see the daffodils starting to bloom and the trees coming into bud. The magnolia tree in my neighbor's yard is getting ready to burst into full flower and that is one of my favorite nature shows. It is always encouraging to see a change of season, and certainly spring is one of the more exciting. I would personally like to thank all the Neighbor to Neighbor Pilot Project volunteers and the HomePorts members who agreed to be studied in this very important research on aging in place. We will ensure that all HomePorts members and volunteers

will see the data that was collected along with analysis in the final report. My personal thanks to Nancy Cowdrey for steering this project to fruition.

There has been an interesting series in "The Chestertown Spy", the online local news available at chestertownspy.com. The series is titled "Senior Nation". A recent article reports on the fact that two-thirds of seniors have been scammed online. A fact that jumped out at me was that 97% of aging adults use the internet at least once a week. So I just wanted to warn our members that not just spring flowers are emerging, but so are new and more insidious ways developing to separate us from our money. A good link to use is ProtectSeniorsOnline.com for understanding how you can protect your online information. I also strongly recommend you check with your children and your grandchildren to help you in this safeguard. They can be a great source of information and assistance. HomePorts will also be providing a program in the future about the cyber world that surrounds us all. So plant firewalls in your tablets and laptops along with spring flowers in your garden.

AARP INCOME TAX HELP AVAILABLE!



AARP volunteers offer free tax help for low-moderate income taxpayers:

Thursdays: 9:00 am - 3:00 pm, Kent County Public Library

Saturdays: 9:00 am - 12 Noon, Amy Lynn Ferris Adult Activity Center

For an appointment, call 410-778-2564 on Tuesdays, Thursdays or Fridays.

Members' Luncheons

Tuesday, March 16
11:45 am - 1:00 pm
Fish Whistle Restaurant

Tuesday, April 20
11:45 am - 1:00 pm
Luisa's Cucina Italiana

Seminar on Advance Directives, the MOLST Form and Elder Law

Saturday, April 1 - 9:30 am
Chestertown Town Hall Upstairs
With community physician,
Dr. Wayne D. Benjamin; Eastern
Shore Attorney, Ann K. Goodman;
and Maddie Steffens, RN, UM
Shore Regional Health's Regional
Palliative Care Coordinator

HomePorts Education Program Can You Hear Me Now?

Tuesday, April 4
11:00 am - Chestertown Town
Hall, upstairs
Learn about new developments
in audiology with Stacie Glover
& Barbara McLendon from the
Hearing Center of Chestertown

HomePorts Education Program Our Mental Health & Wellness

Tuesday, May 16
10:30 am - Chestertown Town
Hall, upstairs - with Patricia Deitz,
Chester River Behavioral Health

HOMEPORTS ANNUAL MEETING

HomePorts held its annual meeting on February 7, with a presentation by Jane E. Hukill, President, who summarized the work and accomplishments that took place during 2016. There are now 100 members, nine of whose membership fees are covered by a financial assistance program. Local transportation is the most requested service, with members offered five rides per month from volunteers. Over the past two years there has been a huge increase in requests and in the number of volunteer time donated. In 2016 members made 785 requests, with volunteers providing over 1200 hours of service. Karen Wright noted, “the largest number of paid provider requests are for non-medical home care, housecleaning, paid transportation, and handymen.”



Members enjoy lunch following the annual meeting.

President Hukill announced that HomePorts will again organize a public Health Fair at the Kent County High School, on October 19, 2017, with extensive exhibits, health screenings, and expert talks. Other plans for 2017 include working more with local agencies and organizations, increasing the membership, and recruiting more volunteers.

Hukill also noted the importance of the educational and social programs sponsored by HomePorts. For example, the monthly Dutch treat First Friday dinner in Rock Hall, initiated by member John Sirna, is attended by over 30 seniors.

THE BENEFITS OF VOLUNTEERING

The Dec. 19, 2016, issue of Forbes Magazine summarizes a study by the Milken Institute Center for the Future of Aging titled “The Power and Potential of Purposeful Aging”. This study brings to light what science has demonstrated ... aging with purpose can provide a remarkable antidote to physical and mental decline.

Studies now associate purpose with longer life and vitality, productivity, and lower rates of cognitive incapacity, stroke and heart disease. These findings have profound implications for public health. What doctor wouldn't prescribe volunteerism, knowing that it battles mortality and depression and boosts strength and energy - that it can delay disability?

The science on the benefits of purposeful aging is compelling, as are outcomes of older-adult volunteer programs.



Volunteer Sue Urda helping with transport for HomePorts member Betty Fox.

If you or someone you know would like to become a HomePorts volunteer, call us today at 443.480.0940.

ASK THE DOC: URINARY TRACT INFECTIONS .. by Chris Parry, DO, Urologist

Generally, the term means an infection of the bladder or kidney. To most people it usually means a bladder infection. Bladder infections are far more common than kidney infections. Women are more commonly affected than men with either bladder or kidney infections. Bladder infections happen when bacteria get into the urethra (the tube that transmits urine from the bladder to the exterior of the body) and then up into the bladder. Kidney infections occur when the bacteria go even higher into the kidney from the bladder.

Symptoms of a bladder infection?

- Pain or a burning sensation when you urinate
- An increased urinary frequency
- The need to urinate suddenly
- Blood in the urine

Symptoms of a kidney infection?

They can be the same as those listed for a bladder infection but may also include:

- Fever
- Back or flank pain
- Nausea and vomiting

How does one find out if they have a urinary tract infection?

See your doctor or nurse who by talking to you can tell if you have one and by doing a urinalysis and may do a culture to check for one.

How are urinary tract infections treated?

- Antibiotics are prescribed
- If you have a bladder infection - oral antibiotics will be given for 3-7 days
- If you have a kidney infection - you may be hospitalized for intravenous antibiotics followed by oral antibiotics after discharge from the hospital for up to two weeks afterwards.

Your signs and symptoms of a bladder infection will improve within 1-2 days after starting oral antibiotics. If you are treated for a kidney infection your symptoms will take longer to improve. Either way you should always finish all of the antibiotics that you are given. If you don't it may come back!



*Chris Parry, DO, Urologist
Shore Comprehensive Urology
Specialty Clinic at Chestertown
126 Philosopher's Terrace
Chestertown*



Yes, you can get meds delivered to your door! Edwards Pharmacy in Centreville (410-758-1715) delivers to Kent County according to the following schedule:

Chestertown: Monday-Friday
Rock Hall: Tuesday
Crumpton: Wednesday
Betterton: Thursday
Millington: Thursday
Galena: Thursday

Call by 2:00 pm for same-day delivery. Over-the-counter meds may be ordered if prescriptions are also requested.



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GAWANDE WEBINAR POSTPONED

Regrettably the February event organized to view a webinar featuring author Atul Gawande was cancelled due to bad weather in Boston, where the nation-wide broadcast was organized. His presentation may be rescheduled later this year. Everyone is encouraged to read his seminal book *Being Mortal*, available in the Kent County Public Library.

The event was sponsored by the Village-to-Village Network, of which HomePorts is a member. Based on University of California at Berkeley research, HomePorts is functioning well within the norm. For example, the average Village has 2.1 paid employees (HomePorts has 2); 47% offer "tiered" memberships and 72% offer discounted memberships, as HomePorts does. The national average is 146 members per Village. HomePorts has 100. The number of Villages has quadrupled since 2010!

On the occasion of the Village-to-Village 15th year, the spokesperson talked about future plans, "We will be looking at ways we can together impact and influence local and national policies for older adults and aging in community. We will also be focusing on the future of the Village Movement and the overall sustainability of Villages. It is important that now, more than ever, we stand together and show our strength in numbers. We are a burgeoning movement of 350+ Villages and 30,000+ older adults, volunteers, family members and staff working together to make aging in community a viable option for everyone."

HOMEPORTS 2017 BOARD MEMBERS



HomePorts 2017 Board members were announced at the February Annual Meeting ...

Front row: Courtney Sjostrom, vice-president; Katie Davis, RN; Nancy Cowdrey

Back row: Joe Harding; Bill Cameron, Treasurer; Wayne Benjamin, MD; and Jane E. Hukill, President

Not shown: Jane Heckles, Secretary; Jean Austin; Kristie Hartman; Trish Focht, RN; Jon Hanley; and John Leek



Thanks to all who bring in receipts from Redner's Warehouse Supermarket. A reminder that you need to have a Redner's card that is given to the cashier in order for the purchase to be credited to the "Save-A-Tape" Program for non-profit organizations. Cards are available at the service desk.

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