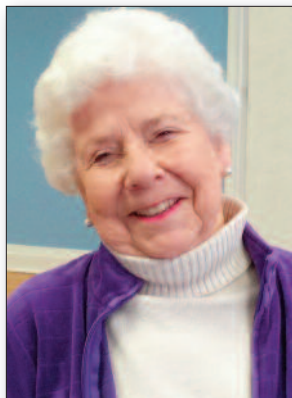


MESSAGE FROM OUR PRESIDENT



Jane Hukill, President

A recent article in the New York Times touched upon an interesting issue in health care. The title was "Old People Are Not All the Same". The author, Louise Aronson, a professor of Geriatrics at UC, San Francisco is working on a book on "oldhood." Her major premise is that folks over 65 and even older are not included in clinical studies. One of her more interesting concerns is a "failure of studies to measure outcomes that reflect older people's priorities." She states that most older people would rather live independently. We at HomePorts certainly affirm that premise. This past year we completed a pilot project called Neighbor to Neighbor.

We are now in the process of compiling the final written report reflecting what we learned from a selected group of our members. Our annual Health & Wellness Expo also is an effort to bring the latest wellness information to our members and the Kent county community. Your Board will continue to seek new and better ways to serve our members. We hope you will continue to support us by encouraging your friends to join you as a member of HomePorts.

Coming Up ... *note there is no member's luncheon in October due to the Expo!*

Rock Hall First Friday
Friday, October 6 - 5 pm
Harbor Shack

Health & Wellness Expo
Thursday, October 19
8:30 am - 1:30 pm
Kent County High School

Rock Hall First Friday
Friday, November 3 - 5 pm
Location TBD

November Members' Luncheon
Thursday, November 16 - 11:45 am
Location TBD



Neighbors Helping Neighbors
Loving Touch Home Care, LLC
410-778-1895 www.lovingtouchhomecare.org

Loving Touch Home Care, LLC is just one of the many local organizations who will be exhibiting at this year's Health & Wellness Expo. Please see page 3 for a complete listing of exhibitors!

THANK YOU!

Thank you to our 'sponsors' for helping to make this year's Health & Wellness Expo possible!

Platinum Sponsors

Anne Arundel Medical Center
Kent County Health Department
UM Shore Regional Health

Gold Sponsors

Caring Hearts Home Care of MD, LLC
VNA of Maryland

Silver Sponsor

Allstate Building Company, LLC

Bronze Sponsors

Ashley Addiction Treatment
Autumn Lake Healthcare at Chestertown
Clear Captions
Comfort Keepers
Dixon Valve & Coupling Company
Herbal Alchemy
Kent County Commission on Aging
Living at Home Health Services, LLC
Loving Touch Home Care
Rasin, Wootton & Hurd, LLC
Reetz Family Practice - MDVIP
Rock Hall Lions Club
Seidenberg Protzko Eye Assoc.
The Hearing Center of Chestertown
The Peoples Bank
UM Health Advantage
Upper Shore Aging

In Kind Sponsors

Chestertown Lions Club
Choptank Electric Trust
Eastern Shore Tents & Events
Kent County News
Walgreens
WCTR

See the following pages for more details about this year's Health & Wellness Expo!

HomePorts, Inc.
Town Hall Building
118 N. Cross Street
P.O. Box 114
Chestertown, MD 21620

Karen Wright
Executive Director
443-480-0940
info@homeports.org
www.homeports.org

HomePorts is a non-profit 501(c)3 membership alliance providing access to a wide range of services designed to offer mature adults what they need to remain in their own homes. Membership is available to those over 55 in Kent County and the adjacent area in Queen Anne's County within the 21620 zip code.



Health & Wellness Expo

October 19, 2017 • 8:00 am to 1:30 pm

(includes 1 hour update on status of our hospital, beginning at 12:30 pm)

Plan now to attend our FREE annual Health & Wellness Expo taking place on October 19th at the Kent County High School. As always our priority is community wellness. This Expo will be a one-stop opportunity for busy individuals and families of all ages to get health information, free screenings and assessments, and to connect with a variety of community organizations and resources.

Ask The Experts

These key topics will be discussed by members of our local medical community. If you have questions, please plan to attend. Time will be allowed for Q&A following each discussion.

- Immunotherapy: Non-chemotherapeutic Approach to Cancer Treatment - 9:00 am & 9:45 am
Presented by David, M.D., Oncologist & Hematologist
- Minimally Invasive Hip Replacement - 9:00 am & 9:45 am
Presented by Dr. Andrew Cumiskey, Orthopedist
- Evaluation & Treatment of Urinary Incontinence
9:00 am & 9:45 am
Presented by Dr. Duane Cespedes
- You Can Eat And Still Lose Weight
9:00 am & 10:00 am
Presented by Mary King, RD, LD, CDE & Eric Fitch, ACE,
Certified Trainer, Owner of Physically Fitch
- Opioids & Mental Health - 9:00 am & 10:30 am
Presented by a Panel including Wayne Darrell,
Timothy A. Dove & Mary Drake
- Evaluation of Chest Pain - 10:30 am & 11:15 am
Presented by Dr. Sardi, Cardiologist
- Film Entitled: "I Didn't Know" - documentary focusing
on debilitating and life-altering effects of kidney disease
10:30 am - 11:15 am
- Healthy Living For Your Aging Brain - 10:30 am
Presented by Cynthia Prud'homme, M.S.W.
- Ten Signs of Alzheimer's & Dementia - 11:15 am
Presented by Cynthia Prud'homme, M.S.W.

Special Presentation

Designing an Integrated Health System
For The Eastern Shore

12:30 pm, Cafeteria

Presented by Deborah Mizeur, MS, MHA, LDH

Workshop

School-Based Mental Health: Working Together to
Help Youth Thrive in Schools & Communities

Presented by a Panel including Jane Feigleson,
LCSW-C School-Based Mental Health Providers,
For All Seasons, Bill Flook, Ph.D., National Alliance
on Mental Illness, Kent & Queen Anne's Consulting
School Psychologist

8:00 am & 10:00 am - location to be announced

BE SURE TO STOP BY THE EXHIBIT HALL!

Below are just a few of the organizations who will be exhibiting at this year's Health & Wellness Expo. Please be sure to make time to stop by the Exhibit Hall and pick up information on the latest news in home health care. The Exhibit Hall is open from 8:00 am to 1:00 pm.



EXHIBITORS:

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> Action Antenna American Foundation for Suicide Prevention Anne Arundel Medical Center Ariix Ashley Addiction Treatment Autumn Lake Healthcare of Chesterown AXA Advisors, LLC Caring Hearts Home Care of Maryland, LLC Chester River Behavioral Health Chester River Wellness Alliance Clear Captions Comfort Keepers Compass Regional Hospice DuPont Pioneer | <ul style="list-style-type: none"> Eastern Shore Area Health Education Center Eastern Shore Psychological Services Eli Lilly & Company Golden Rule Assisted Living Hanleyman Herbal Alchemy Humane Society of Kent County Kent Association of Riding Therapy Kent Athletic & Wellness Center Kent County Emergency Services Kent County Health Department Kent County Social Services Kent Family Center Kitchen Saver Living at Home Health Services, LLC Loving Touch Home Care, LLC Maryland 529 | <ul style="list-style-type: none"> Maryland Insurance Administration Maryland Legal Aid - Upper Eastern Shore Maryland Relay Mid-Shore Pro Bono NAMI of Kent & Queen Anne's Planned Parenthood of Maryland Reetz Family Medicine - MDVIP Rock Hall Lions Club Seidenberg Protzko Eye Associates Shore United Bank Solar City Stecher Financial Group The Hearing Center of Chestertown The People's Bank UM Health Advantage UM Shore Regional Health VALIC VNA of Maryland |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

HEALTH SCREENINGS

Several free health screenings will be available throughout the Expo, including a vision check for glaucoma, a spirometry/lung function test, stroke assessment, blood pressure check, and BMI (body mass index) measurement to name a few. Don't miss these opportunities to have your health checked!



COMPUTER PRO
Complete Computer Service

Installations
Troubleshooting
Wireless Networking Installed
Patient instructions at all levels

James M. Lavin
410 708 3944

A Microsoft Registered Partner

PHYSICALLY FITCH

PERSONAL FITNESS TRAINING STUDIO

Weight Loss & Improved Metabolism	Heart Health & Cardiovascular Endurance
Senior Fitness & Balance	Increased Bone Density & Joint Health
Increased Strength & Flexibility	Improved Range of Motion

EMAIL INFO@PHYSICALLYFITCH.COM TO SCHEDULE YOUR FREE CONSULTATION

WWW.PHYSICALLYFITCH.COM
329 CANNON STREET | CHESTERTOWN, MD