

MESSAGE FROM OUR PRESIDENT



Jane Hukill
President

The HomePorts Board has completed a very busy 2018. We want to thank all the members and volunteers who have worked diligently to make HomePorts a better organization. In a sparsely populated area like ours, volunteers are the backbone of most non-profits services to the community. At a recent meeting of the volunteers for Chester River Hospital, Peggy Roca, Manager of Perioperative Services (Surgical Services) addressed the seven departments she manages, and the services provided in each, noting the state-of-the-art equipment available to the surgeons; the recent three-year accreditation from the Joint Commission and the addition of the EPIC system. This computerized system makes possible the sharing of medical records among the many UMMS sites, and will now allow your medical records to be quickly available to specialists throughout the entire UMMS system.

The Regional Opioid Task Force, formed in 2017 by UM SRH accomplished its mission of creating a standard intervention for patients involved in an opioid overdose. Our four emergency departments on the shore now offer consistent interventions that include medical evaluation and stabilization, a voluntary behavioral health assessment, a standardized educational message, connection with treatment providers, and expedited referral to the A.F. Whitsitt Center for continued treatment and rehabilitation.

Expanding access to care is a challenge for rural health care organizations. This has been an ongoing focus for UM Shore Regional Health. 2018 saw considerable progress, as UM Community Medical Group added 18 new providers in primary care and several specialties on the Eastern Shore. In palliative care and behavioral health, barriers to care formerly posed by geographic distance and travel times have been greatly diminished by telemedicine programs launched during the past year. HomePorts continues to work toward helping our members through volunteer drivers, through informational updates and education, and constant study of how we can partner with other organizations to expand our services.

Wishing all our members a very Happy New Year, and encouraging all Kent County citizens to volunteer or to join HomePorts in 2019.



Members' Luncheon

Thursday, January 17
11:45 am
Fish Whistle Restaurant

Annual Meeting & Complimentary Lunch

Tuesday, January 29
11:00 am
Chestertown Town Hall
2nd Floor
RSVP to Karen: 443-480-0940;
karen@homeports.org

Rock Hall First Friday

Friday, February 1
5:00 pm
The Wheel House
Tickets: \$15
Contact John Sirna for
reservations: 610-212-6665;
johnsirna@gmail.com

Members' Luncheon

Thursday, February 21
11:45 am
Luisa's Cucina Italiana

Humane Society Educational Program

Thursday, March 7
11:00 am
Chestertown Town Hall
2nd Floor

RESOLUTIONS

Regardless of your age, January is a great time for new year's resolutions. The problem is that while resolutions are all well and good, the odds are overwhelming that by February they will have long been forgotten. Like the lights and ornaments that are packed away after the holiday season, it becomes a return to "business as usual" for most of us. According to an article in the Journal of Psychology, about 50 percent of Americans make resolutions at this time of year when it comes to their health. Unfortunately, it's also been found that less than 10 percent actually keep them. So, what can you do to improve the odds when it comes to your health? Here are a few simple suggestions ...

1. Make your goals doable

Saying, for example, that you will reduce your cholesterol level, means more than saying you're going to drop it by 30 points.

2. Make incremental changes over a specific period of time

Rather than saying "I'm going to lose 25 pounds," shoot to lose 5 pounds by April 1st.

3. Take small steps

Many people quit because they become quickly overwhelmed by the goals they've set for themselves. Don't shoot for the moon – getting off the ground is more important.

4. Find someone to keep you accountable and on course

Anyone who sets a goal will have good days and bad days. It certainly helps when you have someone there to pat you on the back when things are going well, and to motivate you and keep you going when things are not.

5. Focus on the here and now

Don't worry about six months from today. Just do what you can today towards meeting your goal today.

6. Be flexible

Don't turn resolutions into an all or nothing scenario. If you find that you can't keep to walking three days a week, be satisfied with twice a week and look into increasing it when you can. That's far better than falling short and throwing in the towel.

You've all heard it before ... there's no better time to exercise than now!

Here are a few reasons why exercising more should definitely be on your resolution list ...

1. Lowers risk of variety or health conditions

Regular physical activity lowers risk of heart disease, diabetes, colon cancer, high blood pressure and obesity. Biologically you can reverse the aging process by 15 to 25 years with regular exercise. In addition exercise can help you maintain your mobility, keep your bones and muscles strong, promote good balance, combat frailty, increase your metabolic rate and burn calories, improve immune function and promote bone density.

2. Improves quality of life

A study by a state Department of Health and Senior Services found that seniors who participate in an exercise program report overall improvement in their health and are sick fewer days.

3. Cardiovascular conditioning is very beneficial

Aerobic exercise or cardio conditioning allows the heart and lungs to work out at an elevated rate, supplies oxygen to the muscles, and improves overall efficiency of the cardiovascular system. For seniors who are frail or have balance problems, swimming and water aerobics may be safer and less jarring to the body.

4. Have fun

See out activities you enjoy so they won't become a chore. You are more likely to commit to good fitness if you like what you're doing, and if possible, do it with people you enjoy being with. Several fun types of exercise include yoga, stretching, pilates, gardening, swimming, bicycling, walking, golf, bowling, tennis, and dancing.

NEED A FREE RIDE TO & FROM YOUR EYE DOCTOR APPOINTMENT?

JUST CALL 410-864-6880!

The Chestertown Lions Club is providing this free service through the Lions' "Drive for Sight" program. All drivers are volunteers and they will do their best to provide a driver. The service is now available for all residents of Kent County and of the 21620 zip code area of northern Queen Anne's County. The service will drive patients to appointments as far north as Middletown, DE; as far west at Kent Island; as far south as Easton; and as far east as Dover, DE. (These geographic boundaries may on rare occasions be extended upon request.)



SENIOR DISCOUNT BROCHURE

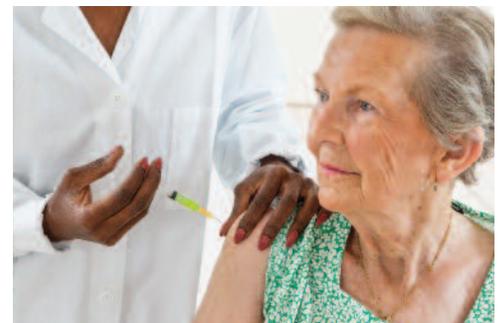
Published by Commission on Aging

The Commission on Aging, an advisory group to the Kent County Commissioners, has issued its fourth edition of the Kent County Senior Discount brochure. In the fall, all members polled local businesses in order to identify current discount policies and to encourage the establishment of senior discounts, where not currently offered. Over 80 businesses are listed, by category, and are available in local libraries and at the Visitors Center.

Commission on Aging members are advocates for seniors and coordinate activities with HomePorts. Several members are volunteers and members of HomePorts.

DID YOU GET YOUR FLU VACCINATION?

Cooler weather coincides with the beginning of flu season. The flu season runs from October to May, with most cases being diagnosed from late December to early March. While the flu has similar symptoms as the common cold - sore throat, cough, and a runny nose - the flu can result in far more devastating consequences. This is especially true among seniors, who can experience hospitalization or even death. Thousands of people die every year because of the flu, according to the Centers for Disease Control and Prevention, and many of them are people over the age of 65. Statistics can be directly connected to how often seniors get vaccinated, in addition to seniors' weakened immune systems making them especially vulnerable to the flu. The CDC has found vaccinated people over the age of 50 were found to be 57 percent less likely to be hospitalized from the flu than non-vaccinated people. The hospitalization rates were similar for people over the age of 75, as well.



Despite how effective the flu vaccine can be, about one-third of seniors still don't get vaccinated. Rates have hovered around this number for the last 15 years, and the government aims to increase senior flu vaccination rates to 90 percent by 2020. "It's amazing how once people see the disease up close, getting the vaccine suddenly raises up on their list of priorities," said Dr. Robert Wergin, a Nebraska physician and president of the American Academy of Family Physicians. This is why it's important to get ahead of the flu with a vaccination. It's not worth the risk. Any doctor or health care professional should be able to distribute the flu vaccine. Some places you can get a flu shot include your doctor's office, a pharmacy like CVS, Rite-Aid or Walgreens, or a blood testing lab.

Flu vaccines should be covered by your insurance and Medicare. Under the Affordable Care Act, private insurers must cover preventative care like flu shots. Flu shots are also covered under the Medicare B provision. As long as your doctor doesn't charge more than Medicare covers, the shot should be completely free. The best way to prevent getting the flu is by getting the vaccine; however only about 60 percent of vaccinations are effective, according to NPR. There are plenty of other preventative steps seniors can take in order to reduce their chances of catching the influenza virus. These steps include leading a healthy life style, getting other vaccines to prevent other issues like pneumonia and meningitis, seeking help if you're feeling ill. The flu can be very serious. If you have questions, be sure to talk with your primary care physician.

THE STATUS OF VILLAGES

According to the Village-to-Village Network there are now over 350 villages in operation. Most are in the United States, but Western Australia has just opened its second village. All are similar in concept, with various fees and fee structures, size and extent of geographic coverage. The main purpose of a village is to help people remain in their homes and remain independent in their communities ... to provide transportation and help with home maintenance ... to provide a place where people can meet people, have fun together, learn something together and get closer to their neighbors. Although many have one or two staff members, most rely on a committed corps of volunteers that want to help their neighbors age safely in their homes. At HomePorts volunteers are always needed. If you would like to volunteer, please contact Karen Wright today! Membership is not required.

At what age should you join a village?

Sara Zeff Geber, Ph.D., contributing editor, Forbes, October 2, 2018

“Is 65 too young? Is 75 too young? Maybe you still feel young and healthy in your 60’s and early 70’s and are still happily transporting yourself wherever you need to go in your own car. Great. However, the opportunity to start building these critical relationships is before you need them, not in the moment of crisis. These young-old days are a great time to consider becoming a part-time volunteer driver or handyman for the older members of your village. In most villages you don’t have to join to be a volunteer. I know several 60-somethings in my area who volunteer for their local village and are getting to know many of the members. They plan to become full members in a few years. Just like when you started saving for retirement and can now pat yourself on the back for your foresight, in joining a village or volunteering today you will be paying it forward to create the future you want.”



Many, many thanks to those of you who have been saving your Redner's receipt tapes for us. Remember, you need to use a Redner's card for us to get credit. All you need to do is use your card and turn in the tapes. We'll do the rest. For every \$5,000 in receipts, we receive \$50. The only caveat is that you must use your Redner's Rewards Card. Receipts are good for up to three years, so if you just haven't had time to bring them in, no worries! You can give them to any HomePorts' board member or tack them to the bulletin board on the office door on the 2nd floor of the Chestertown Town Building. Every little bit helps!



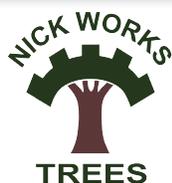
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