

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Karen Wright
Executive Director

Summer is nearly over and we are all getting back to our regular routines. Here at HomePorts we are busy planning the Health & Wellness Expo taking place on Thursday, October 17. You'll find additional details on the following pages.

If you have never attended the Expo, you should definitely plan to attend this year. It features a wonderful collection of health-related service providers who are highly qualified to answer many of your questions. In addition, we'll have flu shots, various screenings and several expert talks.

If you are a HomePorts member and you need a ride to the event, please contact Sally or myself and we can arrange transportation. Sally can be reached at 443-480-2863.

We want to encourage as many of our members as possible to attend the health expo, so we have not scheduled a member 'dutch treat' luncheon in October. Our regular lunch will resume on November 21 at Luisa's Cucina Italiana.

Educational Program 'How to Recognize & Avoid Scams and Frauds'

Presented by
Detective Chris Pavon,
Chestertown Police Dept.
Thursday, October 3
11:00 am
Chestertown Town Hall
2nd Floor

Health & Wellness Expo

Thursday, October 17
8:00 am to Noon
Kent County High School
Worton

Members' Luncheon

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



Tree Risk Assessments
Pruning, Cabling and Bracing
Lightning Protection Systems
Permits and Removals



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ISA Certified Arborist MA-5976A
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Health & Wellness Expo

October 17, 2019 • 8:00 am to 12:00 pm

Mark your calendar now and plan to join us on October 17th as HomePorts continues to put a priority on community wellness. This year's Expo, which is free and open to the public, is bigger and better than ever. The event will highlight over 75 community resources offering the latest health, wellness and safety information.

Ask The Experts

These key topics will be discussed by members of our local medical community.

- **Ancient Medicine for Modern Disease**
Acupuncture for the Treatment of Stress & Stress -Related Illness
Presented by Valentina Morani, MSOM, DIPI.OM, LAC
- **Around The World Imaging at Shore Regional Health**
Presented by Kelly Bottomley, Regional Manager of Imaging
UM Shore Regional Health
- **Acutronics: Modern Tools for Ancient Medicine**
Use of Tuning Forks on Acupuncture Points to Reduce Stress & Promote Health
Presented by Valentina Morani, MSOM, DIPI.OM, LAC
- **Botox & Dermal Fillers**
Presented by Dr. Tamy Buckel, Dermatologist
Shore Dermatology
- **Medical Marijuana**
Presented by Jamie Fleetwood & Lisa McDonald
Ash & Ember Cannabis
- **Nutrition, Meal Planning & Family Food Choices**
Presented by Mary King, RD. :D. CDE & Cheyrlle Borneman, RD, LD, CDE
UM Shore Regional Health
- **Stress Management**
Presented by Patricia Dietz, Licensed Clinical Social Worker
Chester River Behavioral Health & Wellness
- **Talk Saves Lives: An Introduction to Suicide Prevention**
Presented by Kathleen Olbrich, Maryland Director
American Foundation for Suicide Prevention
- **Understanding Medicare - Medicare Options 2020**
Presented by Maela Rider, State Health Insurance Program Coordinator
Upper Shore Aging
- **Vaccines, Immunizations & Boosters**
Presented by Rita Kulley, Director of Clinical Services
Kent County Health Department
- **How Yoga Therapy Reduces Anxiety & Stress**
Presented by Fletcher Johnson, Yoga Instructor
River Warrior Yoga



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 12:00 pm.



EXHIBITORS:

Aetna Better Health of MD
 AIG Retirement Services/VALIC
 American Foundation for Suicide Prevention
 Amerigroup
 Ash & Ember Cannabis
 Autumn Lake Healthcare at Chestertown
 Chester River Behavioral Health
 Chester River Pharmacy
 Compass Regional Hospice
 Delmarva Community Transit Mobility
 Dixon Valve & Coupling

Eastern Shore MediCann Clinic
 ESAHEC/Maryland Health Connection
 Herbal Alchemy
 Home Instead Senior Care
 HomePorts, Inc.
 Internal Medical Associates (MDVIP)
 Kent Athletic & Wellness Center
 Kent County Health Department
 Kent County Parks & Recreation
 Kent Family Center
 Living at Home Health Services, LLC
 Maryland Insurance Administration
 Maryland Legal Aid

Mid Attorney General's Health Education & Advocacy
 Mid-Shore Pro Bono
 NAMI of Kent & Queen Anne's County
 Nova Care Rehabilitation
 Rebuilding Together Kent
 Regent Healthcare
 Seidenberg Protzko Eye Associates
 Stecher Financial Group
 The Hearing Center of Chestertown
 The Peoples Bank
 UM Shore Regional Health
 Upper Shore Aging
 VNA of Maryland

THANK YOU SPONSORS!

We extend a special 'thank you' to our sponsors. Without your generosity and support this year's Health & Wellness Expo would not be possible!

Platinum:

Kent County Health Department
 UM Shore Regional Health

Gold:

Ash & Ember Cannabis
 Amerigroup

Silver:

Allstate Builders, LLC
 Autumn Lake Healthcare at Chestertown
 Living at Home Services, LLC
 The Hearing Center of Chestertown
 VNA of Maryland - Home Health

Bronze:

Chester River Pharmacy
 Compass Regional Hospice
 Dixon Valve & Coupling
 Dogs Bay
 Herbal Alchemy
 Heron Point of Chestertown
 Home Instead Senior Care
 Internal Medical Associates (MDVIP)
 Kent Athletic & Wellness Center
 Kent County Commission on Aging
 Rebuilding Together Kent
 Regent Healthcare
 Seidenberg Protzko Eye Associates

In-Kind:

Stecher Financial Group
 Still Pond Yacht Club
 The Peoples Bank
 Town of Chestertown
 Upper Shore Aging
 Eastern Shore Tents & Events
 Kent County News
 Redners Markets
 WCTR

WEBSITES FOR SENIORS!

Looking for information? Here are a few of the top senior sites where you'll find a little bit of everything. These sites are loaded with useful information and are easy to navigate.

AARU: Aara.org

This site is crammed with useful senior articles, videos and senior discounts. There is probably no other site as comprehensive. Even if you aren't looking for anything specific, just browse the headlines and you'll find something interesting!

Retirement Life Matters: retirementlifematters.com

Here you'll find hundreds of articles for the retired on topics ranging from health to relationships to spirituality.

The Senior's Guide to Computers: seniorsguidetocomputers.com

The Senior's Guide to Computers is simple, useful, and uncluttered. This site walks you through everything computer and web related with their easy-to-navigate "Learning Center".

Suddenly Senior: suddenlysenior.com

What can you expect from this light-hearted site? Here's a sample: "Instead of 1,000 places to see before you die, at our age how about just five?" There's also nostalgia, trivia, a senior forum, and other areas for those that have "become senior before their time."

The Money Alert: themoneyalert.com

Dozens of articles about investing, retirement planning, estate planning, and just about every other topic having to do with money. Their calculator page is worth a visit in itself.

Consumer Reports: consumerreports.org

You could easily spend hours on this site learning about smart ways to invest your money, resisting credit card temptations, and "how to haggle with your doctor." Get access to all the site's content including reviews and buying advice for \$30 a year.

YOGA FOR SENIORS!

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, doing yoga regularly can result in a host of benefits for older adults. Whether you're aiming to get stronger and more flexible or you just want to decompress and still your mind, yoga can help. Remember that a key consideration is your physical condition and fitness level. Always consult your healthcare provider before beginning any new exercise regimen.

Here are a few of the benefits of practicing yoga ...

1. better balance
2. improved flexibility
3. enhanced breathing
4. reduced anxiety
5. better sleep
6. stronger bones

