



Jane Hukill, President

MESSAGE FROM OUR PRESIDENT

CORONAVIRUS PRECAUTIONS & PRACTICES

Your HomePorts Board members have been in continual email contact regarding the Coronavirus issues specific to our area and to our members. We are doing all we can to stay current with public health guidelines, follow best practices for hygiene, and exercise an abundance of caution and care in responding to this situation.

As of today, below is our summary of advice to individuals, precautions we will take as an organization, and practices we hope you will follow.

- In your personal lives, practice rigorous personal hygiene. Wash your hands regularly for at least twenty seconds with soap and water. Dry them well and avoid touching common surfaces after washing.
- Pay attention to shared or communal surfaces as you go through daily life, like handrails, tabletops, public dispensers. Avoid contact if possible, and if not, sanitize yourself afterward.
- Keep safe personal distances for a while if you must be around others.
- Avoid touching your face, nose, mouth, or eyes.
- If you are feeling ill, have a cough, or have any elevation in your normal temperature, we ask you please stay home to rest. You are showing good self-care as well as responsible concern for others by not exposing others.
- Even if you do not believe you are sick but find yourself coughing or sneezing, be mindful of the anxiety this may cause others around you and refrain from participating, or remove yourself from the gathering.
- If you are in a higher-risk demographic for susceptibility to the illness, which most of us are, we ask you to consider carefully if you absolutely need to ask for a volunteer to transport you to an appointment. Please contact your Doctor's office to see if an appointment you have scheduled is absolutely necessary at this time. Many meetings in our area have been cancelled, so always check. The online news **The Spy** is posting changes, cancellations and more about local meetings.

Current Resources

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

National Institute for Health Infectious Disease

<https://www.nih.gov/health-information/coronavirus>

Kent County Health Department

<http://kenthd.org/> on the right side of the page under "Hot Topics."

The Chestertown Spy

<https://chestertownspy.org/health/>

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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.



Karen Wright, Executive Director

MESSAGE FROM OUR EXECUTIVE DIRECTOR

We have understandably had several volunteers temporarily remove themselves from our roster. This was not unexpected. Most of our volunteers are over 60 and many are immunocompromised themselves. Additionally, given that someone can be contagious prior to exhibiting symptoms, it is best if we all just keep our distances for the present time. Consequently, we have a shortage of volunteers, which we anticipate getting worse in the coming weeks.

Therefore, we would request that any non-critical doctors' visits be postponed. It is in the best interest of both our members and our volunteers to stay home. If it is absolutely critical that you get to the doctor and you have no family members, close friends, or neighbors who can take you, call us and we will do our best to find you transportation. Again, this should be for appointments that are absolutely essential. If you are sick, especially with a fever, please call your physician's office and follow their advice.

UNDER NO CIRCUMSTANCES WILL A VOLUNTEER BE PERMITTED TO TRANSPORT AN ILL MEMBER.

If you need groceries, both the Acme and Bayside Foods will deliver for a minor fee. I believe that Walgreens and Chester River Pharmacies will deliver medicines also.

If you are a volunteer and would like to continue to serve our members, you can do so by offering to pick up prescriptions and/or groceries and delivering them to the member. If you wish to continue to drive our members to the doctors' offices, please call me at 443-480-0940 and we can discuss this further.

Sally and I will be available by telephone. As always, if we don't answer right away, leave a message and we will return your call as soon as possible. Karen: 443-480-0940; Sally: 443-480-2863.

In the meantime, please stay put and stay healthy.

Calendar Changes

- Our monthly Dutch-treat luncheons, normally held on the third Thursday of the month, are suspended until further notice.
- The Luisa's fundraising dinner scheduled for Monday, April 6, has tentatively been rescheduled for Monday, May 4. We will let you know when tickets are available.
- The Coronavirus update scheduled for April 2 at Town Hall has also been cancelled. Please see the links in Jane's article on the previous page for additional information from the Kent County Health Department.

SENIOR CALL CHECKS

Maryland is the first state in the country to implement a free telephonic service to check on Maryland's older residents who are age 65 and older. If you register, every day an automated telephone call will be placed to you at a regularly scheduled time. These calls will take place between 8 am and 4 pm as close as possible to the one-hour time block you have pre-selected. If you do not answer, you will be called two more times. If they still go unanswered an alternate person, who you have selected, will be notified. If no one is designated, local law enforcement will be asked to conduct a wellness check.

To register, call 1-866-502-CHECK or 1-866-502-1325. You can also register at aging.maryland.gov.