

MESSAGE FROM OUR PRESIDENT



Courtney Sjostrom
President

Looking back on 2020 and 2021 has been like nothing we could have imagined. However, there are many positive things that have happened and are planned at HomePorts.

We have continued to provide transportation to our members thanks to our stalwart volunteers. Vaccinations for COVID have been received by volunteers and members. Boosters are becoming available and I know of one member who has received hers already. Maryland has a high percentage of vaccinated people which is a benefit to everyone.

After careful and lengthy consideration, HomePorts will be having the Health and Wellness Expo return this fall. It will be held on Thursday, October 14 from 8 am to Noon at the Kent County Community Center in Worton. The Kent County Health Department is a major sponsor and supports HomePorts in offering it safely. Masks will be required and hand sanitizer will be available. There will be many exhibits, but there will be no speakers this year. Mark your calendar now and plan to come.

Monthly Dutch treat luncheons will be resuming by popular demand. We miss seeing each other and this will be a good time to visit with old and new friends. Our first luncheon will be on the third Thursday of the month (as we have done in the past) at Luisa's Cucina Italiana. We will meet at 11:30 am and hope you'll join us if you are comfortable eating out. The date will be Thursday, September 16. Please let Karen know if you are coming so we can get an accurate count.

Our monthly educational programs were put 'on hold' when the Town Hall closed. It has re-opened and we plan to resume programs later this fall after the Health and Wellness Expo. We will let you know the details providing it will be safe to meet and the Town Hall continues to remain open. Keeping safe and healthy are our priorities and we do not want to put anyone at risk. We will monitor the CDC and Kent County guidelines. We hope to be able to serve you more and more soon.

Coming Up ...

Members' Luncheon

Thursday, September 16
11:30 am
Luisa's Cucina Italiana
Call 443-480-0940 to
make your reservation!

Health & Wellness Expo

Thursday, October 14
8 am to Noon
Kent County Community Center
Theme: "Accessing Good Health"
see details on following pages

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



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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.



Health & Wellness Expo

October 14, 2021 • 8:00 am to 12:00 pm

Kent County Community Center • Masks Required

Accessing Good Health

HomePorts is excited to announce our Health and Wellness Expo will take place this year!

Please join us on October 14th as we continue to put a priority on community wellness. This year our expo theme is “Accessing Good Health”. It is free, open to the public, and will highlight over 25 community resources offering the latest health, wellness, and safety information. People of all ages will have an opportunity to benefit from this event. It’s the perfect place to find answers to health questions and learn more about local services.

BE SURE TO STOP BY THE EXHIBIT HALL!

Below are just a few of the organizations who will be exhibiting at this year’s Expo. Exhibit tables will be staffed by professionals offering a wide variety of information and expertise. Our goal is that everyone will come away with practical information, and will be better prepared to manage their own health and their family’s health. Please be sure to make time to stop by the exhibits and pick up information on the latest news in home health care.

EXHIBITORS:

Affiliated Sante Group
Amerigroup
Chester River Wellness Alliance
Choptank Community Health System
Heron Point of Chestertown
HomePorts, Inc.
Kent County Department of Health
Kent County Family YMCA
Kent Family Center
Kent County Office of Emergency Services

Living at Home Health Services, LLC
Maryland Legal Aid - Easton Office
Maryland Relay
NAMI
Nova Care Rehabilitation
Rebuilding Together Kent County
Seidenberg Protzko Eye Associates
Shore United Bank
The Peoples Bank of Kent County

THANK YOU SPONSORS!

All of us at HomePorts extend a special 'thank you' to these organizations who are sponsoring our Health & Wellness Expo!

Platinum:

Kent County Health Department

Gold:

Amerigroup

Silver:

Allstate Building Company

Heron Point of Chestertown

Peoples Bank of Kent County

Bronze:

The Dixon Group

Kent County Commission on Aging

Living at Home Health Services

Rebuilding Together Kent County

Seidenberg Protzko Eye Associates

Shore United Bank

Town of Chestertown

In-Kind:

Choptank Electric Cooperative

Eastern Shore Tents & Events

WCTR Radio Station

SEPTEMBER IS PAIN AWARENESS MONTH!

Pain is associated with a wide range of injury and disease, and is sometimes the disease itself. Some conditions may have pain and associated symptoms arising from a discrete cause, such as post-operative pain or pain associated with a malignancy, or may be conditions in which pain constitutes the primary problem, such as neuropathic pains or headaches.

In many cases, sufferers look to relieve their chronic pain by taking pain medication. Many depend on opioids - a group of narcotics that interferes with the transmission of pain messages to the brain from the part of the body that hurts (as opposed to healing or repairing the source of the pain). The use of opioids can have tragic consequences

due to the physical dependence that can occur. More Americans now die from drug overdoses than in car accidents. Studies show that two out of ten people taking opioids will become addicted. Seeking opioids from multiple health care providers for pain-related symptoms is often a sign of addiction. Other symptoms may include withdrawal, difficulty carrying out daily activities without the drug, and the willingness to do anything to obtain opioids.

Considering that older people suffer most from arthritis, degeneration, and low back pain, it's not surprising that seniors account for an increasing percentage of those with opioid addiction. One study, for example, found that where 20 years ago only 7.8 percent of the total drug treatment population was comprised of individuals ages 50 - 59, that number is now 35.9 percent, while among those ages 60 - 69, the number jumped from 1.5 percent to 12 percent. Opioids can be deadly. Please take time to understand the potential for drug abuse before you starting taking them. If you think you are becoming too dependent, or addicted to your medication, don't wait. Seek help as soon as possible.



FRIENDS OF THE KENT COUNTY PUBLIC LIBRARY BOOK SALE!

Don't miss this chance to pick up great deals on used books, games, DVDs and more! Open to members on Thursday September 30 from 5:30 pm to 7:30 pm. Not a member? Join for just \$10. The sale continues through the weekend: Friday, October 1: 10 am to 8 pm; Saturday, October 2 & Sunday, October 3: 10 am to 3 pm. Sunday is also Box Day - pack a box for \$5! The Library is located at 408 High Street, downtown Chestertown.