

MESSAGE FROM OUR PRESIDENT



*Tom Eager
President*

I became a HomePorts Volunteer in December of 2018. I wasn't really sure what I was getting into and I was a little apprehensive and nervous the first time I drove a member to an appointment. I soon learned there was nothing to be nervous about and since that first day, I have volunteered almost 70 times. Most of the time has been driving members to appointments. I have met a lot of really nice people who have very interesting life stories if you ask them, and I do. We talk about a lot of things and we laugh and generally have a very nice visit on our way to and from the appointment.

Although I enjoy driving people, what I like most is doing small projects around members' homes. This is a very small part of what HomePorts volunteers do. I'd like to see this grow and be a much bigger part of what we do for our members. A sample of some of the projects I have done, include:

Loaded 40 lb. bags of salt into a water softener
Planted 100 tulip bulbs (my wife helped)
Installed a new front porch light
Fixed a broken garage door
Repaired a bathroom sink

Straightened and painted a leaning mailbox post
Trimmed rose bushes (again my wife helped)
Changed a fluorescent light in a kitchen
Cut up and removed a fallen tree branch

As a part of HomePorts reemergence from the pandemic, we took a step back to review the services offer to our members and to determine if there were other services we should be providing. The assessment reaffirmed what we are providing to our members is aligned with our goals. However, we are making some minor adjustments to the program:

Offering more scholarships
Collaborating and aligning services with other community organizations in Kent County
Reaching out to members more frequently to determine if their needs are being met
Updating our website and promotional brochures accordingly

One of our most important goals is to grow the membership and volunteer base. We will do this through advertising, presenting the story of HomePorts to local community organizations, and by participating at community events such as the Farmers Market.

We are excited to announce the annual Health Fair will be held at the new YMCA in October. We also will be restarting our educational programs and our monthly Dutch-treat lunches. With the recent announcement regarding the availability of a second booster, we stand ready and available to continue helping our members get the vaccines they need to remain safe. A lot of great things are going with HomePorts and I am excited to be a part of it!

JOIN US FOR DINNER - APRIL 25 AT LUISA'S CUCINA ITALIANA

Get your tickets now and enjoy a wonderful dinner at Luisa's Cucina Italiana. Luisa's boasts a wood fired pizza oven, a beautiful granite cocktail bar, and serves authentic, simple, locally sourced cuisine in a casual, rustic-modern and family friendly atmosphere.

Two Seatings: 5:30 pm & 7:30 pm

Tickets: \$50 per person - includes

- Garden salad with Vinaigrette
 - Entree (see choices below)
 - Double Chocolate Cake
 - Soda, Coffee, or tea
- Cash Bar -



Luisa's Cucina Italiana
849 Washington Avenue, Downtown Chestertown

This is a fundraising event - all proceeds benefit HomePorts, Inc.

Entree Choices:

- Chicken Marsala - *chicken breast, fresh mushrooms & pasta in a marsala wine sauce*
- Salmon al Forno - *fresh salmon fillet and sauteed spinach in a lemon-butter sauce*
- Eggplant Parmigiana - *sliced eggplant baked with tomato sauce, romano & mozzarella cheeses, served with pasta*

To purchase tickets contact Karen Wright at 443.480.0940 or email Karen@homeports.org

SAVE THE DATE ... HEALTH & WELLNESS EXPO SCHEDULED FOR OCTOBER 20!



Accessing Good Health

Health & Wellness Expo

Kent County Family YMCA • October 20, 2022 • 8:00 am to 12:00 pm

Free Health Screenings • Flu Shots • Over 75 Exhibitors • Free Refreshments • Transportation Available

Organized by HomePorts, Inc. in partnership with the Kent County Health Department,
UM Shore Regional Health and the Kent County Family YMCA

CDC RECOMMENDS SECOND BOOSTER FOR CERTAIN INDIVIDUALS

Data continue to show the importance of vaccination and booster doses to protect individuals both from infection and severe outcomes of COVID-19. For adults and adolescents eligible for a first booster dose, these shots are safe and provide substantial benefit. During the recent Omicron surge, those who were boosted were 21 times less likely to die from COVID-19 compared to those who were unvaccinated, and 7 times less likely to be hospitalized. CDC continues to recommend that all eligible adults, adolescents, and children 5 and older be up-to-date on their COVID-19 vaccines, which includes getting an initial booster when eligible.



CDC is updating its recommendations to allow certain immunocompromised individuals and people over the age of 50 who received an initial booster dose at least 4 months ago to be eligible for another mRNA booster to increase their protection against severe disease from COVID-19. Separately and in addition, based on newly published data, adults who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA COVID-19 vaccine.

These updated recommendations acknowledge the increased risk of severe disease in certain populations including those who are elderly or over the age of 50 with multiple underlying conditions, along with the currently available data on vaccine and booster effectiveness. If you need assistance to receive a 2nd booster, please contact Karen at 443-480-0940 or email her at karen@homeports.org.

THERE'S AN APP FOR THAT!

There is no avoiding the latest and greatest in technology. While it can seem like an inconvenience to keep up with the latest devices and technology, it can really help make your life more convenient. With a little practice, you can easily enjoy all that these devices offer. And don't forget ... you can access useful apps on the Google Play Store (Android users) and the App Store (iPhone/iPad users) ... *and ...* a lot of apps are free to use. Apps are great for keeping track of health and wellness, entertainment, or reminding us of our daily tasks. Here are three apps to get you started:

Pill Reminder by Medisafe

For older adults who may take multiple medications at different times of the day, forgetting to take prescriptions and get refills on time are significant problems. This app, ranked #1 by pharmacists and physicians, will help you remember to take your medicine.

Magnifying Glass + Flashlight

One-in-three people 65 and older have some form of eye disease. If you've ever had trouble reading a restaurant menu, forms at the doctor's office, or labels on food packaging, a magnifying app could be a handy tool. This app uses your phone's camera to zoom in on whatever you point it at, and you can quickly turn on the light to illuminate what you need to read. With a touch of the screen, you can also "freeze" what you are looking at, so you don't have to point it in the same spot the entire time you're reading.

Audible

For seniors who have vision problems or arthritis that may make holding a book uncomfortable, audiobooks are a great alternative to print. Audiobooks have never been better, featuring excellent narration by voice talent or the author themselves. Audible has the largest selection of audiobooks available. It's free to download, and you'll pay for a subscription to access books. Audible also offers a free trial period, so make sure to take advantage of this 30-day freebie!