

MESSAGE FROM OUR PRESIDENT



Tom Eager
President

As summer draws to a close and we start preparing for a transition to cooler weather and Fall activities, Homeports is also preparing for a transition. Sally Powell, our well-liked volunteer coordinator, has decided to leave HomePorts. Sally has been a big part of Homeports for the last seven years. She will be greatly missed. Sally's last day was August 12th. Until we find a replacement for Sally, Karen Wright, our Executive Director will coordinate member requests.

At our last Board of Director's meeting, Karen advised the Board of her plans to retire by the end of the year. Karen has been at the helm of HomePorts for 11 years. She has been instrumental in growing the organization and establishing HomePorts as a highly regarded service organization in Kent County enabling seniors to remain safely in their homes. The Board has already started the search process to replace both Karen and Sally. If you know of any potential candidates that would be a good fit for one of these positions, please email us at info@homeports.org.

We are very excited about our upcoming Health and Wellness Expo to be held on Thursday, October 20th at the new YMCA in Chestertown. HomePorts has organized this community event since 2015. You can read more about it later in this newsletter.

Covid continues to be an issue and concern in our community as infection levels increase. We continue to require all members using our service and volunteers to be vaccinated. Masking is encouraged, but continues to be optional at this time.

MESSAGE FROM OUR EXECUTIVE DIRECTOR



Time for a cool change...

This September will mark my 11th anniversary as the Executive Director of HomePorts. In that time, I have been blessed to have met countless caring volunteers, devoted board members and an amazing membership (which included three centenarians!). My decision to retire at the end of 2022 did not come easily, but I believe that HomePorts could use some new (possibly younger) leadership to help it move forward. It has been an honor working with everyone and I hope to chat with you all personally in the coming months.

Karen Wright
Executive Director



University of Maryland Shore Medical Center at Chestertown offers community health and wellness classes covering a variety of topics including: Mental Health First Aid, Healthy Living (nutrition, stress management, physical activity), and Chronic Disease Prevention & Management (heart disease, high blood pressure, stroke, obesity, diabetes). For the health and safety of our community and instructors, only virtual classes are being offered at this time. Below is an overview of the classes offered in the coming months. Please take a look and register now!

Mental Health First Aid

Mental Health First Aid for Adults teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care, if necessary. Topics covered include: anxiety, depression psychosis, and substance use disorder. Training is done independently online followed by a 5-hour virtual workshop.

Schedule

This workshop is held on the first Saturday throughout the remainder of the year - from 9 am to 2:30 pm. Unfortunately registration has already closed for the September workshop; however, we will send you a flyer for each upcoming workshop that includes information on how to register. The workshops are free of charge, but registration is required.

Instructors: Stephanie Hutter-Thomas, PH.D, CPH
Jeannette Jeffrey, MS, MPH, MCHES®

Healthy For Life® Program

Join Jeanette Jeffrey, Health Educator for University of Maryland Shore Medical Center at Chestertown, for an online evidence-based community nutrition and well-being program designed to empower you to make healthy food, nutrition and lifestyle choices. Attend one or all 10 sessions with one simple registration.

Schedule

Sessions are held on the following Wednesdays from 5:30 pm to 6:30 pm. A class link will be provided once you have registered. Sessions are free of charge.

Sessions:

- September 7 - Exercise Within Reach
- September 14 - Feed Your Potential
- September 21 - Blood Pressure
- September 28 - Cholesterol
- October 5 - Sugar, Not So Sweet
- October 12 - Ingredient Swap
- October 19 - Rethink Your Drink
- October 26 - Smart Shopping
- November 2 - Weekly Meals
- November 9 - Eat the Rainbow

Registration:

To register visit <https://bit.ly/Healthy4LifeUMMS> or just use your cell phone camera and click on this QR code.



Facilitator: Jeannette Jeffrey, MS, MPH, MCHES®



HomePorts, Inc. and the Kent County Family YMCA Invite You To ...

Accessing Good Health

Health & Wellness Expo

October 20, 2022 • 8 am to 1 pm

Kent County Family YMCA, 200 Scheeler Road, Chestertown, MD 21620

Mark your calendar now and plan to join us on October 20th as HomePorts continues to put a priority on community wellness. This year's Expo, "Accessing Good Health" is free, open to the public, and is one of the largest held in this area. The event 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 services available in our community. 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.

Free Health Screenings • Flu Shots • Over 50 Exhibitors • Free Refreshments • Transportation Available

Partial List of Sponsors:

Platinum:

Kent County Health Dept.
UM Shore Regional Health

Silver:

Allstate Building Company
Amerigroup
Peoples Bank of Kent County
The Hearing Center of Chestertown

Bronze:

Discovering Serenity Counseling Services
Kent County Commission on Aging
Rebuilding Together Kent County
Rotary Club of Chestertown
Seidenberg Protzko Eye Assoc.
The Dixon Group
Town of Chestertown
Town of Millington

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

For additional information contact Andy Goddard at 443-480-1987 or email louiseandygoddard@gmail.com



SENIOR DISCOUNTS YOU MAY NOT KNOW ABOUT ...

In today's world, the dollar doesn't go as far as it once did. And it seems that the ones hit the hardest are retirees who are generally on a strict budget. Fortunately, there are some incredible discounts and special offers available to help you save money. Here are a few of the most popular discounts for seniors:

	Discount	Eligibility
Amazon Prime	50% off Prime Membership	Must be a recipient of SSI, SNAP, or other government assistance
American Airlines	Various discounts up to 50% off	Must be 65+
Amtrak	10% off	Must be 65+
Applebee's	10-15% off	Must be 60+
Arby's	10% off	Must be 55+
AARP	Up to 61% off RX meds with an AARP Prescription Discount Card by OptumRX	Must be an AARP member
Avis	Up to 35% off	Must be AARP, USAA, or Veteran Advantage Member
Best Western	5-15% off rooms	Must be AARP member
Boston Market	10% off	Must be 65+
Burger King	10% off	Must be 60+
Chick-fil-A	10% off or a free small drink	Must be 55+
Comfort Inn (Choice Hotels)	10-30% off rooms	Must be 60+
Dairy Queen	10% off	Must be 55+
Denny's	15% off discounted senior menu	Must be an AARP member for the discount 55+ for the menu
Dunkin' Donuts	10% off or a free donut	Must be 55+
Hertz	up to 20% off base rates	Must be 50+
Home Depot	10% off	Must be an active duty or retired military member with honorable status or spouse of either. Maximum of \$400 in savings annually Discount varies by location, generally ranging from 15-25%.
Kohl's	15% off	Must be active duty or veteran
Lowe's	10% off	Must be an active duty or retired military member or their spouse
McDonald's	Discounts vary by location	Must be 55+
Michael's	10% off	Must be 55+
Rite Aid	20% off	Must be 65+; first Wednesday of each month; in-store items only
TJ Maxx	10% off	Must be 55+; Not available at all locations
Verizon Senior Plans for cell phones	Discounted unlimited plans as low as \$40 per line	Must be 55+
Walgreens	20% off eligible items	Must be 55+ or an AARP Member; Available once per month in store and one week per month online
Walmart	Walmart offers a wide range of generic medications for \$4 for a 30-day supply.	Must hold a third-party prescription discount card