

## MESSAGE FROM OUR PRESIDENT



Muriel Cole  
President

As we begin our fifth year of HomePorts, we continue to be proud and grateful for all those who make our organization useful and sustainable. Over 80 households in Kent County continue to benefit, as members, and over 60 volunteers continue to donate time and energy.

Our concept is based on the “village” movement which the Washington Post calls “a national phenomenon”. Though we are independent, we maintain connections with other villages in a number of ways. This month several of us will attend a meeting in Baltimore of all villages in the State, and Karen Wright, our Executive Director, will participate in the annual national conference of villages in Atlanta. We’ll have reports on those in our next edition.

October 15 to October 21 is National Aging in Place Week, designated as a time to assess your living situation to make sure you have what you need to remain safe and comfortable, to educate yourself about options for aging at home, and to discuss your decisions with family. Members can get more information about home services by calling HomePorts, Monday through Friday, 8:30 am to 5:00 pm.

Lastly, October features a unique fund-raising event led by our Executive Director - a vintage haute couture exhibit and sale! With gorgeous clothes from the 1920’s to 1980’s, the show will appeal to all generations. We’re publicizing this in the Washington and Baltimore areas and are pleased to contribute to the vibrancy of downtown Chestertown during the season when events and scenery make a visit to Kent County particularly beckoning.

## COMPARE NURSING HOMES



A source of information and ratings on quality of care in the 17,000 Medicare and Medicaid-certified nursing homes in the country can be found at <http://www.medicare.gov/NursingHomeCompare>.

Included are health inspection results and complaints with detailed and summary information about deficiencies found during the three most recent state inspections and recent complaint investigations.

## BE PREPARED FOR AN EMERGENCY!

Create a personal safety net by organizing the following items into go-kits in case of a natural disaster – be it hurricane, earthquake, fire or flood. Use this checklist to start stockpiling the necessities you shouldn’t be without.

### First Aid Kit

Tailor this kit to your specific needs. Check expiration dates every six months, resupplying as necessary.

- Prescription medications/equipment
- Sterile gloves (2 pairs)
- Sterile dressings, adhesive bandages
- Multipurpose pocket knife.
- Soap
- Antibiotic ointment
- Burn ointment
- Eyewash for flushing contaminants
- Thermometer
- Aspirin/pain reliever
- Antacid
- Anti-diarrhea medication
- Laxative
- Sanitation items (toilet paper, plastic bags, hand sanitizer)
- Toothbrushes, toothpaste.
- Hearing aids with extra batteries
- Spare eyeglasses, contact lenses

### Stay Home Stash

Store this near your first-aid kit in case you are stranded on your own turf.

- One gallon of water per person per day (14-day supply, replace yearly)
- Non-perishable ready-to-eat food, pet food (14-day supply)
- Manual can opener
- Plates, utensils, napkins
- Fire extinguisher
- Work gloves
- Face masks for dust and mold
- Small toolbox including wrench or pliers for utility shutoff
- Plastic sheeting and duct tape for sealing windows, doors
- Chlorine bleach with eyedropper. To treat non-bottled water for drinking: after filtering water through clean cloths, add 8 drops of regular household liquid bleach to 1 gallon of water; if water is cloudy or muddy, add 16 drops
- Extra blankets, sleeping bags
- Rain ponchos, towels

## HomePorts Luncheon

The monthly lunch, or *Stammtisch*, takes place on Thursday, October 18, 12:30 pm at the Fish Whistle Restaurant. Come out and share a meal with your neighbors. Call HomePorts to reserve your seat!

## Mark Your Calendars!

March 26, 2013  
Third Annual  
Healthy Aging Symposium  
Kent County Middle School

By popular demand, Dr. Steven Gambert, Director of Geriatric Medicine, University of Maryland Medical Center, will return as a keynote speaker. Many attendees at the 2011 Symposium asked to have him come back and we are thrilled that he has accepted our invitation.



*I've learned ... that the best classroom in the world is at the feet of an elderly person.*

Andy Rooney

