

MESSAGE FROM OUR PRESIDENT



Muriel Cole
President

HomePorts has been a very busy place these last few weeks! We continue to gain new members, and we are assisting more members than ever before. We are also seeing some changes in our staffing. We are saying farewell to our new Executive Director, Virginia Cooper, who is leaving for personal reasons. We are sorry to see her go and appreciate her hard work and dedication, which has made us stronger.

We are in the process of re-configuring the staff and have hired as our new Director, Karen Wright. She has trained under Virginia and is enthusiastic and a quick learner. She lives in Worton and has raised two children in Kent County. Her background in banking, non-profit organizations, and fund-raising make her more than welcome! She is eager to meet you and is available by phone from 8:30 am to 5:00 pm, Monday through Friday. You may need to leave a message, but be assured that we are dedicated to helping our members promptly. If you need a ride, we continue to ask that you give 48 hours advance notice. We plan to hire a second staff person shortly and will describe the new arrangement in our next newsletter. We are aggressively looking for more volunteers, especially those who can drive members locally, and we will be relying on the use of e-mail, for those members who use e-mail and have requests (just e-mail info@homeports.org).

What's Up?

October 10
Columbus Day

October 14 & 15
Wildlife Exhibition & Sale

October 17 & 18
MVA on Wheels

October 20
12:45 pm
HomePorts Luncheon at the
Fish Whistle

October 27 thru 30
Downrigging Weekend

October 29
Halloween Parade

MEDICARE OPEN ENROLLMENT CHANGES

Medicare open enrollment dates for the Part D prescription drug plan run from October 15 through December 7. Since health needs change from year to year, it is important to review your coverage in order to save money and/or obtain better coverage.



The "Medicare & You 2012" handbook was mailed to you in September. Enrollees can go to www.medicare.gov/find-a-plan to compare current coverage with all of the options that are available in this area, and enroll in a new plan if a change is warranted. Enrollees can also call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about coverage options. Kent County residents and their families can

also schedule one-on-one help from Stephanie Lindsey, State Health Insurance Assistance Program Coordinator, at the Amy Lynn Ferris Adult Activity Center, 200 Schaubert Road, Chestertown. Appointments are required. Call 410-778-2564.



National Aging-in-Place Week October 10-16, 2011

Again this year we will be asking the Kent County Commissioners to sign a proclamation declaring this occasion to recognize the importance of helping older adults in this community remain safely and comfortably in their own homes.

KNOW THE WARNING SIGNS OF STROKE

Stroke is the third leading cause of death in the U.S. and a major cause of long-term disability. About 600,000 new strokes are reported each year. Early treatment can reduce the damage, but you need to recognize the symptoms and get to a hospital within 60 minutes.



A stroke interrupts blood flow to the brain. Brain cells die because they stop getting oxygen and nutrients. There are two major kinds of stroke. Ischemic stroke, about 80 % of all strokes, is caused by a blood clot that blocks a blood vessel in the brain. The second, hemorrhagic stroke, is caused by a blood vessel bleeding into the brain. About 20 percent of strokes are hemorrhagic.

Know the signs of stroke:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you recognize these signs in yourself or someone else, call 911 immediately!

Use the **FAST** approach to help you remember the signs of stroke.

- F Face:** Ask the person to smile. Does one side of his or her face droop?
- A Arms:** Ask the person to raise both arms. Does one drift downward?
- S Speech:** Ask the person to repeat a simple phrase. Is his or her speech slurred?
- T Time:** If you see these signs, call 911 immediately. Record the time symptoms appear.

October Education Session

Tuesday, October 18

2:00 pm to 3:00 pm

HomePorts Office

(Upstairs in Chestertown Town Hall)

Eyesight is a gift we take for granted until we are older. Age makes us vulnerable to a number of eye problems and vision loss. Dr. Harry Hart will describe common eye diseases, impacts of vision impairment, and current treatments and research, followed by a question and answer period. Join us!

A Reminder to Members!

If you have not had your home safety assessment, we encourage you to schedule one with us. It is free, and you are not required to buy anything. As shorter days and winter approach, safety becomes a concern.

Send Us Your News & Comments

This newsletter is published monthly. We welcome your news and comments. Please submit your article by the 10th of the month preceding publication.