



## ***SYMPOSIUM ON HEALTHY AGING***

**Wednesday, April 4, 2012, Washington College, Chestertown, MD**

### **ADVERTISER INFORMATION**

#### **Background**

**HomePorts** is a 501(c)(3) nonprofit membership organization providing adults in greater Kent County, Maryland, age 55 and above, with a wide range of services they want and need to remain content, safe and confident living in their own homes. Starting operations in October 2008, **HomePorts** is among a rapidly-growing number of member-driven groups developing around the country.

Kent County, Maryland, is a retirement destination for many choosing a rural lifestyle, and now has *the highest average age of any county in the state. Over 35% of all residents are 55 or older.*

**HomePorts** is a broker for practical solutions to “aging in place,” with a cadre of volunteers and recommended service providers whom members pay directly. **HomePorts** vets all volunteers and service providers, and makes referrals to members with a single call. Members benefit daily from services such as transportation, home maintenance, groceries and meals, personal assistance, troubleshooting, and health and wellness support. An initial home safety evaluation comes with each membership. **HomePorts** assures access to social, educational and cultural activities, and compiles an informative monthly newsletter in addition to organizing monthly luncheons and quarterly education sessions.

**HomePorts** is supported by annual membership fees from 83 current households, donor contributions and small grants. A scholarship program was implemented in 2010 to assist members with limited incomes. The Mayor and Council of Chestertown furnish an office for **HomePorts** in the Town Hall.

#### ***HomePorts’ Annual Symposium April 4, 2012: Passport for Healthy Aging***

To educate the community and promote successful aging in Kent County, **HomePorts** will hold its 2<sup>nd</sup> annual symposium on April 4, 2012, at Washington College in Chestertown. Co-sponsors include the local Area Agency on Aging (Upper Shore Aging, Inc.), Washington College, Kent County Health Department, and the Chester River Health System. The theme will be ““Developing an Action Plan for Smart Aging.” The opening session will be followed by breakout discussions and a keynote speaker. Breakout topics include:

- ❖ *Taking Charge: Your Health*
- ❖ *Taking Charge: Where you Live*
- ❖ *Taking Charge: Your Financial and Legal Affairs*

**Deliverables:** **Each attendee will develop a personal aging plan** in order to better self-manage health and safety issues to prolong independent living. Emphasis will be on developing and implementing your personal plan, including follow-through on actions to ensure success. Attendees will gain knowledge to ultimately reduce the demands on the healthcare and social services systems. All will leave this symposium better equipped with tools to help themselves, their more elderly parents, or aging relatives and friends. It is expected that 150 people, of all ages, will participate, including children of elderly parents.

**Sponsorship/Advertisers:** An amount of **\$15,000** is needed to produce the symposium and support registration for attendees on limited incomes. Categories of support are described on the attached list. Thank you for your support.

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