

THE UPPER SHORE CLARION

VOLUME 1, ISSUE 10

OCTOBER 2016

Upper Shore Aging, Inc.



Medicare Part D, Open Enrollment October 15-December 7, 2016

Frequently Asked Questions

Our Mission

Upper Shore Aging, Incorporated will develop and provide a variety of programs for Older Persons in the Upper Shore region, which help maintain and improve quality of life.

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What is Medicare Part D and why is it important to me?

Medicare Part D is the Medical Prescription Drug Benefit, a Federal program that subsidizes the costs of prescription drugs for all Medicare eligible citizens. It is a law that went into effect in January 2006. Since that time every October ushers in the six week season of Medicare Part D Open Enrollment.

If I am satisfied with my part D plan I can ignore Open Enrollment. . .Right?

Not a good idea! Medicare Drug plans can make changes each year, and Open Enrollment is when they announce those changes. For that reason alone during Open Enrollment you will want to review your present coverage to determine if it still meets your needs.

What kind of changes can my plan make?

Medicare drug plans can announce changes in costs, coverage, and what providers and pharmacies are in their networks, as well as the drugs covered by their formularies. Because Medicare drug plans announce such changes during Open Enrollment, October 15-December 7 is your time to decide whether to keep your current drug coverage plan or change for the upcoming year.

How do I know if should change?

Review the materials your plan sends you: "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC) If you are satisfied that your current plan will still meet your needs in 2017, you need do nothing. Your coverage will continue as before. If you are unsure, make an appointment with your local SHIP Program manager (see below).

I am on a fixed income. Are there any financial assists for me?

Yes. You may be eligible for assistance from one of several programs assisting Medicare beneficiaries and older Marylanders.

Wow! That is a lot to sort through. Where can I go for help?

Welcome to Upper Shore Aging! Our senior centers in Talbot, Caroline, and Kent Counties are your source for expert assistance. You will want to call and ask for an appointment with one of our on-site SHIP/SMP Program Managers :

Talbot County Senior Center, Debra Collins 410-822-2869

Caroline County, Mary Moran 410-479-2535

Kent County, Grace Wright 410-778-2564

Where else can people find plan information or compare plans?

You can call 1-800-MEDICARE or see the web: Medicare.gov

NEWS FROM TALBOT COUNTY

On Friday October 7th (9:30 a.m. – 10:30 a.m.) Professional Organizer Shelby Austin will be back with us for an “Hoarding” Workshop. Join us for this informative workshop. **ADVANCE REGISTRATION IS REQUIRED AS SPACE IS LIMITED** Space is still available for the next AARP Safe Driving Class, Friday October 14th 9:30 a.m. to 2:00 p.m. \$15.00 AARP Members \$20.00 Non-AARP Members. Please bring your lunch. **ADVANCE REGISTRATION IS REQUIRED AS SPACE IS LIMITED.**

Tuesday, October 18th Carpe Diem Arts @ Brookletts Place will continue their FREE Lunch-Time Concert Series – 12:00 p.m. – 1:00 p.m. with TINSMITH: Brooke Parkhurst, Henry Cross and Rowan Corbett from Carolina Chocolate Drops! Made possible by the generous support of the Talbot County Arts Council, the Maryland State Arts Council, Mid-Shore Community Foundation (MSCF), Dock Street Foundation, Brookletts Place and by individual contributions to the Carpe Diem Arts Outreach Fund c/o MSCF. **ADVANCE REGISTRATION IS REQUIRED FOR LUNCH BY OCTOBER 4TH OR YOU MAY BRING YOUR OWN.** *The center will be closed Thursday, October 13th for Employee training.* THE JONES BOYS are back October 20, 2016 12:00 p.m. – 1:00 p.m. The Jones Boys are a country music group who enjoy playing traditional country music. This program is funded in part by a grant from the Talbot County Arts Council, with revenues provided by the Maryland State Arts Council. Additional funding has been provided by The American Legion, Blake Blackston Post #77

NEWS FROM CAROLINE

In September, we had speakers from Hospice, from the MD Insurance Administration, and from the Wound Care people from the hospital. We celebrated a number of special days such as National Teddy Bear Day, Grandma Moses' Birthday, the last day of summer and the first day of Autumn, National MOW/PIA Day, National Raisin Bread Day, and Johnny Appleseed Day. We took a bus trip to OC to enjoy Sunfest and had a fantastic day!

In October we will celebrate National Taco Day, Apple Betty day, National Cupcake Day and National Chocolate day which just happens to fall on Halloween! Octoberfest is always enjoyed by all for the German cooking. *The agency will close for the day on Thursday, October 13* while all employees attend the training at Camp Pecometh which promises to be an exciting and fun day for all!!! We are also closed on October 5 for Columbus Day.

NEWS FROM KENT COUNTY

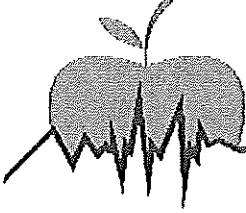
Amy Lynn Ferris Center

The Diabetes Support Class will meet every Monday for six weeks from 10 to 12. Beginning on October 5 we will be offering a free current events discussion on Wednesdays at 12:30 in the TV room. The Health Department will be here to give flu shots on Tuesday, October 11 at 10:00. We will also have bingo with Autumn Lake that day beginning at 10:30. The Elder Law Clinic will be held on October 12 at 10:30, and the League of Women Voters will be here for a presentation on Oct. 12 at 11:00. *The center will be closed on Thursday, Oct. 13 for employee training.* We will have a nutrition program on October 19 at 11:30, and a trip to Harrington Slots on October 21. Shore Nursing and Rehab will be here for bingo and lunch on October 25, and we will have lunch at Pizza Hut at noon on October 26. Our party with ADC will be held on October 28 from 10 to 2, with music by the Gene Edwards Review. The Book Group will meet on October 31 at 11:30.

Rock Hall Seniors

The Rock Hall Seniors meet at noon on the first Wednesday of the month in the Town Hall Meeting Room. Our meetings begin with the Pledge of Allegiance to the Flag, include our covered dish luncheon and a short business meeting. We invite members to use our Book Basket: “Bring a Book, Take a Book”. At our October 5th meeting Flu Shots will be available with a Medicare card.

**Great Opportunity! —>
Plan to Attend**




Free Health & Wellness Expo

October 20, 2016
8:00 am to 1:30 pm
Kent County High School

Join us on October 20th for our biggest health event ever! It is a one-stop opportunity for busy individuals and families of all ages to get health information, free screenings and assessments, and to connect with a variety of community organizations and resources.

- Free Health Screenings
- Free Refreshments
- Flu Shots
- Ten Expert Talks
- Door Prizes
- Over 100 Exhibitors
- Lunch Available

For additional details call 443-480-0940 or email info@homeports.org
On the web at www.homeports.org



Organized by: HomePorts, Inc. and Kent County Public Schools,
in partnership with the Kent County Health Department, the
University of Maryland Shore Regional Health, and Anne Arundel
Medical Center

Senior Centers' Calendar of Events

TALBOT SENIOR CENTER

Daily Activities

Mondays— Fitness, crafts, trivia, card players,
Tuesdays—Fitness, Yoga, Pinochle, contract bridge
Wednesdays—Fitness, Yarn & Needle group Computer Class, & Duplicate Bridge
Thursdays— Crafts, Memoir Group, Tai' Chi, Po-Ken-O or Grocery Bingo
Fridays—Zumba Gold, Yoga, Mahjong, Poetry

CAROLINE SENIOR CENTER

Daily Activities

Mondays—Bank, Post Office, Pharmacy, Fitness
Tuesdays—Nutrition with Connie, Music with Ray
Wednesdays—Fitness w/ Teresa
Thursdays -Painting with Ann
Fridays—Ceramics with Dora, Enhanced Fitness with Teresa.

****All Centers will be CLOSED
on Thursday, October 13th****

AMY LYNN FERRIS CENTER

Daily Activities

Mondays- Yoga I and II, Touring the World through DVD, Enhance Fitness, Mahjongg, Writing Group, Diabetes Support Group
Tuesdays- Yarn Works, Sitercise, Bingo, Senior Fitness, Bible Study
Wednesdays- Zumba Gold, Sewing, Spanish, Current Events, Contract Bridge
Thursdays- Yoga I and II, Senior Fitness
Fridays- Zumba Gold, Line Dancing, Bingo, Enhance Fitness

FEDERALSBURG SENIOR CENTER

Daily Activities

Breakfast, Announcements, Devotions, Computer Class, and physical fitness classes.
Every Tuesday – Music practice
(Senior Serenaders)
Every Thursday – Bingo, Bowling, or Shuffle Board
1st Tuesday—Blood Pressure Screening
2nd & Last Tuesday – Senior Serenaders, Area Nursing Homes

Happy Birthday

Kathy Stout, Judith Thompson, Edna Cox, Patricia Pardee,
Charlie Jacobs, Donna Nuckels, Beatrice Freeman, Hilda Hicks,
Ted Landsroner, Michael Howley, Donald Price, Charles Wickersham,
Betty Kettler, Martha Carpenter,
Dorothy McIntire, Jean Payne, Addie Bolden, Jean David, Sharon Fisher,
Regina Jenkins, Stanley Ricketts, Russell Smith,
Jerome Taylor, Lillian Turpin, Peggy Clark, Joyce Muck



Information about Upper Shore Aging Housing Corporation's low-cost
Senior Housing Projects is available on the World Wide Web at:

www.uppershore.org

We quickly respond to all inquiries.

Applications and questions may be directed to Mrs. Amanda Kerr, Property Manager, at

(410)778-6000, or

by writing to:

Upper Shore Aging Housing Corp.

100 Schaubert Road Chestertown, MD 21620



Minerals



Vitamins and minerals are essential for healthy body function. Minerals are actually compounds that are found in soil, plants, and drinking water. We can also indirectly consume minerals from animal products, as animals eat plants to obtain their nutrients as well. Each mineral carries out a specific function and is needed for our bodies to run properly. Some minerals are needed in larger quantities while others, called *trace minerals*, are only needed in very small amounts. The minerals that are needed by our bodies in larger quantities include: calcium, sodium, phosphorus, chloride, potassium, and magnesium. Trace minerals include: iron, zinc, copper, fluoride, iodine, chromium, and selenium. The chart below outlines some of the most important minerals and their functions.

Mineral:	Found in:	Function in Body:
Calcium (1200mg/day)	Dairy Products, Leafy Vegetables	<ul style="list-style-type: none"> • Bone and teeth formation • Coagulation of blood • Muscle contraction
Phosphorus (700mg/day)	Milk, Cheese, Nuts, Cereals, Legumes	<ul style="list-style-type: none"> • Bone and tooth structure • Used in all of the bodies energy-releasing reactions
Magnesium (320-420mg/day)	Nuts, Legumes, Whole Grains, Dark Leafy Greens, Milk	<ul style="list-style-type: none"> • Bone and tooth structure • Nerve conduction • Muscle relaxation • Bowel function
Iron (8mg/day) (Trace)	Legumes, Whole Grains, Potatoes, Egg Yolk, Cocoa, Green Vegetables, Dried Fruit	<ul style="list-style-type: none"> • Oxygen Transport
Potassium (4.7g/day)	Most Fruits, Starchy Vegetables,, Dark Leafy Green Vegetables	<ul style="list-style-type: none"> • Main electrolyte inside all body cells
Sodium (1.2g/day)	Salt	<ul style="list-style-type: none"> • Main electrolyte outside all body cells
Zinc (8-11g/day) (Trace)	Eggs, Nuts, Cereals, Wheat Germ	<ul style="list-style-type: none"> • Wound healing • Ability to taste, • Protein synthesis, • Immunity

UPPER SHORE AGING, INC

100 Schaubert Road
Chestertown, MD 21620
Phone: 410-778-6000
410-758-6500
Toll Free: 1-800-721-6651
Fax: 410-778-3562

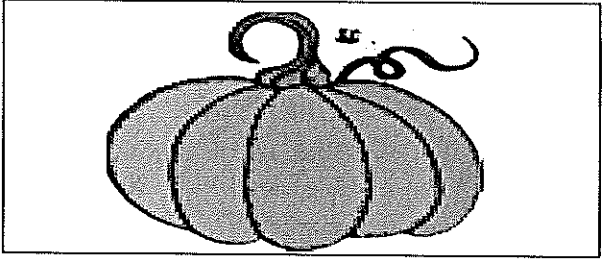
Non-Profit Organization
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WE'RE ON THE WEB!

WWW.UPPERSHOREAGING.ORG

*Upper Shore Aging, Inc. is supported by
The United Fund of Talbot County
The United Way of Caroline County.
Support the Upper Shore Aging Foundation and help
us to help Seniors in need.
Your gift is tax deductible. To learn more, call
(410)778-6000.*



CONTACT INFORMATION

- Amy Lynn Ferris Adult Activity Center Chestertown, MD 410-778-2564
- Caroline County Senior Center Denton, MD 410-479-2535
- Talbot County Senior Center Easton, MD 410-822-2869
- Federalsburg Senior Center Federalsburg, MD 410-754-9754
- Upper Shore Aging, Inc. Central Offices (410)778-6000
- Upper Shore Aging, Inc. (Kent County) (410)758-6500

Senior Information and Assistance Program Manager

Mary Moran (Caroline) - (410) 479-2535

Grace Wright (Kent)- (410) 778-2564

Pam Haynes (Talbot) - (410) 822-2869

Senior Centers and Central Offices are open Monday-Friday, 8:00 AM-3:00 PM
Federalsburg Senior Center, is open on Tuesdays and Thursdays, 9:00 AM to 3:00 PM.