
UPPER SHORE CLARION

JUNE 2025

VOLUME 25, ISSUE 6

Hello June! Hopefully everyone is enjoying these longer days. This month is Elder Abuse Awareness Month. This topic is one in which Upper Shore Aging is very inclined to educate the community about. Each year, approximately 1 in 10 older adults in the USA, will experience some form of elder abuse. This includes physical, psychological, financial, and emotional abuse. Even though many of the reported incidences are in long term care facilities, this number does not exclude personal care givers and/or family. Globally, 1 in 6 people, aged 60 and over, have experienced some form of abuse during the past year. Thankfully, each state in the USA has an Ombudsman that can help. An Ombudsman is a person who advocates for residents in a nursing home, as well as residential care communities. Upper Shore Aging's ombudsman is Deb Nicholson. She rotates between all three counties, Caroline, Kent, and Talbot. She can be reached at the main office at 410-778-6000. There is also an Elder Abuse Hotline for those that may need additional help. 1-800-962-2873. Remember, no one has the right to hurt another person. There is help available.



MISSION STATEMENT

Upper Shore Aging, Inc. will develop and provide a variety of programs for older adults in the Upper Shore regions, which help maintain and improve quality of life.

Meet our Leaders

Executive Director –Herb Cain

Fiscal Director– Judi Bianco

Director of Senior Centers and Nutrition - Jennifer Neal

Director of Operations– Jennifer Cox

Upper Shore Aging Board of Directors

Caroline County

Frank Bartz (County Commissioner)

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Kay Brodie (President)

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Cathy Quesenberry

John Price (County Commissioner)

Jackie Adams

Talbot County

Pete Leshar (County Council Member)

Corey Pack (Vice-President)

Pam Limberry

Jenna Marchi

Kevin Moran

June 2025

Amy Lynn Ferris Adult Activity Center

200 Schaubert Road
Chestertown, MD 21620
410-778-2564

<p>S.A.I.L. 9am Billiards 9am Walk Fit 10:15am Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. 9am Stretch Fit 10:15am Cooking with David 10:45am Lunch 12pm Games 1pm</p> 	<p>Sit Fit 9am Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p>Bingo 9am-10am Belmont Party 10:30am</p> 
<p>S.A.I.L. 9am Billiards 9am Walk Fit 10:15am Center Beautification Day 9am-11:30am Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Blood Pressure Screening with Shore Community Outreach Team 10:30am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. 9am Stretch Fit 10am "Capture the Flavor: Herbs and Spices" with Beverly Jackey 10:30am Lunch 12pm Games 1pm</p> 	<p>Sit Fit 9am Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Birthday Cake 12:30pm Crafting 1pm</p> 	<p>Breakfast Buffet 9am RSVP Elder Abuse Awareness Program with Social Services 9:30am-10:30am Bingo 11am Special Lunch 12pm</p> 
<p>S.A.I.L. 9am Billiards 9am Walk Fit 10:15am Father's Day Picnic 11am RSVP by June 2 Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm Games 1pm</p> 	<p>Juneteenth Day Holiday Center Closed</p> 	<p>Special Bingo 10am-11:45am</p> 
<p>S.A.I.L. 9am Billiards 9am Presentation by Michelle Hammond on Brain Health Awareness 10:30am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. 9am Stretch Fit 10:15am Lunch 12pm Cooking Class with David: BBQ Specials 12:30pm \$30, RSVP Limit 10 People Games 1pm</p> 	<p>Sit Fit 9am Walk Fit 9:45am Needlecrafts 10am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p>Stretch Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. 9am Billiards 9am Walk Fit 10:15am Lunch 12pm Watercolors 12:30pm Mahjongg 1pm</p> 	<p>We're Open! All activities will be held in the DINING ROOM unless noted otherwise.</p>	<p>Happy Birthday! Sheri Darling 6/3 Beverly Blakeney 6/4 Teddy Zia 6/5 Margaret Conquest 6/6 Robert Payne 6/7 John Elburn 6/10 Catherine Boyer-Sterling 6/17 Margaret Solowski 6/18 Trudy Morris 6/24 Peggy Thomas 6/26 Carol Elburn 6/30 Marie Spray 6/30</p> 	<p>World Elder Abuse Awareness Month</p> 	

June 2025

Caroline County Senior Center

403 South 7th St., Suite 127
Denton, MD 21629
410-479-2535

<p>Coffee Bar 9am-11am  2</p> <p>Summer Trivia 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p> 	<p>Hot Coffee Bar 9am-11am 3</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Card Games with Friends 12:30pm</p> 	<p>Old Maid's Day  4</p> <p>Hot Coffee Bar 9am-11am</p> <p>Dutch Luncheon at Federalsburg Diner 11:30am-12:30pm</p> 	<p>National Garden Exercise Day 5</p> <p>Hot Coffee Bar 9am-11am</p> <p>Medication Management and Blood Pressure Screening with Melanie 10am</p> <p>Mindful Memory 12:30</p> 	<p>Hot Coffee Bar 9am-11am 6</p> <p>Music with Melanie 10am</p> <p>Do-It-Yourself Tea Towel Craft 10am</p> <p>Snack Bingo 12:30pm</p> <p>Shopping / Bank Post Office</p> 
<p> 9</p> <p>Coffee Bar 9am-11am</p> <p>Summer Wine Bottle Craft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping / Bank Post Office</p>	<p>Hot Coffee Bar 9am-11am 10</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Summer Nails with Erika 12:30pm</p> <p>Deal or No Deal Game 12:30pm</p> 	<p>Hot Coffee Bar 9am-11am 11</p> <p>Cooking Presentation with David 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>World Elder Abuse Awareness Day (Wear Purple) 12</p> <p>Hot Coffee Bar 9am-11am</p> <p>World Elder Abuse Awareness Day Presentation with Mary Moran and Deb Nicholson 10:30am</p> <p>Purple Bingo 12:30pm</p> 	<p>Hot Coffee Bar 9am-11am 13</p> <p>World Elder Abuse Adult Day Care 9:30am-1:30pm</p> <p>Music with Melanie 10am</p> <p>Shopping / Bank Post Office</p> 
<p>Hot Coffee Bar 9am-11am 16</p> <p>Painted Fairy House Craft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping Bank Post Office</p> 	<p>Hot Coffee Bar 9am-11am 17</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Family Feud Game 12:30pm</p> 	<p> 18</p> <p>National Picnic Day</p> <p>Hot Coffee Bar 9am-11am</p> <p>Healthy Coaching with Tyrell 10am</p> <p>Summer Potluck 11:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Juneteenth Day Holiday 19</p> <p>Center Closed</p> 	<p>First Day of Summer  20</p> <p>Hot Coffee Bar 9am-11am</p> <p>Music with Melanie 10am</p> <p>Decorate Flip-Flop Craft 10am</p> <p>Minute-to-Win-It Game 12:30pm</p> <p>Shopping / Bank Post Office</p> 
<p>National Pink Day (Wear Pink) 23</p> <p>Hot Coffee Bar 9am-11am</p> <p>Wheel of Fortune Game 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping Bank Post Office</p> 	<p>Hot Coffee Bar 9am-11am 24</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>"Most Likely To..." Questions 12:30pm</p> 	<p>National Donut Day 25</p> <p>Hot Coffee Bar 9am-11am</p> <p>Decoupage Wooden Sign Craft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 9am-11am 26</p> <p>Word Puzzles 10am</p> <p>Mindful Memory 12:30pm</p> 	<p>Sunglasses Day 27</p> <p>Hot Coffee Bar 9am-11am</p> <p>Music with Melanie 10am</p> <p>Decorate Your Own Sunglasses Craft 10am</p> <p>Movie & Popcorn with Friends 12:30pm</p> <p>Shopping Bank / Post Office</p> 
<p>Hot Coffee Bar 9am-11am 30</p> <p>Summertime "Hangman" Game 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>Shopping/Bank Post Office</p> 	<p>June Birthdays</p> <p>Gary Shortall 6/22</p> <p>Shirley Thomas 6/29</p> <p>Mary Ellen McNiece 6/30</p> <p>Happy Birthday</p> 	<p>Father's Day Sunday, June 15  15</p> 	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	<p>World Elder Abuse Awareness Month</p> 

Bay Hundred Senior Center June 2025



Monday 2	Tuesday 3	Wednesday 4
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	9-11:45 Torn Paper Art* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games <i>SAIL Moved to Mondays</i>	9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
9 9-12 Painting on Silk* 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	10 9-12 Painting on Silk* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	11 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
16 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	17 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	18 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
23 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club* 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	24 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	25 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
30 10:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn Med Tips 1-3 Mahjongg/ Games 2-3 SAIL Strength & Balance		

NOTE: SAIL is now on Monday and Wednesday!




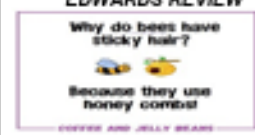

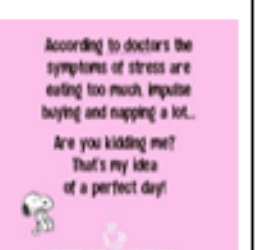


Tai Chi will restart in September

*Workshops, Book Club, and Watercolor Class – please sign up at office.





2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons NATIONAL ROTISSERIE CHICKEN DAY	3 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group 	4 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	5 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 Lunch 	6 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 11:30 Toastmaster's 11:30 <i>Dutch Lunch Out "CHESAPEAKE GROVE FOOD TRUCK RALLY"</i> 12:00 Lunch
9 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 11:30 <i>Blood Pressure Screening w/Melanie</i> LUNCH & LEARN w/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons	10 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Crafting with Tonia</i> 12:00 Lunch 12:30 Yarn & Needle Group 	11 8:30 Commission on Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	12 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 12:00 LUNCH w/GENE EDWARDS REVIEW 	13 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 5:00 SENIOR PROM A NIGHT UNDER THE STARS featuring "EVOLUTION"
16 9:00 Coffee Hour 11:00 Cooking w/David 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons	17 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <i>Lunch w/DJ Chuckie</i> 12:30 Yarn & Needle Group	18 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch	19 CLOSED JUNETEENTH Celebrate Freedom JUNE 19th	20 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 11:30 Toastmaster's 12:00 Lunch
23 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons	24 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <i>Positive Music w/DJ Randy P</i> 12:00 Lunch 12:30 Yarn & Needle Group	25 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <i>Music & Movement w/Melanie</i> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch MAELA! HAPPY BIRTHDAY	26 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <i>ShoGo Mobile</i> 10:00 <i>Elder Law Clinic</i> 12:00 LUNCH & LEARN "ALZ"	27 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <i>Life Without Limits</i> 11:00 <i>Tai Chi w/Nathan</i> 12:00 Lunch
30 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <i>Tai Chi w/Nathan</i> 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons				VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869 

June 2025

Feddersburg Senior Center

118 North Main Street, #2
Feddersburg, MD 21632
410-784-9784

World Elder Abuse Awareness Month 	2 Health Education with Tyrell James 10am Bingo 11am Lunch 12pm Wooden Beach Flag Craft 1pm		5 S.A.I.L. Exercise Class 10:30am Lunch 12pm Game Show Day Activities 1pm	We're Open! Feddersburg Senior Center is Open Tuesday and Thursday
9 	10 Beach Bum Bingo 11am Lunch 12pm Fabric Mosaic Craft 1pm		11 	12 S.A.I.L. Exercise Class 10:30am May Birthday Potluck 12pm Cards 1pm
13 June Birthdays Peggy Andrews 6/19 Gloria Jenkins 6/29 	16 Father's Day Sunday, June 15 	17 Bingo 11am Lunch 12pm Movie Poll Winner 1pm Herbal Sachet Craft 1pm 	18 	19 Juneteenth Day Holiday Center Closed 
20 		24 Bingo 11am Lunch 12pm Painted Garden Markers Craft 1pm 		26 S.A.I.L. Exercise Class 10:30am Lunch 12pm Cards 1pm 
				

JOIN US IN SPREADING AWARENESS ON ELDER ABUSE!

OUR SPEAKERS WILL INCLUDE:
STATE MEDICARE PATROL, UPPER SHORE AGING OMBUDSMAN, MEALS ON WHEELS
STAY WITH US AFTER LUNCH FOR "PURPLE" BINGO - BEGINS AT 12:00
WHERE: Caroline County Senior Center, 403 S. 7th St., Suite 127, Denton, MD
DATE & TIME: Thursday, June 12th @ 10:30

Lunch will be served at 11:30. Sign up is required and space is limited! Please call 410-479-2535 or email bhatten@uppershoreaging.org to reserve your lunch space.

SOME
Super Heroes
Don't have
CAPES...
They are
called DAD



What Makes a Dad

*God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
And the depth of a family need.*

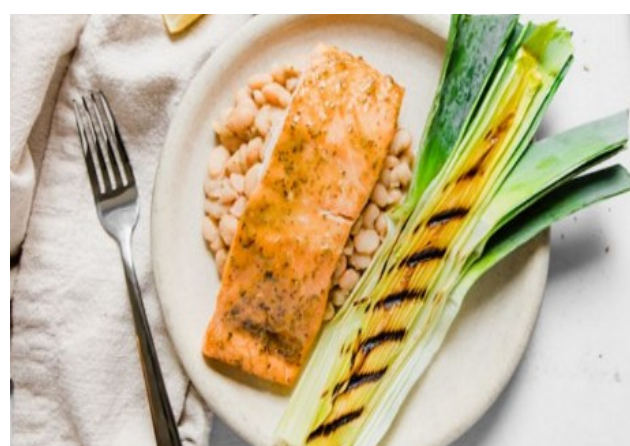
*Then God combined these qualities.
As there was nothing more to add,
He knew that His masterpiece was complete.
He called it **Dad**.*

Napa Valley Glazed Salmon Recipe

Published: October 6, 2018

Ingredients

2 tablespoons honey
1 teaspoon dried thyme
2 teaspoons Dijon mustard
1 teaspoon finely grated lemon zest
1 teaspoon white pepper



Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F.
2. Combine the honey, thyme, mustard, lemon zest and pepper in a small bowl. Arrange the salmon, with the skin side down, in a shallow roasting pan lined with cooking foil. Using the back of a spoon, spread the honey mixture to coat the top of each fillet.

Bake, uncovered, for 20 minutes, or until the internal temperature reaches 145°F and flesh is opaque and flakes with a fork.

Cooking Notes

- *Next Day Serving Suggestion:* Slice leftover salmon and place on top of a bed of mixed greens and chopped tomatoes for an easy lunch or dinner.
- *Variation:* Substitute your favorite dried or fresh herb for the thyme — or combine several.
- *Tip:* To store fresh fish a day or two after purchase, rinse and place in a bag with ice. Pour off melted ice and replace with more ice chunks.

Nutrition Nugget: The white droplets accumulating on the top of salmon are rich in omega-3s, and so is the gray-colored meat right next to the skin. Enjoy both to reap

Nutrition Information

Serving size: 3 ounces

Serves 4

Calories: 270; Total fat: 11g; Saturated fat: 1.5g; Cholesterol: 90mg; Sodium: 135mg; Total carbohydrate: 10g; Dietary fiber: 0g; Protein: 32g

Types of Elder Abuse

Here are the eight most common forms of elder abuse:

1. **Self-Neglect** – Refusal or failure to provide himself/herself with adequate food, water, clothing, shelter, personal hygiene, medication (when indicated), and safety precaution.
2. **Physical Abuse** – The use of physical force that may result in bodily injury, physical pain, or impairment; or any physical injury to an adult caused by other than accidental means.
3. **Neglect by Others** – Failure to provide the basic care, or services necessary to maintain the health and safety of an adult: this failure can be active or passive.
4. **Sexual Abuse** – Sexual contact with a non-consenting adult or with an adult considered incapable of consenting to a sexual act.
5. **Financial Abuse** – The illegal or unethical exploitation and/or use of an elder's funds, property, or other assets.
6. **Mental Abuse** – Verbal or emotional abuse includes threatening significant physical harm or threatening or causing significant emotional harm to an adult through the use of: Derogatory or inappropriate names, insults, verbal assaults, profanity, or ridicule; or harassment, coercion, threats, intimidation, humiliation, mental cruelty, or inappropriate sexual comments.
7. **Abandonment** – the desertion or willful forsaking by anyone having responsibility for care.
8. **Isolation** – Preventing the individual from receiving mail, telephone calls, or visitors.



On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.”

Over 100 years later, in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.



Maryland Access Point (MAP)

We recognize that our health and access to long term home and community-based services are impacted by the areas and conditions in which we live. MAP aims to engage individuals to define and express their needs and preferences and identify service options that will work for them.

MAP is a one-stop source of information and assistance for family members, caregivers, disabled adults, and seniors, which helps them navigate through the maze of long-term care services and links them with local and state programs. The goal is to help the individual safely remain in the community and plan for future needs.

Please reach out to the MAP program staff in your country of residence for information and assistance.

For Caroline County: Mary Moran (410) 479-2535 Ext. 8009

For Kent County: Lee Clough (410) 778-2564

For Talbot County: Maela Rider (410) 822-2869

Upper Shore Aging Inc.

A Non-Profit agency serving older adults in Caroline, Kent, and Talbot counties with programs and services to help them remain in and live well in their community.

Upper Shore Aging Inc., is supported by the United Way of Kent County. Contributions to Upper Shore Aging help us to assist seniors in need. Your gift is tax deductible. To donate, please call

410-778-6000 or visit our website at

<https://www.uppershoreaging.org>

