

# UPPER SHORE CLARION

**AUGUST 2025**

**VOLUME 25, ISSUE 8**

August is “What Will Be Your Legacy Month,” a time for people to “reflect on their past and present actions and vow to make positive changes that will affect generations.” As we age, we begin to assess our lives in terms of how far we have come and how we have contributed to our society. We also begin to think about how we wish to be remembered and the impact we would like to have after we have been long gone.

## **Here are some ideas**

\*Create a family history and tree to research your family genealogy and share with your younger family members who can carry on that tradition with that valuable information.

\*Write a letter to your loved ones detailing everything about your life including where to find important documents.

\*Donate to a charity, create a scholarship or foundation in your name or in the name of a loved one or something that is dear to your heart that can continue way after you are gone.



## **MISSION STATEMENT**

Upper Shore Aging provides programs that enable seniors in Caroline, Kent, and Talbot counties to live healthy, rewarding, independent lives in their own homes.

## **Meet our Leaders**

**Executive Director** –Herb Cain

**Fiscal Director**– Judi Bianco

**Director of Senior Centers and Nutrition** - Jennifer Neal

**Director of Community Services**– Jennifer Cox

## **Upper Shore Aging Board of Directors**

### **Caroline County**

Frank Bartz (County Commissioner)

Cheryl Beulah

Amy Kreiner

Chris Soldano

### **Kent County**

Kay Brodie (President)

Mary Celeste Alexander (Treasurer)

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

**August 2025**

**Amy Lynn Ferris Adult Activity Center**

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

<p><i>Happy Birthday!</i> Donna Olsen 8/3 Barbara Stigile 8/5 Kate Moerschel 8/6 Nancy Walls 8/24 Faye Robinson 8/25 Dot Mench 8/31</p> 	<p><b>We're Open!</b></p> <p>Open Monday-Friday 8am-3pm All activities will be held in the DINING ROOM unless noted otherwise.</p>		<p>Sit Fit 9am Cardio 9:45am Lunch 12pm Crafting 1pm</p> 	<p>Trip to Easton Farmer's Market 9am Lunch 12pm</p> 																									
<p>S.A.I.L. 9am Billiards 9am Stretch Fit 10:15am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm Crafting 1pm</p> 	<p>S.A.I.L. 9am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Watercolors 12:30pm Bridge 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Lunch 12pm Crafting 1pm</p> 	<p>Family Day Picnic with Special Bingo and Crafts 10am RSVP by August 5</p> <p><b>BINGO</b></p> <table border="1"> <tr><td>15</td><td>22</td><td>35</td><td>52</td><td>73</td></tr> <tr><td>3</td><td>17</td><td>41</td><td>60</td><td>68</td></tr> <tr><td>7</td><td>1</td><td>14</td><td>4</td><td>5</td></tr> <tr><td>9</td><td>17</td><td>30</td><td>47</td><td>67</td></tr> <tr><td>1</td><td>21</td><td>30</td><td>50</td><td>71</td></tr> </table>	15	22	35	52	73	3	17	41	60	68	7	1	14	4	5	9	17	30	47	67	1	21	30	50	71
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<p>S.A.I.L. 9am Billiards 9am Stretch Fit 10:15am Lunch 12pm 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 On The Move 1pm <i>Pre-registration required</i></p> 	<p>S.A.I.L. 9am Lunch Trip 10:30am Watercolors 12:30pm Bridge 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p>On the Move 9am <i>Pre-registration required</i> Bingo Bash 10am Lunch 12pm</p> 																									
<p>S.A.I.L. 9am Billiards 9am Stretch Fit 10:15am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm Crafting 1pm On The Move 1pm <i>Pre-registration required</i></p> 	<p>S.A.I.L. 9am Movie 10:30am Lunch 12pm Birthday Cake 12:30pm Watercolors 12:30pm Bridge 1pm</p> 	<p><b>National Senior Citizens Day</b> Sit Fit 9am Cardio 9:45am National Senior Citizens Day and Hawaiian Luau 10am RSVP by August 14 Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p>	<p>On the Move 9am <i>Pre-registration required</i> Bingo Bash 10am Lunch 12pm</p> 																									
<p>S.A.I.L. 9am Billiards 9am Stretch Fit 10:15am Dementia Program 10:30am Lunch 12pm Mahjongg 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Bingo 11am Lunch 12pm Crafting 1pm On The Move 1pm <i>Pre-registration required</i></p> 	<p>S.A.I.L. 9am Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm Bridge 1pm</p> 	<p>Sit Fit 9am Cardio 9:45am Life Without Limits: Diabetes-Free Living 10:30am Lunch 12pm Crafting 1pm</p> 	<p>On the Move 9am <i>Pre-registration required</i> Bingo Bash 10am Lunch 12pm</p> 																									



**August 2025**

**Caroline County Senior Center**

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

<p><b>August Birthdays</b> Jennifer Neal 8/4</p> 		<p><b>We're Open!</b></p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>		<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping / Bank Post Office</b> 10am</p> <p><b>Music Therapy with Melanie</b> 12:15pm</p> <p><b>Beach Sensory Bottle</b> 12:30pm</p> 
<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Let's Take a Stroll</b> 10am</p> <p><b>Shopping Bank Post Office</b> 10am</p> <p><b>Deal or No Deal Game</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>"Life without Limits" a Diabetes-Free Living Presentation with Jillian</b> 10:30am</p> <p><b>Helpful Resources Presentation with Mary Moran</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Dementia and Alzheimer's Presentation: Ten Warning Signs of Alzheimer's</b> 10am</p> <p><b>Let's Play a Song Guessing Game</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Medication Management Presentation and Blood Pressure Screening with Melanie</b> 10am</p> <p><b>Mindful Memory</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping / Bank Post Office</b> 10am</p> <p><b>Dutch Lunch at Amish Market in Easton, Maryland</b> 10:30am-12:30pm</p> 
<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Let's Take a Stroll</b> 10am</p> <p><b>Shopping Bank Post Office</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>"Life without Limits" a Diabetes-Free Living Presentation with Jillian</b> 10:30am</p> <p><b>Beach Theme Suncatchers</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Cooking Presentation with David from Shore Gourmet</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Beach Trivia</b> 10am</p> <p><b>Mindful Memory</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping / Bank Post Office</b> 10am</p> <p><b>Music Therapy with Melanie</b> 12:15pm</p> <p><b>Beach Theme Canvas Painting</b> 12:30pm</p> 
<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Let's Take a Stroll</b> 10am</p> <p><b>Shopping Bank Post Office</b> 10am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>"Life without Limits" a Diabetes-Free Living Presentation with Jillian</b> 10:30am</p> <p><b>Price is Right Game</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Beach Hangman</b> 10:30am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>National Senior Citizens Day</b></p> <p><b>Coffee Bar</b> 9am-11am</p> <p><b>Elder Abuse Presentation with Deborah Nicholson, Ombudsman and Crystal Terhune, Educator</b> 10am</p> <p><b>Banana Splits</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping / Bank Post Office</b> 10am</p> <p><b>Music Therapy with Melanie</b> 12:15pm</p> <p><b>Beach Theme Bingo</b> 12:30pm</p> 
<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping/Bank Post Office</b> 10am</p> <p><b>Let's Take a Stroll</b> 10:30am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>"Life without Limits" a Diabetes-Free Living Presentation with Jillian</b> 10:30am</p> <p><b>Then and Now Memory Game</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Let's Take a Stroll</b> 10:30am</p> <p><b>S.A.I.L. Exercise with Jannelle</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Are You Smarter than a Fifth Grader?</b> 10:30am</p> <p><b>Mindful Memory</b> 12:30pm</p> 	<p><b>Coffee Bar</b> 9am-11am</p> <p><b>Shopping / Bank Post Office</b> 10am</p> <p><b>Music Therapy with Melanie</b> 12:15pm</p> <p><b>Let's Make a Deal</b> 12:30pm</p> 

# Bay Hundred Senior Center August 2025



Monday	Tuesday	Wednesday
<b>4</b> 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	<b>5</b> 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-3 One-on-One Tech Help*	<b>6</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>11</b> 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	<b>12</b> 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-3 One-on-One Tech Help*	<b>13</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>18</b> 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	<b>19</b> 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-3 One-on-One Tech Help*	<b>20</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
<b>25</b> 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn - Medication Tips 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	<b>26</b> 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games 1-3 One-on-One Tech Help*	<b>27</b> 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

Calming Mindfulness will be via Zoom beginning August 11. Come early to set up mats.

**One-on-One Tech Help returns! Call for a reservation or first-come first-served.**

\*Watercolor Class - please sign up with office. Schedule is tentative.



300 Seymour Avenue, St. Michaels | 410-745-4017 or 410-745-5968





*A place to connect. A place to thrive.*



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VISIT US ON OUR WEBSITE: <a href="http://www.brooklettsplace.org">www.brooklettsplace.org</a></p> <p>VISIT US ON FACEBOOK AT <b>BROOKLETTS PLACE – TALBOT SENIOR CENTER</b></p> <p>OR CALL 410-822-2869</p>				<p><b>1</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 <b>Tai Chi w/Nathan</b> 11:30 Toastmaster's 12:00 Lunch</p>
<p><b>4</b></p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch 12:00 Mahjong 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>5</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <b>BINGO</b> 12:00 Lunch 12:30 Yarn &amp; Needle Group</p>	<p><b>6</b></p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p><b>7</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 Lunch</p>	<p><b>8</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 9:30 <b>Life Without Limits</b> 10:00 Mahjong 11:00 <b>Tai Chi w/Nathan</b> 11:30 <b>Dutch Lunch Out "GENESIS"</b> 12:00 Lunch</p>
<p><b>11</b></p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 11:30 <b>Blood Pressure Screening w/Melanie</b> 12:00 <b>LUNCH &amp; LEARN W/MELANIE</b> 12:00 Mahjong 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>12</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn &amp; Needle Group</p>	<p><b>13</b></p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p><b>14</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 <b>LUNCH W/GENE EDWARDS REVIEW</b></p>	<p><b>15</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <b>Life Without Limits</b> 11:00 <b>Tai Chi w/Nathan</b> 11:30 Toastmaster's 12:00 Lunch</p>
<p><b>18</b></p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 Mahjong 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>19</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 <b>Lunch w/DJ Chuckie</b> 12:30 Yarn &amp; Needle Group</p>	<p><b>20</b></p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p><b>21</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 10:00 <b>Elder Law Clinic</b> 11:00 <b>Cooking w/David</b> 12:00 Lunch</p>	<p><b>22</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <b>Life Without Limits</b> 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch</p>
<p><b>25</b></p> <p>9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 Mahjong 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>26</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 <b>Positive Music w/DJ Randy P</b> 12:00 Lunch 12:30 Yarn &amp; Needle Group</p>	<p><b>27</b></p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p><b>28</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 <b>LUNCH w/ALZ</b></p>	<p><b>29</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 <b>Life Without Limits</b> 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch</p>

**August 2025**

**Federalsburg Senior Center**

118 North Main Street, #2  
 Federalsburg, MD 21632  
**410-754-9754**

<p><b>August Birthdays</b>                  Daisy Bolden 8/2                  Bernet Jones 8/4                  Glaniece Camper 8/7</p> 		<p><b>We're Open!</b>                  Federalsburg                  Senior Center is Open                  Tuesday and Thursday</p>		<p>1</p> 
<p>4</p> 	<p>5</p> <p><b>Health Education with Michelle Hammond</b> 10am                  Bingo 11am                  Lunch 12pm                  Torn Paper Craft 1pm                  Nails by Erika 1:30pm</p> 		<p>7</p> <p><b>S.A.I.L. Exercise Class</b> 10:30am                  Lunch 12pm                  Chair Volleyball 1pm</p> 	<p>8</p> 
	<p><b>Vinyl Record Day!</b> 12</p> <p><b>"Can't Scam Me" Presentation by Crystal Turhune</b> 10am                  Bingo 11am                  Lunch 12pm                  Cards 1pm</p> 	<p>13</p> 	<p>14</p> <p><b>S.A.I.L. Exercise Class</b> 10:30am                  August Birthday Potluck 12pm                  Cornhole 1pm</p> 	<p>15</p> 
<p>18</p> 	<p>19</p> <p>Bingo 11am                  Lunch 12pm                  Federalsburg "Guess Who" Game 1pm</p> 		<p>21</p> <p><b>S.A.I.L. Exercise Class</b> 10am                  Medication Management with Melanie Chapple 11am                  Lunch 12pm                  Cards 1pm</p> 	<p>22</p> 
<p>25</p> 	<p>26</p> <p>Bingo 11am                  Lunch 12pm                  Caroline County Library Craft 1pm                  Caroline County Public Library                  What Knowledge Comes?</p> 	<p>27</p> 	<p>28</p> <p><b>S.A.I.L. Exercise Class</b> 10:30am                  Lunch 12pm                  Team Jenga 1pm</p> 	<p>29</p> 





AUGUST 21, 2025

## Super Seniors Trivia Quiz!

1. Wrote successful plays until he was 94.
2. Won an Academy Award at 89.
3. Began the study of Greek at 92.
4. Learned to ride a bicycle at 67.
5. Painted his famous "Water Lily" series from age 76-85.
6. Climbed Mt. Fuji on his 100th birthday.
7. Authored a best-seller at over age 100.
8. Continued to improve the telephone until 84.
9. Founded the Gray Panthers activist group after being forced into retirement at 65.
10. Began a successful painting career at 78.

Sadie and Bessie Delany  
Thomas Edison  
Oliver Wendell Holmes  
Tesichi Igarishi  
Maggie Kuhn  
Claude Monet  
Grandma Moses  
George Bernard Shaw  
Jessica Tandy  
Leo Tolstoy



# Caprese Salad On A Stick Recipe

## Ingredients Per Stick

$\frac{3}{4}$  ounce fresh mozzarella cheese (approximately 3 round cheese balls)  
3 basil leaves  
3 cherry tomatoes  
1 teaspoon extra-virgin olive oil  
 $\frac{1}{8}$  teaspoon sea salt (optional)  
Bamboo skewer



## Directions

*Before you begin: Wash your hands.*

1. In order, assemble cheese, basil and tomato onto the skewer until all ingredients are stacked beautifully.

Drizzle olive oil over assembled skewer, and add a pinch of sea salt if desired.

## Nutrition Information

Serving size: 1 skewer

Calories: 110; Total fat: 9g; Saturated fat: 3.5g; Trans fat: 0g;

**Contributors:** Elizabeth Weiss, MS, RD

**RevieContributors:** Stacey Antine, MS, RD, and HealthBarn USA

**Reviewers:** Academy Staff RDNs

## Tips to stay safe in hot weather

Things you can do to lower your risk of heat-related illness:

- Drink plenty of liquids, such as water, fruit or vegetable juices, or drinks that contain electrolytes. Avoid alcohol and caffeinated beverages. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home without air conditioning or fans, try to keep your space as cool as possible. Limit use of the oven; keep shades, blinds, or curtains closed during the hottest part of the day; and open windows at night.
- If your living space is hot, try to spend time during midday in a place that has air conditioning. For example, go to the shopping mall, movies, library, senior center, or a friend's home. You may also contact your local health department or city to find out if they have air-conditioned shelters in your area.

If you need help getting to a cooler place, ask a friend or relative. Some religious groups, senior centers, and Area Agencies on Aging provide this service. Search the Eldercare Locator to find services in your area. You could also consider taking a taxi or other car service or calling your local government to see if they offer senior transportation. Don't stand outside in the heat waiting for a bus.

- Dress for the weather. Wear lightweight, light-colored, loose-fitting clothing. Natural fabrics such as cotton may feel cooler than synthetic fibers.
- Avoid outdoor exercising and other physical activity when it is very hot. Instead, try to find someplace you can be active while staying cool indoors.
- If you must go outside, try to limit your time out and avoid crowded places. Plan trips during non-rush-hour times.
- Make sure to use a broad spectrum sunscreen, SPF 15 or higher, and reapply it throughout the day, especially if your skin will have continuous exposure to the sun. Wear a hat and other protective clothing, and sunglasses. If you do get sunburned, stay out of the sun until your skin is healed and use cool cloths and moisturizers to treat the affected area.

Ask your doctor if any of your medications make you more likely to become overheated or sunburned.





### 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>



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Chester town, MD 21620

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