

UPPER SHORE CLARION

JULY 2025

VOLUME 25, ISSUE 7

Hello to the “Dog Days” of summer and Happy Independence Day. Of course everyone knows why we celebrate the 4th of July, but just a recap. It marks the day the Declaration of Independence was adopted (July 4, 1776) and the United States officially became its own nation. American citizens celebrate America’s birthday with festivals, parades, fireworks, barbecues and other festive activities. So everyone get out there and celebrate America’s Birthday with pride.



July is Social Wellness Month, and now that vaccinations are reducing our need to isolate ourselves, it is the perfect opportunity to learn how to improve social wellness for seniors and make certain they have abundant opportunities for engagement. Living through over a year of a worldwide pandemic taught us to never take for granted the small but incredibly important things in life: shared laughter, hugging our loved ones, a dinner date in our favorite café. We discovered firsthand how much socialization is to be valued, and just how empty and lost we can feel when it’s eliminated. Take some time with friends or family and do something fun. We have one life to live, so let’s make the best of it!



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)

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

July 2025

Amy Lynn Ferris Adult Activity Center

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

<p>Happy Birthday! ★</p> <p>Carol Niemand 7/2 Linda Cooke 7/8 Jean Foreman 7/9 Brenda Foehrkolb 7/11 Alice Jones 7/27 Ellen Chamberlin 7/30</p> 	<p>Sit Fit 9am 1</p> <p>Cardio 9:45am</p> <p>Presentation by HomePorts 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> 	<p>S.A.I.L. 9am 2</p> <p>Stretch Fit 10:15am</p> <p>Cooking with David 10:45am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Sit Fit 9am ★ 3</p> <p>Walk Fit 9:45am</p> <p>Needlecrafts 10am</p> <p>Life Without Limits: Diabetes-Free Living 10:30am</p> <p>Lunch 12pm</p> <p>Crafting 1pm</p> 	<p>Independence Day 4 Holiday Center Closed ★</p> 
<p>S.A.I.L. 9am 7</p> <p>Billiards 9am</p> <p>Walk Fit 10:15am</p> <p>★ Lunch 12pm</p> <p>Mahjongg 1pm</p> 	<p>Sit Fit 9am 8</p> <p>Cardio 9:45am</p> <p>Blood Pressure Screening with Shore Community Outreach Team 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Crafting 12:30pm</p> <p>On The Move 1pm Pre-registration required</p> 	<p>S.A.I.L. 9am ★ 9</p> <p>Cookout and Patriotic Parade 11am</p> <p>RSVP by July 2</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Sit Fit 9am 10</p> <p>★ Walk Fit 9:45am</p> <p>Needlecrafts 10am</p> <p>Life Without Limits: Diabetes-Free Living 10:30am</p> <p>Lunch 12pm</p> <p>Crafting 1pm</p> 	<p>Stretch Fit 9am ★ 11</p> <p>Cardio 9:45am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On The Move 1pm Pre-registration required</p> 
<p>★ S.A.I.L. 9am 14</p> <p>Billiards 9am</p> <p>Walk Fit 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 1pm</p> 	<p>Sit Fit 9am 15</p> <p>Cardio 9:45am</p> <p>Medication Management with Melanie 10:30am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Crafting 12:30pm</p> <p>On The Move 1pm Pre-registration required</p> 	<p>S.A.I.L. 9am 16</p> <p>Stretch Fit 10:15am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p>  	<p>Sit Fit 9am 17</p> <p>Walk Fit 9:45am</p> <p>Needlecrafts 10am</p> <p>Life Without Limits: Diabetes-Free Living 10:30am</p> <p>Lunch 12pm</p> <p>Crafting 1pm</p> 	<p>★ Stretch Fit 9am 18</p> <p>Cardio 9:45am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On The Move 1pm Pre-registration required</p> 
<p>S.A.I.L. 9am ★ 21</p> <p>Billiards 9am</p> <p>Walk Fit 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 1pm</p> 	<p>Sit Fit 9am 22</p> <p>Cardio 9:45am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Crafting 12:30pm</p> <p>On The Move 1pm Pre-registration required</p> 	<p>S.A.I.L. 9am 23</p> <p>Stretch Fit 10:15am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p>  	<p>Needlecrafts 10am 24</p> <p>Life Without Limits: Diabetes-Free Living 10:30am</p> <p>Lunch 12pm</p> <p>Games and Birthday Cake 12:30pm</p> <p>Crafting 1pm</p> 	<p>Bingo Bash 9:30am-11:30am ★ 25</p> <p>BINGO</p>  <p>Lunch 12pm</p> <p>On The Move 1pm Pre-registration required</p>
<p>S.A.I.L. 9am 28</p> <p>Billiards 9am</p> <p>Walk Fit 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 1pm</p> 	<p>Sit Fit 9am 29</p> <p>Cardio 9:45am</p> <p>★ Lunch 12pm</p> <p>Crafting 12:30pm</p> <p>On The Move 1pm Pre-registration required</p> 	<p>S.A.I.L. 9am 30</p> <p>Stretch Fit 10:15am</p> <p>Lunch 12pm ★</p> <p>Sim Sym 1pm, RSVP, Limit 20 People</p> <p>Watercolors 12:30pm</p> 	<p>★ Sit Fit 9am 31</p> <p>Walk Fit 9:45am</p> <p>Needlecrafts 10am</p> <p>Life Without Limits: Diabetes-Free Living 10:30am</p> <p>Lunch 12pm</p> <p>Crafting 1pm</p> 	<p>We're Open!</p> <p>Open Monday-Friday 8am-3pm</p> <p>All activities will be held in the DINING ROOM unless noted otherwise.</p>

July 2025

Caroline County Senior Center

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

<p>National Hot Dog Month</p> <p>July Birthdays Geraldine Warner 7/9 Adeline Johnson 7/15 Bessie Faulker 7/26</p> 	<p>Hot Coffee Bar 1 8am-11am</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Fourth of July Tissue Bowl 12:30pm</p> 	<p>Hot Coffee Bar 2 8am-11am</p> <p>Cards with Friends 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 3 8am-11am</p> <p>Medication Management Presentation and Blood Pressure Screening with Melanie 10am</p> <p>July 4th Potluck Lunch 11:30am</p> <p>July 4th Bingo 12:30pm</p> 	<p>Independence Day 4 Holiday Center Closed</p> 
<p>Coffee Bar 7 8am-11am</p> <p>July Hangman 10am</p> <p>Shopping Bank Post Office 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 8 8am-11am</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>July Nails with Erika 10am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>National Fashion Day 9</p> <p>Hot Coffee Bar 8am-11am</p> <p>Caroline County Senior Center Fashion Show 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 10 8am-11am</p> <p>Bird Seed Ornament Crafft 10am</p> <p>Mindful Memory 12:30pm</p> 	<p>Hot Coffee Bar 11 8am-11am</p> <p>Music with Melanie 10am</p> <p>Shopping / Bank Post Office 10am</p> <p>Let's Take a Stroll 12:30pm</p> 
<p>Hot Coffee Bar 14 8am-11am</p> <p>July Trivia 10am</p> <p>Shopping / Bank Post Office 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 15 8am-11am</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> 	<p>National Hot Dog Day 16</p> <p>Hot Coffee Bar 8am-11am</p> <p>Healthy Coaching Presentation with Michelle 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 17 8am-11am</p> <p>Caroline County Senior Center Fair 10am</p> <p>Mindful Memory 12:30pm</p> 	<p>Hot Coffee Bar 18 8am-11am</p> <p>Music with Melanie 10am</p> <p>Shopping Bank Post Office 10am</p> <p>Let's Take a Stroll 12:30pm</p> 
<p>Hot Coffee Bar 21 8am-11am</p> <p>Wii Bowling 10am</p> <p>Shopping Bank Post Office 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 22 8am-11am</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Hot Coffee Bar 23 8am-11am</p> <p>Summertime Mini Cutting Board Crafft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 24 8am-11am</p> <p>Stroke Education Presentation with Emily Hawkins 10am</p> <p>Mindful Memory 12:30pm</p> 	<p>National Cheese Day 25</p> <p>Hot Coffee Bar 8am-11am</p> <p>Music with Melanie 10am</p> <p>Shopping / Bank Post Office 10am</p> <p>Let's Take a Stroll 12:30pm</p> 
<p>Hot Coffee Bar 28 8am-11am</p> <p>Price is Right Game 10am</p> <p>Shopping/Bank Post Office 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 29 8am-11am</p> <p>"Life without Limits" a Diabetes-Free Living Presentation with Jillian 10am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>International Friendship Day 30</p> <p>Hot Coffee Bar 8am-11am</p> <p>Summer Mirror Crafft 10am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Hot Coffee Bar 31 8am-11am</p> <p>Minute-to-Win It Games 10am</p> <p>Mindful Memory 12:30pm</p> 	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>

Bay Hundred Senior Center July 2025



Monday	Tuesday	Wednesday
2 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	1 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	2 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
7 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	8 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	9 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
14 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	15 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	16 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
21 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club 1-3 Mahjongg/Games 2-3 SAIL Strength & Balance	22 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	23 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance
28 10:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn Med Tips 1-3 Mahjongg/ Games 2-3 SAIL Strength & Balance	29 10-12 Watercolor Class* 11-11:45 Water Aerobics 12:30-2:45 Crokinole/Games	30 9-3 Pinochle 9:15 Chair Yoga 2-3 SAIL Strength & Balance

COMING SOON! Computer and phone help returns on Tuesdays starting August 12.

Tai Chi will restart in September.

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



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: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869</p> 	<p>1 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p>	<p>2 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>3 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 11:30 Dutch Lunch Out "LEDO'S" 12:00 Lunch</p>	<p>4 </p>
<p>7 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>8 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 BINGO 12:00 Lunch 12:30 Yarn & Needle Group</p>	<p>9 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>10 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW</p>	<p>11 9:00 Coffee Hour 9:30 Line Dancing 10:30 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 12:00 Lunch</p>
<p>14 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN W/MELANIE 12:00 Mahjong 2:00 Guitar & Ukulele Lessons</p>	<p>15 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group</p>	<p>16 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>17 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:30 Field Trip Sue's House 10:30 ShoGo Mobile 12:00 Lunch</p>	<p>18 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>
<p>21 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>22 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p>	<p>23 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>24 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 10:00 Elder Law Clinic 12:00 LUNCH w/GIL The Magnificent!</p>	<p>25 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:30 Life Without Limits 11:00 Tai Chi w/Nathan 12:00 Lunch</p>
<p>28 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>29 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group</p>	<p>30 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>31 7:00 WIND CREEK CASINO 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch</p>	

July 2025

Federalsburg Senior Center

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

	<p>Health Education 1 with Tyrell James 10am Bingo 11am Lunch 12pm Craft 1pm</p> 	<p>2</p> 	<p>S.A.I.L. Exercise 3 Class 10:30am Lunch 12pm</p> 	<p>Independence Day 4 Holiday</p> 
<p>July Birthdays 7 Kathy Dinn Sarah Hopkins Keith Jones</p> 	<p>"Can't Scam Me" 8 Presentation by Crystal Terhune 11am Bingo 11am Lunch 12pm Flower Pot Craft 1pm</p> 	<p>9</p> 	<p>S.A.I.L. Exercise 10 Class 10:30am July Birthday Potluck 12pm</p> 	<p>11</p> 
<p>14</p> 	<p>Federalsburg's 15 Finest Talent Show Bingo 11am Lunch 12pm Craft 1pm</p> 	<p>16</p> 	<p>S.A.I.L. Exercise 17 Class 10:30am Lunch 12pm</p> 	<p>18</p> 
	<p>Bingo 11am 22 Lunch 12pm Craft presented by Caroline County Library 1pm</p> 		<p>S.A.I.L. Exercise 24 Class 10:30am Lunch 12pm Trip to Easton Bowl 1pm</p> 	<p>25</p> 
<p>28</p> 	<p>"10 Warning Signs 29 of Alzheimer's" presented by Alzheimer's Association 10am Bingo 11am Lunch 12pm Library Craft 1pm</p> 	<p>30</p> 	<p>S.A.I.L. Exercise 31 Class 10:30am Lunch 12pm</p> 	<p>We're Open! Federalsburg Senior Center is Open Tuesday and Thursday</p>



Fourth of July

WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLR

ERACMA

NITEUD STTSEA

JUYL

SASTTE

RTILEVOONU

PTTOIARCI

RASTS

Apple-Blueberry Crumble Recipe

Ingredients

3 large Red or Golden Delicious apples (about 2 pounds), unpeeled and cut into ½-inch pieces (about 4 cups)

2 tablespoons brown sugar

2 tablespoons whole-wheat flour

1 teaspoon vanilla extract

½ teaspoon ground cinnamon

1 cup fresh or frozen blueberries

Topping

½ cup walnuts, very finely chopped

½ cup old-fashioned or quick-cooking oats

2 tablespoons brown sugar

2 tablespoons whole-wheat flour

2 tablespoons ground flaxseed or wheat germ

½ teaspoon ground cinnamon

⅛ teaspoon salt

2 tablespoons canola oil



Contributors: Elizabeth Weiss, MS, RD

Reviewers: Academy Staff RDNs

Published: January 24, 2018

Reviewed: April 23, 2025

Nutrition Information

Serving size: 1 scoop

Serves 6

Calories: 260; Total Fat: 13g; Saturated Fat: 1g; Cholesterol: 55mg; Sodium:

Directions

Before you begin: Wash your hands.

1. Preheat the oven to 400°F (204°C). Place the apples, brown sugar, flour, vanilla and cinnamon in a large bowl and toss to coat. Gently stir in the blueberries.
2. Place the apple mixture in an 8-by-8-inch baking pan or dish and set aside.
3. To make the topping, place the walnuts, oats, brown sugar, flour, flaxseed, cinnamon and salt in a medium bowl and stir to combine. Add the oil and stir until the oat mixture is well coated. Spread the topping evenly over the fruit mixture.

Bake 40 to 45 minutes, or until the fruit is tender and the topping is golden brown (cover with foil about halfway through if the topping browns too quickly). **Tip:** Top each serving with low-fat vanilla frozen yogurt or a dollop of whipped cream.

Advantages of Social Wellness

Studies have uncovered that those who stay social:

- Live longer
- Respond far better to stress
- Have healthier endocrine and cardiovascular systems

Simple Tips to Improve Social Wellness in Seniors

If an older adult you love has become accustomed to solitary living and is unsure how to enhance socialization, the following tips can help:

- Think of current hobbies, or those your senior loved one may wish to discover more about. Perhaps there's always been a dream to learn to play the piano, speak a new language, or plant a vegetable garden. No matter what the interest, look into local opportunities for a class or group for the older adult to join to learn a new skill or share an existing one with others.

Gain the dual benefit of physical fitness through joining a gym or exercise group. There are a variety of **exercise classes** specifically aimed at older adults, allowing for a low-impact workout in addition to the chance to form friendships. Just speak with the doctor for approval first.

ACTIVITIES IN SEASON FOR ELDERS

Make fun patriotic desserts and patriotic ribbon wands

Make ice cream sundaes with homemade strawberry sauce

Plan a picnic with your grandchildren

Visit a botanical garden, park garden or neighbors garden

Go to a Farmer's Market

Stay up to look at the stars

Do some porch sitting with some lemonade

Reminisce about childhood summer activities

Plan a family reunion

Make a suncatcher





In an effort to go green, we
are starting an email
newsletter.

If you would like to be added
to the list, please send us an
email at
usainc@uppershoreaging.org

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](https://www.uppershoreaging.org)



100 Schaubert Rd
Chester town, MD 21620

NON-PROFIT
ORGANIZATION
US POSTAGE PAID
CHESTER TOWN, MD
PERMIT # 158

