

UPPER SHORE CLARION

OCTOBER 2025

VOLUME 25, ISSUE 10

Fall is definitely in full swing, and it's a special month. Residents' Rights Month is celebrated in October to honor those living in long-term care facilities, including nursing homes, assisted living, board and care, and retirement communities. It provides an opportunity for family members, ombudsmen, citizen advocates, facility staff, and others to focus awareness on the dignity, respect, and value of each individual resident. It also serves as a reminder to those living in a long-term care facility to learn about and exercise their rights.

People who live in nursing homes are protected by the 1987 federal Nursing Home Reform Law. The law requires nursing homes to care for its residents in a manner that promotes and enhances the quality of life of each resident while also ensuring dignity, choice, and self-determination. Some states include residents' rights in state law or regulation for licensed assisted living, and other board and care facilities. Regardless of the type of facility, all people who have made their homes in long-term care facilities maintain their rights as U.S. Citizens. During Residents' Rights Month, we also recognize the states' long-term care ombudsman programs staff and volunteers across the country. These individuals work daily to promote residents' rights, assist residents with complaints, and provide information to those who need to find a long-term care facility.



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.

Executive Leadership

Executive Director –Herb Cain

Fiscal Director– Judi Bianco

Director of Senior Centers and Nutrition - Jennifer Neal

Director of Community Services– Jennifer Cox

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Jackie Adams (Secretary)

Talbot County

Pete Leshar (County Council Member)

Pam Limberry

Jenna Marchi

Kevin Moran (Treasurer)

October 2025

Amy Lynn Ferris Adult Activity Center

200 Schaubert Road
Chestertown, MD 21620
410-778-2864

<p>We're Open!</p> <p>All activities will be held in the DINING ROOM unless noted otherwise.</p>	<p>Happy Birthday! ★</p> <p>Eva Kephart 10/1 Denise Darling 10/1 Marie Brennan 10/3 Susan Lancaster 10/7 Edna Cox 10/8 Gregory Brooks 10/11 J.P. Agrawal 10/12 Sue Coleman 10/12 Peggy States-Edwards 10/19 Hilda Hicks 10/24</p> 	<p>Cooking with David 1 10:30am Lunch 12pm</p> <p>Watercolors 12:30pm</p> 	<p>Sit Fit 9am 2 ★ Cardio 9:45am Needlework 10am Lunch 12pm Open Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p>Trip to Easton Amish Market 3 9am-1:30pm</p> 
<p>S.A.I.L. Exercise 6 First Class, 9am Pre-registration required</p> <p>Billiards 9am</p> <p>Lunch 12pm</p> <p>Mahjogg 1pm</p> 	<p>Sit Fit 9am 7 Cardio 9:45am Bingo 11am Lunch 12pm On The Move 1pm Pre-registration required</p> 	<p>S.A.I.L. Exercise 8 9am (must pre-register) Health Education with Jillian 10:15am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 9 ★ Cardio 9:45am Needlework 10am Safer Seniors with Ann Thacker 10:30am Lunch 12pm Open Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p>Stretch Fit 9am 10 Bingo Bash 9:45am-11:45am Lunch 12pm</p> 
<p>Columbus Day 13 Center Closed</p> 	<p>Sit Fit 9am 14 Cardio 9:45am Blood Pressure Screening with Shore Community Outreach Team 10:30am Enduring Faith 10:30am (TV Room) Bingo 11am Lunch 12pm</p> 	<p>S.A.I.L. Exercise 15 9am (must pre-register) Art Workshop 1pm-2:30pm RSVP by October 10 Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 16 Cardio 9:45am Needlework 10am Lunch 12pm Open Crafting 1pm</p> 	<p>Stretch Fit 9am 17 Bingo Bash 9:45am-11:45am Lunch 12pm</p> 
<p>S.A.I.L. Exercise 20 9am (must pre-register) Billiards 9am Dementia Program 10:30am Lunch 12pm Mahjogg 1pm</p> 	<p>Sit Fit 9am 21 Cardio 9:45am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm</p> 	<p>S.A.I.L. Exercise 22 9am (must pre-register) Birthday Cake 12pm Lunch 12pm Watercolors 12:30pm</p> 	<p>The Great Gatsby Party 23 10am-1pm, RSVP by October 17 Needlework 10am Lunch 12pm Open Crafting 1pm</p> 	<p>Stretch Fit 9am 24 Bingo Bash 9:45am-11:45am Lunch 12pm</p> 
<p>S.A.I.L. Exercise 27 9am (must pre-register) Billiards 9am Drivelly Safely as We Age 10:30am Lunch 12pm Mahjogg 1pm</p> 	<p>Sit Fit 9am 28 ★ Cardio 9:45am Enduring Faith 10:30am (TV Room) Bingo 11am ★ Lunch 12pm On The Move 1pm First Class, Pre-registration required</p>	<p>S.A.I.L. Exercise 29 9am (must pre-register) Movie 10:15am Lunch 12pm Watercolors 12:30pm</p> 	<p>Sit Fit 9am 30 Cardio 9:45am Needlework 10am Lunch 12pm Open Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p>Halloween Bingo and Celebration 31 9:45am-11:45am RSVP by October 23 Lunch 12pm</p> 

October 2025

Caroline County Senior Center

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

<p>Breast Cancer Awareness Month</p> <p>Mental Health Awareness Month</p> <p>Caroline County Senior Center Spirit Week October 27-31</p>	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	<p>Homemade Cookie Day 1</p> <p>Coffee Bar 8am-11am</p> <p>Ten Warning Signs of Alzheimer's 10am</p> <p>Let's Bake Caramel Apple Cookies 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Federalburg Senior Center Trip for Music Bingo with Peggy Friedel 10:30am-1:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Let's Build a Scarecrow 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p>
<p>Coffee Bar 8am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Forgiveness Day 7</p> <p>Coffee Bar 8am-11am</p> <p>Do-it-Yourself Boo Ghost 10:30am</p> <p>What Would You Do for Forgiveness? 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Safer Seniors Presentation with Ann Thacker 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Trip to Waddell Farms 10:30am- 1:30pm with Dutch Lunch at Mom-N-Pop's</p>	<p>Coffee Bar 8am-11am</p> <p>Do-it-Yourself Stress Ball 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p>
<p>Columbus Day 13 Center Closed</p>	<p>Coffee Bar 8am-11am</p> <p>Pumpkin Decorating 10:30am</p> <p>Share Your Favorite Fall Dessert 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Healthy Coaching Presentation with Jillian Luna 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>World Bread Day 16</p> <p>Coffee Bar 8am-11am</p> <p>Let's Make Bread 10:30am</p> <p>Fall Trivia 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Card Games 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p>
<p>Coffee Bar 8am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> <p>October Birthdays Robert Chao 10/3 George Morningstar 10/5 Gloria Bordley 10/31 Linda Kennedy 10/31</p>	<p>World Apple Day 21 Nacho Day</p> <p>Coffee Bar 8am-11am</p> <p>Let's Make Apple Dumplings 10:30am</p> <p>Bingo 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Fall Hangman 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Medication Management Presentation with Melanie 10:30am</p> <p>Blood Pressure Screening with Melanie 11am</p> <p>Pictionary 12:30pm</p>	<p>Coffee Bar 8am-11am</p> <p>Minute-to-Win-It Games 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p>
<p>Favorite Fall Colors Day 27</p> <p>Coffee Bar 8am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Mix-Match Day 28</p> <p>Coffee Bar 8am-11am</p> <p>Thanksgiving Wreath 10:30am</p> <p>Guess Who Game 12:30pm</p>	<p>Crazy Hair Day 29</p> <p>Coffee Bar 8am-11am</p> <p>Bean Bag Toss 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Favorite Sports Team Jersey Day 30</p> <p>Coffee Bar 8am-11am</p> <p>Halloween Trivia 10:30am</p> <p>Memory Tray 12:30pm</p>	<p>Halloween Costume Contest 31</p> <p>Coffee Bar 8am-11am</p> <p>Halloween Bingo 10:30am</p> <p>Halloween Party 12:30pm</p>

CAROLINE COUNTY SENIOR CENTER SPIRIT WEEK OCTOBER 27-31

Bay Hundred Senior Center October 2025



Monday	Tuesday	Wednesday
		1 9-12 Vaccination Clinic 9-3 Pinochle 9:15 Chair Yoga
6 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Mahjongg	7 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi Returns! 1-3 Tech Help*	8 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
13 Closed for Holiday	14 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	15 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
20 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2-3 Book Club: Carnegie's Maid by Marie Benedict 2:15 Mahjongg	21 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	22 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
27 9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn - Medication Management Tips 1-2 SAIL Strength & Balance	28 10-12 Watercolor Class 11-11:45 Water Aerobics 12:30-2:45 Board Games 1-2 Tai Chi 1-3 Tech Help*	29 9-3 Pinochle 9:15 Chair Yoga

New 12-week SAIL session begins on 10/6. Please register for evaluation by 9/24/25.
FLU & COVID VACCINATIONS - Register at Senior Center Kiosk (outside Fitness Area)

***Tech Help - make a reservation or first-come first-served.**

Watercolor class - space is limited, please register with Senior Center Office.



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



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2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869 		1 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	2 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons	3 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 11:30 Dutch Lunch Out "SPAGHETTI HOUSE" 12:00 Lunch
6 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:00 HEALTH ED W/JILLIAN 12:00 LUNCH & LEARN W/ANN-"SAFER SENIORS" 12:00 Mahjong	7 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group	8 8:30 Commission On Aging 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	9 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons	10 8:00 THE ROSE GAMING RESORT CASINO TRIP 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry At Noon
13 CLOSED 	14 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 Crafting w/Tonia 12:00 LUNCH W/TORCUATO ZAMORA & FURIA FLAMENCA 12:30 Yarn & Needle Group 	15 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	16 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 LUNCH w/ALZ Empowering Caregivers 2:00 Guitar & Ukulele Lessons	17 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch
20 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	21 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group	22 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	23 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons	24 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch w/THE JONES BOYS
27 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Mahjong 12:00 Lunch	28 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Bingocize 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group	29 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	30 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 3D FELTING W/LAURA RANKIN 10:00 Bingocize 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons 	31 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch.

October 2025

Feddersburg Senior Center

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

<p>We're Open! Feddersburg Senior Center is Open Tuesday and Thursday</p>		<p>1 </p>	<p>2 S.A.I.L. Exercise Class 10am Music Bingo 11am Lunch 12pm Nutrition Presentation 1pm </p>	<p>3 </p>
<p>6 </p>	<p>7 Bingo 11am Lunch 12pm Cornhole 1pm </p>	<p></p>	<p>9  Pink Day for Breast Cancer Awareness S.A.I.L. Exercise Class 10am Health Education with Jillian Luna 11am October Potluck Lunch 12pm Pink Ribbons of Remembrance Craft 1pm</p>	<p>10 </p>
<p>Columbus Day 13 </p>	<p>14 Senior Safety Presentation by Ann Thacker 10am Bingo 11am Lunch 12pm Card Games 1pm </p>	<p>15 </p>	<p>16 S.A.I.L. Exercise Class 10am Medication Management and Blood Pressure Checks by Melanie Chapple 11am Lunch 12pm Watercolor Craft 1pm </p>	<p>17 </p>
<p>20 </p>	<p>21 Bingo 11am Lunch 12pm Music Trivia 1pm </p>	<p></p>	<p>23 S.A.I.L. Exercise Class 10am Bartenfelder's Farms Bartenfelder's Farms Trip and Dutch Lunch Out 11am Craft Provided by the Caroline County Library </p>	<p>24 </p>
<p>27 </p>	<p>28 Bingo 11am Lunch 12pm Team Jenga 1pm </p>	<p>29 </p>	<p>30 S.A.I.L. Exercise Class 10am Feddersburg's Finest Talent Show - Halloween Edition 11am Lunch 12pm Clay Leaf Craft 1pm </p>	<p>31 October Birthdays Florence Outlaw 10/28 Jerome Taylor 10/29  HAPPY BIRTHDAY</p>



Things to do this Breast Cancer Awareness Month

- If you know someone who is living with breast cancer or has been affected by the disease, check in with them to ask them how they're doing.
- Schedule your annual mammogram. Encourage your friends and family to do the same.
- Learn more about breast cancer and how it affects people's lives from Breastcancer.org's [news](#), [educational content](#), [podcasts](#), and more.
- Join [community discussion forums](#) to ask questions or connect with others. Breastcancer.org also hosts multiple [virtual support groups](#) each week.
- If you'd like to support breast cancer research and programs that support people living with breast cancer, consider donating directly to organizations that do this work.



Help support Upper Shore Aging and it's programs so that we can fulfill our mission and dedication to our senior citizens.

Tax-deductible gifts can be made payable to Upper Shore Aging, INC., 100 Schaubert road, Chestertown, MD 21620. Donations can also be made through PAYPAL on our newly updated website, UPPERSHOREAGING.ORG

Funding comes from private, federal, state and county resources. Upper Shore Aging ensures seniors can remain in their homes and live happy, healthy and productive lives.

Upper Shore Aging, Inc. is a nonprofit 501(c) (3) organization

Cinnamon-Spiced Carrot and Apple Kugel Recipe

Ingredients

Vegetable oil spray
4 cups shredded carrots
2 medium tart apples, cored and chopped
1 (8-ounce) can crushed pineapple in juice
 $\frac{2}{3}$ cup plain whole-wheat bread-crumbs or matzoh meal
 $\frac{1}{2}$ cup dried cherries, cranberries or currants
 $\frac{1}{2}$ cup chopped unsalted pistachios, divided
3 large eggs, separated
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon ground allspice
 $\frac{1}{2}$ teaspoon kosher salt



Nutrition Information

Serves 8

Calories: 190; Calories from fat: 50; Total fat: 6g; Saturated fat: 1g; Trans fat: 0g; Cholesterol: 80mg; Sodium: 220mg; Total carbohydrate: 29g; Dietary fiber: 5g; Sugars: 16g; Protein: 6g

Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F.
2. Coat an 8-by-8-inch oven-proof baking dish with vegetable oil spray. Set aside.
3. Combine the carrots, apples, pineapple, breadcrumbs, dried cherries and $\frac{1}{4}$ cup pistachios in a medium bowl.
4. Beat the egg yolks. Add the vanilla, cinnamon, allspice and salt; blend well. Mix into the carrot-fruit mixture.
5. In a separate bowl, beat the egg whites until stiff. Gently fold the egg whites into the carrot-fruit mixture. Pour into the baking dish. Top with the remaining $\frac{1}{4}$ cup pistachios. Cover with foil.
6. Bake for about 50 minutes, until the mixture is firm. Remove from oven

Contributors: Roberta Duyff, MS, RD, FAND

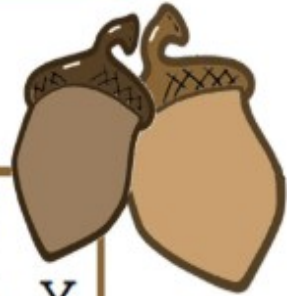
Reviewers: Academy Staff RDNs

Published: March 12, 2018

Autumn



WORD SEARCH



E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
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SCARF
TREE
ACORN
HAY

APPLE
FALL
PUMPKIN
SWEATER

BOOTS
RAKE
PIE
LEAF



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 county 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)



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