

# UPPER SHORE CLARION

JANUARY 2026

VOLUME 26, ISSUE 1

## January is Glaucoma Awareness Month

Glaucoma impacts millions of people in the world, but many are unaware they have the disease because there are usually no early warning symptoms. Over time, you may slowly lose vision, usually starting with your side (peripheral) vision. Because it happens slowly, you may not notice your vision is changing at first. But as glaucoma progresses, you may experience blurry vision or vision loss. The most reliable and recommended way to find out if you have glaucoma is to get a yearly eye exam to check for vision changes and diseases like glaucoma.

## How Glaucoma Affects the Eye

You have millions of nerve fibers that run from your retina to form the optic nerve. These fibers meet at the optic disc. In most types of glaucoma, the eye's drainage system becomes clogged so the intraocular fluid cannot drain. As the fluid builds up, it causes pressure to build inside the eye, which can damage these sensitive nerve fibers and result in vision loss. As the fibers are damaged and lost, the optic disc begins to hollow and develops a cupped shape. Doctors can identify this cupping shape in their examinations.

So remember to make and keep your eye doctors' appointments!

A graphic featuring the text "Happy New Year!" in a bold, black, serif font. The text is set against a background of stylized fireworks in green, blue, and yellow. The entire graphic is framed by a light blue horizontal bar at the bottom.

**Happy  
New Year!**

### **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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Cheryl Beulah

Suze Chaffinch

Rev. Dan Gedman

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John Price (County Commissioner)

Jackie Adams (Secretary)

#### **Talbot County**

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Pam Limberry

Jenna Marchi

Jo Ann Murray

Kevin Moran (Treasurer)

January 2026

# Amy Lynn Ferris Adult Activity Center

200 Schaubert Road  
Chester town, MD 21620  
410-778-2564

<p><b>We're Open!</b></p> <p><i>All activities will be held in the DINING ROOM unless noted otherwise.</i></p>	<p><b>Happy Birthday!</b> Peg Sommers 1/4 Paul McDonald 1/4 Linda Nice 1/5 Jane Nightingale 1/8 Rebecca Goode 1/10 Theresa Woodfield 1/11 Lynn Williams 1/19 Valerie Kennard 1/22 Mary Ann Payne 1/27</p>	<p><b>NEW YEAR</b></p>	<p><b>New Year's Day</b> Center Closed</p>	<p><b>Stay Fit 9am</b> <b>Bingo Bash</b> 9:45am-11:45am <b>Lunch</b> 12pm</p>
<p><b>S.A.I.L. Exercise</b> 5 9am (must pre-register) <b>Billiards</b> 9am ★ <b>Stay Fit</b> 10:15am <b>Lunch</b> 12pm <b>Mahjongg</b> 12:30pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Bingo</b> 11am <b>Lunch</b> 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise</b> 7 9am (must pre-register) <b>Cooking with</b> David 10:30a <b>Lunch</b> 12pm <b>Watercolors</b> 12:30pm <b>Games</b> 1pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Needlework</b> 10am <b>Lunch</b> 12pm <b>Crafting</b> 1pm <b>On The Move</b> 1pm (must pre-register)</p>	<p><b>Stay Fit</b> 9am <b>Bingo Bash</b> 9:45am-11:45am <b>Lunch</b> 12pm</p>
<p><b>S.A.I.L. Exercise</b> 12 9am (must pre-register) <b>Billiards</b> 9am <b>Health Education</b> "Fresh Start: Healthy Habits" 10:15am <b>Lunch</b> 12pm <b>Mahjongg</b> 12:30pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Enduring Faith</b> 10:30am <b>Blood Pressure Screening with SCOT</b> 10:30am <b>Bingo</b> 11am <b>Lunch</b> 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise</b> 14 9am (must pre-register) <b>Lunch</b> 12pm <b>Watercolors</b> 12:30pm <b>Games</b> 1pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Needlework</b> 10am <b>Lunch</b> 12pm <b>Crafting</b> 1pm <b>On The Move</b> 1pm (must pre-register)</p>	<p><b>Stay Fit</b> 9am <b>Bingo Bash</b> 9:45am-11:45am <b>Lunch</b> 12pm</p>
<p><b>Martin Luther King, Jr. Day</b> Center Closed</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Medication Management with Melanie</b> 10:30am <b>Bingo</b> 11am <b>Lunch</b> 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise</b> 21 9am (must pre-register) <b>Lunch</b> 12pm <b>Watercolors</b> 12:30pm <b>Games</b> 1pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Needlework</b> 10am <b>Lunch</b> 12pm <b>Birthday Cake</b> 12pm <b>Crafting</b> 1pm <b>On The Move</b> 1pm (must pre-register)</p>	<p><b>Stay Fit</b> 9am <b>Bingo Bash</b> 9:45am-11:45am <b>Lunch</b> 12pm</p>
<p><b>S.A.I.L. Exercise</b> 26 9am (must pre-register) <b>Billiards</b> 9am <b>Dementia Program</b> 10:30am <b>Lunch</b> 12pm <b>Mahjongg</b> 12:30pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Enduring Faith</b> 10:30am <b>Bingo</b> 11am <b>Lunch</b> 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise</b> 28 9am (must pre-register) <b>Lunch</b> 12pm <b>Watercolors</b> 12:30pm <b>Games</b> 1pm</p>	<p><b>Sit Fit</b> 9am <b>Cardio/Line Dance</b> 9:45am <b>Needlework</b> 10am <b>Lunch</b> 12pm <b>Crafting</b> 1pm <b>On The Move</b> 1pm (must pre-register)</p>	<p><b>Stay Fit</b> 9am <b>Bingo Bash</b> 9:45am-11:45am <b>Lunch</b> 12pm</p>



January 2026

Caroline County Senior Center

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

<p>Cervical Cancer Month Thyroid Month Glaucoma Month</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>Happy New Year</b></p>	<p>New Year's Day Center Closed</p> <p>January Birthdays Mike Miller 1/2 Nina Jackson 1/6</p> <p><b>Happy Birthday</b></p>	<p>1</p> <p>Coffee Bar 8am-11am</p> <p>Wii Bowling 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p>
<p>Coffee Bar 8am-11am</p> <p>Let's Make a Pillow 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Fresh Start: Healthy Habits with Jillian Luna 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Dementia Conversations: Exploring Care and Support Services 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Relaxation Day Movies and Popcorn 10:30am-1:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Winter Charades 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>Card Games with Friends 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Do-It-Yourself Winter Drink Coasters 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Winter Hangman 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>National Bagel Day</p> <p>Coffee Bar 8am-11am</p> <p>Winter Bingo 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Wii Bowling 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Martin Luther King, Jr. Day Center Closed</p>	<p>Coffee Bar 8am-11am</p> <p>Snowman Mason Jar Craft 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Winter Pictionary 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Medication Management with Melanie and Blood Pressure Screening 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Winter Trivia 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>Name That Tune 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Chocolate Cake Day</p> <p>Coffee Bar 8am-11am</p> <p>Snowflake Sun Catchers 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Cards with Friends 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Winter Games 10:30am-1:30pm</p> 	<p>National Hot Chocolate Day</p> <p>Coffee Bar 8am-11am</p> <p>Wii Bowling 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 

**Bay Hundred  
Senior Center  
January 2026**



Monday 5	Tuesday 6	Wednesday 7
9:15-10 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Tech Help	9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
12 9-12 Jewelry Making 10:30-11:30 Strong & Steady 12-1 Lunch & Learn: Fresh Start Health Habits 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	13 9-12 Jewelry Making 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Tech Help	14 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
19 Closed for Martin Luther King Day	20 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Tech Help	21 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
26 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 Book Club 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	27 10-12 Watercolor via Zoom 10 Cooking Class – New! 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Tech Help	28 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance







\*Sign up for Jewelry Making at Center Office or email [ademart@uppershoreaging.org](mailto:ademart@uppershoreaging.org)  
Cooking Class with David Murray – help with quitting cigarettes and other cravings  
\*Wednesday Strong & Steady is for Y members only



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



2026

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 BROOKLETTS PLACE – TALBOT SENIOR CENTER</p> <p>OR CALL 410-822-2869</p> <p> Upper Shore Aging Research • Independence • Wellbeing</p>	<p><b>WHO PROTECTS SNOWMEN?</b></p> <p></p> <p><b>SNOW ANGELS.</b></p> <p><small>©2025 All Star Entertainment</small></p>	<p>What do cars do at the disco?</p> <p></p> <p>Broke dance.</p> <p><small>COFFEE AND JELLY BEANS</small></p>	<p>1 <b>CLOSED</b></p> <p></p>	<p>2</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>
<p>5</p> <p>9:00 Coffee Hour 9:00 <b>HEALTH ED W/ILLIAN</b> 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>6</p> <p>9:00 Coffee Hour 12:00 Lunch 12:30 Yarn &amp; Needle Group</p>	<p>7</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement</b> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>8</p> <p>9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 <b>LUNCH W/GENE EDWARDS REVIEW</b> 2:00 Guitar &amp; Ukulele Lessons</p>	<p>9</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 DLO "CHINA BUFFET" 12:00 Lunch 12:00 Poetry <u>At</u> Noon</p>
<p>12</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 11:30 <b>Blood Pressure Screening w/Melanie</b> 12:00 <b>LUNCH &amp; LEARN W/MELANIE</b> 12:00 Mahjong</p>	<p>13</p> <p>9:00 Coffee Hour 10:00 <b>Crafting with Tonia</b> 12:00 <b>LUNCH W/JAY SUMMEROUR &amp; MARK PURYEAR</b> 12:30 Yarn &amp; Needle Group</p> <p> </p>	<p>14</p> <p>8:30 S.A.I.L. Exercise 8:30 Commission <u>On</u> Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement</b> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>15</p> <p>9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 11:00 <b>Cooking w/David</b> 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p>16</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmasters 12:00 Lunch</p>
<p>19</p> <p><b>CLOSED</b></p> <p></p>	<p>20</p> <p>9:00 Coffee Hour 12:00 <b>Lunch w/DJ Chuckie</b> 12:30 Yarn &amp; Needle Group</p>	<p>21</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement</b> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>22</p> <p>9:00 Coffee Hour 10:00 <b>Elder Law Clinic</b> 10:30 <b>ShoGo Mobile</b> 12:00 <b>LUNCH w/ALZ The 10 Warning Signs of Alzheimer's</b> 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p>23</p> <p>9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>
<p>26</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>27</p> <p>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>28</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement</b> w/Melanie 10:30 Wii Bowling 11:00 Duplicate Bridge 12:00 Lunch</p>	<p>29</p> <p>9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p>30</p> <p>9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>



January 2026

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>New Year's Day Center Closed Happy New Year!</p> <p>1</p>	<p>January Birthdays Cheryl Hochmuth 1/14 Eva Lake 1/17</p> <p>2</p> 
	<p>Snowflakes Craft 10am Bingo 11am Lunch 12pm</p> <p>6</p> 		<p>S.A.I.L. Exercise Class 10am Lunch 12pm Card Games 1pm</p> <p>8</p> 	
	<p>Bird Feeder Craft 10am Bingo 11am Lunch &amp; Learn with Michelle Hammond 12pm</p> <p>13</p> 		<p>S.A.I.L. Exercise Class 10am Alzheimer's Presentation with Susan Higgs 11am Lunch 12pm Board Games 1pm</p> <p>15</p> 	
<p>Martin Luther King, Jr. Day</p> <p>19</p> 	<p>Snow Globe Craft 10am Bingo 11am Lunch 12pm</p> <p>20</p> 		<p>S.A.I.L. Exercise Class 10am Lunch 12pm 70s Trivia 1pm</p> <p>22</p> 	
	<p>Caroline County Library Craft 10am Bingo 11am Lunch 12pm</p> <p>27</p> 		<p>S.A.I.L. Exercise Class 10am Lunch 12pm Charades 1pm</p> <p>29</p> 	



# ANTI-INFLAMMATORY

## FOOD LIST



VEGETABLES	FRUITS (LOW SUGAR, RICH IN ANTIOXIDANTS)	OMEGA-3 RICH FOODS	WHOLE GRAINS & LEGUMES	ANTI-INFLAMMATORY HERBS & FATS
 SPINACH	 BLUEBERRIES	 SALMON	 QUINOA	 TURMERIC
 KALE	 STRAWBERRIES	 SARDINES	 BROWN RICE	 GINGER
 BROCCOLI	 BLACKBERRIES	 MACKEREL	 OATS	 GARLIC
 BRUSSELS SPROUTS	 ORANGES	 ANCHOVIES	 LENTILS	 OLIVE OIL (EXTRA VIRGIN)
 RED CABBAGE	 APPLES	 CHIA SEEDS	 CHICKPEAS	 AVOCADOS
 SWEET POTATOES	 POMEGRANATE	 FLAXSEEDS	 BLACK BEANS	 GREEN TEA
 BEETS	 CHERRIES	 WALNUTS	 BUCKWHEAT	 CINNAMON

*Make a Difference!*

# DONATE

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 Schauber road, Chestertown, MD 21620. Donations can also be made through PAYPAL on our newly updated website, [UPPERSHOREAGING.ORG](http://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](#)



## Mini Bananas Foster Pudding Cups Recipe

### Ingredients

**3 medium bananas, divided**  
**1½ cups (360 milliliters) 2% milk, divided**  
**2 tablespoons pure maple syrup**  
**1 large egg**  
**2 tablespoons cornstarch**  
**1 teaspoon ground cinnamon, divided**  
**⅛ teaspoon sea salt**  
**¼ cup chopped pecans**  
**1 teaspoon unsalted butter**



### Directions

- 1. In a medium bowl, mash 2 bananas with a fork until a thick puree is achieved.**
  - 2. Whisk ½ cup milk, maple syrup and egg into bananas until combined.**
  - 3. Add cornstarch, ¾ teaspoon cinnamon and salt; whisk for approximately 2 minutes.**
  - 4. Place a medium pan on stove over medium heat and add the banana mixture.**
  - 5. Slowly stir in remaining 1 cup milk and continue to stir for 3 to 4 minutes or until the pudding begins to set.**
  - 6. When the back of the spoon is coated with pudding, remove from heat and continue to stir for 30 seconds. Set aside and let cool for 10 minutes.**
  - 7. Slice remaining banana into ½-inch pieces and set aside.**
  - 8. To a medium nonstick skillet, add chopped pecans and toast over medium heat for about 5 minutes, stirring constantly. Remove from heat and place in a small bowl.**
  - 9. Add butter to skillet and turn heat to low. Once butter begins to melt, stir in sliced bananas and cook over medium heat for 5 to 8 minutes, stirring frequently with a spatula.**
  - 10. Once caramelization occurs (bananas will appear brown and shiny), remove from heat and stir in ¼ teaspoon cinnamon.**
- Assemble mini pudding cups by placing ½ cup pudding in the bottom of 4 small containers. Top each with 3 tablespoons bananas and 1 tablespoon pecans.**

### Nutrition Information

Serves: 4

Serving Size: ½ cup pudding, 3 tablespoons bananas and 1 tablespoon pecans (570 grams)

225 calories, 10g total fat, 3g saturated fat, 57mg cholesterol, 149mg sodium, 31g carbohydrate, 3g fiber, 18g sugar, 6g protein, 411mg potassium, 141mg phosphorus

*This recipe originally appeared in Food & Nutrition Magazine®, published by the Academy of Nutrition and Dietetics.*

January is National Bath Safety Month

## Here are **5** Smart Tips

**1**

Install non-slip strips or mats in the bottom of your bathtub and at the entry/exit of the shower

**2**

Keep a portable phone in your bathroom in case of emergencies

**3**

Use shower chairs and bath benches

**4**

Make sure your bathroom floor stays clean and free of spills

**5**

Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well







#### 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: Christina Kinnamon (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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