

UPPER SHORE CLARION

FEBRUARY 2026

VOLUME 26, ISSUE 2

Happy February. One of the coldest months of the year. This month, we celebrate Heart Health.

Your heart is a strong muscle about the size of the palm of your hand. Just like an engine makes a car go, the heart keeps your body running. The heart has two pumps. The stronger pump uses arteries to send blood with oxygen away from the heart, throughout the body. The other pump uses veins to bring blood back to the heart and sends it to the lungs to get more oxygen. An electrical system in the heart controls the heart's pumps (the heart beat or pulse).

Changes to Your Heart With Age

Aging can cause changes in the heart and blood vessels. For example, as you get older, your heart can't beat as fast during physical activity or stress as when you were younger. However, the number of heart beats per minute (heart rate) at rest does not change as you age. Many of the problems older people have with their heart and blood vessels are really caused by disease, not by aging.

The best way to keep your heart doing its job is by keeping your Doctor's appointments, taking all medications prescribed to you accurately, eating heart healthy foods and exercise. Your heart will thank you for it!



Black History Month

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

Upper Shore Aging Board of Directors

Caroline County

Frank Bartz (County Commissioner)
Cheryl Beulah
Vacant
Rev. Dan Gedman
Chris Soldano (Vice-President)

Kent County

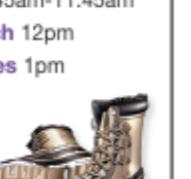
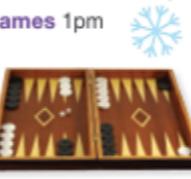
Mary Celeste Alexander
Kay Brodie (President)
Cathy Quesenberry
John Price (County Commissioner)
Jackie Adams (Secretary)

Talbot County

Pete Lesher (County Council Member)
Vacant
Jenna Marchi
Jo Ann Murray
Kevin Moran (Treasurer)

February 2026 Amy Lynn Ferris Adult Activity Center

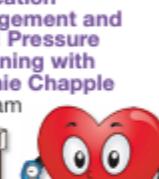
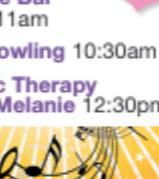
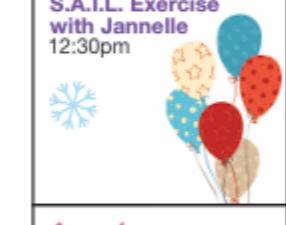
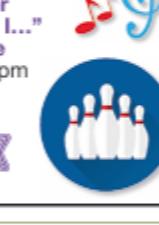
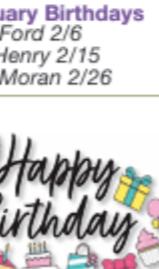
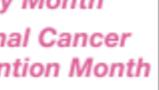
200 Schaefer Road
Chesterfield, MD 21620
410-778-2564

<p>S.A.I.L. Exercise 2 9am (must pre-register) Billiards 9am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 3 Cardio/Line Dancing 9:45am BINGO Lunch 12pm On The Move 1pm (must pre-register) Open Crafting 1pm</p> 	<p>S.A.I.L. Exercise 4 9am (must pre-register) Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am 5 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Valentine Craft 1pm (must pre-register) On The Move 1pm (must pre-register)</p> 	<p>Stay Fit 9am 6 Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 9 9am (must pre-register) Billiards 9am Health Education with Jillian 10:15am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 10 Cardio/Line Dancing 9:45am Blood Pressure Screening with SCOT 10:30am Enduring Faith 10:30am BINGO Lunch 12pm Open Crafting 1pm</p> 	<p>S.A.I.L. Exercise 11 9am (must pre-register) Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am 12 Cardio/Line Dancing 9:45am Fashion Show and Valentine's Celebration 10am RSVP by February 5 Lunch 12pm Crafting 1pm</p> 	<p>Stay Fit 9am 13 Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p>Presidents Day Holiday 16 Center Closed</p> 	<p>Pancake Breakfast 17 9am-10am Medication Management with Melanie 10:30am Bingo 11am Lunch 12pm Open Crafting 1pm</p> 	<p>S.A.I.L. Exercise 18 9am (must pre-register) Museums of Kent County Trivia Game with Snacks & Prizes 10:10am, RSVP by February 13 Lunch & Birthday Cake 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am 19 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Crafting 1pm</p> 	<p>Stay Fit 9am 20 Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p>S.A.I.L. Exercise 23 9am (must pre-register) Billiards 9am Dementia Education 10:30am Lunch 12pm Mahjongg 12:30pm</p> 	<p>Sit Fit 9am 24 Cardio/Line Dancing 9:45am Enduring Faith 10:30am Bingo 11am Lunch 12pm Open Crafting 1pm</p> 	<p>S.A.I.L. Exercise 25 9am (must pre-register) Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p>Sit Fit 9am 26 Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Crafting 1pm</p> 	<p>Stay Fit 9am 27 Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p>We're Open! All activities will be held in the DINING ROOM unless noted otherwise.</p> 	<p>Happy Birthday! Leslie Dagget 2/4 Linda Foster 2/12 Sue Turner 2/14 Michael Shane 2/14 Tammy Newton 2/19 Valerie Kennard 2/22</p> 			

February 2026

Caroline County Senior Center

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

Ground Hog Day 2	Carrot Cake Day 3	Rosa Parks Day 4	Coffee Bar 5	Wear Your Favorite Color Day 6
Coffee Bar 8am-11am Valentine's Wreath 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Heart Health Matters with Jillian 10:30am Indoor Cornhole 12:30pm	Coffee Bar 8am-11am Alzheimer's Education: Supporting Independence with Susan Higgs 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Medication Management and Blood Pressure Screening with Melanie Chappie 10:30am	Coffee Bar 8am-11am Wii Bowling 10:30am Music Therapy with Melanie 12:30pm
				
Chocolate Day 9	Coffee Bar 10	Coffee Bar 11	Coffee Bar 12	Coffee Bar 13
Coffee Bar 8am-11am Valentine's Dictionary Game 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Mindful Memory Games 10:30am-1:30pm	Coffee Bar 8am-11am Valentine's Day Card Craft 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Heart Health Presentation with Emily Chambers 10:30am Wooden Heart Craft 12:30pm	Coffee Bar 8am-11am Valentine's Day Bingo 10:30am Valentine's Day Party with Potluck 12:30pm
				
Presidents Day Holiday 16	Random Act of Kindness Day 17	Coffee Bar 18	Coffee Bar 19	Coffee Bar 20
Center Closed	Coffee Bar 8am-11am Nails with Erika 10:30am Riddle This Game 12:30pm	Coffee Bar 8am-11am Valentine's Sun Catchers 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Black History Game Day 10:30am-12:30pm	Coffee Bar 8am-11am Bingo with a Twist 10:30am Music Therapy with Melanie 12:30pm
				
Coffee Bar 23	Coffee Bar 24	Coffee Bar 25	National Chili Day 26	Coffee Bar 27
8am-11am Balloon Volleyball 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Cards with Friends 10:30am What's in the Bag Game 12:30pm	Coffee Bar 8am-11am Minute-to-Win-It Game 10:30am S.A.I.L. Exercise with Janelle 12:30pm	Coffee Bar 8am-11am Decoupage Wooden Spoon Craft 10:30am "Operation" Game 12:30pm	Coffee Bar 8am-11am Wii Bowling 10:30am "Never Have I..." Game 12:30pm
				
American Heart Month Black History Month National Cancer Prevention Month				
				

Bay Hundred Senior Center

February 2026



Monday	Tuesday	Wednesday
2 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2:15 Experienced Mahjongg	3 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	4 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady*
9 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn: Heart Health 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	10 10-12 Watercolor via Zoom 10 Cooking Class 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	11 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
16 Closed for Presidents Day	17 9-12 Needle Felting 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	18 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance
23 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Medication Management 1-2 Book Club 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	24 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games	25 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady* 2-3 SAIL Strength & Balance

Please sign up for Needle Felting, Cooking Class, and Watercolor at Senior Center Office or email ademart@uppershoreaging.org.

*Wednesday Strong & Steady is for Y members only



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



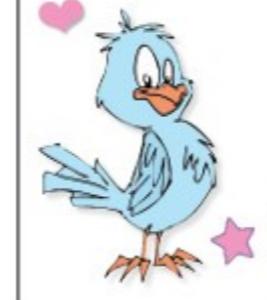
2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 HEALTH ED W/ JILLIAN 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	3 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group	4 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 12:00 Lunch	5 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons	6 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch NATIONAL WEAR RED DAY American Heart Association
9 8:30 S.A.I.L. Exercise 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	10 9:00 Coffee Hour 10:00 Crafting On Aging w/Tonia JENKINS 12:00 LUNCH W/HUBBY JENKINS 12:30 Yarn & Needle Group	11 8:30 S.A.I.L. Exercise 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 12:00 Lunch	12 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 VALENTINE LUNCHEON W/JAZZY ED 2:00 Guitar & Ukulele Lessons	13 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
16 CLOSED 	17 9:00 Coffee Hour 9:00 Click, Swipe, Connect! 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group	18 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 12:00 Lunch	19 9:00 Coffee Hour 10:30 ShoGo Mobile 11:00 Cooking w/David W/GENE EDWARDS REVIEW 2:00 Guitar & Ukulele Lessons	20 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch
23 8:30 S.A.I.L. Exercise 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	24 9:00 Coffee Hour 9:00 Click, Swipe, Connect! 10:00 CABIN FEVER 11:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group	25 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music & Movement w/Melanie 10:30 Wii Bowling 12:00 Lunch	26 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 11:00 ALZ Understanding Alzheimer's and Dementia 12:00 LUNCH w/UNCLE NACE - A BLACK HISTORY MOMENT™ 2:00 Guitar & Ukulele Lessons	27 9:00 Coffee Hour 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch

February 2026

Federalsburg Senior Center

301 North Main Street
Federalsburg, MD 21632
410-754-9754

 <p>We're Open! Federalsburg Senior Center is Open Tuesday and Thursday</p>	<p>3</p> <p>Let's Make a Valentine Craft 10am Bingo 11am Lunch 12pm</p>  <p>4</p> <p>Winter</p>	<p>5</p> <p>S.A.I.L. Exercise Class 10am Lunch 12pm Cards 1pm</p>  <p>6</p>
 <p>9</p> <p>Valentine Mailbox Craft 10am Bingo 11am Lunch 12pm</p>	<p>10</p>  <p>11</p>  <p>12</p> <p>S.A.I.L. Exercise Class 11am Monthly Birthday Potluck 12pm Board Games 1pm</p>  <p>13</p>	
 <p>16</p> <p>Presidents Day Holiday</p>	<p>17</p>  <p>18</p>  <p>19</p>  <p>20</p>  <p>21</p>	
 <p>23</p>	<p>24</p>  <p>25</p>  <p>26</p>  <p>27</p>  <p>28</p>	
 <p>29</p> <p>February Birthdays Mamie Brummell-Parker 2/26</p>	 <p>30</p>  <p>31</p>  <p>32</p>	

Family Caregiver Support Program

Maryland's Family Caregiver Support Program works in conjunction with a host of State and community-based services to create a coordinated array of supports for individuals who need them. Studies show that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care. The program offers five types of Caregiver Services:

Information

Assistance

Counseling, education, and support

Respite

Supplemental Services

For more information, feel free to call us at 410-778-6000. Mary Sellers is our Family Support Program manager



Help support Upper Shore Aging and its 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 Schau-
ber 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 French Toast Recipe

Ingredients

2 large eggs
½ cup fat-free milk
½ teaspoon vanilla extract
1½ teaspoon ground cinnamon, or to taste
6 slices whole-wheat bread
Cooking spray
Maple syrup or sliced fresh fruit for serving (optional)



Contributors: Jo Ellen Shield, MEd, RD, LD
Reviewers: Academy Staff RDNs
Published: January 24, 2014

Directions

Before you begin: Wash your hands.

1. Thoroughly mix eggs, milk, vanilla and cinnamon.
2. Dip both sides of the bread slices, one at a time, into egg mixture. Re-dip if necessary until all of the egg mixture is absorbed into the bread.
3. Spray a nonstick skillet with cooking spray. Heat over medium heat.
4. Place dipped bread slices on heated skillet. Cook 2 to 3 minutes per side or until both sides are golden brown.
5. Drizzle with maple syrup or top with sliced fresh fruit (optional).

Serve warm.

Nutrition Information

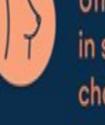
Serving size: 1 slice
Serves 6
Calories: 123; Total Fat: 2.3g; Saturated Fat: 0.6g; Cholesterol: 61mg; Sodium: 189mg; Total Carbohydrate: 16.2g; Dietary Fiber: 2g; Protein: 8.4g.

World
Cancer Day
4 February

Cancer Signs and Symptoms

Detecting cancer early is one of the most powerful ways we can help save lives. With so many different types of cancers, the symptoms are varied. Yet, there are key signs and symptoms to look out for.



-  Unusual lumps or swelling, which are often painless and may increase in size
-  Persistent coughing, breathlessness or difficulty swallowing
-  Changes in bowel habits e.g. constipation, diarrhoea and/or blood found in the stools
-  Needing to urinate urgently, more frequently, or being unable to go when you need to or experiencing pain
-  Unexpected bleeding including from the vagina, anal passage, or while urinating or when coughing
-  Unexplained and unintentional weight loss over a short period
-  Fatigue, extreme tiredness and a severe lack of energy
-  New mole or changes to a mole in terms of size, shape, or colour and if it becomes crusty or bleeds or oozes
-  Unexplained or ongoing pain or pain that comes and goes
-  Unusual breast changes in size, shape or feel, skin changes or pain
-  Feeling less hungry than usual for a prolonged period of time
-  A spot, sore, wound or mouth ulcer that won't heal
-  Persistent or painful heartburn or indigestion
-  Heavy, drenching night sweats

If you experience any of the signs and symptoms, don't be afraid to seek medical advice urgently.

worldcancerday.org



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: Christina Kinnamon (410) 822-2869

