

# UPPER SHORE CLARION

APRIL 2026

VOLUME 26, ISSUE 4

Wow. Can you believe its already April? Thank goodness winter is behind us.

This month we celebrate our wonderful volunteers. Their invaluable contribution is what makes it possible for us to continue our mission to serve the senior citizens in our communities.

Volunteerism benefits not only those in need but also those who give their time and effort. It strengthened societies, enriches individual lives, and creates bonds that transcend economical or social barriers. The most apparent benefit of volunteerism is to those in need, as non profit organizations, charities, and community groups rely on volunteers to bridge the gap between scare recourses and growing demand. STITCH.NET

For more information about volunteering for Upper Shore Aging,  
Please contact

- Susan Higgs, RSVP Kent and Caroline: 410-778-1182
- Brandy Hatten, Caroline Senior Center: 410-479-2535
- Amanda Brown, Federalsburg Senior Center: 410-754-9754
- Rosemarie Curlett, Amy Lynn Ferris Adult Activity Center: 410-778-2564
- Childlene Brooks, Brookletts Place – Talbot Senior Center: 410-822-2869
- Ann DeMart, Bay Hundred Senior Center: 410-745-4017



### **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 Leshar (County Council Member)

Vacant

Jenna Marchi

Jo Ann Murray

Kevin Moran (Treasurer)

April 2026

**Amy Lynn Ferris Adult Activity Center**

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

<p><b>We're Open!</b></p> <p>All activities will be held in the <b>DINING ROOM</b> unless noted otherwise.</p>	<p><b>Happy Birthday!</b> Lynn Beauchamp 4/4 Niki Johnson 4/5 Cathy Quisenberry 4/9 Nancy Meeks 4/10 Karen McLhinney 4/10 Rosalie Rowe 4/15 Yvonne Brown 4/17 Sue Willits 4/24 Nadine Gentile 4/29</p>	<p><b>S.A.I.L. Exercise 1</b> 9am (must pre-register) <b>Cooking with David</b> 10:30am Lunch 12pm <b>Watercolors</b> 12:30pm</p>	<p><b>Movie "Easter Parade" 9am 2</b> <b>Easter Bonnet Contest and Special Lunch</b> 12pm <b>On The Move</b> 1pm (must pre-register)</p>	<p><b>Stay Fit 9am 3</b> <b>Bingo Bash</b> 9:45am-11:45am Lunch 12pm <b>Games</b> 1pm</p>
<p><b>S.A.I.L. Exercise 6</b> 9am (must pre-register) <b>Health Education</b> 10:15am Lunch 12pm <b>Mahjongg</b> 1pm</p>	<p><b>Sit Fit 9am 7</b> <b>Cardio/Line Dancing</b> 9:45am <b>Bingo</b> 11am <b>On The Move</b> 1pm (must pre-register) Lunch 12pm <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise 8</b> 9am (must pre-register) <b>Healthy Hearts</b> 10:30am (must pre-register) Lunch 12pm <b>Watercolors</b> 12:30pm</p>	<p><b>Sit Fit 9am 9</b> <b>Cardio/Line Dancing</b> 9:45am <b>Needlework</b> 10am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>Stay Fit 9am 10</b> <b>Bingo Bash</b> 9:45am-11:45am Lunch 12pm <b>Games</b> 1pm</p>
<p><b>Mahjongg Tournament 9am-2:30pm 13</b> Lunch 12pm</p>	<p><b>Sit Fit 9am 14</b> <b>Cardio/Line Dancing</b> 9:45am <b>Enduring Faith</b> 10:30am <b>Blood Pressure Screening with SCOT</b> 10:30am <b>Bingo</b> 11am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>Movie 9am 15</b> <b>Healthy Hearts</b> 10:30am (must pre-register) Lunch 12pm <b>Watercolors</b> 12:30pm</p>	<p><b>Sit Fit 9am 16</b> <b>Cardio/Line Dancing</b> 9:45am <b>Needlework</b> 10am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>Stay Fit 9am 17</b> <b>Bingo Bash</b> 9:45am-11:45am Lunch 12pm <b>Games</b> 1pm</p>
<p><b>S.A.I.L. Exercise 20</b> 9am (must pre-register) <b>Dementia Education</b> 10:30am Lunch 12pm <b>Mahjongg</b> 1pm</p>	<p><b>Sit Fit 9am 21</b> <b>Cardio/Line Dancing</b> 9:45am <b>Medication Management with Melanie</b> 10:30am <b>Bingo</b> 11am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise 22</b> 9am (must pre-register) <b>Healthy Hearts</b> 10:30am (must pre-register) Lunch 12pm <b>Watercolors</b> 12:30pm</p>	<p><b>Sit Fit 9am 23</b> <b>Cardio/Line Dancing</b> 9:45am <b>Needlework</b> 10am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>Stay Fit 9am 24</b> <b>Bingo Bash</b> 9:45am-11:45am Lunch 12pm <b>Games</b> 1pm</p>
<p><b>S.A.I.L. Exercise 27</b> 9am (must pre-register) Lunch 12pm <b>Mahjongg</b> 1pm</p>	<p><b>Sit Fit 9am 28</b> <b>Cardio/Line Dancing</b> 9:45am <b>Enduring Faith</b> 10:30am <b>Bingo</b> 11am Lunch 12pm <b>On The Move</b> 1pm (must pre-register) <b>Crafting</b> 1pm</p>	<p><b>S.A.I.L. Exercise 29</b> 9am (must pre-register) <b>Healthy Hearts</b> 10:30am (must pre-register) Lunch 12pm <b>Watercolors</b> 12:30pm</p>	<p><b>Kentucky Derby Party 10am 30</b> RSVP by April 17 Lunch 12pm</p>	

April 2026

Caroline County Senior Center

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

<p><b>We're Open!</b></p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p>	<p><b>Women's Eye and Safety Month</b></p> <p>Stress Awareness Month</p> 	<p><b>April Fools' Day 1</b></p> <p>Coffee Bar 8am-11am</p> <p>Dementia Series: Healthy Living for Your Brain and Body 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Peanut Butter and Jelly Day 2</b></p> <p>Coffee Bar 8am-11am</p> <p>Easter Bunny Craft 10:30am</p> <p>Easter Bingo 12:30pm</p> 	<p><b>Good Friday 3</b></p> <p>Coffee Bar 8am-11am</p> <p>Senior Chat and Connect 10:30am</p> 
<p>Coffee Bar 8am-11am</p> <p>Guess Who Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>World Health Day 7</b></p> <p>Coffee Bar 8am-11am</p> <p>Spring into Movement Presentation with Jillian 10:30am</p> <p>Wii Bowling 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Yarn-Wrapped Easter Egg Craft 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Pictionary 10:30am</p> <p>Medication Management and Blood Pressure Screening with Melanie Chapple 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Senior Chat and Connect 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p> 
<p><b>Peach Cobbler Day 13</b></p> <p>Coffee Bar 8am-11am</p> <p>Let's Make Peach Cobbler 10:30am</p> <p>Trivia Hour 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Nails with Erika 10:30am</p> <p>Balloon Volleyball 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Let's Take a Stroll 10:30am</p> <p>Pass the Story 12:30pm</p> 	<p><b>Stress Awareness Day 16</b></p> <p>Coffee Bar 8am-11am</p> <p>Springtime Paper Windmill Craft 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Bingo with a Twist 10:30am</p> <p>Senior Chat and Connect 12:30pm</p> 
<p><b>National Look-a-Like Day 20</b></p> <p>Coffee Bar 8am-11am</p> <p>April Hangman 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Pastel Flower Wreath 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p><b>Earth Day 22</b></p> <p>Coffee Bar 8am-11am</p> <p>Planting Day 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Picnic Day/ Potluck 23</b></p> <p>Coffee Bar 8am-11am</p> <p>Outside Activities 10:30am-1:30pm weather permitting</p> 	<p>Coffee Bar 8am-11am</p> <p>Senior Chat and Connect 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>Senior Chat and Connect 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Flower Canvas Painting 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p><b>International Dance Day 29</b></p> <p>Coffee Bar 8am-11am</p> <p>Name That Tune Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>20-Question Game 10:30am</p> <p>Mystery Object Game 12:30pm</p> 	<p><b>April Birthdays</b></p> <p>Joann Carlson 4/1</p> <p>Happy Birthday</p> 

**Bay Hundred  
Senior Center  
April 2026**



Monday	Tuesday	Wednesday
10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	1 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
6 9:15 Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2:15 Experienced Mahjongg	7 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-3 Games: Backgammon, Crokinole, Scrabble, & more	8 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady
13 10:30-11:30 Strong & Steady 11:30 Cooking Presentation 12-1:30 Open Swim 2:15 Experienced Mahjongg	14 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	15 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady
20 9:15 Mindfulness 10:30-11:30 Strong & Steady 12-1 Lunch & Learn Health Education 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	21 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	22 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance
27 10:30-11:30 Strong & Steady 12-1:30 Open Swim 12-1 Lunch & Learn: Medication Management 1-2 SAIL Strength & Balance 2-3 Book Club 2:15 Experienced Mahjongg	28 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	29 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 1-2 SAIL Strength & Balance

SAIL Winter Session ends April 1; new session starts April 20. Please register.  
Tai Chi takes a break from March 24-April 7; re-starts on April 14.



300 Seymour Avenue, St. Michaels | 410-745-4017 | [ademart@uppershoreaging.org](mailto:ademart@uppershoreaging.org)



2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>APRIL</b></p> <p>Birthstone Birth Flowers</p> <p>Diamond Ruby Sweet Pea</p>	<p>VISIT US ON OUR WEBSITE: <a href="http://www.brookletsplace.org">www.brookletsplace.org</a></p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869</p>	<p>1</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 12:00 Lunch</p>	<p>2</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p>3</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 DLO "CHILIS" 11:30 Toastmaster's 12:00 Lunch</p>
<p>6</p> <p>9:00 Coffee Hour 11:00 HEALTH ED WJILLIAN 11:00 Advance Beginners Watercolor 10:30 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>7</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn &amp; Needle Group</p>	<p>8</p> <p>8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music &amp; Movement w/Melanie 12:00 Lunch N Learn w/FRAUD &amp; SCAMS</p>	<p>9</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 LUNCH WIGENE EDWARDS REVIEW 2:00 Guitar &amp; Ukulele Lessons</p>	<p>10</p> <p>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</p>
<p>13</p> <p>9:00 Coffee Hour 10:00 Music &amp; Movement w/Melanie 11:00 Advance Beginners Watercolor 11:30 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH &amp; LEARN WITH MELANIE/UMSRH MEDICATION MANAGEMENT 12:00 Mahjong</p>	<p>14</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 LUNCH W/ MARK SCHATZ &amp; RACHEL EDDY 12:30 Yarn &amp; Needle Group</p>	<p>15</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music &amp; Movement w/Melanie 12:00 Lunch</p>	<p>16</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p>17</p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 11:30 Toastmaster's 12:00 Lunch</p>
<p>20</p> <p>9:00 Coffee Hour 10:00 Music &amp; Movement w/Melanie 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 LUNCH 12:00 Mahjong</p>	<p>21</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yarn &amp; Needle Group</p>	<p>22</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 9:00 MOSAIC MANDALAS W/SUE 10:00 Music &amp; Movement w/Melanie 12:00 Lunch</p>	<p>23</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 MOSAIC MANDALAS W/SUE 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 LUNCH w/ALZ Dementia Conversations 2:00 Guitar &amp; Ukulele Lessons</p>	<p>24</p> <p>9:00 Coffee Hour 9:00 MOSAIC MANDALAS W/SUE 9:30 Line Dancing 10:00 Mahjong 11:00 Tai Chi w/Nathan 12:00 Lunch</p>
<p>27</p> <p>9:00 Coffee Hour 10:00 Music &amp; Movement w/Melanie 11:00 Advance Beginners Watercolor 11:00 Tai Chi w/Nathan 12:00 LUNCH 12:00 Mahjong</p>	<p>28</p> <p>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 &amp; Needle Group</p>	<p>29</p> <p>9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 Music &amp; Movement w/Melanie 12:00 Lunch</p>	<p>30</p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch w/The SHOWSTOPPERS 2:00 Guitar &amp; Ukulele Lessons</p>	

April 2026

Feddersburg Senior Center

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

 <p><b>We're Open!</b> Feddersburg Senior Center is Open Tuesday and Thursday</p>	<p>April Birthdays Vanessa Duncan 4/8</p> 		<p>S.A.I.L. Exercise Class 10am Easter Egg Hunt 11am Lunch 12pm Easter Cookie Decorating 1pm</p> 	<p>3</p> 
<p>6</p> 	<p>Egg Carton Seed Starter 10am Bingo 11am Lunch 12pm Jazz Appreciation Month Movie "Quincy" and Lunch 12pm</p> 		<p>S.A.I.L. Exercise Class 10am Name That Tune Trivia 11am Birthday Pot Luck Lunch 12pm</p> 	<p>10</p> 
<p>13</p> 	<p>Health Education with Jillian Luna 10am Bingo 11am Lunch 12pm Upcycled Flower Pots Craft 1pm</p> 		<p>S.A.I.L. Exercise Class 10am Alzheimer's Presentation with Susan Higgs 11am Lunch 12pm</p> 	<p>17</p> 
<p>20</p> 	<p>Nature Walk 10:30am Bingo 11am Lunch 12pm Indoor Beach Volleyball 1pm</p> 	<p>HAPPY EARTH DAY 22 APRIL</p> 	<p>S.A.I.L. Exercise Class 10am Medication Management and Blood Pressure Checks with Melanie Chapple 11am Lunch 12pm Water Bottle Bird Feeder Craft 1pm</p> 	<p>24</p> 
<p>27</p> 	<p>Cooking Demonstration with David Murray 10am Bingo 11am Lunch 12pm Team Jenga 1pm</p> 		<p>S.A.I.L. Exercise Class 10am Caroline County Library Craft 11am Lunch 12pm Caroline County Public Library</p> 	<p>30</p> 

Many people volunteer because they want to help other people in their community but, as it turns out, there are also several benefits that arise for the people who do the volunteering. In celebration of National Volunteer Month, consider research that has shown some of these benefits of volunteering:

- **Lower Blood Pressure**

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People over the age of 50 who volunteer are less likely to develop high blood pressure, which can be an indicator of heart disease, stroke and more.

- **Improved Mental Health**

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Helping others can be a huge serotonin boost that can make the volunteers feel better about themselves.

- **Feel More Connected**

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Folks who volunteer their time feel more involved with and connected in their community, battling against isolation.

- **Live Longer**

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In one study, those who volunteer for truly altruistic reasons (and not for their own benefit) were likely to live a longer and fuller life.



**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](#)

# Spiced Rice Pudding Recipe

## Ingredients

½ cup long-grain white rice  
½ cup *moong dal*  
3 cups (710 milliliters) water  
⅓ cup dark brown sugar  
¼ teaspoon ground nutmeg  
½ teaspoon ground green cardamom  
1 tablespoon ghee  
¼ cup raw, unsalted cashews  
16 raisins



**Contributors:** Marisa Moore, MBA, RDN, LD  
**Reviewers:** Academy Staff RDNs  
**Published:** August 16, 2018  
**Reviewed:** July 23, 2024

## Directions

*Before you begin: Wash your hands.*

1. Toast rice and dal in a medium pot over medium heat until aromatic but not brown, about 3 to 5 minutes.
2. Shake the pan to ensure even toasting.
3. Using a sieve, rinse and drain the dal mixture.
4. Return dal mixture to the pot. Add water, bring to a boil, then reduce heat to low and cover. Cook for 20 minutes (rice will be soft enough to easily mash with the back of a spoon). Remove from heat.
5. Add brown sugar, nutmeg and cardamom and stir to combine.
6. In a small pan over medium heat, melt ghee.
7. Add cashews and raisins. Sauté until cashews turn golden brown, about 3 minutes.

Pour over the mashed dal mixture

## Nutrition Information

Serves 8

Serving size: ½ cup (110 grams)

154 calories, 3g total fat, 1g saturated fat, 2mg cholesterol, 8mg sodium, 28g carbohydrate, 2g fiber, 8g sugar, 5g protein, N/A potassium, N/A phosphorus



AT THE BLUE BIRD

TUESDAY, APRIL 28<sup>TH</sup> 6:30 TO 8:30PM

UPPER SHORE AGING PRESENTS A NIGHT FULL OF FUN AND QUESTIONABLE ANSWERS FOR ALL THOSE TRIVIA BUFFS OUT THERE.

THERE WILL BE 5 CATEGORIES TO MAKE YOUR BRAIN THINK AND A VARIETY OF PRIZES.

EACH TEAM, OF 2-4 PEOPLE, MUST REGISTER THEIR NAME AND PAY THE ENTRANCE FEE OF \$10 PER PERSON BY APRIL 22, 2026.

TEAMS CAN BE ENTERED BY CALLING UPPER SHORE AGING 410-778-6000 OR EMAIL [AOLSEN@UPPERSHOREAGING.ORG](mailto:AOLSEN@UPPERSHOREAGING.ORG)

THERE WILL ALSO BE A 50/50 RAFFLE.

ALL PROCEEDS GO TO FUNDING THE MEALS ON WHEELS PROGRAM IN KENT COUNTY.

THIS PROGRAM HELPS TO ENSURE THAT THOSE WHO ARE UNABLE TO GET OUT OF THEIR HOMES, GET FLAVORFUL AND NUTRITIOUS MEALS DELIVERED TO THEIR DOOR BY OUR WONDERFUL VOLUNTEERS.



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](mailto: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

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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