

# UPPER SHORE CLARION

MARCH 2026

VOLUME 26, ISSUE 3

Happy March. This month we celebrate National Nutrition Month<sup>®</sup>. This annual campaign was established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Discover the Power of Nutrition**".

Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Whether you're looking at nutrition headlines or searching for nutritious options, boost your confidence when it comes to food and health. A registered dietitian nutritionist (RDN) or nutrition and dietetics technician, registered (NDTR) can expertly guide you with information driven by science.



### **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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**March 2026 Amy Lynn Ferris Adult Activity Center**

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

<p><b>S.A.I.L. Exercise 2</b> 9am (must pre-register) ★ Lunch 12pm Mahjongg 12:30pm</p> 	<p><b>Sit Fit 9am 3</b> Cardio/Line Dancing 9:45am Bingo 11am Lunch 12pm On The Move 1pm (must pre-register) Open Crafting 1pm</p> 	<p><b>S.A.I.L. Exercise 4</b> 9am (must pre-register) Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p><b>Sit Fit 9am 5</b> Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p><b>Stay Fit 9am 6</b> Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p><b>S.A.I.L. Exercise 9</b> 9am (must pre-register) Health Education: Brain Health and Memory Support 10:15am Lunch 12pm Mahjongg 12:30pm</p> 	<p><b>Sit Fit 9am 10</b> Cardio/Line Dancing 9:45am Blood Pressure Screening with SCOT 10:30am Enduring Faith 10:30am Bingo 11am On The Move 1pm (must pre-register) Lunch 12pm Open Crafting 1pm</p> 	<p><b>S.A.I.L. Exercise 11</b> 9am (must pre-register) Yogurt Bar to Celebrate National Nutrition Month 10:15am-11am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p><b>Sit Fit 9am 12</b> Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p><b>Stay Fit 9am 13</b> Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p><b>S.A.I.L. Exercise 16</b> 9am (must pre-register) People's Insurance Counsel from the MD Attorney General's Office will answer questions 10am-12pm Lunch 12pm Mahjongg 12:30pm</p> 	<p><b>Sit Fit 9am 17</b> Cardio/Line Dancing 9:45am Medication Management with Melanie 10:30am St. Patrick's Day Celebration 11am Lunch 12pm On The Move 1pm (must pre-register) Open Crafting 1pm</p> 	<p><b>S.A.I.L. Exercise 18</b> 9am (must pre-register) Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p><b>Movie Day 19</b> 9:30am-11:30am Needlework 10am Lunch 12pm Crafting 1pm</p> 	<p><b>Stay Fit 9am 20</b> Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p><b>S.A.I.L. Exercise 23</b> 9am (must pre-register) ★ Dementia Education 10:30am Lunch 12pm Mahjongg 12:30pm</p> 	<p><b>Sit Fit 9am 24</b> Cardio/Line Dancing 9:45am Enduring Faith 10:30am Bingo 11am Lunch 12pm On The Move 1pm (must pre-register) Open Crafting 1pm</p> 	<p><b>S.A.I.L. Exercise 25</b> 9am (must pre-register) Smoothie Bar to Celebrate National Nutrition Month 10:15am-11am Lunch 12pm Watercolors 12:30pm Games 1pm</p> 	<p><b>Sit Fit 9am 26</b> Cardio/Line Dancing 9:45am Needlework 10am Lunch 12pm Crafting 1pm On The Move 1pm (must pre-register)</p> 	<p><b>Stay Fit 9am 27</b> Bingo Bash 9:45am-11:45am Lunch 12pm Games 1pm</p> 
<p><b>S.A.I.L. Exercise 30</b> 9am (must pre-register) Lunch &amp; Birthday Cake 12pm Mahjongg 12:30pm</p> 	<p><b>Sit Fit 9am 31</b> Cardio/Line Dancing 9:45am Bingo 11am Lunch 12pm On The Move 1pm (must pre-register) Open Crafting 1pm</p> 	<p><b>Happy Birthday!</b> Sandy Waugh 3/1 Tammy Griffin 3/1 Patricia Unruh 3/4 Lisa Ross 3/8 Diane Kulp 3/10 Sissy Demby 3/12 Patricia McDonald 3/17 Bertie Towson 3/20 Julie Lynn 3/22 Harry Keen 3/30 Judy Ireland 3/31</p> 	<p><b>We're Open!</b> All activities will be held in the <b>DINING ROOM</b> unless noted otherwise.</p>	

March 2026

**Caroline County Senior Center**

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

<p>★ Coffee Bar 8am-11am</p> <p>Irish Trivia 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Brain Health and Memory Support Presentation with Jillian 10:30am</p> 	<p>Coffee Bar 8am-11am</p> <p>Dementia Series: Communicating Effectively with Susan Higgs 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Medication Management and Blood Pressure Screening with Melanie Chapple 10:30am</p> 	<p><b>National Oreo Day</b></p> <p>Coffee Bar 8am-11am</p> <p>National Nutrition Month: Yogurt Smoothies with Senior Chat and Connect 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>Wooden St. Patrick's Day Craft 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Bingo with a Twist 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Shore Gourmet Cooking Presentation: Boosting Your Brain's Health with David 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Trip to Harriet Tubman Museum 10am</p> <p>Dutch Lunch at Cambridge Diner 12pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Women's American History Activities 10am</p> 
<p>Coffee Bar 8am-11am</p> <p>Irish Hangman 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p><b>Wear Green Day St. Patrick's Day</b></p> <p>Coffee Bar 8am-11am</p> <p>St. Patrick's Day Celebrations 10:30am-1:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Rainbow Sun Catchers 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Deal or No Deal 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Senior Chat and Connect 10:30am</p> <p>Music Therapy with Melanie 12:30pm</p> 
<p>Coffee Bar 8am-11am</p> <p>★ Indoor Cornhole 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Family Feud 10:30am</p> <p>Let's Take a Stroll 12:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Do-It-Yourself Mandala Wind Chime 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p> 	<p>★ Coffee Bar 8am-11am</p> <p>Mindful Memory Games 10:30am-1:30pm</p> 	<p>Coffee Bar 8am-11am</p> <p>Bingo with a Twist 10:30am</p> <p>Celebrating National Nutrition Month: Yogurt Bar Social 12pm</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>Patio Clean-Up 10:30am-1:30pm (weather permitting)</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>Irish/Greek Month</b></p> <p>Women's American History Month</p> <p>National Nutrition Month</p>	<p><b>March Birthdays</b></p> <p>Cole Lipa 3/15</p> <p>Mary Moran 3/29</p> <p>Kathryn Kornrumpf 3/30</p> <p><b>Happy Birthday</b></p> 

**Bay Hundred  
Senior Center  
March 2026**



Monday	Tuesday	Wednesday
<b>2</b> 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	<b>3</b> 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	<b>4</b> 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady
<b>9</b> 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady <b>12-1 Lunch &amp; Learn: Nutrition Education</b> 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	<b>10</b> 10-12 Watercolor via Zoom <b>10 Cooking Class</b> 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	<b>11</b> 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 2-3 SAIL Strength & Balance
9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	<b>17</b> 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	<b>18</b> 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 2-3 SAIL Strength & Balance
<b>23</b> 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim <b>1-2 Book Club</b> 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	<b>24</b> 10-12 Watercolor via Zoom 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	<b>25</b> 9-3 Pinochle 9:15 Chair Yoga 10:30 Strong & Steady 2-3 SAIL Strength & Balance
<b>30</b> 9:15 Calming Mindfulness 10:30-11:30 Strong & Steady 12-1:30 Open Swim <b>12-1 Lunch &amp; Learn: Medication Management</b> 2-3 SAIL Strength & Balance 2:15 Experienced Mahjongg	<b>31</b> 11-11:45 Water Aerobics 1-2 Tai Chi 1-3 Games: Backgammon, Crokinole, Scrabble, & more	

For information about programs, email [ademart@uppershoreaging.org](mailto:ademart@uppershoreaging.org) or call 410-745-4017






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



2026

**"MARCH IS NATIONAL NUTRITION MONTH"**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 <b>HEALTH ED W/JILLIAN</b> 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch 12:00 Mahjong</p>	<p><b>3</b></p> <p>9:00 Coffee Hour 12:00 Lunch 12:30 Yam &amp; Needle Group</p>	<p><b>4</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch</p>	<p><b>5</b></p> <p>9:00 Coffee Hour 10:30 <b>ShoGo Mobile</b> 12:00 Lunch 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>6</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 <b>Tai Chi w/Nathan</b> 11:30 <b>DLO "INJAPAN"</b> 12:00 Lunch</p>
<p><b>9</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 11:30 <b>Blood Pressure Screening w/Melanie</b> 12:00 <b>LUNCH &amp; LEARN WITH MELANIE/UMSRH MEDICATION MANAGEMENT</b> 12:00 Mahjong</p>	<p><b>10</b></p> <p>9:00 Coffee Hour 10:00 <b>Crafting with Tonia</b> 12:00 <b>LUNCH W/RAKISH</b> 12:30 Yam &amp; Needle Group</p> 	<p><b>11</b></p> <p>8:30 S.A.I.L. Exercise 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch</p>	<p><b>12</b></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><b>13</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:00 <b>CRAFTING W/MOTHER MARY</b> 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch 12:00 Poetry At Noon</p>
<p><b>16</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch 12:00 Mahjong</p>	<p><b>17</b></p> <p>9:00 Coffee Hour 12:00 <b>Lunch w/DJ Chuckie</b> 12:30 Yam &amp; Needle Group</p> 	<p><b>18</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch</p>	<p><b>19</b></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><b>20</b></p> <p>9:00 Coffee Hour 9:00 <b>Needle Felting w/Laura Rankin</b> 9:30 Line Dancing 10:00 Mahjong 11:00 <b>Tai Chi w/Nathan</b> 11:30 Toastmaster's 12:00 Lunch</p>
<p><b>23</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 <b>LUNCH</b> 12:00 Mahjong</p>	<p><b>24</b></p> <p>9:00 Coffee Hour 10:00 <b>Positive Music w/DJ Randy P</b> 11:00 <b>FALL &amp; BALANCE W/AQUA CARE</b> 12:00 Lunch 12:30 Yam &amp; Needle Group</p>	<p><b>25</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 9:00 Beginning Oil Painting 10:00 <b>CABIN FEVER</b> 10:00 <b>Music &amp; Movement w/Melanie</b> 10:30 Wii Bowling 12:00 Lunch</p>	<p><b>26</b></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 Managing Money: A Caregiver's Guide to Finances</b> 2:00 Guitar &amp; Ukulele Lessons</p>	<p><b>27</b></p> <p>9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 11:00 <b>Tai Chi w/Nathan</b> 12:00 Lunch</p>
<p><b>30</b></p> <p>8:30 S.A.I.L. Exercise 9:00 Coffee Hour 11:00 Advance Beginners Watercolor 11:00 <b>Tai Chi w/Nathan</b> 12:00 <b>LUNCH</b> 12:00 Mahjong</p>	<p><b>31</b></p> <p>9:00 Coffee Hour 10:00 Yogurt Parfait Bar 12:00 <b>Lunch w/LES RAYNE</b> 12:30 Yam &amp; Needle Group</p>			<p>VISIT US ON OUR WEBSITE: <a href="http://www.brookletsplace.org">www.brookletsplace.org</a> VISIT US ON FACEBOOK AT BROOKLETTS PLACE - TALBOT SENIOR CENTER OR CALL 410-822-2869</p>

March 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><b>3</b> Yogurt Bar 10am Bingo 11am Lunch 12pm Stained Glass Votive Craft 1pm</p> 		<p><b>5</b> S.A.I.L. Exercise Class 10am Lunch 12pm Card Games 1pm</p> 	<p><b>6</b></p> 
	<p><b>9</b> Bingo 11am Lunch 12pm Leprechaun Hat Craft 1pm</p> 		<p><b>12</b> Trip to Harriet Tubman Museum and Dutch Lunch Out at Cambridge Diner 10am</p> 	<p><b>13</b></p> 
<p><b>16</b></p> 	<p><b>17</b> Shamrock Wreath 10am Bingo 11am Lunch 12pm</p> 		<p><b>19</b> S.A.I.L. Exercise Class 10am Medication Management and Blood Pressure Checks with Melanie Chapple 11am Lunch 12pm</p> 	<p><b>20</b></p> 
<p><b>23</b></p> 	<p><b>24</b> Cooking with David 10am Bingo 11am Lunch 12pm Caroline County Library Craft 1pm</p> 	<p><b>Spring</b></p> 	<p><b>26</b> S.A.I.L. Exercise Class 10am Smoothie Demonstration 11am Lunch 12pm</p> 	<p><b>27</b></p> 
<p><b>30</b></p> 	<p><b>31</b> Planter Box Planting Craft 10am Bingo 11am Lunch 12pm</p> 		<p><b>March Birthdays</b> Nora Pratts 3/25</p> 	

## What Flowers To Plant In March



*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](#)

# Baked Potato Crisps Recipe

## Ingredients

Vegetable oil cooking spray  
1 large sweet potato (about ½ pound), peeled  
2 to 3 red potatoes (about ½ pound), scrubbed with peel on  
2 tablespoons extra-virgin olive oil  
1 teaspoon salt  
½ teaspoon black pepper



**Contributors:** Jessica Cox, RD  
**Reviewers:** Academy Staff RDNs  
**Published:** November 17, 2018  
**Reviewed:** July 29, 2025

## Directions

*Before you begin: Wash your hands.*

1. Preheat oven to 400°F.
2. Spray a large baking sheet with cooking spray.
3. Slice potatoes very thinly (use a food processor if you have one).
4. Place potatoes in a bowl. Add oil, salt and pepper. Toss to coat.
5. Transfer potatoes to a baking sheet. Spread them out in a single layer.

Bake for 10 minutes. Turn potatoes over and bake for an additional 5 to 10 minutes, or until potatoes are slightly crisp and golden brown.

## Nutrition Information

Serving size: ¼ cup

Serves 4

Calories: 160; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 590mg; Total Carbohydrate: 23g; Dietary Fiber: 2g; Protein: 2g.

**Proper nutrition is essential for seniors to maintain health, independence, and quality of life, focusing on a balanced diet rich in nutrients.**

#### **Key Nutritional Guidelines for Seniors**

- 1. Variety of Foods:** Seniors should aim to eat a variety of foods from all food groups to ensure they receive essential nutrients. This includes plenty of **fruits and vegetables, whole grains, lean proteins, and dairy products**. A diverse diet helps meet the body's changing nutritional needs as it ages. [↻ 2](#)
- 2. Protein Intake:** Older adults require more protein to maintain muscle mass and support overall health. It is recommended that seniors consume **1.0 to 1.2 grams of protein per kilogram of body weight** daily. Good sources include **lean meats, fish, eggs, dairy, and plant-based proteins** like beans and lentils. [↻ 2](#)
- 3. Hydration:** Staying hydrated is crucial, as the sense of thirst may diminish with age. Seniors should drink water regularly throughout the day, even if they do not feel thirsty. Foods with high water content, such as soups and fruits, can also help maintain hydration. [↻ 2](#)
- 4. Micronutrients:** Certain vitamins and minerals become increasingly important as we age. **Vitamin D** and **calcium** are vital for bone health, while **Vitamin B12** is essential for nerve function and red blood cell production. Seniors should consider supplements if they have difficulty absorbing these nutrients from food. [↻ 2](#)
- 5. Addressing Changes in Taste and Appetite:** Aging can alter taste perception, making some foods less appealing. To enhance flavor without adding salt, seniors can experiment with herbs and spices. Smaller, more frequent meals can also help stimulate appetite and make eating less overwhelming. [↻ 2](#)
- 6. Meal Planning and Preparation:** Planning meals can help seniors maintain a balanced diet. Preparing meals in advance and keeping healthy snacks on hand can make it easier to eat well. Grocery shopping on a budget can be managed by choosing affordable, nutrient-dense foods. [↻ 2](#)



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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