

UPPER SHORE CLARION

JULY 2020

VOLUME 26, ISSUE 7



Presented by MGCAC Counseling and Accessibility Services

Minority Mental Health Awareness Month

Mental Health Awareness JULY



Wellness tip:
Be supportive

3



5

Daily Affirmation:

I am proud of myself

6

7

8



10

11

12

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15

16

Daily Affirmation:

My contributions to the world are valuable

17



18

19

20

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22

23

Daily Affirmation:

My needs and wants are important

24

International
Self Care Day

25



26

27

28

Self-care
Activity:
Take a
warm bath

29

30



31

Self-care
Activity:
Spend time
with family

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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)

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Jenna Marchi

Jo Ann Murray

Kevin Moran (Treasurer)



<p>Happy Birthday! ★ Susan Higgs 7/6 Linda Cooke 7/8 Jean Foreman 7/9 Brenda Foehrke 7/11 Annie Lavin 7/17 Alice Jones 7/27 Elsie Winters 7/28 Ellen Chamberlin 7/30</p>	<p>We're Open!</p> <p>Open Monday-Friday 8am-3pm All activities will be held in the DINING ROOM unless noted otherwise.</p>	<p>S.A.I.L. Exercise Class 9am 1 (must pre-register)</p> <p>Cooking with David 11am 11am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm</p>	<p>All-American Wild West Cookout 2 10am</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>Games 1pm </p>	<p>Independence Day Celebration 3 Center Closed</p>
<p>★ S.A.I.L. Exercise 6 9am (must pre-register)</p> <p>Health Education with Jillian 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 1pm </p>	<p>Sit Fit 9am 7</p> <p>Cardio/Line Dancing 9:45am</p> <p>Bingo 11am </p> <p>Lunch 12pm</p> <p>On the Move 1pm (first class, must pre-register)</p> <p>Crafting 1pm </p>	<p>S.A.I.L. Exercise Class 9am 8 (last class, must pre-register)</p> <p>Games 10:30am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm </p>	<p>Trip to St. Michaels 9 9am-2pm</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register) </p>	<p>Bingo Bash 10 9:30am-11:30am</p> <p>★ Lunch 12pm</p> <p>Games 1pm </p>
<p>Resin Art 9:30am 13 RSVP by July 9</p> <p>★ Lunch 12pm</p> <p>Mahjongg 1pm </p>	<p>Roper Romp 10am 14</p> <p>Enduring Faith 10:30am</p> <p>Blood Pressure Screening with SCOT 10:30am</p> <p>Bingo 11am </p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>Crafting 1pm</p>	<p>Bingo Bash 15 9:30am-11:30am</p> <p>Lunch 12pm</p>	<p>Sit Fit 9am 16</p> <p>Cardio/Line Dancing 9:45am</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>Games 1pm </p>	<p>Bingo Bash 17 9:30am-11:30am</p> <p>Lunch 12pm</p> <p>Games 1pm </p>
<p>Movie 9am 20 </p> <p>Dementia Education 10:30am </p> <p>Lunch 12pm</p> <p>Mahjongg 1pm</p>	<p>Sit Fit 9am 21</p> <p>Cardio/Line Dancing 9:45am</p> <p>Medication Management with Melanie 10:30am </p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>★ Crafting 1pm</p>	<p>Health Education: Hydration with SCOT 22 10am</p> <p>Lunch 12pm </p> <p>Watercolors 12:30pm</p> <p>Grief Support 12:30pm </p>	<p>Sit Fit 9am 23</p> <p>Cardio/Line Dancing 9:45am</p> <p>★ Needlework 10am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>Games 1pm </p>	<p>Bingo Bash 24 9:30am-11:30am</p> <p>Lunch 12pm</p> <p>Games 1pm </p>
<p>New S.A.I.L. Exercise 27 9am (must pre-register)</p> <p>Health Education 10:15am</p> <p>Lunch 12pm</p> <p>Mahjongg 1pm </p>	<p>Sit Fit 9am 28</p> <p>Cardio/Line Dancing 9:45am</p> <p>Enduring Faith 10:30am </p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>Crafting 1pm</p>	<p>S.A.I.L. Exercise Class 9am 29 (must pre-register)</p> <p>★ Games 10am</p> <p>Lunch 12pm</p> <p>Watercolors 12:30pm </p>	<p>Sit Fit 9am 30</p> <p>Cardio/Line Dancing 9:45am</p> <p>Needlework 10am</p> <p>Lunch 12pm</p> <p>On the Move 1pm (must pre-register)</p> <p>★ Games 1pm </p>	<p>Bingo Bash 31 9:30am-11:30am</p> <p>Lunch 12pm </p> <p>Games 1pm </p>



A place to connect. A place to thrive.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869</p> <p>Upper Shore Aging <small>Respect Independence Purpose</small></p>	<p><i>July Birthstone</i> · Ruby ·</p> <p>A ruby provides strength, vigor, and nobility, helping protect its wearer from the evils of the world. It signifies love and passion while attracting good luck.</p>	<p>1 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>2 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>3 CLOSED</p> <p>4TH OF JULY</p>
<p>6 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>7 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Yarn & Needle Group</p> <p>NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH</p>	<p>8 8:30 Commission On Aging 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>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</p>	<p>10 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 DLO EASTON BOWL 12:00 Lunch 12:00 Poetry At Noon</p>
<p>13 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 11:30 Blood Pressure Screening w/Melanie 12:00 LUNCH & LEARN WITH MELANIE/UMSRH MEDICATION MANAGEMENT 12:00 Mahjong</p>	<p>14 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 Lunch 12:30 Yarn & Needle Group 12:30 Basic Computer Class</p>	<p>15 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>16 9:00 Coffee Hour 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p> <p>NATIONAL GRILLING MONTH</p>	<p>17 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 11:30 Toastmasters 12:00 Lunch</p>
<p>20 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>21 9:00 Coffee Hour 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group 12:30 Basic Computer Class</p>	<p>22 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>23 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 LUNCH w ALZ "New Advances in Alzheimer's Treatment" 2:00 Guitar & Ukulele Lessons</p>	<p>24 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch</p>
<p>27 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong</p>	<p>28 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch w/Les Rayne 12:30 Yarn & Needle Group 12:30 Basic Computer Class</p>	<p>29 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch</p>	<p>30 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons</p>	<p>31 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch</p>

Bay Hundred Senior Center July 2026



Monday	Tuesday	Wednesday
		1 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
6 10:30-11:30 Strong & Steady 11:30 Cooking Presentation 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	7 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Games	8 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
13 9:10 Meditation 10:30-11:30 Strong & Steady 12-1:30 Open Swim SAIL Evaluations* 2:15 Experienced Mahjongg	14 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Crafts & Games	15 9-3 Pinochle 9:15 Chair Yoga SAIL Evaluations*
20 10:30-11:30 Strong & Steady 12-1:30 Open Swim NO SAIL 2:15 Experienced Mahjongg	21 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Crafts & Games	22 9-3 Pinochle 9:15 Chair Yoga NO SAIL
27 9:15 Meditation 10:30-11:30 Strong & Steady 12-1 Medication Tips 12-1:30 Open Swim 2:15 Experienced Mahjongg	29 10-12 Watercolor Painting* 11-11:45 Water Aerobics 1-3 Crafts and Games	30 9-3 Pinochle 9:15 Chair Yoga

Meditation was formerly called Calming Mindfulness.

*Please sign up for these programs at Senior Center Office or by email.

*New 12-week SAIL session starts the week of July 27. Day/dates subject to change.



Upper Shore Aging
Respect | Independence | Purpose

300 Seymour Avenue, St. Michaels | 410-745-5963 | ademart@uppershoreaging.org



<p>Social Wellness Month</p> <p>July Birthdays Geraldine Warner 7/9 Veronica Hendrix 7/22 Bessie Faulker 7/26</p>	<p>We're Open!</p> <p>Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm</p> <p>Two weeks' notice is requested for all Events, Crafts, and Lunches</p>	<p>Coffee Bar 8am-11am 1</p> <p>Dementia Conversations with Susan Higgs 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 2</p> <p>July 4th Celebrations Wear Red, White & Blue</p> <p>July 4th Bingo 10:30am</p> <p>July 4th Potluck 11:30am</p> <p>July 4th Craft 12:30pm</p>	<p>Independence Day Holiday Center Closed 3</p>
<p>Coffee Bar 8am-11am 6</p> <p>Senior Chat Connect 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>World Chocolate Day 7</p> <p>Coffee Bar 8am-11am</p> <p>Social Connections and Emotional Health with Jillian 10:30am</p> <p>Rainbow Butterfly Tealight Craft 12:30pm</p>	<p>Coffee Bar 8am-11am 8</p> <p>"Can You Guess the Object in the Bag?" Game 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 9</p> <p>Hearing Screening with Hearing Life 10:30am</p> <p>Bingo Bash 12:30pm</p>	<p>Coffee Bar 8am-11am 10</p> <p>Mindful Memory Games 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p>
<p>Coffee Bar 8am-11am 13</p> <p>Movies and Popcorn 10:30am-1:30pm</p>	<p>Coffee Bar 8am-11am 14</p> <p>Water Bottle Wind Chime 10:30am</p> <p>Charades 12:30pm</p>	<p>National Hot Dog Day 15</p> <p>Coffee Bar 8am-11am</p> <p>"Deal or No Deal" Game 10:30am</p>	<p>Coffee Bar 8am-11am 16</p> <p>Hangman Games 10:30am</p> <p>Medication Management Presentation and Blood Screening with Melanie Chapple 12:30pm</p>	<p>Coffee Bar 8am-11am 17</p> <p>Dutch Lunch at Denton Diner 11:30am-12:30pm</p>
<p>Coffee Bar 8am-11am 20</p> <p>Senior Chat and Connect 10:30am</p> <p>Minute-to-Win-it Game 12:30pm</p>	<p>Coffee Bar 8am-11am 21</p> <p>Decoupage Flowerpots 10:30am</p> <p>"Simon Says" Game 12:30pm</p>	<p>Coffee Bar 8am-11am 22</p> <p>Telephone Game 10:30am</p> <p>"What Am I?" Game 12:30pm</p>	<p>Coffee Bar 8am-11am 23</p> <p>Bingo Bash 10:30am</p> <p>Wii Bowling 12:30pm</p>	<p>Coffee Bar 8am-11am 24</p> <p>Logic Puzzles 10:30am</p> <p>Music Therapy with Melanie Young 12:30pm</p>
<p>Coffee Bar 8am-11am 27</p> <p>Trivia 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 28</p> <p>Flower Cup Lantern 10:30am</p>	<p>Coffee Bar 8am-11am 29</p> <p>Shore Gourmet Cooking Presentation with David 10:30am</p> <p>S.A.I.L. Exercise with Jannelle 12:30pm</p>	<p>Coffee Bar 8am-11am 30</p> <p>Board and Card with Friends 10:30am-1:30pm</p>	<p>Coffee Bar 8am-11am 31</p> <p>Glamour Shots with Jannelle 10:30am-1:30pm</p>



			<p>1</p> <p>HAPPY 250TH AMERICA! CELEBRATION 2</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Windsock Craft and Cupcake Decorating 11am</p> <p>Lunch 12pm</p> <p>American History Trivia 1pm</p>	<p>3</p> <p><i>Celebrate Independence Day!</i></p> 
<p>6</p> 	<p>7</p> <p>Coffee and Conversation 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Brain Games 1pm</p> 		<p>9</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Birthday Potluck Lunch 12pm</p> <p>Cornhole 1pm</p> 	<p>10</p> <p>July Birthdays</p> <p>Barbara Short 7/2</p> <p>Doris Cephas 7/3</p> <p>Sarah Hopkins 7/4</p> 
	<p>14</p> <p>Coffee and Conversation 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Summer Stained Glass Art 1pm</p> 		<p>16</p> <p>Health Education with Michelle Hammond and S.A.I.L. Assessments 10am</p> <p>Lunch 12pm</p> <p>Cards 1pm</p> 	<p>17</p> 
<p>20</p> 	<p>21</p> <p>Self Care Craft Rose Soaps 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Guided Meditation 1pm</p> 		<p>23</p> <p>Coffee and Conversation 9am</p> <p>Dutch Lunch Out: Easton Amish Market 10am</p> 	<p>24</p> 
<p>27</p> 	<p>28</p> <p>Celebrating Shark Week</p>  <p>Watercolor Shark Painting 10am</p> <p>Bingo 11am</p> <p>Lunch 12pm</p> <p>Shark Trivia 1pm</p>	<p>We're Open!</p> <p>Federalburg Senior Center is Open Tuesday and Thursday</p>	<p>30</p> <p>S.A.I.L. Exercise Class 10am</p> <p>Tabletop Games 11am</p> <p>Lunch 12pm</p> <p>Riddle Time 1pm</p> 	



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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

Garlicky Grilled Lettuce with Tahini Dressing Recipe

A spin on the traditional wedge salad, grilled lettuce is paired with a garlicky tahini dressing and topped with bacon and onions.

Prep Time: 10 minutes

Cooking Time: 15 minutes

Ingredients

3 slices thick-cut bacon
2 tablespoons tahini
2 tablespoons minced garlic, divided
4 tablespoons (49 milliliters) olive oil, divided
2 teaspoons (17 milliliters) honey
2 teaspoons (9 milliliters) lemon juice
¼ teaspoon sea salt
¼ cup red onion, diced
1 head iceberg lettuce



Instructions

Add bacon to medium skillet over medium heat. Cook 3 minutes per side until bacon is crisp. Place bacon on a paper towel-lined plate and set aside.

To prepare dressing, combine tahini, 1 tablespoon minced garlic, 1 tablespoon olive oil, honey, lemon juice, 2 tablespoons water and sea salt in a small bowl or jar. Whisk to combine and refrigerate.

To a small bowl, add 3 tablespoons olive oil and 1 tablespoon garlic. Set aside. Rinse lettuce and pat dry with a clean towel. Cut lettuce head through the core into four equally sized wedges, then remove outermost leaves.

Preheat grill to 400°F (204°C). Brush lettuce wedges with olive oil and garlic mixture. Place lettuce cut side down and grill for 2 to 3 minutes, then turn lettuce to grill the other cut side for 2 to 3 minutes. Remove from grill and serve each wedge with 1 tablespoon tahini dressing, and equal amounts crumbled bacon and chopped red onions.

Nutrition Information

Serves: 4

Serving Size: 1 wedge (168 grams), 1 tablespoon dressing (18 grams), plus bacon crumbles and red onion garnish (14 grams)

370 calories, 33g total fat, 8g saturated fat, 27mg cholesterol, 458mg sodium, 13g carbohydrate, 3g fiber, 8g sugar, 8g protein, 397mg potassium, 163mg phosphorus

Community Involvement and Volunteering

Participation in community activities and volunteering form integral parts of a fulfilling and dynamic lifestyle for seniors. By participating in activities such as senior centers, befriending programs, and animal shelter volunteering, seniors can give back to their community and stay socially connected.

Let's explore the benefits of these activities and how seniors can make a difference in their communities.

Senior Centers

Senior centers provide a variety of social, recreational, and educational activities for seniors. By joining a senior center, seniors can enjoy a range of activities such as:

- Exercise classes
 - Educational lectures
 - Art classes
 - Social events
- while connecting with others in their community.

The Senior Center Directory and Suddenly Senior's guide to senior citizen centers are excellent resources for finding senior centers that cater to various interests and needs.

Befriending Programs

Befriending programs offer companionship and support to isolated seniors while fostering meaningful connections. By participating in a befriending program, seniors can form valuable relationships with volunteers who provide companionship and support.

Better Place Forests, AARP, Americorps Seniors, Covia, and Institute on Aging's Friendship Line are some of the best befriending programs available for seniors.

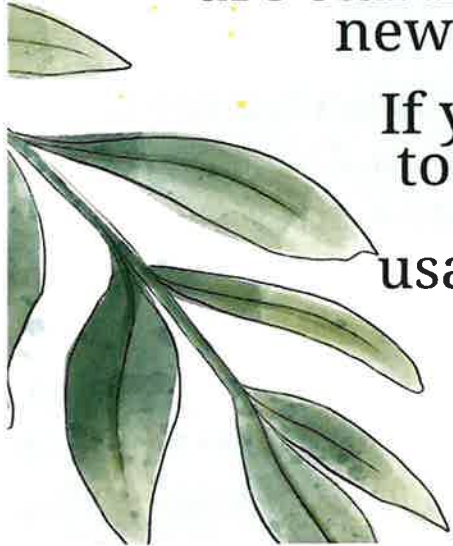
Animal Shelter Volunteering

Animal shelter volunteering benefits both seniors and animals through social interaction and mutual care. By volunteering at an animal shelter, seniors can provide love and support to animals in need while staying socially engaged and connected with their community.

Animal Shelters, Local, State, and National Parks, including your local park, Habitat for Humanity, Community Gardens, and Arts Organizations offer various volunteering opportunities for seniors to make a positive impact on their community and the lives of animals.



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: Niki Johnson (410) 778-2564

For Talbot County: Christina Kinnamon (410) 822-2869

Pilot Program for Medicare Prescription Coverage of GLP-1 Weight Loss Drugs

From July 1, 2026, to December 31, 2027, Medicare will operate a short-term pilot program called the “Medicare GLP-1 Bridge” or BALANCE Model. Under this program, Medicare will cover GLP-1’s prescribed for weight loss for people who meet certain prior authorization criteria (high body mass index and/or specific weight-related health conditions) and are enrolled in a standalone prescription drug plan (PDP) or Medicare Advantage plan with prescription coverage (MA-PD).

Unlike standard prescription benefits, this temporary program bypasses traditional Part D/MA-PD plans through a centralized authorization system. A beneficiary’s doctor will submit a prior authorization and prescription for an eligible GLP-1 for weight loss to a central system run by Humana (for those interested, this is the same infrastructure used for LI NET). Humana will review the submission, and if approved, the patient will then pay a set \$50 copay at the pharmacy when they pick up their prescription. This \$50 copay does not change even if dosages increase or decrease. Per CMS guidance from May 1, 2026¹, covered prescriptions will include Foundayo, Wegovy (injections and tablets) and Zepbound (KwikPen only- single dose vial and single-dose pen formulations of Zepbound are not available).

While the program makes weight loss prescriptions much more affordable, any payments for these prescriptions will not count toward the \$2,100 out of pocket annual prescription cap. Additionally, there is no price break for people receiving LIS (also called Extra Help) - they must also pay the \$50 monthly copay. Finally, anyone taking a GLP-1 for a condition not related to weight loss (such as Type 2 diabetes, sleep apnea, etc.) would continue to receive the prescription through their Part D plan/process- and pay the prices set by their plan.

¹ <https://www.cms.gov/medicare/coverage/prescription-drug-coverage/medicare-glp-1-bridge#:~:text=At%20this%20time%2C%20for%20the,and%200002%2D3511%2D11>.

JULY 2026 Senior Moments

Air Conditioning Season is upon us! Understanding how to read the monthly bill is essential to keeping costs down. Let's examine what the different charges are, using the Delmarva Power Bill as an example.

Although Delmarva Power is a public utility, it does not produce electricity, nor does it control its own electricity sources. It is a subsidiary of the current largest utility company in the US, Exelon Corporation, a fortune 500 company located in Illinois. This parent company works closely with PJM, (Pennsylvania, New Jersey and Maryland) our regional grid operator, on grid related matters covering 13 states! PJM serves over 65 million people and is our regional transmission organization. It coordinates the movement of electricity and manages the wholesale electricity market of our electric grid, responding to demand. This grid operator is responsible for the safety, security, and reliability of the bulk power transmission system.

The Distribution Charges on your electric bill shows the cost of delivering electricity to the customers home or business. Distribution charges do not include paying for the electricity itself. This charge helps the electric company to recover the cost of operating and maintaining its infrastructure. Distribution charges include the cost and installation of equipment, such as substations, transformers which increase voltage transfer, building new transmission lines, meters, poles, and wires. It also covers Maintenance which includes fixing faulty equipment, service line maintenance, trucks, computers, and technical equipment. It covers services such as meter reading and billing. Customers pay for this infrastructure and maintenance as Distribution Charges. Customer distribution charges go up based on utility spending in these areas.

Your bill shows the Distribution Charge total after the distribution charge is multiplied by the amount of electricity you use each month. The measurement used to measure the electricity used is kilowatt hour (kWh). One kWh measures the energy a given electrical device uses, such as your dishwasher, multiplied by the hours it is used.

The Supply Charge, also called the Commodity Charge, is the cost of the actual electricity used. It is the price of the energy itself and is directly related to customer usage and the time of the year you use it. This Supply Charge includes the cost to create, import, and move the electricity over high voltage transmission lines in the grid. Electric companies import/ purchase electricity from power generators and pass the cost directly on to the consumer as the Supply charge. This charge is passed on to the consumer without profit to Delmarva.

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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