



Seniors' Resource Guide

COURTESY OF KENT COUNTY COMMISSION ON AGING

The Kent County Commission on Aging, a volunteer advisory group, consists of a board of twelve local citizens appointed by the Kent County Commissioners. It is tasked with advocating for and promoting senior citizens' interests, well-being, and quality of life in Kent County.

In response to a concern that older adults may have difficulty finding and accessing local services and programs, the Seniors' Resource Guide was developed as a ready reference. As a starting point, and to confirm up-to-date information, we recommend contacting the organizations listed.

Inclusion in this Resource Guide should not be viewed as an endorsement or recommendation; it is presented for information only.

We would like to draw your attention to two items of particular interest to our Kent County seniors:

In Maryland - The Longevity Ready MD Act (LRM) looks at Maryland's demographic crossroads. Declining birth rates and increased longevity are resulting in a significant shift in how our current systems will need to function as the growing number of older adults continues to expand. <https://lrn.maryland.gov/>

Nationwide - The Rural Health Transformation Program (RHT): Empowers states to strengthen rural communities across America, by improving healthcare access, quality, and outcomes by transforming healthcare delivery systems. <https://www.cms.gov/priorities/rural-health-transformation-rht-program/overview>



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-  Center for Learning

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FLAG Facts



The United States Flag, adopted on June 14, 1777, is the fourth oldest national flag in the world. Denmark's flag, adopted in 1219, is the oldest.

- A flag expert is called a "vexillologist."
- The blue field on the U.S. Flag is called the "union."
- On Memorial Day (the last Monday in May), to honor all who died in battle, the flag should be displayed at half-staff until noon only, then raised to the top of the staff for the remainder of the day.
- Since 1834, the U.S. Flag has flown continuously next to the grave of the Revolutionary War hero, the Marquis de Lafayette, near Paris, France.
- June 14 was proclaimed Flag Day by President Woodrow Wilson in 1916. While Flag Day was a popular celebration in scores of communities for many years after Wilson's proclamation, it didn't receive its official Congressional designation until 1949.



The United States Flag should always be treated with the utmost care and respect. Remember, the flag represents a living country, and as such, is considered a living thing.

- Always display the flag with the blue union field up – never display the flag upside down, except as a distress signal.
- It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flag staffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.
- Always hold the flag carefully – never let it touch anything beneath it: the ground, the floor, water or merchandise.
- Always keep the flag aloft and free – never carry it flat or horizontally.
- Always keep the flag clean and safe – never let it become torn, soiled or damaged.
- Always dispose of a flag properly, preferably through veterans' organizations.
- Always treat the flag with respect.

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Upper Shore Aging

100 Schaubert Road, Chestertown
E-mail: usainc@uppershoreaging.org

Upper Shore Aging is the local Area Agency on Aging (AAA) serving Caroline, Kent, and Talbot Counties. The AAA is dedicated to providing free or low-cost support to older adults. They provide information regarding equitable access to transportation, caregivers, health insurance, and food. The AAA promotes aging-in-place through advocacy for elder justice and access to supports for healthy aging. Some of the many programs offered by Upper Shore Aging are listed below. More information is available at www.uppershoreaging.org.

Information and Assistance

Upper Shore Aging is the local Maryland Access Point (MAP) is to provide a "no wrong door" approach to improve information and access to all programs and services for which an individual may be eligible.
Contact: Nekia Johnson 410-778-2564

Senior Center

Amy Lynn Ferris Adult Activity Center
200 Schaubert Road, Chestertown
Hours: Monday -Friday 8am to 3pm
Lee Clough, Manager

- SAIL & On the Move- Evidence-Based Exercise Programs
 - Arts & Crafts • Music Therapy
 - Health Education Information & Presentations about Diabetes/Alzheimer's
 - Nutritional Education-Cooking Demonstrations
 - Entertainment - Lunch Time Shows, Bingo
 - Gym - Physical Fitness Equipment
 - Day Trips - Dutch Lunch Out
 - Medication Management & Blood Pressure Screenings
 - Physical Fitness Classes - Tai Chi, Sit Fit, Walk Fit, Cardio, Dance Classes
 - Card & Game Groups - Mahjong, Bridge, Canasta, Billiards
 - Legal Assistance-Mid Shore Pro Bono
- 410-778-2564

Meals on Wheels

The Meals-On- Wheels program delivers meals to homebound seniors. Twice each week volunteers deliver approximately 1,500 meals in the three counties. In some cases, the volunteer is the only physical contact the senior has with the outside world. Program Coordinator: Donna Olsen 410-778-2564

Ombudsman Program

The Kent County Ombudsman Program is authorized by the Older Americans Act and Maryland Law to advocate for and protect the rights of residents in nursing homes and other long-term care facilities. Confidentiality is respected.
Contact: Deb Nicholson 410-778-5690

The Ombudsman:

- **Receives** and resolves complaints made by or for residents of long-term care facilities.
- **Educates** consumers and long-term care providers about residents' rights and good care practices.
- **Promotes** community involvement through volunteer opportunities.
- **Provides** information on nursing homes and other long-term care facilities and services, residents' rights, and legislative and policy issues.

The overall goal of the Ombudsman Program is to assure residents receive quality care, and that they maintain their dignity, legal rights, and control of their lives.

The services of the Ombudsman are available to:

- **Residents** of nursing homes and other long-term care facilities;
- **Family or friends** of residents;
- **Staff** of nursing homes and other long-term care facilities;
- **Public agencies and Community Groups** or **Individuals** interested in the quality of care in long-term care facilities.

Education

Washington College Academy of Lifelong Learning

Non-credit courses for continuing education includes history, science, literature, philosophy, the sciences, wellness, visual art, and a series of Learn-at-Lunch.
410-778-7793
www.washcoll.edu/people_departments/offices/wc-all/index.php

Institute for Adult Learning Kennard African-American Cultural Heritage Center

400 Little Kidwell Avenue, Centreville
A volunteer organization whose mission is to provide learning opportunities and social experiences which enrich the lives of its members. The Fall 2026 semester begins September 9 and ends December 18. Classes are held during the day on

weekdays. Most classes are 90-minute sessions that last for 4 to 6 weeks. The Fall 2026 Course Showcase is on Wednesday, August 5, 2026 at 1:30 pm.
410-758-4381
www.instituteforadultlearning.org

Kent County Public Library

408 High Street, Chestertown
410-778-3636
21258 Rock Hall Avenue, Rock Hall
410-639-7162
119 North Main Street, Galena
410-648-5380
www.kentcountypubliclibrary.org

Exercise/Recreation

Aquafit

818 High Street, Chestertown
Gym, exercise, and indoor swim classes.
Discount for those 65+ after enrollment fee
www.ctownaquafit.com
410-778-6555

Kent County Family YMCA

200 Scheeler Road, Chestertown
A special senior rate for membership. Group exercise classes (included with membership), heated swimming pool, gymnasium, weight room, and wellness center.
410-778-3148
<https://ymcachesapeake.org/locations/kent-county-family-ymca>
Free Health-Intervention Programs including LiveSTRONG, Enhance Fitness, Rock Steady Boxing, and TANDEM.
Contact Wellness Director Rachel Carter at rcarterymcachesapeake.org

Kent County Parks and Recreation

11041 Worton Road, Worton
Senior membership fee \$8 per year. Full gym, outdoor pool, pickleball 2 times per week, ping pong, nature hikes second Tuesday each month (registration required). Additional programs will be announced fall 2026
410-778-1948
www.kentparksandrec.org/

Fit Flock - Gym, Personal Training

118F S. Lynchburg Street, Chestertown
410-708-3122
www.thefitflock.com

The Grounded Frog Pilates & Yoga Studio

200 High Street, Suite A, Chestertown
443-254-4535
www.thegroundedfrog.com

Madden Personal Training and Sports Performance

905B Washington Avenue, Chestertown
443-282-6121

SlackTide Yoga Studio

400 S. Cross Street, Suite 4, Chestertown
443-843-0505
www.slacktideyoga.com

Phoenix Personal Fitness & Martial Arts

903 Washington Ave., Ste. B, Chestertown
410-708-9944
www.phoenixpersonalfitnessma.com/

Tree of Lyfe Fitness

www.treeoflyfefitness.com

Financial Assistance

AARP Income Tax Aide

888-227-7669 • taxaide@aarp.org
<https://www.aarp.org/money/taxes>

Homeowners & Renters Tax Credit

1-410-767-1184
sdat.411@maryland.gov
<https://dat.maryland.gov/Pages/tax-credit-programs.aspx>

Chesapeake Health Benefits

800 Washington Avenue, Chestertown
By Appointment Only. Medicare Plan Options, Dental and Vision, Part D Prescription help during Open Enrollment.
410-778-9008 ext. 2
www.chesapeakehealthbenefits.com

Department of Veterans Affairs

1-800-698-2411 • <https://www.va.gov>

Food Pantries/Free Meal

FREE Meal

Community Table

Christ First United Methodist Church
401 High Street, Chestertown
First Monday each month 5pm
Free Meal, all are welcome
410-778-0911 • www.christfirstumc.church

Call for Food Pantry eligibility

Community Food Pantry

Christ First United Methodist Church
105 North Mill Street, Chestertown
Tuesday & Thursday 10am-12 Noon
410-778-0550
www.kentfoodpantry.com

Seventh Day Adventist Church

305 North Kent Street, Chestertown
Tuesday 10am-12 Noon
410-556-6459

Millington-Crumpton Food Pantry

Asbury United Methodist Church
392 Cypress Street, Millington
Monday 9am-12 Noon
443-480-0053

Millington Mobile Produce Pantry

Former Millington School
172 Sassafras Street, Millington
Second Tuesday of the month
443-480-0053

Hope Community Alliance

21292 Civic Center Road, Rock Hall
Food and Clothing
Sundays 1:30pm-3:30pm
443-480-4370 • <https://hcakent.org>

Kennedyville United Methodist Church

12060 Kennedyville School Road, Kennedyville
Second Tuesday of the month 10am-2pm
410-348-5502

Mt. Olive African Methodist Episcopal Church

24840 Lambs Meadow Road, Worton
Third Friday of the month 12pm-3pm
410-778-3328
www.mtoliveameworton.org

Christmas Food Baskets

Lions Clubs of Kent County
Referrals from Social Services, Amy Lynn Ferris Adult Activity Center, and Churches
410-708-0704

Funeral Services

Bennie Smith Funeral Homes

855 High Street, Chestertown
410-778-2161
www.benniesmithfuneralhome.com

Fellows, Helfenbein and Newnam Funeral Home PA

130 Speer Road, Chestertown
410-778-0055
370 West Cypress Street, Millington
410-928-5311
www.fhnfuneralhome.com

Galena Funeral Home of Stephen L. Schaeck

118 West Cross Street, Galena
410-648-5338
www.galenafuneralhomeofsls.com

Health Care and Health Services

Kent County Health Department

125 South Lynchburg Street, Chestertown
Monday - Friday 8:00am to 5:00pm
Medical Adult Day Center; Assessment and Evaluation Referral Services (AERS); Medical Assistance Transportation; Outpatient Mental Health (410-778-5783); Medical Screenings; Immunizations; Insurance Benefit Navigation; Recovery in Motion addiction support; Women's Peer Support Group Thursday @ 4pm; Men's Peer Support Group Wednesday @ 4pm (410-778-5894); A.F. Whitsitt Center inpatient substance abuse treatment (410-778-6404)
410-778-1350 • <https://kenthd.org>

Choptank Community Health System

Chestertown Health Center

126 Philosophers Terrace, Suite 101, Chestertown and

Community Health Center

Rock Hall Elementary School, Sharp Street, Rock Hall
<https://www.choptankhealth.org>
443-215-5353 (Chestertown)
667-377-2004 (Rock Hall)
Family medicine and behavior health, mobile health unit

Eastern Shore Urgent Care and Primary Care

7416 Church Hill Road, Chestertown
Treatment of non-life-threatening injuries and illnesses; wellness visits, 7 days per week
410-498-4848
<https://easternshoreuc.com>

University of Maryland Shore Medical Center - Chestertown

(formerly Chester River Hospital Center)
100 Brown Street, Chestertown
24/7 Emergency Department,
cardio-pulmonary rehab, medical
imaging, radiology, lab testing,
same-day surgery, classes
410-778-3300
<https://www.umms.org/shore/locations/medical-center-chestertown>

Compass Regional Hospice

255 Comet Drive, Centreville
Offering families home hospice care, a
residential hospice center, and general
inpatient care.
443-262-4100
www.compassregionalhospice.org

Chestertown Lions Club

P.O. Box 265, Chestertown
Eyeglass collection, cleaning, and
distribution; vision and diabetes
awareness program; low vision assistance
<https://chestertownlions.org>

For All Seasons

315 High Street, Chestertown
Therapy, Psychiatry, Victim and Crisis
Support, and Education for Families.
Walk-in appointments available.
Regardless of one's language or
ability to pay.
410-810-1018
www.forallseasonsinc.org

Galena Lions Club

410-708-0704
<https://galena-md-lions.org/>
Durable medical equipment loan
program, such as wheelchairs,
hospital beds, walkers, shower seats

University of Maryland Shore Regional Health Shore Community Outreach Team, Kent

Home Visits, Health Screenings, Medical
Case Management, Connections to
Community Services, Maryland Suicide
and Crisis Hotline 24/7 Service
Dial 988 or 800-422-0009
667-343-3217
<https://www.umms.org/shore/about/expanding-care-eastern-shore/future-kent-county/shore-community-outreach-team>

Home Health Care**Byzantine Healthcare Services**

12708 Willow March Lane, Bowie
In-home 24-hour caregiving and nursing
301-324-1709
<https://byzantinehealthcareservices.com>

Comfort Keepers

8103 Ocean Gateway, Easton
In-home care by trained caregivers
Transportation available
410-822-4414
<https://www.comfortkeepers.com/offices/maryland/easton>

Living at Home, LLC

301 Old Bridge Road, Chestertown
In-home care by trained caregivers
Medicaid waiver accepted
410-778-2212
<https://livingathomellc.com>

Private Care Duty, LLC

2 South West Street, Unit 4, Easton
In-home care by trained caregivers
410-690-8365
www.privatecaredutyllc.com

VNA of Chestertown

103 Brown Street, Chestertown
Doctors order for Skilled Nursing,
Occupational and Physical Therapies
410-778-1049
<https://lhcgroupp.com/locations/vna-of-maryland-chestertown>

Home Repairs**Rebuilding Together Eastern Shore**

P.O. Box 180, 930 Washington Street,
Chestertown
410-778-4544
www.rebuildingtogethereasternshore.org

*"I've learned...that the best
classroom in the world is at
the feet of an elderly person.*

*I've learned...That being
kind is more important than
being right.*

*I've learned.... That when
your newly born grandchild
holds your little finger in his
little fist, that you're hooked
for life."*

– Andy Rooney

Information and Assistance**University of Maryland Extension Kent County**

709 Morgnec Rd, Suite 202, Chestertown
Programs: Family and Consumer
Services, Agriculture & Food Systems,
Environment & Natural Resource, Home
and Garden
410-778-1661
www.extension.umd.edu/locations/kent-county

Legal and Mediation Services**Family Law Assistance Program**

Family Services Division
Kent County Circuit Court
103 North Cross Street, Chestertown
Family law services, legal consultations,
mediation, information, and referrals.
Based on income eligibility
410-810-1059
<https://circuitcourt.kentcounty.com/family-services>

Register of Wills

Kent County Courthouse
103 North Cross Street, Chestertown
Assistance in probate of estates,
filing of wills for \$5.00 fee
Monday – Friday 8:30am-4:30pm
410-778-7466
<https://registers.maryland.gov/main/kent.html>

Maryland Legal Aid

Upper Eastern Shore Office
106 N. Washington St., Ste.101, Easton
Monday – Friday 9:00am to 5:00pm
Based on income eligibility
410-763-9676 • www.mdlab.org

Maryland Senior Legal Hot-Line

Brief legal advice by phone for those
over 60
866-635-2948
<https://www.peoples-law.org/maryland-senior-legal-helpline>

Shore Legal Access

499 Idlewild Avenue, Easton
Monday – Thursday, 9:00am to 4:00pm
Representation in civil matters,
based on income eligibility
410-690-8128 • www.shorelegal.org

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Main Office

705 Morgnec Rd.
Chestertown, MD 21620
(410) 778-3023

Salisbury Regional Office

28101 Old Eden Rd.
Eden, MD 21822
(410) 490-3315

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Community Mediation Upper Shore

410 North Commerce Street, Centreville
Conflict resolution by trained community
mediators, free of charge
Monday - Friday 9:00am to 3:00pm
Mediation scheduled outside of
these hours as requested
410-810-9188
www.cmusmediation.org

Long Term Care

Continuing Care Retirement Community

Heron Point

501 East Campus Avenue, Chestertown
Independent living as well as
assisted living and a skilled nursing
facility for those over 60
410-778-7300
[https://www.actsretirement.org/
communities/maryland/heron-point-
of-chestertown](https://www.actsretirement.org/communities/maryland/heron-point-of-chestertown)

Skilled Nursing

The Resorts at Chester River Manor

200 Morgnec Road, Chestertown
A Medicare and Medicaid-certified
98-bed facility that provides
24-hour long-term care and
rehabilitation services, respite
and hospice services
410-778-4550
<https://resortsatchesterrivermanor.com>

Assisted Living

Chestertown Nursing and Rehabilitation Center

415 Morgnec Road, Chestertown
A Medicare and Medicaid certified
92-bed facility specializing in rehab
services and intermittent &
continuous care.
410-778-1900
www.chestertownrehab.com

The Golden Rule

20806 Bayside Avenue, Rock Hall
9 beds, men and women
410-639-7378

Whispering Pines

5811 South Hawthorne Avenue, Rock Hall
Accepts Medicaid waiver, 8 beds,
men/women/couples
410-639-7771

Pharmacies

Chester River Pharmacy

601 Washington Avenue, Chestertown
Monday - Friday 9am-6pm,
Saturday 9:00am to 2:00pm
410-810-3600

Galena Pharmacy

104 Cross Street, Galena
Monday - Friday 9am to 6pm,
Saturday 9am to 2pm
410-648-5662

Walgreens

701 Washington Avenue, Chestertown
7:00am to 10:00pm
Call for Pharmacy Hours
410-778-5698

Walgreens

21400 Zeeman Road, Rock Hall
8:00am to 7:00pm
410-639-9140
Call for Pharmacy Hours

Senior Organizations and Support Groups

Caregivers Support Group

Presbyterian Church of Chestertown
905 Gateway Drive, Chestertown
Second Tuesday Monthly 10:30am
in conference room across from Church
office. Anyone is welcome.
410-778-6057
www.presbyterianchestertown.org

HomePorts, Inc.

118 North Cross Street, 2nd floor,
Chestertown
Membership organization for those over
55+; Volunteer Services; Transportation;
Home Visit; Social Events
443-480-0940
www.homeports.org

Ageless Wonders

Rock Hall Methodist Church
Community Center
21273 Sharp Street, Rock Hall
Third Wednesday Monthly 1pm-3pm
Bingo each week, snacks provided, no fee
410-639-2144

Rock Hall Seniors

Rock Hall Methodist Church
Community Center
21273 Sharp Street, Rock Hall
First Wednesday Monthly 12 Noon
All seniors welcome. \$20 annual dues,
meals provided - members bring
side dishes, guest speakers and/or
entertainment
443-480-3812
www.yourrockhall.church

Eastern Shore Alano Club

103 Dixon Drive, Chestertown
Safe and inclusive location for those
fighting addictive and compulsive
behavior. Fellowship, activities,
and events
410-778-0533
www.easternshorealano.com

Discount Food Shopping

Acme Chestertown

711 Washington Avenue, Chestertown
Tuesdays 5% discount for 60+,
upon request
Online Orders: Acme Drive up and Go,
Door Dash, InstaCart
410-778-5641

Bayside Market

21309 Rock Hall Avenue, Rock Hall
Mondays - 5% discount for 65 years+;
Instacart
410-639-2552

Cross Street Market

105 West Cross Street, Galena
Wednesdays 10% discount for 65+
419-648-5354

Fresh Start Food and Garden

21318 East Sharp Street, Rock Hall
Wednesdays - 10% discount for 55+
410-639-4102

*"You don't stop
laughing when you
grow old, you grow
old when you stop
laughing."*

— George Bernard Shaw

Social Services

Kent County Department of Social Services

350 High Street, Chestertown
Monday – Friday 8am to 4:30pm
Assists vulnerable, aging, and disabled adults in remaining safe and independent. Programs include Adult Protective Services, In-Home Aides for In-Home Assistance, and Case Management to Adults. Services also include Medical, Food, and Energy Assistance.
410-810-7600
<https://dhs.maryland.gov/office-of-adult-services/>
<https://dhs.maryland.gov/local-offices/kent-county>

Transportation

HomePorts, Inc.

118 N. Cross St., 2nd floor, Chestertown
Membership required for those 55+ for Transportation for doctors appointments, shopping and errands within Kent County and surrounding areas including Centreville, Easton, Elkton, Stevensville, and Newark, Delaware
443-480-0940
www.homeports.org

Chestertown Lions Club Drive for Sight Program

P.O. Box 265, Chestertown
Drive for Sight is a free service provided by Chestertown Lions Club volunteers. Persons living in 21620 or Queen Anne's County can be driven to and from eye doctor appointments located in Chestertown, north as far as Middletown, Delaware, west as far as Kent Island, south as far as Easton and east as far as Dover, Delaware
703-229-2910; Ride requests should be made 72 hours before appointment
<https://chestertownlions.org>

Delmarva Transit

Monday - Friday
Public transportation provides fixed route and deviated fixed route services to the general public throughout Maryland's Mid- and Upper-Eastern Shore. Special services are available for persons with disabilities or who are unable to use the regional fixed routes.
410-778-5187 or 866-330-6878
www.mustbus.org

Maryland State Representatives from District 36

District 36 includes Caroline, Cecil, Kent & Queen Anne's Counties

John Gardner, founder of the citizens' advocacy group Common Cause, said, "The citizen can bring our political and governmental institutions back to life, make them responsive and accountable, and keep them honest. No one else can." The State Government funds a myriad of services on which seniors depend. Functions from nursing home oversight to utility regulation to teacher retirement programs fall within the State's purview. Half of all Medicaid funds are provided by the State as well as a large amount of the costs to maintain senior centers, meals-on-wheels, and local transit buses.

Keep in touch with your State Representatives to let them know that seniors vote.

Jefferson L. Ghrist

Low House Office Building, Room 430
6 Bladen Street, Annapolis, MD 21401
410-841-3555, 301-858-3555
1-800-492-7122, ext. 3555 (toll free)
e-mail: jeff.ghrist@house.state.md.us

Stephen S. Hershey, Jr.

James Senate Office Building, Room 423
11 Bladen Street, Annapolis, MD 21401
410-841-3639, 301-858-3639
1-800-492-7122, ext. 3639 (toll free)
e-mail: steve.hershey@senate.state.md.us

Jay A. Jacobs

House Office Building, Room 321
6 Bladen Street, Annapolis, MD 21401
410-841-3449; fax: 410-841-3098
1-800-492-7122, ext. 3449 (toll free)
e-mail: jay.jacobs@house.state.md.us

Stephen J. Arentz

Low House Office Building, Room 308
6 Bladen Street, Annapolis, MD 21401
410-841-3543, 301-858-3543
1-800-492-7122, ext. 3543 (toll free)
e-mail: steven.arentz@house.state.md.us

What You Can Do to Avoid a Scam

Block unwanted calls and texts.

Take steps to block unwanted calls and to filter unwanted text messages.

Don't give your personal or financial information in response to a request that you didn't expect.

Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers. If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately.

Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay.

Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.

Stop and talk to someone you trust.

Before you do anything else, tell someone – a friend, a family member, a neighbor – what happened. Talking about it could help you realize it's a scam.

From the Federal Communications Commission

"To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living."

– Henri Frederic Amiel

Fall Prevention Tips

As one gets older, physical changes and health conditions – and sometimes the medications used to treat those conditions – make falls more likely. Falls are the leading cause of death by accidental injury for those over 65. Six in 10 falls occur in the home and can lead to:

- Fear of falling
- Sedentary behavior
- Impaired function
- Lower quality of life

The Mayo Clinic offers six simple fall-prevention strategies:

Make a fall-prevention plan and discuss it with your doctor

- Make a list of your prescription and over-the-counter medications and supplements, or bring them with you to the appointment.
- Have you fallen before? Write down

the details, including when, where and how you fell.

- Be prepared to discuss your health conditions and how comfortable you are when you walk

Keep moving

If you avoid physical activity because you're afraid it will make a fall more likely, tell your doctor. He or she may refer you to a physical therapist who can create an exercise program aimed at improving your balance, flexibility, muscle strength and gait.

Wear sensible shoes

Consider changing your footwear as part of your fall-prevention plan. Wear properly fitting, sturdy shoes with nonskid soles.

Remove home hazards

- Remove boxes, newspapers, electrical cords and phone cords from walkways
- Move coffee tables, magazine racks and plant stands from high-traffic areas
- Secure loose rugs with double-faced

tape– or remove loose rugs

- Use nonslip mats in your bathtub or shower

Light up your living space

- Place night lights in your bedroom, bathroom and hallways
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches
- Turn on the lights before going up or down stairs
- Store flashlights in easy-to-find places in case of power outages

Use assistive devices

- Hand rails for both sides of stairways
- Nonslip treads for bare-wood steps
- A raised toilet seat or one with armrests
- Grab bars for the shower or tub
- A sturdy plastic seat for the shower or tub – plus a hand-held shower nozzle for bathing while sitting down



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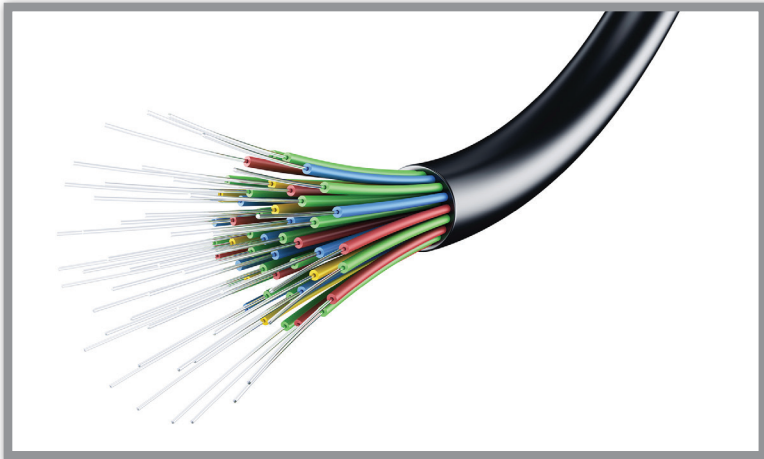
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