

UPPER SHORE CLARION

AUGUST 2026 VOLUME 26, ISSUE 8



Why National Wellness Month Matters

Chronic stress is one of the most common health complaints of modern life, and it is linked to problems ranging from poor sleep and weakened immunity to heart disease. Research consistently shows that small, sustainable changes, such as drinking more water, moving regularly, sleeping well and taking time to switch off, have a measurable effect on long-term health. National Wellness Month matters because it reframes self-care as a routine and accessible practice rather than an occasional indulgence, encouraging people to build habits that last well beyond August. It also gives employers a prompt to consider workplace wellbeing, which affects both staff health and productivity.

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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Jo Ann Murray

Kevin Moran (Treasurer)



S.A.I.L. Exercise 3 9am Lunch 12pm ★ Mahjongg 1pm 	Bingo 11am 4 Lunch 12pm On the Move 1pm 	S.A.I.L. Exercise 5 Class 9am Cooking with David 10:30am Lunch 12pm Watercolors 12:30pm 	Needlecraft 10am 6 Lunch 12pm Games 1pm 	Bingo Bash 9:30am 7 ★ Lunch 12pm Billiards 1pm 
S.A.I.L. Exercise 10 9am Health Related Education with Jillian 10:15am Lunch 12pm Mahjongg 1pm 	Blood Pressure Screening with Shore Community Outreach Team 11 9am Bingo 11am Lunch 12pm On the Move 1pm 	S.A.I.L. Exercise 12 Class 9am Lunch 12pm Watercolors 12:30pm 	Needlecraft 10am 13 Lunch 12pm On the Move 1pm Games 1pm 	Bingo Bash 9:30am 14 Lunch 12pm Billiards 1pm 
S.A.I.L. Exercise 17 9am Dementia Program 10:30am ★ Lunch 12pm Mahjongg 1pm On the Move 1pm 	Medication Management with Mel 10:30am 18 Bingo 11am Lunch 12pm On the Move 1pm 	S.A.I.L. Exercise 19 Class 9am Lunch 12pm Watercolors 12:30pm SHIP Ice Cream Social 12:30pm 	Needlecraft 10am 20 Lunch 12pm ★ On the Move 1pm Games 1pm 	Bingo Bash 9:30am 21 Lunch 12pm Billiards 1pm 
S.A.I.L. Exercise 24 9am Lunch 12pm Mahjongg 1pm 	Bingo 11am 25 Lunch 12pm On the Move 1pm 	S.A.I.L. Exercise 26 Class 9am Lunch 12pm On the Move 1pm 	Needlepoint 10am 27 ★ Lunch 12pm On the Move 1pm Games 1pm 	Bingo Bash 9:30am 28 Lunch 12pm Billiards 1pm 
S.A.I.L. Exercise 31 9am Lunch 12pm Mahjongg 1pm 	We're Open! Open Monday-Friday 8am-3pm All activities will be held in the DINING ROOM unless noted otherwise.		Happy Birthday! Stephen Greene 8/1 Marianne Sade 8/1 Donna Olsen 8/3 Barbara Stigile 8/5 Kate Moershel 8/6 David Wood 8/8 Judie Willock 8/12 Lawrence Lynaugh 8/18 Vanessa Ringgold 8/19 Lee Clough 8/21 Faye Robinson 8/25 Sara Creighton 8/26 Carol Bowman 8/27 Dot Mench 8/31 Peggy Sullivan 8/31 	



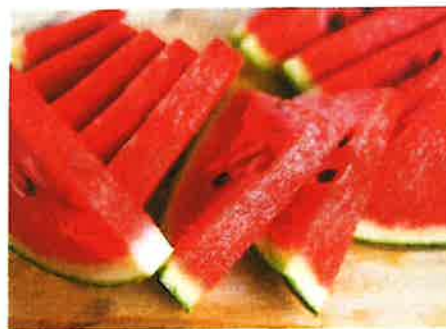
A place to connect. A place to thrive.



AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	4 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 12:00 Lunch 12:30 Basic Computer Class 12:30 Yarn & Needle Group	5 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch	6 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:30 ShoGo Mobile 12:00 Lunch 2:00 Guitar & Ukulele Lessons	7 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:00 DLO EMILY'S PRODUCE 10:45 Tai Chi w/Nathan 12:00 Lunch
10 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	11 8:30 S.A.I.L. Exercise 9:00 Coffee Hour 10:00 BINGO w/Griswold Home Care 12:00 Lunch 12:30 Basic Computer Class 12:30 Yarn & Needle Group	12 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	13 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	14 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Poetry At Noon
17 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 11:15 Healthy Education w/Jillian "Social Connections & Emotional Health 12:00 Lunch 12:00 Mahjong	18 9:00 Coffee Hour 10:00 Crafting with Tonia 12:00 Lunch w/DJ Chuckie 12:30 Yarn & Needle Group 12:30 Basic Computer Class	19 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch	20 9:00 Coffee Hour 10:30 ShoGo Mobile 11:00 Cooking w/David 12:00 Lunch w/MAP ICE CREAM SOCIAL 2:00 Guitar & Ukulele Lessons	21 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 11:30 Toastmasters 12:00 Lunch
24 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	25 9:00 Coffee Hour 10:00 Positive Music w/DJ Randy P 12:00 Lunch 12:30 Yarn & Needle Group	26 9:00 Coffee Hour 9:00 Beginning Oil Painting 9:30 Music & Movement w/Melanie 9:30 Wii Bowling 12:00 Lunch	27 9:00 Coffee Hour 10:00 Elder Law Clinic 10:30 ShoGo Mobile 12:00 LUNCH 2:00 Guitar & Ukulele Lessons	28 9:00 Coffee Hour 9:30 Line Dancing 10:00 Mahjong 10:45 Tai Chi w/Nathan 12:00 Lunch
31 9:00 Coffee Hour 9:30 Music & Movement w/Melanie 10:45 Tai Chi w/Nathan 12:00 Lunch 12:00 Mahjong	 AUGUST BIRTH FLOWER: GLADIOLUS	 Peridot Spring green & Sparkling Birthstone of August Called the "Healer's Stone"	 Upper Shore Aging Respect Independence Purpose	VISIT US ON OUR WEBSITE: www.brooklettsplace.org VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER OR CALL 410-822-2869

Bay Hundred Senior Center August 2026



Monday	Tuesday	Wednesday
3 10:30-11:30 Strong & Steady 11:30 Cooking Presentation 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	4 10-12 Watercolor Painting 11-11:45 Water Aerobics 1-3 Crafts & Games	5 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
10 9:10 Meditation* 10:30-11:30 Strong & Steady 12-1 Health Education 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	11 10-12 Watercolor Painting 11-11:45 Water Aerobics 1-3 Crafts & Games	12 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
17 9:10 Meditation 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 12-1 Senior Scams** 2:15 Experienced Mahjongg	18 10-12 Watercolor Painting 11-11:45 Water Aerobics 1-3 Crafts & Games	19 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
24 10:30-11:30 Strong & Steady 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	25 10-12 Watercolor Painting 11-11:45 Water Aerobics 1-3 Crafts & Games	26 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance
31 9:15 Meditation 10:30-11:30 Strong & Steady 12-1 Medication Tips 12-1:30 Open Swim 1-2 SAIL Strength & Balance 2:15 Experienced Mahjongg	Sept 1 10-12 Watercolor Painting 11-11:45 Water Aerobics 1-3 Crafts and Games	Sept 2 9-3 Pinochle 9:15 Chair Yoga 1-2 SAIL Strength & Balance

*Meditation was formerly called Calming Mindfulness.

**Presentation by Easton Police



Upper Shore Aging
Respect | Independence | Purpose

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

Caroline County Senior Center

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



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**August
2026**

National Watermelon Day 3 ★ Hot Coffee Bar 8am-11am Watermelon Art Craft 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Hot Coffee Bar 4 8am-11am Jenga Game 10:30am Wellness Series: Hydration with Megan Pinder 12:30pm  	★ Hot Coffee Bar 5 8am-11am Dementia Conversations with Susan Higgs 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	☕ Hot Coffee Bar 6 8am-11am Medication Management Presentation and Blood Pressure Screening with Melanie Chapple 10:30am  Ice Cream Social with Mary Moran 12:30pm 	National Lighthouse Day 7 Hot Coffee Bar 8am-11am Lighthouse Craft 10:30am Music Therapy with Melanie Young 12:30pm  
★ National S'mores Day 10  Hot Coffee Bar 8am-11am Senior Chat and Connect 10:30am S.A.I.L. Exercise with Jannelle 12:30pm	Hot Coffee Bar 11 8am-11am Lunch and Learn: Scam Presentation with Danielle from Shore United Bank 10:30am- 12:30pm 	Hot Coffee Bar 12 8am-11am ★ Hangman Game 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Hot Coffee Bar 13 8am-11am Jewel Glow Jar Craft 10:30am Trivia 12:30pm  	Hot Coffee Bar 14 8am-11am Charades 10:30am ★ Balloon Volleyball 12:30pm 
★ Hot Coffee Bar 17 8am-11am Find the Face Game 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Hot Coffee Bar 18 8am-11am Strong Bones and Healthy Joints Presentation with Jillian 10:30am Cards with Friends 12:30pm 	Hot Coffee Bar 19 8am-11am S.A.I.L. Exercise with Jannelle 12:30pm 	Hot Coffee Bar 20 8am-11am Welcome Popsicle Craft 10:30am Bingo Bash 12:30pm 	National Senior Citizen Day 21 Hot Coffee Bar 8am-11am Potato and Salad Bar (Lunch) 11:30am Music Therapy with Melanie Young 12:30pm 
Hot Coffee Bar 24 8am-11am Senior Chat and Connect 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	☕ Hot Coffee Bar 25 8am-11am Nails with Erika 10:30am Let's Take a Stroll 12:30pm 	Hot Coffee Bar 26 8am-11am Name That Tune Game 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	Hot Coffee Bar 27 8am-11am Plate Painting Craft 10:30am Mindful Memory Games 12:30pm  	Hot Coffee Bar 28 8am-11am Wii Bowling 10:30am Let's Take a Stroll 12:30pm 
☕ Hot Coffee Bar 31 8am-11am Minute-to-Win-It Games 10:30am S.A.I.L. Exercise with Jannelle 12:30pm 	We're Open! Caroline County Senior Center is Open Monday through Friday 8:00am-3:00pm Two weeks' notice is requested for all Crafts, Events, and Lunch	★ 		National Wellness Month August Birthdays Jennifer Neal 8/4 Shirley Acree 8/31 Happy Birthday 

Feddersburg Senior Center

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



Upper Shore Aging
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August
2026

3	★ Coffee Hour 9am Peace Sign Pin 10am Bingo 11am Lunch 12pm Name Five 1pm 4	5	Coffee Hour 9am S.A.I.L. Exercise Class 10am Hydration Talk with Megan Pinder 11am ★ Lunch 12pm Pizza Pretzels for Peace Craft 1pm 6	7
10	★ Coffee Hour 9am Health Education with Jillian Luna 10am Bingo 11am Lunch 12pm Jeopardy Game 1pm ★		Coffee Hour 9am S.A.I.L. Exercise Class 10am Sunflower Button Craft 11am Birthday Potluck Lunch 12pm Battleship 1pm 13	August Birthdays 14 Bernet Jones 8/4 Glaniece Camper 8/7
17	Coffee Hour 9am Two Truths and a Lie Game 10am Bingo 11am Lunch 12pm Name That Tune Game 1pm 18		Coffee Hour 9am S.A.I.L. Exercise 10am Medication Management and Blood Pressure Checks by Melanie Chapple 11am Lunch 12pm Scategories Game 1pm 20	21
24	Luau Party 25 Coffee Hour 9am Nails by Erika 10am Beach Bingo 11am ★ Lunch 12pm Team Volleyball 1pm		Coffee Hour 9am S.A.I.L. Exercise 10am Alzheimer's Presentation by Susan Higgs 11am Lunch 12pm Family Feud Game 1pm 27	28
31		We're Open! Feddersburg Senior Center is Open Tuesday and Thursday		



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 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

Apple Cinnamon Baked Oatmeal Recipe



This make-ahead dish is handy to heat up and have for a quick healthy breakfast or snack. You can add a touch more brown sugar if you like it sweeter and a splash of milk for more creaminess.

Ingredients

- 1½ cups fat-free milk or soy milk
- ½ cup packed brown sugar
- ½ cup egg substitute or egg whites
- 1 tablespoon melted trans-fat-free margarine
- ½ teaspoon cinnamon
- 2 cups rolled oats (not instant)
- 1 teaspoon baking powder
- 1½ cups chopped apples

Directions

Before you begin: Wash your hands.

1. Preheat oven to 350°F (176°C).
2. In a small bowl mix the milk, brown sugar, egg substitute or whites, margarine and cinnamon.
3. In a larger bowl, combine oats and baking powder.
4. Pour the wet mixture into the bowl with the oats; add apples and stir to combine. Spoon the mixture into a 8-by-8-inch pan coated with cooking spray and bake for 30 to 40 minutes, until the top is firm and a toothpick comes out clean in the center.

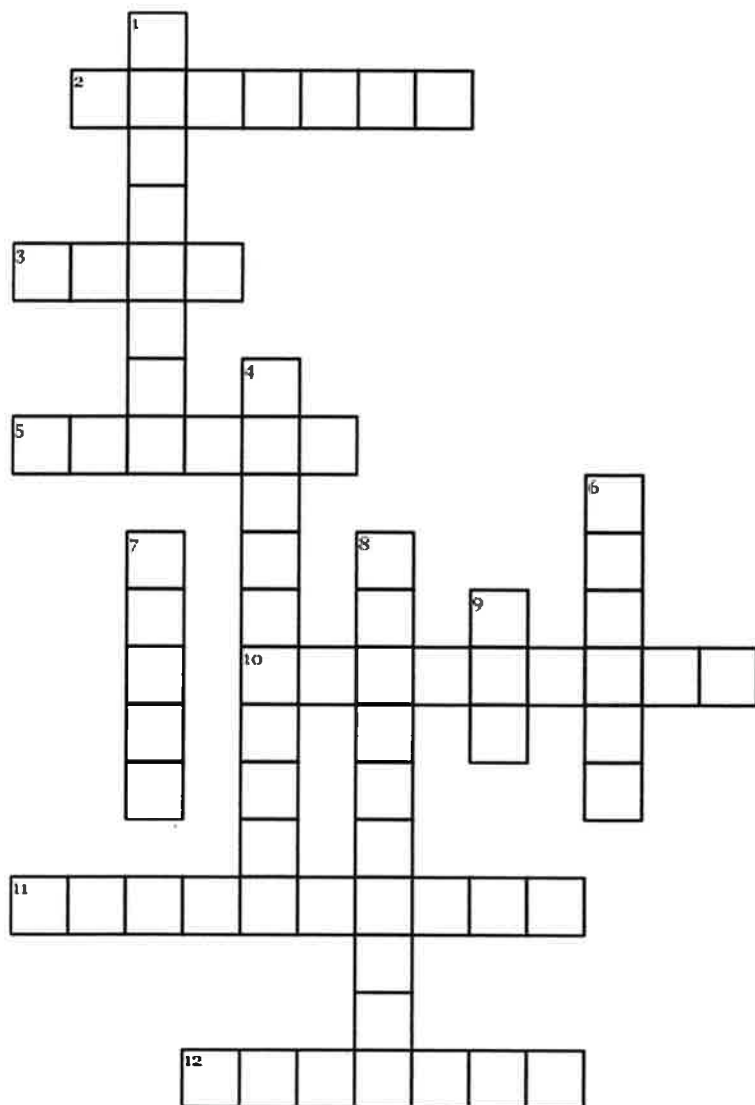
Nutrition Information

Serving size: 1 square

Serves 9

Calories: 160; Total fat: 3g; Saturated fat: < 1g; Sodium: 80mg; Total Carbohydrate: 30g; Dietary Fiber: 3g; Sugars: 18g; Protein 4g; Vitamin A: 248 IU; Vitamin C: 1.5 mg; Calcium: 56mg.

SENIORS WEEK CROSSWORD PUZZLE



Across

2. TO SHOW REGARD

3. TO FEEL CONCERN ABOUT

5. KNOWLEDGE OF WHAT IS TRUE

10. GROUP SHARING COMMON CHARACTERISTICS

11. A STATE OF BEING FRIEND

12. CONDUCT INDICATIVE OF HIGH RESPECT

Down

1. ACT OF RECALLING SOMETHING

4. ANYTHING THAT CONNECTS

6. PLEASURE TRIPS

7. EXPRESS PLEASURE

8. FEELING OF DEEP SYMPATHY

9. SOMETHING THAT PROVIDES JOYFULNESS



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

Senior Moments by Mary Moran

Happy dog days of Summer to the residents of the Mid Shore! For those who have read Senior Moments in the Caroline Review over the years, please know that my contribution to that publication has run its course. Instead, please let your friends know I will be sharing updates on Federal and State programs and covering the services we offer through Upper Shore Aging, Inc. here! Information on MAP/SHIP/SMP services are now in the Clarion online and in print! Go to www.usainc@upper shore aging.org to sign up to receive the Clarion in your email or contact your county coordinator to sign up for the printed newsletter!

It is my pleasure to introduce you to the services the MAP/ SHIP/SMP program offers for Caroline, Kent, and Talbot counties. USA Coordinators wear multiple hats! Each of these three counties provide Maryland Access Point (MAP) services. Think of MAP navigators as your informational guides to the world of community resources! We connect folks to vital programs designed to meet the needs and concerns of older people and the disabled over age 18. After evaluating an applicant's eligibility for benefit programs, MAP coordinators provide referral and application assistance to connect clients to programs and services.

The Maryland Homeowners Property Tax Credit program is one of the many programs Map connects Maryland residents to. Household income brackets set limits on how much tax is paid for the homeowners' primary residence property taxes. This prorated amount uses the credit system. If the application is received before April 15, the credits appear on one's initial tax bill, reducing the amount due. If the application is received after April 15, the homeowner must pay the property taxes in full when due. However, generally within 30 days of the application submission and approval, they will receive a refund on the prorated tax amount.

The Gross household income cannot exceed \$60,000 and the applicants' net worth cannot exceed \$200,000. The application filing deadline is October 1. Homeowners must apply annually for this program. Go to www.datmaryland.gov and search for property tax credit to apply online. Call 410-767-5900 or contact your county MAP coordinator for a hardcopy!

MAP resource coordinators respond to both the immediate and long-term needs of Seniors and Caregivers. Option counseling addresses local services available to assist individuals, family members, and caregivers with a variety of needs, including In Home Care and Respite support. Together we evaluate personal preferences and strengths, while assessing the clients' resources. Information and referrals are provided based on the client's goals to gain, or maintain, functionality and remain in the community.

MAP and Senior Care systematically conduct Level One Screens to establish priority aligned in home care. The screen is based on the clients' Activities of Daily Living (ADL). Level One Screens address one's ability to perform basic, essential self-care tasks daily to maintain their independence. This self-care includes bathing and grooming, dressing, eating, transferring from one position to another, ambulating, and toileting. Those seeking to stay in the community, but needing assistance with ADLs and financial help, may apply to the waiver programs by completing the Level One Screen. Referrals are then made to the county AERS (Assessment, Evaluation, and Review Service) and passed to local, state, and federal resources and programs such as Dept. of Human Services, and the -MDOA Senior Care Program.

We assist with referrals for emergency utility issues by connecting people with affordability issues to local resources. Emergency grant money availability and educating consumers about choices to control their consumption more efficiently is addressed. We provide contact information and applications to connect customers with Maryland Energy Assistance in your community. Call your MAP coordinator for more information!

MAP also offers updated lists of Food Pantries and resources for those who are suffering from food insecurity. Upper Shore Aging facilitates the Meals on Wheels program to provide nutritious meals for the 60 and older homebound aging and disabled population in all three counties. This program is for those who generally live alone and are unable to shop and cook for themselves. Map refers to beneficiaries in need of this service to MOW to help individuals stay in the community.

What makes MAP services an essential part of your community? Educating the public about available options, utilizing individuals' strengths and finding solutions to barriers by connecting people to productive resources makes MAP services an essential part of your community. We are available for by appointment face-to-face office visits, offer comprehensive assistance over the telephone, and arrange home visits for those who are homebound or without transportation.

When wearing our SMP (Senior Medicare Patrol) hat, SMPs provide information and assistance with Medicare Fraud. We SMPs share information and alerts about common and new forms of fraud through outreach using Media such as Clarion! Bottom feeding fraudsters are on the prowl using the new AI tools for dastardly deeds so beware!

Medicare fraud happens when a person or company intentionally misrepresents facts to deceive Medicare to receive unauthorized payments or benefits. This drains billions from the Medicare health system and contributes to the rising cost of Medicare and Medical Care.

Dishonest medical providers and suppliers participate in Phantom Billing for medical services, tests, and equipment that were never provided. Upcoding happens when Medicare is billed for more expensive or complex procedures or services than were provided. Prescribing or providing treatments, tests, or equipment that are not medically necessary to receive kickbacks or generate higher insurance payouts hurt not just the system but Medicare beneficiaries as well.

SMP also educates beneficiaries about the multiple types of fraud being used against the public. Beware of Bottom feeding fraudsters who are using scare tactics designed to steal your money and identity! Scammers use threats to demand payment over the phone, or via emails or texts, which may be "spoofed" to look legitimate. "Spoofing" is a practice that allows scammers to fake caller ID information and email addresses, hiding their identity.

Spoofers use trusted organizations and official toll free 800 numbers such as local law enforcement, tax entities, the IRS, or your bank to grab victims. Federal and local Government entities conduct business by mail, not phone. Police and Banks do not call you demanding account numbers or personal information. "Neighbor Spoofing" displays your exact area code using local unknown numbers to trick you! Check the FCC Caller ID Spoofing Guide online for suspicious area codes.

Gift card fraud has become increasingly common in recent years. Be wary of any requests for payment using gift cards, especially high dollar cards! No legitimate business or government agency will ever ask for or accept gift cards as consumer payment. Gift Cards are Not a way of transferring money. Gift card fraud typically involves impersonators contacting consumers and urgently demanding payment in the form of gift cards.

Only Scammers will tell you to buy a gift card with instructions to either send it or give them the numbers off the back of the card. DO NOT give gift card information (including via phone, text, email, or photo) to pay bills or fees, or to fix any other problems. This allows the scammer to spend the gift card without physically possessing it. DO NOT give your personal or credit card information to callers in exchange for gift cards.

Maryland law requires that gift cards be sold in secure packaging that can't be opened without showing signs of tampering. Codes that can be used to activate or redeem the card must be concealed in the packaging. Before buying a gift card, check to see if the packaging has been tampered with or the PIN on the back of the card is visible; these may be signs that the gift card is compromised. When buying gift cards, keep the receipt or the gift card ID number to file a report if you lose the gift card or suspect fraud.

If you receive an urgent call, text, or email from a family member, or friend, or coworker, reach out to the person directly to confirm that they need your help.

On a final note, now that you have met MAP and SMP, you can look forward to discovering SHIP in September! The world of Medicare is handled by SHIP! Senior Moments will offer information about this year's Annual Open Enrollment, or Annual Election Period, (starting October 15th) for examination of one's Prescription Drug plan for 2027!

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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