

THE UPPER SHORE CLARION

VOLUME 19, ISSUE 5

MAY 2019

Upper Shore Aging, Inc.



CONNECT, CREATE, CONTRIBUTE MAY 2019

Our Mission

Upper Shore Aging, Incorporated will develop and provide a variety of programs for Older Persons in the Upper Shore region, which help maintain and improve quality of life.

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Older Americans Month 2019: Connect, Create, Contribute

Each year, more and more older adults are making a positive impact in and around our area. As volunteers, employees, employers, educators, mentors, advocates, and more, they offer insight and experience that benefit the entire community. That's why Older Americans Month has been recognizing the contributions of this growing population for 56 years.

This year's Older Americans Month theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

Connect with friends, family, and local services and resources

Create through activities that promote learning, health, personal enrichment

Contribute time, talent, and life experience to benefit others

Our Senior Centers will celebrate Older Americans Month by promoting ways that community members of *all* ages can take part in helping our community thrive. We encourage you to:

Connect: At Your Local Senior Center (Center Info Located on the Back Page of this Newsletter)

Create: Participate in a class offered at the Senior Center

Contribute: Volunteer in Your Center or Community



Communities that support and recognize older adults are stronger! Join us in strengthening our community – this May and throughout the year.

NEWS FROM KENT COUNTY

Amy Lynn Ferris Center

We have Computer Class on Mondays and Tuesdays, and Tech Help on Mondays and Fridays. Duplicate Bridge will be held on May 2, 16, and 30 at 12:30. The Elder Law Clinic will be held on May 8 at 10:00, and Brenda will do crafts on May 9 at 10:00. We will show a movie on May 13 at 10:00, and we will have bingo with Autumn Lake Nursing Home at 10:00 on May 14. Our nutritionist Cheyrlle, will be here for a program on May 15 at 11:00. We will have our Older Americans Month Celebration on May 21 with an open house, free bingo, and Officer Kettler from the Sheriff's Department will speak on Senior Safe Driving and Fraud Prevention. Our party with Adult Day Care will be held on May 24, with music by Pres Jacobs. The center will be closed on May 27 for Memorial Day, and we will have bingo and lunch with the Resorts at Chester River Manor on May 28 at 10:00.

Golden Age Senior Citizens Club

The Golden Age Club met on April 2, 2019 with 16 members and one guest present. A delicious lunch of spaghetti and meatballs with various side dishes was enjoyed by all. The pretty Easter theme on the tables with live flowers and Easter candy helped to get us in a spring mood. Several ladies modeled Easter bonnets and all were declared winners. Our next meeting will be our annual lunch out on the town, to be held at the Blue Bird on Tuesday, May 7, 2019 at noon.

Rock Hall Seniors

The monthly meeting was held on April 3rd, 2019 with 32 members present. Three birthdays were celebrated. Our speaker for the Month was Cynthia Bach, Associate Director of Business Development for VAN of Maryland. She spoke about the home care needs in Kent and Queen Anne Counties and throughout the State of Maryland.

The next meeting will be on May 1st, 2019 at the Rock Hall United Methodist Church. Covered dish luncheon starts at noon. As always, non-perishable food will be collected for the Rock Hall Food Bank

NEWS FROM CAROLINE COUNTY

May has arrived! Bring on the warm temps and beautiful flowers. May is also Older Americans Month and the theme this year is Connect, Create and Contribute and the Caroline Senior Center will be traveling to Autumn Lake Nursing Home to do just that!!!! We will be hosting bingo at the nursing home along with fellowship and friendship. The seniors will also have lunch with the residents at the nursing home.

May also means the celebration of Mother's Day and we have a few crafts planned just for that special holiday. On Wednesday May 1st we will be making Mother's Day Ceramic Planter Tea Cups. We will paint our tea cups and plant our flowers inside them once they are dried. Wednesday, May 8th we will be making homemade Mother's Day cards. The Caroline Senior Center will be having (invitation only) a Mother's Day Tea Celebration. Blue Donohue will be hosting tea and many tasty Mother's Day treats for our seniors.

NEWS FROM FEDERALSBURG SENIOR CENTER

April brought us springtime, Easter, longer daylight hours, warmer temperatures and beautiful flowers. April was very special. The seniors at the Federalsburg Senior Center enjoy their great exercise program led by Karen Gianninoto each Tuesday and Thursday from 11:00 to 12:00. This program has helped us to improve our balance and stamina. Wanda Mollock returned this month to do our blood pressure checks. That's a number everyone needs to know. Every Thursday morning at 10:00, Tyrell James comes to the center and gives us more important information about living a healthy life style. Each Tuesday at 1:00, Suzette Kelly teaches us art projects. In April she showed us how to make Easter cards, bunnies, Easter baskets and bunny banks. After we completed our projects we filled the Easter Baskets we made with our other creations. On April 16th, we added in each basket beautiful homemade chocolate Easter eggs donated to us by the Immanuel Lutheran Church in Preston. The eggs made our baskets extra special. We thank them very much for their kindness. We had an Easter egg hunt and enjoyed delicious food at everyone's Birthday and Easter party. Our monthly birthday party is held on the last Tuesday of each month. Bingo is played every Thursday at 12:30. A special Bonus Bingo Basket game is played the last Thursday of each month. Come join us! Our center is located above the Federalsburg Town Hall. We are there every Tuesday and Thursday from 9:00 AM to 3:00 PM.

Senior Centers' Calendar of Events

AMY LYNN FERRIS CENTER

Daily Activities

Mondays- Yoga I and II, Tech Help, Computer Class, Enhance Fitness, Mahjong

Tuesdays- Yarn Works, Sitercise, Bingo, Bible Study, Computer Class, Senior Fitness

Wednesdays- Zumba Gold, Spanish, Trivia, Bridge

Thursdays- Yoga I and II, Duplicate Bridge, Senior Fitness

Fridays- Zumba Gold, Line Dancing, Tech Help, Enhance Fitness, Bingo



CAROLINE SENIOR CENTER

Daily Activities

Mondays - Painting with Diana

Tuesdays - Enhanced Fitness with Teresa,
Walk15 with Karen

Wednesdays - Every 3rd Wed-Blood Pressure Screening
with Anne Clucas

Thursdays - Enhanced Fitness with Teresa,
Walk15 with Karen

Fridays - Shopping

2nd Tuesday - New Beginnings Chorus and
First Baptist Church Craft

Daily Morning Exercises with Agnes

FEDERALSBURG SENIOR CENTER

Daily Activities

Breakfast, Announcements, Devotions,
and physical fitness classes.

Every Tuesday - Craft Design and Production,
Quilting, Exercise,
Healthy Living for Older Adults

Every Thursday - Health Coaching, Bingo

1st Tuesday - Blood Pressure Screening

"The More We Get Together the Happier We'll Be"



TALBOT SENIOR CENTER

Daily Activities

Daily Activities – Coffee Hour, Exercise Room,
Game Room

Monday - Enhance Fitness, Advance Watercolor,
Card players, Mahjong, Beginning Spanish

Tuesday - Enhance Fitness, Craft classes,
Contract Bridge, Computer Classes, Pinochle

Wednesday - Line Dancing, Beginning Oil Painting,
Dance Steps, Yarn & Needle Group,
Duplicate Bridge, Wii Bowling, Fund. of Art

Thursday - Enhance Fitness, Intermediate Watercolor,
Po-Ken-O or Grocery Bingo,
Balance: Fall Prevention, Canasta, Gentle Yoga

Friday - Zumba Gold, Mahjong,
Keyboard/Guitar Lessons

*2nd & 4th Wednesdays - Blood Pressure Screening

1st & 3rd Fridays-Toastmasters, Poetry

*1st & 3rd Fridays - Toastmasters

THE UPPER SHORE CLARION



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NEWS FROM BROOKLETTS PLACE TALBOT SENIOR CENTER

For complete details on these and other activities, visit our website: www.brooklettsplace.org

Brookletts Place – Talbot County Senior Center will celebrate Older American's Month by promoting ways that community members of all ages can take part in helping Talbot County thrive. We encourage you to:

Connect: Visit www.brooklettsplace.org for a list of opportunities to connect with your community.

Create: Join us Friday, May 3rd for "Stampin Up" with Peggy Kerr. First Baptist will be here Tuesday, May 14th with a "Free Craft". Advance signup is required by calling 410-822-2869.

Contribute: Learn how some of our eldest seniors contribute during "This Is Your Life" with our Musical Celebration with Shelby Abbott May 21, 2019 at 12 noon. Advanced signup is required for lunch by May 8th.

*****For all their ongoing support and partnership we thank our sponsors and partners*****

Talbot County Arts Council, Maryland State Arts Council, Mid-Shore Community Foundation (MSCF), Dock Street Foundation, Artistic Insights Fund, Brookletts Place, and by individual contributions to Carpe Diem Arts Outreach Fund c/o MSCF. Thank you all!

Information about Upper Shore Aging Housing Corporation's low-cost Senior Housing Projects is available on the World Wide Web at:

www.uppershore.org

We quickly respond to all inquiries.

Applications and questions may be directed to Mrs. Amanda Kerr, Property Manager, at (410)778-6000, or by writing to:

Upper Shore Aging Housing Corp.

100 Schaubert Road, Chestertown, MD 21620

May Nutrition Corner



All the Colors, All the Time

An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count, so go ahead and add color to your plate – and your life.

Sneaking More Vegetables into Meals

We all know we need to be eating more veggies. Some of us love them and eat them at every meal. And then there are those of us who can't stomach the thought of chomping on something green that looks like a tree. And no, we're not talking about four-year-olds – we mean adults, too!

If you're the primary cook in your family, and pasta sauce and French fries are the only veggies going down at your home, you may want to get a bit sneakier. We've come up with some pretty cool ways to help you add vegetables into meals without anyone knowing. You get to be creative and it doesn't take much work. Saving time and eating healthy -- sounds like a winning combination!

Get shredded!

Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!

Get mushy!

Replace half the ground meat in recipes like burgers, meatloaf and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms using a knife or a food processor, then sauté in a little olive oil until soft – about three minutes or so. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef. Cook thoroughly and follow the recipe as is. Voila! Another veggie-ful meal for the family.

Get Cheesy!

Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with some low-sodium broth and puree them into a smooth soup that most kiddos (and adults) will love.

Be smooth!

Grab that blender and put it to work! When you're making your favorite fruit smoothie, add in a frozen banana and some spinach, carrots, squash or just about any vegetable (cooked is easier to blend, FYI). The frozen banana makes for a sweet, thick, and creamy smoothie and it adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado or sweet potato to change the tint. You'll be surprised at how bright – and healthy -- your breakfast will be!

UPPER SHORE AGING, INC

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Chestertown, MD 21620
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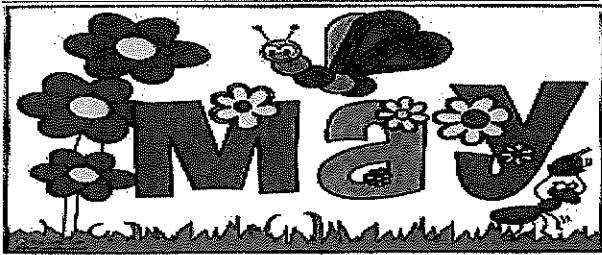
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WE'RE ON THE WEB!

WWW.UPPERSHOREAGING.ORG

*Upper Shore Aging, Inc. is supported by
The United Way of Caroline County.
To Support the
Upper Shore Aging Foundation
To help us to help Seniors in need.
Your gift is tax deductible. To learn more, call
(410)778-6000.*



CONTACT INFORMATION

- Amy Lynn Ferris Adult Activity Center 200 Schaubert Rd. Chestertown, MD 21620 (410) 778-2564
- Caroline County Senior Center 403 S. 7th St, Suite 127 Denton, MD 21629 (410) 479-2535
- Talbot County Senior Center 400 Brookletts Ave. Easton, MD 21601 (410) 822-2869
- Federalsburg Senior Center 118 N. Main St. Federalsburg, MD 21632 (410) 754-9754
- Upper Shore Aging, Inc. Central Offices 100 Schaubert Rd. Chestertown, MD 21620 (410) 778-6000
- Upper Shore Aging, Inc. (Kent County) (410) 758-6500

Senior Information and Assistance Program Managers

Mary Moran (Caroline) - (410) 479-2535

Maela Rider (Kent)- (410) 778-2564

Pam Limberry (Talbot) - (410) 822-2869

Senior Centers and Central Offices are open Monday-Friday, 8:00 AM-3:00 PM

Federalsburg Senior Center is open on Tuesdays and Thursdays, 9:00 AM to 3:00 PM.