

# THE UPPER SHORE CLARION

VOLUME 1, ISSUE 6

JUNE 2010



## **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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This article is really an attempt to ask you, the readers of "The Clarion," to think with us about how senior centers can refocus to meet the varied needs of seniors. You might say, "Why do we need to refocus?" The answer is that senior centers subtly change their programs regularly in response to the expressed needs of those who use them.

The urgency to be more available and flexible comes from the large numbers of potential users. These are the seniors who are over sixty, but who don't yet think of themselves as seniors. Will they choose to spend a day that revolves around a hot meal and traditional programs such as basic crafts and bingo or do they want something else?

Already we see centers offering Zumba, yoga, and other exercise and movement programs. Centers organize popular day trips as well as longer excursions and other community resources use the centers as places to hold programs and events. Programs that are used are kept; those that are not are dropped. We need your input to create events and programs that reflect your needs and wishes for what a senior center should be.

We know from research at one center that users are often older (mid seventies), female, retired, and living nearby. How can we reach out to seniors who are still working and younger and, at the same time, meet the needs of our current users?

As you read the schedules for the month, think how the centers can become more available to more potential users. As you drive home from the grocery store or hardware store, take a moment and stop in at your local center. Take a look around and talk to the staff. We would love to hear your comments. Your ideas will help us make senior centers a hub of important activity in the community for more and more "emerging" seniors.

Share your vision with our senior centers staff:

Jessie Caldwell, Talbot Senior Center, 410 822- 2869

Carol (Blue) Donohue, Caroline Senior Center, 410 479- 2535

Virgie Tilghman, Federalsburg Senior Center, 410 754- 9754

Rosemarie Curlett, Amy Lynn Ferris Center (Kent County) 410 778- 2564

## NEWS FROM TALBOT COUNTY

On May 11, Mr. Leroy Potter, Music Instructor at the Lockerman Middle School brought his chorus to the center for a "Mini-Concert". The Chorus was formed with 7th & 8th grade students. They presented a variety of Fantastic music. There were four 8th grade soloists. We gave them a standing ovation. Seniors had an opportunity on May 17 to have questions about Reverse Mortgages answered by Jean Schaffer, of the M&T Bank in Denton. Vital information was given about receiving and using the loan. Early raiser left on May 27 at 7:15am for a day trip to Bally's Casino in Atlantic City, NJ. This is a very popular day trip. Open House was held at the Center May 21. Refreshments served, entertainment was provided by Shelly Abbott. Visitors were given special tours of our lovely facility. Our monthly luncheon was at the Washington Pub. April's luncheon was at Martini's.

## NEWS FROM CAROLINE COUNTY

Everyone had such fun when we went to Talbot Senior Center to celebrate Older Americans Month. The DJ was awesome and kept everyone entertained with dancing, music, and crazy games! We thank Talbot for hosting us in their beautiful new facility. It was wonderful to tour the building and see all the wonderful spaces available to Talbot senior citizens. Here in Caroline, Ms Hubbard and Ms Tilghman finished up teaching the "Living Well" program this month and all who took the course came away with great knowledge and newly acquired abilities to handle their chronic illnesses. As a group, we have started a 12 week course on Diabetes Prevention, led by Kathy in our Health Dept.... Lots of good information and tactics to handle this disease. We continue to enjoy Connie and her nutrition programs every other week, and will finish up One Stroke Painting for this semester. We will all be taking a trip to the Amish Farmers Market to finish out the month.

### The Golden Age Club of Betterton.

### Amy Lynn Ferris Center

We had a trip to the Midway Slots in Harrington. We are having a Living Well class through June 8. We enjoyed our visit to the new Talbot County Senior Center with lunch and entertainment. We had a lunch outing to the River Heart Café in May, and we will be having lunch at the Village Bakery on June 30. We will be starting a Rumba dance class on June 4. We will be offering a "Seniors on the Move" safe driving class on June 14 and 15, and a party with music by "Side by Side" on June 18. We still have many classes through Chesapeake College, so come see what we have to offer.

### Rock Hall Seniors

Due to circumstances beyond our control, we were forced to change our luncheon to May 12, 2010. We had 59 members present. Our luncheons at Waterman's are always "superb". We had crab soup, salad, roast beef, chicken, mashed potatoes, glazed carrots and fresh cooked green beans, with cake for dessert. We would like to thank Waterman's for the great buffet and service they provide. Our next meeting June 2, 2010 will be our annual picnic at the "Sailing Emporium" as guest of Art Willis. Let's hope it doesn't rain.

# Senior Centers' Calendar of Events

## TALBOT SENIOR CENTER

### Daily Activities

Mondays—Card Players, Computer,  
Internet Basics

Tuesdays—Pinochle Club

Wednesdays—Line Dancing, Internet Basics  
Yarn and Needle Group, Blood Pressure 2nd,  
Computer, Basic Dance Steps

Thursdays—Painting, Po-Ken-O and Bingo

Fridays—Tai Chi

June 8 lunch & theatre

June 14 Things you need to know about your  
Estate

June 21 Day Trip Smith Island

## CAROLINE SENIOR CENTER

### Daily Activities

Mondays—PO, Banking, Pharmacies

Tuesdays—Music with Ray, Computer class.

Wednesdays— Fitness w/ Teresa

Thurs....Painting with Anne,

Fridays—Ceramics with Dora

June 1 Gail with Blood Pressure, Sleep suggestions, June 2  
Connie with Nutrition, June 3 Irene sharing I & A informa-  
tion, June 8 Veggie Bingo, June 9 Diabetes Class, Site  
Council Meeting, June 15 Out to eat @ Darnell's in Easton,  
June 16 Connie with Nutrition, June 17 Maritime Museum  
in Denton & Picnic in the Park, June 22 Show and Tell  
June 23 Diabetes Class, June 24 Cook Out, June 29 4th of  
July Craft

## AMY LYNN FERRIS CENTER

### Daily Activities

Mondays—Yoga, Watercolor, and Mah-  
jongg, Writing

Tuesdays— Yarn Works, Senior Fitness, Sitercise,  
Bingo

Wednesday— Zumba Gold, Sewing, and Bridge,  
Current Events, Sewing & Pastels

Thursdays—Ceramics, Line Dancing,  
and Bridge Lessons, Senior Fitness

Fridays— Zumba Gold, Rumba Lessons, Trivia,  
Craft Workshop,

June 1, Free Bingo, Senior information, and Cook  
Out

June 4, Arm Chair tour of India,  
AARP meeting June 9, @ 1pm

June 11, Movie & Trivia

“Seniors on the Move” Safe Driving Class June 14  
& 15, June 28 Reading Group @ 2pm

June 16, @ 10:30am Site Council,  
June 18 Party with ADC,

June 25, Seven Ancient Wonders of the World,  
June 30 Lunch @ Village Bakery @ 11:30a

## FEDERALSBURG SENIOR CENTER

### Daily Activities

Breakfast, Announcements, Devotions, Computer  
Class, and physical fitness classes.

Every Tuesday – Music practice  
(Senior Serenades)

Every Thursday – Bingo, Bowling, or Shuffle  
Board

1st Tuesday—Blood Pressure Screening  
2<sup>nd</sup> & Last Tuesday – Senior Serenades, Area  
Nursing Homes



**SENIOR CENTERS**

**TALBOT SENIORS**

Madeline Lawson  
Mamie Roberts  
Catherine Dudley  
James O'Rielly  
Majorie Moaney  
Jessie Jenkins

**ALFAAC SENIORS**

Brenda Kleinfelter  
Dorothy Betcher

**CAROLINE SENIORS**

Evelyn Taylor  
Ida Mae Brown  
Shirley Michal  
Robert Stubbins  
Elsworth Friend

**FEDERALSBURG SENIORS**

Kitty Bledsoe ,William Bone  
Jo Bradley ,Bob Corwin, Doris Young  
Robert Frame, Preston Holmes  
Albertha Hynson, Bonnie Jefferson  
Emma Johnson, Ronald Miles  
Anna McNeal, Joyce Nimmo  
Norma Phillips, Ann Pyper  
Barbara Quillen, Ernest Quillen  
Darelen Raine, Peggy Saunders

**SENIOR GROUPS**

**ROCK HALL**

Doris Bowden  
Clifton Ross  
Howard Fricke  
Esther Cox  
George Glenn  
Patricia Hughes  
Isabel McGinnis  
Neal Metzbower

**BETTERTON**

**CAROLINE**

GAYLE HUBBARD  
WAYNE MEADE  
SARAH SALINAS

**KENT**

Jane Ford  
Marion Ireland

**MEALS ON WHEELS**

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

[www.uppershore.org](http://www.uppershore.org)

We quickly respond to all inquiries.

Applications and questions may be directed to Mrs. Betty Davis, Property Manager, at

(410)778-6000, or

by writing to:

Upper Shore Aging Housing Corp.

100 Schaubert Road Chestertown, MD 21620



**UPPER SHORE AGING, INC**

100 Schaubert Road  
Chestertown, MD 21620  
Phone: 410-778-6000  
410-758-6500  
Toll Free: 1-800-721-6651  
Fax: 410-778-3562

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**WE'RE ON THE WEB!**

**WWW.UPPERSHOREAGING.ORG**

*Upper Shore Aging, Inc. is supported by  
The United Fund of Talbot County  
The United Way of Caroline County.  
Support the **Upper Shore Aging Foundation** and 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      Chestertown, MD      410-778-2564
- Caroline County Senior Center              Denton, MD              410-479-2535
- Talbot County Senior Center                  Easton, MD              410-822-2869
- Federalsburg Senior Center                  Federalsburg, MD      410-754-9754
- Upper Shore Aging, Inc. Central Offices      (410)778-6000
- Upper Shore Aging, Inc. (Kent County)      (410)758-6500

Senior Information and Assistance Program Manager

Irene Garrettson (Caroline) - (410) 479-2535

Stephanie Lindsey (Kent)-(410) 778-2564

Peggy Vance (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.