

# THE UPPER SHORE CLARION

VOLUME 20, ISSUE 9

SEPTEMBER 2020

Upper Shore Aging, Inc.



SENIOR CENTERS:  
Delivering Vital Connections



## **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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## **Senior Centers: Delivering Vital Connections**

### **Mind | Body | Spirit | Community**

### **National Senior Center Month September 2020**

National Senior Center Month is celebrated every year in September. And although we are in challenging times there is still a lot to applaud. During the first days of the pandemic, senior center professionals ensured that vital services were maintained. They stepped up to deliver meals, made wellness calls and creatively connected older adults to activities, exercise and each other. And now, as they look to scale back to on-site programming, they will continue to be indispensable.

Our national celebration theme is Senior Centers: Delivering Vital Connections This year's theme was chosen to highlight how senior centers deliver vital connections to support older adults aging well. Preventing social isolation is vital and a core senior center mission. While the delivery methods have changed during the pandemic, centers have succeeded in continuing to provide knowledge, programming, and resources. During senior center month we would like to showcase our centers and their vital role in the community, promoting a positive image of aging, and creating interest among prospective new participants.

Our key words this celebration are Mind, Body, Spirit, Community. They are important reminders to take a holistic approach. Programs that connect to:

- Mind: Take a Spanish class, participate in a creative writing class or try meditation.
- Body: Try a new evidence-based program or a healthy cooking class.
- Spirit: Start a gratitude journaling group or a volunteer led wellness call program.
- Community: Create a community virtual Talent Show or a letter writing campaign.

[https://d2mkcg26uv91cz.cloudfront.net/wp-content/uploads/2020-NISC-DG03\\_Senior-Center-Month-program-guide\\_7-16.pdf](https://d2mkcg26uv91cz.cloudfront.net/wp-content/uploads/2020-NISC-DG03_Senior-Center-Month-program-guide_7-16.pdf)

## **NEWS FROM KENT COUNTY**

### **Amy Lynn Ferris Center**

National Preparedness is recognized each September to promote disaster planning. This year's theme is: "Disasters Don't Wait. Make Your Plan Today."

Make a plan for how you will communicate before, during, and after a disaster, and gather supplies that will last for several days. Make sure to update your supplies based on recommendations by the Centers for Disease Control.

September 21-25 is also National Falls Prevention Awareness Week. Make sure you don't have loose obstacles in your home that you could trip over, and make sure to have adequate lighting if you have to get up during the night.

## **News From Caroline County**

September is a busy month with National Senior Center's Month and National Healthy Aging Month. National Senior Center Month is the opportunity to celebrate your local senior center and the work they do to enrich and extend the lives of our seniors. During COVID-19 our centers still devote our time AND effort, as best as we can, to our seniors through outreach, virtual learning, daily wellness checks and we give as much support as we can to our seniors who may need us! In conjunction with National Senior Center's Month, National Healthy Aging Month also plays a vital role in how the senior center supports our seniors. Our centers provide nutrition and healthy activities to get our older adults involved and to remain independent and active in the community and in our centers. Finally, we will officially end our Farmer's Market for the season and look forward to starting back up in the spring! A BIG thank you to Holly from Shore Gourmet for setting up the produce "mobile" unit once again this year and delivering produce to our centers for our seniors that aren't able to go personally to the market and use their coupons! Teamwork!

## Coronavirus Resources for Older Adults and Caregivers

Below are some resources to help older adults stay safe, connected, and supported. If you are not tech savvy connect with a relative, friend or neighbor to help you. These and other resources can be found here: <https://www.mhamd.org/coronavirus/older-adult-resources/>

Recovery and Wellness Support Resources for the COVID-19 Outbreak – Maryland Department of Health <https://www.mhamd.org/wp-content/uploads/2020/05/Recovery-and-Wellness-Support-Resources-5.19.2020.pdf>

The Friendship Line is a free, 24-hour crisis intervention hotline and warmline for non-emergency support for adults aged 60 years and older. TOLL FREE 1-800-971-0016

Resource Center for Professionals, Older Adults, and Caregivers- National Council on Aging <https://www.ncoa.org/>

The Maryland Department of Aging's Senior Call Check program is a free, opt-in, telephone service that checks on Maryland residents aged 65 and up. The service will provide messages and updates regarding the COVID-19 outbreak. Register Here <https://aging.maryland.gov/Pages/senior-call-check.aspx>

Tips for Dementia Caregivers – Alzheimer's Association [https://alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

For more information on older adult mental health, check out MHAMD's Older Adult program resources. <https://www.mhamd.org/what-we-do/outreach-and-education/vibrant-minds/>

Read the ABCs of Combating Isolation <https://www.pioneernetwork.net/resource-library/>

### Stay Connected

Apart Not Alone – an initiative that pairs graduate students with older adults. The initiative provides weekly phone calls from a graduate student for companionship, education about how to use connective technology such as video chat, and connection to community resources such as grocery delivery. <https://apartnotalone.com/>

AARP Community Connections – online mutual aid groups to stay connected, share ideas, and help those in need. <https://aarpcommunityconnections.org/>

### Things to Do at Home

Free Online Workout Programs from GiveFit <https://givefit.org/log-in>

Free Online Exercises from Go4Life from the National Institute on Aging [https://www.youtube.com/results?search\\_query=national+institute+on+aging+go4life](https://www.youtube.com/results?search_query=national+institute+on+aging+go4life)

Take a Free Online Course from AARP's Collection of Classes [https://www.aarp.org/personal-growth/life-long-learning/info-01-2011/free\\_online\\_learning.html](https://www.aarp.org/personal-growth/life-long-learning/info-01-2011/free_online_learning.html)

Take a Virtual Field Trip to Over 500 Museums and Galleries Worldwide <https://artsandculture.google.com/partner?hl=en&tab=pop>

Watch a Livestream of Undersea Creatures at the National Aquarium <https://aqua.org/explore/livestreams>

### Mindfulness and Meditation

3 Minute Breathing Space Meditation <https://insighttimer.com/GillianHiggins/guided-meditations/the-three-minute-breathing-space-meditation>

Calm, Clarity, Confidence Meditation [https://www.patreon.com/posts/34937544?](https://www.patreon.com/posts/34937544?fbclid=IwAR1JE1b0QfB6E2zIz-RR4vW_TZf8cJ0JBJ2ZC8N2GOEDuf5bluE8ahmP1Yk)

fbclid=IwAR1JE1b0QfB6E2zIz-RR4vW\_TZf8cJ0JBJ2ZC8N2GOEDuf5bluE8ahmP1Yk  
Guided Meditations on Spotify <https://open.spotify.com/playlist/37i9dQZF1DWVS1recTqXhf>



Stephanie Lindsey, Rosemary Brown, Julia Stap, Cynthia Saunders, Ursula Culliss, Trudy Parker, Margaret Mills, Arthur Anderson, Judith Russell, Conleth Ciesielski, Sally Lane, Jody Pomeroy, Shirley Murray, Ralph Shaw, James Thompson, Anna Anderson, Ladease Coleman, Caroll A. Clark, Tracy Brilz, Louis Dodd, John Green, Ellen Townsend, Mark Jackson, Gene Long, Ursula Cullis, Ginger Gouge, Peggy Brown, Vera Calloway, Martha Carpenter, Ruth Jones, Roberta Powers, Mary Frances Taylor, Mark Crotty, George Schissler, Sean Maddox

### Staying Connected While Staying Home

The COVID-19 outbreak requires us to change our daily habits, stay indoors unless absolutely necessary, and—if we have to go outside—maintain significant physical distance from other people. These restrictions may exacerbate an already growing problem for older adults: social isolation. Social isolation can (but does not have to) lead to loneliness and studies have shown that both isolation and loneliness can put older adults at higher risk for heart disease, dementia, mental health issues, and stroke. But limiting physical interaction does not have to mean stopping social interaction altogether. Doing a variety of activities online can help you remain connected with, and even expand, your social circles. We've gathered tips—some high-tech, some low-tech—from our Aging Mastery Program® to help you stay active and involved:

- **E-mail a friend** with whom you haven't been in touch in a while and rekindle your friendship.
- **Read a book** to a grandchild or family friend over the phone or via video chat.
- **Share memories** (and clean out a closet at the same time). Take out that box of photos that you've been meaning to sort through. Then, get in touch via e-mail or phone with the people in the photographs and reminisce about your shared experiences.
- **Do an online workout.** Choose from one of the thousands of fitness routines available on YouTube and work out together, but in separate locations, with your exercise buddy.
- **Volunteer online.** This is a great way to do good for others right from your home. Options include supporting projects at the United Nations, assisting the Smithsonian Institution, or helping people in need at the Crisis Text Line.
- **Host a virtual get-together.** If you can't meet your friends in person for coffee or lunch, move the gathering online via a group video chat.
- **Teach others your skills.** If you've been waiting to show the world your special talents, now's your chance. Use your phone to create short teaching videos and post these online.

Remember that despite the potential negative effects of social isolation, the COVID-19 outbreak demands we all practice it to protect our health and well-being. Try out some of our tips or come up with creative ideas of your own to use technology to help you stay connected to your social circles.

<https://www.ncoa.org/blog/staying-connected-while-staying-home/>

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. Amanda Kerr, Property Manager, at (410) 778-6000, or by writing to:

Upper Shore Aging Housing, 100 Schaubert Road, Chestertown, MD 21620

E-Mail: [info@uppershore.org](mailto:info@uppershore.org)



## September Nutrition Corner

### Pumpkin Pie Smoothie

#### Ingredients

Servings 1



- 1/2 cup canned pumpkin (not pie filling)
- 1/3 cup fat-free, plain yogurt
- 1/3 cup skim milk
- 2 Tbsp. rolled oats
- 2 tsp. honey
- 1/2 tsp. pumpkin pie spice
- 3-4 ice cubes

#### Directions

1. Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice, and ice cubes. Blend until smooth and frothy, about 1 minute. Pour into a glass and serve.

#### Quick Tips

**Cooking Tip:** Keeping the can of pumpkin in the fridge before using isn't necessary, but helps make a colder smoothie.

#### **Keep it Healthy:**

Make sure to buy 100% pure pumpkin and not pumpkin pie filling or mix, which looks similar but can have added sugar.

#### **Tip:**

Plain nonfat Greek yogurt, which has more of a tangy taste as well as more protein, can be substituted for the light plain yogurt.

<https://recipes.heart.org/en/recipes/pumpkin-spice-smoothie>

## WORD SEARCH PUZZLE

Find and cross out all the listed words. The words may go horizontally, vertically, diagonally, not backwards. The remaining letters will spell a secret message.

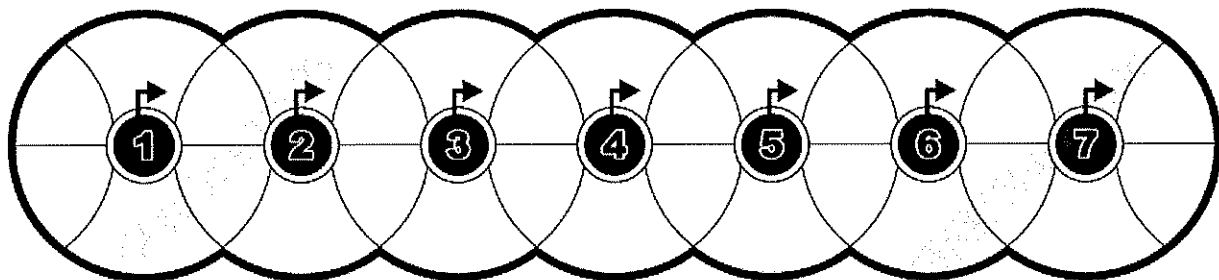
ACER	KAURI
ACORN	LARCH
AKEE	LEAF
ALOE	LIME
APPLE	LOTE
BALSA	NYSSA
BEAD	OAK
BO-TREE	PALMETTO
CANELLA	PEAR
CARICA	PIPE
CAROB	PISTACIA
CEDAR	POCKWOOD
CHESTNUT	POPLAR
CLOVE	ROAN
ELDER	ROOT
ELM	ROWAN
FIG	SHEA
GRASS	SISSOO
HOLM	TEA
HURA	TILIA
IVY	ULMUS
KARRI	

C	A	N	E	L	L	A	C	P	I	P	E
L	P	C	B	O	T	R	E	E	E	R	E
O	P	A	A	O	S	O	D	B	E	A	D
V	O	I	L	T	S	E	A	I	R	L	R
E	P	L	S	M	H	U	R	A	O	O	C
B	L	O	A	T	E	R	U	O	W	E	A
G	A	D	C	R	A	T	S	O	A	K	R
H	R	S	E	K	C	C	T	H	N	N	O
C	S	A	G	R	W	H	I	O	O	M	B
H	K	I	S	A	A	O	A	A	E	L	L
E	F	A	S	S	P	C	O	L	E	L	M
S	E	S	U	S	I	P	E	D	I	L	A
T	Y	M	S	R	O	L	L	R	R	M	K
N	L	E	A	F	I	O	Y	E	O	I	E
U	A	C	O	R	N	V	K	L	O	T	E
T	E	R	A	T	I	L	I	A	T	I	N

HIDDEN: \_\_\_\_\_

Fill in the blanks with the words:


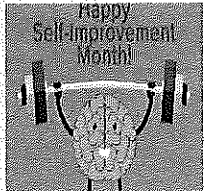
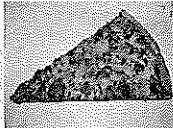




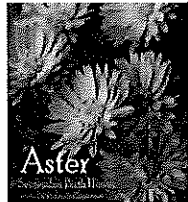


ADAGIO, BOILER, BOTTLE, CELERY, CREATE, LETTER, MYRIAD, POTATO.



ANSWER: (1) Creosote bush smells like rain, (2) LETTER, CREATE, BOILER, ADAGIO, MYRIAD, CELERY, BOTTLE, POTATO.

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**NATIONAL SENIOR CENTER MONTH 2020      SENIOR CENTERS: DELIVERING  
VITAL CONNECTIONS - MIND, BODY, SPIRIT, COMMUNITY  
SEPTEMBER 2020 Corona-cation ACTIVITIES**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>VISIT US ON OUR WEBSITE: <a href="http://www.brooklettsplace.org">www.brooklettsplace.org</a></p> <p>VISIT US ON FACEBOOK AT BROOKLETTS PLACE – TALBOT SENIOR CENTER</p>	 <p>Alzheimer's Awareness Month</p> 	<p align="center">1</p> <p>Go outside and take 15 deep breaths and believe this will be over soon.</p>	<p align="center">2</p> <p align="center"><b>It's WORLD COCONUT DAY!</b></p> <p>The name <i>coconut</i> is derived from the 16th-century Portuguese and Spanish word <i>coco</i>, meaning 'head' or 'skull' after the three indentations on the coconut shell that resemble facial features</p>	<p align="center">3</p> <p align="center"><b>WORLD ALZHEIMER'S MONTH</b></p> <p>Find ways to help raise awareness and challenge the stigma that surrounds dementia. September 21 is Alzheimer's Day</p>	<p align="center">4</p> <p>Two minute activities for Dementia Care: Pick flowers in the garden together Blow bubbles together Water plants together</p>	<p align="center">5</p> <p align="center"><b>It's NATIONAL CHEESE PIZZA DAY!</b></p> <p>Enjoy a slice or two</p> 
<p align="center">6</p> <p>List 3 things that you are grateful for today!</p>	<p align="center">7</p> 	<p align="center">8</p> <p align="center"><b>It's INTERNATIONAL SUDOKU DAY</b></p> <p>Use your MIND today doing one of your favorite puzzles</p>	<p align="center">9</p> <p align="center"><b>SEPTEMBER IS SELF IMPROVEMENT MONTH!</b></p> <p>Take some time to improve yourself. Set goals to help you on the path to making a better you!</p>	<p align="center">10</p> <p align="center"><b>COMPLETE: 20 ARM CURLS 20 KNEE LIFTS 20 ANKLE ROLLS</b></p> 	<p align="center">11</p> <p align="center"><b>It's NATIONAL MAKE YOUR BED DAY!</b></p> <p>Be creative, make some changes to your bedroom decor.</p>	<p align="center">12</p> <p align="center"><b>REMINISCE!</b></p> <p>Look through old photos.  Listen to Music that makes you happy!</p>
<p align="center">13</p> <p align="center"><b>HAPPY GRANDPARENTS DAY!!</b></p> 	<p align="center">14</p> <p align="center"><b>NATIONAL COLORING DAY!</b></p> <p>It's all about setting aside some time for ourselves to, well, color. So Get Creative!</p>	<p align="center">15</p> <p>Wrap your arms around your body and tell yourself you are special.</p>	<p align="center">16</p> <p>Decide that you are going to have a good day, and practice smiling throughout the day</p>	<p align="center">17</p> <p>How many words can you come up with in two minutes using the letters from: <b>CORONAVIRUS</b></p>	<p align="center">18</p> <p align="center"><b>NATIONAL CHEESE BURGER DAY!</b></p> <p>What's your favorite topping?</p>	<p align="center">19</p>  <p>Although it is a silly observance, it's widely celebrated so AARRG, matey!</p>
<p align="center">20</p> <p align="center"><b>FALLS PREVENTION AWARENESS WEEK!</b></p> <p align="center"><b>Sept 21-25</b></p> <p>What can you do to prevent falls? Is your home safe?</p>	<p align="center">21</p> <p align="center"><b>INTERNATIONAL DAY OF PEACE</b></p> <p>Also known as <i>World Peace Day</i>, many nations dedicated the day to an absence of war and violence and urge ceasefire in combat zones to allow access to humanitarian aid.</p>	<p align="center">22</p> <p align="center"><b>NATIONAL ICE CREAM CONE DAY!!</b></p> <p>The first ice cream cone was produced in 1896 by <i>Italo Marchiony</i>, who emigrated from Italy in the late 1800s to NYC</p>	<p align="center">23</p> <p align="center"><b>NATIONAL SEWING MONTH</b></p> <p>(The art of sewing dates back to 25,000 B.C.E., otherwise known as the Upper Paleolithic Age. During this time, sewing was used to make clothing and shelter. Early materials consisted mostly of hide from animals and plant leaves. Early threading consisted of thin strips of animal hide. Furthermore, the use of bone and ivory was used as the first forms of needles</p>	<p align="center">24</p> <p>Look at your hands and tell them you're happy to see them, while stretching and wiggling them for 3 intervals</p>	<p align="center">25</p> <p align="center"><b>NATIONAL COMIC BOOK DAY!</b></p> <p>What was your favorite comic book when you were a youngster.</p>	<p align="center">26</p> <p align="center"><b>NATIONAL PANCAKE DAY!</b></p> <p>Do you have a favorite recipe? Make up a batch today for a special treat!</p>
<p align="center">27</p> <p>Thank your legs for carrying you around all these years.</p>	<p align="center">28</p> <p align="center"><b>NATIONAL NEIGHBOR DAY</b></p> <p>Call a Senior Center Friend/Neighbor or Family member</p>	<p align="center">29</p> <p align="center"><b>NATIONAL COFFEE DAY</b></p> <p>There are four components of a perfect cup: aroma, body, acidity, and flavor.</p>	<p align="center">30</p> <p>In the Middle Ages the <b>SAPPHIRE</b> was believed to protect those close to you from harm and also represented loyalty and trust.</p>	 <p align="center"><b>Aster</b></p>	 <p align="center"><b>SEPTEMBER sewing month</b> NationalSewingMonth.org</p>	<p align="center">SEPTEMBER Sapphire loyalty</p> 

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CHESTERTOWN, MD 21620  
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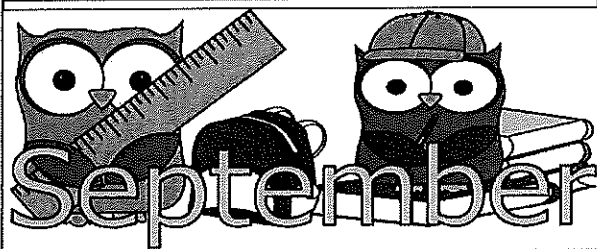
WE'RE ON THE WEB!

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  
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### CONTACT INFORMATION

- Amy Lynn Ferris Adult Activity Center 200 Schauer 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
- Bay Hundred Senior Center 300 Seymore Avenue St. Michaels MD 21663 (410) 745-4017
- Federalsburg Senior Center 118 N. Main St. Federalsburg, MD 21632 (410) 754-9754
- Upper Shore Aging, Inc. Central Offices 100 Schauer 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 to 3:00 PM  
Federalsburg Senior Center is open on Tuesdays and Thursdays, 9:00 AM to 3:00 PM.