

AMY LYNN FERRIS

APRIL, 2022

# *Adult Activity Center*



**Sign up to make this egg. Call 410-778-2564.**

# APRIL CALENDAR OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Zumba 9:30 Bible study 10 Sitercise 10:30 Bingo 11:00 Lunch 12:00 Bingo 12:30
4 Paint a tote bag w. Brenda 9:00 Lunch 12:00 Trivia 12:30 Mahjongg 1:00	5 SAIL 9:00 Decorate eggs 10:00 (RSVP) Lunch 12:00 Music with Judy 12:30	6 Zumba Gold 9:30 Nutrition 10:30 Lunch 12:00 Word search 12:30	7 SAIL 9:00 Dec. eggs 10:00 Lunch 12:00 Dec. eggs 12:30	8 Zumba gold 9:30 Sitercise 10:30 Bingo 11:00 Lunch 12:00 Bingo 12:30
11 Coffee hr. 9:00 Movie 10:00 Lunch 12:00 Word search Mahjongg 1:00	12 SAIL 9:00 Fresh conv: Fresh herbs for flavor 10:15 Lunch 12:00 Music w. judy 12:30	13 Zumba Gold 9:30 Bingo 10:30 Lunch 12:00 Elder Law Clinic 1:00	14 SAIL 9:00 Decorate eggs 10:00 and 12:30 Lunch 12:00	15 Zumba Gold Bible study 10 Sitercise 10:30 Bingo 11:00 Lunch 12:00 Bingo 12:30
18 Coffee hr. 9:00 Movie 10:00 Lunch 12:00 Trivia 12:30 Mahjongg 1:00	19 SAIL 9:00 Med. Mgmt. 10:00 Bingo 10:30 Lunch 12:00 Music 12:30	20 Zumba Gold 9:30 Bingo 10:30 Lunch 12:00 Birthdays 12:30	21 SAIL 9:00 Paint door decoration 10:00 Lunch 12:00 Trivia 12:30	22 CENTER CLOSED
25 Movie 10:00 Lunch 12:00 Trivia 12:30 Mahjongg 1:00	26 Sail 9:00 Fresh conv. 10:15 Music 12:30	27 Zumba Gold 9:30 Nutrition w. Cheyrlle 10:30 Lunch 12:00 Trivia 12:30	28 SAIL 9:00 Dec. hats 10:00 Lunch 12:00 Word search	29 Zumba 9:30 Sitercise 10:30 Bingo 11:00 Lunch 12:00

# RECIPE FOR SPRING

By Ben Bowings, Master Gardener, Delaware Cooperative Extension Systems

Take half a dozen robins, some bluebirds — three or four; at least one gallant mocking bird to sing outside your door; a carpet of green velvet, with patterned flowers gay; the graceful fronds of willows that swing and dip and sway; some glowing green of maples, a bit of dogwood's white; the purple-pink of redbud from dawn-time's glowing light; the rippling of a brooklet, the splendor of the sky; the haunting scent of lilac, some fleecy clouds on high; a breeze to whisper softly gay nothings in your ear, to offer sweet caresses for only you to hear.

And if you'll stir them gently and mold them in your heart, until the sight and sound of them are of yourself a part, you'll have the sweetest springtime that ever you have known; though everyone may share it, it still will be your own.

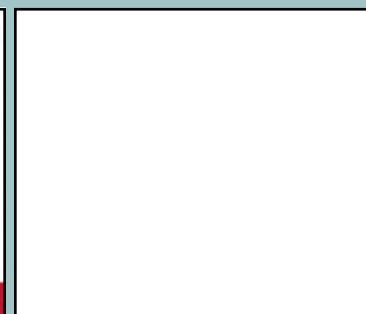


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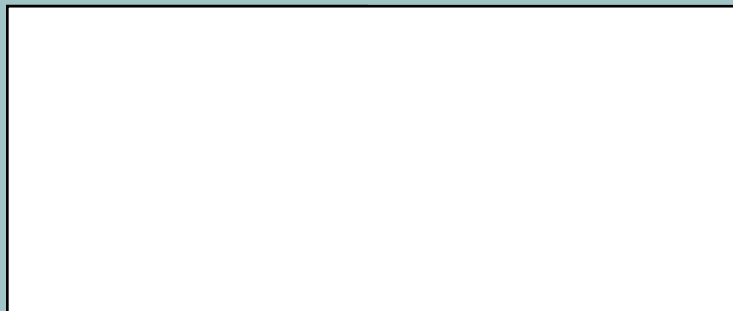
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## Healthy eating tips for vegetarians

### What is a vegetarian diet?

Most vegetarian diets exclude meat, poultry and seafood. Some may also exclude eggs and dairy.

### Are there health benefits:

Vegetarians often have lower cholesterol levels, blood pressure, type 2 diabetes, and healthier weight than non-vegetarians. This may be because of higher intakes of fruits, vegetables, whole grains, nuts and fiber, and lower intake of saturated fats.

### Food groups for vegetarians:

Eat a variety of **fruits**. They supply dietary fiber, vitamins and minerals. Choose **vegetables** of many colors to provide vitamins, minerals and calcium. Eat more **whole grains**. Some are high in protein and are fortified with iron and B12. A variety of **legumes** provide fiber and protein. Low fat **Milk, yogurt and cheese** provide calcium and most are fortified with vitamin D.



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# EXERCISE



## WE OFFER A VARIETY OF EXERCISE OPTIONS

Most of our exercise classes are provided through Chesapeake College. Call the center for registration information for the current classes: SAIL, and Zumba Gold.

Experts recommend at least 150 minutes of moderate Exercise per week.

We know it is hard to exercise at home by yourself, so we have partnered with MAC Wellness to offer Enhance Fitness classes on ZOOM for anyone in Kent county who has the capability of connecting to ZOOM on your computer, or cell phone. Enhance Fitness classes are evidence based, and have been proven to help improve balance, cardio function, and stamina. These classes will be provided at no cost to you. If you are Interested, call Rosemarie at 410-778-2564 for more Information.

The next sessions of SAIL (Staying Active and Independent for Life) and Zumba Gold will begin in June.

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# APRIL CONGREGATE MEALS MENU

Meal are served at noontime to those 60 years of age & older. All meals served with 1/2 pint of Milk, Margarine (or substitute) & Coffee. Full cost per meal is \$4.79. Minimum contribution of \$2.50 is suggested. Please donate generously!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Tuna salad Potato salad 3-bean salad Mandarin oranges
<b>4</b> Turkey & cheese sub, Kaiser roll Potato salad Cole slaw Fruit cocktail	<b>5</b> Hot dog on bun Baked beans Cole slaw Diced pears	<b>6</b> Grape juice Chicken breast Brown rice pilaf Mixed veggies Apple snack pack	<b>7</b> Roast pork loin Red cabbage Lima beans Fruit cocktail	<b>8</b> Salisbury steak Mashed potatoes Harvard beets Navy bean salad
<b>11</b> Orange juice Chicken parm. Sandwich Glazed carrots Green pea salad	<b>12</b> Pineapple ham Au Gratin potatoes Braised cabbage Greek style salad	<b>13</b> Roast chicken leg Mac & cheese Green beans Corn muffin Cinnamon apples	<b>14</b> Roast pork, gravy Red potatoes Green bean cass. Sliced peaches Pie with topping	<b>15</b> Pot roast of beef Seasoned greens Wheat bread Mandarin oranges
<b>18</b> Broccoli soup BBQ chicken Red cabbage slaw, apricots	<b>19</b> Turkey a la King Brown rice Baby carrots Broccoli slaw	<b>20</b> Tomato bean soup Tuna salad Copper pennies Hot cinnamon apples	<b>21</b> Orange juice Chicken parm. Sandwich Green pea salad Glazed carrots	<b>22</b> CENTER CLOSED
<b>25</b> Chicken breast Wild rice blend Green beans applesauce	<b>26</b> Split pea soup Cheese burger Cole slaw Tropical fruit	<b>27</b> Pork loin & gravy Kale, potatoes Tomato salad Sliced apples	<b>28</b> Romaine salad Pasta with meat Sauce Apricot halves	<b>29</b> Spinach salad Baked potato Chili con Carne applesauce

# APRIL MEALS ON WHEELS MENU

The cost of delivering these meals to your home is \$29.34 per week, or \$4.89 per meal. The Home Delivered meals program is a non-profit program and depends on your contributions. Please contribute generously.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> Orange juice Classic beef taco Tortilla, rice Cabbage & corn salad Fruit cup	<b>2</b> Apple juice Chicken patty Mixed veggies Wheat bread Pineapple
<b>4</b> Apple juice Turkey & gravy Mashed potatoes Dilled carrots Wheat bread Fruit cup	<b>5</b> Fruit juice Franks & beans Cornbread Wheat bread Chilled pears	<b>6</b> Grape juice Chicken breast Brown rice pilaf Mixed veggies Wheat bread Applesauce	<b>7</b> Fruit punch Roast pork & gravy Red cabbage Lima beans Wheat bread Diced pears	<b>8</b> Grape juice Salisbury steak Mashed potatoes Harvard beets Wheat bread Navy bean salad	<b>9</b> Orange juice Pollock square Mixed veggies Wheat bread Diced peaches
<b>11</b> Orange juice Chicken Parmesan Sandwich Green pea salad Glazed carrots	<b>12</b> Fruit punch Pineapple ham Au gratin potatoes Cabbage Mandarin oranges	<b>13</b> Sliced peaches Roast pork loin Red potatoes Dinner roll Green beans Apple crisp	<b>14</b> Cranberry juice BBQ pork riblet Yellow rice pilaf Peas & carrots Cucumber salad Wheat bread	<b>15</b> Apple juice Pot roast of beef Wheat bread Seasoned greens Mandarin oranges	<b>16</b> Pineapple juice Veal Parmesan Broccoli Wheat bread Diced pears
<b>18</b> Fruit juice BBQ chicken Hamburger roll Red cabbage slaw Diced pears	<b>19</b> Orange juice Turkey a la King Dilled carrots Barley pilaf Broccoli slaw Wheat bread	<b>20</b> Tomato bean soup Tuna salad Copper pennies applesauce	<b>21</b> Cranberry juice Baked chicken leg Yellow rice pilaf Peas & carrots pineapple	<b>22</b> Fruit juice Meatball cheese sub Green beans Mandarin oranges	<b>23</b> Orange juice Stuffed cabbage Wax beans Wheat bread Fruit cu[
<b>25</b> Orange juice Chicken breast Rice blend Wax & green beans Applesauce	<b>26</b> Apple juice Split pea soup Swiss cheese burger Cole slaw Tropical fruit	<b>27</b> Fruit juice Roast pork Kale, Au Gratin Potatoes Applesauce	<b>28</b> Orange juice Chicken Fajitas Tortilla Mexican rice Peach cup	<b>29</b> Roast turkey Mashed potatoes Tropical beets Corn & pea salad Tropical fruit	<b>30</b> Apple juice Chicken patty Mixed vegetables Wheat bread Pineapple

# DID YOU KNOW?

## A Phone Call a Day Keeps Loneliness Away

Many things about our lives change as we age. We start with a full house, and as kids grow and friends age, we become more and more isolated. Many studies show loneliness has adverse effects on the human mind and body, including shortened lifespans and increased risk of memory loss.

**The Telephone Reassurance program** is a free, volunteer-driven program that offers one-on-one phone calls to seniors who want and need social interaction. These phone calls are more than just a conversation—they are also a check on well-being.. If the Telephone Reassurance staff cannot make contact with a senior at a particular time or has reason to worry, they promptly call the designated emergency contact, or call for a welfare check to make certain the participant is safe. The volunteers truly care about every senior they call and want each participant to feel happy and healthy.

If you or someone you know is lonely and can use more social interaction please contact Upper Shore Aging at **410-778-2571**. Get a free application and get your free calls started! It is never too late to start and make a new friend.

## SHOPPING FOR SENIORS

This program is available to elders 60 years of age or older who are unable to shop for themselves. An Upper Shore Aging staff person does personal shopping and makes deliveries to the client's home. Shopping requests are taken over the telephone and payment for items is made upon delivery. Donations to offset delivery costs are requested.

## DELMARVA COMMUNITY TRANSIT

Delmarva Community Transit provides public transportation to the Senior Center Monday through Friday.  
(410) 778-5187

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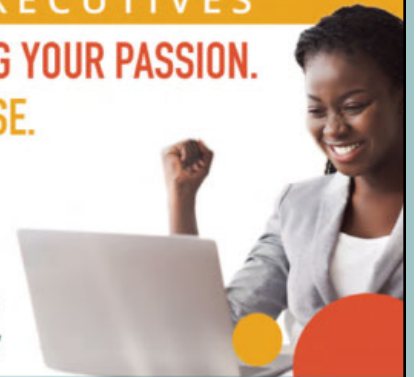


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## MEDICARE NEWS



### LOWERING HEALTH CARE COSTS

Medicare only covers about half of a typical person's health care costs, leaving people with average annual out-of-pocket costs of more than \$6,100.

Even with Medicare, many people struggle to afford premiums, deductibles and other

costs. Some people qualify for Medicaid, which fills most of the gaps in Medicare. But, if you do not qualify for Medicaid, there are other programs that lower your health care costs. Contact your SHIP counselor, Jennifer Cox, at 410-778-2564.



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# CENTER INFORMATION

## STAFF:

**Rosemarie Curlett**  
Center Manager  
rcurlett@uppershoreaging.org

**Jennifer Cox**  
Senior Information & Assistance Program Manager  
jtunis@uppershoreaging.org

**Donna Olsen**  
Meals on Wheels Coordinator  
Shopping For Seniors Coordinator  
dolsen@uppershoreaging.org

**Sally Lane**  
Program Planner  
slane@uppershoreaging.org

**Shirley Crater**  
Receptionist  
scrater@uppershoreaging.org

## AMY LYNN FERRIS ADULT ACTIVITY CENTER

200 Schaubert Rd.  
Chestertown, MD 21620  
Phone: (410) 778-2564

Or (410) 778-2571  
Fax: (410) 758-9994

### Hours of Operation

Monday - Friday  
8:00 AM - 3:00 PM

## UPPER SHORE AGING, INC.

100 Schaubert Rd.  
Chestertown, MD 21620  
Phone: (410) 778-6000

(410) 758-6500  
Toll Free: 1-800-721-6651

Fax: (410) 778-3562

### Hours of Operation

Monday - Friday

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# RESOURCES

## ABOUT THE CENTER

The center provides a pleasant environment where older adults can socialize and participate in group activities, including recreation/day trips; education; physical fitness; arts and crafts; holiday events and fun and games. The Center has computers with Internet access.

The Amy Lynn Ferris Adult Activity Center enjoys the support of many volunteers. Donations of cash or other gifts are used to expand Senior Center activities and programs, and are welcomed.

### **Family Caregiver Support Program**

Upper Shore Aging staff can assist caregivers by providing education and training, as well as by offering access to respite care services. 410-778-6000

### **Information and Assistance**

I & A provides information about services available to the elderly, application assistance, referrals to other agencies and follow-up contacts. 410-778-2564

### **Long Term Care Ombudsman**

Upper Shore Aging employs an Ombudsman and supporting staff, which investigates and resolves complaints of elder abuse and neglect in Nursing Homes or Assisted Living facilities in Caroline, Talbot or Kent Counties. The Ombudsman's goal is to protect the health, safety, welfare and rights of elders residing in long-term care facilities, advocating on their behalf. 410-778-6000  
SMP (Senior Medicare Patrol): Upper Shore Aging staff and volunteers educate Medicare and Medicaid clients about these programs and how to read and understand provider statements in the hope that with better consumer understanding, incidents of fraud and abuse can be identified and reported. 410-778-6000

### **Public Guardianship**

The Executive Director of Upper Shore Aging, Inc., as a result of a court order, functions as Public Guardian of the Person for frail elders 65 years of age and older who have been determined by the court to be unable to make competent decisions on their own behalf and who have no relatives or friends who can assume such responsibility. 410-778-6000

### **Senior Care**

A coordinated system of community services for frail clients age 65 or older that need help with activities of daily living. Upper Shore Aging staff

works with the Kent County Department of Social Services & Health Department to provide case management and gap filling services to qualified clients. 410-810-7600

### **Senior Legal Assistance**

Upper Shore Aging partners with the Legal Aid Bureau of Maryland to provide limited, prioritized legal services to persons age 60 years of age and older not involving litigation. 410-778-2564

### **Supports Planning Service**

Upper Shore Aging provides the Supports Planning Service for applicants and participants who are applying to or enrolled in the following Home and Community-Based Services (HCBS) Programs: Community First Choice, Home and Community-Based Options Waiver, Community Personal Assistance Services. 410-778-6000

### **State Health Insurance Program**

SHIP offers one-on-one insurance counseling, information and group educational seminars on the Medicare & Medigap insurance programs, private health insurance issues and long-term care insurance. The SHIP staff person can also help elders and their caregivers to understand and enroll in a Medicare Part D prescription drug plan. 410-778-2564

### **The Upper Shore Clarion**

A monthly newsletter that provides information on the agency's benefits/services as well as important elder issues of interest to senior citizens. 410-778-6000

### **Upper Shore Aging Housing Corporation**

Our sister agency, Upper Shore Aging Housing Corporation, operates Morgnec Village (in Chestertown) and Chesapeake Villa (in Rock Hall) apartments. Senior housing is available to persons 62 years of age or older who are income-eligible, or qualified disabled persons. 410-778-6000; Web Page: [www.uppershore.org](http://www.uppershore.org)

## UPCOMING EVENTS

April 4 — Decorate a tote bag with  
Brenda 9:00 RSVP

April 5, 7 and 14 - Decorate  
Real goose eggs RSVP

April 12 — Fresh Conversations:  
“Fresh Herbs for Flavor” - 10:15

April 26 — Fresh Conversations:  
“Summer Check-up” - 10:15

April 27 — Nutrition with  
Cheyrle - 10:30

### APRIL BIRTHDAYS:

Debbie Barton, Peggy Rose, Nancy Milstead, Ray Bennett,  
Dean Wood, Elke Wiedemann,  
Linda Fonseca, Sandra Trak