

SENIOR SOARCE

P.O. Box 1603, Frederick, MD 21702 • 240-575-9665 • www.soarfrederick.org

SOAR of Frederick's Monthly Newsletter



“ GRANDPARENTS ARE A DELIGHTFUL BLEND OF LAUGHTER, CARING DEEDS, WONDERFUL STORIES AND LOVE. ”
-UNKNOWN

Save the Date!

A Toast to the Holidays is the signature event for SOAR and we look forward to another great event!

When: Thursday, 11/07/24

Time: 5:30 pm – 8:30 pm

Where: Springfield Manor –

11836 Auburn Road

Thurmont, MD 21788

Sponsorships available now on our website!

Ticket Cost: \$150.00 each
(tickets go on sale September 15, 2024)



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SOAR's Impact for August

SOAR received

- 25 new requests for assistance
- 16 subsequent requests

Transportation Program
 • 50 transports provided to doctor's appointments and for other essentials like groceries and banking

Food & More Program

- 72 seniors on a bi-monthly basis
- 50 volunteer shoppers

Medical Equipment Center
 • 32 pieces of equipment were donated
 13 pieces of equipment distributed

SOAR has created an Amazon.com list of essential needs for low-income seniors. If you are interested in helping us provide these items, use this link



<https://a.co/hpxjKcR>

Thank you Leigh Cadle and The King Family for your donations!

Senior Showcase

Peter P. has been searching for a subsidized apartment to help with his \$1,100.00 monthly income. SOAR partnered with two other agencies to assist him with his move to a subsidized apartment by paying for his first month's rent and his security deposit. He will now be able to afford his rent and be able to pay his living expenses with the on-going support of the SOAR grocery program.

WANT TO JOIN OUR MISSION?

Consider Volunteering:
[APPLY HERE](#)

or

[LEARN MORE](#) about our various volunteer opportunities

Know A Senior in Need?
[REFER HERE](#)

The individual *must* be 65+, live in Frederick County, and income below 2,100/month or 3,000/month for couples.

Consider Donating:
[DONATE HERE](#)

We are truly grateful for any contribution made towards making our vision a reality for Frederick's seniors!

Did you know?

Through a generous partnership with Frederick Health, SOAR is able to operate a medical equipment center. We accept donated items and then provide items on loan or for permanent use.

Rollators/Walkers, Electric Lift Chairs, Canes, Grab Bars, Sit to Stand, Electric Scooters & Electric Wheelchairs, Hospital Beds, Hospital Bed tables, Hoyer Lifts, Wheelchairs, Stair Glides, Walkers, Ramps, Shower Chairs, Tub transfer benches and much more!



Monthly Senior Resource & Education Seminars

SOAR in partnership with the Aging Network Alliance and Frederick County Public Libraries host monthly seminars in the community. These seminars provide opportunities for Frederick County seniors, family members, caregivers, and professionals to learn more about the available senior resources in Frederick County. Seminars are FREE and registration is NOT required. These seminars are interactive, and time will be allotted for questions. Join us!

Future seminars are listed on our website www.soarfrederick.org/events

September 26th
1:30PM - 3:00PM
Thurmont Library
76 E Moser Road
Thurmont, MD 21788

October 31st
1:30PM - 3:00PM
Walkersville Library
2 S Glade Road
Walkersville, MD 21793



Collect information on home care, legal services, nursing & assisted living, community health services, downsizing & moving, realtors, end of life planning and much more!

Caregiver Conference

Making Difficult Choices as a Caregiver

Wednesday, October 2nd
Visit vendors 4-6 PM
Program 6-8:30 PM

Entry is Free.
Registration is required.
Free boxed dinner to registered attendees.

- New Location!
- 60+ Vendors
- Free Screenings
- Free Flu Vaccines
- Education Sessions
- Door Prizes
- Lots of Parking

2 Day event held at:
Frederick Health Village
1 Frederick Health Way,
Frederick, MD 21701

29th Annual Elder Expo

Information for Seniors, Caregivers, and Professionals

Thursday, October 3rd
9AM - 2PM

Entry is Free.
No registration required.
Free boxed lunch to the first 600 attendees.

Volunteer Spotlight

Tom and Laura Daly



Tom and Laura have supported SOAR from the beginning and recently started volunteering with the grocery program, each shopping for a senior. Tom and his team have graciously assisted us with medical equipment pick up and deliveries which allows our seniors to age safely in their homes. As busy business owners of Anytime Fitness in Whittier, thank you both for giving of your time to help older adults!

Inaugural “Volunteer of the Year” Award

SOAR is pleased to share the creation of an annual award recognizing exceptional volunteers who give back by helping older adults in Frederick County. It is named for Lucia Paris who was passionate about older adults, educating the community about memory loss, leading programs to enhance people’s lives, and established the volunteer program at SOAR. See the next page for more information and nomination form.





The Lucia Paris Award in Volunteerism

Lucia Paris devoted her life to helping others. She was a life long learner and was passionate about making a difference in her community. She held a special place in her heart for seniors and spent most of her career working in the senior living industry. Lucia volunteered for many organizations and spent the last year of her life as the Volunteer Coordinator for SOAR, Supporting Older Adults through Resources. Lucia established the Volunteer Program at SOAR and since inception we have successfully recruited over 75 volunteers. Lucia passed away in the fall of 2023 and her legacy lives on here at SOAR through our volunteers and the seniors that are served in the Frederick community at large. This annual award will honor her legacy.

Requirements to be considered:

1. Volunteer for a minimum of one year **or** have completed 1200 hours of volunteer service in the Frederick Community on behalf of older adults.
2. Provide a service that supports the well-being of older adults in Frederick County.
3. Application must be submitted by a senior service organization. One entry per organization. **Multiple organizations can submit for the same volunteer.**

Nominations will be accepted annually from August 20 through September 30th. The 2024 award will be presented to the “Volunteer of The Year” at A Toast to the Holidays on November 7, 2024.

The Volunteer of the Year will receive:

- Personalized hand-crafted award
- Certificate of appreciation along with social media mention
- (2) tickets to A Toast to the Holidays
- \$100.00 Restaurant Gift Card

Email your nomination for 2024 to volunteer@soarfrederick.org **deadline is September 30, 2024.**

Organization Name _____

Organization contact name _____ Phone number _____

Volunteer Name _____ Phone number _____

Description of volunteer service/duties _____

Hours of service in 2023/24 _____ Number of years of service as a volunteer? _____

The chosen “Volunteer of The Year” and the representing organization will be contacted early October.



Senior Resource Information

Medicare Open Enrollment October 15 - December 7

Now is the time to compare your current coverage to all your choices for 2024 and select the plan that best fits your needs and budget. Medicare's Open Enrollment period gives everyone with Medicare the opportunity to make changes to their prescription drug plans or health plans for coverage beginning January 1, 2024. But don't delay, the **Open Enrollment period ends on December 7**

Medicare.gov 1-800-MEDICARE

H-CAT Available to Help You Navigate Health Insurance

To assist with your health coverage questions and address insurance concerns, the Maryland Insurance Administration has launched the Health Coverage Assistance Team (H-CAT).

After filling out a simple application form, a trained H-CAT representative will work with you for as long as it takes to:

- answer your questions
- explain your health plan
- help you find a provider
- assist with filing a claim
- find alternate coverage for health services
- provide other helpful resources



To receive assistance from H-CAT, fill out an online form, call

H-CAT at 410-468-2442, or email hcat.mia@maryland.gov.

Homeowners' Property Tax Credit

Check to see if you may be eligible! Some of the eligibility requirements are that applicants must own and live in the home for more than six months of the year, and combined gross household income as reported on 2023 tax forms cannot exceed \$60,000. Visit <http://www.taxcredits.sdat.maryland.gov> for more information and to determine if you are eligible to receive this tax credit.

PARTNER HIGHLIGHT

1890 North Market Street

Suite 203

Frederick, MD 21701

301-846-7811

advocate@thefreedomcenter-md.org

www.thefreedomcenter-md.org



The Freedom Center is a consumer controlled, community based nonprofit organization committed to providing a wide array of services to assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons. Our mission is to offer services and supports to empower individuals with disabilities to lead self-directed, independent, and productive lives in a barrier-free community.

The Freedom Center provides the five core services including, but not limited to:

Individual and systems advocacy

Information and referral

Peer counseling

Independent living skills training to people with disabilities of all ages and disabilities

Transition Services

STAY CONNECTED WITH US!

