

SENIOR SOARCE

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

SOAR of Frederick's Monthly Newsletter



“ October is the month of painted leaves.
Their rich glow now flashes round the world.
— Henry David Thoreau ”

Holiday meals



SOAR provides FREE holiday meals for low-income seniors aged 65 or older, living in Frederick County, MD (with an income less than \$2100/month for an individual or \$3000/month for a couple). Meals are for seniors that are homebound and/or would otherwise not be able to celebrate with family or friends. Holiday meals are fully prepared and ready to heat and eat.

Know a senior in need? For more information and to sign up - <https://portal.soarfrederick.org/holiday-meal-request>



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SOAR's Impact for September

SOAR received

- 29 new requests for assistance
- 24 subsequent requests

Food & More Program

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

Transportation Program

- 48 transports provided to doctor's appointments and for other essentials like groceries and banking

Medical Equipment Center

- 19 pieces of equipment were donated
- 11 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 for your donations!

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

October 31st

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

November 21st

1:30PM - 3:00PM
Urbana Library
9020 Amelung Street
Frederick, MD 21704



Senior Resource Information



Medicare Open Enrollment October 15 - December 7

Now is the time to compare your current coverage to all your choices for 2025 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, 2025.

But don't delay, the **Open Enrollment period ends on
December 7**

Medicare.gov 1-800-MEDICARE

Volunteer Spotlight



Dave & Julie Fulton have been supporters of SOAR from the very beginning. As the former owners of Whitesell Pharmacy, they saw first hand the challenges our low-income seniors face. They have been volunteering for SOAR shopping bi-monthly for a senior living downtown who is unable to leave her home. Dave & Julie not only bring groceries but their visits with Betty connect Betty to the outside world.

Thank you Dave & Julie for being such strong examples of community involvement. SOAR values and appreciates your long time support.

Senior Showcase

Ruth is 73 years old and raising her two grandchildren. They live with her in a condo and she has been their sole caregiver for several years which has taken a toll on her limited income. Ruth receives monthly grocery support and weekly produce to help with her monthly food costs.

Ruth has indicated that the support of SOAR has helped her immensely to feel that she is not alone and has support.

PARTNER HIGHLIGHT

For the past several months SOAR has partnered with the YMCA of Frederick County to receive fresh produce every Thursday to distribute to seniors. Produce is bagged and delivered by volunteers or picked up by seniors in the SOAR office. The beautiful produce is a much appreciated healthy supplement to their weekly meals. Hungry Harvest provides the produce to the YMCA.

SOAR is continually blessed with community partnerships that help those in need in Frederick County.

For more information about Hungry Harvest, visit - hungryharvest.net

Hungry Harvest



frederickymca.org

301-663-5131



STAY CONNECTED WITH US!

