

SENIOR SOARCE

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

SOAR of Frederick's Monthly Newsletter



“ Never underestimate the ability of a small group of committed individuals to change the world. ”
-Margaret Mead



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Many Thanks to our Partners Christmas/Holiday meal donations

SOAR was blessed to be able to deliver 227 holiday meals!!!! Our heartfelt thank you to ACTS Buckingham's Choice, Silverado Frederick Memory Care Community, and Village Crossing Assisted Living communities!



Where Loving-Kindness Lives



VILLAGE CROSSING



YMCA at Urbana Active Adult program for purchasing gifts for seniors from SOAR's Angel Tree.

Thank you!

**Erin Kirunova
Library Specialist-Teens
Middletown Branch Library
for the handmade holiday cards.
They were enjoyed by all of our
seniors.**

SOAR's Impact for December

Food & More Program

- 74 seniors on a bi-monthly basis
- 52 volunteer shoppers
- 25 seniors received weekly produce

Transportation Program

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

Medical Equipment Center

- 1 piece of equipment were donated
- 9 pieces of equipment distributed

Emergency Assistance

- 25 seniors assisted

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!

Monthly Senior Resource & Education Seminars



****No seminars in
January or February ****
winter break
Seminars will resume in
March 2025



Please SAVE the DATE!

The SOAR Senior Resource & Education Fair will be held on Thursday, May 29, 2025 at Frederick Community College. This will be the 4th year for this annual event.



SOAR extends a heartfelt thank you to the Kahlert Foundation for the generous grant of \$25,000.

Additional Thanks



We extend our heartfelt appreciation to Richard Shorten for his generous donation of \$20,000 to SOAR for serving our seniors in need. We are extremely grateful to Mr. Shorten!

THANK YOU
Thank you so much!

SOAR has been truly blessed over the past several months by all the community members who have helped in so many ways by donating gifts from our Angel Trees, volunteered to deliver holiday meals and gifts, helped with sorting gifts, picking up and delivering the trees, etc. We could never do all that we do without all of the hands involved!

Thank you to Suzanne Wenmoth for donating over 200 holiday cards to include with holiday meal and gifts.



Volunteer Spotlight



Crystal King

began volunteering with SOAR in September 2024. She started with grocery shopping for two seniors each month, delivered meals with her son at Thanksgiving and Christmas, and has been helping in the SOAR office with the Thursday morning produce coordination and delivery.

Crystal, thank you for your time giving back by helping seniors in Frederick County!

Senior Showcase

SOAR assisted a 65 year old senior living on an income of \$650 per month with car repairs that she could not afford due to her low income. She was extremely grateful for this assistance, which will help her maintain independence in getting to doctor's appointments and the grocery store.

United Way of Frederick County Unity Campaign

Each year, the Unity Campaign supports more than one out of every three households in Frederick County that struggle to afford basic human necessities. SOAR is a non-profit participating in the Unity Campaign on behalf of low-income seniors living in Frederick County. Please consider a donation this year to the SOAR campaign!



[Unity Campaign](#)

Text to Give Code:

Text UnityFC25178 to 71777

Msg & data rates may apply



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!



PARTNER HIGHLIGHT

Access Frederick Medical Equipment Repair



Repairs hospital beds, wheel chairs, mobility scooters, lift chairs, handicapped lifts for vehicles, stair glides and home elevators.
Serving Frederick County and surrounding areas.

**For more information,
contact:**

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STAY CONNECTED WITH US!

