

SENIOR SOARCE

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

SOAR of Frederick's Monthly Newsletter



“ Kindness is like snow—it beautifies everything it covers. — Kahlil Gibran ”

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? **Deadline to apply for Christmas meal is Dec. 15th**
<https://portal.soarfrederick.org/holiday-meal-request>



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So much to be thankful for..



Thank you!
to the anonymous donor
who purchased and donated
BOOST from our Amazon
wish list.
SOAR shared with someone
currently undergoing cancer
treatments.

SOAR is extremely grateful to Pete & Jim Plamondon and Plamondon Hospitality Partners for their generosity in assisting with some recent needs of low income Frederick County seniors.



THANK YOU

SOAR's Impact for November

Food & More Program

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

Transportation Program

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

Medical Equipment Center

- 4 pieces of equipment were donated
- 10 pieces of equipment distributed

Emergency Assistance

- 23 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!

Even more thanks...

Thank you AARP - Chapter 636 for your donation of \$500 to SOAR. We are grateful for your support. SOAR's Board of Directors Vice President, Bud Otis, (pictured at right) accepted the check.



SOAR is thankful for the Community Foundation's \$26,000 grant to support our seniors in need.

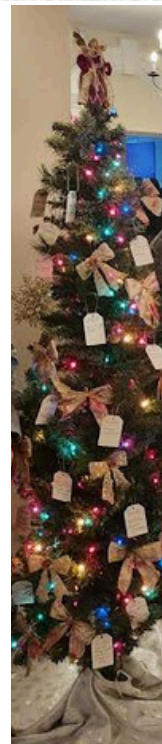



Thank you to everyone who selected a name from the Angel Tree at SOAR's A Toast to the Holidays event in November. Your donated gift will be delivered to a senior at Christmas.



DELAPLAINE FOUNDATION INC.

SOAR is thankful for the Delaplaine Foundation's \$15,000 grant to support our seniors in need.



End of Year Giving

Please consider supporting SOAR with your tax deductible donation in doing so, you will change a Senior's life.

Your gift today means a Frederick County senior won't have to choose between food and medicine this holiday season.

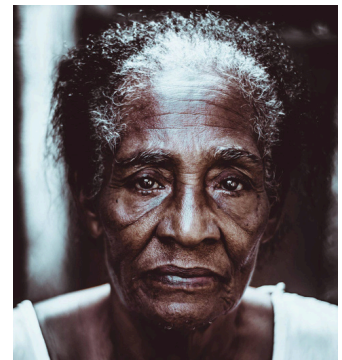
**We'll use your donation to provide:
Bi-monthly grocery deliveries to homebound seniors
Transportation to medical appointments
Emergency utility assistance
Essential medical equipment**

**"SOAR changed our lives. They gave us a new way to live."
Chris & John, 2 Veterans living on \$600.00 each per month!**

<https://soarfrederick.org/support-soar/>

**Platinum
Transparency
2024**

Candid.



Monthly Senior Resource & Education Seminars



****No seminars in December, January or February ****
winter break



Seminars will resume in March 2025

Thanksgiving meal donations

Our heartfelt appreciation to Country Meadows, Heartfields and Spring Arbor Assisted Living facilities for donating 211 Thanksgiving meals and the 25 volunteers who delivered them!



Senior Resource Information

From the Maryland Office of People's Counsel

Can your utility service be shut off in the cold weather?

Can the utility shut off your electricity and gas during the winter months if you do not pay your bill? **The short answer is yes**, but there are some restrictions.

Winter protections:

From November 1 to March 31, there are some rules to protect customers in cold weather. However, there is no rule that stops shut offs just because it's winter.

For more information check here - <https://opc.maryland.gov/Consumer-Learning/Consumer-Rights/Weather-Restrictions>

Volunteer Spotlight



Stephanie McGovern

has been volunteering with SOAR since October 2023. She grocery shops for two seniors in our community each month, delivered meals at Thanksgiving, delivers produce weekly, supplies as needed and has recently been helping in the office with the Thursday morning produce coordination. Stephanie lives in Walkersville with her family.

Thank you, Stephanie, for your time and caring efforts helping SOAR assist seniors in Frederick County!



Senior Showcase

Patricia and her granddaughter were living in the shelter while waiting for a subsidized apartment to become available. They moved into their own apartment just in time for the Thanksgiving holiday. SOAR provided them with their first grocery order, new beds for both, furniture for their apartment and a new microwave. Patricia has been so grateful to SOAR for our support, it has made the transition so much easier.

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



Frederick County Health Department Adult Evaluation & Review Services (AERS)

Have an elderly or adult disabled loved one, friend, or neighbor about whom you are concerned? Noticing that the person isn't as independent as they once were, and seems to be "slipping"? Concerned that he or she might need additional services in order to remain in the community? Lost in the sea of resources offered throughout Frederick County, wondering where to turn?

The AERS Program might be able to help...A nurse or social worker can provide a FREE community-based medical and psycho-social evaluation and make recommendations and referrals to enhance the quality of life and well-being of your loved one.

AERS Goals

To help aged or disabled persons in our community continue living independently, if possible, with the utilization of community resources.

To reduce unnecessary admissions and length of stay in psychiatric and long term care facilities.

Contact

**AERS Program
Frederick County Health Department
350 Montevue Lane
Frederick, MD 21702
301-600-1736**

STAY CONNECTED WITH US!

