

# SENIOR SOARCE

P.O. Box 1603, Frederick, MD 21702 • 240-575-9665 • [www.soarfrederick.org](http://www.soarfrederick.org)

## SOAR of Frederick's MAY Newsletter



**JOIN US! 4<sup>th</sup> annual  
Senior Resource & Education Fair**

**Thursday, May 29th  
Frederick Community College  
10am - 1pm  
(See page 4 below for more details)**

### **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 which allows us to serve our Frederick's seniors in need!

# SOAR'S Impact for April

## Food & More Program

- 70 seniors on a bi-monthly basis
- 48 volunteer shoppers
- 38 seniors received weekly produce
- 29 seniors received monthly food supplements



## Transportation Program

- 120 transports were provided to 64 seniors

## Medical Equipment Center

- 13 pieces of equipment were donated
- 9 pieces of equipment distributed

## Emergency Assistance

- 14 seniors assisted

## Senior success story

Frances, an 84 year old senior who does not drive recently relocated to Frederick. She was in need of assistance with purchasing groceries and having them delivered. We enrolled her in our bi-monthly grocery program. Her volunteer noticed that she was in need of a few pieces of furniture for storage and organization. She had nowhere to keep her clothing, laundry or an area to organize her paperwork. With the help of SOAR's resources and our amazing volunteers, she now has room for an extra chair for company, a dresser for her clothing and plenty of storage space for her paperwork and incidentals. She also needed some clothes to be able to attend church and our volunteer was happy to take her shopping and SOAR paid for her new church clothes. She is so happy to have clothes for church, access to transportation and her grocery delivery.

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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. THANK YOU!

**amazon**

<https://a.co/hpxjKcR>

# Senior Resource & Education Seminars

SOAR and the Aging Network Alliance in partnership with Frederick County Public Libraries provide FREE monthly seminars. Seniors, family members, caregivers and professionals are encouraged to attend to learn more about the available resources in Frederick County.

Registration is NOT required.

These seminars are interactive, and time will be allotted for questions.

**May 29, 2025 - SENIOR RESOURCE & EDUCATION FAIR**  
(see next page for details)

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**June 26, 2025**

**1:30 - 3:00pm**

**Emmitsburg Library**

**300 South Seton Ave., Emmitsburg, MD**

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**July 31, 2025**

**1:30 - 3:00pm**

**Middletown Library**

**31 East Green St., Middletown, MD**

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**August 28, 2025**

**1:30 - 3:00pm**

**Myersville Library**

**8 Harp Place, Myersville, MD**



**FREDERICK  
COUNTY  
PUBLIC  
LIBRARIES**

**4th Annual**

# Senior Resource & Education Fair

Presented by SOAR in partnership with Aging Network Alliance & Frederick Community College  
Co-Sponsored by The Frederick News-Post & Frederick County Division of Aging & Independence  
In recognition of **Older Americans Month**, we are pleased to host this **FREE** event open to seniors, family members, caregivers and professionals.

This year's theme via Older Americans Month is **"Flip the Script on Aging"**



**10am-11am:** Visit with senior services professionals

**11am:** Keynote speaker

**11:30am:** Lunch will be served

**11:30am-1pm:** Visit with senior services professionals

**No Registration is Required!**

**Frederick Community College Athletic Center**  
**7932 Opossumtown Pike**  
**Frederick, MD 21702**

**Door Prizes!**

**Free!**  
...ESTD 1957...  
**HONEY BAKED Ham**

**FREE** Honey Baked Ham  
boxed lunches for the  
**first 200** attendees  
Lunch will be served at 11:30am

## Keynote speaker

Dr. Sue Paul, Occupational Therapist/  
Healthy Aging Visionary

**"The Keys to Longevity"**

Visit with 70 professional exhibitors to receive education & resources

- Therapy Services
- Health & Wellness
- Aging at Home Services
- Senior Navigation
- FREE & Low Cost Community Services
- Medicare
- Moving/Downsizing
- Transportation
- Wills, Estates, & Trusts
- Retirement Planning
- Retirement Living Options

**Frederick County Sheriff's Office will be offering  
information on SCAMS and accepting  
EXPIRED or UNUSED MEDICATIONS**

For more information or questions, please contact SOAR  
[SeniorFair@soarfrederick.org](mailto:SeniorFair@soarfrederick.org) [www.soarfrederick.org](http://www.soarfrederick.org)

**SOAR**  
Supporting Older Adults Through Resources, Inc.

**ANA**  
AGING NETWORK  
ALLIANCE

**Frederick Community College**

**The Frederick  
News-Post**

FREDERICK COUNTY  
DIVISION OF  
**Aging &  
Independence**



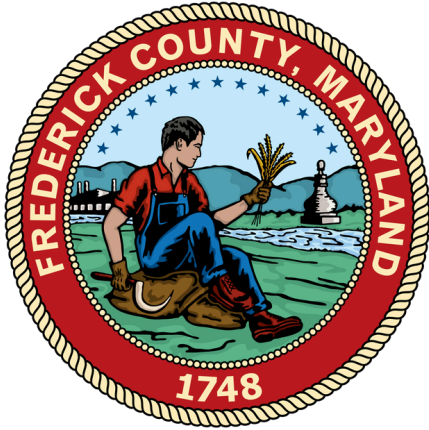
# Giving Thanks

Our heartfelt appreciation to Brian Runkles and his team at **Veridian Capital Partners** for spending the day at **Weinberg Apartments & Taney Village Apartments.**

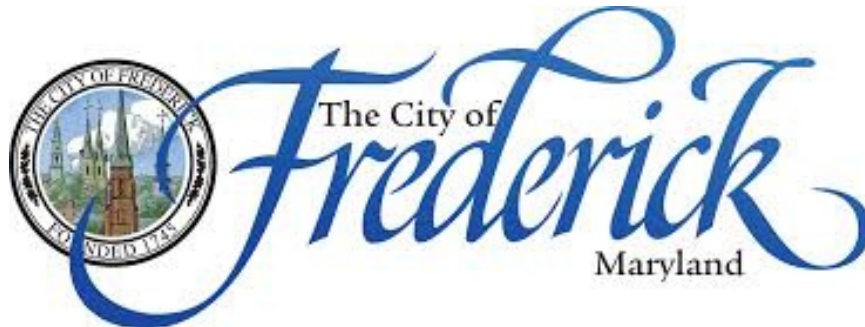
They provided lunch for the attendees and played several games of “cash” Bingo. Thank you to Lisa Henley for coordinating this fun day out for our seniors.



## Giving Thanks



**We are grateful to share that SOAR was awarded \$30,000 from the Frederick County Community Partnership Grant.**



**We are grateful to share that SOAR was awarded \$8,500 from the City of Frederick Community Promotion grant program.**

***These grant dollars will allow us to continue to support our low-income seniors in need living in Frederick City and County.***



# Giving Thanks

**Fore for SOAR Golf Classic was held on May 9, 2025 at Musket Ridge Golf Club. We extend a heartfelt thanks to our sponsors!  
We raised \$38,000 to support our seniors in need!!**

## **Our Heavenly Cause**

**Lancaster Craftsmen Builders**

**Asbury Foundation**

**Visiting Angels**

**McCaskill Financial**

**Serving Those Who Serve**

**RS Will Wealth Management**

**Covenant Capital**

**ACTS Buckingham's Choice**

**Right at Home**

**Whitesell Pharmacy**

**Computer Enhancement Systems**

**DeLeon Painting**



## **ACNB Bank**

**Middletown Valley Bank**

**PJ's Roofing Inc**

**Dean Rose State Farm**

**Capital City Nursing**

**Digging & Rigging**

**Greenstaff Home Care**

**Assisting Hands Home Care**

**Lynch Law & Mediation, LLC**

**Country Meadows of Frederick**

**GCS-Sigal**

**Clagett Enterprises, Inc.**

**Agewell Senior Fitness**

## **In-Kind sponsors**

**YMCA of Frederick County**

**Oscar's Restaurant**

**Dutch's Daughter**

**Gladchuk Brothers Restaurant**

**Frederick Keys**

**Musket Ridge Golf Club**

**Haus of Hounds Pet Stylist**





# FREE Medical equipment for loan OR Permanent use

**Did you know?**

**Through a generous partnership with Frederick Health, SOAR operates 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!





# Upcoming Events



## EVENT DETAILS:

**DATE:** Saturday, May 24th, 2025

**CHECK-IN TIME:** 10:45 AM |  
Carroll Creek Linear Park (near  
the Community Bridge)

**STOPS:** A Few of Frederick's  
favorite watering holes

**FINAL STOP AND AWARDS:**  
Steinhardt Brewing Company |  
After Party Included!

**THE GOLDEN GALS OF SUMMER: A Golden Girls Bar Scavenger Hunt!**  
**PICTURE IT:** Downtown Frederick.

Teams of up to 4 players will adventure through Frederick's best bars,  
tackling outrageous Golden Girls-inspired challenges and  
collecting points along the way.

Frederick Vintage Events & Nevermore Weddings and Events, LLC

**TICKET OPTIONS (Teams of up to 4 Players):**

**VIP Ticket – \$195 (Includes entry for 4 players, 4 exclusive event T-shirts,  
and a swag bag filled with goodies even Blanche would be proud of!)**

**General Admission – \$100 (Includes entry for 4 players  
(because friendship is priceless!))**

**With Proceeds to The Frederick Center & SOAR**

**QUESTIONS: [Jennifer@nevermoreevents.com](mailto:Jennifer@nevermoreevents.com)**

STAY CONNECTED WITH US!

