

SENIOR SOARCE

Supporting Older Adults through Resources, Inc.

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

January 2026 Newsletter

SOAR's mission is to improve the quality of life for low-income seniors living in Frederick County, Maryland.

Holiday Celebrations with our Seniors!



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](#)

Help us make a difference in the lives of low-income seniors in Frederick County.
Your support matters more now than ever.



Spreading Holiday Cheer to our Seniors

This holiday season, SOAR delivered holiday meals and distributed gifts for 150 seniors, as well as hosted two holiday parties at two local senior housing communities.

For many of the seniors we serve, the holidays can be a lonely time. These holiday meals, gifts, and celebrations were a meaningful reminder that they are appreciated and remembered.

For the staff and volunteers delivering meals and gifts, seeing the joy in our seniors during this time was a great reminder of why this work is so important.

Several seniors called our office to express gratitude for the gifts they received.

One of these seniors was Frances, who called to thank us for the generous gift of pots and pans. It was the only Christmas gift she received.

Another senior called to say that she was happy to receive her gift of slippers. She also said she would not have had Thanksgiving or Christmas dinner, if not for SOAR.

Brad, a SOAR volunteer, dropped off a holiday meal for one of our seniors. The senior explained to him that she didn't think she'd be alive to see this Christmas with stage 4 cancer. In her gratitude, she prayed with him and was brought to tears by the kindness of SOAR.

We are so grateful to our volunteers, donors, and supporters who made this holiday season special for our seniors. Your kindness and generosity made a lasting difference, bringing holiday cheer while reminding our seniors that they are valued.



Our heartfelt appreciation to ACTS
Buckingham's Choice and Silverado Frederick
Memory Care Community for donating 150
Holiday meals and to the 15 dedicated
volunteers who delivered them!



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SOAR'S Impact for December

Food & More Program

- 59 seniors on a bi-monthly basis
- 55 volunteer shoppers
- 34 seniors received weekly produce
- 25 seniors received monthly shelf stable food
- 2 emergency food requests



Transportation Program

- 20 transports provided

Medical Equipment Center

- 12 pieces of equipment were donated
- 11 pieces of equipment distributed

Seniors Served

- 175 seniors assisted

Mission Moment

Mrs. A., age 97, reached out to SOAR because she was feeling increasingly unsafe in her first-floor apartment. The vulnerability she had been feeling was taking an emotional toll on her, and she thought that having a camera would bring her the peace of mind she needed to live comfortably. SOAR recently installed an exterior camera for Mrs. A., who is grateful to SOAR for restoring her feelings of safety and providing her with much needed support.

SOAR has created an Amazon.com list of essential needs for low-income seniors.

If you are interested in helping us provide these items, please use this link.

THANK YOU!



[SOAR's Amazon Essential Needs List](#)

Giving Thanks

Monthly Giving Donors



Kathryn Edelen
Paileen Gilbert
Mark & Angela Mayer
Steven & Eileen McLaughlin
Robin & Chris Reeder
Lori Van Gemert

December Donors

AARP Frederick Chapter 636
Pamala Barger
Ginny Brace & Jana Moberly
Eileen Brennan
Calvary United Methodist Church
William Cross Foundation
Courtney Durham
David & Julie Fulton
Cody Gambler
Steve Gobel
Steve & Carole Heine
Justin & Catherine Krajewski
Peter & Ashley Lancaster

Tom Lynch & Karlys Kline
Richard Ohnmacht
Vincent Perrotta
Bonita Quashnick
Jim & Yvonne Reinsch
Ronald Richards
Michael Rifkin
Leslie Ruby
Leslie Schultz
David & Sally Selby
Richard B. Shorten Family Foundation
Susan Welkos
The Will Group Foundation



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 provide them to individuals as needed, for loan or permanent use.

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



Meet our team

Leslie Schultz, Founder/Executive Director

Stephanie McGovern, Food Program & Volunteer Coordinator

Patty Chopas, Program Coordinator

Maggie Clingman, Development Coordinator

Meet our Board of Directors

Executive Board

Judy Lancaster, President

JD Shuman, Vice-President

Andrew Jeanneret, Treasurer

Rebecca Full, Secretary

Board members

Susan Butt, Board member

Angela Mayer, Board member

Interested in volunteering?

Join our team of dedicated volunteers and help make a lasting impact in the lives of low-income seniors.

Apply [here](#) to volunteer with SOAR.

STAY CONNECTED WITH US!

