



# SENIOR SOARCE

Supporting Older Adults through Resources, Inc.

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

## MARCH 2026 NEWSLETTER

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With your continued support, we've been able to help low-income seniors in our community with food, housing support, transportation to medical appointments, and emergency assistance.

Whether you volunteered, made a donation, or helped spread the word about our mission with others, your support makes this impact possible.

### February's Impact at a Glance

#### **Food & More Program**

**62** seniors on a bi-monthly basis

**55** volunteer shoppers

**33** seniors received weekly produce

**23** seniors received monthly shelf stable food

#### **Transportation Program**

**64** transports provided

#### **Medical Equipment Center**

**16** pieces of equipment were donated

**7** pieces of equipment distributed

#### **Seniors Served**

**155** seniors assisted

### Your Impact in Action

*"Thank you!"*

Last month, a 76 year-old senior reached out to SOAR with an urgent need for transportation to her medical appointments. Living on a monthly income of \$980, she was handling a recent cancer diagnosis without family support to help her through it.

Through SOAR's transportation program, she was able to attend all of her cancer treatments that were necessary for her recovery.

With the rigor and intensity of the treatments, she was not able to shop for the groceries she needed. During her recovery, SOAR's Food and More program was a great support. A dedicated volunteer shopped for her groceries and delivered them to her home, ensuring that she had the nutrition needed during this difficult time.

Thanks to your support, this senior was able to focus on her recovery without having to choose between medical care and essential needs. She found the compassion and assistance she needed when it mattered most.

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*Stories like this are becoming more common.*

*With your support, compassionate and meaningful help is possible when it's needed most.*

## Giving Thanks

Your gifts help provide essentials like food, housing, transportation to medical appointments, and emergency support.

### Monthly Donors

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

### February Donors

Noteable Progressions  
St. Peter the Apostle Roman Catholic Church

## 5th Annual Senior Resource & Education Fair

**SOAR, Aging Network Alliance & Frederick Community College,**

present the

### **5th Annual Senior Resource & Education Fair!**

This is a free event and open to Seniors, Family Members, Caregivers and Professionals.  
The first 400 senior attendees get a free lunch.

**Date:** Thursday, May 28, 2026

**Time:** 10:00am - 1:00pm

**Place:** Frederick Community College

Athletic Center

7932 Opossumtown Pike

Frederick, MD 21702

More than 65 organizations will be offering education and resources on the following topics and more:

Medicare  
Moving & Downsizing  
Transportation

Wills, Estates & Trusts

Retirement Planning  
Therapy Services  
Health & Wellness  
Recreation

Aging at Home Services  
Free & Low Cost  
Community Services

For more information,  
please visit [5th Annual Senior Resource & Education Fair](#)

## Save the Date: Fore for SOAR Golf Classic

Come join us for a great day of golf while supporting our mission to improve the quality of life for low-income seniors in Frederick County.

**Date:** May 8th, 2026

**Place:** Musket Ridge Golf Course

**Time:** Check-in 7:30 AM | Shotgun Start 8:00 AM

**18 Holes - 4 person scramble format**

*For tickets and more information,*

*please visit [2026 FORE for SOAR Annual Golf Classic - SOAR Frederick](#)*

## Medical Equipment Center

### 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.

## Get Involved Today

**Know A Senior in Need?** Share our mission and help us reach seniors who may be struggling alone. The individual must be 65+ and live in Frederick County, with income at or below \$2,100/month for an individual or \$3,000/month for a couple.

Refer

**Volunteer:** Join our team of dedicated volunteers and help make a lasting impact in the lives of low-income seniors. Opportunities include Grocery Delivery Program (2x month), administrative support, holiday meal delivery, medical equipment pick up/delivery, marketing/social media, and special events.

Volunteer

**Donate:** Help us make a difference in the lives of low-income seniors in Frederick County. Your support matters more now than ever. Your gift helps cover essentials like food, transportation to medical appointments, and emergency support.

Donate

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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, please visit our [list](#).

THANK YOU!

## 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

**Our Contact Information**

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*

*To protect the dignity and privacy of the seniors we serve,  
stories are shared anonymously or as composites.*

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