

SENIOR SOARCE

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

SOAR of Frederick's Monthly Newsletter

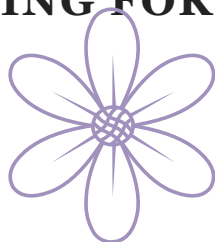
“

**WHEN WE HONOR OUR FLAG WE HONOR WHAT WE
STAND FOR AS A NATION - FREEDOM, EQUALITY,
JUSTICE, AND HOPE.**”

-RONALD REAGAN

GREAT EVENTS HELD in MAY!

SOAR'S 3RD ANNUAL SENIOR RESOURCE & EDUCATION FAIR WAS A GREAT SUCCESS! OVER 250+ SENIORS/FAMILIES ATTENDED. THEY MET WITH 70 PROFESSIONALS RECEIVING INFORMATION ON A VARIETY OF TOPICS. OUR KEYNOTE SPEAKER WAS ELLY WILLIAMS FROM FREDERICK COUNTY DIVISION OF AGING AND INDEPENDENCE WHO SPOKE ABOUT MEDICARE, AN IMPORTANT TOPIC TO ALL ATTENDEES. LUNCH AND DOOR PRIZES ROUNDED OUT THE DAY! WE ARE ALREADY PLANNING FOR OUR 4TH ANNUAL FAIR. (SEE PICTURES ON PAGE 5)



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MAY RESOURCE FAIR

**STUDENT VOLUNTEERS/
IMPACT CLUB/ SENIOR
SHOWCASE**

**FORE FOR SOAR
GOLF CLASSIC**

RESOURCE FAIR PICTURES

PARTNER AGENCY

SHRED EVENT



SOAR WAS SO FORTUNATE TO MEET 7 STUDENTS FROM ST. JOHN'S CATHOLIC PREP WHO VISITED OUR OFFICE TO HELP US WITH SOME ADMINISTRATIVE WORK! WE ARE MOST APPRECIATIVE! THEY WERE DELIGHTFUL!

SOAR was honored to present to the IMPACTCLUB FREDERICK and share the stories of our vulnerable and precious seniors living in Frederick County and needing our help. We appreciate the generosity of the Impact Club members and the good that is done through this program. Thank you to the Impact Club for the opportunity!



Senior Showcase

SOAR was happy to help a gentleman coming home from the nursing home with a donated piece of equipment known as a sit to stand. This allowed him to live more independently and also was a huge help to his wife who is his caregiver.



We had PERFECT weather for the annual Fore for SOAR Golf Classic held at Holly Hills on May 13! Thank you to everyone involved with making this event a success - the sponsors, the volunteers, the golfers!

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!

3rd Annual Senior Resource & Education Fair

May 2024



PARTNER HIGHLIGHT



Mental Health
ASSOCIATION

WALK-IN BEHAVIORAL HEALTH SERVICES

340 MONTEVUE LANE, FREDERICK, MD 21702

EXPERIENCING AN EMOTIONAL, MENTAL, FAMILY OR RELATIONSHIP CRISIS? SUICIDAL THOUGHTS? ANXIETY, GRIEF OR DEPRESSION? HELP IS AVAILABLE.

AT MHA'S WALK-IN BEHAVIORAL HEALTH YOU WILL MEET WITH A CRISIS SPECIALIST WHO WILL WORK WITH YOU TO RESOLVE YOUR CONCERNS AND CONNECT YOU WITH APPROPRIATE SUPPORTS.

WALK-IN SERVICES ARE:

AVAILABLE AT NO COST TO CLIENTS

AVAILABLE TO ALL AGES

AVAILABLE WITHOUT AN APPOINTMENT AT THE

**WALK-IN CRISIS CARE CENTER LOCATED AT 340 MONTEVUE LANE,
FREDERICK, MD 21702**

AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK.

FOR MORE INFORMATION DIAL: 2-1-1 OR 301-662-2255

STAY CONNECTED WITH US!



FREDERICK COUNTY RESIDENTS AGE 60+

FREE

Join us for a

SHREDDING EVENT

Here is your chance to shred your old documents safely, securely and for

FREE!

Frederick County older adults are welcome to bring their personal papers such as old tax returns, bank statements and other documents with personal identity information for onsite shredding.



FRIDAY, JUNE 21st

9:00 AM - NOON

**Health and Wellness Programs,
Nutrition Presentation, Support Groups.**

Noon until Gone - Groceries for Seniors.

Community Representatives will be available to provide information on
Fraud and Abuse Prevention.

Hosted by and held at:

Frederick County Division of Aging and Independence

1440 Taney Avenue, Frederick MD 21702

Questions email: virtualseniorcenter@frederickcountymd.gov

