

# SENIOR SOARCE

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

**SOAR of Frederick's Monthly Newsletter**

“  
AGING IS NOT ‘LOST YOUTH’ BUT A NEW STAGE  
OF OPPORTUNITY AND STRENGTH.  
– BETTY FRIEDAN”

## Upcoming Events & Updates: EDUCATIONAL FAIR

Join us on Thursday, May 23rd  
from 10AM - 2PM at FCC Visit  
with 70 professional exhibitors to  
receive resources and education.

## FORE FOR SOAR GOLF CLASSIC

Time to get your golf game ready for  
SOAR's annual golf classic, to be  
held on May 13, 2024, at Holly Hills  
Country Club. Golfer registration  
below



### IN THIS ISSUE

EVENT UPDATES

OLDER AMERICANS  
MONTH

RESOURCE FAIR DETAILS

VOLUNTEER APPRECIATION  
EVENT

SENIOR SHOWCASE &  
FUNDRAISER THANKS

PARTNER AGENCY

# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

Each May is recognized as Older Americans Month led by the Administration of Community Living (ACL).

The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

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## What Do We Know About Healthy Aging? from National Institute on Aging (NIA)

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on (link below) to learn more about the research and the steps you can take to promote healthy aging.

<https://www.nia.nih.gov/health/healthy-aging/what-do-we-know-about-healthy-aging>

**“Aging has a wonderful beauty, and we should have respect for that.”**

**– Eartha Kitt**

# 3rd Annual SENIOR RESOURCE & EDUCATION FAIR

Presented by SOAR in partnership with Aging Network Alliance and Frederick Community College

**Thursday, May 23, 2024**  
**10 am - 2 pm**

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

**No registration is required.**  
**Free lunch for the first 200 attendees.**

## Keynote Speaker

Elly Williams, Aging & Independence  
Topic: Medicare

## Health Screening

Fall Risk Assessment, Blood Pressure Check  
Offered by HomeCall of Frederick

In recognition of **OLDER AMERICANS MONTH**, we are pleased to host this **FREE** event open to seniors, family members, caregivers, and professionals

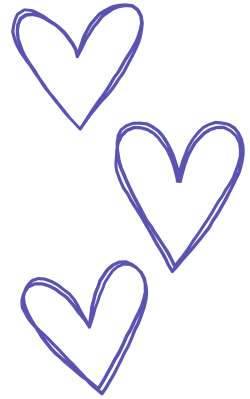
Visit with 70 professional exhibitors to receive education and resources.

- Medicare
- Retirement Planning
- Moving/Downsizing
- Therapy Services
- Transportation
- Health & Wellness
- Wills, Estates & Trusts
- Recreation
- Aging at Home Services
- Free and Low Cost Community Services



**SeniorFair@SoarFrederick.org • 240-575-9665**

# We LOVE our volunteers - thanks for stopping by so we could honor you in April!



## 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!

# Senior Showcase

SOAR recently assisted a 74 year-old female who is the sole caregiver for her 79 year-old husband with Parkinson’s Disease. Getting him to the doctor had become increasingly difficult due to mobility changes from the progression of the disease. SOAR was able to give her a transport wheel chair from our medical equipment center and additionally gave incontinence supplies, which are so costly for those on limited incomes. These donated items were greatly appreciated by her and has made getting him to appointments outside of the home easier.

## THANK YOU!

### “Sailing Through the Winter Solstice”

30 boats are placed on Carroll Creek during the dark winter months to bring light and to raise awareness and fundraising for local 501(c)3 organizations. SOAR was the selected non-profit for 2 of the boats thanks to Carroll Creek Rotary Club and Kevin and Judy Hessler. At night they are lit and add to the beauty of downtown Frederick. SOAR is grateful for amazing community support.



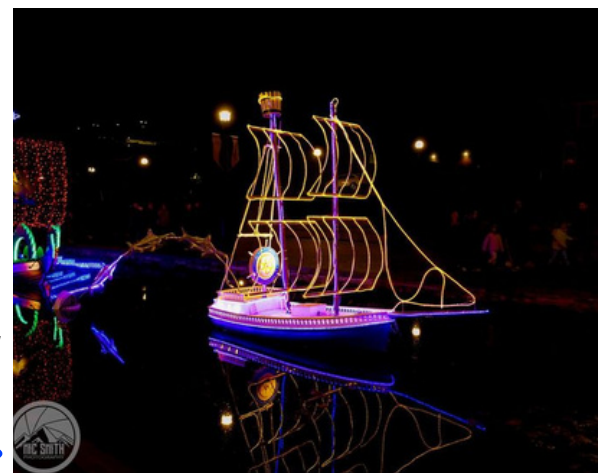
Beautiful photos by  
Nic Smith Photography



Holly Jolly Roger  
The Hessler Family



Carroll Creek Clipper  
Carroll Creek Rotary



# PARTNER HIGHLIGHT

## The Frederick County YMCA

The Y offers fitness classes specifically designed for older adults. These classes give participants an opportunity to build strength, maintain bone density, and improve balance and mobility. Y Active Older Adult Fitness programs accommodate functional abilities so that everyone can stay fit and healthy.

Fitness classes include Total Body Basics, Tai Chi, Senior Yoga, Healthy for Life and most water classes.



For more information-  
[www.frederickymca.org](http://www.frederickymca.org)  
**301-631-5131**



**24 043 Spring II Program Guide**

by FlowPaper

**STAY CONNECTED WITH US!**

