

Home safe home ... for all seniors

Home is where the heart is ...
There's no place like home ...
Home sweet home: No matter how you say it, the feeling of home is the same, and it's where people most want to live out their lives.

But home may not be a safe place to live when there are leaking roofs, fall hazards in bathrooms, no access in or out of the home for wheelchair-bound seniors, etc.

MAC programs, and community partnerships, can help make sure the homes of area seniors are safe

Steve Hoehn, MAC home modifications counselor, helps seniors age 62 and older, who meet income eligibility guidelines, get critical repairs.

"We have helped seniors with railings so they can get safely into their homes, provided ramps for seniors who are homebound and can't even get to and from medical appointments," he said. "We've added safety features to



Neomia Collins stands on the landing of her new ramp; below it, the crumbling steps it replaced.

bathrooms to keep seniors from falling, fixed leaking roofs and replaced storm doors to keep frigid winter air out," he said.

Neomia Collins, 83, was afraid to use the crumbling steps leading into her home. "Now I'm not afraid of falling on the steps," she said. Now I feel like I'm walking on air."

Need help with a home modification? Call MAC at 410-742-0505.

Community for Life: Wicomico

Help with simple home repairs, and more, is also available through Community for Life: Wicomico.

This fee-based membership program offers a package of services designed to help Wicomico residents age 50 and older stay independent and living in their homes for as long as possible. Community for Life offers three areas of assistance:

- Service navigation – connecting members with resources within MAC and the community, making referrals to needed services, assisting with applications, and more.
- Minor home repairs; or locating a trusted contractor if major repairs are needed
- Transportation

Continued on page 2

Seniors count! Here's what you need to know about the 2020 Census

Page 6

Ace Parker honored for two decades of supporting Meals on Wheels

Page 7



Teams are forming now for the Silver Strikes charity bowling event on Jan. 15

Page 7

New Life Bridges helps seniors stay active and involved in life

Page 7

The list is out! MAC's Winter Institute 2020 class schedule is complete!

See insert



Don Taylor, executive director of Chesapeake Housing Mission, meets with volunteers to discuss completed and upcoming projects.

Continued from page 1

After enrolling in the program, a safety assessment of the member’s home is conducted, with an eye out for fall hazards, safety issues and any minor repairs that might be needed. If the needed repair is beyond a minor fix, the member would be connected with a volunteer or vetted contractor to help.

“Reports from the Attorney General’s office shows that seniors are often the victim of all sorts of fraud,” said Jackie Wellfonder, Community for Life service navigator. “We are here to protect the senior against fraud and exploitation.”

For more information, call Wellfonder at 410-742-0505.

Community Partnerships

Community partnerships are also important in helping those in need of home repairs and modifications. MAC and Chesapeake Housing Mission partner to help low-income families on the Lower Shore,

working together to locate those with the greatest need, and to bring donors and volunteers together to complete the work. MAC provides referrals, case management, and helps prioritize the clients.

To date, CHM has helped more than 300 Lower Shore families.

“Most of our projects involve building wheelchair ramps, giving back our clients the freedom and independence to remain in their homes,” said Don Taylor, CHM executive director. “What if you can’t get out of your house to go to a doctor’s appointment? Who will you go to for help? Or what if your roof is leaking. Can you afford to pay thousands to tar the hole?”

For more information, call:

- On the Lower Shore: MAC, 410-742-0505; or Bay Area CIL, 443-260-0822
- Maryland Access Point in Worcester County, 410-632-9915
- Delmarva Community Services in Dorchester County, 410-943-1106, ext. 130.

MAC programs generously supported by:



**MAC, Inc.
Board of Directors**

DORCHESTER

Teresa Blem, chair
Glenna Heckathorn
Vatic Walker
Jackie Wolfle

SOMERSET

Jackie Fisher Demoss
Donnie LaRue
Patricia Mannion
Claudia Nelson, secretary

WICOMICO

Norman H. Conway
David Hanlin
Page Insley Austin
Dan Savoy, treasurer

WORCESTER

Roberta Baldwin, vice chair
H. Marie Bevins
Claude Lewis
Peter J. Ostrowski

MAC Executive Director
Pattie A. Tingle

The mission of MAC, Inc., the Area Agency on Aging, is to provide programs and services that preserve dignity, health and independence for an aging population.

Hours of operation:
Monday through Friday
8:30 a.m. to 4:30 p.m.

If you received this newsletter from a friend and want to be added to MAC’s mailing list, call Cindy Robinson at 410-742-0505, Ext. 118, or email her at cfr@macinc.org.

This newsletter is a publication of MAC, Inc., Volume 18, Issue 1, Winter 2020 January-March

Produced by Cindy Robinson

This document is available in an alternate format. Email request to macmail@macinc.org.

DONORS

Thank you to our generous donors! Your support is invaluable in aiding MAC in its mission to provide programs and services that promote dignity, health and independence for an aging population. The following is a listing of donors on record, Nov. 21, 2018 to Nov. 20, 2019.

INDIVIDUALS

Joanna & Michael
Abercrombie
Patricia Adelizzi
Gerald & Charlotte
Adkins
Joyce Alexander
Matthew Alexander
Yogesh Amin
Lillian Anderson
Ruth Ann Andrews
Jim Aurelio
Shirley Aydelotte
Lynda Azar
Shirley Bailey
Ruth Banks
Alice Barlage
Bonnie Barnidge
Priscilla Basehart
Floyd Bassett, Jr.
Mae Von Bateman
Susan Battistoni
Peggy Battle
Anne Beach
Karla Beardsley
Jean Beauchamp
Sharon Belcher
Geraldine Bell
Dawn Bellamy
Judith Belloso
Barbara Benton
Cynthia Betts
Helen Marie Bevins
Frances Bird
Donna Blackwell
Jim Blades
Teresa Blem
Theresa Borrelli
Sarah Bounds
Peggy Bradford
Sylvia Bradley
Thomas Brake

Lucinda Bratten
Betty Jane Briddell
Gerald Brinson
Carol Broderick
Linda Brown
Mary Buchanan
Peggy Buchness
Jane Bunting
Patricia Bunting
Marilyn Burr
Dean Burroughs
Jane Burt
Norman Bushman
Susan Caldwell
John Calloway
Michael Cantwell
Mike Carbone
Dennis Cathell
Lore' Chambers
Karen Chamblee
Jeannie Chilcoate
Nancy Cleveland
Paul Cofer
Darlene Cole-Culver
Nancy Collins
Cheryl Colston
Lucille "Nudy" Conway
Christopher Conyers
Arthur Cooley
Donald Cooper, Jr.
Sherry Corbin
Robert Corcoran
John Corcoran
Charlotte Cordell
Jan Cormier
Andrea Coulson
Alan Court
Jacqueline Cox
Mildred Dale
Teri Davidson
Joan Davis
Linda Davis

Gerald Davis
Donald Davis
Joan Demko
Brenda Dennis
Terri Derrickson
Darlene Detroy
Ellen Di Cintio
Henry Dibbern, Jr.
Terry Dix
Christine Dominick
Sharon Donahue
James Donohoe
Dr. R.L. Dotterer
Sue Drew
Kathryn Drew
Barbara Dryden
Lois Dykes
Angela Duffield
Virginia Dulany
Susan Dupont
Esther Dwyer
Jacqueline Eberts
Sharon Eggerson
Ursula Ehrhardt
Virginia Elliott
Lennart Elmlund
Guy Elzey, Jr.
Joan Emerick
Hank Engster
Sue Erskine
Sarah Eschenburg
Dale Evans
Steven Farrow
Chris Fichtel
Bernice Finney
Mildred Fleming
Jim Ford
Wendell Foxwell
Kim Gallagher
Linda Gerardo
Judy Giunta
Harold Gordy
Charles Goslee

Nancy Gosnell
Rex Gravenor
Donna Gray
Vicki Gray
Robbin Gray
Carolee Greenwood
Terrance Greenwood
Rebecca Griffin
John Groutt
Carolyn Gruber
Elaine Hammond
Darlene Hammond
Ann Hancock
Sandra Handy
Barbara Handley
David Hanlin
Henry Hanna III
Hugh Hanson
Shirley Hastings
Anna Hayman
Daphne Hayman
Mary Hayward
Lucille Hayward
Louise Hearne
Crystal Heiser
Rachel Hesselink
Richard Holland
Joyce Hooper
Denise Horner
Vaughn Horner
Susie Horner
William Horstman
Russell Houseal
Nancy Hughes
Doris Hughes
Leslie Hughes
Page Insley Austin
Fred Jackson
W. Newton Jackson III
Susan Jackson-Stein
Karin Johnson

Continued on Page 4

DONORS *continued*

INDIVIDUALS

Thomas Johnson
Jennifer Johnson
Patricia Judson
Linda Justis
Dr. Lewis & Adrienne
Kadushin
Eleanor Kaul
JoAnne Kelly
Jill Kenney
Dr. Kent Kimmel
Dennis Klingenberg
Bernadette Knoblauch
Donnie La Rue
Carolyn Laffey
Harrison & Sylvia
Langler
Kathy Lapinski
Sheldon Larmore
Ellen Lawler
Patty Lederman
Patrick Lemley
Chris Leo
Christina Leventini
Kara Lewis
Sheldon Lewis
Ronda Lewis
Helen Odette
Lineweaver
Mary Jane Linn
Betty Lou Lyons
Lynn Magruder
Wallace Mann
Kimberly Mann
Patricia Mannion
Sherree Marshall
Ashley Mason
Kelsie Mattox
Philip Maynard
Pat McAlpin
Gary McCabe
Nancy McCaig
Sarah McDonald
Michele McGoogan
Ryan Mello
Bill Middleton

Bonnie Molock
Donald Moyer
Eleanor Mulligan
George Murray, Jr.
Kim Nechay
Claudia Nelson
Jim Noonan
Marvin & Myra Novick
Maryann Nowak
Ruth Anne Oartel
Mary Palenchar
William "Ace" Parker
Henrietta Parker
Mitzi Perdue
Pam Petix
Sandra Phillips
Kit Pilgrim
Karen Poisker
William Powell, III
Andrea Price
Linda Purcell
Grace Puthenpurackal
Judy Quillin
Hazel Raber
Norm Raffish
Albert Rayne
Crawford & Leah
Rayne
Donald Records
Barbara Reginato
Patricia Richards
Judith Richardson
Marian Ridge
Brandi Riggin
Louis Rimbach
Mary Rodriguez
Larry & Cindy Robinson
Jane Roper
Bruce Robson
Carol Rose
Ginny Rosenkranz
Nancy Rubenson
Toby Rubin
Janet Sample
Anthony Santoni, Jr.
Anthony Sarbanes

Jeanmarie Sauer
Daniel Savoy
Dr. Robert Scherr
Judith Schneider
Lake Scott
Dr. Rachel Shahan
Sue Sherwood
Mae Sherrill
Carole Shiles
Frank Shipper
Wanda Shockley
Irving Shockley
Raymond Shockley
Harold Shockley
Sandra Sigmund
Cynthia Simpson
Catherine Sinclair
Kimberly Skelly
Linda Sliger
Donna Smith
Roger & Sally Smith
Anne Smith
Helen Smith
Louise Smith
Connie Smith
Diane Smith
Barbara Snyder
Ethel Stanford
Randolph Stanley
Mike Stein
Barbara Stephens
Edward Stephens
Elizabeth Stephens
Kraig Stetzer
Sandra Stevens
Darlene Street
Dale Stottlemeyer
John Tamasi
Cindy Tardiff
Janet Taylor
Maryann Thairu
Marilyn Thomas
James Thomas, Jr.
Ray Thompson
Mary Thorpe
Barrie Tilghman

Faye Timmons
Pattie Tingle
Beverly Trader
Howard Travers
Karen Travers
Dr. & Mrs. Ronald
Travitz
Dawn Truitt
Jeffrey Turner
Alicia Turpin
Allen Tustin
Clarence Twilley
Jovan Twilley
Brandon Tyre
Cynthia Tyvoll
Maria VanDiver
Carol Verrill
Gary Vickers
JoAnn Waggoner
Valerie Wagner
Patricia Ward
Brenda Warwick
Emily Waters
Virginia Weise
Dean Wells
Joyce Welsh
Phyliss White
Joan White
Susan White
Lloyd Whitehead
Jane Whitmore
Louise Whittington
Mary Wiggins
Faith Willing
Tish Withers
Theresa Woodward
Elizabeth Wootten
Lisa Wright
Mary Wright
William Wyatt
Celestine Yancey
Colleen Zabor
Ginny Zirkel

Continued on Page 5

DONORS *continued*

BUSINESSES & ORGANIZATIONS

Continued from page 4

AARP 1276
Allen Lions Club
American Legion Post 64
American Legion, Boggs
Disharoon #123
Anantha Narayana
Foundation, Inc.
APPI Energy
Apple Discount Drugs
AquaCare Physical
Therapy
Association for Lifelong
Learning
Avery Hall Insurance
Group
Belmont Family Practice
Buchanan Subaru
Cambridge Elks
Lodge 1272
Cato Gas & Oil
Charles Brown Glass Co.
Chesapeake
Comprehensive
Dentistry, PA
Chesapeake Hearing/
Tim Aland
Choptank Memorial
VFW #7460
Community for Life/
Ocean Pines
Community Foundation
of the Eastern Shore
Davis, Bowen & Friedel,
DBA Orlando Lawn Care
Delmarva Document
Solutions
Delmarva Shorebirds
Dr. Kevin McKelvey DDS
Eastside Memorial
VFW #2996
First Shore Federal
Fixer Upper Fitness
Fruitland Lions Club

All donors are important to us at MAC, Inc. While we have made every effort to produce a complete and accurate list of donors, regrettably some errors may occur.

If you spot an error, please call Cindy Robinson at 410-742-0505, ext. 118, and we will correct it in the next issue.

First Shore Federal
Fixer Upper Fitness
Fruitland Lions Club
Golden Gardens, Inc.
Harrison Senior Living
Hayward Masonry, Inc.
Hebron Savings Bank
InFocus Financial
Advisors
Irish Penny
Jolly Roger Amusement
Park
Knights of Columbus
Council 9053
Kuhn's Jewelers
Law Office of Sharon
Donahoe
Lower Shore Parkinson's
Group
Meals on Wheels
America
Meuse Post 194 VFW
Ocean City Chiropractic
Clinic
Ocean City Elks #2645
Peninsula Printing
Pepsi Bottling Ventures
Phillips Lifeline
PKS & Company
Procino-Wells &
Woodland
Rehobeth Presbyterian
Church
Rockawalkin UMC
Rotary Club of Salisbury
Salisbury Duplicate
Bridge Club
Salisbury Elks Lodge 817
BPOE 817

Salisbury Genesis

Salisbury Genesis
Salisbury Heritage
Lions Club
Salisbury Maryland
Kennel Club
Salisbury Metro
Lions Club
Salisbury Moose Lodge
Salisbury-Wicomico
Lions Club
Shaffer, McLaughlin &
Stover, LLC
Star Associates
International
Telewire
Terra Firma of Delmarva
TGM Group
The Bank of Delmarva
The Gables at Manokin
Tony Tank Tribe 149
United Way of the Lower
Eastern Shore
Vernon Powell Shoes
VFW Post 10159
WBOC 16/Fox 21/WBOC
FM 102.5
Wells Fargo Home
Mortgage
Westside Missions
Wicomico County
Employees
Wicomico Presbyterian
Church
Wilgus Insurance
Willards Lions Club
Worcester County
Commission on Aging
Zion United Methodist

IN KIND

Abbotts Grill
Altitude Trampoline
Park
Angello's Unique Gifts
AquaCare Physical
Therapy
Arby's
Back Street Grill
Barbara Reginato
Bayside Skillet
Blossom Harris
Burley Oak Brewery
Burnett White Tire Pros
Buster's Seafood Grill
Captain's Table
Carolee Greenwood
Cheers
Chesapeake Bagel
Bakery
Chesapeake Bay Farms
Chipotle
Cindy Robinson
Classic Cakes
Coldstone Creamery
Comcast Spotlight
Concord Pet Foods
& Supplies
Corner Grill
David Barnes
Delmar Pizza
Delmarva Shorebirds
Eastern Shore
Distributing
Edible Arrangements
Elizabeth Anderson
Eric Savoy
Fancy Fingers
Finns Ale House &
Raw Bar
Five Guys
Fixer Upper Fitness

Continued on page 6

Continued on page 6

DONORS *continued*

Continued from page 5

Food Lion
 Gayle Widdowson
 Girl Scouts of the
 Chesapeake Bay
 Goin Nuts Café
 Greene Turtle Ocean City
 Greene Turtle Salisbury
 Hebron Savings Bank
 Heritage Shores Club
 Independent Newsmedia
 Island Creamery
 Jennifer Johnson
 Jim Atwood
 Jimmy John's
 John Tamasi
 Johnson Seed & Feed
 Joy Hawke
 Joyce Widdowson
 Katherine Williams
 Ken Sehman The Jeweler
 Krispy Kreme
 Kuhn's Jewelers

Lankford Sysco
 Leona Morgan
 Lifestar Response
 Linda Green
 Linda Stevens
 Links at Lighthouse
 Sound
 Lori Ward
 Market Street Inn
 Maryland Coast
 Dispatch
 MayaBella's Pizzeria
 Melanie Stefursky
 Moe's
 Mojo's
 Motorola Solutions
 Olive Garden
 On What Grounds
 Outback Steakhouse
 PAC 14
 Papa John's Pizza
 Patricia Lewis
 Paul Mattson

Paula Kellogg
 Peninsula Printing
 Pepsi Bottling Ventures
 Peter Richmond
 Phillip Hudson
 Pizza City
 Pocomoke River
 Canoe Co.
 Ponzetti's
 Princess Bayside Beach
 Hotel
 Red Lobster
 Rise Up Coffee
 Ruark Golf
 Salad Works
 Salisbury Independent
 Salisbury Maryland
 Kennel Club, Inc.
 Salisbury Star
 Salisbury Symphony
 Orchestra
 Seacrets
 Sonya's Floral Boutique

Starbucks North
 Starbucks South
 Subway
 Susan Hutchins
 Sweet Frog
 Tangier Island Cruises
 Tastykake
 TGM
 The Bayside Skillet
 The Corner Grill
 The Daily Times
 The Home Depot
 The Personal Wellness
 Center
 Trax Deli
 Vernon Powell Shoes
 Walmart
 Westside Historical
 Society
 WBOC 16/WBOC
 FM 102.5
 WMDT
 97.1 The Wave

Thank you to our many generous donors for helping Lower Shore seniors thrive!

Seniors count! 2020 Census: What you need to know

Get ready to be counted: The 2020 U.S. Census is coming to town.

What is the Census, and why is it important? Here's what you need to know.

The U.S. Census counts every person living in the 50 states, District of Columbia and 5 U.S. territories.

If you live in the United States, you are required by law to complete the 2020 Census.

There are three ways that the Census Bureau will initially collect responses from people for the 2020 Census: online, by phone, and by mail.

By April 1, 2020, you will

Census statistics are used to secure funding for programs, including services for senior citizens ... An accurate count of seniors therefore is critical.

receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home.

Starting in May 2020, the Census Bureau will begin following up in person with homes that have not responded to the census.*

The census provides critical data that is used to provide daily

services, products, and support for you and your community. Census population statistics are used to secure funding for numerous programs, including services for senior citizens. An accurate count of senior citizens is therefore critical.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

*** MAC will offer assistance in completing Census forms online. Call 410-742-0505.**

Paul Mattson
 Paula Kellogg
 Pepsi Bottling Ventures

Susan Hutchins
 Sweet Frog
 Tangier Island Cruises

Starbucks South
 Subway
 Susan Hutchins

Passionate about Meals on Wheels

Ace Parker honored with prestigious volunteer award

Twenty years ago, Ace Parker recruited Rotary Club of Salisbury members as volunteers to deliver Meals on Wheels one day a week for MAC.

Today, two decades later, the Rotary volunteers are still led and inspired by Parker, but the numbers have grown. This group of

Rotarians now deliver meals multiple days each week, serving 20-25 individuals daily, and delivering between 4,000 and 5,000 meals annually.

In recognition of his caring and “passionate desire to help those in our community who are most vulnerable,” and for inspiring



From left: fellow Rotarian Dr. Terry Greenwood, Ace Parker, and Erica Joseph, Community Foundation executive director.

others to do the same, Parker was recently awarded the Mary Gladys Jones Volunteer of the Year Award.

Presentation of the award was made at the annual meeting of the Community Foundation of the Eastern Shore in November.

A LOOK AHEAD

Winter Institute

MAC's Winter Institute offers the opportunity to get out of the house, make new friends and enjoy learning! Classes will be held the weeks of **Jan. 7, 14 and 21**.

See insert for details.

Bowling event

MAC's Silver Strikes charity bowling event is set for **Wednesday, Jan. 15** from 6-9 p.m. at Southbound Alley, Salisbury.

Featured will be bowling fun, teams, special games and challenges, prizes and a 50/50 raffle. Start getting your team together today!

Proceeds will benefit MAC's Senior Emergency Fund.

Spaghetti dinner

Save the date! MAC's annual spaghetti dinner will be held **Saturday, Jan. 25**, from 5 - 8:30 p.m. at VFW Post 194 in Salisbury.

Tickets are \$10 and include spaghetti with meat sauce, salad bar, garlic bread, beverage and dessert. Proceeds will benefit wellness scholarships.

St. Paddy's Day 5K

The St. Paddy's Day 5K Run & 2-Mile Walk returns **Saturday, March 7** for the 21st year. The run/walk steps off at 3 p.m. This event boasts a fun course through the Salisbury City Zoo and Park. Benefits MAC programs for individuals with Alzheimer's and other memory impairments

For more information on these and other MAC events, call 410-742-0505; visit www.macinc.org, or check out MAC's Facebook page, MAC Inc., Area Agency on Aging.

Life Bridges: Helping seniors stay active and involved in life

New at MAC: Life Bridges, a social model adult day center for those 55 and older who have been diagnosed with early to mid-stage Alzheimer's disease or other dementia.

Located in the spacious Parsons Wing of MAC, Life Bridges provides a safe and caring place with a robust program of activities designed to offer opportunities for seniors to make meaningful contributions, remain involved and active in daily life and foster friendships.

Life Bridges also provides a safe and caring place to allow caregivers much needed respite,



time to work, do errands or rest.

Caregivers working with aging, developmental or intellectually disabled persons will also have access to supports and the emerging technologies in dementia care.

For more information on Life Bridges, or to take a tour of the center, call Project Director Carol Zimmerman at 410-742-0505.

MAC

Maintaining Active Citizens

Your Area Agency on Aging

909 Progress Circle, Suite 100
Salisbury, MD 21804

Change Service Requested

PRESORTED STD
NON PROFIT
U.S. POSTAGE PAID
SALISBURY, MD 21801
PERMIT NO. 103

Consider an End of Year or Legacy Gift

Your gift can make a local difference now or in the future. Here are a few ways you can include MAC, Inc., in your planning:

Send a gift today or visit our website to give online

- Designate MAC Inc. as your beneficiary or remainder beneficiary in your will, trust or life insurance policy. You can specify either a dollar amount or percentage.
- Designate charitable gifts from your IRA or 401K
- Designate Capital Gain Property (stocks, bonds or real estate)
- Designate MAC as a beneficiary of memorial donations in your obituary

For more information on making a planned gift to MAC, call Cindy Robinson at 410-742-0505, ext. 118.

The mission of MAC Inc., the Area Agency on Aging, is to provide programs and services that preserve dignity, health and independence for an aging population.

Follow MAC on Social Media:

Like us on Facebook:
MAC Inc., Area Agency on Aging

Follow Us on Twitter &
YouTube:
MACIncDelmarva



MAC Inc. Contact Information
Phone: 410-742-0505 • Fax: 410-742-0525 • E-mail: macmail@macinc.org •
www.macinc.org

