



# MAC

## Maintaining Active Citizens

Your Area Agency on Aging

SPRING 2020

# Meals on Wheels more critical than ever

*MAC continues to deliver more than a meal during COVID-19 Pandemic*

In the midst of the Coronavirus (COVID-19) pandemic, the need for Meals on Wheels is more critical than ever.

A growing number of states, including Maryland, have issued stay-at-home orders to protect its citizens. That means people must remain at home, with exceptions that include the need to go out to get food and medications.

It can be frightening to be confined at home for an indefinite period, isolated from family and friends, unsure if you will run out of food or prescription medications, worried that you will fall ill and no one will know.

That exact scenario, which has become a new reality for



**MAC's home-delivered meals operation continues as normal through the Coronavirus (COVID-19) pandemic.**

people of all ages due to the pandemic, has long been a daily fact of life for many elderly on the Lower Shore, and everywhere. Most of MAC's home-delivered meal recipients are simply unable to get out of their home to purchase food for a variety of reasons, from health issues to lack of transportation and funds.

*Meals on Wheels provides a real comfort to the seniors. The meals driver is a familiar face, a constant they can depend on in this uncertain time.*

That's where MAC and home-delivered meals step in, providing vulnerable home-bound seniors with needed food, a friendly visitor to break their isolation, and a safety check.

"Seniors are frightened, afraid to leave their homes now because of the Coronavirus," said Joe Ferraro, MAC's coordinator of outreach and home-delivered meals.

"Meals on Wheels provides a real comfort to the seniors," Ferraro said. "The meals driver is a familiar face, a constant they can depend on in this uncertain time."

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## All about quality of life

MAC's Life Bridges Day program is all about quality of life – for people with Alzheimer's or other dementia and for their caregivers.

The Life Bridges Day program is housed at MAC, Inc., in a specially designed, secure wing of the building. Life Bridges offers a robust set of activities designed to enrich the lives of the people who attend.

The safe, secure and comfortable environment allows the highly trained staff and volunteers to provide a variety of stimulating and relaxing activities specifically tailored to people with dementia.

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*Also: Therapeutic Garden ... Page 2  
Signs of Alzheimer's ... Page 5*



Volunteers work in the Life Bridges Therapeutic Garden

## Life Bridges Therapeutic Garden

*Creating a wonderful place for people with Alzheimer's and dementia*

Magic is taking place in the enclosed garden next to Life Bridges Adult Day Care Program for people with Alzheimer's or other dementia.

Grant's Garden, originally established and funded by Peninsula Regional Medical Center, provides a wonderful space to create a therapeutic environment for the participants in the Life Bridges programs.

Master gardener Kathleen Garton is volunteering her time to determine just the right plants that are safe to use and the right place to plant them.

The garden features a newly painted trellis, a soft green color picked by our participants. Soon flowers will provide color and beauty in the ground with herbs, and vegetables in raised planters to allow folks with Alzheimer's to plant from a wheelchair or standing up. Everything is being planted with an eye to tantalizing all five senses.

When our participants return after the end of the COVID-19 crisis, they will be delighted to

### Garden Wish list

- A new emitter irrigation system, \$700-\$1,000
- Butterflies staked wind spinner, \$80
- Purple pinwheel wind spinner- \$80
- Perennial butterfly garden plants, \$300
- Poly wood benches, \$250-\$350

find the many relaxing and peaceful spots in the garden. In the meantime, we are keeping them posted of the progress via videos.

Life Bridges welcomes any financial donations to help replant and decorate the garden. Because we must assure the safety of any plants in case they are ingested, we are not accepting plant donations but we would welcome your support as we purchase plants and garden decorations. Please call Carol Zimmerman at 410-742-0505 ext. 126 or email [czimmerman@macinc.org](mailto:czimmerman@macinc.org).

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*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](mailto:cfr@macinc.org).**

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**This document is available in an alternate format. Email request to [macmail@macinc.org](mailto:macmail@macinc.org).**

# MAC delivers more than a meal during COVID-19 pandemic

## Continued from Page 1

Seniors who enjoy food and fellowship at area senior centers also have been affected by the COVID-19 Pandemic.

The Salisbury-Wicomico Senior Center, housed at MAC, and other Lower Shore senior centers, have long been a gathering place for seniors. But now, with the centers closed indefinitely due to COVID-19, MAC has been reaching out to these senior center participants, delivering food to those unable to leave their homes.

MAC implemented new safety procedures for the home-delivery

of meals, working to ensure the continued well-being of our seniors.

To prevent direct contact, meals are now placed in plastic bags and hung from door handles, or placed by the door. The meals driver steps back to the proper social distance, and waits until the senior has picked up the meal. Food, a friendly visit, and a well check have all been delivered.

At this writing, senior centers will remain closed indefinitely, the stay-at-home order for Marylanders (and other states) is in place at least until the end of April.

No one can predict how long the COVID-19 will continue to affect the lives of all citizens. But one thing is certain: the need for food for vulnerable area seniors will remain. Essential household supplies are also urgently needed, including cleaning supplies and paper products.

You can help MAC deliver needed food, and other household supplies, to area seniors.

Please see below, and the next page, to find out how.

## YES! I want to help MAC help Lower Shore seniors!

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

### What will my donation purchase? See reverse side of this page.

I am enclosing a check for the following amount (circle one):

\$55    \$100    \$120    \$150    \$225    \$500    \$3,000+

*Checks should be made payable to MAC, Inc., and mailed to  
MAC, Inc., 909 Progress Circle, Suite 100, Salisbury MD 21804*

**\*To donate by credit card, visit [www.macinc.org/donate](http://www.macinc.org/donate)\***

May we include your name on MAC's annual list of donors?    \_\_\_ Yes    \_\_\_ No

*All donations are tax deductible, in accordance with IRS code*

# How can my donation to MAC help Lower Shore seniors?

Have you been to a grocery store during the COVID-19 pandemic, only to find shelves bare of food and other essential supplies you needed? It can be a frustrating and anxiety-producing situation.

Now, picture an older person looking at bare shelves in their cupboards *at home*. The challenges they face in getting supplies are far more daunting: Many seniors are home-bound and many have no transportation. As health officials tell us that older adults (age 60+) have a greater risk for serious illness if they become infected with COVID-19, leaving the safety of home becomes a scary proposition.

You can help! Your donation will help MAC get area seniors food (home-delivered meals or shelf-stable food) and other essential items, such as cleaning supplies and paper products. A few ways your dollars can be put to use:



MAC kitchen staffer Linda Mosley packages meals for home delivery

**\$55** will cover the average total cost of eight home-delivered meals (includes the cost of food, production, packaging and delivery)

**\$100** will cover the cost of food for 36 home-delivered meals

**\$120** will purchase gas for one vehicle to deliver meals for four weeks, along one route\*

**\$150** will cover production costs for 100 home-delivered meals

**\$225** will cover the average total cost of 33 home-delivered meals (includes the cost of food, production, packaging and delivery)

**\$500** will cover the cost of food for 180 meals

*Donations will also help MAC purchase shelf stable food (peanut butter, canned tuna and chicken, chicken noodle soup, and canned fruit), paper products and cleaning supplies.*

**\*Based on meal deliveries 4 days per week, in Wicomico County**

# New program is all about quality of life

## **BRIDGES, From Page 1**

Family caregivers and professional home caregivers provide wonderful care, but a critical piece is still missing – that of socialization. Life Bridges provides a place to build new friendships with others on a similar journey, often at time when they have withdrawn from so many of their former relationships.

Not everyone's journey with this devastating and memory-robbing disease follows the same path. Life Bridges programs are centered on the needs of each person

### **Music Matters**

Ed refused to come in the door the first two times his wife brought him to Life Bridges. When he did stay the next time, he retreated to the safety of a big chair, with his chin to his chest and only responding in mumbles. You could see the sadness on his face.

We learned that Ed loves music and started a drum circle with all the participants that day. Ed's head lifted, his hands started on one large drum and he then grabbed a smaller set of bongos and drummed a complicated beat.

His smile at the end of the session affirmed that music is one of the most powerful communication tools we have.

### **Safety**

Clara becomes restless shortly after lunch, looking for who is to pick her up.

"My parents will be here soon," she repeatedly states as she puts on her coat and heads for the door. Clara is not able to leave as the door requires a hidden button to be pushed. Instead, Traci, one of our professional staff, gently redirects Clara on a walk reminiscing about her visits to Europe.



### **Exercise for Mind and Body**

Mornings start with "Coffee and Conversation," re-orienting themselves to Life Bridges, to the smiles of the staff and with conversation about the day in history.

The morning chronicles are followed by exercise, which could take the form of chair yoga, stretches or movement games.

Participants also use the Rendever virtual reality program, which is designed for people with Alzheimer's and allows us to take our members to places they have been, to places they would love to go and even to places where they once lived. This innovative use of technology provides the perfect way to reminisce, explore natural wonders or go on an adventure walking with the elephants.

### **Finding Purpose**

While Alzheimer's disease robs a person of much of their former control over life, having purpose is still very important in their lives. The focus at Life Bridges is on doing meaningful activities, not necessarily the outcome.

More importantly, Life Bridges is also about the caregiver. This program allows a caregiver to have personal time for their own needs or to go to work with the knowledge their loved one is being cared for in a safe, secure and caring place.

For more information, call Carol Zimmerman at 410-742-0505 or email [czimmerman@macinc.org](mailto:czimmerman@macinc.org).

## Note these 10 early signs of Alzheimer's

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills, according to the Alzheimer's Association.

Memory loss that disrupts daily life may be one symptom of Alzheimer's or other dementia. The Alzheimer's Association offers the following 10 warning signs and symptoms of Alzheimer's. If you notice any of them, schedule an appointment with your doctor.

1. Memory loss that disrupts daily life, forgetting important dates or events.

*Typical age-related change: Sometimes forgetting etc., but remembering them later*

2. Challenges in planning or solving problems

*Typical age-related change: Occasional errors when managing household bills.*

3. Difficulty completing familiar tasks, such a trouble driving to a familiar location

*Typical age-related change: Occasionally needing help to use microwave settings*

4. Confusion with time or place, such as losing track of dates and seasons.

*Typical age-related change: Getting confused about the day of the week but figuring it out later.*

5. Trouble understanding visual images and spatial relationships, such as vision problems that may lead to difficulty with balance or

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# Here's how to maintain your fitness progress at home

At this writing, MAC's Richard A. Henson Wellness Center is closed, due to the Coronavirus (COVID-19) pandemic.

Visit MAC's website at [macinc.org](http://macinc.org), or the Wellness Center or MAC's Facebook pages, for updates on when the gym will re-open.

Like every gym in the state of Maryland, the Richard A. Henson Wellness Center at MAC is closed until further notice.

But that doesn't mean you have to lose what fitness gains you have made, said Robby Chin, coordinator of MAC's Henson Wellness Center. There are things you can do at home to maintain the progress you've made. No special equipment needed!

"Keep in mind three areas that need to be maintained: flexibility, strength and balance," he said.

## **Flexibility**

To maintain flexibility, Chin said, do some simple stretches every day. Key areas to stretch are calves and ankles, front and back thigh muscles, quads or hamstrings, lower back and to maintain healthy posture shoulders, chest and biceps.

"Stretch for two minutes, either before you begin your



**Richard A. Henson Wellness Center Coordinator Robby Chin demonstrates sit-to-stand movements which can help maintain lower body strength.**

routine or immediately afterward," said Chin.

## **Strength**

"A few extra sit-to-stand movements whenever you are getting out of your chair can help build and maintain lower body strength," Chin said.

To do this, start with your feet wide apart to strengthen hips, and stand and sit back down several times. To strengthen the front of your thighs and lower back, start

*Working to maintain your fitness progress requires paying attention to three areas: flexibility, strength & balance.*

with feet closer together. This also helps the lower back.

An essential lower-body exercise is the leg lift, which helps strengthen hips and the lower back, and improves balance.

For upper body strength, use a pulling motion while standing or seated in an armless chair. Hold arms out parallel to the floor in front of the chest, and pull both arms back, keeping them parallel to the floor. This can be done with the elbows close to the side, or with elbows out to the sides and parallel to the floor.

## **Balance**

Try the following exercises to help with balance.

Stand behind a chair or some other safe place, like the corner of a room where there is a wall for each hand to bump if necessary to prevent a fall. Line the feet up facing forward, one behind the other, toe touching heel, and stand as long as possible. Switch sides; repeat.

Next, balance on right foot while lifting the left leg to the left, hold for 2-10 seconds, then to the front for 2-10 seconds, and finally to the back for 2-10 seconds. Switch feet and repeat.

"Ideally, you would do these exercises in bare feet," said Chin, "and use the toes, especially the big toes, to grip the floor."

To make this more challenging, turn the head or eyes in various directions while balancing on one foot.

## **Speaking of balance ...**

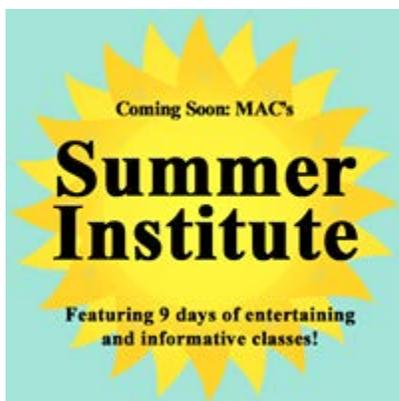
Nancy Gompers, fall prevention coordinator at the Henson Wellness Center, suggests some good online videos to watch, for a little variety. Grow Young Fitness:

[www.youtube.com/channel/UCPG8CxOIWesGSPIKRR8B3zw/videos](https://www.youtube.com/channel/UCPG8CxOIWesGSPIKRR8B3zw/videos)

For more advanced content, visit Fitness Blender:

[www.youtube.com/user/FitnessBlender/videos](https://www.youtube.com/user/FitnessBlender/videos)

## A LOOK AHEAD



### **Stay tuned: Summer Institute 2020**

Planning continues to bring together an exciting list of speakers and topics for the 2020 Summer Institute!

Classes will be held at 9 and 11 a.m., and 2 p.m. at MAC; however, dates for the Summer Institute are yet to be determined.

The completed schedule will be posted on MAC's website. Check [www.macinc.org](http://www.macinc.org) for updated information.

### **MAC Fun Day at Jolly Roger Amusement Park returns in July**

The annual MAC Inc. Fun Day at the Jolly Roger Amusement Park in Ocean City will be held from 10 a.m. to 6 p.m. Saturday, July 18.

Tickets are \$30 and will be on sale in advance only, beginning in June. The event will be held rain or shine.

Tickets include admission to the Splash Mountain Water Park from 10 a.m. to 6 p.m.; amusement rides from

2-6 p.m. (excluding Speed World and Zip Line); miniature golf from 10 a.m. to 5 p.m.; and water basketball and volleyball for adults. Children under age 2 will be admitted free to the water park.

For tickets or to confirm event details, call 410-742-0505.

Proceeds will support health and wellness programs at MAC, Inc.

## **Why walk?**

While there are many don'ts linked to Maryland Governor Larry Hogan's recent executive order to stay at home, due to COVID-19, its good to know that going outside for a walk is not one of them!

So go outside and go for a walk. Just be sure to keep the proper social distance!

Here are other reasons you should take a walk, from Consumer Reports:

1. Walking can lower your BMI (Body Mass Index), an indicator of obesity
2. Walking can lower blood pressure and cholesterol, and reduce your risk of developing these health problems by 7 percent.
3. It can lower your fasting blood sugar. That's good news as higher blood sugar levels are a risk factor for diabetes.
4. Regular walking can improve memory and cognitive function.
5. Walking can lower stress and improve mood.
6. Walking can contribute to a longer life. Walking even a few hours each week helps reduce your risk of premature death.

To reap these benefits, you need to walk at a moderate pace for at least 30 minutes a day, five times a week.

## **Heed these 10 early signs of Alzheimer's**

**Continued, From Page 5**  
trouble reading.

*Typical age-related change: Vision changes related to cataracts*

6. New problems with words in speaking or writing, such as having trouble naming a familiar object or using the wrong name for something

*Typical age-related change: Sometimes having trouble finding the right word*

7. Misplacing things, such as Misplacing things and losing the ability to retrace steps, such as putting things in unusual places, accusing others of stealing items

*Typical age-related change: Misplacing things from time to time and retracing steps to find them*

8. Decreased or poor judgment, such as poor judgment when dealing with money or paying less attention to

grooming.

*Typical age related change: Making a bad decision once in a while, such as neglecting to change the oil in the car*

9. Withdrawal from work or social activities that may be a result of changes in the ability to hold or follow a conversation

*Typical age-related change: Sometimes feeling uninterested in family or social obligations*

10. Changes in mood and personality, such as becoming confused, suspicious, anxious, fearful or easily upset

*Typical age-related change: Developing specific ways of doing things and becoming irritable when a routine is disrupted.*

- From the Alzheimer's Association website

# MAC

Maintaining Active Citizens

*Your Area Agency on Aging*

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## Consider a Legacy Gift to MAC

Have you considered planning now to give later?

Here are a few ways you can include MAC, Inc., in your estate planning:

- 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.
- Contribute to the MAC Endowment Fund at the Community Foundation of the Eastern Shore, or establish a fund with MAC as beneficiary
- 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.

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