

Join MAC in celebrating 50 years of helping seniors

The world was quite a different place in 1972. When MAC, Your Area Agency on Aging, first opened its doors.

- A gallon of gas cost 36 cents
- A dozen eggs and a gallon of milk each cost 52 cents; a loaf of bread was about a quarter
- The average home cost \$27,000
- Platform shoes were popular among men and women.

While fashion, the cost of groceries, and more, have changed over the years, one constant has been MAC Inc.'s unwavering dedication to helping older persons live with dignity and thrive in their homes and community.

The official celebration of MAC's 50 years of service to Maryland's Lower Shore will be held on Saturday, June 11, at the Wicomico Youth & Civic Center in Salisbury. The day



will kick off with a one-mile Soles for Seniors walk. *For more walk details, see story on Page 4.*

MAC's Active Aging Expo will follow from 10 a.m. to 2 p.m., featuring an abundance of information and entertainment. MAC will round out the day with GrayShore 2022 Aging in Place: A Report to the Community. GrayShore is a collaboration of MAC, BEACON and AARP. The day will conclude with a toast to MAC's 50th anniversary. *Visit macinc.org for details.*

MAC's mission is helping older persons live with dignity and thrive in their homes and

community. Among the cornerstone programs at MAC that help the agency continue to meet its mission are Meals on Wheels, State Health Insurance Program (SHIP), Caregivers Resource Center, Life Bridges Dementia Day Program and Connections senior activity sites, Maryland Access Point (MAP), volunteer programs, and the Richard A. Henson Fitness Center.

Meals on Wheels

Through its home-delivered meals program, MAC prepares and delivers meals to seniors, age 60 and older, who are not able to prepare meals for themselves or get food due to illness, physical disabilities, or financial challenges.

The program also serves as a safety check, especially critical for seniors who live alone.

Meal deliveries also provide a human connection to help combat social isolation, which

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MAC marks 50 years of serving seniors

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research shows can put older adults at a greater risk for illness and dementia.

Maryland Access Point (MAP)

MAP is a one-stop shop for aging adults, individuals with disabilities, families, and caregivers, for accessing information about home and community-based services and supports, and getting help navigating various programs.

State Health Insurance Program (SHIP)

MAC's specially trained State Health Insurance Program (SHIP) staff provides:

- Unbiased confidential counseling and assistance for older adults on Medicare
- Information on Medicare costs and coverage
- Help understanding supplemental policies
- Assistance with Medicare enrollment and appeals

Caregiver Resource Center

MAC's Caregiver Resource Center (CRC) offers services to help seniors and their families master the challenges that accompany the aging process and living independently.

Housed in the CRC is MAC's Assistive Technology Center which features an array of adaptive devices to assist in everyday living.

Life Bridges Dementia Day Program

Life Bridges is a fee-based

day program serving adults age 52 and older who have been diagnosed with early to mid-stage Alzheimer's or other dementia. Life Bridges is a place for individuals who can benefit from being around others in a stimulating and positive environment that emphasizes person-centered activities.

Connections senior activity centers

MAC's Connections sites offer activities to promote health and well-being and provide opportunities for socialization and recreation. The robust slate of activities focus on health and well-being, and provide engaging opportunities for socialization, education and recreation.

Volunteer Programs

MAC's Retired and Senior Volunteer Program (RSVP) connects those age 55 or older to volunteer opportunities with local non-profit organizations and government agencies throughout the Lower Shore.

Volunteer assignments may include working with children, tax preparation assistance, testing river water and more.

There are also numerous opportunities for volunteers to assist in MAC programs.

Fitness Center

The goal of the fitness center is to help its members be physically active, and to maintain and enhance their level of independence.

For more information on MAC services, call 410-742-0505 or visit macinc.org.

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MAC's mission is Helping older adults live with dignity and thrive in their homes and community.

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

If you received this from a friend and want to be added to MAC's mailing list, call 410-742-0505, Ext. 118, or email crobinson@macinc.org.

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This document is available in an alternate format.

Email request to macmail@macinc.org.

Get healthier with free tablet program

Want to be healthier in 2022? MAC can help!

MAC is looking for eligible older adults who would benefit from participating in a grant-funded program for 6 months. The program includes:

- Free Samsung 8 AT&T tablets with 6 months of unlimited data
 - Free membership in MAC's Richard A. Henson Fitness Center for 6 months
 - Free weekly shares of produce
 - Free smart scale to track body composition
- Participants must:

- Be a resident of Salisbury or Willards
- Be age 50 or older
- Be willing to participate in a free evidence-based exercise program virtually or in person for 6 months
- Be self-identified as obese (BMI over 30)
- Be able to use a tablet to participate virtually in Zoom classes

For more information, or to reserve a spot in the program, email Jill Kenney at jkenney@macinc.org or call her 410-742-0505 Ext. 159.



Donor list addendum

The following names were erroneously omitted from the donor list in the winter edition of MAC's newsletter:
Dee Hunter
Salisbury Duplicate
Bridge Club

Alzheimer's & Dementia Caregivers Conference "Empowering Caregivers"

Hosted by Life Bridges Program of MAC, Inc. in partnership with



Empowering caregivers and health care professionals
with strategies, inspiration and resources

Tuesday, April 26, 2022
8:30 am to 1:00 pm
Virtual Conference

* Social Work and other CEU's available

Conference Topics include:

- Alzheimer's Disease Landscape: Latest in Research and Treatment
- The Long Goodbye- Managing Grief
- Communication Tips in Clinical Settings
- Taking Charge of Your Care Team
- Effects of COVID/isolation and Cognitive Dysfunction
- Down Syndrome and Alzheimer's Disease

To learn more or to register for this event, go to: <https://macinc.org/alzdementiaconference/>

"This project is supported, in part by grant number 90ADPI10037-01-00 from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201."

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Soles for Seniors registration open, teams are forming now!

Registration is open and teams are now forming for MAC's Soles for Seniors event, a one-mile walk to kick off MAC's Active Aging Expo.



The walk will be held Saturday, June 11, beginning at the Wicomico Youth & Civic Center. Registration starts at 8 a.m., the walk steps off at 9 a.m. and awards and breakfast are planned for 10 a.m.

All ages are encouraged to participate.

Awards will be given for top-fundraising teams and individuals. A Team Spirit Award will be given to the team with the best themed attire.

IF YOU GO

What: Soles for Seniors One-Mile Walk

When: Saturday, June 11

Where: Registration, check in begins at 8 a.m. at the Wicomico Youth & Civic Center

The \$10 registration fee includes a visor. Or, make a \$50 donation (which includes your \$10 registration fee) and get an event T-shirt.

Registration is free for kids under age 5.

The walk will benefit MAC's Life Bridges Dementia Day Program and Connections senior center activities.

To register, visit www/macinc.org.

Come for the walk and stay for MAC's 50th anniversary celebration Active Aging Expo from 10 a.m. to 2 p.m. at the civic center.

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Premier Sponsor

for MAC's 50th
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50th Anniversary Celebration
Sponsorship opportunities
are still available.

For more information,
contact Mike Hedlesky at
410-742-0505, Ext. 166.

**See more sponsors
on Page 5**

Free MAC workshops focus on chronic disease self-management

Living Well Diabetes Self-Management: Thursdays, April 14-May 19, 10 a.m. to 12:30 p.m. at MAC.

Participants will learn how to deal with stress and how to address high and low blood sugar; and get information on exercise, carb counting, healthy eating and menu planning. To register, call Jill Kenney at 410-742-0505, ext. 159, or email

Living Well with Hypertension: Thursday, April 7, 10 a.m. to 12:30 p.m. at MAC. For those who have been diagnosed with high blood pressure. Topics include medication management, reading food labels, reducing sodium in your diet, and blood pressure guidelines.

Contact Jill Kenney to register. (See information at left)

Living Well Chronic Pain Self-Management workshop: Tuesdays, May 10-June 14, 2-4:30 p.m., at the Ocean City 50plus Center.

Topics include managing symptoms, exploring relaxation techniques, evaluating treatment options, medications and more. To register, call 410-289-0824 or email karen@worcoa.org

Has MAC touched your life? We want to hear your stories

Do you have a story to tell? As part of MAC's upcoming 50th anniversary celebration, we are reaching out to MAC participants, their families and friends, and the community at large. We want to hear your stories about the impact MAC has had on your life (see example below). Also welcome are stories about a particularly warm or funny moment from MAC's long history.

Stories will be compiled and shared with those who attend MAC's upcoming Active Aging Expo, to be held Saturday, June 11, at the Wicomico Youth & Civic Center.

Stories also will be shared on MAC's website and social media.

The details:

- Submissions should be no longer than 300 words in length.
- Up to 2 photos may be included. Send us a photocopy of the pictures; if we decide to use them, we'll contact you for the original.
- Story/photo submissions must be accompanied by a signed release (which will be provided by MAC).
- MAC reserves the right to edit stories for brevity and clarity.
- We reserve the right to refuse stories/not all stories will be used.

For more information on how to share your story, email stories@macinc.org, or call MAC at 410-742-0505.

Thank you, Meals on Wheels

My mom was widowed at age 73. The death of her husband left a huge hole in her life. She was lonely. Due to various health issues, she was unable to prepare her own meals. I was concerned that she would not be able to prepare nutritious meals for herself.

Enter MAC and Meals on Wheels. She loved the food. She loved being surprised

each day as to what was on the menu. And she really loved the drivers who delivered the meals, along with a bright smile and a few encouraging words.

This friendly visitor in the middle of her day really lifted her spirits and helped her feel less alone. I was also grateful for the daily safety check that was delivered along with the food.

Meals on Wheels played a huge role in her being able to remain living in her home, up to the ripe old age of 88.

Thank you, MAC, for giving my mom that gift of remaining in her own home.



Thank you to the following sponsors of MAC's 50th anniversary celebration. Sponsorship opportunities are still available. For more information, call Mike Hedlesky at 410-742-0505, Ext. 166.

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Older adults reap benefits from exercise

‘Exercise is something I do for myself’

When Bettie Blakely was ready to make exercising a priority, she also decided to enlist the help of a personal trainer to guide her workouts.

After six months as a member of MAC’s Richard A. Henson Fitness Center, the 79-year-old is enjoying multiple benefits from her regular exercise routine: her strength and endurance have improved, stiffness in her joints has gone away, and her balance has improved.

She travels to the gym twice a week for a routine that includes the treadmill, stretching and weights.

“All of my muscles get a workout,” she said. “I always felt exercise was important, but I had a different priority when I was working,” said the

former dietitian. “Now exercising is something I do for myself.”

“After my husband died, I thought, ‘Now is the time.’ I spent several years with my primary focus on caregiving for him. When he passed away, it was a good time to focus on *my* health,” she said.

She puts that extra energy to good use: enjoying flower gardening and playing with her 4-year-old grandson.

I was talking to my trainer one day and I said ‘I can’t do this.’ He said to focus on what you can do, not what you can’t do,” she said.

“I have started using that in other areas of my life, not just in my fitness routine.”



Bettie Blakely stretches in preparation for her workout at MAC’s Fitness Center

Key benefits of exercise for older adults include:

- Prevents bone loss
- Relieves osteoarthritis pain
- Helps prevent chronic disease
- Boosts immunity
- Improves mood

Centers for Disease Control and Prevention

Want to give MAC’s Fitness Center a try? Come in and check it out!

“Prospective members are welcome to take a Zoom or in- person class free to see if it is a good fit for their fitness level.” Said MAC Fitness Center Coordinator Robby Chin.

If you’d like to give the gym a try, call 410-742-0505, Ext. 130.

Membership in the Richard A. Henson Fitness Center is open to anyone age 50 and older, and anyone age 18 and older living with a disability.

“We are in great shape – better than in middle age. We are taking better care of ourselves,” he said. “Thanks to the gym, We feel like there is nothing we can’t do!”

*Gym Members
Roger & Sally Smith*



MAC’s Richard A. Henson Fitness Center is open weekdays, 8 a.m. to 4 p.m.
Email wellness@macinc.org; call 410-742-0505, Ext. 130; or visit www.macinc.org

A LOOK AHEAD

Get help making Medicare decisions

If you are getting ready to turn 65 in the next 6 months, or will be signing up for Medicare soon, MAC's "Aging into Medicare" class is for you!

Turning age 65 is a time when major Medicare planning takes place. The "Aging Into Medicare" class was developed by MAC to provide the information you need to make your best Medicare decisions.

Class discussion will include how Medicare works, what it covers, and how and when to apply.

The class also offers important

information on how to avoid possible penalties and delays in coverage for failure to enroll during the specified Initial Enrollment Period.

The following classes are scheduled at MAC:

- **Friday, May 6, from 10 a.m. to noon**
- **Thursday, June 2, from 5 to 7 p.m.**

Visit macinc.org for information on additional classes.

Classes will be presented by Michelle Parker, coordinator of

MAC's State Health Insurance Program (SHIP).

MAC's SHIP counselors:

- Provide information on Medicare costs and coverage
- Help seniors understand supplemental policies
- Assist with Medicare appeals and
- Offer assistance with Medicare enrollment

Registration is required for the classes and class size is limited. At this writing, visitors to MAC are encouraged to wear masks for their protection.

To register for a class or for more information, call 410-742-0505, Ext 150.

'Visit' Germany, Puerto Rico, Argentina in lunch series

What do Germany, Puerto Rico and Argentina all have in common?

Delicious food from each will be featured in an upcoming Lunch Around the World series meal at MAC!

The popular Lunch Around the World series continues with the culinary skills of MAC's kitchen staff highlighted as they prepare authentic foods from various cultures.

Not only is the series a great way to sample foods from around the world, but it will help raise needed funds for Meals on Wheels delivered to local seniors.

Here's the details:

April, Germany: Featuring grilled Beef Bratwurst with onions and peppers, mashed potatoes, seasoned red cabbage



with apples and German Chocolate Cake. Orders are due at noon on Friday, April 15. *Pick up Wednesday, April 20, between 11:30 am and 1 p.m. in the MAC lobby.*

May, Puerto Rico: Featuring Pernil (slowed smoked pork shoulder) with rice and beans, plantains, cucumber salad and flancocho (caramel cake). Orders are due at noon on Friday May 13. *Pick up Wednesday, May 18, between 11:30 a.m. and 1 p.m. in the MAC lobby.*

June, Argentina: Featuring Beef and Chicken Empanadas with salsa, cilantro lime rice, street corn salad and alfajores (shortbread cookies) Orders are due at noon on Friday June 10. *Pick up Wednesday, June 15, between 11:30 a.m. and 1 p.m. in the MAC lobby.*

The cost is \$12 per meal.

Place an order online at <https://macinc.org/lunch-world/> or order in-person at MAC's front desk. No phone orders please!



April menu: Beef Bratwurst with onions and peppers.

Support urgently needed for Meals on Wheels

Last year, nearly 1,400 local seniors needed help to remain living at home. MAC's home-delivered meals program immediately responded.

Demand for MAC's Meals on Wheels has grown 55% from pre-pandemic levels. That's an unprecedented increase in the need for meals throughout MAC's 50-year history.

While MAC continues to deliver more meals to more seniors, all costs associated with the home-delivered meals program are skyrocketing, such as food, packaging and **yes**, fuel.

"We are challenged to find nutritional menu items at an affordable price – like proteins for our meals," said MAC Executive Director Pattie Tingle. "Unfortunately, our next step is that we'll have to cut back on the number of meals delivered."

You can make a real difference in the lives of local seniors. Visit <https://macinc.org/donate/> to donate online, or mail your donation to MAC, 909 Progress Circle, Ste. 100, Salisbury MD 21804.

*MAC's Mission:
Helping older adults
live with dignity and
thrive in their homes
and community.*



MAC Inc. Contact Information
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