

MAC: Making a difference for 50 years

MAC has been making a major difference in the lives of local senior citizens for 50 years. It's a milestone that we're excited about and are looking forward to celebrating in 2022!

MAC is one of the five oldest Area Agencies on Aging in the nation. Since 1972, MAC has provided programs and services to help Lower Shore seniors age safely and independently in their homes. Plans are under way to mark this occasion with an exciting yearlong celebration, including an Active Aging Expo in June.

Founded as a pilot project and formally established by the Older Americans Act, MAC's mission is helping older adults live with dignity and thrive in their homes and community.

While there is much to celebrate, 2022 will also be a year of challenges for the agency.



Fact: 10,000 people turn age 65 every day, according to [Census.gov](https://www.census.gov).

Challenges facing our expanding 65+ population are also increasing in the areas of safe housing, health care, social isolation and economic stability.

Fact: Nearly 135,000 meals were delivered last year to Lower Shore seniors.

MAC's home-delivered meals program (Meals on Wheels) is a key piece of the puzzle for addressing social isolation and health. Drivers deliver more than a nutritious meal; they also provide a safety check for seniors living alone and a friendly visitor – often the only human contact the senior will have that day.

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Save the Date!

MAC is sponsoring a

Virtual Alzheimer's Conference For Family and Professional Caregivers

Theme is "Empowering Caregivers"

Tuesday, April 26, from 8:30 a.m. to 1:30 pm
CEUs will be available

Watch the MAC web site for details, macinc.org.

MAC to celebrate 50th anniversary

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Other programs, like MAC's free State Health Insurance Program (SHIP) helps seniors by providing assistance to enroll in Medicare and associated public benefits and teaching them to spot and avoid costly Medicare fraud.

Fact: MAC saves local taxpayers millions of dollars annually with services that help seniors to remain living in their home, instead of costly long-term care facilities.

It can be as easy as a simple piece of assistive technology to help older persons with activities of daily living, or in-home care services that help seniors live safely and independently at home - there's no place like home and MAC services can help seniors to remain living in their home.

MAC needs the support of the community to continue addressing these needs and meeting these challenges,

Together
we can make a
difference in the lives of
seniors in our
communities

thereby making our community stronger.

Area businesses and organizations are being sought to help MAC meet these growing challenges during its 50th year. Sponsor opportunities are available to support MAC as it works with thousands of seniors and their families each year.

For more information on being a 50th Anniversary sponsor, contact Mike Hedlesky, Marketing and Outreach Coordinator at MAC, at 410-742-0505 or email him at mhedlesky@macinc.org.

The deadline to become a sponsor is March 15.

Together, we can make a difference in the lives of seniors in our communities.

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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.

DONORS

*Thank you to our generous donors! Your support is invaluable in aiding MAC in its mission to help older persons live with dignity and thrive in their homes and community.
The following is a listing of donors on record, Oct. 1, 2020 to Nov. 30, 2021.*

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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.

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Continued on Page 6

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Continued from page 5

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Mt. Zion United Methodist Women
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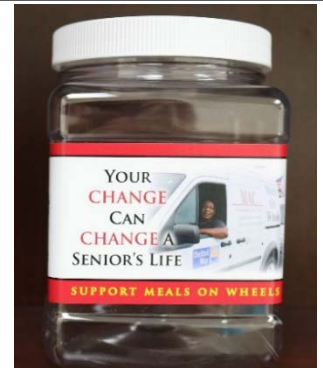
Continued on Page 7

JAR SITES

As part of MAC's March for Meals senior nutrition campaign, coin jars were placed at businesses throughout Wicomico County.

Thank you to the many businesses who "hosted" a jar to raise money for MAC's Meals on Wheels program:

Agave Azul
Backstreet Grill
Bagel Bakery Café
Burnett-White Tire Pros
Cake Art
Cakes by David
Chesterfield Heirlooms
Classic Cakes
Corner Grill
Custom Classic Frames
Deli at Pecan Square
East Moon Japanese Steakhouse
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Etch Art
Goin' Nuts Café
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Salisbury Brick Shore Distributors
Sonya's Floral Boutique
Specific Gravity
Taylor's
The Irish Penny Pub & Grill
The Ugly Pie
Trax Deli
VFW 194
Rotary Club of Salisbury

Also, thank you to the many generous individuals who gave to help provide more home-delivered meals to local seniors.

MAC helping seniors apply for SNAP

Eating healthier is a SNAP, thanks to the Supplemental Nutrition Assistance Program!

MAC is available to help Lower Shore seniors apply for the program, which helps those age 65 and older buy healthy food at the grocery store.

For more information, or to get help in applying for SNAP, please call MAC at 410-742-0505, and ask to speak with a member of the Maryland Access Point (MAP) program.



DONORS *continued*

Continued from Page 6

Mojo's
Mountaire Farms
Nutters Crossing Golf Club
Lorena Pasternak
Peninsula Total Car Care
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Rise Up Coffee
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VP Shoes
Carol Zimmerman
WBOC-TV
WMDT Channel 47

Introducing 'Handy Dandy' Videos spotlight devices that make life easier

Check out "Handy Dandy," a new video series from MAC's Caregiver Resource Center.

The weekly videos feature assistive technology device options that will make everyday living easier. The devices include items from high tech to low tech and everything in between.

"Our goal at the Caregiver Resource Center is to help people live as independently as possible while staying in their homes as safely as possible, for as long as possible, said Sandra Gay, Assistive Technology Case Manager at the CRC.

Featured devices will address

aids to Activities of Daily Living, including kitchen, recreation, bathroom and safety items.

The weekly videos are aimed at helping older adults and their caregivers live with dignity and thrive in their homes and communities.

For more information on assistive technology for seniors, or on the Caregiver Resource Center, contact Sandra Gay at MAC at 410-742-0505, Ext. 148, or sgay@macinc.org. Videos can be found on MAC's YouTube channel, MacIncDelmarva.

A LOOK AHEAD

Lunch Around the World continues



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.

Upcoming menus and the pickup dates include:
February, Italian: Featuring

cheese lasagna, garlic brussels sprouts and tiramisu. Orders are due at noon on Friday, Feb. 11. *Pick up orders Wednesday, Feb. 16, between 11:30 am and 1 p.m. in the MAC lobby.*

March, Irish: Featuring Guinness and honey glazed pork tenderloin, baby red potatoes with Parmesan sprinkle, and a caramel brownie. Orders are due at noon on Friday March 11. *Pick up orders on Wednesday, March 16, between 11:30 a.m. and 1 p.m. in the MAC lobby.*

The cost is \$12 per meal.

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

Delivering more than a meal

“Thanks to MAC’s Meals on Wheels program, I’m able to continue living in my home. There’s no place I’d rather be.”
Jean, an 88-year-old widow

Last year, nearly 1,400 local seniors got help to remain living at home through MAC’s home-delivered meals program. Nearly 135,000 meals were delivered.

Meals on Wheels drivers deliver more than a nutritious meal; they also provide a safety check for seniors living alone and a friendly visitor – often the only human contact the senior will have that day and a step toward combatting social isolation.

To learn more about MAC’s Meals on Wheels program, or other services that helps local seniors live safely and independently at home, come visit us at our 50th Anniversary celebration Active Aging Expo, planned for June 11.

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



MAC Inc. Contact Information
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