



# MAC

## Maintaining Active Citizens

Your Area Agency on Aging

# Support MAC/MAC delivers

### Meal recipients

What does the typical MAC Meals on Wheels recipient look like?

- Is it an elderly neighbor who has failing vision and can no longer see to safely operate a stove?
- Is it a 90-year-old woman who is so frail that she can't stand for more than a few minutes at a time, much less stand at the stove long enough to prepare a meal?
- Is it the elderly couple who have no transportation and are unable to lift heavy grocery bags?
- Or perhaps it is a senior with Parkinson's disease and tremors so severe that he can no longer tackle even the simplest meal preparations?

The answer: All of the above.

There are hundreds of other real life stories of area seniors who depend on MAC's home-



**MAC drivers deliver more than a meal to elderly on the Shore.**

delivered meals program to provide that most basic need – food.

On average, 1,576 meals leave MAC each week, bound for the homes of hundreds of seniors throughout the Lower Shore, seniors who are unable – for a variety of reasons – to prepare their own meals. Adequate nutrition is critical to help seniors maintain health and independence.

### Breaking isolation

Many of our elderly neighbors are isolated and alone. (Nearly half of all MAC home-delivered meal recipients live alone.) Their friends and relatives may have all died. Or perhaps they have no support and no contact from family members who live nearby. Whatever the reason, for these seniors, the home-delivered meals driver may be the only human being, the one smiling face, they will see all day.

Isolation takes a toll on the health of seniors. In fact, a study by the AARP Foundation shows that the effects of social isolation are dramatic. *(Learn more on Page 5)*

### Safety check

The meal delivery also provides a safety check for frail elderly

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Special phones aid independent living

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Growing roses and more topics at Tuesday sessions

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PEARLS mission: Improving quality of life for older persons

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Save the date! Get creative and enjoy a fun Paint Night out at MAC

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More entertaining & informative classes are on the way, in MAC's Summer Institute!

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