

Soles for Seniors Expanded into Senior Fest

MAC's annual Soles for Seniors fundraiser is stepping into an exciting new chapter! This fall, MAC will introduce **Senior Fest 2026**, presented by Visiting Angels, a free, family-friendly celebration of wellness, connection, and active living.

Senior Fest will take place **Saturday, Oct. 3rd, from 9 a.m. to 2 p.m. at MAC, located at 909 Progress Circle in Salisbury.** The inaugural event will welcome older adults, caregivers, families and community members of all ages for a day filled with helpful resources, engaging activities and plenty of fun.

The day will begin with the traditional **Soles for Seniors 1-Mile Walk** at 9 a.m. Walk registration is \$25, which includes an event T-shirt. Participants of all ages and abilities are encouraged to join the walk and show their support for older adults across Maryland's Lower Eastern Shore.

Following the walk, guests are invited to stay and enjoy wellness information and screenings, educational presentations, local resources, food and refreshments, games, balloon animals and a line dancing demonstration. The celebration will also feature live music by **AMP Studio Bands**, **virtual dementia demonstrations** and a **Teen Tech Table** offering hands-on technology assistance and learning opportunities.



"Senior Fest is an opportunity to bring our community together while highlighting the many resources that help older adults remain healthy, independent and connected," said **Nick Cranford**, Community Relations and Development Manager. "We are excited to build upon the tradition of Soles for Seniors and create an event that offers something meaningful and fun for every generation."

Admission to Senior Fest is **free and open to all ages**. Proceeds from the event will support MAC programs and services that help older adults thrive in their homes and communities.

Local organizations and businesses are also invited to join the celebration through sponsorship opportunities.



Crab Feast a Crackin' Good Time

MAC's recent Crab Feast Fundraiser at the VFW in Salisbury was a tremendous success, bringing together 175 attendees for an evening of food, fellowship, and community support. The event raised an impressive **\$7,500** to help MAC continue providing vital programs and services for older adults throughout the Lower Eastern Shore. Guests enjoyed a traditional Eastern Shore crab feast while learning more about MAC's mission and impact in the community. We're grateful to everyone who attended, volunteered, and helped make the fundraiser a success!

Upcoming Fundraisers



Brew River

Stop by **Thursday, August 27, 2026**, from 5:00 to 8:00 pm for food, drinks, and fun, with 20% of the sales going to MAC.



Senior Fest

Saturday, October 3, 2026, we're kicking off our biggest event of the year. Don't miss out on all the fun at Senior Fest!



Cozy Vibes Bingo

Join us at Willards Lions Club on **Saturday, November 14, 2026**, for cash prizes, cozy baskets, and much more!



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Stronger Together

The **Richard A. Henson Wellness Center** at MAC is helping older adults stay active and healthy. With senior-friendly exercise equipment, fitness classes, and a welcoming environment, the gym makes it easier to keep moving at any level. Regular physical activity can support strength, balance, flexibility, and overall well-being, helping seniors maintain their independence and enjoy a healthier lifestyle.



Stories in Motion



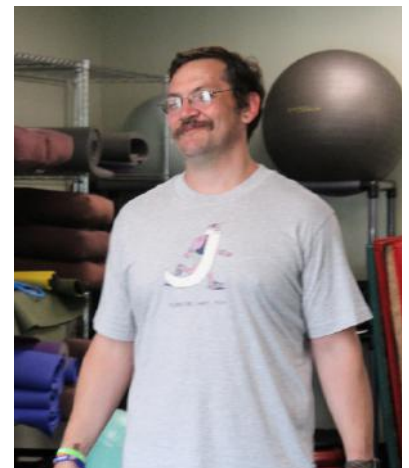
"Every last Tuesday of the month, we turn our typical *Pump and Tone* class into a 'Fun Day.' Instead of our usual exercise routine, participants divide into teams and enjoy games such as block races, bowling, dumbbell ring toss, and other activities using the equipment found around the gym.

I find this monthly change of pace is a great way to highlight the fun and social side of fitness, while still keeping everyone physically and mentally engaged. As a fitness instructor, it's always rewarding to see members working together, encouraging one another, and sharing plenty of laughs. Experiences like this also reflect our goal here at MAC - exercise isn't only about getting stronger, it's also about building relationships and creating a sense of community." - **Lily Muir, Personal Trainer/Group Fitness Instructor**

Moving Through Life

"[One participant told me] that they had those tiny beach chairs that are just a few inches off of the sand. She was very excited that she was able to get in and out of those tiny chairs without assistance." **Jordan Wixon, Personal Trainer/Group Fitness Instructor.**

For Jordan, moments like this show how regular exercise can translate into greater strength, confidence and independence in everyday life. Through personalized training and group fitness classes, MAC helps older adults reach meaningful goals, whether that means improving balance, moving more comfortably, or enjoying a day at the beach without assistance.





Program Spotlight

Ombudsman

MAC's Long-Term Care Ombudsman Program serves as a trusted advocate for residents of nursing homes and assisted living facilities across the Lower Eastern Shore. Since November 11, 2000, **Cheryl Senkbeil**, MAC's Ombudsman, has advocated for residents of 11 nursing homes and 33 assisted living facilities throughout MAC's four-county service area. In October, Cheryl will retire after 26 years of service. **Kimberly Hughes** will follow in her footsteps as MAC's Ombudsman.

Under the Older Americans Act, Long-Term Care Ombudsman programs are charged with investigating and resolving complaints, informing residents of their rights, ensuring access to advocacy services, and representing residents' interests before government agencies. Serious complaints involving abuse or neglect are investigated within 24 to 48 hours, while other complaints are investigated within three to five business days. Through compassionate advocacy and careful oversight, MAC's Ombudsman Program helps protect residents' health, safety, welfare and rights while promoting quality care for those living in long-term care facilities.



New Programs



CAPABLE

(**C**ommunity **A**ging in **P**lace, **A**dvancing **B**etter **L**iving for **E**lders) helps adults age 62+ stay safe and independent at home through personalized support from a registered nurse, an occupational therapist, and a contractor. Participants receive in-home assessments, goal-setting assistance, and minor home modifications designed to improve safety and quality of life.

SOAR

(**S**upporting **O**lder **A**ddults with **R**esources) helps adults age 62+ remain healthy and independent by connecting them with services such as personal care, meals, transportation, and care coordination. The program supports eligible older adults who need assistance with daily living but do not qualify for Medicaid or are waiting for services.

GUIDE

(**G**uiding an **I**mproved **D**ementia **E**xperience) is a no-cost Medicare program that supports people with dementia and their caregivers through personalized care planning, education, ongoing support, and up to \$2,625 per year in respite services. It helps improve quality of life and reduce caregiver stress for eligible participants with traditional Medicare.

MAC's "**Connections**" senior centers help older adults build meaningful relationships through welcoming, facilitated group activities that encourage conversation, shared experiences, and community engagement. Participants benefit from reduced social isolation and a stronger sense of belonging.

Connections Corner



At Senior Prom, participants enjoyed a slow dance to close out the day!



Four participants shared a poem about friendship during the annual Talent Show!



During the Summer Carnival, participants gathered for a group photo!



A Connections participant and Salisbury School student with shared smiles!

Participant Spotlight: Michelle Ben



One of the most memorable moments from this year's Connections Talent Show came from participant **Michelle Ben**, who shared an original poem inspired by her experiences at the MAC Center.

"Buses, cars, friends and family, will bring us all here, very happily

To the MAC Center, where all is right, in the gleaming building of white

To enjoy another magic day, of food, and fun, and games to play"

Through thoughtful verses, **Michelle** beautifully captured the friendships, laughter, creativity, and sense of belonging that so many participants experience each day. Her poem reflects not only the activities that fill our center, but also the joy and connection that make the MAC community feel like home.

Passion for Care

How Visiting Angels Supports Families Across the Eastern Shore

For Roseann Aletu, caregiving isn't just a job, it's a lifelong calling.

She entered the field at 19 after a friend encouraged her to "give it a try." What started as an opportunity became a passion. After eight years of caregiving and a move to Maryland, she stepped away to raise her son before returning to the work she loved.

"I wanted to get back to working with people," she said. That decision led her back to Visiting Angels three years ago. Today, she serves as both a caregiver and scheduler, helping coordinate care for clients across eight counties from the Bay to the beach.

Roseann began in companion care, assisting with daily routines and supporting independence, but wanted to expand her skills. **"I wanted to learn everything I could,"** she said. "I wanted to be around caregivers working with Alzheimer's and dementia clients and providing more advanced care."

Over time, she gained experience with clients at every level of need, from errands and appointments to feeding, repositioning, and mobility assistance. **"It's something you have to have a passion for,"** she said.

That passion is especially important in dementia care. "They don't understand what's happening," she explained. "You have to stay calm, redirect them, and meet them where they are."

As scheduler, Roseann matches caregivers and clients based on needs, personalities, and preferences. "If it's not the right fit, we'll change it," she said. **"It's about making sure everyone is comfortable."** The role often requires quick action when schedules change unexpectedly.

"The most challenging part is finding coverage right away," she said. "But it still has to be the right person."

Visiting Angels' partnership with MAC helps connect families to needed services and supports better care coordination.

"When MAC reaches out, they give us a full picture of what someone needs," Roseann said. "That helps me find the right caregiver—not just someone who's available, but someone who's a good match."



The collaboration is especially valuable during urgent situations, including hospitalizations, home transitions, or when family support is limited.

"If something isn't working, we talk about it and fix it," she said. **"It's all about the client."** The partnership also helps more families learn about available in-home care services.

Visiting Angels focuses on compassion, responsiveness, and support for both clients and caregivers. **"We're willing to go above and beyond,"** Roseann said. "We want our clients to stay in their homes and remain independent, but we also support our caregivers."

The team remains available around the clock. "Someone will always answer the phone," she said. **"When people call, they can hear the smile."** Services range from transportation and housekeeping to overnight care, hospital sitting, and hands-on personal care.

"It's not just for people who can't take care of themselves," Roseann added. "We're here for all aspects of life."

For Roseann, the most rewarding aspect of caregiving is the connection she builds with clients and families. **"It becomes about the whole family,"** she said. Many families stay in touch long after care ends, reflecting the trust built over time.

"That means everything," she said.

After nearly 20 years in caregiving, Roseann remains committed to her work. **"One day, I may need someone to care for me,"** she said. **"And I would want someone who listens and understands."**

Through dedicated caregivers, thoughtful coordination, and partnerships like MAC, Visiting Angels continues to provide compassionate care to families across the Eastern Shore.

**"MY DOG IS WHAT
KEEPS ME GOING."**



PETS DESERVE CARE, TOO.



MAC's **Meals on Wheels Loves Pets Program** helps ensure that homebound seniors can keep and care for their beloved pets without added financial strain. By providing pet food and essential supplies, the program supports the health and well-being of both seniors and their animal companions.

Pets offer comfort, companionship, and emotional support, helping reduce feelings of loneliness and isolation among older adults. The program strengthens the bond between seniors and their pets while promoting independence and improving overall quality of life.

JOIN OUR MISSION!

Your generosity helps ensure that older neighbors are not facing aging alone, but are supported with care, connection, and the resources they need to remain independent.



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If you prefer to donate by cash or check, please deliver to:

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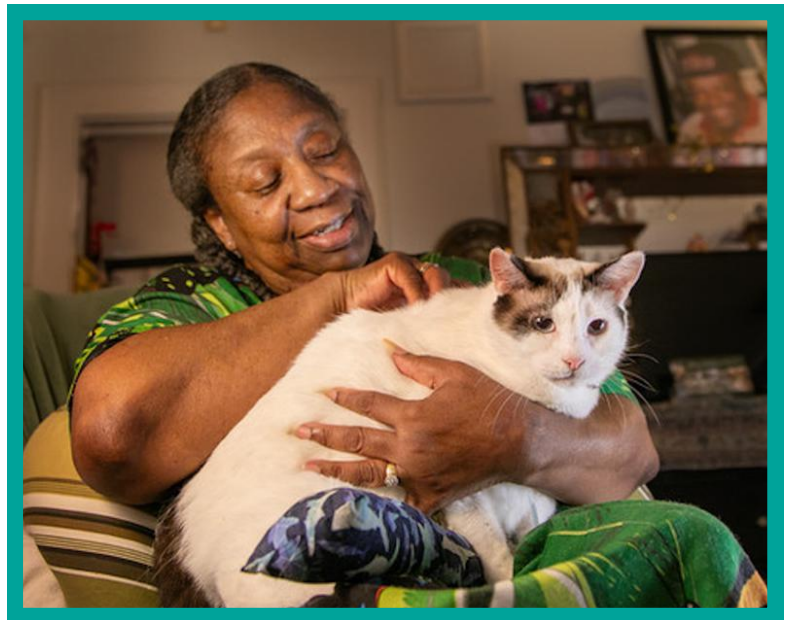




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**Thank you for
supporting local
seniors!**



MAC, a registered 501(c)(3) nonprofit organization, is the designated Area Agency on Aging for the Lower Eastern Shore. Our mission is to assist and advocate for an aging population to live with dignity and thrive in their homes and communities.