

GENERATIONS



FOUNDATION SPOTLIGHT

WESTGATE RESORTS FOUNDATION

Strong Families | Strong Workforce. That is the mission of the Westgate Resorts Foundation, the charitable arm of the Westgate Resorts time-share and hospitality organization. Founded in 2001, the Foundation was formed to serve the needs of the communities where Westgate operates resorts and to support company employees in need. The Foundation fulfills its mission through grant-making, volunteerism and advocacy for nonprofits equally committed to building strong families and a strong workforce.

Westgate Resorts Foundation focuses on the root causes and short-term needs associated with temporary homelessness, domestic violence, gaps in education and returning to the workforce after military service, prioritizing programs that engages their workforce. This represents their commitment to help people inside and outside their company break through life's barriers.



WESTGATE RESORTS FOUNDATION

"The Foundation's mission of Strong Families | Strong Workforce is rooted in Westgate's legacy of generosity and entrepreneurialism, reflecting a clear vision for the future," says

David Siegel, president and CEO of Westgate Resorts. "Through our strong relationships with nonprofit organizations nationwide, we have the right partners in-place to help us strengthen families in all the places Westgate and our team members call home."

In 2016 the Foundation marked its 15th anniversary by giving \$1 million in grants, the largest sum in their history, to nonprofits across the country that support the Strong Families | Strong Workforce mission, including organizations that bring food to home-bound seniors, mentor school kids, provide job training for veterans and the homeless, and offer counseling to victims of abuse. When families are strong, our workforce is strong.

Seniors First would like to thank Westgate Resorts for its long-term partnership that has provided funding for our programs and sponsorship of our annual High Tea & Hats event. More recently, as part of the Foundation's 2016 grant round, we were the fortunate recipient of \$15,000 for our Emergency Meals on Wheels program that provides nutritious meals to more vulnerable seniors in the community who are facing a crisis situation, enabling them to remain at home while recuperating or stabilizing their situation.

Thank you Westgate Resorts Foundation, for everything you do.

Thank you, Westgate Resorts Foundation, for all you do for your team members and the community at large.



CLIENT SPOTLIGHT:

DAVID AND ISABELLE MORENO

Both in their 80's and born in Puerto Rico, David and Isabelle Moreno have attended Seniors First's Taft Neighborhood Lunch Program for more than 5 years. They had driven by the Taft Community Center several times and saw other seniors congregating outside. Curious whether there was a formal senior program, the Morenos stopped in one day and have been attending the program five days a week ever since.

They are grateful for the socialization and hot lunch provided by the program. David says it feels good to know he has friends at the site and can help others if needed. The program helps them stay engaged and gives purpose to their lives. Without the program, they would just be at home by themselves since their children and

grandsons live out of state.

David is a World War II veteran who served on the front lines as a medic in Germany. After the service, he moved to New York and worked with severely mentally challenged children and adults at Letchworth Village where he met his future wife, Isabelle, who also worked at the facility. Married for over 14 years, David calls Isabelle "his lady."

The program gives purpose to their lives.

When David and Isabelle leave the program each day, they head home to do chores and take care of their two shiatzus, Bella and Body (pronounced "Bodie" with a long "o"). And they look forward to returning to the Seniors First program the next day to visit and share lunch with friends.

PRESIDENT'S MESSAGE

Advocate to Create Positive Change

VOLUNTEER SPOTLIGHT

Bob and the Beauty Queen

DONOR CORNER

Special thanks to our sponsors & funders



PRESIDENT'S MESSAGE:

MARSHA LORENZ

Entering 2017, the world is far different than any of us could ever have imagined. January 3rd marked the official start of the 115 Congress and with the start of President Donald Trump's term on January 21st, there is no doubt that our advocacy efforts will be more important than ever. New leadership will likely bring about varying domestic priorities and discussions about reforming-and even cutting- the social safety net on which so many vulnerable seniors rely. Major changes are looming for the Affordable Care Act (ACA), Medicare, and Medicaid. The most pressing is the rapid repeal of the ACA before any replacement has been proposed. While the ACA needs improvement, a repeal of the law would leave 2.2 million Floridians uninsured. Even worse, approximately 7.3 million Floridians with private health coverage, including 1.4 million children and 4 million Florida seniors on Medicare, will lose guaranteed access to free preventive care, like blood pressure screenings, immunizations, and cancer screenings.

With so much at stake, we are asking for your support in joining our education and advocacy efforts to create positive change. At the heart of our collaborative approach of

continuing to make a difference in the lives of the seniors in our community, is the need to work more closely together as individuals and organizations. Taking action is easier than you may think. The two most effective ways to help are to contact your lawmakers and to share your personal stories.

Advocate to Create Positive Change

A critical reminder to our elected officials, whether they've been on Capitol Hill for days or decades, that their decisions do not happen in a vacuum-they impact the lives and health of our family, friends, and neighbors. It's unacceptable to leave seniors and future retirees with higher costs and higher risks at a time when they can least afford it.

Please join us in our efforts to educate our leaders on the significant return on investment our programs provide to seniors, the community, taxpayers and the nation as a whole. Contact your US Senate and US House of Representatives here: <https://www.govtrack.us/congress/members/FL>

Together we can ensure a healthy future for all Floridians.

Thanks for all you do!



Meals on Wheels (MOW) volunteers come from all walks of life. For this issue, we spoke with two volunteers, one who's been with us for many years and another who just recently started delivering meals.

Meet 97 yr. old Bob Wood, a MOW volunteer for close to 10 years delivering 3 days a week. Bob tells us his favorite thing about delivering is his daily contact with people who may not have anyone else. He looks forward to seeing them as much as they love to see

him. "The whole point is to develop friendships! You share stories, a smile or a joke and we both feel good. The meal you deliver is important, but the companionship is the best!"

Bob you almost gave up delivering at the end of 2016 but you were right back in January. Why?

(Laughs) "Well I tried to leave, I really did but when I stopped delivering I was unhappy. I felt a void and missed the folks on my route. You

get to talk to these people, you only have a few minutes together each day but it makes all the difference....for both of us."

You're 97 Bob, any advice for the rest of us for a happy and fulfilling life? "You have to stay active. You can't just sit around. People always talk about retiring from their job, and that's great but you have to have something to retire to! Find something you love and do it and if it helps others? All the better!"

We then stopped to talk with Myrha Muleba, a brand new MOW volunteer and The American Spirit Pageant's

Miss Ohio. **We asked why volunteering was important.** "I love to help people and part of my duties as Miss Ohio is to involve myself in my community through volunteer work and advocacy for various organizations. My mother volunteered a lot and also raised 6 foster children so I grew up in an environment where giving back was instilled in us at a very young age."

So you recently did your first delivery route. What was that like? "I was amazed at how something as simple as

bringing a plate of food to someone can put a smile on their face. So many can't go to the store or cook so I was happy to see them happy. It was a pretty emotional experience.

What did you like best about delivering?

"No matter what clients are going through, they smile and want to talk and tell stories. They have big hearts and forget about what they may be going through for a few minutes while we talk. These are real people with real lives and I'm going to love getting to know them."

What would you say to someone thinking of volunteering?

"It's funny you ask because when I got home from my first day I spoke to my friend and I told her, "You have got to come do this with me! You will love it." I can't wait for her to meet the clients and see how great it feels to help others and how much it helps you in return!"

As any Meals on Wheels volunteer can tell you, the nutritious food is important for the body but it's the warmth of a smile and the compassion of friendship that feeds the heart and soul. To learn how you can volunteer go to seniorsfirstinc.org.

The meal you deliver is important, but the companionship is the best!

VOLUNTEER SPOTLIGHT:

BOB AND THE BEAUTY QUEEN





SPECIAL THANKS TO OUR 2016 SPONSORS AND FUNDERS

Our sponsors and funders continue to make a difference in the lives of our community's most vulnerable senior citizens who struggle to remain living independently in their own homes, where they prefer to be. **Your generous gifts:**

- Help prevent senior hunger and malnourishment through Meals on Wheels and Neighborhood Lunch Programs.
- Help strengthen and support seniors through our network of in-home and community-based services.
- Help the seniors in our community avoid or delay the three biggest threats of aging: hunger, isolation and loss of independence.

FUNDERS:

With much gratitude Seniors First extends a heartfelt thank you to the following funders for their generous support of our programs in 2016.

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Thank you to all our community partners that supported our annual signature special events in 2016.

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Looking to the next 50 years!



SENIORS FIRST NEWS:

MARCH FOR MEALS:



Each year the Meals on Wheels Association of America launches a month long campaign during the month of March to raise awareness and funding to support local Meals on Wheels programs. Here in Orlando our March for Meals campaign will include the generous support of area restaurants who have agreed to give a portion of one day's receipts so that others may eat. Thank you to restaurants like Smokey Bones, Porkie's Original BBQ and Burger 21 for their past support! Watch our emails and website for a complete list of this year's March for Meals activities.

OUR NEIGHBORHOOD LUNCH PROGRAM IS GROWING!

This fall we added three new lunch sites bringing our total to 14 throughout the area. The new sites include, The Jackson Street Center, Plymouth Apartments in Winter Park and Baptist Terrace in downtown Orlando. For more information on our Neighborhood lunch program go to seniorsfirstinc.org.

SENIORS FIRST JOINED THE "WHAT A WASTE" PROJECT:

The Seniors First Neighborhood Lunch Program at the Taft Community Center was chosen as part of a pilot program by the National Foundation to End Senior Hunger. "What a Waste" fights senior hunger by improving the nutrition of the seniors we serve, adapting menus to reduce food waste and composting the rest to grow fresh produce to feed even more seniors. Read more here: nfresh.org/what-a-waste



THE 10TH ANNUAL



Find your fabulous hat and plan to join us Sunday, April 30th for a fun afternoon featuring traditional tea time fare including finger sandwiches, fresh fruits, cheeses, petite desserts and a variety of teas. Strut your stuff in our hat parade and contest then watch the little ones take the stage in our Itsy Bitsy hat parade. Bid on amazing items in our chance and silent auctions. You might even win the grand prize or take home our Wall of Wine!

This event is open to all ages and proceeds benefit Seniors First programs that help prevent senior hunger and malnutrition through Meals on Wheels and Neighborhood Lunch, help strengthen and support seniors through In-Home and community based services and avoid or delay the three biggest threats of aging: hunger, isolation and loss of independence.

For more information and to reserve your seats, go to HighTeaAndHats.com