SeniorsFirst

Meals on Wheels, in-home care and more.

GRATITUDE REPORT 2022

OUR MISSION IS TO ENHANCE THE QUALITY OF LIFE OF SENIORS BY MAINTAINING THEIR INDEPENDENCE AND DIGNITY.

The Starfish Story

By Loren Eiseley

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean. Approaching the boy he asked, "Young man, what are you doing?" "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die," the boy replied.

The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish? You can't make any difference." After listening politely, the boy bent down to pick up another starfish and threw it into the surf. Then, he smiled at the man and said, "I made a difference to that one."

Little by little, a little becomes a lot.

FIRST FACTS

Clients Served: 4,002

Volunteer Hours: 21,120

Respite Hours for Caregivers: 61,712

Pieces of Medical Equipment Provided: 642

Meals Served: 437,227

Wards Served by Guardianship Program: 137

In-home Care Hours Provided: 133,421

Client Transportation Trips: 25,793

COMMUNITY IMPACT

Meals on Wheels

93% report they are eating a healthier diet.

92% report MOW makes it easier to live at home.

96% report the volunteers have increased my contact with other people.

Neighborhood Lunch Program

97% report they have something to look forward to.

91% report the program has maintained or improved my mental and/or physical health.

In-Home Care

93% report it helped them meet their daily living needs.

92% of caregivers reported less stress.

Stepping Stone Medical Equipment Bank

100% report their equipment makes it easier to complete activities of daily living.

Guardianship

100% of wards well being maintained.

Annual Report 2022 Statement of Financial Position

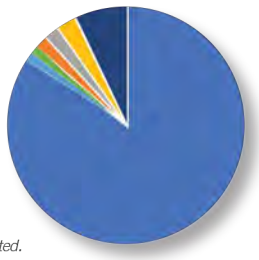
AUDITED ASSETS	
CURRENT ASSETS	
Cash and cash equivalents	$3,155,877
Accounts receivable	2,441,358
Certificates of deposit	550,778
Prepaids and other assets	234,446
Total Current Assets	**$6,382.460**
PROPERTY AND EQUIPMENT, NET	**$1,068,054**
OTHER ASSETS	
Contingency Reserve Fund	274,994
Funded depreciation	207,089
Beneficial interest in assets held by Central Florida Foundation	2,006,151
Security deposits	4,788
Total Other Assets	**2,493,022**
TOTAL ASSETS	**$9,943,536**

LIABILITIES AND NET ASSETS	
CURRENT LIABILITIES	
Accounts payable	$760,616
Accrued payroll and related expenses	95,800
Deferred revenue	492,805
TOTAL CURRENT LIABILITIES	**$1,349,221**
COMMITMENTS AND CONTINGENCIES	
NET ASSETS	
Without Donor Restrictions	8,282,118
With Donor Restrictions	312,198
Total Net Assets	**8,594,316**
TOTAL LIABILITIES AND NET ASSETS	**$9,943,537**

Figures taken from Seniors First Consolidated Statement of Activities 12-31-22 Audited

REVENUE BY FUNDING SOURCE — TOTAL: $13,923,177*

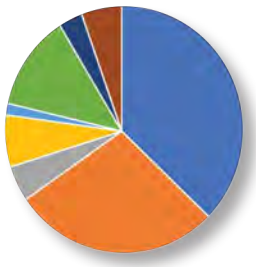
Grant & Contract Rev	$12,401,591	89.07%
Fee for Service	182,167	1.31%
Other Contracted Services	151,002	1.08%
Donated Services & Rent	388,339	2.79%
Client Contributions	3,149	0.02%
Other Income	17,049	0.12%
Fundraising	779,880	5.60%



Figures taken from Seniors First Statement of Fuctional Exp - 12/31/22 audited.
**Net of cost of goods sold ($203,234)*

FUNCTIONAL EXPENSES BY PROGRAM — TOTAL: $13,419,923*

In-Home Services	$5,294,655	39.45%
Nutrition Services	3,833,721	28.57%
Transportation	751,863	5.60%
Guardianship	768,523	5.73%
Stepping Stone & Food Pantry	201,008	1.50%
Admin & General	1,638,080	12.21%
Fundraising	432,367	3.22%
Other Services	499,706	3.72%



Figures taken from Seniors First Statement of Fuctional Exp - 12/31/22 audited.
**Net of cost of goods sold ($203,234)*

PRESIDENT'S MESSAGE

Our world today has been forever changed by the pandemic. The challenges we were faced with required us to do things very differently. As an essential business providing meals and other services to our community's most vulnerable senior citizens, Seniors First was able to successfully modify our procedures and processes to minimize disruption of these critical services. The alternative delivery models put into place to serve our clients and the community remain in place today. To do what we do meaningfully and effectively, we evaluate every decision to ensure it aligns with our core values of Respect, Service, Integrity, and Transparency. These values guide us in our everyday mission to enhance the quality of life of seniors by maintaining their independence and dignity. They are also the foundation and guiding principles for the work that we do to support seniors who struggle with hunger, mobility, loneliness, and depression to let them know they are loved and cared for.

When I reflect on how fortunate we are to have your support of our work to ensure our seniors are well cared for, I'm reminded of the Starfish Story by Loren Eisley. This story is a poignant reminder that each life you touch matters, even if it's only one. We all have talents and opportunities to use our gifts to benefit others. Large or small, our actions have a direct impact on the world around us and we can decide what the impact will be. You don't have to change the world to make a difference, when you donate your time or treasure, share our message on social media to spread the word, suggest to your friends and family ways they too can ease the struggles of our most at risk senior citizens, you have changed things for the better.

Thanks to you, last year we were able to make a positive difference in the lives of over 4,000 seniors by offering choice, hope, and the quality care needed for independent living. The simple truth is making a difference, even if that difference impacts just one person, one starfish at a time, little by little, a little becomes a lot.

With gratitude,
Marsha L. Lorenz President/CEO

PROGRAMS AND SERVICES:

Meal Programs

- **Meals on Wheels:** Provides seniors with nutritious daily meals, warm conversation and a safety check.
- **Neighborhood Lunch with Transportation:** Nutritious meals and activities in a social setting.
- **Community Food Pantry:** Open the 2nd and 4th Thursday of each month at the Seniors First office.

In-Home Care Program

- **Care Management:** A custom care plan from a case manager who regularly monitors client needs.
- **Personal Care:** Homebound clients receive general hygiene services like bathing, shaving and dressing.
- **Homemaker:** Provides light housekeeping and services like laundry, shopping and meal preparation.
- **Companionship:** Relieves loneliness providing conversation, help with reading, errands and shopping.
- **Respite Care:** Certified personal care worker relieves caregivers for a few hours at a time.

Stepping Stone Medical Equipment Bank

- Offers new and refurbished medical equipment and safety devices at little-to-no cost.

Guardianship Program

- Trained staff and attorneys manage legal and medical affairs of incapacitated adults legally declared unable to care for themselves.

DID YOU KNOW?

Over 16,000 seniors in Orange County struggle with hunger and may not know where their next meal will come from.

- $280 feeds a hungry senior for a full month on Meals on Wheels.

The majority of our community's seniors are lonely.

- $125 provides a month of social activities and meals at our Neighborhood Lunch Program.

68% of seniors age 65+ live with at least one disability.

- $100 removes barriers to mobility with medical equipment from our Stepping Stone Medical Equipment Bank.

Up to 80% of seniors are socially isolated.

- $50 provides 3 hours of companionship and personal care through our In-Home Care Program.

Nearly 300,000 people in Orange County are food insecure and struggle to have enough to eat.

- $100 feeds a family of 6 for a full week through our Community Food Pantry.

THANK YOU 2022 FUNDERS AND CORPORATE PARTNERS

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