



SeniorsFirst Gratitude Report 2023

Meals on Wheels, in-home care and more.

IMPACT:

verb /im pak(t)/

DEFINITION:

To have an immediate effect on the life or wellbeing of another person.

EXAMPLE:

The person holding this Gratitude Report. Thank you!

SUZANNE'S STORY...

68-year-old Suzanne faces difficulty in accomplishing her basic activities of daily living – things many of us take for granted, as she suffers with Long-COVID in addition to other disabling medical conditions that include congestive heart failure, diabetes, and neuropathy.

Your impact makes a world of difference for her.

Living in a modest 2-bedroom apartment with her daughter, who also serves as her caregiver, Suzanne finds herself alone most of the day since her daughter works full-time outside the home to support them. But **thanks to you** she receives daily visits from volunteers who deliver fresh, nutritious meals, welcome conversation and a safety check on her wellbeing. **Thanks to you** homemakers visit several times a week tidying up, doing laundry, running errands and making sure there are fresh, clean linens on the bed.

Suzanne's daughter is grateful for the great relationship her mom has with her volunteers and homemakers. It not only gives her peace of mind knowing Mom is being looked after while she's at work but also takes some of the weight off her by providing meals, taking care of household chores and keeping her company when she can't be there.

The impact of your support makes a difference each and every day in Suzanne's quality of life and eases her daughter's stress as a fulltime caregiver. Both Suzanne and her daughter have voiced many times how thankful they are for the services you enable Seniors First to provide and the impact it's had on their quality of life.

Thank you for caring for them.

Core Values: Respect, Service, Integrity, Transparency

PRESIDENT'S MESSAGE

In today's fast-paced world, the impact in-home and nutritional support services make in the lives of seniors has become increasingly evident. These services, ranging from homemaker, personal care, respite and companionship along with Meals on Wheels and Neighborhood Lunch with Transportation, play a crucial role in enhancing the quality of life for countless seniors and their families. As we reflect on their impact, it becomes abundantly clear the combination of these customized services offers a level of personalization that provides individualized care in the comfort of one's home and/or a group setting at one of our 17 neighborhood lunch dining sites throughout Orange County.

Specifically, personal care services extend beyond medical needs, addressing daily living activities and providing companionship to those who need it most. For individuals with mobility issues or cognitive impairments, personal care aides assist with bathing, dressing, meal preparation, and other essential tasks.

This support allows them to maintain their independence and stay in their homes longer, which can greatly enhance their quality of life. Being able to receive care, enjoy hobbies, and manage daily tasks without leaving home can greatly improve mental and emotional well-being.

Equally important is the companionship provided by these workers. Loneliness and social isolation are significant concerns for the elderly. Personal care aides offer a friendly presence, engaging in conversations, sharing activities, and providing emotional support.

As evidenced in Suzanne's story, families also benefit from the peace of mind that comes with knowing their loved ones are receiving care at home. This is especially true for caregivers who might otherwise experience burnout from balancing caregiving responsibilities with their personal and professional lives.

One of the most profound impacts of the wide variety of services Seniors

First offers is the empowerment of individuals to live independently. For those with disabilities or chronic conditions, these services provide the necessary support to manage their daily lives without relying heavily on institutional care. This sense of independence fosters self-esteem and contributes to overall well-being.

Our gratitude for your support of our mission to enable this independence is heartfelt and deep. Our work is essential in helping seniors maintain their autonomy and dignity. The impact of being able to make a tangible difference in the lives of our clients is significant. Thank you for all you do to play a vital role in bringing joy, comfort and a sense of normalcy to the lives of those we serve.

Marsha L. Lorenz
President/CEO



YOUR IMPACT:



Meals on Wheels

96% report they have a healthier diet.

95% report they worry less about food now.

91% report the volunteers have increased my contact with other people.



Neighborhood Lunch Program

98% report spending time with others gives me something to look forward to.

98% report they worry less about food now that they have lunch at the site.



In-Home Care

94% report it helps meet their daily living needs.

89% of caregivers report less stress.



Stepping Stone Medical Equipment Bank

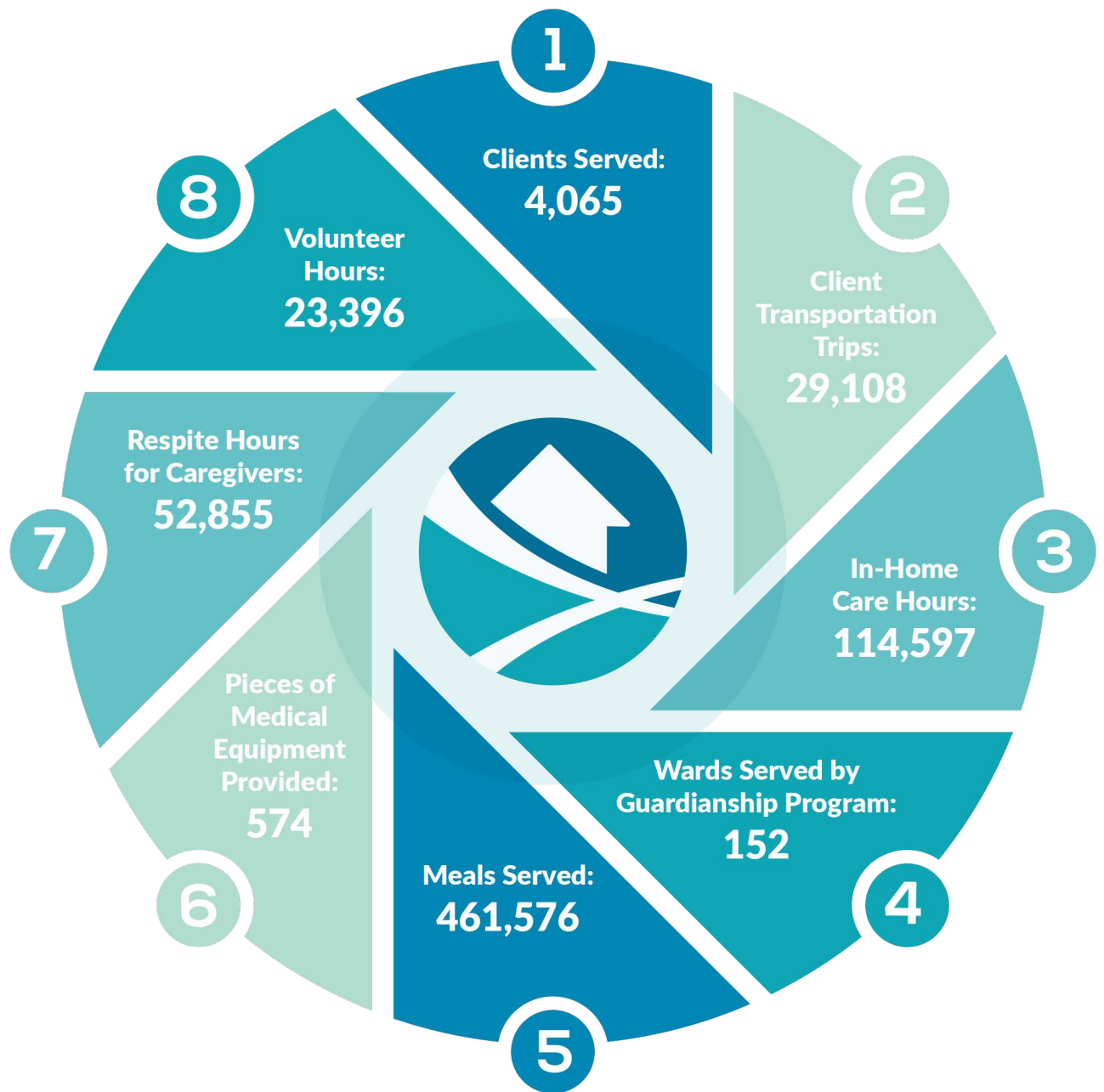
100% report their equipment makes it easier to complete activities of daily living.



Guardianship

100% protection of wards well-being maintained.

BECAUSE OF YOU:



2023 FUNDERS & PARTNERS

&Barr
 AdventHealth Orlando
 American Woodmark Foundation, Inc.
 Artisan Kitchen and Bath Gallery
 Bank of America Charitable
 Foundation
 BB Action Photography
 CES Mechanical
 City of Orlando
 Conway Foundation
 Darden Restaurants Inc. Foundation
 Department of Elder Affairs
 Drusilla Farwell Foundation
 Edyth Bush Charitable Foundation
 Family First Firm
 Fisher Roorda Family
 Florida Blue Foundation
 Florish Florists
 Food With Care

Foundation for Indigent
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 GFWC Apopka Woman's Club
 GFWC Suburban Woman's Club, Inc.
 Heart of Florida United Way
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 J. Milton Hoffa & Nellie E. Hoffa
 Memorial Foundation
 Jayshree Spices
 Lowndes
 Margaret & R. Parks Williams
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 Massey Services Inc.
 Maverick Beverage Company
 McCoy Federal Credit Union
 Meals On Wheels America

Mix 105
 Mutual of America
 Nancy Hecht/ Certified Financial
 Planners
 Orange Appeal
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 Orlando Downtown Development
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 Orlando Health
 Orlando Magazine
 OutFront Media
 Peach Valley Cafe
 Publix Super Markets Charities
 Saint Margaret Mary Catholic Church
 Sara Brady Public Relations, Inc.
 Seminole County Government
 Senior Connection Center
 Senior Resource Alliance
 Share the Care, Inc

ShuffieldLowman
 Simtech
 Socius Foundation
 Southwest Orlando Bulletin
 Sunny FM
 The Chatlos Foundation, Inc.
 The Joe & Sarah Galloway Foundation
 The Martin Andersen-Gracia
 Andersen Foundation, Inc.
 Three Sixteen Foundation
 VIP Valet
 VNA Foundation, Inc.
 Walmart
 WellMed Charitable Foundation
 Welsh Charitable Trust
 WESH2
 Westgate Resorts Foundation

ANNUAL REPORT 2024 STATEMENT OF FINANCIAL POSITION

AUDITED ASSETS

CURRENT ASSETS

Cash and cash equivalents	\$4,484,216
Accounts receivable	1,992,492
Prepays and other assets	680,298
Total Current Assets	\$7,157,006

PROPERTY AND EQUIPMENT, NET

\$1,062,228

INVESTMENTS & OTHER ASSETS

Contingency Reserve Fund	352,972
Funded depreciation	239,687
Beneficial interest in assets held by Central Florida Foundation	2,250,575
Other Assets	187,388
Total Other Assets	3,030,622

TOTAL ASSETS \$11,249,856

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES

Accounts payable	\$833,597
Accrued payroll and related expenses	151,454
Current portion of lease liability	33,462
Deferred grant and contribution advances	826,960

TOTAL CURRENT LIABILITIES \$1,845,473

LEASE LIABILITY, net of current portion 150,677

TOTAL LIABILITIES \$1,996,150

COMMITMENTS AND CONTINGENCIES

NET ASSETS

Without Donor Restrictions	8,908,910
With Donor Restrictions	344,796

Total Net Assets 9,253,706

TOTAL LIABILITIES AND NET ASSETS \$11,249,856

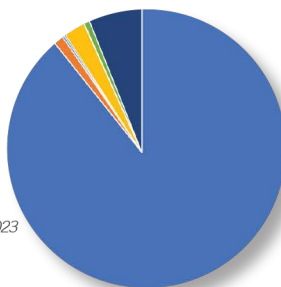
Figures taken from Seniors First Statement of Financial Position 12-31-23 AUDITED

REVENUE BY FUNDING SOURCE TOTAL: \$14,537,030*

Grant & Contract Rev	12,980,092	89.29%
Fee for Service	166,998	1.15%
Other Contracted Services	36,594	0.25%
Donated Services & Rent	374,826	2.58%
Client Contributions	3,939	0.03%
Other Income	96,233	0.66%
Fundraising	878,348	6.04%

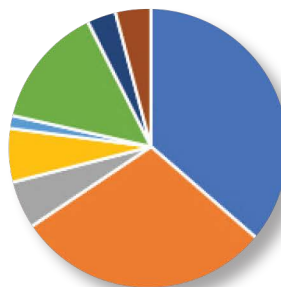
Figures taken from Seniors First Consolidated Statement of Activities - Dec 2023

*net of cost of goods sold (\$355,199)



FUNCTIONAL EXPENSES BY PROGRAM TOTAL: \$14,477,263*

In-Home Services	5,277,770	36.46%
Nutrition Services	4,213,425	29.10%
Transportation	781,814	5.40%
Guardianship	885,043	6.11%
Stepping Stone & Food Pantry	212,604	1.47%
Admin & General	2,037,130	14.07%
Fundraising	479,085	3.31%
Other Services	590,392	4.08%



Figures taken from Seniors First Statement of Functional Exp - Dec 2023

*net of cost of goods sold (\$355,199)

DID YOU KNOW?

- 1 in 7 seniors struggles with hunger.
- Seniors are the fastest growing group of people going hungry in America.
- 1 in 10 seniors is living below the poverty line.
- An estimated 10,000 Baby Boomers turn 65 every day.
- Nearly 90% of seniors say they prefer to stay in their own homes as they age.

Source: www.prb.org, www.mealsonwheelsamerica.org,
www.forbes.com, www.aginginplace.org

HOW YOUR GIFT HELPS

- \$315 provides a homebound senior with a month of nutritious Meals on Wheels
- \$180 provides a lonely senior with 1 month of social activities and nutritious meals at our Neighborhood Lunch Program.
- \$100 feeds 6 people for a week through our food pantry.

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