

# GENERATIONS



## BOARD MEMBER SPOTLIGHT: STEVE FISHER

Seniors First is delighted to highlight the service Steve Fisher has demonstrated during his tenure as a member of the board of directors. Steve joined the board in 2014 and will complete his 10-year term at the end of 2024. During this time, Steve served on the executive committee, finance committee, Seniors First Foundation board, and Chairman of the Board of Seniors First, Inc. His contributions, passion for the mission, insight and steadfast leadership are enviable and second to none.

When asked why he joined the board of Seniors First he passionately shared his story about his own aging parents and their journey going through so many issues that are common with growing older. His parents, however, are lucky they have family to assist with these issues, where many seniors in the community do not. Steve was drawn to how Seniors First meets these individuals where they are and strives to keep them

independent in their own homes in their most comfortable setting, for as long as possible.

Steve is a strong advocate for the mission of Seniors First and the culture it embraces. He admires the President/CEO for her passionate leadership of a very dedicated and committed team where her enthusiasm is felt throughout the entire organization and the board.

In addition to the Seniors First board, Steve also serves on the boards of AdventHealth Cancer Care Institute, Orlando Economic Development Board, UCF College of Business, and Florida Citrus Sports. With more than 20 years of banking experience, Steve currently is the Regional President for the Florida North



region for Truist Financial Corporation. He earned a Bachelor of Science from Rollins

College and holds an MBA with an emphasis in Finance. When he isn't working, Steve enjoys college football, golfing, snowboarding, wake surfing and most physical activities.

Steve would like his legacy as a Seniors First board member to be his ability to lead the nonprofit as a "business", helping to raise awareness and more dollars, thereby increasing services to more seniors in the community. Thank you, Steve, for all you have done for our community's most vulnerable senior citizens

and the community at large. We are so grateful for your service – please know you will be missed.

## PROGRAM SPOTLIGHT: MEALS ON WHEELS

If you ask the average person, "What is Meals on Wheels?", most will tell you, "They deliver meals to senior citizens." And that's true.

But ask a Meals on Wheels recipient what the program does,

and you'll get a whole different answer. You hear comments like, "I love my volunteers! They come visit me each morning and I look forward to chatting with them. They keep me from getting lonely." Or, "The food is such a help and it's nice to know

someone cares about me and comes to check in each day and make sure I'm doing okay."

One of over 5,000 Meals on Wheels (MOW)



programs across the country, Seniors First is the sole MOW provider in Orange County, FL. Thanks to your support, we delivered nearly 350,000 meals last year to over 900 clients.

When it comes to senior hunger, however, it means more than delivering nutritious food. Many seniors live alone, are homebound and/or have mobility issues and hunger for friendship, conversation or for someone just to care about their wellbeing. You help satisfy that hunger and assure them they are loved and not forgotten.

Perhaps Bill, one of our army of 350 volunteers, said it best. "For some reason, I was so moved and emotional when I visited

them all today. Each and every one of them were grateful. Grateful for me. Grateful for having a meal and a roof over their heads. Theresa was so nice, insisted I take avocados she pulled from her tree. I didn't have the heart to tell her I don't like avocados, so I took 2. I can't begin to express how grateful I am to be able to volunteer for Meals on Wheels. The friends I've made, the laughs we have and the way they care about me right back. There's no other feeling like it in the world."

To learn more about the Meals on Wheels program and how you can get involved or donate, visit [seniorsfirstinc.org](http://seniorsfirstinc.org) or scan the QR code.



### IN THIS ISSUE

A MESSAGE FROM  
MARSHA LORENZ  
PRESIDENT/CEO SENIORS FIRST

THE 35TH ANNUAL SENIORS FIRST  
TURKEY TROT 5K

THE POWER OF MONTHLY GIVING

## PRESIDENT'S MESSAGE: SEPTEMBER IS HUNGER ACTION MONTH

September is Hunger Action Month – the Feeding America Network's annual campaign to raise awareness of hunger in the United States and to take action to combat poverty, inequity, and injustice so we can end hunger for good. Additionally, Meals on Wheels America is celebrating its 50th anniversary this year, delivering healthy meals to food insecure seniors. Nationally, nearly 7 million seniors were food insecure as of 2022. Currently in Orange County, FL alone, this equates to 16,000 individuals. Limited, uncertain, or inconsistent access to the quality and quantity of food seniors need to live a healthy life continues to grow at an alarming rate. That number is expected to climb to over 9 million by 2050.

As we age, many factors make us vulnerable to malnutrition. It could be that driving or shopping for food is too hard, cooking is too tiring or even opening a can may be too difficult. In some cases, individuals might lack the basic income needed to afford healthy food. No matter the reason, the nutritious, prepared meals provided by Meals on Wheels (MOW) are there to support successful aging and enable independence.

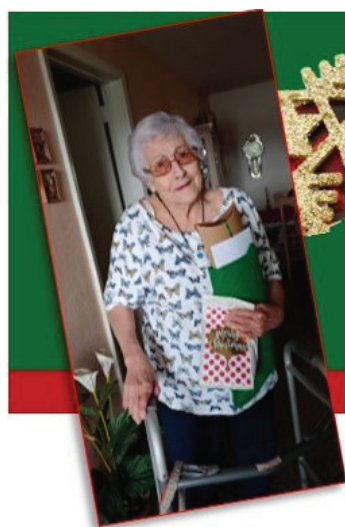
At Seniors First we are acutely aware of the difference MOW makes in allowing a senior to remain in their home. On many levels, the program is a lifeline of nourishment and care, ensuring that no senior goes hungry. Each

carefully prepared, dietician-approved meal is delivered by volunteers in Orange County, Monday through Friday, up to 5 days per week. It's an opportunity for a friendly visit, as well as a chance for volunteers to do a simple safety check.

In addition to MOW, Seniors First is continuing to fight against hunger and isolation through the expansion of our neighborhood lunch programs at 17 sites located throughout the county. Our community food pantry is open from 9:00 – 11:00 am on the 2nd & 4th Thursday of the month, and our new website and social awareness campaign also provide information and resources for those individuals who might want to get involved.

Please join us in the fight to support general well-being, address chronic illnesses and help older adults age successfully. We can't do it alone. You are the key to ensure that our senior neighbors are not forgotten.

With heartfelt thanks, *Marsha L. Lorenz, President/CEO*



# “Cards for a Cause”

## Remember Seniors This Holiday Season

In a perfect world every senior would be loved and cared for, but the reality is the holidays can be a lonely time for seniors. Your gift of \$20 Walmart or Publix gift cards will allow them to choose the item they most need or want and let them know they are not forgotten.

**DUE DATE: NOVEMBER 25TH, 2024**

All efforts will be made to ensure our clients receive their gifts for the holiday, however, Seniors First will use donations received after December 1st at their discretion and solely for the benefit of our clients.

## WAYS TO GIVE:

- **Donate online** and our elves will purchase the cards for you! Use the QRCode below or go to [seniorsfirstinc.org](https://seniorsfirstinc.org) (Note: Select “Holiday Gift Drive” as the solicitation you are responding to.)
- **Purchase \$20 Walmart or Publix gift cards** and bring or mail to Seniors First, 5395 L.B. McLeod Rd, Orlando, FL 32811. Please do not wrap; Seniors First elves will wrap the cards as a special gift.
- **Mail or bring a check to Seniors First**, 5395 L.B. McLeod Rd, Orlando FL 32811 (Make payable to Seniors First and include “Gift Drive” in the memo)

**DONATE ONLINE:**



## THE POWER OF MONTHLY GIVING: WHY YOUR CONSISTENT SUPPORT IS VITAL

A monthly gift is more than a financial gift – it is a commitment to sustaining the vital work we do. To our monthly donors, please know how grateful we are for your steady, reliable form of support, which is more crucial than ever. Unlike one-time or irregular donations, which can be sporadic and unpredictable, monthly contributions offer reliability to sustain and/or expand programs or initiatives. If you are not already a monthly donor here are a few key reasons to consider a commitment of a monthly donation to Seniors First:

- As a monthly donor your more moderate recurring donation can accumulate into a substantial annual gift, magnifying its

effectiveness. You play an indispensable role in the success and growth of Seniors First, inspiring thoughtful philanthropy and creating camaraderie and community.

- For nonprofits, financial stability is essential for effective planning and operation. Monthly giving provides a reliable and predictable revenue stream that helps Seniors First forecast budgets and plan long-term projects.
- With a steady flow of predictable funds, nonprofits can invest in and expand their programs without the constant worry of fluctuating income. For Seniors First this means more consistent services and

support for our clients who rely on us throughout the year. We can focus on our mission-driven activities rather than being distracted by financial uncertainty.

The success of the Seniors First mission depends on individuals like you. Becoming a monthly donor is one of the most powerful ways to make a difference with an immediate and ongoing impact on the clients we serve. We would be happy to discuss a monthly donation plan that works best for you and help you set it up automatically. Please contact Wendy Jackson at [wjackson@seniorsfirstinc.org](mailto:wjackson@seniorsfirstinc.org) or 407-373-7754. Thank you for all you do!

## DONOR PROFILE: CHRISTI ASHBY

A face many know in the community, with a camera often hanging around her neck, Christi Ashby is no stranger to us. You will find her attending as many community events as possible, often wondering how she does it – seemingly being in so many places at once!

Her passion to uplift the women in our community is second to none, choosing Central Florida women as her audience. Gaining confidence to “put herself out there” while in her first career as a domestic and international flight attendant, she is a natural connector. Together with her daughter and business partner, Kate Slentz, they just celebrated their Sweet 16 anniversary after launching the first issue of Orange Appeal in 2008. As the magazine gained in popularity Christi immersed herself in the community to meet and highlight interesting women.

Nothing demonstrates this better than when she and Kate launched the Orlando Women’s Conference back in 2011, a one-day annual conference built around growing and nurturing women leaders.

But Christi’s engagement in the community does not stop there, as she is a passionate supporter of many local nonprofits and initiatives, including Seniors First, Inc. Having a special place in her heart for our community’s seniors, an often overlooked and underserved demographic, Christi joined our High Tea & Hats committee as Chair in 2021 and has led



this committee for the past 4 years. We are incredibly fortunate to have Christi leverage her connections to help raise awareness of the plight and need of our seniors. Her leadership has helped to raise the quality and awareness of the event, increase

sponsorships, invite new guests, and raise record-breaking overall fundraising dollars.

Giving so generously of her time, talent and treasure, we are so grateful for her support. Thank you, Christi, for all you do for our seniors and the community at large.

We simply cannot do what we do without our community partners. Central Florida is so lucky to have you.

## BOARD OF DIRECTORS

Chairman: Carol Clark, Orange County Parks & Rec. Ret.

1st Vice Chair: Michael Burch, HUB International

2nd Vice Chair: Pam Lively, Orlando Health

Treasurer: Robert Muszynski, Central Florida Public Media

Secretary: Hallie Fisher, Bojangles

Past Chairman: Kim Blaylock, &Barr

Justin Birmele, AdventHealth Winter Park

Steven M. Fisher, Truist

John Gay, Cresa Orlando

McGregor Love, Lowndes

Cameron Mayfield, Aspire Health Partners, Inc.

Steven Nguyen, CareerSource Central Florida

Christina Pinto Rogers, Fortiv

Melvin Pittman, OC Community & Environmental Services, Ret.

Lisa Skarlupka, Avante at Orlando

Anne Stone, Rollins College

Alyse Verner, ShuffieldLowman



## Mailing Label Changes

Please check the appropriate box below, correct the label and return to Seniors First.

- ☐ Name change or misspelling
- ☐ Address change
- ☐ Remove from mailing list
- ☐ Received more than one copy

Sign up for electronic newsletters on our website.

**OUR MISSION** *is to enhance the quality of life of seniors by maintaining their independence and dignity.*



## COME VOLUNTEER WITH US!

Looking for a way to give back? Join us as a volunteer! We've got options to fit every skill set and passion. You could deliver meals once a week, help out in the office, make reassurance calls to chat with lonely seniors or host online classes or discussions. We're looking for individuals to host art, music and meditation classes, discussions on history, literature and more. Tell us your passion and we'll help you find just the right fit. We also have new volunteer opportunities in Polk County! For more information, contact Volunteer Program Supervisor, Maureen Sullivan at 407-373-7752 or [msullivan@seniorsfirstinc.org](mailto:msullivan@seniorsfirstinc.org).

## TURKEY TROT 2024!

Join us Thanksgiving Morning for the Seniors First Turkey Trot 5k presented by HUB International. Now in its 35th year, you'll join over 4,000 participants in support of Seniors First programs like Meals on Wheels in this Race to End Senior Hunger. Costumes are the order of the day, and you may find yourself running with pilgrims, turkeys and the occasional super hero. Be there for the costume judging and turkey call contests, then stay after to cheer on the little ones in the Tot Trot! To learn more and register go to [TurkeyTrotOrlando.com](http://TurkeyTrotOrlando.com) or scan the QR code.

