



SeniorsFirst

Meals on Wheels, in-home care, and more

2024 Gratitude Report



George's Story: Too many seniors are waiting. Waiting for nutritious food, waiting for help at home, waiting for someone to care.

George is a 90-year-old veteran who lives alone with little support. His wife passed not too long ago, and he misses her terribly. Although he suffers from arthritis and high blood pressure, his biggest struggles are caused by severe lower back pain which makes his balance unsteady and requires the use of a walker to get around. He would often settle for fast food when he could afford it because it was cheaper than nutritious options and he has trouble standing to cook. Still, he loves to sit on his front porch and takes pride in caring for his lawn as best he can.

George is fiercely independent. Born in 1930, he grew up in a time when there was shame in having to ask for help, no

matter how dire the need. So, it's no surprise that even with his health deteriorating and caring for himself alone becoming impossible, George would never ask for help and would need to be convinced he deserved it when help was offered.

Thanks to you, together, we were able to end the wait for George. He now enjoys daily deliveries from our compassionate Meals on Wheels volunteers. He has the help he needs to care for his home and assistance with grooming and bathing; remarking with a smile after his first visit, he couldn't remember the last time he'd felt warm water on his back. Thank you for ending the wait for George and others like him. Your support makes all the difference.



PRESIDENT'S MESSAGE

Our theme this year of "strength and resilience" is very close to my heart and the work you enable us to do together. While it's not unusual to see people step forward to help in times of crisis, acknowledging the support of donors like you who continue to be there, not only in difficult times, but day after day, is very important to us. Your steadfast support and generosity have helped us to continue to provide the essential in-home care and meal services to serve the hundreds of seniors who rely on us. Thanks to you – help means delivery of fresh nutritious food, a safety check, light housekeeping, support with laundry and errands, assistance with bathing and grooming, access to affordable medical equipment and a welcome visit and friendly conversation to alleviate loneliness.



In reading George's story on the cover, I was reminded of the 1 in 7 seniors in our community that are still struggling with hunger. But thanks to your support, we're making a difference every day. Last year alone, Meals on Wheels delivered more than 329,950 meals to 865 seniors.

Your support is also now enabling us to expand our services even further. This includes the launch of a new initiative, "Garden Patch Delivery", that will help bring even more nutritious food into the homes of our Meals on Wheels (MOW) clients. By aligning with the food is medicine concept, Seniors First is thrilled to unveil the first phase of our strategic plan to provide farm-fresh fruits and vegetables to supplement the meals currently being delivered to our MOW clients. By making fresh produce more accessible and integrated into daily life, we can help seniors manage their health, prevent or manage chronic diseases and improve their overall quality of life.

Just as the tree could not survive without its roots, our strength and resilience are rooted in your support. Thank you so much for seeing the need, standing up and making a difference. Together we will work to reduce food insecurity among older adults. Together we will ensure no seniors are left waiting. Together we will end the wait.

With sincere gratitude,
Marsha L. Lorenz President/CEO

YOUR IMPACT



Meals on Wheels

96%

Healthier diet

93%

Less food
insecurity

96%

increased contact
with others



Neighborhood
Lunch Program

97%

Look forward to
socializing

85%

Worry less
about having lunch
each day



In-Home Care

97%

Assists with
meeting daily needs

95%

Caregivers have
reduced stress



Stepping Stone
Medical
Equipment Bank

100%

Eases daily living
tasks



Guardianship

100%

Wellbeing
maintained

**Survey responses collected from Seniors First clients.*

Big Hearts Community BECAUSE OF YOU

Clients
served:
4,045

Client
transportation
trips:
27,163

In-Home
care hours:
139,617

Wards
served by
Guardianship
Program:
159

Meals
served:
438,369

Pieces of
medical
equipment
provided:
698

Respite
hours
for caregivers:
68,766

Community
Food Pantry
Donations:
**62,219 lbs.
of food**

The success of our programs was enhanced by 378 generous volunteers who gave 22,073 hours of their time to support us in 2024.

Thank you to our financial and in-kind donors:

6Barr
9th Circuit Judicial Assistants
ABC Liquors, Inc.
AdventHealth Orlando
All Saints Episcopal Church, Winter Park
Aramark Workplace Hospitality
Artisan Kitchen & Bath
Artist League of Orange County
Audra LLC at Keller Williams, Winter Park
Avalon SH Management
Avante Group Inc.
Bank of America Charitable Foundation
BB Action Photo
Brozanski for Cats
Carnus Capital, LLC
Central Florida Spokes
CES Mechanical
Chesley G. Magruder Foundation
City of Orlando
Clarix Companion
Clear Channel
Conway Foundation
Conway Smiles
Current Digital, LLC
Darden Restaurants Inc. Foundation
Department of Elder Affairs
Emmanuel Episcopal Church
ENS
Eric Homer Interiors
Family First Firm

First Baptist Church of Orlando
First Unitarian Church of Orlando
First United Methodist Church of Orlando
Florida Blue Foundation
Florida Department of Corrections
Fountain Productions
Food With Care
Foundation for Indigent Guardianship, Inc.
Fresh Point Foods
GA Foods
General Federation of Women's Clubs - Apopka
Hearst Properties, WESH TV
Heart of Florida United Way
Henry Mediation
Hoke Maroon Foundation
Homer and Patricia Bodford Family Foundation, Inc.
Hope Presbyterian Church at Lake Nona
Howard Grocery Company
HUB International
Individual Donors
Ingenious Culinary Concepts
Insurance Office of America, Inc.
J. Milton Hoffa & Nellie E. Hoffa Memorial Foundation
Jaythree Spices and Seasonings
JL Smith Group
Kegler Family Foundation
Kendra Scott
Lora Wardman Events
LOreal

Lowndes Law
Margaret & R. Parks Williams Charitable Foundation
Mazzeo Services
Maverick Beverage
McCoy Federal Credit Union
Meals on Wheels America
Monterey Baptist Church
Mutual of America
Nancy Hecht/Certified Financial Group
Newcomers of Central Florida
Orange Appeal
Orange County Government
Orlando Downtown Development
Orlando Health
OutFront Media
PC Poss, LLC
Peach Valley Café
Prime Timers of Central Florida
Prince of Peach Lutheran Church
Project Giving Kids
Publix Super Markets Charities
Ramos Legacy LLC
Rotary Club Lake Buena Vista Foundation, Inc.
Saint Margaret Mary Catholic Church, Winter Park
Sakhuja Family Foundation
Salvation Army
Sara Brady Public Relations, Inc.
Seminole County Government
Senior Connection Center, Inc.
Senior Resource Alliance

Share the Care, Inc.
Sherrill Insurance Brokerage, Inc.
Shuffield/Lowman
Simtech Defense
St. John Vianney Catholic School
St. Luke's United Methodist Church
Sync Insurance
Taylor Morrison
The Charlton Foundation, Inc.
The Don and Lorraine Freiburg Foundation
The Henry Family Foundation
The Joe & Sarah Galloway Foundation
The Joseph G. Markoly Foundation, Inc.
The Martin Andersen-Gracia Andersen Foundation, Inc.
The Progressive Insurance Foundation
Tile Metrics, Inc.
Trust
Universal Orlando Foundation
VIP Valet
VNA Foundation, Inc.
Walmart #4588
Walmart #5132
Walt Disney Company
Wellmed Medical Management
West Orange Seniors
Westgate Foundation
Winn Dixie
WMFE
Women's Amateur Invitational Tennis League

Annual Report 2024 Statement of Financial Position

AUDITED ASSETS

CURRENT ASSETS	
Cash and cash equivalents	\$4,174,327
Grants and contributions receivable	2,149,137
Prepays and other assets	224,567
Total Current Assets:	\$6,548,031
PROPERTY AND EQUIPMENT, NET	\$1,610,767
INVESTMENTS AND OTHER ASSETS	
Contingency Reserve Fund	370,752
Funded depreciation	23,471
Beneficial interest in assets held by Central Florida Foundation	2,452,374
Other Assets	148,050
Total Other Assets:	\$2,994,647
TOTAL ASSETS	\$11,153,445

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES	
Accounts payable	\$779,083
Accrued payroll and related expenses	197,173
Current portion of lease liability	33,462
Deferred grant and contribution advances	329,379
Total Current Liabilities:	\$1,339,097
LEASE LIABILITY, net of current portion	113,327
TOTAL LIABILITIES	\$1,452,424

COMMITMENTS AND CONTINGENCIES

NET ASSETS	
Without Donor Restrictions	9,572,441
With Donor Restrictions	128,580
Total Net Assets	9,701,021
TOTAL LIABILITIES AND NET ASSETS	\$11,153,445

Figures taken from Seniors First Consolidated Statement of Activities 12-31-24 Audited

REVENUE BY FUNDING SOURCE TOTAL: \$18,810,881*

Grant & Contract Rev	\$14,953,126	88.95%
Program Service Fees (net of COGS)	\$209,272	1.24%
Donated Assets and Services	\$457,596	2.72%
Client Contributions	\$3,858	0.02%
Other Income	\$217,668	1.29%
Other Grants & Contributions	\$969,161	5.77%

Figures taken from Seniors First Consolidated Statement of Activities - Dec. 2024
*Net of cost of goods sold (\$374,195)

FUNCTIONAL EXPENSES BY PROGRAM TOTAL: \$18,585,165*

In-Home Services	\$6,700,272	40.45%
Nutrition Services	\$3,715,458	22.43%
Transportation	\$803,247	4.85%
Guardianship	\$979,722	5.91%
Stepping Stone & Food Pantry	\$238,473	1.44%
Management & General	\$2,069,990	12.50%
Fundraising & Development	\$733,910	4.43%
Other Services	\$1,324,093	7.99%

Figures taken from Seniors First Statement of Functional Expenses - Dec. 2024
*Net of cost of goods sold (\$374,195)

Did You Know?

- 1 in 7 seniors struggle with hunger.
- Seniors are the fastest growing segment of the population going hungry in America.
- 12,000 Baby Boomers turn 60 every day.
- 1 in 10 seniors live below the poverty line.
- 90% of seniors say they prefer to stay in their own homes as they age.
- Communities have reduced taxpayer costs when seniors remain in their homes.

(Source: MealsOnWheelsAmerica.org, ncoa.org, oarp.org)

How Your Gift Helps

- \$329 provides a homebound senior with a month of nutritious Meals on Wheels.
- \$202 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.

2025 Board of Directors

Chairman: Michael Burch, HUB International
1st Vice Chair: Pam Lively, Orlando Health
2nd Vice Chair: Hallie Roorda, Bojangles
Treasurer: Robert Muszynski, Central Florida Public Media
Secretary: Alyse Verner, ShuffieldLawman
Past Chairman: Carol Clark, Orange County Parks & Rec., Ret.
Justin Birmele, Advent Health Winter Park
Kim Blaylock, &Barr
John Gay, Cresa Orlando
McGregor Love, Lowndes
Cameron Mayfield, Aspire Health Partners, Inc.
Tina Miller, Bank of America
Steven Nguyen, CareerSource Central Florida
Christina Pinto Rogers, Fortiv
Melvin Pittman, OC Community & Enviro. Services, Ret.
Lisa Skarlupka, Avante at Orlando
Anne Stone, Rollins College



Contact us: Seniors First, Inc. 5395 L.B. McLeod Rd Orlando, FL 32811
www.SeniorsFirstInc.org | 407-292-0177