

GENERATIONS



CORPORATE SPOTLIGHT: WILLIAMS COMPANY

First opened in 1920, the Williams Company has been a part of the Central Florida landscape for over 100 years. They have been instrumental in shaping the skyline of Orlando as a 100% employee-owned general contractor and construction management firm specializing in commercial and institutional construction, including retail, education, industrial, senior living, and multi-family projects.



But their commitment to excellence goes far beyond construction. With such deep roots in our area, they proudly lead with purpose by investing time, resources and passion into the communities they have helped

shape. Through monetary contributions, employee volunteerism, and hands-on service, philanthropy is at very core of who they are.

Their financial contributions are intentional and aligned with the pressing needs of our community. Since 2023 alone, they've donated over \$1,680,000 to local nonprofits focused on their five charity sectors: the ill, the elderly, veterans, children and animals.

Seniors First is grateful for our long-time relationship with the Williams Company. Over the years their employees have taken on corporate Meals on Wheels routes, delivering meals weekly to homebound seniors. From

2015-2019 we were grateful to receive unrestricted funding to support our programs. In 2020 we were chosen as 1 of 10 nonprofits selected to receive funding in honor of the company's 100th birthday. And just this year, we were one of the beneficiaries of their Community Care Project where each charity they supported received \$50,000. This support alone will provide over 5,000 nutritious meals for seniors struggling to get enough to eat.

At Williams Company, philanthropy is an extension of their identity. Whether building homes or building hope, they believe every act of service strengthens their community. Together, they're not just building skylines, they're shaping lives, and we could not be more grateful for their continued support.

PROGRAM SPOTLIGHT: GARDEN PATCH DELIVERY

September is Healthy Aging Month, a time to raise awareness of the positive aspects of growing older and to encourage adults to improve their mental, social and physical wellbeing.

To that end, thanks to a grant from the City of Orlando, Seniors First installed our Bounty Keeper, a commercial sized, walk-in refrigerator/freezer unit to support our Garden Patch Delivery Program. In keeping with the "Food is Medicine" concept and thanks to our partner, 4 Roots, Garden Patch is now delivering fresh fruit and vegetables to our Meals on Wheels clients twice a month. 4 Roots' "Meet the Need" program not only supplies amazing locally grown produce but also recipes for the ingredients to help our seniors craft delicious, nutritious meals.

Fresh produce is a powerful tool when it comes

to supporting the health of seniors, especially those facing food insecurity. Fruits and vegetables are packed with essential nutrients vitamins, minerals, fiber, and antioxidants that are critical for maintaining good health, managing chronic conditions, and improving quality of life.

Thanks to a \$100,000 grant from The Edyth Bush Charitable Foundation and the generosity of their late benefactor and Chairperson, Mrs. Edyth Bush (Mrs. Archibald G. Bush) we will be able to continue to expand this program to serve even more of our Meals on Wheels clients.

The response has been amazing. We hear from clients who say things like "Everything is wonderful and so fresh!", "The produce is so good, and the volunteers are so nice!", "Without Meals on Wheels and the Garden Patch I don't know what I would do."



If you'd like to learn more about Garden Patch Delivery and how you can donate or volunteer, contact Seniors First VP of Nutrition Services, Tristan Ruby at truby@seniorsfirstinc.org

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PRESIDENT/CEO SENIORS FIRST

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PRESIDENT'S MESSAGE: IT'S NEVER BEEN JUST ABOUT THE MEALS

September brings so many things to celebrate. Labor Day, Grandparents Day, Hispanic Heritage and Healthy Aging Month and of course, National Hunger Action Month. When I think about that last one, I can't help but think about our Meals on Wheels Program and the over 900 senior citizens who look forward to daily visits from our amazing volunteers and the nutritious meals they bring. But they deliver so much more than food. They bring companionship, conversation and a much-needed daily safety check.

When you look at the range of programs your support enables us to provide, you begin to see the bigger picture. Thanks to you, we're able to send homemakers in to tidy up, do laundry, run errands and ensure the home is well lit and free of tripping hazards. Our personal care staff ensure safety for bathing, grooming and dressing. The Neighborhood Lunch Program offers seniors activities, friendship and relieves isolation and loneliness and our medical equipment bank gives seniors the ability to maintain their mobility and independence.

What many may not realize is the significant financial savings these programs provide for our community in both tax burdens and healthcare costs. Our

in-home care services average \$24,000 a year. By contrast, a Florida nursing home averages over \$105,000 annually. Studies show that seniors who received just 30 days of meals reduced their hospitalization rates by 39% and their use of emergency rooms and nursing homes dropped by 28%.

Not only does having our seniors age in place have economic advantages for our community, it's also what seniors prefer. They want to remain in their own homes living safely and independently. And they deserve to live with dignity and respect. So you see, it's never been just about the meals. It's about living in a community that cares for all its members and wants the best for each of them. Thanks to you, we're helping to reach that goal.

With sincere gratitude, *Marsha L. Lorenz, President/CEO*



HOLIDAY GIFT DRIVE: "CARDS FOR A CAUSE"

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.

WAYS TO GIVE:

- **Donate online and our elves will purchase the cards for you!** Use the QR Code below or go to seniorsfirstinc.org (Note: Select Holiday Gift Drive as your designation for your gift)
- **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)

Due Date: December 1st, 2025

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



Scan to Donate



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UNITED WAY: POWER PACK DELIVERIES

Thanks to a grant from Heart of Florida United Way, Seniors First was able to deliver over 150 portable power packs to our Meals on Wheels clients prior to this year's hurricane season. "It's important to us that our senior clients are prepared," says Seniors First President and CEO Marsha Lorenz. "These portable power stations are more than just a safety measure, they're a lifeline. The units will keep cell phones charged and run a fan and lights should the power go out. "With nearly half of Central Florida households already struggling to make ends meet, a significant storm can put them into a financial tailspin," said Jeff Hayward, President & CEO, Heart of Florida United Way. "We are proud to partner with Seniors First."



BOARD OF DIRECTORS: FALL 2025

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CHIEF PHILANTHROPY OFFICER'S MESSAGE: *THE MOST CHARITABLE TIME OF THE YEAR*

As we enter the latter part of the year, we also step into the most charitable season of our annual calendar. I have had the pleasure of engaging with many of our generous donors and am continually inspired by the meaningful ways each of you gives and by the unique connections you have to our mission of providing care and dignity for our seniors. Your generosity delivers meals, establishes critical connections, provides medical equipment,

and offers vital in-home support ensuring older adults can age safely in the place they call home – thank you!

My goal is to walk alongside you on your philanthropic journey and help you achieve your unique charitable goals and make the difference you want to see in our Central Florida community. If you would like to experience the impact of your giving firsthand, I would be honored to have you

join me in delivering meals or visiting one of our neighborhood lunch sites.

Whether you are considering a year-end gift, exploring strategic giving options, or simply want to connect, please don't hesitate to reach out to me. I look forward to hearing from you! Kimberlee Riley, CAP®

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DO YOU DAF (OR DO YOU WANT TO)?

CELEBRATE STRATEGIC GIVING WITH PURPOSE THIS YEAR ON DAF DAY OCTOBER 9TH

What is a DAF? A Donor-Advised Fund (DAF) is the most popular giving tool, a charitable giving account that allows you to contribute assets, receive an immediate tax deduction, and recommend grants to your favorite nonprofits over time. For those with appreciated assets, DAFs offer a smart way to avoid capital gains taxes while maximizing your philanthropic impact.

DAFs also simplify giving by providing administrative support, helpful reporting tools, and flexible investment options. Whether you give locally, nationally, or globally, DAFs allow you to manage your charitable donations with greater strategy and intention.

Did you know there's a day dedicated to amplifying impact through donor-advised funds? **DAF Day** is a national celebration of generosity, encouraging donors to use their charitable giving accounts to support the causes they care about most, like helping seniors in our community live with dignity and independence.

Thinking of starting a DAF? DAF Day can inspire you to start your DAF. They can be established through local community foundations, national providers like Fidelity Charitable or Schwab Charitable, and international grant makers such as CAF America. Each option varies in fees, minimums, and investment offerings, giving you the freedom to align your giving with your values, financial budget and charitable goals.

For those who already have a DAF, **DAF Day** is the perfect time to recommend a grant to a nonprofit close to your heart. Join donors across the country in releasing a wave of generosity and consider making a gift to **Seniors First** to support vulnerable seniors in Central Florida.

How DAFs Work





GIVE → GROW → GRANT

GEM Society

Multiply your impact with a monthly gift. Your steady support meets ongoing needs of our seniors while you become a member of our GEM (Giving Every Month) Society.



1966 Society

To take care of yourself, your loved ones and your charitable intentions visit our website to download a **free Estate Plan and Legacy Checklist**. When you are ready to make your legacy gift to Seniors First, we encourage you to notify us so that we can share our gratitude and acknowledge your membership in our 1966 Society.



Maximize Your Year-End Giving

- ✓ Review your budget
- ✓ Engage your professional advisors
- ✓ Understand tax-smart options
- ✓ Explore different ways to give: non-cash, DAF, etc.
- ✓ Engage your family
- ✓ Align your values
- ✓ Take advantage of matching gifts
- ✓ Research qualified organizations
- ✓ Learn about the impact you make to fully experience your joy of giving

Let's Stay Connected!

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.



Turkey Trot 5k 2025

A Race To End Senior Hunger

Join us Thanksgiving Morning for the Seniors First Turkey Trot 5k presented by HUB International. Now in its 36th year, you'll join up to 5,000 participants in support 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 or scan the QR code.



Volunteers

Volunteer

Looking for a way to give back? Join us as a volunteer! Right now, we're looking for people to deliver fresh fruit and vegetables to our Meals on Wheels clients twice a month through our new Garden Patch Delivery Program. Come join us! We've got options to fit every skill set and passion. You could also deliver meals once a week, help out in the office, make reassurance calls to chat with lonely seniors or host online classes or discussions. For more information, contact Volunteer Program Supervisor, Maureen Sullivan at msullivan@seniorsfirstinc.org or 407-373-7752.