Media Contact:
Luciana Rosado
Luciana.rosado@andbarr.co
321-200-7618

FOR IMMEDIATE RELEASE

Seniors First celebrates 60 years of serving Central Florida seniors

ORLANDO, Fla. (Jan. 28, 2025) —Seniors First, the largest social services organization serving seniors in Central Florida, announces a yearlong celebration honoring 60 years of service to older adults by providing nutritious meals, meaningful social connection and essential services. As Orange County's sole Meals on Wheels provider for six decades, Seniors First will mark the milestone in 2026 with strategic partnerships, community experiences and events that highlight its ongoing commitment to senior health, nutrition and independence.

"As Seniors First marks 60 years of service, we are celebrating not only our history, but our responsibility to grow alongside the needs of Central Florida's aging population," said Marsha Lorenz, president and CEO of Seniors First. "For six decades, we have believed that food is medicine, and looking ahead, we remain committed to expanding our reach, strengthening partnerships and ensuring more seniors can live healthy, independent lives here in Central Florida. Honoring yesterday, shaping tomorrow."

Since its founding in 1966, Seniors First has served more than 105,000 seniors and delivered over 11 million meals to older adults across Central Florida. The organization delivers over 1,000 meals each weekday, continuing to expand its reach to meet the needs of the region's most vulnerable population. In addition, the nonprofit launched its Garden Patch Delivery program, bringing fresh fruits and vegetables to over 170 clients, with that number continuing to grow.

More information about birthday events, partnerships and opportunities to participate with Seniors First will be announced throughout the year, including details on community celebrations, volunteer involvement and program updates tied to the organization's 60th birthday.

For more information about Seniors First and how to support their different services, visit www.seniorsfirstinc.org.

About Seniors First, Inc.

Driven by the mission of enhancing the quality of life of seniors, Seniors First, Inc., a 501(c)(3) nonprofit, is dedicated to providing services and resources for seniors that maintain their independence and dignity. Since 1966, the nonprofit has served Central Florida seniors through programs that promote nutrition, community engagement and independence. These programs include Meals on Wheels, Emergency Meals on Wheels, Garden Patch Delivery, Neighborhood Lunch Program, Community Food Pantry, In-Home Care, Project Connect, Guardianship and Stepping Stone Medical Equipment Bank. Seniors First connects seniors across Orange, Seminole, Polk and Osceola counties with various programs that benefit their mental, emotional and physical well-being to offset social isolation and hunger. To learn which programs are available in your area, visit seniorsfirstinc.org.

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